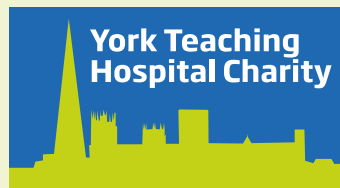


# Supporter Newsletter

WINTER / SPRING 2016



## Thanks to you...

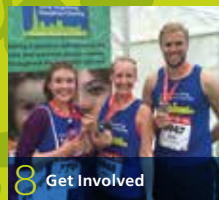
York Teaching Hospital Charity is able to make a real difference to the care and services that people receive in our hospitals.

Registered Charity Number: 1054527

### IN THIS ISSUE...



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8 Get Involved

# Dear Friends and Supporters,



Your support throughout 2015 has been tremendous and for this we are truly thankful. From providing vital equipment to supporting research into lifesaving treatments, your fundraising and donations play a vital role in enhancing the lives of our patients, visitors and staff at each of our hospitals.

If you have not previously been involved with our charity, we would like to introduce you to York Teaching Hospital Charity. We are the charity which supports the York Teaching Hospital NHS Foundation Trust. This means we are the local NHS charity raising funds for all the wards and departments at York Hospital, Scarborough Hospital, the New Selby War Memorial Hospital, St Monica's in Easingwold, Archways, St Helens Rehabilitation Hospital, White Cross Court Rehabilitation Hospital, Malton Hospital, Bridlington Hospital and local community services. By becoming involved you can support and raise money for any of the hospitals and specialities which are close to your heart.



We want to make a real difference to the people we treat by making sure that they continue to receive the very best treatment in the very best facilities. The support and generosity of people like you, companies, organisations and community groups help us to go some way to achieving this. There is still much more to do so please come and join us.


Read on to find out how you can help.

If you would like to make a donation you can use the donation form at the back of this newsletter or call into the Fundraising Office in York or Scarborough Hospitals.

Thank you for taking time to read our Winter/Spring newsletter.

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## For up to date news about what is happening follow us on

 **York Teaching Hospital Charity**

 **@YorkTHCharity**

or visit [www.york.nhs.uk/fundraising](http://www.york.nhs.uk/fundraising)

## Get in touch with the Team

**Call us:** 01904 724521

**Email us:** [charity.fundraising@york.nhs.uk](mailto:charity.fundraising@york.nhs.uk)

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

Design & Print:  
[www.adverset.co.uk](http://www.adverset.co.uk)

# Giving babies a better chance of survival

Guests at the York Teaching Hospital Charity Ball and supporters have very generously helped buy a SimBaby. The SimBaby is now being used to train multi-disciplinary teams enabling them to rehearse procedures for dealing with very sick babies. It is ideal for training in all aspects of infant care including infant airway management; changes in breathing patterns; defibrillation; the insertion of IV lines and blood sampling.

Janine Vermeulen, Consultant Paediatrician said,

*When we are faced with an emergency involving a very sick child multi-disciplinary teams work together often for the first time in what can be a very stressful situation. The SimBaby is more realistic than our previous training manikins and allows us to replicate these situations. Like a real baby the SimBaby breathes and cries. It can be programmed to "fit" or to replicate a serious illness such as meningitis allowing us to set up and work on realistic scenarios. Because the SimBaby can be connected to monitors the teams get immediate feedback about their actions*

*helping to build teamwork and confidence. As it is portable we can even take the SimBaby on to a ward or to an ambulance to replicate what happens when a baby arrives.*

The pictures show a recent training session which included staff from Paediatrics and Anaesthetics.

We are now working on the York Teaching Hospital Charity 2016 Ball which will take place at The Royal York Hotel on Saturday 2 July. We really hope that you will be able to join us for what promises to be a great night. Please do get in touch for more information or if you would like to be added to our mailing list. Tickets are £55 and tables of 10 are £500. We also need sponsorship, raffle and auction prizes. If you can help with any of these please give us a call on **01904 724521**.

Fundraising at our 2016 ball will help us to purchase a specialist surgical microscope to enable full breast reconstructive surgery for breast cancer patients to be performed at York Hospital.





