AUTUMN 2026

SUPPORTER NEWSLETTER

Y&S Hospitals Charity



In this issue

4 From the front cover

6 - 7 NHS Big Tea

8 - 9 You've funded it

12 - 15 Support from our community

www.yshospitalscharity.org

Registered Charity No. 1054527

Making a positive difference in your local hospital

Registered with FUNDRAISING REGULATOR

Dear friends and supporters

Welcome to our Autumn Newsletter!

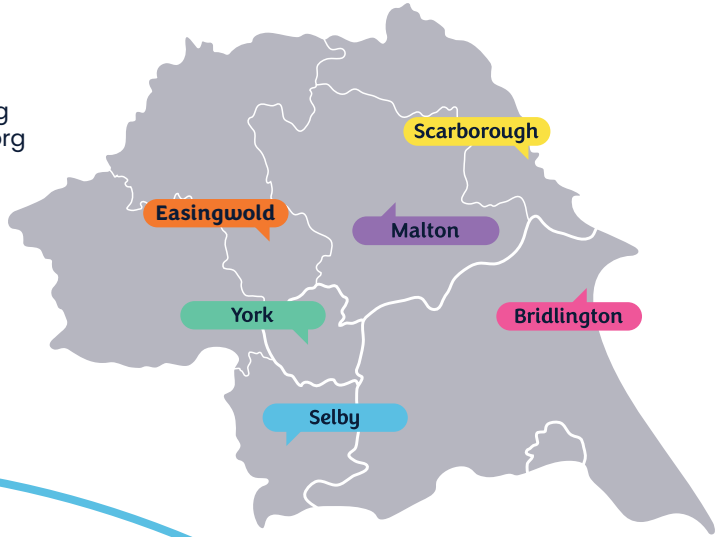
Welcome to our Autumn Newsletter. Inside, you'll discover some of the many ways your support is making a difference across our hospitals and local communities.

Over the past few months, I have had the privilege of seeing first-hand the impact of your generosity. It was wonderful to meet the Ladies in Pink and share how the post-mastectomy bras they funded are helping breast cancer patients, while also learning more about the fitting of bras and prostheses following surgery. I was also fortunate to attend the second 'Small Bites' suturing course, which provided a fascinating insight into how charitable funding is supporting consultant surgeons' development and patient care. Alongside this, your support has helped fund projects ranging from additional patient nebulisers to driving our Tiny Lives Appeal forward, with every donation making a meaningful difference.

As we head into the autumn months, there are plenty of opportunities to support your local hospitals, whether that's taking part in an event, organising your own fundraiser or volunteering your time. We hope you enjoy reading about the difference you've helped make and thank you for being part of our charity community.

Rachel

Rachel Brook
Head of Charity



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Tiny Lives Appeal

Thanks to the incredible generosity of our supporters, the Tiny Lives Appeal has now raised more than **£122,000**.

After reaching our initial £100,000 target earlier this year, it has been wonderful to see continued support from our community, helping us move even closer to creating a better environment for babies and their families in the Neonatal Unit at York Hospital.

Every donation made to the appeal is helping us enhance facilities and provide greater comfort and support for families during what can be a very challenging time. Thank you to everyone who has contributed so far and helped make this achievement possible.

Fundraising highlights for the Tiny Lives Appeal:

- We hosted a pottery painting evening at Rainbow Ceramics which raised over **£800**
- Tim Olive-Besly did a 300,000-step challenge in June and raised **£3,096**
- The Barratt Redrow Foundation donated **£1,500** toward the appeal







From the front cover

Additional funding for post-mastectomy Bras

Scarborough Ladies in Pink have kindly donated the funds to be able to purchase one hundred post-mastectomy bras for patients following surgery. This marks the third time we have been able to support this wonderful resource, resulting in two hundred bras being fitted in the last two years.

Post-surgery bras play a significant role in both physical comfort and emotional wellbeing. By providing these bras directly through the Breast Unit, patients can access specialist support in a familiar and compassionate environment, delivered by a team who understand their individual needs and experiences.

The latest order also reflects a growing focus on patient choice and dignity, with bras now available in a wider range of colours, including bright pink. This allows patients to feel more like themselves during recovery, helping to restore confidence after treatment.



