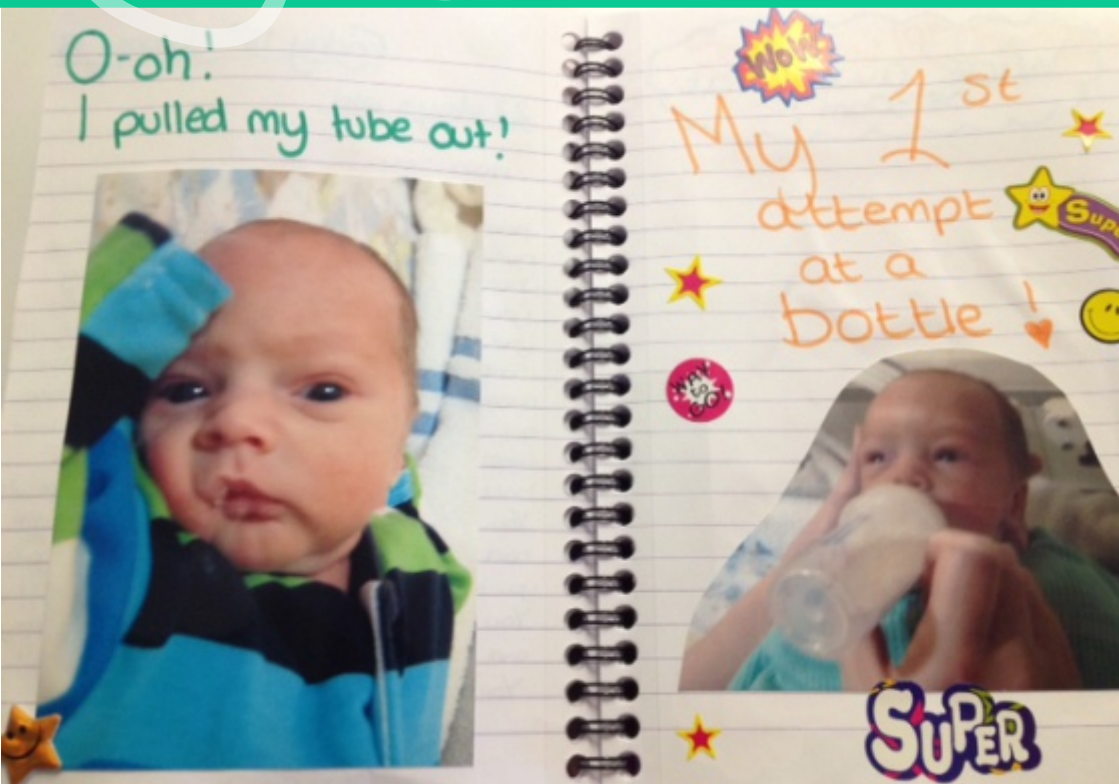


York Teaching  
Hospital Charity

# Fundraising Newsletter

*Winter/Spring 2014*



Special Care Baby Unit **memory book**

# Happy New Year !

Happy New Year to all our fantastic supporters! We are very much looking forward to an exciting 2014 with an array of events which we hope you will find of interest in this newsletter. Our newsletters will now be sent to you twice a year. If you receive the newsletter by post and you would prefer to receive it by email, please do let us know.

Once again, a Happy New Year to you and we hope you enjoy reading our news in this edition of the York Teaching Hospital Charity (YTHC) newsletter.

**The past six months has been just amazing for The Snowdrop Appeal.**

**The support has been overwhelming and we had reached a total of £30,000 at the end of 2013.**

People have really gone to town with their fundraising efforts from sponsored walks, running 10k's, running into the North Sea, singing, baking and everything in-between.

The Snowdrop Ball is taking place on Saturday 1 March at The Royal Hotel in Scarborough and there are a few tickets left. If you would like to join us for a fabulous evening, tickets are £40 each and include a welcome drink, a three course meal and entertainment from local band Soul Rida. Auction prizes include Hot Tub Hire for the weekend and a night's stay at the Cedar Court Grand Hotel and Spa in York worth £1,000!



