

Supporter Newsletter

SPRING / SUMMER 2017

York Teaching
Hospital Charity



Did you know...

York Teaching Hospital Charity supports all eight hospitals and community services run by York Teaching Hospital NHS Trust.

Registered Charity Number: 1054527

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Dear Friends and Supporters,

Welcome to our Spring-Summer 2017 newsletter, we hope you enjoy reading it and finding out about some of the inspiring stories behind our supporters. Every day we are inspired and humbled by the support we receive both within our hospitals and healthcare settings and in our local community.

With your support, York Teaching Hospital Charity is making a real difference in our hospitals - making patients, relatives and visitors feel better and providing a level of care that is beyond that which NHS funding alone could deliver.

Your support can be directed to any of our hospitals, wards or departments which are close to your heart and we do our up-most to ensure donations are spent according to your wishes.

It is an exciting time for the charity as we recently launched our Dementia Appeal which aims to raise £200,000 to better support patients living with dementia during their stay in our hospitals. You can read more about the appeal and how you can get involved on page 4.

To make a donation you can complete the donation form on the back of this newsletter or visit our website www.york.nhs.uk/fundraising for more information.


Many thanks for your continued support.

The Fundraising Team

Keep in touch for up to date news.

Connect with us online:

 [YorkTeachingHospitalCharity](https://www.facebook.com/YorkTeachingHospitalCharity)

 [@YorkTHCharity](https://twitter.com/YorkTHCharity)

 [YorkTeachingHospitalCharity](https://www.linkedin.com/company/YorkTeachingHospitalCharity)

 [YorkTeachingHospitalCharity](https://www.instagram.com/YorkTeachingHospitalCharity)

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

Design & Print:
www.adverset.co.uk

Meet the Fundraising Team...



Lucy Clegg Fundraising Manager

Lucy is the newest member of the team and joined the charity in February 2017 with 10 years experience in fundraising for local and national charities.

She is responsible for overseeing all fundraising activity and ensuring the charity continues to develop and build on its successes. Lucy enjoys developing new and existing relationships and is looking forward to helping take the charity on to its next chapter.

Get in touch to say hello on 01904 721737 or email lucy.clegg@york.nhs.uk

Maggie Bulman Trust and Corporate Fundraiser

Maggie has over 20 years' experience in the NHS and is passionate about making things better for both patients and staff. She joined the charity as Trust and Corporate Fundraiser in November 2016, as her first role in fundraising. Maggie is responsible for strengthening and developing existing and new corporate partnerships and working with local businesses in the community.

To talk to Maggie to find out more about corporate partnership and CSR opportunities, contact 01904 726300 or email Maggie.bulman@york.nhs.uk

Maya Richardson Community Fundraiser

Maya joined the team in October 2012 and has over 13 years' fundraising experience. She looks after our supporters, schools, nurseries and community groups who organise their own fundraising. Maya enjoys that no two days are the same and loves seeing the difference the money is making every day in our hospitals.

If your school or community group is interested in fundraising, please get in touch with Maya to say hello on 01723 236210 or email maya.richardson@york.nhs.uk

Maria Simon-Norris Fundraising Assistant

Maria joined the team in September 2014 and acts as a first point of contact for enquiries to the Fundraising Team. She is responsible for assisting and supporting fundraisers with their activities, thanking donations and managing the charity's online activity on the website and on social media. Maria is particularly interested in hearing about any of your fundraising stories and reasons or motivations for supporting the charity.

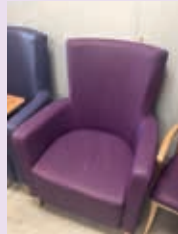
Pop in to see Maria at the Fundraising Hub in York Hospital main entrance or get in touch on 01904 724521 or email maria.simon-norris@york.nhs.uk

Thanks to you...

Patients in York Hospital now have a more comfortable and calm discharge lounge



The Discharge Lounge is now equipped with a dining area for patients, colourful and comfortable seating and it has been redecorated with new artwork.



Dianne Willcocks, Chair of the Charitable Funds Committee said "A safe and happy journey home for our patients is potentially the most important stage of their 'getting back to normal'. The charity has been delighted to support the Discharge Lounge refurbishment at York Hospital providing an attractive, welcoming and professional environment for both patients and staff alike."

Each year, York Teaching Hospital Charity funds the 'Inspire Project' which is open to all staff who work at York Teaching Hospital NHS Foundation Trust and it is an opportunity for staff to apply for £3,000 in funding to help improve or enhance an area they work in.

The winning application in 2016 was to refurbish the Discharge Lounge in York Hospital to create more room.

