

**SUMMER 2025**

# **SUPPORTER NEWSLETTER**



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**[www.yshospitalscharity.org](http://www.yshospitalscharity.org)**

Registered Charity No. 1054527



**Making a positive  
difference in your  
local hospital**



# Dear friends and supporters

We're delighted to share this Summer edition newsletter, highlighting inspiring achievements, exciting projects, and fantastic fundraising efforts.

Read about the grand opening of the brand-new Urgent and Emergency Care Centre at Scarborough Hospital and see the impact your support has made by helping us to raise over £400,000 for the appeal.

As the warmer days arrive, discover ways to take part in our outdoor challenge events or start your own fundraising journey with support from our team. If you're looking for a meaningful way to give back, consider volunteering with us—we'd love to have you on board.

Whatever your interests, we have something for you. Wishing you a wonderful summer!

*Rachel*

**Rachel Brook**

Head of Charity

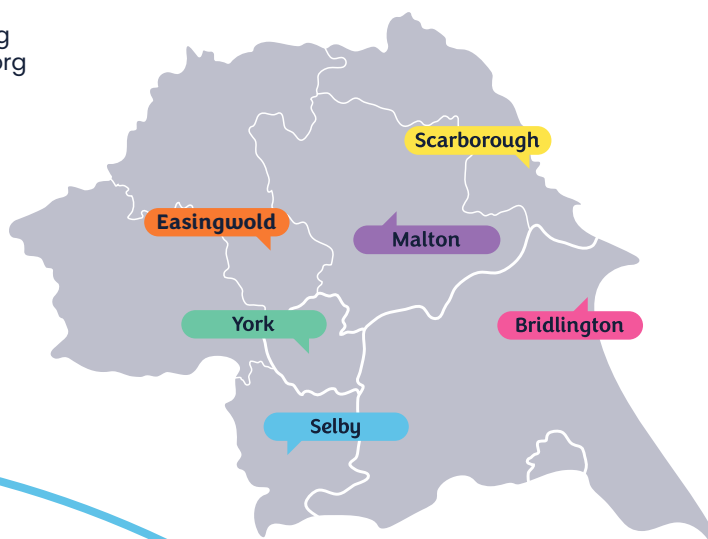
## Get in touch

[www.yshospitalscharity.org](http://www.yshospitalscharity.org)  
[hello@yshospitalscharity.org](mailto:hello@yshospitalscharity.org)  
01904 724521

## York & Scarborough Hospitals Charity

**York Hospital,**  
Wigginton Road,  
York, YO31 8HE

**Scarborough Hospital,**  
Woodlands Road,  
Scarborough, YO12 6QL



## Connect with us online:

YSHospitalsCharity  
 @YSHospCharity  
 York & Scarborough Hospitals Charity  
 @YSHospCharity

# Support Groups

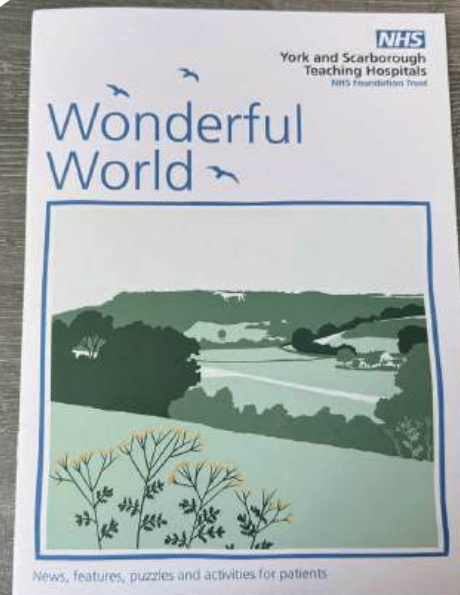
**Each of our hospitals is supported by a League of Friends; these are independent registered charities which work to help provide equipment and resources to improve patient care and comfort along with volunteers.**

## Friends of York Hospital

The Friends of York Hospital have kindly funded a patient newspaper entitled 'Wonderful World' to engage patients, staff and visitors within our hospitals. The Arts Team recently worked with local artist Dan Savage to create the newspaper which has proven to be very popular.

