

Fundraising Newsletter  
Winter 2012/13

Happy New Year

from the

York Teaching Hospital Charity

£300,000

£130,000

Thanks to the fantastic support from staff and the local community, the Star Appeal has now raised an incredible **£130,000** in its first year.

York Teaching  
Hospital Charity

the  
STAR  
appeal

# Appeals



Reaching the Star Appeals first milestone has meant that ceiling track hoists have now been installed throughout the whole of ward 39 which was completed before Christmas.

We would like to thank you for your support and we look forward to making 2013 an even more successful year of fundraising for the Star Appeal.

The Star Appeal aims to raise £300,000 to provide much needed refurbishments to York Hospital's Stroke Rehabilitation unit on ward 39.

**If you would like more information about supporting the Star Appeal**

**please contact Lucy Lowthian on 01904 721737 or email**

**[lucy.lowthian@york.nhs.uk](mailto:lucy.lowthian@york.nhs.uk)**



## New Community Fundraiser

The York Teaching Hospital Charity (YTHC) would like to welcome their new Community Fundraiser, Maya Richardson, who will be based at Scarborough Hospital to raise vital funds in the Ryedale/ East Coast area. This includes supporting Scarborough, Whitby, Malton and Bridlington Hospitals as well as Community Services in the area.

**If you would like to get involved with fundraising in your local area**

**please contact**

**Maya Richardson on**

**01723 236210 or email [maya.ichardson@york.nhs.uk](mailto:maya.ichardson@york.nhs.uk)**

# Events

- Wednesday 13 February - St Crux Church, York. Join us at one of the most popular charity venues in York. We will be serving refreshments and stalls selling all kinds of goodies. If you are interested in helping out on the day or have anything to donate please contact us. Raising money for the Star Appeal.

- Tuesday 26 February at 7.30pm - Race Night - Post Office Club, Marygate, York. Place your bets! Join us for the YTHC's first race night in support of the Star Appeal. £2 a ticket including entry into our free prize draw. If you or your business would like to sponsor a race for £20 please get in touch.

- Thursday 7 March at 8pm - Pub Quiz and Raffle at The Sun Inn, Pickering. Raising money for Scarborough Hospital's Special Care Baby Unit. Get a team together and join in the fun.

- Thursday 14 March at 7pm - Ashville College Charity Music Concert - the Royal Hall in Harrogate. Raising funds for the Harrogate Share the Care Appeal to build a state of the art shared care dialysis unit at Harrogate District Hospital. The Concert will involve contributions from several musical groups from within the school aged between 9 and 18 years old. Tickets cost £10 for adults and £5 for children. To buy tickets please contact Ashville College on 01423 566358.

- Friday 29 March at 10.30am - Bridlington 5 Mile Easter Dash - Sewerby Hall. Returning after a successful first race in 2012. There will be Easter eggs and other seasonal goodies on offer plus a medal waiting for you at the end of the race. Held in and around the spectacular grounds of Sewerby Hall.

- Monday 20 May - Get over the Monday blues and join in on our 'Wear Blue Day'. Bring £1 to dress in blue at work or school and join in the fun. Or go the extra mile and hold a 'blue themed' tombola, raffle or cake sale to raise money for the YTHC.

- Saturday 15 June from 6.30pm - Star Ball. Save the date for what's set to be even bigger and better than last years event. Join us at the National Railway Museum for dinner, live entertainment and our fabulous luxury auction and raffle. Tickets will be £55 or £500 for a table of ten and you can reserve yours now. Sponsorship opportunities are also available. In support of the Star Appeal.

- Sunday 4 August at 9.30am - Jane Tomlinson's York 10K, York Racecourse. Make the York 10k this years challenge. See the back poster for more information.



# 10 Fundraising ideas for the New Year



## Join in

Come to our events. Our easiest idea yet. We hold events throughout the year to appeal to everyone. The more support we get the better they get.



## Become a YTHC volunteer

We're always looking for volunteers to help out with events, collections or just to spread the word. Get in touch today to meet one of the team and find out how you can really make a difference.