## Volunteering Opportunities

We've got a whole host of exciting volunteering opportunities, so if you'd like to give your time to help raise some money to support care at your local hospital please get in touch with us by calling **01904 724521**.

Do you know a company that could help raise vital funds to enhance patient care?

Fundraising is a brilliant way for a business to show its commitment to the local community. It is also a great way to build team spirit – why not get a team together and take on a challenge?

Whether you organise a Bake Off style cake competition or a daring challenge, there are many ways in which your business can get involved and have a real impact on the care at your local hospital.

Why not sponsor one of our events or donate an auction or raffle prize to our annual ball? We will work with you to gain media coverage and raise awareness of your generosity. Our ball is also a perfect opportunity to reward staff or entertain clients. And of course your support for the York Teaching Hospital Charity means you will be helping provide the best care for your employees, customers and their families.

Getting involved is easy and we will be with you every step of the way to offer guidance and support.

## COMPANIES BRING CHRISTMAS CHEER TO OUR HOSPITALS



A big thank you to Taylor Wimpey for sponsoring our Christmas tree at Scarborough Hospital and Barchester – Mulberry Court for their support for the Christmas tree outside York Hospital.



You could sell raffle tickets; take part in bucket collections or help out at charity stalls and events. Volunteering with us is a great way to meet people and learn new skills whilst supporting your local hospital.

# How your fundraising can help...

## £10

could fund a blanket for a patient's relative staying over night



## £35

could fund a comfort box for a relative of a patient who is nearing the end of their life. The comfort box includes a cosy blanket; small bedside lamp; toiletries; meal voucher; bottled water; biscuits and sweets



## £1,000

could fund an ECG machine to check for heart problems



## £14,000

could fund a Ventilator to support breathing



# Lasting Gifts

**Our hospitals have been treating patients in the local community for over 100 years. Will you help us continue to deliver the best healthcare in the years to come?**

**Over the years, the generosity of people remembering our hospitals in their will has made a real difference to our patients. Legacies have enabled us to provide many of the extra touches that mean so much. They've also provided funds for state-of-the-art specialist equipment and ward refurbishments.**



## A touching gift

Scarborough Hospital recently received a very generous gift in the will of John May. Throughout his 24 year working life as an Auxiliary Nurse on Ann Wright Ward at Scarborough Hospital, John had helped to provide the best care to our patients and supported the nurses before passing after being diagnosed with Cancer.

Thanks to his legacy to York Teaching Hospital Charity John is continuing to help make a difference to patient care at Scarborough.


## Remembering a loved one

Making a donation or raising money in memory of a loved one can be a very special way of paying tribute to them. It can also be a wonderful way of saying 'thank you' to the hospital staff that may have cared for them in their final hours. Simply ask friends and family to make donations to the charity in the name of your loved one. Some families ask that donations are made instead of

sending flowers. Funeral directors can arrange this for you, or you can send donations directly to us. We can also provide funeral collection envelopes, please contact us to request them.

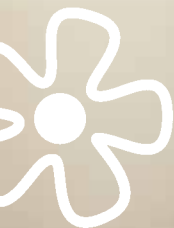
When you have lost someone close to you, a tribute fund can be a positive way of celebrating their life. A tribute fund is a dedicated memorial page where

you can upload images and write about your loved one. It could become a place for family, friends and co-workers to leave messages of sympathy and share their memories whilst raising funds in their memory. Please contact us, we would be pleased to help you set up a page.



**WE UNDERSTAND THAT LOSING A LOVED ONE IS A VERY DIFFICULT TIME AND WE WOULD LIKE TO THANK EVERYONE WHO HAS GIVEN IN MEMORY OF A LOVED ONE.**

# Families that lose a child during pregnancy will now have a new space in which to begin grieving



Families that lose a child during pregnancy will now have a new space in which to begin grieving.

We are proud to announce that thanks to everyone who donated to The Snowdrop Appeal building work commenced on our new maternity bereavement suite at Scarborough Hospital on 4 January 2016.