The nature based newspaper is used for activity and distraction, bringing the outside in and was inspired by the 'Boredom Buster' newspaper – which was produced with the National Arts in Hospital Network to give patients an activity to do during Covid. Staff suggested producing a paper internally that would serve patients with local nature-based themes to help alleviate anxiety and boost mood. Staff also noted that the interactive pages encouraged creativity and conversation with visitors and patients.

One thousand newspapers have been printed and many given out to patients to mark the launch of the Arts Team's new 'Wonderful World' Creative Health Framework.





# The difference you've made

## Complementary therapy for cancer patients

Patients receiving auricular acupuncture in the Cancer Care Centre at York Hospital can now relax in one of two therapy chairs, thanks to your donations.

Michelle Kirkman and Sue Blanchard, NADA trained complementary therapists within Cancer Services, approached the charity as they each required a specialised chair to carry out the treatment which is designed to help with symptomatic and emotional relief associated with a cancer diagnosis.

Louise Rhodes was part of the original patient group who experienced the therapy and trialled the charitably funded chairs.



She told us that having the opportunity to be referred into the complementary therapy team was a 'godsend' to her, as it enables people experiencing challenging symptoms, including pain, anxiety, and fatigue, to receive support that is very much needed, in a safe, comfortable environment.

## Ultrasound machine for Ward 16

Thanks to your donations we have been able to fund an ultrasound machine for Ward 16 at York Hospital. Used by medical staff and Surgical Care Practitioners for the insertion of midline catheters, the ultrasound machine allows for treatment to be administered or procedures to be carried out on the ward instead of in the theatre. This in turn cuts down the number of patients in theatre, leading to better and more efficient patient care and a reduction in delays to treatment.



## Paediatric gym equipment

Your generous donations have funded a range of specialist gym equipment for the Paediatric Musculoskeletal team at York and Scarborough hospitals.

A range of items including a mini trampoline, a training ladder, a foam wobble cushion and a static bike are now being used to support young patients during their treatment, helping to reduce pain, improve mobility, and enhance overall quality of life.

Lucy Eggleston, Paediatric Physiotherapist, explained:

“All of these patients require unique and specific rehabilitation programmes and having access to the equipment will enhance the quality and quantity of exercises and treatment we can offer to best manage these patients and allow them to achieve the best outcome.”



## Children's physio equipment for Scarborough

Children with complex needs often require specialised therapy equipment to aid in their development and recovery. These needs can range from physical disabilities that require rehabilitation tools, to neurological conditions that need tailored sensory equipment.

Your donations have funded specialised children's therapy equipment, which plays a crucial role in supporting children with a wide range of physical, developmental, and neurological needs.

Rachel Emerson, Therapy Assistant, said:

“Physiotherapy colleagues recommended floor level equipment for wheelchair users; we are very grateful to York & Scarborough Hospitals Charity for funding this equipment which will greatly enhance patient care.”



# 2025 events

## Swing into action!

### Charity Golf Day – Thursday 2 October 2025

Calling all golf enthusiasts of all handicaps! Enjoy a day of friendly **four ball better ball** competition, camaraderie, and a great atmosphere at the stunning **Sandburn Hall**. Surrounded by picturesque landscapes, serene lakes, and enchanting woodland, it's the perfect setting.

All funds raised through the Charity Golf Day will go towards supporting the Breast Care Unit in the **Magnolia Centre** at York Hospital.

We are raising money to support the refurbishment of the Breast Unit waiting area, to enhance the environment for patients undergoing treatment for breast cancer. A well-designed, soothing, welcoming space can help reduce anxiety, improve mental wellbeing, and provide a more supportive atmosphere for both patients and their families.

By creating a calming and positive environment, we aim to improve the overall patient experience, making the waiting period less daunting. This can lead to better emotional health, which is crucial during the breast cancer journey.

#### Team Entry:

£240 per team of four (includes green fees, bacon sandwich & coffee on arrival, a one course BBQ buffet).