## The Snowdrop Appeal

**If you would like to**

**fundraise for**

**The Snowdrop Appeal**

**please contact the**

**fundraising team on**

**01723 236210,**

**email**

**[maya.richardson@york.nhs.uk](mailto:maya.richardson@york.nhs.uk)**

**or visit**

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

**You can also donate by visiting  
[www.justgiving.com/TheSnowdropAppeal](http://www.justgiving.com/TheSnowdropAppeal)  
or text SGHM14 £5 to 70070 to donate £5 via a  
text message.**



The YTHC had an incredibly busy 2013, funding a number of projects in the hospitals. Please see below some of the projects we funded last year thanks to the generosity of our fantastic supporters:

Cancer Care  
Centre

*Courtyard  
and Garden*

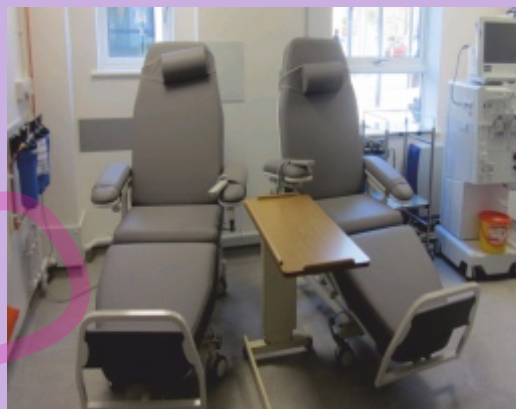
Project



The YTHC raised £20,000 to create a new garden and courtyard area for York Hospital's Cancer Care Centre (CCC). This is now being enjoyed by Cancer patients and their families and friends.


Selby  
Self Care

*Dialysis  
room*



We funded £40,000 towards the cost of a new Self Care Dialysis room at the New Selby War Memorial Hospital to be used by patients who require life saving renal dialysis.





The mortuary is often an area which is forgotten about so we funded £2,530 to purchase new artwork for Scarborough Hospital's mortuary to create a friendly and warmer environment for visitors.

## Mortuary artwork

Emergency Department

## Resuscitation room



£20,000 to improve York Hospital's Emergency Department's current resuscitation area. The investment has meant we have been able to increase the current two bedded capacity to three, which will make a huge difference to the 2,200 patients who need resuscitating at York Hospital each year.

SCBU

## Parent facilities



Last year, £50,000 was spent to renovate the parent's accommodation on the Special Care Baby Unit (SCBU) at Scarborough Hospital. This work has now been completed and has had a positive impact on family life of those staying on the unit. Families can now be together in a home from home environment whilst their newborn babies receive the best care.

## Chemotherapy unit



The Macmillan Unit at Scarborough Hospital has undergone a number of changes to improve the chemotherapy area for the benefit of our patients. We have reconfigured the treatment room so we can fit in a further two treatment chairs. This has now resulted in eight chemotherapy treatment areas and we have fitted a more appropriate reception and waiting area. The total cost was £30,036.

**Funded by  
York Teaching  
Hospital Charity**

Thanks to our supporters



Registered charity number 105452

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

Scarborough  
Hospital

## Wheelchairs

We've funded £20,643 to purchase 35 new wheelchairs for Scarborough Hospital; 25 patient wheelchairs and 10 for use by our porters.



# Events

## **Tuesday 28 January, 8pm start - Charity pub quiz and raffle - Post Office Club, Marygate, York**

The YTHC is holding its regular charity pub quiz which will include a spot of half time Bingo! The quiz is £3 per person to enter and teams and individuals are welcome (maximum of 6 people per team). The winning team/ individual will receive a price.

## **Throughout January - Unwanted Christmas Gift appeal**

The YTHC is holding an unwanted Christmas Gift appeal throughout January. If anyone has received Christmas gifts that they are willing to donate to the charity, we will be able to use them for tombola and raffle prizes to help us generate more funds. These can be dropped off at the Fundraising Office on the main corridor of York Hospital or at Main Reception at Scarborough Hospital. Alternatively, for larger items, please contact us to arrange collection.

