A new and dynamic volunteer team has been recruited to help create an inclusive and welcoming environment for everyone who works for the Trust.

Last year Lisa Smith, Freedom to Speak up Guardian, and Margaret Milburn, Equality and Diversity Lead, ran a Trust-wide recruitment campaign for the role of fairness champion, a voluntary role open to any member of staff.

The response they had was fantastic, with a huge diversity of applications from right across the organisation.

Lisa said: “Each applicant was interviewed and has now had their initial induction training. They are all looking forward to building a strong staff network that will promote fairness, raise concerns and challenge inappropriate behaviour.

“The champions will act as a point of contact for information and guidance and will raise concerns about any behaviour that may conflict with, or undermine equality, diversity, human rights or the Trust values.”

Training days were held in York, Scarborough and Bridlington. As part of their training the fairness champions looked at equality and diversity and the work of the freedom to speak up guardian. They also learned about the role of HR, what part the unions play and what is available via the wellbeing team.

Patrick Crowley, Chief Executive, said: “Whilst the fairness champion is a voluntary role designed to signpost and support

Continues on page 3
Tributes paid to Alan Maynard

MANY of you will have heard the sad news about Alan Maynard, who passed away at the beginning of February. Alan was chairman of the Trust between 1997 and 2010 and then served as lay chair of Vale of York Clinical Commissioning Group for three years from 2012.

Patrick Crowley, Chief Executive, said: “Everyone is very sorry to hear the sad news about Alan, who we all remember with great fondness.

“I was privileged to work with him throughout his time with the Trust and regarded him as both a colleague and a friend. He had a profound influence on those he worked with and was an inspiration to many.

“Alan made a tremendous contribution to improving all our understanding of the role of healthcare at a national and local level, and was a lifelong champion of the NHS.

“We are grateful and proud of his long and valuable contribution to the Trust.”

Our world is fast-moving and challenging.

One of the ways large organisations like ours seek to cope with changes and challenges is to create a strategic plan which aims to describe what the organisation’s intentions and ambitions are over a fixed period of time - and then seek to work to that plan.

At the time of the merger five years ago the Trust produced a five year strategy. That plan is now almost at the end of its life and it’s time again for the Board of Directors to identify the challenges and the ambitions of this Trust for the five years ahead.

The Board of Directors will spend two days at the end of this month working together to seek to identify, as best we can with the information available to us, what that strategy should be and what it should focus on. This is a very important responsibility of the Board of Directors. Readers will be reassured to know that one thing about the strategy that will not be different to any previous Trust strategies is that our patients and service users will always be our number one priority.

On the topic of our patients, I have been completely delighted to learn about the very rapid success and achievements of our Dementia charitable appeal.

The Board recognises the work and commitment that has gone into raising almost £100,000 since the launch of the appeal.

“Patients with dementia become more interactive, often it triggers memories of their own pets so they start talking or sometimes it just provides some comfort when they want to stroke her. It’s very satisfying to see the difference a visit from a dog can make to people in hospital.”

Canine comfort for patients

A whole new breed of hospital visitor is brightening the lives of patients at York Hospital with the introduction of therapy dogs.

The Pets for Therapy (PAT) charity has provided three doggy guests, Otis, Betty and Rebus, who come into the hospital once a week providing a much needed boost for both inpatients and outpatients.

People waiting for appointments have welcomed the distraction and enjoy the unconditional love provided by the canine companions.

Helen Humphrey-Shepherd, sister for outpatients, said:

“Everybody loves it when the PAT dogs come in, both patients and staff. It lifts the atmosphere and takes people’s minds off their problems for a while. The dogs are specially trained to be friendly and enjoy people stroking them. They stay on their leads at all times so people who are not so keen can avoid them if they want to.”

Betty is full of tricks and often visits the dementia ward and entertains patients with her one-dog show. Dogs in particular have been found to help reduce the effects of dementia – anxiety, agitation, irritability, depression, and loneliness.

Betty’s owner, Louise Wilson, is delighted to offer Betty’s services as a PAT dog.