Since the redevelopment, the lounge has seen a significant increase in use by patients which has helped reduce the strain on the wards and helped improve the overall experience of patients in York Hospital.

Staff working in Children's Services are now able to practice difficult procedures on training aids

Thanks to our supporters, Children's Services have been able to purchase a hungry manikin which is a child sized training aid for paediatric staff to enable them to perform delicate procedures effectively.

The manikin allows staff to practise inserting a nasogastric feeding tube into a child's stomach via their nose. The procedure is mostly used on young infants with respiratory conditions who are struggling to feed.

Shannon McGovern, Paediatrics Nurse Educator said "The hungry manikin has been hugely beneficial for our team and it has helped us practice difficult procedures and we're very grateful to the charity for making this possible."



Volunteers at York, Scarborough and Bridlington Hospital enjoyed a Christmas lunch together

Thanks to our supporters, York Teaching Hospital Charity was able to fund Christmas lunches for more than 100 volunteers at York, Scarborough and Bridlington Hospital.

It was a lovely way to thank volunteers for all the time they give helping others and it was also a nice opportunity for volunteers to get to know each other.

Kay Gamble, Deputy Lead for Patient Experience, said "The Volunteering Service is extremely grateful to York Teaching Hospital Charity for its continued support in funding our 2016 Christmas lunches held in Bridlington, Scarborough and York hospitals with over 100 volunteers getting together and meeting each other over a fantastic lunch. The feedback from our volunteers was that of great appreciation and is something that our volunteers look forward to each year."



Patients in our hospitals can communicate more easily with staff with the help of various therapy aids



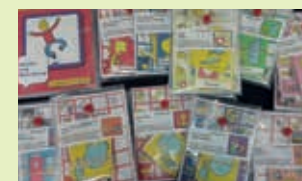
The Speech and Language department at York Hospital have recently been able to purchase some 'Talking Mats' therapy aids thanks to a donation from the PATSY Fund.

The aids are used for patients with language and cognitive impairments after they have had a stroke. Each Talking Mat pack comes with a range of conversations cards and topics ranging from health and wellbeing to eating and drinking. The therapist works with the patient to understand how they are feeling by asking them certain questions such as whether they feel up to eating or to discuss levels of support for when the patient

is discharged. The patient is able to respond by pointing to the cards and the therapist will often revisit questions to ensure consistency in the patient's answers.

Emma MacLeod, Speech and Language Therapist said "The Talking Mats are an excellent resource for using total communication and they give patients a voice. The patients are able to make their own decisions and they feel more in control."

So far, more than 50% of patients with communication difficulties have benefitted from using the packs and we're very grateful."



Help us raise £200,000



Help us reach our £200,000 target and together we can make a huge difference for patients living with dementia.

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.

We want every person with not only dementia, but also 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.

The appeal will fund new equipment and projects that will revolve around the everyday work of our hospitals to make sure they quickly deliver benefits for patients and their carers, families and friends.

Emma George is the Assistant Director of Nursing at York Teaching Hospital NHS Foundation Trust and is the lead for dementia care within our hospitals.



“We already have some fantastic support in place for people living with dementia when they are admitted into our hospitals – we have open visiting hours for carers which is part of the John’s Campaign initiative, amazing volunteers called dining companions who help support patients during meal times where possible. We have also recruited dementia volunteers to offer support to patients and carers and have dementia champions on various wards across the organisation.

Additional small changes across the trust will have a big impact on the experience of patients and their families and all the money raised through the appeal will make them possible.”

When 86 year old Owen was admitted to hospital he had advanced dementia, was at a high risk of falls and was easily confused. He stayed on Ann Wright ward at Scarborough Hospital for six weeks. His granddaughter Gemma said:

“Grandpa was treated with the upmost dignity throughout his stay. The staff were focused on the care they gave him, went the extra mile and always with a smile. We could all visit throughout the day to keep Grandpa reassured and used to bring in old photos, and activities to keep him active.”

“The care was wonderful but there could have been more things to keep Grandpa busy; I’m really excited that through the appeal York Teaching Hospital Charity will be able to buy extra items so that other families can have the best possible experience in hospital.”