#### Calling local businesses!

If you'd like to support our event, we offer various sponsorship opportunities.

Please get in touch with Natalie Marriott at [natalie.marriott2@nhs.net](mailto:natalie.marriott2@nhs.net) for details.

Read more and sign up at [yshospitalscharity.org/golfday](https://yshospitalscharity.org/golfday)



## Feeling Inspired? Join our running challenges!

Now is the perfect time to channel that inspiration into your own fitness journey by joining one of our upcoming running events. Whether you're lacing up your trainers for the very first time or you're a seasoned runner looking for your next goal, we have something for you.

We currently have spaces available for these exciting events:

**Great North Run** Join the incredible atmosphere of the world's largest half-marathon on **Sunday 7 September**.

**Yorkshire Coast 10k** Enjoy a beautiful, flat, and scenic run along the stunning Scarborough Bay coastline on **Sunday 19 October**.

**TSC London Marathon 2026 – Two Charity Places Available!** We're absolutely delighted to offer the chance to be part of the iconic London Marathon next year! Applications for our two charity places are open until **Sunday 27 July**. Don't miss this incredible opportunity.

What makes these events even more special is that when you sign up, you have the option to raise money for a specific ward or department within our hospitals that is close to your heart. It's a chance to achieve your personal goals while making a real difference to your local hospital.

Read more and sign up at [yshospitalscharity.org/challenge](https://yshospitalscharity.org/challenge)







# Urgent & Emergency Care Appeal

## Scarborough

We are delighted to share the overwhelming success of our Urgent and Emergency Care Appeal – the largest appeal in our history – which has raised over £400,000 thanks to the generosity of supporters across the East Coast.

Combined with charitable funds already committed, the appeal has contributed over £850,000 to enhance patient care and experience, and support staff wellbeing at Scarborough Hospital's brand-new Urgent and Emergency Care



Centre (UECC), which opened to patients during the first week of May.

We would like to say a heartfelt thank you all the fundraisers, donors, hospital staff, local businesses and community groups who supported this appeal. The funds raised have enabled a number of important projects in the new centre, providing facilities and enhancements that go above and beyond those included in the core build.



### Fitting out specialist rooms

- An **Autumn room** provides a private space for patients at the end of their life to spend time with their loved ones
- A **children's waiting room** gives younger patients and their families a designated family-friendly area to wait
- A **sensory room** provides a specialist room for patients with additional needs





## Supporting relatives

- **Two ensuite rooms** within critical care will provide relatives with a place to stay close to their family member



## Improving the hospital environment

- **Artwork** has been installed around the entire building, which has been specially developed to help with anxiety and create a calming environment.
- **Two patient gardens** will offer patients and their relatives the opportunity to spend time outdoors, supporting them physically and mentally



## Improving the hospital environment

- **Two staff gardens**, accessible from staff rooms, will provide space for staff to take a break in a peaceful environment



## How you can help

The Urgent and Emergency Care Appeal has now closed, but you can still support Scarborough Hospital by making a donation or fundraising.

Visit the charity website [www.yshospitalscharity.org](http://www.yshospitalscharity.org) to make a donation and for more information about how to get involved.



## WRITE YOUR *forever thank you* INTO YOUR WILL

Writing a gift to York & Scarborough Hospitals Charity into your Will is the best possible way to say your forever thank you. It's a gift that will make a long-lasting positive difference, after you're gone. You can choose the hospital, ward or department you would like your gift to support.

Find out more by emailing  
[hello@yshospitalscharity.org](mailto:hello@yshospitalscharity.org) or calling 01904 724521.







York & Scarborough Hospitals Charity. Registered charity no. 1054527.



## Ways to leave a gift in your Will

If you would like to leave a gift in your Will, how you decide to support the charity is entirely up to you.