Louise said: “I knew straight away that Betty would make a great therapy dog. She just loves people and all the attention she gets doing her tricks. It certainly catches the interest of patients, even people with communication problems.

“Patients with dementia become more interactive, often it triggers memories of their own pets so they start talking or sometimes it just provides some comfort when they want to stroke her. It’s very satisfying to see the difference a visit from a dog can make to people in hospital.”

Andrew Beattie with Rebus, Louise Wilson with Betty, Sara Richardson with Otis

Message from the Chair

Staff Matters February 2018
Up to £3,000 grants for inspiring ideas

Do you have an idea that can inspire others?
What if you had the opportunity to implement your inspiring idea?

The Corporate Improvement Team is giving you the opportunity to apply for a grant to undertake an inspiring project that will benefit your service or department.

If you have an idea that will have a positive impact on patient care you can apply, either individually or as a group, for a grant of up to £3,000 funded by York Teaching Hospital Charity.

For example, this could involve visiting another hospital in the UK or abroad to look at inspiring projects they’ve undertaken, or attending a conference that would make a difference for your area.

Winners for 2017 included Michael Keeling stroke specialist nurse, who has visited other stroke services in the UK to learn from them and build up relationships. This has meant that the department can learn from other high performing stroke departments and share initiatives within the Trust.

Ann Wright ward at Scarborough Hospital has refurbished an area on the ward to create a sensory room for patients with dementia and delirium.

Julie Smith from York Hospital outpatients clinic created a quiet room for specialist nurses to deliver a cancer diagnosis to patients and their families.

Julie commented: “I was delighted when we were awarded funds from the Inspire Project. The Lavender Room has provided a much needed space for the specialist nurses and the patients they see. We have received many positive comments and, while it was hard work getting the room organised, it was definitely worth it.”

Other applicants were reviewed by the charity committee and several were awarded funds to support their projects outside of the Inspire funding, along with some projects funded by the Friends of York Hospitals.

Applications ranged from purchasing new equipment to refurbishing departments and areas, educational training for patients, and attending national conferences.

All permanent staff are eligible to apply and the grant is available to clinical and non-clinical staff who meet the criteria included in the application form.

Applications close on 31 March 2018 and will then be presented to an adjudication panel.

If you would like an application form or more information about the project please contact the Corporate Improvement Team on 772 6789, or email amy.brown@york.nhs.uk.

Last year’s Inspire project, the Lavender Room, at the official opening

Fairness champions

staff to live our Trust values, I cannot underestimate its importance. Staff can raise concerns to champions about any behaviour that may conflict with or undermine our values and working with Lisa Smith and myself, will have my unconditional support to do so.”

Details of all the fairness champions are available on Staff Room/Working environment/Fairness champions. There will be further recruitment campaigns this year so anyone interested in becoming a fairness champion should keep an eye on Staff Bulletin.

Award for quality data

THE TRUST is one of only 45 qualifying NHS hospitals demonstrating commitment to patient safety by meeting six ambitious targets set by the National Joint Registry (NJR) during 2016/17 financial year.

The NJR was established in 2002 and monitors the performance of implants, the effectiveness of different types of joint replacement surgery and provides evidence to improve clinical standards — all with a focus on patient outcomes.

The Data Quality Audit allows the NJR to compare patient record for record procedures recorded in local hospitals’ databases and provides quality, robust evidence to support patient safety and standards in quality of care and overall cost effectiveness in joint replacement surgery.

The award recognises and rewards best practice and highlights the importance of quality data collection, creating the ethos that better data ultimately equals better care.
New outdoor discharge area for Scarborough

A NEW outside area has been created near the discharge lounge at Scarborough Hospital so that patients can enjoy the fresh air while waiting to be discharged.

Staff on the unit put in a request for charitable funds to convert a tiny space between the windows and wall after patients had commented how nice it would be to sit outside to wait for their transport when the weather was nice.

The area is directly outside the lounge itself, and the floor to ceiling windows mean that staff can keep a close eye on patients.

