Thanks to you…
the 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
Dear Friends and Supporters,

The support we have received from you this year has been amazing; we are so grateful. From providing the latest 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 one of our hospitals.

If you have not previously been involved with our charity, we would like to introduce you to the York Teaching Hospital Charity (YTHC). 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 in our hospitals 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, visit our website or call into the Fundraising Office in York or Scarborough Hospitals.

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

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

 بيانو York Teaching Hospital Charity

 بيانو @YorkTHCharity

 or visit www.york.nhs.uk/fundraising

Get in touch with the Team

Call us: 01904 724521

Email us: 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
Thanks to the generosity of our guests at the YTHC ‘Roaring 20’s’ Ball in July and our supporters, work is now under way to create a Dementia Café on Ward 37 at York Hospital.

Ward 37 is a mixed medical and mental health ward. The patients all have varying degrees of dementia. The ward has already undergone refurbishment to adapt it for people with dementia. The development of the Dementia café is the next stage. So far, work on the ward has included new flooring, repainting, changes to fixtures and fittings, new art work and a dining area.

A light and airy space at the end of Ward 37 will be refurbished with new doors, window art, blinds and furniture to create a 1970’s tea room, an era that our patients can relate to. The area will be furnished with tables and chairs, bright tablecloths, a counter area with pots, pans and cake stands. Pictures will be of the same era and there will be memory boxes to help trigger reminiscences and conversations; jigsaws and books of old photographs.

Tracy Clark, Sister on Ward 37 said,

“Having the Dementia café will bring benefits for everyone associated with Ward 37. The café is an invaluable way for relatives and carers to have more involvement in the care of patients providing them with familiar faces and improved surroundings. Patients will be able to relax in the new cafe area with their family or a volunteer, helping to keep them engaged and distracted.

For staff, it will be great to have a place to take patients when they become agitated so that we can divert their attention and calm them down. Thanks to your support we can now continue improving the environment for our patients on Ward 37 allowing them to spend more time in a comfortable café area and less time spent alone in their bed.”

Thank you for all of our sponsors including Kier Northern who were the main sponsors of the Ball and thank you to Vital Energi and Enterprise who each donated £1,500 towards the project. We are very grateful for all the on-going support we continue to receive.
Thanks to our supporters, an 18-month project has transformed former offices into a modern clinical unit which provides a purpose-built environment to deliver diagnostic tests and therapies for patients with heart and lung disorders.

The completed Cardio-Respiratory Unit in Scarborough Hospital now boasts purpose-built heart scanning rooms, a clinical exercise laboratory, pacemaker and consultation rooms.

The project that was partially funded through the YTHC will benefit over 9,500 patients a year with thanks to the generous donors to cardiology at Scarborough Hospital and to several legacies that were left to the speciality.

The new unit provides a much improved experience for patients and relatives attending the department as well as for staff delivering the care, enabling them to provide treatment in a comfortable and spacious environment with improved privacy and dignity.

A few months ago we were delighted to join the team in opening the new unit. They really are so grateful. Here’s what they had to say:

“I know I speak for the entire Cardio-Respiratory team and our patients when I say thank you for the hard work and generosity of your donors. The people of Scarborough and my clinical team now benefit from a modern purpose-built heart and lung diagnostic unit. The unit permits us to undertake complex testing within a comfortable clinical one-site environment. We can now move forward in bringing to Scarborough Hospital diagnostic heart and lung testing services offered in other parts of the UK. Your donations make a significant difference to all our lives. Thank you.”

Peter Lewis, Head of Cardio-Respiratory.

We thought you might like to see what the new unit looks like and just some of the ways your support has made a difference to the experience of patients and staff working within the department.

- The newly refurbished area has more space and access to the department is now easier. Patients no longer need to navigate a heavy lift to access the department.
- Disabled toilets within the department mean no unseemly dashes!
- A dedicated reception and waiting areas with patients cared for in rooms rather than curtained cubicles. This provides greater privacy and dignity and helps reduce the stress that coming for a hospital appointment can bring.
- A dedicated pacemaker monitoring and echocardiogram room means results can be downloaded and discussed in private.
- Faster and more accurate results from two new state-of-the-art echo machines.
- Patients can now undergo their stress test within a dedicated exercise room with treadmill in private.
CT scanner

Thanks to our supporters, the YTHC was recently able to fund £100,000 towards the purchase of a new CT scanner for the Radiology Service at York Hospital.