Supporting cancer and alopecia patients

Losing your hair can be one of the most distressing side effects of cancer treatment. While patients with breast cancer commonly experience chemotherapy induced hair loss, people of all ages and backgrounds can face the profound emotional impact of losing their hair. Alopecia patients with Cicatricial alopecia cannot re-grow hair due to the hair follicles being too damaged. The charity has committed **£30,000** to fund high quality wigs and provide a dedicated wig fitting service for patients across the Trust who have been affected by chemotherapy or alopecia.

The funding not only covers the wigs themselves but also the specialist fitting service, ensuring patients receive compassionate, personalised support. For many, this is an emotional milestone in their treatment journey, and having a safe, supportive environment means a great deal.





NHS Big Tea 2026

This summer, staff from across our hospitals took part in the NHS Big Tea, bringing colleagues together over tea, cake and plenty of fantastic fundraising!

We were delighted to see so many people get involved, hosting bake sales, tea parties and raffles in support of wards and departments across the Trust.

Together, an incredible **£2,400** was raised to help enhance patient care and support projects that make a real difference. Thank you to everyone who baked, donated, organised and took part, your support was amazing!



















NHS Bake Off

Congratulations to our NHS Big Tea competition winners!

Our bake-off champion was Becca Norman, Senior Library Assistant at Scarborough Library, with her incredible 'Scarbados' cake. What a fantastic creation!

Also, well done to Charlotte Mapplebeck, from Ward 33, who was the lucky winner of our Big Tea raffle. Charlotte wowed everyone with her fantastic kidney cake, which was a brilliant addition to the celebrations.

Thank you to everyone who took part in NHS Big Tea this year. We loved seeing all of your amazing bakes, creativity and support for our hospitals.

You've funded it

Four new nebulisers for Head and Neck patients

Thanks to the generosity of our supporters, the Head and Neck Department at York Hospital has increased its supply of nebulisers, with four additional devices now available for patients undergoing treatment.

Patients receiving radiotherapy for head and neck cancers can experience side effects such as dry mouth and excess mucus, which can significantly affect comfort and wellbeing. Available on a short-term loan basis, the nebulisers provide much-needed relief during and after treatment.

Patient feedback has been extremely positive, with many reporting improved comfort and symptom management. The additional devices will help more patients access this valuable support when they need it most.





Tuck shop for patients for Nutrition and Hydration Week

We recently supported Ward 26 at York Hospital in developing new ways to help patients maintain their nutrition and hydration. Whilst caring for patients undergoing cancer treatment and major surgery, the team introduced a smoothie trolley during 'Nutrition and Hydration Week', offering refreshing drinks to patients who may struggle with appetite, swallowing, or mouth soreness.

The initiative proved hugely popular, helping patients increase their nutritional intake in an enjoyable and engaging way while bringing a positive boost to the ward environment.

Following its success and thanks to donations, charity funding has now been approved to continue the service throughout the year. The smoothie trolley has been particularly valuable during the recent hot weather, providing patients with a tasty way to stay hydrated and nourished during their recovery.





Second 'small bites' suturing course

Ten surgeons from the Gynaecology Team took part in specialist 'small bites' suturing training. Building on the success of last year's course, the team received hands-on training to master the technique, which uses smaller, closely placed stitches to improve wound healing and reduce the risk of complications following surgery.

Surgeons practised using specially designed training models developed alongside course tutors. These models focus on the incision area, allowing participants to continue refining their skills at home after the course.

Research has shown that the 'small bites' technique can reduce the risk of incisional hernias and other wound complications, helping to improve long-term outcomes for patients while reducing the need for further treatment.

Toys and sensory equipment to support speech and language development

Hannah Knowles, Speech and Language Therapist provides clinics, workshops and attends schools together with other members of the Speech and Language Therapy Team to collaborate with children, parents, and teachers to help children develop their speech and language skills.

Thanks to donations we have provided the sensory toys and learning materials to enable the team to be able to provide physical stimulation whilst developing their speech and language.



Thank you Bridlington Friends group



York and Scarborough Teaching Hospitals NHS Foundation Trust have thanked the Friends of Bridlington Hospital as the charity prepares to close after more than 70 years of dedicated support.