Adele Edwards, Staff Nurse in the Discharge Lounge, said: “This area is a great addition to the discharge lounge and really improves the patients’ experience whilst waiting to go home. The seating area has been positioned on previously unused land at the side of the discharge lounge and has a covered area with disabled access. We plan to enhance the area in the summer with plants and flowers. “Thank you to Shaun Fletcher who coordinated the work and York Teaching Hospital Charity for allocating the funds.”

How SafeCare is set to revolutionise staffing

A new electronic tool that is set to revolutionise the way nurse staffing is managed on hospital wards, is being piloted at York Hospital.

SafeCare creates a live view of staffing that takes into account the numbers and needs of patients and helps calculate required staffing from patient numbers, acuity and dependency.

Becky Hoskins, Assistant Director of Nursing - Workforce, explained: “SafeCare supports wards to have the right staff in the right place at the right time, based on the acuity and dependency of the patients. It responds in real time to roster changes - giving visibility of staffing changes and the impact on patient safety. Ultimately SafeCare helps avoid over or under-staffing through better staff management.”

SafeCare can be accessed via tablets and PCs and is used by the ward to collect acuity and dependency data so that the right staffing can be put in place. Senior nurses can then use real-time information from SafeCare to get an organisation-wide view of staffing levels and staffing needs. This enables them to take proactive and informed decisions before turning to agency cover.

Keeley Chapman, Project Nurse SafeCare, added: “The feedback from the nursing staff on the test units has been really positive and has been invaluable in helping us get prepared for a full roll out across the remaining wards. I am delighted that the early results are already proving beneficial.”

Jean Dawson, Ward Sister, Ward 23 was one of the first test sites to go live with SafeCare. Jean said: “We have learnt the software bit by bit and have had the chance to apply the learning as we go along, which means it hasn’t been overwhelming. Keeley and Darren have been fantastic and really patient, whenever we have needed help they have been here within minutes. I’m a technophobe – so if I can do it, anyone can!”

Over the coming weeks SafeCare will be rolled out on wards right across the Trust. Useful resources, including FAQs and user guides are available on Staff Room at Clinical Information/SafeCare. Anyone looking for more information should contact Keeley at safecare@york.nhs.uk.
A FREE maths evening class is being offered for healthcare assistants who are looking to improve their skills and career prospects.

The course, beginning in May and running for 12-14 weeks, will be available at both Scarborough and York hospitals and is the equivalent of GCSE maths grade C.

It is aimed specifically at preparing people for a working life within an acute hospital and helps develop further skills. Gaining the qualification means that healthcare assistants who have previously been held back by their maths will be free to apply for other opportunities such as apprenticeships, and help fulfil career aspirations.

There are two courses starting Wednesday 2 May 2018 at Scarborough Hospital and Thursday 3 May 2018 at York Hospital. The course runs between 5.30pm-7.30pm and can’t be taken in work’s time. Full attendance is required in order to achieve the qualification.

Staff will need to ensure that their ward sister is able to manage their rota during this study period to enable attendance. Anyone interested in applying can download and complete an application form for Functional Skills Level 2 in maths, available on Staff Room/Learning Development and Professional Registration/Work Based Learning/Functional Skills.

Places are limited for both courses and are expected to fill up quickly.

The closing date for receipt of applications is Wednesday 7 March 2018 and applications received after this time will not be accepted.

For further information please contact Harley Ingle on 771 5242.
Day of free innovation workshops at Scarborough Hospital

THE Yorkshire and Humber Innovation Champion Network is running a day of free workshops at Scarborough Hospital.

The morning session ‘Identifying unmet clinical need and scoping solutions’ looks at developing new solutions to issues at work whether it is whether it is with equipment, services or processes. This interactive workshop explores innovation through group exercises and working together.

In the afternoon the session covers ‘How and why we protect innovative ideas’ offering an introduction into the complex world of intellectual property and the importance of asserting ownership of your ideas. It offers essential learning for new Innovation Champions and serves as a good reminder for those who are already involved with the network.

These practical workshops are free to staff from NHS organisations who are members of the Yorkshire and Humber AHSN/Medipex. This includes staff who are not registered as an Innovation Champion, so if you have colleagues who have an interest in innovation and would like to hear more about the network, please invite them along.

