Making a positive difference to the care and services people receive throughout their hospital journey.
The Share the Care appeal was set up in 2011 and raised over £200,000 to build a new purpose built shared care dialysis unit at Harrogate District Hospital. This will enable patients to manage their own care together with the support of medical staff if needed.

This appeal has allowed us to create ‘home from home’ dialysis treatment areas, where self caring patients can take charge of their own treatment and can have access to treatments that will improve quality of life.

Many people do not have the space at home to dialyse so they are not able to enjoy the advantages of home haemodialysis such as control, flexibility of treatment, more frequent dialysis (an important survival factor) and more quality time with family.

The unit was officially opened in April of this year and has now started to treat patients.

For further information about any of our appeals, please get in touch: YTHC, Main Entrance, York Hospital, Wigginton Road, York, YO31 8HE York Office: 01904 724521, Scarborough Office: 01723 236210 charity.fundraising@york.nhs.uk

@YorkTHCharity
YorkTeachingHospitalCharity
A **Giraffe Omnibed incubator** and warmer was purchased for the Special Care Baby Unit at a cost of £33,486. The incubator allows care to be administered with minimal movement of the baby and keeps them at a constant temperature.

**The Paediatrics Diabetes Team** work hard with their patients to ensure that they are able to manage their care and wanted to be able to provide them with ‘The Rough Guide to Diabetes’ booklets costing £361, so the charity provided the funds to enable the best care possible for the patients.

Staff on the **Special Care Baby Unit** at Scarborough Hospital have received a well deserved staff area with new facilities. The newly refurbished room which now contains seating and a kitchen; provides a space where staff can go to whilst on their breaks costing £4,500.

**An Epidural Spinal Injection Simulator** was purchased at a cost of £2,824 for the Anaesthetics department to enable them to practice administering epidurals. This is such a precise procedure; having these simulators adds value to a member of staffs’ training and benefits patient care.

For a parent to be able to stay overnight with their child whilst they are in hospital is one of the most important things. YTHC bought 12 beds for the Childrens’ Ward at Scarborough Hospital costing £9,030.
We were chosen as one of the Lord Mayor’s Charities of the Year during 2014/15.

As mentioned in the last newsletter, the funds raised in this appeal will purchase a new lifesaving haemodialysis machine for renal patients in York Hospital. This will allow us to start a new self care service in York, similar to that in Harrogate.

The Lord Mayor has now completed his year of fundraising and we are pleased to announce that we have received £24,000 which is a large contribution to the new haemodialysis service.

Several successful events took place throughout the year including a fashion show in partnership with Fenwick and Browns at the Guildhall in York.

We would like to thank the Lord Mayor of York, the Lord Mayor’s committee and everyone who has supported the events over the last year and for helping to bring this service to York.
The Viva Las Vegas Ball took place in June at The Royal York Hotel where guests were greeted and danced the night away. The annual ball raised £23,930 towards the SimBaby equipment that we are currently fundraising for.

When a very sick child comes into hospital it can be a frightening experience for the family and challenging for the staff involved. Thankfully these are quite rare events but knowing what to do for a desperately sick child is essential. Learning these skills can be difficult, which is where simulation comes in.

High fidelity simulation is used regularly in the aviation industry and has been invaluable for improving safety. In medicine we are learning the value of having regular simulation in order to prepare our staff for these events.

The equipment we are seeking is life like simulation manikins of a baby and a young child.

The equipment will be used to teach not only practically what to do in a situation, but also the importance of team working and communication between staff members and family, which is vital in life support situations.

We are aiming to raise £30,000 in order to purchase the equipment which will benefit many departments across the Trust including Paediatrics, Emergency medicine, Anaesthetics and the medical school.

It will be used by a wide range of people from students all the way through to consultants.

If you would like to support this project you can text SIMB15 £5 to 70070 to donate £5.
Nikki Brooks a Pharmacy Technician at York Hospital, set herself a personal challenge to raise money to help women in York undergoing a mastectomy, after having chemotherapy and a mastectomy herself following breast cancer.

Initially, Nikki wanted to do the Sumatran Jungle Challenge in order to get herself fit and well again after her treatment. But, after travelling to Hull for her reconstructive surgery, as it wasn’t available to her in York, the challenge became a much bigger thing for her.

She said: “I decided I wanted to give something back to York Hospital and I wanted to help all of the women that have to undergo mastectomies.