## **Throughout February - Pink Pennies month**

Not everyone sends/receives a Valentines Day Card so we are hoping you will use the opportunity to collect your pennies at home or in the workplace and use the month as an opportunity to raise much needed funds for the YTHC in lieu of sending a card. The YTHC has pink cardboard pyramid collection boxes which can be provided to anyone who wants to take part.

## **Saturday 1 March, 7pm till late Snowdrop Ball - Royal Hotel, Scarborough**

This will be the first Ball the YTHC has organised in the East Coast at the Royal Hotel in Scarborough. The Ball is aiming to raise much needed funds for the charity's Snowdrop Appeal which aims to raise £120,000 to create a new Bereavement Suite in the Maternity Unit at Scarborough Hospital. Tickets cost £40 each and the evening consists of a drinks reception, three course meal, live music from Soul Rida, casino, raffle and auction.

**Tuesday 11 March, 10am - 4pm -  
Bric a brac and refreshments -  
St Crux Church, York**

Join us at one of the most popular charity venues in York. We will be serving refreshments and there will be a variety of stalls selling all kinds of goodies. If you are interested in helping out on the day or have anything to donate please contact us and we hope to see you there.

**Thursday 17 April, 11am - 2pm  
- Easter egg raffles - York and  
Scarborough Hospital's**

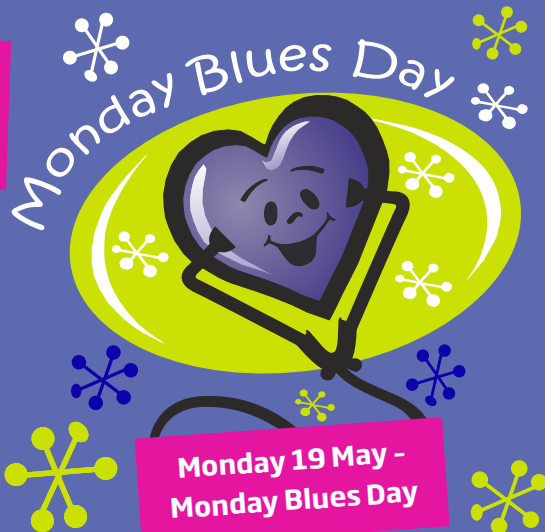
The YTHC will be organising Easter egg raffles at York and Scarborough Hospital's and we hope you will come along on the day to have a go. We will also be asking for donations of Easter eggs to be used as prizes.

**If you would like more  
information about any  
of the events please  
contact the fundraising  
team on**

**01904 724521,  
01723 236210 or**

**email:**

**charity.fundraising@york.  
nhs.uk**



**Monday 19 May -  
Monday Blues Day**

The YTHC launched its first flagship fundraising day on Monday 20 May 2013 called 'Monday Blues Day'. Local businesses, schools and workplaces are encouraged to take part, whether it is by dressing up in funny blue clothes, holding a cake sale with blue iced cakes or simply taking part in the Monday Blues Sweepstake. Please contact us for your Blues day fundraising pack.

**Saturday 21 June, 6.30pm - Midnight -  
A Midsummer Nights Ball - National  
Railway Museum, York**

Please join us at the National Railway Museum for dinner, live entertainment and our fabulous luxury auction and raffle. Tickets cost £55 each or £500 for a table of ten. Sponsorship opportunities are also available. All funds raised in aid of the YTHC.



# Challenge yourself this 2014!

The YTHC has a wide range of exciting events that you can take part in if you fancy a challenge this 2014!



If you are a keen runner (or keen to become one) the YTHC is once again a charity partner of the Jane Tomlinson York 10k which takes place on Sunday 3 August. We have 30 places available. You can also register to take part in the McCain Yorkshire Coast 10k in Scarborough on Sunday 12 October.

If you would like a more challenging run, we also have places in the Leeds Half Marathon on Sunday 11 May, the Great North Run on Sunday 7 September and the Yorkshire Marathon on Sunday 12 October.