Both take place Monday 12 March 2018 at the Lecture Theatre, Postgraduate Centre, Scarborough Hospital.

Visit www.innovationchampions.co.uk and check out their events page to register.

Staff Room has latest on Apprenticeships

Since the new apprenticeship reforms came into effect in April 2017, there have been some exciting changes in the way the Trust will recruit and train apprentices in future.

The government has made significant changes to how apprenticeships are funded and staff already in post who wish to develop in their role. This also applies to staff that may already have a degree in a subject which is not relevant to their current role.

To explain the apprenticeship process in more detail, the Work Based Learning team has developed two guides to apprenticeships – one aimed at managers and one aimed at prospective learners.

Further information can be found in the guides or by contacting the Work Based Learning team on 771 5242.

To view the new apprenticeship pages visit Staff Room/Learning and development/Apprenticeships.

Celebration of new dialysis unit

A head of World Kidney Day (8 March) the renal team have been celebrating the ‘official’ opening of York Hospital’s shared care unit for dialysis patients.

The unit offers shared haemodialysis care where patients can retain a high level of independence but still have the reassurance of a trained staff member around.

The occasion was marked by David Worth who was one of the first consultants to work in the renal unit and played a significant role in creating dialysis services in York.

Renal care at the Trust has come a long way in the last 18 years and the shared care unit prides itself on the progress made so that patients can play an active role in their dialysis.

Julie Rice, Healthcare Assistant, said: “Shared care means getting to know my patients as an individual, as a person not an illness, and working in partnership with our patients to help them achieve their individual goals”

Dr Keith McCullough, Lead Clinician for Renal Services, said: “While shared care has proved a big step towards independence for dialysis patients, it requires a lot of commitment on both sides. Patients on the shared care unit learn to do many of the tasks that our nurses would normally do and this is a great achievement. We wanted to recognise what an accomplishment this is by presenting patients with a certificate of achievement.”

Kidney Facts

- Kidneys filter around 180 litres of blood every day
- Kidney disease is common and can affect anyone, including children, and there is no cure
- Kidney failure is fatal without dialysis or a transplant
- Right now, around 64,000 people in the UK are being treated for kidney failure
- 5,200 people are waiting for a kidney, yet only around 3,300 transplants are carried out each year in the UK
- An estimated 60,000 people in the UK die prematurely due to kidney disease each year

“Patients on the shared care unit learn to do many of the tasks that our nurses would normally do”
Margo Walker, Healthcare Assistant
Scarborough Hospital

Margo was nominated by a colleague for the care and warmth she demonstrated to a patient who attended for chemotherapy treatment alone, having no one at home with her except her carers. The patient, who had severe epilepsy, understandably found the diagnosis and treatment information overwhelming, so Margo befriended her and helped her to relax and help her understand her illness. Over the next few weeks the patient unfortunately became very unwell and was admitted to hospital. During this time Margo visited her daily, including weekends, to take her washing home and bring her food in an attempt to get her to eat. Sadly the patient died soon after, but Margo was with her by her side throughout, ensuring she was not alone when she passed away.

Luda Laycock, Contact Centre Agent, York Hospital

Luda was nominated by a colleague for implementing an initiative which not only puts patients at the heart of everything we do, but offers a significant cost saving for the Trust.

By working with colleagues, she is able to fill cancelled appointments with patients who had requested to be made aware of cancellations via a waiting list. On average each slot she fills saves the Trust £139, and in one week alone the savings were over £5,000. Over the year Luda has proven there is the potential to save the Trust over quarter of a million pounds. Luda’s work, while saving the Trust money, improves the patient experience and significantly reduces waiting times.

Stacey Gurnell, Paediatric Audiologist, York Hospital

Stacey was nominated by the Head of Audiology for successfully organising an Audiology open day late last year, and for her efforts to significantly improve the information available about the Audiology department. She has developed the Audiology section of the Trust website, making it more much accessible, informative and engaging to readers.