This £134,000 project will create a dedicated suite where families who sadly suffer a loss in pregnancy can spend time together and be supported at this difficult time.

The new suite includes a bathroom, lounge and a sleeping area for partners. Families can be together for support and comfort at this difficult time away from the sounds of a busy labour ward.

To mark the completion of the new suite we will be hosting a reception at The Royal Hotel on Friday 22 April. The evening will include a short film about the bereavement suite, a chance to meet the staff, a buffet and disco. Tickets for the evening are £16.50 each. To register your interest, please contact us on **01723 236210** or email [charity.fundraising@york.nhs.uk](mailto:charity.fundraising@york.nhs.uk).

We send a huge thank you to everyone who got behind the appeal. We could not have done it without you.



# Fundraising at your School

York Teaching Hospital Charity is keen to engage with local schools and raise awareness of the difference they can make to patients in their local hospital.

If you have a connection to a school we would really appreciate it if you could help us spread the word. It would be great if your school could support York Teaching Hospital Charity. The Fundraising Team can arrange a school visit to discuss things further.

Here are just a few examples of fundraising activities schools could get involved in.



Non-uniform/  
fancy dress day



Cake sale



Sponsored silence/  
swim/run



Seasonal event



School play

# Get your SOCKS on!



Thank you to all of the hospital departments, schools, nurseries and workplaces who took part in our **Get Your SOCKS On!** day on 9 December. Money is still coming in so we will update you in our next newsletter as to how much was raised.



# Get Involved!



## Take on a challenge to make a difference

Celebrating a big birthday or event? Why not challenge yourself and have the experience of a lifetime whilst raising funds. Global Adventure Challenges have a full range of adventures and you can select the York Teaching Hospital Charity to be the beneficiary charity. Find out more at [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com)

Do you already have plans to climb a mountain; run a marathon or do something else out of the ordinary? Why not get sponsored for a great cause? We can provide you with sponsor forms, advice on how to set up a JustGiving page and also help with fundraising ideas. By raising funds for the York Teaching Hospital Charity you will be helping fund lifesaving equipment and research.

## Will you pound the streets and make a difference to our patients, visitors and staff?

The ballot for the ever popular Great North Run is now open. If you are up for the challenge of running the half marathon and raising sponsorship we would love to have you in our team. If you are unlucky in the ballot please get in touch as we have some guaranteed places. Sunday 11 September 2016 is the date for your diary.

Not chosen a run yet? Check out our website for ideas.

If you join our team and fundraise for the York Teaching Hospital Charity we will provide you with:

- fundraising support and guidance
- a personal fundraising page
- a running vest, water bottle and other goodies



# HOLD YOUR OWN EVENT

You can choose the time, the place and the details by staging your own fundraising event for your chosen ward or speciality. Organise a dress down day at your workplace or school, hold a book stall, run a cake sale, or embark on a sponsored event such as a swim or silence. For more information or to receive a pack full of great ideas and advice get in touch.



## How about a trek?

Trekfest is offering fundraisers the choice of completing one of four demanding trekking routes: 100km \* 75km \* 50km \* 25km on 4 & 5 June 2016 in the Brecon Beacons or 3 & 4 September in the Peak District. More information can be found at [www.trekfest.org.uk](http://www.trekfest.org.uk)

If you are looking for a challenge closer to home you could take on Yorkshire Warrior on 30 April 2016. This 5 or 10 mile obstacle course starting at the Yorkshire Showground includes an 800m dark tunnel, extreme ice bath, huge scaffolding structures plus tonnes of mud and some pretty murky water. Take part as an individual or make up a team for even more fun!

## Fundraising Spotlight

### Who are you and why are you fundraising for the York Teaching Hospital Charity?

My name is Jordan and I started working for the hospital this summer as a Bio Medical Scientist in Haematology and, having seen the important work that the charity does, decided I would love to be able to contribute to a great cause.

### How did you decide which challenges you wanted to take part in?

I started running about two years ago and have ever since wanted to really challenge myself to a series of races which would challenge me

physically and allow me to raise money for charity. My plan is to run 100 miles over nine races across Yorkshire and the North East. To date I have completed the Dalby Dash with a further eight across the year finishing with the Yorkshire Marathon in October.