If you fancy something more exhilarating why not take part in a tandem skydive! You can choose to do the jump on your chosen date and at one of the many jump sites throughout the UK as long as places are available (e.g., Durham, Bridlington or Grange over Sands). Please contact us for a full list of the jump sites available. Why not share the fear and jump with a group of friends or work colleagues?!

Ever dreamt of trekking to the top of Kilimanjaro, trekking on the Great Wall of China or cycling from London to Paris? If the answer is yes to any of these questions then we can make your dreams come true!

The YTHC is working with Global Adventure Challenges who have been organising world wide charity challenge events since the year 2000 to offer these amazing experiences. Whether you are braving the challenge alone or there is a team of you taking part, we can offer lots of help and advice to find the right challenge for you.

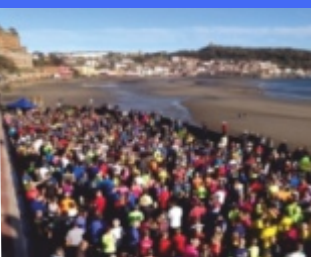
Please see a selection of challenge events available in 2014/15 below although there are lots of other challenges and dates available so please contact the YTHC for more information:

Inca Trail Trek, Peru –  
15- 25 Nov 2014 / 7 – 17 March 2015  
Vietnam to Cambodia cycle ride –  
15 – 25 Nov 2014 / 7 – 17 March 2015  
Everest Base Camp trek –  
21 Nov – 8 Dec 2014 / 19 March – 5 April 2015  
China Wall trek –  
4 – 12 October 2014 / 25 April – 3 May 2015  
London to Paris bike ride –  
17 – 21 September / 8 – 12 April 2015  
UK Ben Nevis trek –  
3 – 5 October 2014 / 19 – 21 June 2015

**For more information about how to take part in any of these events  
please visit [www.york.nhs.uk/fundraising](http://www.york.nhs.uk/fundraising), phone 01904 724521  
or email [charity.fundraising@york.nhs.uk](mailto:charity.fundraising@york.nhs.uk)**



## Latest News



### McCain Yorkshire Coast 10k- an amazing day!

The McCain Yorkshire Coast 10k took place on Sunday 3 November and it was a brilliant day. The weather was fantastic, the atmosphere was amazing and it was just a great event. Thanks to everyone who took part.

Over 30 people ran for The Snowdrop Appeal and Scarborough Athletic Club (A.C) has kindly donated £10 for every person who ran for us which is just wonderful. People really got behind us this year and this will make a huge difference to our appeal total. The organisers from Scarborough A.C and McCain chose The Snowdrop Appeal at Scarborough Hospital as its charity for 2013 after its launch in June.



### Thorpe Dental Group Charity Bike Ride

Thorpe Dental Group in York took part in a charity bike ride on Saturday 3 August and raised an incredible £2,272 for SCBU at York Hospital. The team decided to take part in the bike ride in support of SCBU after Principal Dentist with the Practice, Kris Leeson's son, spent a week in SCBU in 2010 with a collapsed lung.

The team participated in a 20 mile bike ride around York over a 3 hour period, collecting donations along the way. The cycle ride started at Woodthorpe Dental Practice and followed a route which included Acaster Malbis, Bishopthorpe and Askham Bryan, before finishing at the Quaker Wood Pub in York.



### Summer Sizzler raises £1,750 for York Hospital's Cancer Care Centre

This year, the Selby Young Farmers annual Summer Dance raised an incredible £1,750 for the Cancer Care Centre at York Hospital.

The Summer Dance took place on Saturday 22 June at Allotment Farm in Selby. The evening consisted of a summer dance with live band Styckleback, a DJ, BBQ, bar, cocktails and tombola. The event had an Australian theme so with an 'Ozzie Hour' where selected drinks were £1 for the first hour along with lots of other Australian themed ideas.

## Latest News

### Alec Benton

A former patient of York Hospital, Alec Benton, sadly passed away on 1 March 2013.