“Breast reconstruction is an invaluable way for women to have some control over the cancer diagnosis and the altered body image that goes with having a mastectomy.” After a unique six days camping, tracking wildlife and river walking in the Sumatran Jungle, Nikki raised a total of £4,966.47 and minus the cost of the Trek the overall total raised was £3,209.47 and 305.96 from gift aid. This was raised by taking part in a 10K run, holding car boot sales, a Hawaiian hog roast, a Halloween party and fundraisers held by her daughter Hollie’s school and Brownie Group.

The money raised is helping to purchase a surgical microscope for the Plastic Surgery Department in order for them to carry out reconstructive surgery for breast cancer patients. Purchasing the machine would immediately benefit patients with this new service as at least two women a month are referred to Leeds or Hull, like Nikki, for the reconstructive surgery.

Earlier this year, Sam Hamilton from York decided to do a sponsored silence for six hours at school, to raise money for the Haematology/Oncology Department at York Hospital. His Granddad David Gillon has been undergoing chemotherapy at York Hospital, and Sam wanted to thank the kind nurses in the department for looking after his Grandad.

David found out last year that he had bowel cancer after completing the screening test he received in the post. He said: “I had no symptoms, which is why it’s so important for people to take this test when they receive it. I know a lot of people that don’t, and my experience shows just how vital it is.”

In total Sam raised a fantastic £200. His sponsorship for the silence came from family, friends and colleagues at his dad’s place of work, Peter Thompson of York.
We've got places for the York 10K, Sunday 2 Aug 2015

the Great North Run, Sunday 13 Sept 2015

and the Yorkshire Marathon, Sunday 11 Oct 2015

To register your interest email charity.fundraising@york.nhs.uk or call 01904 724521
Upcoming Events:

12 July - York Dragon Boat Race on the River Ouse, from 10am.

2 August - York 10k, York Knavesmire, from 9am.

18 August - St Crux, refreshments and bric-a-brac, 10am to 4pm.

30 August - Duchfest, The Duchess Pub, Scarborough, 12pm until late.

18 September - September Sunshine, The Post Office Club, York, 7pm with buffet, disco and raffle in memory of Sandra Train.

5 - 16 October - Will Writing Campaign.

November / December - Christmas Pop Up Shop at York Hospital.

Charity stands at York Hospital:

- Thursday 9 July.
- Tuesday 28 July.
- Monday 24 August.
- Thursday 3 September.
- Monday 19 October.

For more information on any of our events, please visit: http://www.york.nhs.uk/fundraising
Will Writing Campaign

5th to 16th October

The York Teaching Hospital Charity (YTHC) has joined forces with a number of local solicitors to give you the opportunity to have your Will written for free as long as you remember the YTHC in your Will, even in the smallest way. You can also choose to make a donation to the charity now instead of leaving the YTHC something in your Will.

For more information and to order your Will Writing Campaign pack, please contact the Fundraising Team on 01904 724521, 01723 236210 or email charity.fundraising@york.nhs.uk

www.york.nhs.uk/willcampaign
Staff Fundraising

Staff across the Trust are very supportive of YTHC and aren’t afraid of getting stuck in with fundraising events! Thanks to all the following, and many more who have fundraised for us recently...

Charlotte Whiteman
Scarborough Hospital staff member Charlotte Whiteman organised a charity evening in March and raised a massive £614.34 for The Breast Care Service at Scarborough.

The evening was jammed packed with karaoke, booby buns, raffles and even the recycling of old bras, which YTHC receives further donations from the recycling company for. Breast Care Nurse Andrea Ward said “We are so grateful to Charlotte and Jo at The Newlands Park Hotel. The evening was a huge success and we had a fabulous time.

“We are hoping to use the money to improve the waiting area in clinic; we would like to have a coffee machine for patients, a TV and some comfortable chairs. This small change can make the biggest difference to our patients and their families when they come in for treatment.”

York Staff Football Tournament

Two members of staff from York Hospital, Salahuddin Dewan and John Walker, organised a football tournament which took place at York Sport Village on 3 June to raise money for YTHC. Several teams took part in the tournament with members of staff from 8 different departments from York Hospital, Scarborough Hospital and Ryedale Hospital.

A great day was had by all and the total raised on the day was £235 with sponsorship money still coming in.

Salahuddin said of the event, ‘Players felt there was a real sense of community spirit on the day and it’s great to know that the donations will be changing patients life’s in some way, which is what the tournament was all about and a big thank you to York Sports Village for the use of the facilities.’

Scarborough Dragon Boat Staff from across Scarborough Hospital got on board HMS NHS at the Scarborough Dragon Boat Race in June. The 18 strong team rowed to their best time of 1 minute 9 seconds, which was an 18 second improvement on their first race! They raised £500 for Cancer Information Services at the hospital, meaning that more patients will be able to access the services that are available to them.
Staff across the Trust are very supportive of YTHC and aren’t afraid of getting stuck in with fundraising events! Thanks to all the following, and many more who have fundraised for us recently...

