

AUTUMN 2025

SUPPORTER NEWSLETTER



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www.yshospitalscharity.org

Registered Charity No. 1054527



Making a positive
difference in your
local hospital



Dear friends and supporters

We're thrilled to share our Autumn Newsletter, highlighting the many ways your support has made a difference across our hospitals and community.

This summer has been filled with inspiring fundraising efforts and generous contributions from individuals, community groups, and businesses alike. Thanks to your support, we've been able to fund projects that directly enhance patient care and experience, from new televisions in the renal unit to ultrasound scanners that improve diagnosis and treatment.

As we move into Autumn and the days grow shorter, it's a wonderful time to start your own fundraising journey or explore volunteering opportunities. Every contribution, large or small, helps us continue to make a positive difference.

I hope you enjoy reading about the incredible projects you've made possible, and I look forward to what we can achieve together as we move towards the end of the year.

Rachel

Rachel Brook

Head of Charity

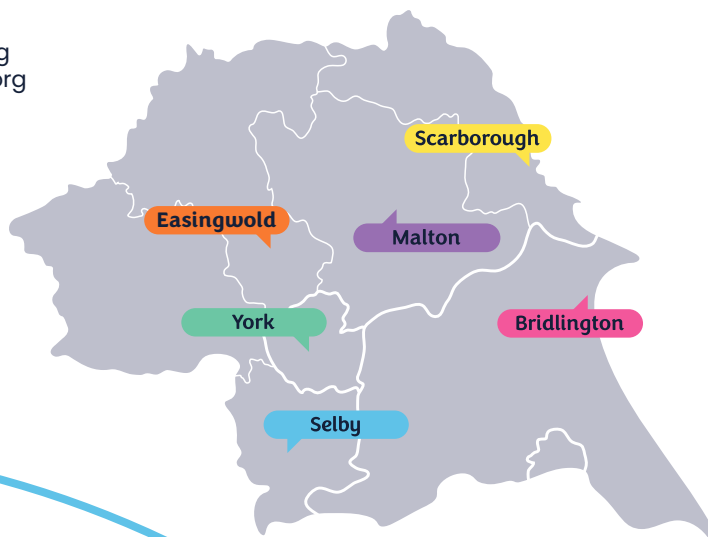
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Scarborough, YO12 6QL



Connect with us online:

- Facebook: YSHospitalsCharity
- X: @YSHospCharity
- LinkedIn: York & Scarborough Hospitals Charity
- Instagram: @YSHospCharity

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

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

2025 events roundup

Great North Swim

In June, six incredible swimmers braved the Great North Swim, raising over **£2,500** in support of our local hospitals!

Despite facing illness and even thunderstorms along the way, their determination carried them through and everyone had a fantastic day.

Inspired to dive in?

We're delighted to offer places for the 2026 Great North Swim. Don't miss your chance to be part of something truly special!

www.yshospitalscharity.org/greatnorthswim



York 10k

This August, 25 incredible supporters laced up their running shoes and took on the iconic York 10k, raising a fantastic **£2,800** in aid of our local hospitals.

The atmosphere was electric as they joined thousands of others on the route and a great day was had by all!

Yorkshire Three Peaks

In July, our team of determined walkers braved the hills, mud and mighty winds to take on the iconic Yorkshire Three Peak challenge.

From steep climbs to blustery summits, the walkers battled the elements to complete the challenge, whilst raising over **£13,000**!

It was a fantastic day and the money raised will help make a real difference.



NHS Big Tea

In July, we marked the NHS birthday with NHS Big Tea parties across our hospitals!

From tea parties to bake sales, wards and departments came together to celebrate, raising almost **£5,000** to support their own areas of care.

Some of the highlights included fantastic bake sales hosted by VIU at York, Waters Ward at Bridlington Hospital, Postgrad at Scarborough, and Ellerby's at Malton, all showcasing some truly showstopping cakes. Many other teams also joined in, making the celebration extra special.

A huge thank you to everyone who took part and helped make this year's NHS Big Tea such a success!



NHS Big Tea Bake Off

This year we were excited to launch our very first NHS Big Tea Bake Off competition!

Talented bakers rose to the challenge, creating a wonderful array of imaginative and delicious bakes for our judges to enjoy.

