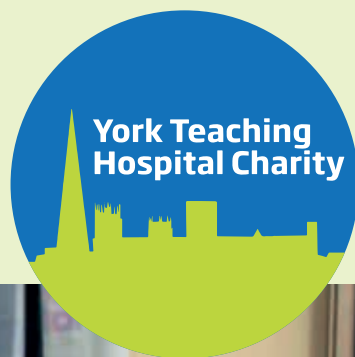


Supporter Newsletter

AUTUMN 2018



Did you know...

York Teaching Hospital Charity supports the family of hospitals and community services run by York Teaching Hospital NHS Foundation Trust?

Registered Charity Number: 1054527

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Dear Friends and Supporters,

Welcome to our Autumn newsletter, we hope you enjoy reading it and finding out about some of the inspiring stories behind our supporters.

This year, thanks to your support, we've helped to enhance the care and support given to patients living with dementia in our hospitals through our Dementia Appeal. You can read more about this on page 4 & 5.

With your help we can continue to fund the extras to improve your healthcare facilities, above and beyond the NHS. We support our staff to make the hospital experience the best it can be for all who visit or stay with us. It doesn't take much to make a huge difference to our patients and their families.

You can support our work with a donation online, www.york.nhs.uk/donate or complete the donation form on the back of this newsletter.

Many thanks for your continued support,

The Fundraising Team

Lucy Chappie Maria Maya

Get in touch

Email us: charity.fundraising@york.nhs.uk

Call us: 01904 724521

Write to us: York Teaching Hospital Charity,
Fundraising and Volunteering Hub,
Main Entrance, York Hospital,
Wigginton Road, York, YO31 8HE

Connect with us online:

 YorkTeachingHospitalCharity

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or visit www.york.nhs.uk/fundraising

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hospitals from York to the
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Design & Print:
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Help us to support our
family of hospitals.
You can make a
difference.

- Donate
- Fundraise
- Volunteer
- Leave a gift
in your will



Find out how to help today,
contact our Charity Team
01904 724521 – charity.fundraising@york.nhs.uk
www.york.nhs.uk/fundraising



Thanks to you...

Pastoral cards provide comfort and support to patients and families

The Chaplaincy Team supports patients, staff and visitors across the Trust and is available for everyone, whether religious or not. Their new pastoral cards, funded thanks to your donations, are used by volunteers and staff.

The cards offer comfort and support and can be left by a patient's bedside if they are unwell or sleeping. When cards are left, it's comforting for visitors and relatives to know their loved ones are being supported and cared for. The cards contain prayers and words of comfort and can be used in different difficult situations such as bereavement, loss and illness.



Rachel Bailes, Lead Chaplain at York Teaching Hospital NHS FT said *"We're so thankful to York Teaching Hospital Charity and donors for funding the pastoral cards which are a fantastic resource for our Team in offering comfort and reassurance at difficult times."*

Critically ill patients can receive treatment without delay

A portable ventilator was recently bought for the Critical Care Outreach Team using your donations. This allows the team to deliver timely, non-invasive ventilation to patients who require it prior to their admission to the Critical Care Unit.

Often patients require non-invasive ventilation to prevent deteriorations in their condition and they cannot wait for the availability of a Critical Care bed. Previously, the team used a large bulky ventilator which was difficult to move and once treatment had started patients could not be moved. The new portable ventilator allows patients to be treated outside of the Critical Care environment as soon as possible before being safely transferred to the Unit.

Catherine Balcombe, Lead Sister in the Critical Care Outreach Team, said *"We're very grateful to everyone who has donated to York Teaching Hospital Charity for their generosity which has allowed us to provide a quicker and acute service to our patients. Thank you!"*



Tea parties are being enjoyed at York Hospital



Some of the best ideas for improving our hospitals come from our staff. Martina Henry and Katy Hutt, who work on Ward 25 at York Hospital had the idea to put on weekly tea parties for their elderly patients to help improve their experience on the ward.

Thanks to your donations, the tea parties have become a reality. They are led by members of staff from Physiotherapy, Occupational Therapy and the Ward and have made use of the activity boxes provided by the Dementia Appeal.

Not only are the tea parties a great opportunity for patients and staff to share a cup of tea and a slice of cake together but they also contribute towards the rehabilitation of the patients following surgery and help to improve physical and mental well-being.

Scarborough Children's Clinic is more welcoming

The Children's Clinic at Scarborough hospital sees patients of all ages and their families every day. With your donations, they have been able to install a new reception desk to create a more modern and comfortable environment.