### How much do you hope to raise?

I am hoping to raise at least £600 but the more the better!

### Do you have any words of encouragement for people who are thinking about taking part in their own individual challenges to raise money for the charity?

The feeling of pride when the first donations appear is great and the charity has been really helpful with organising everything!

[www.justgiving.com/Jordan-Run-York](http://www.justgiving.com/Jordan-Run-York)



# How your donations have helped

From buying DVDs to heart monitors and enhancing the hospital environment your support plays a vital part in the day to day life of our hospitals. Thank you to everyone who has supported York Teaching Hospital Charity.



## £550 to support an exercise class

for people with chronic kidney disease

## £14,000 for an EEG machine

to allow the recording of seizure activity in epileptic patients whilst in their own home saving them a visit to hospital

## £56,000 to fund four Ureteroscopes

enabling our Urology Team at Scarborough and Malton to offer quicker diagnoses to patients and improved outcomes

## £12,000 for a Ventilator

for Coronary Care Unit to support people who are unable to breathe unaided



## **£1,027 to provide an ECG**

for the Urology Department that allows a patient's heart to be quickly evaluated within the department

## **£186 to fund a talk on exercise**

for patients with diabetes

## **£600 to fund comfort boxes**

to help the relatives of patients who are nearing the end of their life by giving them a box of small items of comfort to help during this time

## **£560 to fund a Rheumatology care tray trolley**

## **£50,000 to fund a new unit at Scarborough Hospital**

Patients with long term conditions such as diabetes, respiratory conditions and angina now benefit from a new unit at Scarborough Hospital. Each day around 10 patients can now return home following treatment as a result of your support.

Based near the Emergency Department, the new Ambulatory Care Unit is staffed by a dedicated team of consultants, doctors, advanced nurse practitioners and healthcare assistants and enables patients to be seen more quickly. Your support has made the unit possible by funding patient trolleys; chairs; equipment including an ECG Machine; a defibrillator; crash trolley; a Dina map amongst other vital pieces of equipment.

As well as providing rapid care for non-critical patients, the unit will also relieve pressure on the Emergency Department, allowing it to focus on seriously ill patients who do need to be admitted into hospital.

Thanks to you, patients can receive timely assessment without the need to wait in the Emergency Department and will not have to stay in hospital any longer than they need to. They are able to be at home with their families overnight even though tests and treatments may still be ongoing within the hospital.

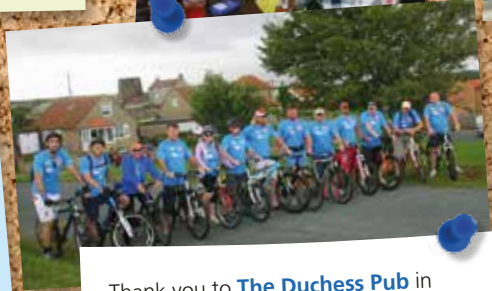
# Thank you!



Congratulations to **Dawn Leedham** who took part in a skydive raising £480 for the Children's Ward at York Hospital!



Thank you to **Beryl Swaffield** who fundraised tirelessly throughout the year organising fundraising events including a music concert and raised £1,480. The money has been used to purchase a microwave for the relative's room on the Oncology Ward at York Hospital and a DVD player and DVDs for patients who are undergoing chemotherapy. Beryl also received a £2,000 charitable donation from Yorkshire Building Society which has helped purchase a chemotherapy treatment chair for the Community Outreach Team.



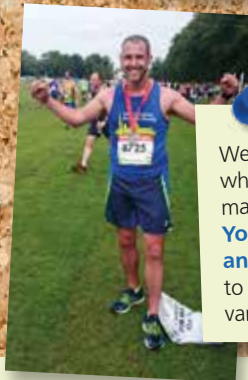
Thank you to **The Duchess Pub** in Scarborough for hosting a fundraising day with entertainment and food for the second year running and for raising an amazing £1,250 for the Children's Ward at Scarborough Hospital.