Since its formation in 1953, the Friends have raised over **£500,000** to enhance care for patients at Bridlington Hospital. Their generosity has funded a wide range of equipment, patient comforts and environmental improvements, including digital tablets, specialist televisions, medical equipment, toiletries for unexpected admissions, Christmas gifts and enhancements to hospital gardens and patient areas.

Most recently, the Friends donated **£25,000** to fund an ophthalmology eyeball model, a bladder scanner and a stroke rehabilitation tool, continuing their long-standing commitment to improving patient care.

The Trust also paid tribute to the many volunteers and supporters whose time, compassion and fundraising efforts have made a lasting difference to patients, families and staff over the years.

While the charity's closure marks the end of an era, its remarkable legacy will continue through the projects it has funded and the lives it has touched. A heartfelt thank you to everyone who has supported the Friends of Bridlington Hospital and helped make such a positive impact on local healthcare.



Breast Cancer Awareness Month: Make every mile count

Y&S Hospitals Charity

1 - 31 October 2026

Take on our 100 Miles in October Challenge and complete 100 miles in 31 days to raise funds to support Breast Care in your local hospitals.

Walk, run, cycle or swim. Every mile makes a difference.

Free registration | Free fundraising pack

Sign up today:
www.yshospitalscharity.org/breastcancerchallenge



bitly

01904 724521 hello@yshospitalscharity.org

Support from our communities

Second cuddle bed donated for Scarborough Hospital

Long-standing charity supporter Randall Boston has funded the second cuddle bed for Scarborough Hospital in memory of his late wife, Liz. Supported by family and friends, the donation will help more families stay close to loved ones receiving end-of-life care.

Inspired after hearing about the impact of the hospital's first cuddle bed at our Charity Thank You Event, Randall chose to celebrate what would have been Liz's 70th birthday by creating a lasting legacy in her name.

The new bed will be based in the Autumn Room at Scarborough Hospital, while the existing cuddle bed will continue supporting patients across other wards and departments.

Randall explained:
"Liz was a kind and caring person who always put others first. Being able to fund a cuddle bed in her memory felt like a fitting way to celebrate what would have been her 70th birthday."

A huge thank you to Randall, his family and friends for their extraordinary generosity and continued support.

We are currently fundraising for a cuddle bed for York Hospital, if you would like more information or wish to donate towards a cuddle bed for York Hospital please head to

www.yshospitalscharity.org/autumnproject





Trevor's 100 holes of golf challenge

A big thank you to Trevor for his continued support of the Tiny Lives Appeal. Recently, he took on the incredible challenge of playing 100 holes of golf in a single day, starting at 4am and finishing at 8pm, all without the help of a golf buggy! Despite some very aching legs, Trevor raised an amazing **£845**.

Earlier this year, he also completed a running challenge, raising a further **£885**. As Men's Captain at Kilnwick Percy Golf Club, Trevor continues to go above and beyond in support of the Tiny Lives Appeal, one of the club's Charities of the Year. Well done, Trevor!

Deanne and Annette's Gala Ball



Deanne and Annette recently hosted their annual Gala Ball in support of Cancer Services at Scarborough Hospital. This year, with the support of generous sponsors, raffle prize donors, and everyone who attended, they raised an incredible **£7,800**.

It was the fifth Gala Ball the pair have organised, and over the years they have raised a phenomenal **£25,636**!
A huge thank you to Annette, Deanne, and everyone who helped make the evening such a success.





Abbie's 'Giving Beads'

A huge thank you to Andrea and Abbie for raising money for Ward 18, one of the Children's Wards at York Hospital, by selling their popular 'Giving Beads' over the summer. While Abbie has been fundraising towards an all-terrain wheelchair, she also wanted to give something back to Ward 18 and thank the team for the support they have shown her on her journey.

Together, Andrea and Abbie raised a fabulous **£155** for the ward. We're so grateful for your kindness and generosity, thank you both for making a difference!



Anna's Endure 24 challenge

A big well done to Anna Cuthbertson for taking on the Endure24 challenge and running an incredible 70 miles!

Not only did Anna complete this amazing endurance event, but she has also raised over **£450** for Dermatology services at York Hospital. Thank you, Anna, and congratulations on such a fantastic achievement!