The new desk has improved the clinic and has given it a more modern and welcoming feel. It has also created a safer environment for patients and families, improving their hospital experience during visits.



Look what you've helped us to achieve...



It is estimated that 850,000 people are living with dementia in the UK and one in six people over the age of 80. With an aging population, the demand on our hospitals to provide a dementia friendly environment and specialised care is only going to increase.

The Dementia Appeal was launched in March 2017 with the aim of raising £200,000 to support every person with dementia, and other mental health conditions, to leave our hospitals as fit and healthy as possible, rather than experience a decline in their condition that can happen when a person is in an unfamiliar environment for a length of time.

We are thrilled to share with you that our patients and staff are already feeling the benefits of this appeal. We were delighted to reach our half-way target of £100,000 in February 2018 and we are humbled that the money has continued to come in through the amazing efforts and goodwill of our amazing staff and supporters in the local community. From baking cakes to jumping out of aeroplanes, we've been overwhelmed by the support we've received for the appeal.

Achievements so far



All of our hospitals have started to feel the benefits of this additional funding and targeted improvements. In June 2018, every ward that takes elderly admissions in our family of hospitals received a reminiscence box with some simple activities and engagement prompts to help staff and volunteers interact with patients who have dementia in meaningful communication.

Nearly one hundred calendar clocks have been purchased and installed which reassure patients and act as a visual reminder to help us to make sure they remain as orientated as possible in an unfamiliar environment.

Additionally, several members of the Elderly Therapies Team have undertaken some specialist training to enable them to deliver courses that improve communication with patients who have dementia and help them feel heard and valued. The techniques will be used to educate staff, relatives, carers and members of the wider community.



Work is underway to improve the Emergency Department waiting area at York Hospital with a contribution of over £40,000 to ensure that it is more dementia friendly with better signage, more obvious wayfinding and a small quiet room that will provide a safe and calming space.

Another fantastic benefit has been the purchase of 16 specialist chairs that offer a higher level of support for frail patients. The chairs are specifically intended to support early recovery from illness or injury and they allow patients to get out of bed for meals and during the day to maintain a more normal routine while in hospital.

As the appeal nears its target and the Dementia Champions ensure the money is spent on items that bring the greatest benefit, work is already underway to continue this in the longer term. Emma George, Assistant Director of Nursing at York Teaching Hospital NHS Foundation Trust, said *"Thanks the support we've received through the Dementia Appeal, the changes are already making a huge difference across our Trust and have helped to significantly improve the hospital experience for patients, families and carers. We will continue to build on these improvements to ensure the best possible care is being given to patients living with dementia across our family of hospitals."*



Friends of Our Hospitals

Did you know? Each of our hospitals is supported by their own League of Friends Charity. These are independent charities that work to support their local communities through either providing volunteers or helping to fund equipment for patients and staff.

Focus on...

Scarborough Hospital League of Friends



We'd like to say a huge thank you to the volunteers and committee of Scarborough Hospital League of Friends who have worked tirelessly for the past 18 years running their shop in Scarborough. Funds raised from the shop have allowed them to make considerable donations to the hospital for the purchase of equipment and items to make patients more comfortable.

Although the shop closed in September, the Scarborough Hospital League of Friends will still be working to the same goals, providing comfort items and funds for all hospital departments to make improvements for patients at Scarborough Hospital.

For information about supporting the League of Friends please contact **01904 724521** and you will be put in touch.

York Teaching Hospital Charity is proud to support artistic enhancements across all of our hospitals

Projects are created in partnership with the Trust Arts Team, communities, musicians and artists to make, create and share art and music which inspires and distracts patients, staff and visitors.

End of Life Care Animation

The Trust Arts Team recently worked with the End of Life Care Team to create an animation to provide support for patients and relatives.

Receiving a terminal diagnosis can be a very distressing and over-whelming time for patients and their relatives. The animation tells the story of what services a patient can access when they have been given a diagnosis. The video features visual references to different communities across our Trust such as Selby and Scarborough and features some Trust staff to help provide reassurance and familiarisation for patients.

Kath Sartain, Lead Nurse for End of Life Care, said "We're really thankful to York Teaching Hospital Charity for funding the project and helping us to address what is often a difficult and sensitive subject. The animation allows us to meet the needs of people of all ages who are living with dying, death and bereavement and provides support for them and their families and carers."