Steven Mackell, Directorate Manager for Radiology said,

“The Radiology Directorate at York owes a huge thank you to all of the support received through the YTHC to help purchase a new CT scanner to add to the existing two which were recently replaced.

The impact was immediate with improved waiting times for patients and the third scanner meant we could carry out key examinations for up to an additional 100 patients per week. As a result, this has reduced the time patients need to stay on wards. Having the third scanner has meant we can free up time for some of the more time-consuming complex scans, providing an improved patient experience. It will enable future developments in CT scanning for the Trust that would otherwise have been unlikely. The third scanner has also been of great benefit to staff in the department as it has expanded and enhanced the training environment as we move to develop staff through in-house training.

Once again, thank you to everyone who donated to the YTHC and helped make this possible.”

Fibroscan

Thanks to all of our supporters, a new innovative piece of technology is now in use in the Hepatology Service. Thanks to a grant of £82,000, a FibroScan was purchased which is used to assess liver stiffness without invasive investigation. Results are available immediately showing the condition of the liver allowing physicians to diagnose and monitor disease in conjunction with treatment. Complications can also be anticipated and the damage caused by conditions such as cirrhosis can be monitored more easily leading to better treatment and outcomes.

Consultant Hepatologist Charles Millson said,

“Thanks to charitable donations, patients will no longer have to be referred to specialist services in Leeds and Newcastle, they will be able to be treated at York and Scarborough Hospitals and this will make a huge difference.

The fibroscan is a huge asset to the service as it is a quick, painless test that gives immediate results. It doesn’t have any potential complications or risks and is non-invasive so it provides an excellent alternative to liver biopsy.”
How your fundraising can help...

£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.

£3.50 could buy a magazine each month for chemotherapy patients to read whilst having treatment.

£1,000 could fund artwork for a waiting room, ward or department to enhance the environment for patients, visitors and staff.

£254 could fund a Rota-Stand to help move patients from a seating to a standing position.
Get Involved!

2017 CHALLENGE EVENTS FOR THE DIARY...

9 APRIL 2017
Yorkshire Half Marathon
21–22 APRIL 2017
Yorkshire Three Peaks Challenge
14 MAY 2017
Leeds Half Marathon
28 MAY 2017
Edinburgh Marathon

9–11 JUNE 2017
Great North Swim
18 JUNE 2017
Hull 10k
9 JULY 2017
Leeds 10k
6 AUGUST 2017
York 10k
2 & 3 SEPTEMBER 2017
TrekFest (Peak District)

10 SEPTEMBER 2017
Great North Run

Fundraising Spotlight

Who are you and why are you fundraising for York Teaching Hospital Charity?
We are Simon and Nicola Whiteley and we started fundraising for the YTHC because we wanted to help other parents and their babies who needed to be in the Special Care Baby Unit (SCBU) at Scarborough Hospital as we did. We are fundraising for a new piece of equipment to help with breathing for premature babies.

How did you decide what fundraising you wanted to do?
We have three children and we wanted to do something focused around them. We organised a children’s disco, a coffee morning, online fundraising, collection boxes and a dress down day. We wanted different events targeted at different age groups.

How much do you hope to raise?
We would like to contribute towards the breathing machine which is around £7,000 and at the moment we have raised just over £4,500 so we are really pleased and hopefully we can reach the target.

Do you have any words of encouragement for other people thinking about organising events to raise money for the charity?
Do it, if you can help even one person it’s worth it! The Fundraising Team is really helpful and they’ve given me lots of support which has been great.

Hold your own event! From cake sales to bingo nights there are lots of ways you can raise money for the YTHC and you can decide where and when to hold it! For one of our ‘Jump into Action’ booklets which is full of ideas, please email charity.fundraising@york.nhs.uk or call 01904 724521.