What we would like to do

- Supply patients with activities while they are in hospital; memory boxes full of reminiscent cards, photos and games to stimulate their early memories. Portable and personal CD players with an assortment of music from different eras that will help people keep calm and relaxed.
- Buy some special computer systems designed specifically for people living with dementia to use on the wards.
- Make changes to the patient environment to make the area as comforting as possible by means of special clocks, lighting and toilet seats which will reduce confusion and stress.
- Create a specific Dementia Friendly day room on the Johnson Ward at Bridlington Hospital



How you can help

- Donate using the form over the page at any of our hospitals or online.
- Text DAPP17 £10 to 70070 to donate today.
- Get your workplace or school involved – encourage everyone to give £1 to wear vintage clothes for the day.
- Put your kettle on! Host a cake sale for family or friends.
- Ask your local pub, fish & chip shop or newsagents if they will take one of our collection tubs on the counter.
- Get sponsored to be out of your comfort zone – run, hike, jump out of a plane or go silent on social media
- Join us at one of our events or maybe hold your own.
- Visit our website for more information and appeal updates
www.york.nhs.uk/dementiaappeal

How your donation can help...

£5

could help a chemotherapy patient feel more human by providing them with a headscarf



£1,000

could make a waiting room a much nicer place to be by funding comfy chairs and artwork for the walls



£500

could help stroke patients on their road to recovery by funding an iPad loaded with specialist apps and software



£100

could train a volunteer to provide specific support for patients living with dementia and help fund a member of staff to go on a specialist training course

Patients receiving treatment now and in the future at York Hospital, Scarborough Hospital, Malton Hospital, Bridlington Hospital, New Selby War Memorial Hospital, St Helens & White Cross Court Rehabilitation Hospitals and St Monica's in Easingwold will all benefit from your support.

JustGiving™

Did you know York Teaching Hospital Charity has a Just Giving page? It's a quick and simple way to make a donation to the charity and you can also choose to leave a message which will be displayed on our page alongside other messages of support.

It's also a great platform to use to enhance your fundraising by creating your own page which you can fill with photos, videos,

fundraising updates and your own 'story'. Your page can easily be shared with friends and family via email or social media accounts so there is no need to chase people in person for your sponsorship money!

To make a donation or to set up a fundraising page for York Teaching Hospital Charity, please visit www.justgiving.com/yorkteachinghospital



Fundraising Spotlight



John Skelton

is a former patient at York Hospital who raised more

than £10,000 for the Stroke Rehabilitation Team following a severe stroke in 2014. John spent six months under the care of the stroke team including occupational therapists and physiotherapists and he received specialist rehabilitation for his upper limbs.

To say thank you for all the support he received, John decided to embark on a cycling challenge around the City of York with the help of some friends. As a result of John's hard work and generosity, the therapy team has been able to purchase new training aids and equipment for patients and implement new protocols based on real evidence from patients.

Advanced Clinical Specialist Occupational Therapist, Ruth Ferguson, who has lead on the project said "the money raised means we now have access to much needed equipment, which gives us new ways of delivering evidence based rehabilitation and therefore better care for our stroke survivors".



Deanne Leng

was diagnosed with Breast Cancer in 2015 and underwent

a mastectomy and breast reconstruction following treatment at Scarborough Hospital. Deanne has since raised more than £3,500 from fundraising activities including a gala dinner in aid of the Breast Care Team, Chemotherapy Unit and the hairdressers, all based in Scarborough Hospital.

In the hairdressers money raised has helped hairdresser Janet to purchase items such as wigs, scarves and hair products for patients and Deanne talks about how valuable this service is.

"Although I had chosen to use the 'cold cap' during my chemotherapy treatment, my hair had started to thin quite a lot and I was due to go to a friend's wedding. Janet was so understanding of how I felt and made sure that I found the perfect wig for the occasion. Her salon is a lovely private area which makes you feel normal again! She provides an invaluable service- not just wigs but scarves and hats too. I was so pleased with the wig because it looked natural and made me feel more confident at a particularly difficult time. Thankfully my hair has now grown back but I will always be grateful for the help I was given by Janet and the whole team in Scarborough."



Fundraising Wall of Fame



Thank you to Ambiente Tapas in York for raising £1,548 for our Dementia Appeal



Well done Avril Metcalfe for completing the Great North Run and raising funds for fans to keep patients & staff cool on Ash Ward



The Christmas Toddle raised an amazing £4,500 for the Special Care Baby Unit at Scarborough Hospital



RAF Linton's donation of £600 in aid of St Monica's Hospital in Easingwold



Christchurch Group's Woodlands Neuro Rehab Centre's donation of £1,000 in lieu of Christmas Cards



Manhattan Voices' sell out concert raised £1,033 for our Dementia Appeal



Thank you Becky Adams who has raised more than £1,200 for the A&E Department 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 the area most in need 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!

Cash: In person at one of our Hospitals

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.

Gift Aid is reclaimed by York Teaching Hospital from the tax you pay for the current tax year. Please notify us if your personal details or tax status changes. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

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

York Teaching Hospital Charity
Registered number: 1054527

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

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



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REGULATOR**