**Cardiology Fundraising**

As February was Heart Month and to tie in with British Heart Foundation’s ‘Wear It Beat It’ campaign on 6 February, the Cardiology and Research Team organised a fundraising day in York Hospital.

The team had a stall where they were offering advice, selling pin badges, painting nails red and offering on the spot blood pressure checks which were very popular with visitors and staff. Other activities included a cake sale, sponsored run, a raffle and departments wearing red for the day.

Over £900 was raised with half of the money going to British Heart Foundation and half to YTHC to purchase some equipment in the Cardiology Unit at York Hospital. Andrew Atherton, who took a lead role in coordinating the day, was really pleased with the fantastic amount raised, adding: “The enthusiasm from everybody involved really made the day a huge success”. Thank you to all departments that took part including Cardiology, the Research Team, HR and Pharmacy.

**Stroke Awareness**

To celebrate Action on Stroke Month, staff from the Stroke Unit at York Hospital carried out various activities throughout May to raise awareness about strokes and raise money for the Stroke Unit and the Stroke Association. The activities included planting purple flowers in one of the hospital courtyards, selling purple loom bands and a raffle. Swimtime North Yorkshire also supported the fundraising by raising money for one week in May during children’s swimming lessons. More than £1,000 was raised throughout the month and this money has been equally shared between the Stroke Unit and the Stroke Association.

One of the members of staff, Zoe Grayston, also took part in a skydive and raised more than £500!

Rowan Sandell, Staff Nurse for Elderly Medicine, said: “We wanted to celebrate the amazing work that goes on in the hospital to help people recover from stroke. It’s very rewarding to see how people’s lives are turned around with the help of our staff and therapists in the Stroke Unit. The staff will always go the extra mile and the difference you see in patients by the time they leave is amazing.”
11 year old Libby organised a music concert as part of a school fundraising initiative and raised an amazing £355. She chose YTHC because of the care she had received at Scarborough Hospital when she was born and she wanted to say thank you.

Andy Swift ran the McCain 10k in Scarborough last year and raised £609 for the Children’s Ward at Scarborough Hospital. His whole donation was used to buy games, DVD players, DVD’s and toys for children of all age ranges. The day the portable DVD players arrived, a young girl was transferred to Leeds by ambulance; to help her relax on the journey staff set the DVD player up with her favourite film ‘Frozen’ and it soon took her mind off the trip. This is a perfect example of how generous donations are spent and help to make an experience in hospital so much better for patients and their families.

Thank you to Sainsbury’s and their customers on Bishopthorpe Road in York who donated over 150 eggs to the Children’s Ward at York Hospital throughout Easter after customers donated either an egg or £1.

The Sainsbury’s store also kindly donated 20 Easter eggs to a YTHC Easter egg tombola which raised £126.

Hunmanby Cancer Fund donated £1,260 to the Chemotherapy Unit in Scarborough to purchase two Inditherm Pads which are placed on patient’s arms whilst receiving treatment. The heat from the pads allows the patients veins to dilate which in turn allows the chemotherapy drugs to flow through their veins easier.
Thank you to Helen Smith, a teacher at St. Lawrence’s School in York, who took part in the Yorkshire Marathon in 2014 and raised an incredible £1,000 for YTHC.

Helen was inspired to take part in the Yorkshire Marathon after some parents planted the idea in her head and she wanted to raise money for a really worthwhile cause.

Helen had never taken part in a marathon before but received help with her training from some of her students who joined the lunchtime ‘Marathon Club’. The school’s moto also helped to inspire Helen whilst she was running the marathon ‘Together with the help of God we will try our best and never give up’.

Thank you Helen for all of your hard work and for raising such a fantastic amount!

If you have been inspired by Helen to take part in a marathon or run to raise money for YTHC, please contact charity.fundraising@york.nhs.uk or call 01904 724521 as we have places available for this year’s York 10K, Great North Run and the Yorkshire Marathon.

Portakabin in York have donated £550 to the Coronary Care Unit (CCU) at York Hospital after a recent member of staff had a heart attack and was cared for by staff in the unit.

Ian Minskip, who is 64 years old, had a heart attack in May 2014 whilst at work and a colleague quickly phoned for an ambulance. In less than an hour, Ian was in Leeds Hospital having a stent fitted. He was soon transferred back to York Hospital where he was cared for in the CCU for just under a week.

Staff in the Fitting Out Team at Portakabin won a Health and Safety award which allowed them to donate £550 to a chosen charity. Due to Ian’s recent incident, he asked his team if the money could go to the CCU at York Hospital which they were all more than happy to support.