Congratulations to Isabel Eastwood, Trainee Senior Pharmacy Assistant at York Hospital, who wowed the judges with her showstopping mini gluten-free red velvet cakes.

The bakes were then shared at NHS Big Tea bake sales, helping to raise vital funds to support our hospitals.

From the front cover

Golden wedding anniversary inspires gift for renal patients

To celebrate his golden wedding anniversary with his wife Pauline, long-time dialysis patient Ray Gilpin asked his family and friends to help him fund new TVs to improve the comfort of fellow patients at York Hospital.

Ray's thoughtful gesture raised £1,050, sparking a wider campaign that ultimately gathered momentum raising **£3,275** to help fund 13 hospital-grade televisions for the Renal Unit.

His kind gesture and passion to help others inspired the local community to offer their support:

- ✿ The Newton on Derwent Heritage Café, a weekly pop-up, donated **£615**
- ✿ Stuart Barker contributed **£610**, raised in memory of his late wife Emma, who was also a Renal Unit patient.
- ✿ The Minster Lions Club of York and Derwent Lions Club each gave **£500**, with Derwent's chairman, Ken Hardgrave, also receiving treatment.

The new TVs were installed in May 2025, bringing relief, entertainment, and comfort to patients during long dialysis sessions.

Mandy Jones, Renal Unit Service Manager, said:

“Having new televisions in every treatment area has made a real difference to our patients' experience. Dialysis can be long and tiring, and this upgrade provides both comfort and distraction. We're incredibly grateful to Ray and all the donors who made this possible.”



The difference you've made

Critical Care patient diaries

Critical Care teams at Scarborough and York hospitals have introduced personalised patient diaries, thanks to your donations.

These simple yet powerful diaries support recovery and connection during a difficult time. Each one captures a patient's unique journey through critical care, filled with thoughtful entries from staff and families, from favourite football teams and music, to how a patient likes their hair done.

These small details make a big difference, helping ease PTSD, anxiety, and depression after critical illness, while offering comfort to patients and their families.



See Me first badges

Thanks to your donations 'See Me First' badges have been funded for staff in your local hospitals.

These badges help create a more inclusive and respectful healthcare environment, supporting ethnically diverse staff and improving patient trust, communication, and satisfaction.

Staff can show their support by pledging a commitment to equality at work and receiving a 'See Me First' badge to wear on their lanyard.



Menopause training for Breast Care patients

Gemma, Surgical Care Practitioner, has completed the 'Management of the Menopause' certificate funded by our Education Bursary, a program supporting staff development and improving patient care.

Thanks to the bursary, Gemma plans to launch a dedicated menopause clinic for breast care patients, the first of its kind in our hospitals.



The difference you've made

Ultrasound Scanner for Scarborough's Early Pregnancy Assessment Unit

Thanks to your donations, the Early Pregnancy Assessment Unit (EPAU) at Scarborough Hospital have purchased a scan machine. This will allow the team to offer a one stop service where the patient would receive their consultation, diagnosis and discuss a treatment plan all in one place without the need to wait for radiology appointments.

Not only does it ease the pressure on radiology services, but it also allows the gynaecology team to deliver timely, compassionate care when it is most needed.

Clare Jordan, Consultant Obstetrician and Gynaecologist explained:

“This is an exciting opportunity to enhance the care we provide to patients. For the first time, we are able to carry out 3D internal ultrasound scans, a significant step forward in helping us assess certain gynaecological conditions.

Thank you again for helping us develop our service with this advanced technology, we are already seeing the positive impact it is making for our patients.”



Relational counselling

Your generous donations have provided funding for Clare, Gastro-Intestinal Clinical Nurse Specialist, to complete a three-year advanced diploma in relational counselling, giving her the tools to offer deeper psychological support to patients and their families.

Thanks to the course, Clare now helps patients process life-changing diagnoses, manage the emotional impact of treatment, and feel supported through every stage of their cancer journey. Her new skills are already making a difference, and she plans to share her knowledge with colleagues and support the creation of a local patient group.



Quiet rooms for the Magnolia Centre

Two quiet rooms in the Magnolia Centre at York Hospital have been refurbished thanks to your generous donations.

Once cold and clinical, these spaces are now warm, calming and welcoming, helping patients feel safe to share their emotions during difficult times. Thoughtful touches like dimmable lighting create a soothing atmosphere for both patients and staff, offering comfort and respite in emotionally demanding moments.