Alec would have turned 80 on 28 November 2013 so in memory of his special Birthday his widow, Pauline, has generously donated £8,080 to York Hospital to be used for equipment to prolong and save other people's lives. This includes a non-invasive ventilator and a vital signs monitor for the respiratory department, two Doppler Ultrasound machines which measures blood flow through the blood vessels for podiatry and the vascular team and an automated defibrillator for the resuscitation team.

Alec had suffered over many years with Chronic Obstructive Pulmonary Disease (COPD) and arthritis. Five years ago he had a massive heart attack followed by a stroke and pneumonia. During the subsequent years Alec had a number of health problems which included losing the use of his right hand, suffering a minor heart attack, a cataract operation, loss of sight in one of his eyes and stents fitted to improve circulation problems in his legs. With continuing bad circulation he attended the podiatry clinic and in early 2013, he had to have a second femoral bypass procedure to unblock arteries in his legs.

Unfortunately after discharge from hospital Alec was readmitted a few days later with breathing problems which turned out to be pneumonia and he passed away within hours on 1 March 2013. We are all very sorry for Pauline's loss as Alec was so well thought of amongst staff at the hospital and we cannot thank Pauline enough for her incredibly generous donation.



### Cycling from Vietnam to Cambodia

Mike Proctor, the Deputy Chief Executive of the York Teaching Hospital NHS Foundation Trust, took part in the Vietnam to Cambodia Cycle Challenge in November in support of the YTHC and raised an incredible £1,500. Mike took part in the challenge with Jason Gandy who is also based in York and a big supporter of the charity.

This breathtaking charity bike ride is one of the best in the world of fundraising events and takes participants from Vietnam's Ho Chi Minh City (Saigon) to the ancient temples of Angkor Wat in Cambodia. This follows a 400km charity cycle route which passes through many traditional Vietnamese villages.



## Latest News

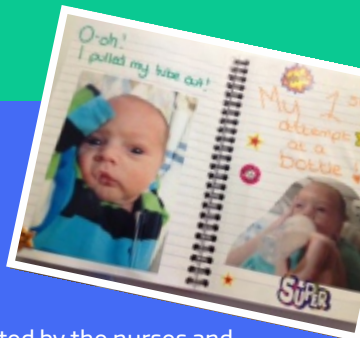
### Baby Seth and Family say thank you

When Seth Hornby was born 3 months prematurely on 27 December 2012, his family was unsure what the New Year held for them. Seth was born at Scarborough Hospital and transferred to York to the Neo-natal Unit straight away. At 20 days old on 16 January 2013, Seth had gained strength and was doing well, so he was transferred back to Scarborough's SCBU.

Each of his days were recorded in his memory book which is created by the nurses and staff and filled with pictures, items from experiences and lots of colourful writing. The memory books are a way for parents to see their baby's activities whilst they were not there, but more importantly a story for Seth to have when he is older.

Seth's parents, Rachel and Shaun, decided they wanted to thank SCBU for the care and support they received and organised several events in their home town of Pickering to raise funds. After 5 months of fundraising, Rachel, Shaun and the Boon Hill Show Committee presented the staff of SCBU with £5,000.

Whilst Seth was in SCBU, the YTHC was raising money to improve the parent facilities on the unit. Having experienced the old facilities, Rachel and Shaun wanted to make a difference to the lives of future families who would use SCBU, so we are very grateful to their efforts and generous donation. Their donation will also support the ongoing work of the memory books that are created for babies who stay on SCBU for a period of time.







## Roy Heath's sponsored cycle ride

Mr Roy Heath had a stroke in July 2010 and the stroke affected his speech badly. Mr Heath said the care he received during his stay on the Stroke/ Stroke Rehabilitation Wards at York Hospital were 'first class'.

Following his discharge home, the speech therapy department continued to give weekly visits at home and successfully helped Roy to communicate again and speak to be understood.

Roy decided he would like to thank the hospital by raising some money for the stroke departments so he decided to take part in a sponsored cycle ride from Selby to York Knavesmire and back again, totalling 34 miles. Roy did the cycle ride with his 20 year old Grandson and raised a fantastic £392.50

Roy's family are all very proud of him and he is so pleased to have done this for the unit.