Sheriff Hutton Vintage Tractor Run

This summer, Gavin helped organised a fantastic tractor run in Sheriff Hutton in support of the Oncology Ward at York Hospital in memory of Jayne Bradley. An incredible **£1,202** was raised by the event which will make a huge difference to the ward.

We're so grateful to Gavin and everyone involved for their hard work and support. What a fantastic effort from the whole community.



Running for Charlotte

Thank you to Jess and her team, who took on the York 10K in memory of Charlotte Swift. The team did an amazing job and have raised an incredible **£6,318** for Ward 26 at York Hospital.

We're so grateful for their support, dedication and determination. Thank you for helping make a difference to patients and families.



York Rotary's Dragon Boat Race

Thank you to the Diabetes and Endocrinology Department at York Hospital, who took to the water at the Rotary's Dragon Boat Race this summer.

The team, proudly named the Sugar Rush Rowers, put in a fantastic effort both on and off the water with their amazing fundraising efforts. It was such a brilliant day, which saw a massive turn out to the race down the river Ouse in York, well done, team!





Spotlight on events

A huge thank you to everyone who joined us for our first Speed Quizzing event in support of the Tiny Lives Appeal!

We were delighted to welcome 69 participants, with teams of four, five and six coming together for a fantastic evening of friendly competition, all while raising money for babies and families cared for in the Neonatal Unit at York Hospital.

A special thank you to our event sponsors, Persimmon Homes and Portakabin, for helping make the event possible, as well as York Sports Club for hosting us and Phil Qua for being a brilliant quiz host. Thank you also to everyone who took part in our mystery bottle fundraiser, which added an extra element of fun to the evening.

Together, **£3,185** was raised for the Tiny Lives Appeal. Thank you to everyone who attended and supported the event!







Total Warrior Great Northern Mud Run

Six incredible supporters took on the Total Warrior Great Northern Mud Run this year and raised an amazing **£2,252**.

A special thank you to the five members of the Haematology Department's 'Team Haem' who took part to raise funds for additional equipment that will help improve the experience of patients receiving care. Also, thank you to Danii Loft, who completed the Mud Run as part of a series of fundraising events she is taking on for us this year. We're incredibly grateful for her continued commitment and support.

We're so grateful for your hard work, determination and fundraising efforts. Well done to everyone who took part!









The Great North Swim

A big well done to Helen, Gemma and Tracey for completing the Great North Swim! Collectively, over **£1,900** has been raised, which is an amazing achievement in support of York & Scarborough Hospitals Charity. We're so grateful for your dedication, hard work and determination, every stroke has helped make a difference for patients across our hospitals. Thank you all for your fantastic effort!



York 10k

A massive thank you to everyone who took part in the York 10K! It was fantastic to see so many runners out on the course, taking on the challenge and supporting our hospitals. So far over **£4,600** has been raised, which is such an amazing amount, thank you all for lacing up your trainers and making a difference!









Yorkshire Peaks Challenge

What a fantastic achievement from everyone in this year's Yorkshire Peaks Challenge!

Supporters took on both the One Peak Challenge and the Yorkshire Three Peaks, helping to create a brilliant day of fundraising and achievement.

Working alongside fellow NHS charities across the region as part of an NHS Charities Together event, the challenge was incredibly well supported and had a fantastic atmosphere throughout.

A huge thank you to all 23 participants who put on their boots and got involved. Together, you raised an amazing **£5,111** to support patients, families and staff across our hospitals.

Arts in healthcare

Discover York's rivers and hidden stories

We are encouraging staff, patients, volunteers and visitors to explore two free trails across York, celebrating creativity, wellbeing and the natural world.

Alongside the new 'Rivers and Us' exhibition at York Hospital, visitors can discover the York Rivers Trail and the city-wide Watchers Trail, featuring artwork, photography and stories inspired by the River Ouse, local wildlife and York's landscapes.

Developed through partnerships with local organisations and NHS trusts, the programme showcases how creativity can enhance healthcare environments and strengthen connections between hospitals and the communities they serve.

Research shows that spending time in nature and engaging with creativity can support wellbeing and reduce stress. Whether taking a lunchtime walk, exploring with family or visiting the exhibition, there are plenty of ways to enjoy the benefits of creative health.







Donation Form

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

Y&S Hospitals Charity

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.

Registered with FUNDRAISING REGULATOR

Registered Charity No. 1054527