Ellie O'Neill, Breast Cancer Nurse Specialist Service Manager explained

“We've received really positive feedback from patients using the new rooms. The team is incredibly grateful to the generous donors for making this transformation possible.”





Wellbeing Room at Bridlington Hospital

A brand-new staff wellbeing room, providing NHS colleagues with a dedicated space to recharge, reflect, and restore has recently opened at Bridlington Hospital thanks to a generous grant from NHS Charities Together.

Thoughtfully designed with comfortable seating, calming lighting, plants, and wellbeing resources, the room offers staff a much-needed place to unwind and de-stress.

Feedback has already been overwhelmingly positive, with plans to open further rooms in York and Scarborough.

Charlene Sargeant, Operational Site Matron, who was the first colleague to use the room, shared her excitement;

“It’s fantastic Bridlington is the flagship site for the first Staff Health and Wellbeing Room in the Trust. Thanks to all for making it happen.”



Your chance to win up to £25,000 each week!



The more people play, the more money we receive, so we need your support.

For every £1 entry at least 50p comes directly to us. Sign up today and make a positive difference to your local hospital through **York & Scarborough Hospitals Charity**.

Sign up now and receive a York & Scarborough Hospitals Charity pin badge as our little thank you. While stocks last

Sign up today online, or complete and return the form over the page to York & Scarborough Hospitals Charity, York Hospital, Wigginton Road, York, YO13 8HE

BeGambleAware.org[®]

Terms and Conditions

Our lottery is part of the Unity Lottery, managed on our behalf by Sterling Management Ltd. Any correspondence you receive regarding your entry from the lottery will come directly from Sterling. You must be aged 16 or older to play our lottery. The lottery is drawn on a Friday and you have a 1 in 63 chance of winning one of the prizes. You can read the full rules for our lottery here: <https://www.unitylottery.co.uk/rules/>

York & Scarborough Hospitals Charity is licensed and regulated in Great Britain by City of York Council under account number 011882. The promoter of this Unity Lottery is Rachel Brook, York Hospital, Wigginton Road, York, YO31 8HE

A minimum of 50% of the total lottery proceeds go to supporting the work carried out by York & Scarborough Hospitals Charity, 18.4% on prizes and 31.6% on expenses and administration of the lottery.

www.gamblingcommission.gov.uk

www.yshospitalscharity.org/lottery

Join York & Scarborough Hospitals Charity Lottery today!

1. Your details (please print in block capitals)

Title: _____ First Name: _____
Surname: _____
Address: _____
Postcode: _____
Tel: _____ Mobile: _____
D.O.B: _____
Email: _____

☐ If you do not wish your name to be publicised if you win, please tick here

☐ If you would like to receive lottery correspondence via email, please tick here

2. Payment frequency

How many entries would you like each week?

How often do you want to pay?
(Please tick payment frequency and write amount in box)

- ☐ Monthly / £4.34
☐ Direct Debit only
☐ Every 13 wks / £13
☐ Every 26 wks / £26
☐ Every 52 wks / £52

x

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Total Payable

Banks and Building Societies may not accept Direct Debit instructions for some types of accounts

unity Instruction to your Bank or Building Society to pay by Direct Debit



Service User Number:

Reference:

Signature: _____

Date: _____

3. Select your payment method

☐ **Payment by Direct Debit**

Please fill in the form and return to **Unity**

Name(s) of Account Holder(s): _____

Branch Sort Code:

Bank/Building Society account number:

Instruction to your Bank or Building Society

Please pay **Unity** from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with **Unity** and, if so, details will be passed electronically to my Bank/Building Society.

☐ **Payment by Cheque**

☐ I enclose a Cheque made payable to **Unity** (minimum payment £13)

4. Your contact preferences

Please indicate how you would like to receive updates from your chosen charity:

Email	☐ Yes	☐ No
Home Phone	☐ Yes	☐ No
Post	☐ Yes	☐ No
Mobile Phone	☐ Yes	☐ No
SMS	☐ Yes	☐ No

5. Your consent to play

(I confirm I am over 16 and a resident of GB)