Georgina (Gina) Smith, Discharge Liaison Officer, York Hospital

Nominated by her team leader, Gina was recognised for her exceptional performance and going over and above what is expected of her role. In the face of the team being extremely short staffed, due to vacancies and sickness, Gina performed the work of three discharge liaison officers without complaint. In addition, she worked alongside her team leader and manager to proactively progress discharge, liaise with outside agencies and ensure patients were discharged on their expected discharge date, if not before. “Gina is an absolute asset not only to the team but to the Trust and nothing is ever too much trouble for her.”

Howarth Unit, Receiption (MSK, Orthotics and Clinical Enablement)
Scarborough Hospital

Last October, as part of a project to make the best use of space, the MSK admin team moved into the Orthotics admin area in the Howarth Unit at Scarborough Hospital. This change, which wasn’t without its difficulties and challenges, has greatly improved the first contact for all patients attending the Howarth Unit resulting in a professional and patient centred reception area for all AHP patients. It has also enabled clinical services to run more efficiently.

Nominated by a colleague from MSK, all the staff involved are recognised for their professionalism and flexibility to learn and understand each other’s service, whilst getting used to being in one space. “They have shown they care about what they do by acknowledging and being keen and willing to try and provide the best reception service they can for all patients.”
Living with and beyond cancer event calls for teams to attend

New electronic assessment supports cancer patients

Patient comments:
- “Completing a holistic needs assessment has really helped me psychologically and someone has actually given their time to listen to me and what concerns are important to me as an individual”
- “After I finished my treatment I felt lost. I wouldn’t have mentioned my concern if the question wasn’t asked directly”
- “Really helpful and someone has given me chance to be listened to before a clinic appointment”

Debbie Wardle, Macmillan Clinical Nurse Specialist, reveals the new electronic assessment

One of the latest initiatives to support patients with cancer is being rolled out across the Trust as part of the Macmillan Recovery Package.

All patients are given a holistic needs assessment that ensures that people’s physical, practical, emotional, spiritual and social needs are met in a timely and appropriate way.

The Trust has signed up to a new electronic version of this, the Electronic Macmillan Holistic Needs Assessments (eHNA), which allows for the person affected by cancer to complete a questionnaire on a touch screen tablet.

This information is then sent to the clinician through a secure website to begin the process of care and support planning.

Bianca Cipriano, Macmillan Recovery Package Project Manager, explained: “The roll out of the eHNA has begun and the information gathered from the assessment will be shared with patients, GPs and multidisciplinary teams.

“It involves selected pilot sites in upper gastrointestinal, breast, colorectal and head and neck.

“The first to conduct the Macmillan eHNA with patients were head and neck and they have received very positive feedback from patients.

“Staff are also finding that the assessment really helps address the concerns of the patient, focusing solely on what is important to the individual and how they can support them.

“Having the information available means that support from specialist areas such as speech and language therapy or dietitians can give much more precise advice.”

Also this year the Recovery Package team will standardise end of treatment summaries so that the Trust has a template that can be easily accessed and identified.
CANCER CARE

Highlighting the important work of our cytology labs

A cervical cancer prevention awareness campaign in January highlighted the vital work of the Trust's cytology laboratory in helping prevent cervical cancer in our region.

Cytology comes under the laboratory medicine directorate and the screening service covers one of the biggest geographical regions in England, receiving samples from all of North Yorkshire, Hull and East Riding and also Northern and North East Lincolnshire.

The team processes around 95,000 tests a year, playing a valuable role in the prevention of cervical cancer in the region.

Cervical cancer is the most common cancer in women under the age of 35 with nine women diagnosed with the cancer every day. Three quarters of cervical cancers can be prevented by cervical screening, and January's campaign emphasised the fact that that screening in England is at a 20 year low. Trevor Hair, Head Biomedical Scientist for the cytology laboratory, explained: “We've seen a steady decrease in the number of cases of cervical cancer throughout the country over the past few years. Unfortunately the number of women attending for cervical screening has dropped off in the last two to three years. “Cervical cancer is preventable, and if caught at an early stage by screening, can be treated. However, this requires women to go along to their GP to have a simple test. “The samples are analysed microscopically by the laboratory and any abnormal cells identified - if necessary the laboratory will also analyse for the presence of Human Papilloma Virus (HPV), which causes 99 percent of all cervical cancers. It's crucial that people are tested as the biggest cause of cervical cancer comes from women who have failed to attend an appointment and have missed early diagnosis.”