Anne Barfoot, Sister on CCU said: “We are incredibly grateful to staff at Portakabin for their generous donation to the CCU. We always appreciate the support we receive so we can provide the best care possible for our patients. We are all pleased Ian has made a full recovery and wish him well in the future.”

Flight Lieutenant Alfie Hall and his colleagues from the 609 (West Riding) Squadron at RAF Leeming took on a gruelling challenge to raise funds for the Cardiac Rehab Unit at York Hospital and SSAFA (the Forces Charity).

Alfie suffered a heart attack in 2013 and he was treated by the Cardiac Rehabilitation Team at York Hospital. The team were vital to his recovery and eventual return to work and as such Alfie and his colleagues wanted to fundraise for the unit to thank them for the care he received.

They walked, ran, cycled, swam and cross-trained the equivalent distance from RAF Leeming to Camp Bastion in Afghanistan where their friends and colleagues were serving. They successfully completed the challenge, covering 3600 miles and raised £245 for the Cardiac Rehab Unit at York Hospital.

Alfie Hall said: “After my ‘cardiac event’ I was worried that my previously active life was now over. With the help and support of the Cardiac Rehabilitation Unit, I was able to return to running, walking and cycling as I had done before, just with a healthier view on the difference between healthy exercise and over-exertion. I owe the resumption of my career to the hospital staff’s professionalism, skill and care.”
Just Giving

‘Making it easy for our supporters to donate and raise money for the YTHC’

From Jane Liardon-Cotter – May 2015 £110
“With thanks to the staff of Archways for their dedication and particularly for looking after our sister Margaret Hopwood.”

Anonymous – May 2015 £100
“Thanks to the wonderful staff at the maternity unit; your kindness, compassion and professionalism were exceptional.”

Andrea Wills – April 2015 £300
“To Ward 21 with our thanks for your very kind attention to Jean Wills during her final hours.”

Supporters Direct - May 2015 £100
“In memory of Steve Beck.”

William E Crawford – February 2015 £200 + £50 Gift Aid
“A donation to the York Cancer Care Unit in memory of my brother; Stuart Irvine Crawford.”
Do you have a few spare hours a month and would you like to help YTHC raise vital funds for our hospitals?

If so, we’d love to hear from you!

We’re currently on the lookout for volunteers to fill the following roles:

• **Events and Collections Volunteers**
• **Charity Champions**

We only ask our volunteers to give as much time as they can. Our roles are designed to accommodate your particular interests and we always try to work around your availability.

Volunteering for YTHC is a great way to give your time for a fantastic cause. Through volunteering you can make new friends, build confidence, learn and develop your skills and have lots of fun along the way!

Volunteers help out at bric-a-brac stalls, bucket collections, coffee mornings, quiz nights and marshalling at events.

Joyce Cockerill is one of our volunteers who often helps out with bric-a-brac stalls in York Hospital and says “I like volunteering because it is possible to choose an area that is of interest but not something you’ve experienced already, and you can choose from the hours offered and times that fit with your own family’s demands. I chose to volunteer for YTHC as the NHS has been available to me on the occasions I have needed it throughout my life and it is a way of saying thank you.”
TRIBUTE FUNDS
Create a Tribute Fund in memory of someone you love

Making a donation in memory of a loved one is an extremely valuable way to commemorate their life. By donating to the York Teaching Hospital Charity (YTHC) you can help us to save thousands more.

Tribute Funds are a lasting and meaningful way to celebrate a life whilst supporting the YTHC. If you would like to create an online Tribute Fund in memory of someone special, this can be done through JustGiving.

Please go to www.justgiving.com/yorkteachinghospital and choose the option ‘Fundraise for us’ and once registered, select ‘Remembering someone’ to set up your fund.

This is a special way to add your own story, upload photos, leave messages and make donations to the YTHC in memory of your loved one. By sharing the page with friends and family, this is also a quick and secure way for them to make a donation which then shows up on your page along with their personal message.

At a time of loss many people may want to do something to help and we find that Tribute Funds allow for this. For example, people often like to make a donation or leave a message to remember a loved one’s birthday, anniversary or just when they come to mind.

You, your friends or family may also like to do a sponsored event or take part in a challenge event of which the sponsorship money could be paid into your Tribute Fund.

Any money donated through the Tribute Fund comes straight to the charity and you can specify which ward or department within any of our nine hospitals you would like this to go to.

For more information, please contact our Fundraising Team on 01904 724521 or email charity.fundraising@york.nhs.uk.

www.york.nhs.uk/fundraising
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