Signature: _____

Date: _____

For office use only: _____

Support from our communities

Staff at Scarborough Hospital have been taking on a variety of fundraising challenges to support the Autumn Project, raising money towards a cuddle bed for the hospital's Autumn Room. A cuddle bed is a specially designed hospital bed that expands to allow loved ones to lie side by side, providing comfort, closeness, and dignity during the most precious final moments together. You can find out more about the Autumn Project here:

www.yshospitalscharity.org/autumnproject

Cassie and Julie's Skydive

A huge thank you to Cassie and Julie, our amazing Palliative Care Clinical Nurse Specialists at Scarborough Hospital, who bravely faced their fear of heights and took on a skydive in support of the Autumn Project! Thanks to their incredible efforts, they've raised over **£2,600** towards a cuddle bed – helping loved ones share those final, precious moments side by side.



Student nurses' walking challenge

A group of third-year student nurses, took on an incredible 25-mile walk from Settrington Beacon to Filey in support of the Autumn Project at Scarborough Hospital! Thanks to their amazing determination and teamwork, they've raised **£1,859** towards a cuddle bed for the Autumn Room on Beech Ward.





Research & Innovation cycling challenge

The Research and Innovation team at York Hospital took on a remarkable challenge cycling 85 miles on a static exercise bike, the equivalent of traveling to all four of our main research-active hospital sites in a single day and back!

On the hottest day of the year, team members took turns pedalling in The Hub at York Hospital, raising an impressive **£482.71**. The challenge was part of #Red4ResearchDay, celebrating the work of clinical research teams whilst the support of colleagues, donors, and cheerleaders kept spirits high. The money raised will make such a difference.

Gifts for the Children's Ward

A big thank you to the children from York SDA Church Pathfinder and Adventurer Club, who visited York Hospital to donate toys and activities for the Children's Ward.

It was such a joy to meet the group, and the ward are so grateful for the thoughtful gifts that will bring smiles and comfort to young patients during their stay.



Jonny's trio of challenges

Jonny, an Occupational Therapist within the Elderly Therapy Team at York Hospital, has successfully completed his three summer challenges to raise funds in support of elderly patients! He took on the Aire (Leeds) Marathon, the Ultra Loop at Temple Newsam, and the Yorkshire Three Peaks.

Having dedicated over 10 years to supporting older patients at York Hospital, Jonny wanted to go the extra mile to enhance the care and experience of elderly patients. Thanks to his incredible efforts, he has raised over **£2,000**! We're so thankful for his support!



NC72 Golf Day

We are so grateful to Andy for hosting the NC72 Memorial Golf Day for the sixth consecutive year in support of the Intensive Care Unit at York Hospital. Held in memory of Andy's brother Steve, the event has raised an incredible **£16,293** over the past six years, including a fantastic **£6,435** this year alone.

Taking place at Aldwark Manor Golf Club, the day was enjoyed by all who attended. Alongside the golf, there were raffles and tombolas, adding to the fun and helping to raise vital funds for the ICU. A huge thank you to Andy and everyone who contributed to making the day such a success!



Arts in hospitals

Selby War Memorial Hospital has become a hub for creativity and wellbeing thanks to The Feelgood Collective – a community arts project exploring how local places influence mental health.

Over eight weeks, local people joined workshops led by artists in sound, photography and writing to reflect on the spaces in Selby that bring them calm and connection – from the beauty of Selby Abbey to the warmth of local cafés and green spaces. Their work is now showcased in a zine and exhibitions at Selby Abbey, the mobile library, and Ellerby's Café within Selby Hospital.

At the hospital, the Arts Team, supported by York & Scarborough Hospitals Charity, is using the project's insights to shape future improvements in areas such as the café courtyard, highlighting how thoughtful design and creativity can make hospital spaces uplifting for patients, staff and visitors alike.



Griselda Goldsbrough, Arts and Design Development Manager said:

“Through creative activities in welcoming spaces like Selby Hospital café, we're able to show how environments can nurture wellbeing. This project demonstrates the transformative potential of arts in healthcare.”



Christmas Cards

Back by Popular Demand...

Our Charity Christmas Cards are returning!

This year, we're delighted to bring back our much-loved Charity Christmas cards! With a variety of beautiful designs to choose from, each card features our charity logo on the back, and all proceeds go directly to supporting your local hospital.

Keep an eye on our website for more details and to find out when the cards will be available:

www.yshospitalscharity.org/christmascards



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 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

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 01904 724521 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.