Music

Thanks to our supporters, regular music sessions are provided across our Trust by local volunteers such as Simon Nisbett and Ruth & Neil from Musical Memories.

Music sessions are extremely beneficial to patients, promoting social interaction, reminiscence and they help to bring smiles to so many faces.



Artwork improves the hospital environment for patients, visitors and staff

Both York and Scarborough Hospitals have changeable exhibition spaces, with plans for Bridlington to follow. There is a wide variety of exhibitions from local and national artists to artwork by our talented staff, students, community groups and patients taking part in art sessions within the hospitals.

Recent Exhibitions...



This exhibition was displayed in York Hospital and features artwork created by artist Tanya McClelland and participants in the Cancer Care Centre at their weekly sessions. The exhibition featured a band of feathered friends, representing the arrival of brighter days ahead and celebrating the friendship, care and support often received in times of need. The sessions are open to anyone affected by cancer every Tuesday afternoon, free of charge. We're thrilled to help fund the sessions in partnership with York Against Cancer.



Artist Lu Mason presented 'The Circus' to celebrate 70 years of the NHS. The installation attempted to show the extraordinary feats of human beings; the risk we take and the acrobatic juggling acts. Lu explained "For the past 70 years we've had confidence and reassurance, knowing the NHS is behind us. Helping us through the unexpected, the accidental and the inevitable twists and turns of life."



This exhibition combined Stephen Barrett's collection of prints, created from original negatives and magic lantern slides, with informative panels from the York 800 celebrations. Stephen works in York Hospital as a Domestic Assistant on Ward 16.

For more information about art in our hospitals please contact the Trust Arts Team

art@york.nhs.uk
01904 725265

A big thank you to everyone...



Well done to everyone who took to the Bridlington skies in 2018 to take part in a skydive for our charity and helped to raise more than £9,000.



Well done to everyone who took part in Yorkshire Three Peaks challenges during 2018 and for helping to raise more than £10,000.



Well done to all of our supporters who completed the York 10k and Great North Run and for helping to raise more than £6,000.



Thank you to Proudfoot Supermarket in Scarborough and their customers for supporting our Dementia Appeal and helping to raise more than £2,500.



Thank you to all of our supporters who took part in our celebrations to celebrate 70 years of the NHS in 2018. More than £5,000 was raised and everyone enjoyed celebrating our amazing NHS.



Thank you to all of our amazing volunteers who have helped at bucket collections throughout 2018, helping to raise more than £6,500.



Thank you to York Lions for donating £1,500 for the Dementia Appeal to help purchase calendar clocks which are specially designed for people living with dementia.



Thank you to North Yorkshire Horizons for taking part in a relay challenge from Selby to Scarborough and for raising more than £1,700 which will help to enhance cancer services at York Hospital.

Donation Form

**Thank you for your support,
together we can make
a huge difference.**



First Name:

Surname:

Home Address:

Postcode:

Email:

Telephone:

I would like to donate **£** to support **York Teaching Hospital Charity**

Please use my donation to support where the need is greatest, if possible I would like to support (department):

- ☐ **Cheque:** Payable to **York Teaching Hospital Charity**
- ☐ **Credit or Debit Card:** Please phone **01904 724521** for secure payment
- ☐ **Bank Transfer:** Account No. **10989649** Sort Code: **20-99-56** Reference: **Newsletter**
Please advise us of your bank transfer beforehand so we know it's from you!
- ☐ **Donate online:** **www.york.nhs.uk/donate**

We'd love to keep in touch

Please let us know if you would like to hear about where money raised is helping in our hospitals and future fundraising events and campaigns. ☐ By Post ☐ By Email ☐ By Phone
Please let us know if you would like to hear from us about volunteering opportunities when they arise. ☐ By Post ☐ By Email ☐ By Phone

You can read our full data protection policy on our website at www.york.nhs.uk/fundraising

giftaid it

Increase your donation by 25p for every £1 you donate!

☐ I want to Gift Aid my above donation and any donations I make in the future or have made in the past 4 years to York Teaching Hospital Charity.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

**Please return your form by post or in person to:
York Teaching Hospital Charity, Fundraising & Volunteering Hub,
York Hospital, Wigginton Road, York, YO31 8HE**

I understand that York Teaching Hospital Charity will use the funds in the way that is most appropriate for the need of York Teaching Hospital NHS Foundation Trust, in line with our charitable aims and I cannot request purchase of specific items.

York Teaching Hospital Charity
Registered number: 1054527