Thank you to **Seamer Sports Ladies Darts Team** for donating their £300 tournament winnings to the Chemotherapy Unit at Scarborough Hospital. The money has been used to purchase two portable DVDs player and a selection of DVDs for patients to use.

Thank you to the **Freemasons Mitre Lodge of York** and the Provincial Grand Charity of Yorkshire North and East Ridings for donating £1,590 to York Hospital Special Care Baby Unit. The donation was used to purchase two respiration monitors.

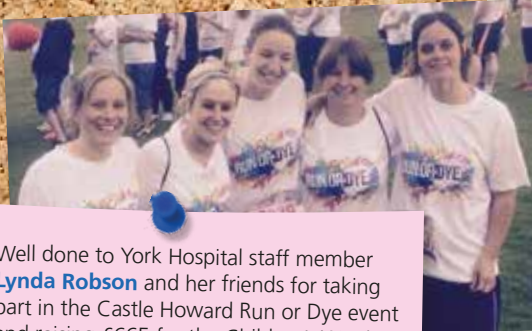
Thank you to our fantastic **fundraising volunteers** Joyce, Betty, Emma, Laura, Jackie, Eunice, Ken, Pete and Pauline who give up their own free time to help us raise money at our bucket collections and bric-a-brac stalls!



Well done to all of our fundraisers who took part in runs and marathons in 2015 including the **York 10K, Yorkshire Marathon and the Great North Run**, helping to raise thousands of pounds for various areas of our hospitals.



A huge thank you to the **York Register Office** who raised £10,000 for York Hospital Special Care Baby Unit from the sale of new baby birth certificate folders!



Well done to York Hospital staff member **Lynda Robson** and her friends for taking part in the Castle Howard Run or Dye event and raising £665 for the Children's Ward. Lynda works in the Play Team and wanted to fundraise so they could purchase new toys and equipment for their patients to use.



Thank you to staff member **Sarah Sheldon** who made this lovely sock reindeer and kindly donated it to us which we then used to run the competition 'Guess the name of the reindeer' leading up to Christmas. Congratulations to Karen Barker for winning the reindeer and thank you to Sarah and everyone who had a guess and helped us raise £40.



Thank you to everyone who was involved in our **Will Writing Campaign** during October including the solicitors Burn & Company, Crombie Wilkinson, Pinkney Grunwells and Ware & Kay and to everyone who booked an appointment. So far, the campaign has raised more than £11,000 in on the day donations and pledges.

Thank you to everyone who dropped some spare change into our hospital donation points during 2015! Thanks to your generosity, the **donation points** in York Hospital and Scarborough Hospital raised more than £1,300 to help us provide the very best care in our hospitals.



Thank you to the former York **Lord Mayor Cllr Ian Gillies** for choosing to support the York Teaching Hospital Charity throughout 2014-2015 and fundraising for the Renal Unit. The generosity of the people of York was overwhelming and the Lord Mayor's fundraising enabled us to purchase a new dialysis machine whilst also contributing towards the room refurbishment.

# DONATION FORM



## Thank you for your support!



Please post your donation to us at: **York Teaching Hospital Charity,  
Main Entrance, York Hospital, Wigginton Road, York, YO31 8HE**

First Name:

Surname:

Email:

Telephone:

Address:

Postcode:

I would like to support (department):

I would like to donate £

Please make cheques payable to:  
**York Teaching Hospital Charity**

I would like to donate by: ☐ Mastercard ☐ Visa ☐ Switch/Maestro ☐ Cheque

Name on Card:

Address to which the card is registered (if different from above):

Card Number:

3 Digit Security Code  
(on reverse of card):

Expiry  
Date:

Start date  
(if present):

Issue no  
(if present):

☐ If you would like to make a regular gift, please tick here to be sent a form

*giftaid it*

☐ I would like York Teaching Hospital Charity to claim Gift Aid on my donation

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.

We will only use your contact information to keep you updated on our work. If you would prefer not to hear from us, please tick here ☐

York Teaching Hospital Charity  
Registered number 1054527