Reasons women don't attend are wide ranging including embarrassment, fear, not thinking it's important, not understanding what it's for and simply putting it off. It is estimated that if all eligible women attended screening regularly, 83 percent of cancer deaths could be prevented.

World Cancer Day – we can all do something to help

Currently, 8.8 million people die from cancer worldwide every year, out of which four million die prematurely between the ages of 30 and 69. World Cancer Day (4 February) is a campaign aimed at uniting the world's population in the fight against cancer in a positive and inspiring way.

Jackie Frazer, Macmillan Lead Cancer Nurse, said: “World Cancer Day unites the world’s population in the fight against cancer. It is a chance to reflect on what you can do, make a pledge and take action.

“Here in the Trust we have an information and support service providing all year round services to those whose lives are affected by cancer. We have a service in Scarborough and one in York, and teams are here to support and provide information and signposting if colleagues need it. “More people are affected by cancer and the good news is that more people are living longer with cancer. It makes sense that many of us will know someone affected by cancer – it could be a colleague, family member or friend and still, lots of us find it difficult to support them.

“Many people say they struggle to understand what someone with cancer is going through – they don’t know what to say when they hear the news and then worry that they might say the wrong thing. Being supportive can be quite challenging personally too. Cancer can be one of the hardest experiences they’ll go through and simply being there for someone can make such a difference.”

To contact the Trust’s cancer support service call York on 01904 721166 and...
Online therapy available

Cognitive behavioural therapy (CBT) is a talking therapy that can help people manage their problems by changing the way you think and behave. It is most commonly used to treat anxiety and depression, but can be useful for other mental and physical health problems.

The Trust's employee assistance provider, Health Assured, offers online CBT available 24 hours a day at a time that suits you and from the comfort of your own home. CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle. It is designed to help people deal with overwhelming problems in a more positive way by breaking them down into smaller parts. Individuals are shown how to change these negative patterns to improve the way they feel.

Online CBT has been shown to be clinically effective for clients with anxiety and depression which means that you can be confident that the programme has helped many others in a similar situation. Independent research shows that the outcomes of online CBT are similar to face to face CBT. Clients can work through the programme at their own pace whilst having the accessibility of speaking to a mentor. Anyone looking to access Online CBT should call the Health Assured Helpline or email their enquiry via Health Assured's online contact form.

Round-up - focus on your health this spring

FREE STAFF WORKSHOP – SLEEP WELL
Do you struggle to sleep well? This one hour workshop will give you information about sleep and insomnia, and suggest some helpful techniques for you to try. 'Sleep Well' takes place on Thursday 1 March 2018, 13.30 – 14.30, York Hospital Postgrad Centre, Classroom 1. Go to Learning Hub, Health and Wellbeing section to book a place.

STEP INTO HEALTH PLACES FOR APRIL NOW AVAILABLE
This 13 week distance learning course run by Loughborough College provides an opportunity to review your lifestyle habits and learn how to make healthier choices for positive change. Free to Trust staff, the course covers three modules to include nutrition, physical activity and stress. You are provided with a resource manual and are required to complete and submit a workbook from your learning on each of the three modules. If you would like a place on the course due to start on 9 April please email carol.dickinson@york.nhs.uk before 26 February 2018 for an application form.

BOOK NOW FOR WELLBEING WORKSHOPS
A number of wellbeing workshops including ‘Eat Well’, ‘Be Active’ and ‘Relaxation’ are now available on the learning hub for booking. Providing practical information and tips for your wellbeing, these popular workshops last for one hour and are free to Trust staff.