There are four main types of legacy you might wish to consider:

-  **Residuary legacy** – This is the remainder of your estate after all other gifts have been made. This is often a popular way to leave a legacy as all other gifts have been given first and it is expressed as a fraction of your estate so it retains its value over time. This can be anything from 1% to 100%.
-  **Pecuniary legacy** – This is a fixed amount of money left to the charity. The amount of money may fall due to inflation so we do advise you to review the amount regularly.
-  **Specific legacy** – This is a gift of a specific possession such as jewellery, antiques, land or buildings.
-  **Reversionary legacy** – This allows you to leave your estate to your dependants while they are living, but after they pass away it will revert to the charity. For example, you may leave your house to your first beneficiary but after their death, the house passes to the second beneficiary which could be the charity.

It's never an easy conversation to have to think about, but making a Will is one of the most important decisions you can make to help safeguard for family in the future.

You can contact us at any time to discuss the options for leaving a gift in your Will, or find out more by visiting:

**[www.yshospitalscharity.org](http://www.yshospitalscharity.org)**



[hello@yshospitalscharity.org](mailto:hello@yshospitalscharity.org)

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# Pottery painting event



**Monday 30 June 2025**

**11am - 1pm | Rainbows Ceramics, York**

**£15 per person**

Join us for a fun-filled pottery painting event, raising funds to support the children's wards at York and Scarborough Hospitals.

[yshospitalscharity.org/potterypainting](https://yshospitalscharity.org/potterypainting)



## Support from our communities

### Local Scarecrow Festival

Last year, Jill and her husband Robin took on a challenge of walking 300 miles, raising £2,000 for the hepatology department at York Hospital.

This year, Jill continued her fantastic support by inviting us to be one of the chosen charities at the Haxby and Wigginton Scarecrow Festival.

The weekend was a huge success, with hundreds of families enjoying the event. We are thrilled to share that **£1,491** has been raised for hepatology. Thank you to Jill, Robin, and everyone who came along to support!



### York Inset Scooter Club

A huge thank you to York Inset Scooter Club who continued their support of the Magnolia Centre at York Hospital by collecting donations at their annual 'Mods & Rockers' memorial charity ride.

With hundreds of bikes and scooters riding out from the Eye of York to The Mended Drum in Huby, the event raised an amazing **£1,210**!

This year's ride was especially memorable as it also celebrated the 100th birthday of Club President and Normandy veteran Ken Cooke. This is the fourth year the scooter club have supported the Magnolia Centre, the money raised will make such a difference.



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# Support from our communities



## Autumn Project Bake Sale

A big thank you to the incredible Palliative Care Team at Scarborough Hospital who organised two bake sales, raising a fantastic **£1,019**!

The team baked a wonderful selection of cakes and treats which were a big hit, including a showstopping autumn-themed cake raffled off to one lucky winner. The money raised will support the Autumn Project, supporting patients and their loved ones receiving end of life care.

To learn more about the Autumn project, please visit [www.yshospitalscharity.org/autumnproject](http://www.yshospitalscharity.org/autumnproject)

## Matt and Ollie's seven half marathon challenge

Friends Matt and Ollie recently took on the challenge of running seven half marathons in seven days to raise funds for the Magnolia Centre at York Hospital.

The duo didn't stop there. As passionate cricket enthusiasts, they added an extra test of endurance by catching 100 cricket balls and facing 100 deliveries in the nets after each run. Their dedication paid off as they smashed their fundraising target, raising an amazing **£3,400**. We are so grateful for all the donations and support!



## Alex's London Marathon success

A big thank you to Alex, who completed the London Marathon and raised a fantastic **£560** for the ICU at York Hospital.

Alex smashed his fundraising target, and despite the hot weather adding an extra challenge on the day, Alex powered through driven by the incredible atmosphere and a determination to make a difference to such a worthwhile cause.



## Do it For Simon

The family of Simon Middleton has been rallying local runners to take on personal fitness challenges as part of the #DoItForSimon campaign, raising an incredible **£3,400** so far. Simon's family wanted the funds raised to be a thank you to the outstanding staff at York Hospital who saved Simon's life following a critical health scare in November 2024.

Simon, a seasoned runner and beloved mentor, has inspired the community with his resilience and passion. A huge thank you to everyone who has taken on a challenge or donated so far, your support is truly making a difference.