## Global Adventure Challenge

Ever dreamt of trekking to the top of Kilimanjaro or even to Everest Base Camp in Nepal to help others? Or does the thought of challenging yourself to cycle from London to Paris or trek the Inca Trail in Peru spur you on? If the answer is yes to any of these questions then we can make your dreams come true!



## Lose weight?

Everyone over indulges over the holiday period. We know we did! Get your friends and family to sponsor you to shed those few extra pounds.



## Skydive

You would have to be crazy to jump out of a plane! That must be why it's such a good fundraising idea. You can guarantee your friends and family will sponsor you to do one of our most exhilarating challenges.



## Coffee morning

If you still have room for more cake after the holiday period try organising tea, coffee and cakes for your office, school or community group in exchange for donations.



## Charity of the Year

Get your work place or school to nominate us as their charity of the year. Encourage team building, boost morale and enjoy great PR opportunities.



## Collection tin

Save those pennies. It's amazing how quickly it adds up. Put a YTHC collection tin in your office or school and watch it fill up.



## Spring clean

Car boot sales are a great way to get rid of any unwanted Christmas presents or some of your old junk. You could also donate some of your unwanted Christmas gifts to the YTHC as we are always looking for tombola/ raffle prizes.



## Sports day

Get your local sports club to hold a charity game or sports day. Hold a raffle or tombola, sell refreshments, you could even ask the teams to raise sponsorship for taking part. Fun for all the family and a great way to raise money.

If you would like any more information about any of the fundraising ideas mentioned please contact Lucy Lowthian or Maya Richardson.



# Thanks

## ...and ...well done!



### York Keep Fitters Meet

### the Olympic Challenge

A group of dedicated York keep fitters, StarStrikers-York, have virtually run, rowed and ridden their way round every one of Britain's Olympic venues. The virtual challenge involved a team of 14 in a daily relay which raised a fantastic £2,122 for the Star Appeal. The team smashed their target of 995km and managed to collectively complete a staggering 3,338km in 31 days.



### Walking The

### Tabular Hills

James and Annika Dowson from Helmsley sadly lost their first child Gypsy in October 2008 when she was stillborn at Scarborough Hospital. Their aim was to raise £300 by walking The Tabular Hills which runs between Helmsley and Scarborough in support of Scarborough Hospital's Maternity Department. It is a 48 mile walk that seemed so appropriate to do since Scarborough was where Gypsy was born and Helmsley is where she now rests. Their target of £300 seems a little underestimated now that they have completed the walk and raised an amazing £1,608. The Maternity Department are hoping to improve the bereavement services at the hospital and allow families to be together in a warm and homely environment.



**Skydive for**

**St Monica's**

Health Care Assistant at St Monica's Hospital Lucy Duffield took a leap of faith on Saturday 24 November with a skydive and raised a fantastic £722.57 for the hospital.

**Acomb**

**Conservative Club**

**raises £600 for**

**the Star Appeal**

A charity fundraising evening took place at Acomb Conservative Club on Saturday 29 September and raised £600 for York Hospital's Star Appeal.

**Trick or Treat**

**collection for**

**York Hospital's**

**Children's Ward**

York Designer Outlet organised a Trick or Treat collection and cake sale and raised over £90 for the Children's Ward at York Hospital.



**Thanks**



**...and ...well done!**



# Make 2013 the year you do it!

**ASDA**  
FOUNDATION



Jane Tomlinson's

## YORK 10K

[www.runforall.com](http://www.runforall.com)

**Thinking of a challenge for 2013?**

**York Teaching Hospital Charity and Jane Tomlinson's Run**

**For All invite you to join us for the York 10K,**

**Sunday 4th August 2013.**

**We have places for 30 runners and we need 20 volunteers to help out on the day so everyone can get involved. Minimum sponsorship for runners is only £50. Register today for £20.**



**To join in and help two great causes contact**  
**[lucy.lowthian@york.nhs.uk](mailto:lucy.lowthian@york.nhs.uk) call 01904 721737**