## £2,500 raised for York Hospital's Cancer Care Centre garden

York band Generation Groove has raised an incredible £2,500 for the Cancer Care Centre Garden at York Hospital from the proceeds of their Last Night of the Proms concert in October. The concert took place at the York Citadel which was kindly donated by the Salvation Army.

Generation Groove was formed in 2002 and now has 35 members playing brass and wind instruments. The band is now in its 11th year and rehearses at Haxby Memorial Hall every Thursday. As a community band, Generation Groove looks to help a local cause at least once a year and the idea for this event was suggested by one of the band clarinetists, Dawn Hine, who works in the Breast Imaging Unit at York Hospital.

Diane Beal, Musical Director of Generation Groove said, "I was particularly keen to raise money for the Cancer Care Centre as I was diagnosed with endometrial cancer in 2007 and the care and support I received was amazing. As a band we have always enjoyed the Last Night of the Proms concerts and the opportunity to perform for such a good cause was too good to miss. We were pleased to be able to include the choir from Joseph Rowntree School and two of their soloists Eleanor Leaper and Oliver Dowker also took part."



## Latest News



### Skydive raises £1,200 for York Hospital's Head and Neck Department

In August, 67 year old Linda Dodgson took part in a sponsored skydive in Bridlington and raised over £1,200 for the Head and Neck Department at York Hospital.

Linda took part in the skydive with her 23 year old grandson Tom Keeping after they were both diagnosed with Cancer in 2012. Linda was diagnosed with mouth cancer and had radical surgery in December 2012 at York Hospital to treat this.

Linda said, "I wanted to undertake a challenge to raise funds for the Head and Neck Department as a way of saying thank you for the fantastic care I received. Everyone looked after me so well. I thoroughly enjoyed the skydive, especially doing it with my grandson, and I'd like to thank my family and friends for their support and sponsorship."

### Maya's New Year's Day Dip

Our own Maya Richardson got involved in fundraising this Christmas by taking part in Scarborough Lion's New Year's Day Dip. After running down the beach into the cold North Sea, Maya said, "it was actually not as cold as you think and I rather enjoyed it! So many people fundraise for our charity throughout the year and I thought well why not join them and lead by example". Maya raised £140.55 for The Snowdrop Appeal at Scarborough Hospital.



### Compass Gym in Scarborough

Compass Gym in Scarborough started supporting The Snowdrop Appeal back in September with a pie and pea supper and quiz night. Since then they have raised an amazing £5,000 through a Christmas party night and auction.

Please contact us if you would prefer to receive our newsletter by email to help us save on postage costs



[www.twitter.com/  
YorkHospCharity](http://www.twitter.com/YorkHospCharity)



Registered charity  
number 1054527



Add us on Facebook and Twitter for regular updates  
[www.facebook.com/YorkTeachingHospitalCharity](http://www.facebook.com/YorkTeachingHospitalCharity)

**Thanks also  
goes to:**

**Thank you to St Augustine's School in Scarborough who had a fundraising day and raised a whopping £2,000 for The Snowdrop Appeal.**



- **Thank you to Atlas Taxi's in Scarborough for taking a collecting tin and a special thanks to Madison Langham who raids all the drivers' pockets on a Friday morning and fills the tin!**

- **Everyone who took part in our Will Writing campaign in November.**
- **Those who took part in our Christmas Teddy game during December.**
- **Paula Deakin for organising a fabulous karaoke evening and raffle which raised £431 for The Snowdrop Appeal.**
- **Staff at Marks & Spencers in Scarborough who donated £642 to SCBU at Scarborough Hospital from their fundraising activities.**
- **Thank you to The Imperial Vaults in Filey who raised £1,312 for the Children's Ward at Scarborough Hospital by holding an Acoustic Music Weekend.**



Monday Blues Day

A fundraising  
day in aid of  
your local  
hospital

Monday 19th May



Please order your Blues Day pack by contacting:  
charity.fundraising@york.nhs.uk

01904 721737

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