Get in touch by calling 01904 724521
Will Writing Campaign

It’s one of those things that you always mean to do but never actually get around to doing, but making your will is one of the most important things you can do.

As the YTHC launch the annual Will Writing Campaign which allows people to get their will written in return for a donation or a gift in your will to the charity; it’s never been easier to get your affairs in order.

With three solicitors in York and five solicitors in locations on the East Coast, we are hoping to encourage you to be prepared and support us.

Gifts to the charity that donors so generously leave in their will, help to provide additional services, equipment and research throughout all of our hospitals.

A £34,000 gift left to Scarborough Hospital in somebody’s will has been used to fund all of the equipment on the new Ambulatory Care Unit at Scarborough. On a daily basis these acts of generosity are appreciated by patients, their families and staff throughout the Trust.

The Will Writing Campaign runs from Monday 17 to Friday 28 October and it is during this time you can have an appointment with a solicitor of your choosing. You can make the appointment as soon as you receive your will pack and you can request this by contacting the Fundraising Team.

Participating Solicitors include:

- Crombie Wilkinson, York
- Pinkney Grunwells, Scarborough, Bridlington, Filey, Whitby & Driffield
- RG Solicitors, York
- Tubbs & Co, Scarborough
- Ware & Co, York and Wetherby

Fancy yourself as the Star Baker?

Now you can with the YTHC’s ‘Cake Off’ and be in with a chance of winning the £100 Star Prize.

- Simply bake your best Showstopper cake
- Tag us in a picture of you with your cake on Twitter or Facebook by 24 October 2016
- Sell your cake to friends, family and colleagues and make a donation to our charity

Please visit our website for terms & conditions. Over 18s only.
Collection Tins

Last year your pennies raised an amazing **£4,939.80** and that was from 55 collection tins and our two donation points at Scarborough Hospital and York Hospital; that’s a huge amount! Thank you for your generosity!

These donations support various areas of our hospitals and recently purchased some PictoComm folders which enable staff with a new way of communicating with their patients through the use of pictures. Each folder is full of ‘pick and point’ pictures which illustrate items and actions that staff and patients regularly need to discuss. These folders are particularly useful for those with communication issues such as patients who are recovering from a stroke.

The folders give the patients a ‘voice’ and help to reduce frustration and confusion between staff and patients.

If your workplace, local shop or pub could take a collection tin to help raise funds for the YTHC then please get in touch.

Thank you to **Trembling Madness** who has raised more than £500 over the last two years for the Elderly Wards and Labour Ward at York Hospital by having collection tins in its shop!

Get Your Socks On

Thanks to everyone who supported ‘Get Your Socks On’ last year, it was great to receive so much support in the local community. We hope you can join us again this year. Please get in touch for more information.

Get in touch by emailing charity.fundraising@york.nhs.uk
How your donations have helped

From buying magazines, helping to fund essential equipment 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 the YTHC.

£600 funded a food and drink blender for Ward 34 to support people with Cystic Fibrosis

£375 funded a Reflexology workshop

£3,000 funded four electric reclining chairs for the Chemotherapy Unit at York Hospital

£2,142 funded a glucose monitoring starter kit for diabetic research

£626 funded some fans to keep staff, patients and visitors and patients cool on the wards
£300 funded a Dementia frailty course for staff

£1,276 funded an iPad for the Speech & Language Therapy Team at Scarborough Hospital to assist patients who have suffered from a stroke

£200 funded 500 Metastatic Spinal Cord Compression information cards to assist early diagnosis by staff

£1,000 funded hats and scarves for the Cancer Care Centre at York Hospital for patients undergoing chemotherapy

£2,000 funded through the ‘Inspire Project’ allowed a Dietician at York Hospital to study some Msc modules in Allergies.

The studies have enabled the member of staff to provide a more thorough examination of a patient’s medical investigations and results without assistance from a doctor. This has helped to reduce the time patients spend in doctor clinic appointments and has allowed patients more time to talk through any queries/concerns.