## Amy and Nick's running challenge

A huge thank you to Trust staff members Amy and Nick, who recently took on a 6-hour running challenge around York Knavesmire to raise funds for the Parkinson's Disease Team at York and Scarborough hospitals.

The challenge originally began as a way to support a friend training for a marathon. Wanting to make the most of their efforts, Amy and Nick decided to turn it into a fundraiser. They completed an incredible 27.9 miles, officially becoming ultramarathon runners, and raised an impressive **£690** for the Parkinson's Fund. The money raised will make such a difference.





# Arts in hospitals

## Moving Minds dance and movement programme

Patients in Scarborough Hospital have recently experienced the joy of music and movement thanks to your support.

Sian Whitely of Moving Minds works with recorded music while interacting with groups of patients, moving to the music with ribbons, scarves and balloons. Sian's performances provide a burst of colour, sound and energy and offer an uplifting experience to those who may have limited mobility.

Research shows music can be an effective way to engage people, and can create improved communication between staff and patients, enabling a better understanding of the individual and a greater focus on patient-centred care.

The Moving Minds dance and movement programme is designed to help individuals reconnect with their bodies, reduce stress, and improve their overall mood.



# Volunteer with us

**We are looking for volunteers to help us with some fantastic opportunities. From bucket collecting, to distributing collection tins around the community – you could make a difference today.**

Get in touch with us to find out more about our volunteering roles.

**Sign up to receive updates on our volunteering roles**  
[yshospitalscharity.org/keepintouch](https://yshospitalscharity.org/keepintouch)

**Perhaps you'd like to organise your own fundraising event to make a difference?**

If you've got an idea in mind, please get in touch with our dedicated Community Fundraiser, using the details below!



**Becky White**  
Community Fundraiser  
01904 725738  
[rebecca.white76@nhs.net](mailto:rebecca.white76@nhs.net)



# Donation Form

Thank you for your support, together we can make a huge difference.

First Name:

Surname:

Home Address:

Postcode:

Telephone:

Email:

I would like to donate £

to **York & Scarborough Hospitals Charity**

☐ Please use my donation to support the following hospital or department:

**Donate by Cheque:** Please make it payable to **York & Scarborough Hospitals Charity**, send with this form enclosed to the address below.



**Donate online:** please visit [www.yshospitalscharity.org/donate](http://www.yshospitalscharity.org/donate) to donate now using a credit or debit card.

**Donate via Bank Transfer:** Account no: 10989649, Sort Code: 20-99-56, Reference: Newsletter. Please advise us by phone or email if you are making a payment so that we know to look out for it and can say thank you!

## We'd love to keep in touch

Please let us know if you would like to hear about where your donation and money raised is helping in our hospitals along with future event and fundraising campaigns.

☐ By post ☐ By email ☐ By phone ☐ No thanks

Please let us know if you would like to hear from us about future volunteering opportunities when they arise.

☐ By post ☐ By email ☐ By phone ☐ No thanks

You can change your preferences at any time by contacting us on the details below and you can read our full data protection and privacy policy on our website at [www.yshospitalscharity.org](http://www.yshospitalscharity.org)

## Increase your donation by 25p for every £1 you donate!

*giftaid it*

☐ 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 & Scarborough Hospitals Charity

I am a UK taxpayer and understand that if I pass 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. York & Scarborough Hospitals Charity was previously known as York Teaching Hospital Charity.

Please return your form by post or in person to: York & Scarborough Hospitals Charity, Fundraising Office, York Hospital, Wigginton Road, York, YO31 8HE  
[hello@yshospitalscharity.org](mailto:hello@yshospitalscharity.org) 01904 724521 [www.yshospitalscharity.org](http://www.yshospitalscharity.org)

I understand that York & Scarborough Hospitals Charity will use any funds donated in the way that is most appropriate for the need of York and Scarborough Teaching Hospitals NHS Foundation Trust, in line with its charitable aim and objectives and I cannot request purchase of specific items.