NEW HEALTH CHECK MINI FROM THE WELLBEING TEAM
Over 650 staff members have now had a health check and the response has been very positive. A full health check takes up to an hour and includes a range of checks and assessments. Staff have commented that it is difficult for shift workers to leave their clinical area and take this time out of their working day and following this feedback the wellbeing team have introduced a mini health check. The team have offered to go to work areas where they can provide a mini health check which will take around 15 minutes per person.

The checks include a blood pressure and resting heart rate check and body composition measurements (weight, height, waist measurement, BMI and body fat content).
STAFF BENEFITS

A regular section provided directly for you by the Staff Benefits Team bringing you the latest benefits as a staff member of the Trust. Whether you are looking for a better work-life balance, want advice in making healthy lifestyle choices, or just to see what discounts are available to you. For all of your benefits go to the staff benefits section on www.york.nhs.uk/staffbenefits or call the team on 01904 721170 or 771 5262. Follow staff benefits on Twitter and Facebook @YHstaffbenefits StaffBenefitsYHFT

New staff shop manager for York

At the end of January Staff Benefits said good bye to Suzanne, staff shop manager at York. Suzanne was a fantastic member of the team and will be missed. New shop manager Annabel is welcomed to the team and will take over at the end of February. In the interim there may be some slight changes to the opening and closing times of the shop but these will be kept to a minimum and notices will be placed on the door. Apologies for any disruption over the next few weeks.

Podiatry

Subsidised podiatry services are available to staff in York and Scarborough. Regular users of the York Foot Clinic please note there has been a small price increase.

Staff benefits fairs

Plans are already under way for this year’s Staff Benefits fairs which are taking place in June and July. Save the dates in your diaries now!

York
Wednesday 20 June
Scarborough
Thursday 12 July
Bridlington
Thursday 26 July

New class in York

A new boxercise class begins in March at the York Hospital physio gym.

New Fitness Class

Starting 5 March 2018
5.15pm to 6.15pm
Monday Nights in the Physio Gym (portacabin outside Park House)

Tickets are £3 per session paid to the instructor in class

This new fitness class is based on the training concepts boxers use to keep fit.

A typical class may involve shadow-boxing, skipping, hitting pads, press-ups, shuttle-runs, sit-ups and various other boxing based circuits.
Did you miss out on a Great North Run place?

If you weren’t lucky enough to be selected in the ballot for a Great North Run place, then York Teaching Hospital Charity can help.

The charity has secured 20 places and would love to hear from anyone who would like to make a difference to the experience that patients have whilst in hospital.

Alison Hornsby from the Corporate Improvement team at Scarborough Hospital took part in the run last year to make a difference for patients with dementia. Alison said: “I took part in the run with colleagues and we raised over £2,000 for the charity’s Dementia Appeal. Knowing that the money we raised would go directly to making hospital visits just that little bit easier for dementia patients and their families was worth all of our efforts.”

To run for the charity, there is a registration fee of £50 and you are asked to raise a minimum sponsorship of £300. Once registered you will receive a running vest, a fundraising pack, sponsor forms, help in setting up a fundraising page and support along the way to reach your target.

For more information call Fundraising on 01723 236210, email charity.fundraising@york.nhs.uk or calling 772 4521.

Walk in our Shoes

Do you feel like you walk miles up and down hospital corridors? This Spring, challenge your friends and family to take part in York Teaching Hospital Charity’s brand new fundraising campaign ‘Walk in Our Shoes’. We want people to challenge themselves to increase their daily steps to raise money to help our hospitals.

To take part, you can set your own goal and this could be over the course of a week, a month, or longer. The Fundraising Team can provide you with sponsorship forms and you can also purchase a pedometer for a £10 charge. It’s a great way to challenge yourself, keep fit and help support our hospitals. For more information and to sign up, please contact the Fundraising Team by emailing charity.fundraising@york.nhs.uk.

Walk in Our Shoes

My name is Kelly.
I walk an average of 6,500 steps a day.
I'm an Occupational Therapist working at St Helen’s Rehabilitation Hospital in York. I help patients and their families through their rehabilitation journey after hospital.

Go to our Facebook page for more