£3,324 funded a mobile nurse’s station and two laptops in the chemotherapy unit at Scarborough Hospital
Corporate Support

Corporate support is very important to the YTHC. We are incredibly grateful for the support we receive from local businesses in the form of corporate sponsorship, choosing us as Charity of the Year or the donation of gifts in kind. The charity would be delighted to come and talk to your business if you are interested in supporting us to discuss some of the ways we can work together.

Please contact us on 01904 724521 or email charity.fundraising@york.nhs.uk if you would like more information or to arrange a meeting with one of the Fundraising Team.

Below, we would like to thank some of the local businesses who have recently supported us:

Marks and Spencer in the Designer Outlet in York chose the YTHC as their Charity of the Year for 2015/2016 and specifically fundraised for the SCBU at York Hospital.

Lush in York kindly donated some items for staff on ward 17, ward 18 and the SCBU at York Hospital. The items included hand creams, bubble bars, soaps and shampoos.

Mitrefinch Ltd, Sainsbury’s Local on Scarcroft Road in York, Wellburn Care Home and Yorkshire Universities Air Squadron kindly donated Easter eggs to patients on the Children’s Ward in York Hospital.

Thanks for the support we receive every year from local businesses for our annual ball.
Great North Run

Thank you to all of our fundraisers who took part in the Great North Run this year. Why not sign up to the 2017 run which is on the 10 September! Get in touch with the Fundraising Team to register your interest in one of our places.
A huge thank you to **Ian Watson and friends (Team Rebecca)** who raised more than £13,000 in memory of Rebecca Watson. Team Rebecca fundraised tirelessly by taking part in several runs and hosting a quiz night. The generous donation has been shared between the Cancer Care Centre and the Oncology Unit at York Hospital and has helped to purchase electric reclining chairs for patients undergoing chemotherapy, a new ECG machine and helped to send a nurse to a Haematology Conference. Thank you for all of your hard work.

Thank you to **Alison Gaythorpe** and **Scarborough Hospital’s SCBU team** for organising the Summer Fair which raised £1,507.08.

Thank you to **Deanne Leng** who raised £1,376.30 for Scarborough Hospital’s Breast Care, Chemotherapy and Hair Care teams from family donations, a Zumbathon and an Afternoon Tea.

Thank you to the **Blue Fin Fish & Chip Shop** on Tadcaster Road in York for wearing onesies all week and raising £251.49 for the Children’s Ward at York Hospital.

Thank you to our fantastic fundraising volunteers **Donna, Kelsey, Danni and Jo** who gave up their free time to help at a bucket collection which raised £374 for the Emergency department at Scarborough Hospital to enhance the children’s waiting room.

Well done to **Kris Hughes and Jess Sharp** who took part in a bungee jump and raised £425 for the SCBU at York Hospital.
Thank you to Paula Robson who makes preserves and chutneys every year to sell and has raised more than £550 for the Renal Unit at York Hospital.

Thank you to Hunmanby Cancer Fund who held a coffee morning and raised £1,300 for Cancer Services at Scarborough Hospital.

Thank you to Team HMS NHS who took part in the 2016 Rotary Club of York’s Dragon Boat Race in July and raised more than £1,000 for the Children and Young Person’s Diabetes Service at York Hospital.

Thank you to York Test for organising a family fun day in memory of their colleague and dear friend Damien. They raised £3,848.31 for the Haematology Service at York Hospital.

Thank you to a team of Biomedical Scientists from York Hospital who raised more than £450 for the YTHC by taking part in the Adrenalin Rush event in July.

Thank you to Matthew and Amanda Wilkinson for organising a charity football match and raising £1,577 for SCBU at Scarborough Hospital.

Thank you to Cots to Tots for their continuous support of SCBU over the last few years. Cots to Tots have regular pre-loved babies and children’s sales and so far have raised more than £900 for SCBU.
Thank you for your support!

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

First Name: ___________________________  Surname: ___________________________

Email: ___________________________  Telephone: ___________________________

Address:

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

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

[ ] Gift Aid

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