

SUMMER 2026

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

Welcome to our Summer Newsletter!

We're excited to bring you our Summer Newsletter, celebrating the positive impact your generosity continues to have across our hospitals and wider community. Thanks to the dedication of fundraisers, local groups and businesses, we've been able to fund wonderful projects that make a real difference, a cuddle bed that brings comfort to palliative care patients and their families, to Iftar packs supporting colleagues observing Ramadan.

As summer approaches, there are plenty of ways to get involved, whether you'd like to host a fundraiser, join an event, or explore volunteering. Every act of support, no matter the size, helps us enhance the experience of patients, families and staff.

We hope you enjoy discovering the projects you've helped bring to life, and we look forward to continuing this together throughout 2026.

Rachel

Rachel Brook

Head of Charity

Get in touch



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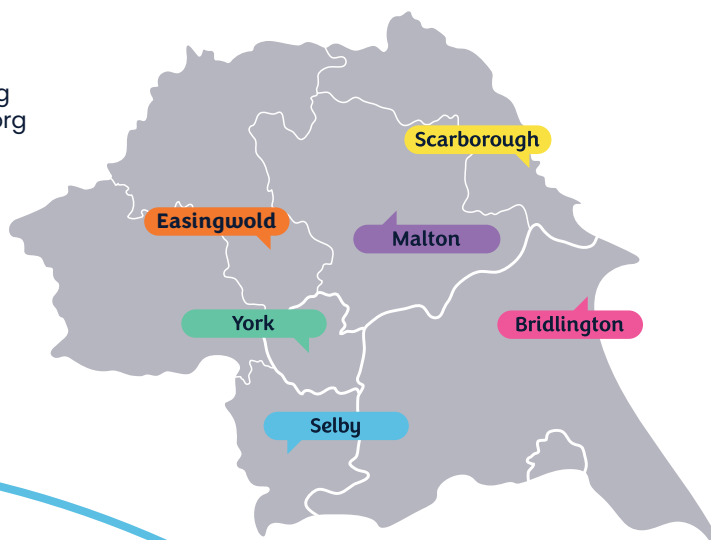
York & Scarborough Hospitals Charity

York Hospital,
Wigginton Road,
York, YO31 8HE

Scarborough Hospital,
Woodlands Road,
Scarborough, YO12 6QL

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Arts in healthcare

'Pick and mix' art exhibitions

The Arts Team has installed two new 'pick and mix' exhibitions at Scarborough Hospital, one along the main corridor and another on the first floor near Pat's Place.

These vibrant displays celebrate colour, nature and local landscapes, helping to create spaces that feel welcoming, calming and supportive for staff, visitors and patients.

During the installation, staff shared their appreciation:

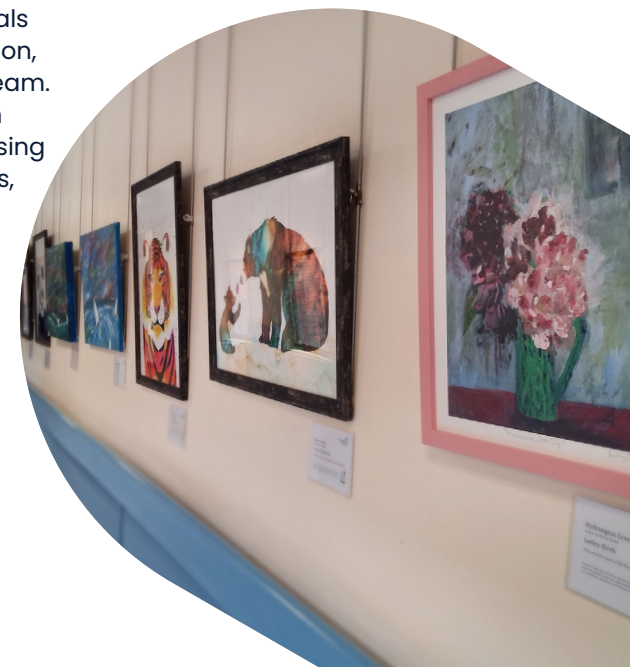
“The pictures are always so nice and colourful, I love the Ship Shop.” A visitor also commented: “Thank you for what you're doing, it makes a real difference.”

The 'pick and mix' artworks form part of the new York & Scarborough Hospitals Charity Creative Health Arts Collection, supported by the Capital Projects team. The collection provides staff with an easy way to refresh patient areas using clinically appropriate, uplifting prints, photography and paintings.

Colleagues are invited to contact the Arts Team to transform waiting areas and wards. Staff can “pick and mix” from artworks currently displayed across the Scarborough site or explore selections from the wider collection. Once staff get in touch, the Arts Team will work with you to create a tailored plan.

The team also welcomes suggestions of artists, as well as submissions of artwork from staff, patients and visitors.

For advice, requests, or to start a pick and mix project, please email:
Yhs-tr.Art.AtYork@nhs.net



We turned 30!

This year marks a significant milestone as we celebrate 30 years of supporting patients, families, and staff across your local hospitals. To commemorate the occasion, we came together at Ellerby's for a special celebration, complete with a commemorative cake, '30' balloons, and live music to create a wonderful atmosphere. It was a fantastic opportunity to reflect on the many projects and initiatives we have funded over the last 30 years.



Over the past three decades, your generosity has enabled us to fund a wide range of projects, from enhancing patient environments and providing vital equipment, to supporting staff wellbeing and improving experiences for those in our care. These are just a few highlights:

- ✿ The newly refurbished Dandelion Room on Ward 36 for patients and families
- ✿ A Resusci torso manikin for CPR training
- ✿ A refresher training course for Mental Health First Aiders (MHFAiders)
- ✿ Sky panels at York Hospital's High Dependency Unit
- ✿ Autumn rooms for end-of-life patients

We also held a spring raffle to keep the celebrations going, offering a fantastic range of prizes, from wine tastings, and family days out, to shopping vouchers, with a top prize of an iPad. We are so grateful to everyone who bought tickets and supported the raffle. Thanks to your generosity, all funds raised have gone towards the Tiny Lives Appeal, helping us continue to make a difference for our tiniest patients and their families.



From the front cover

The first 'cuddle bed' arrives at Scarborough Hospital

Thanks to a wide range of fundraising efforts across the local community, York & Scarborough Hospitals Charity has been able to fund the first 'cuddle bed' for Scarborough Hospital, offering comfort and closeness for patients and their loved ones at the end-of-life.

The specialist Palliative Care Team set themselves the challenge of raising enough money to fund the bed as part of the Autumn Project, an initiative focused on improving end-of-life care across the Trust.

Cuddle beds are specially designed to allow two or more people to lie together, giving patients the chance to stay close to those who matter most. They offer a simple but powerful way to provide comfort, dignity and connection during the final days of life.

The bed has been introduced as part of the Autumn Project, which aims to create calm, supportive spaces for patients nearing the end-of-life, while also improving consistency of care across wards.

The achievement has been made possible thanks to a wide range of fundraising efforts across the local community throughout 2025.

Highlights include a skydive by palliative care clinical nurse specialists Cassie Halpin and Julie McHugh, raising more than **£2,000**; a 25-mile sponsored walk from Settrington Beacon to Filey completed by student nurses, raising over **£1,600**; the incredible efforts of local supporters including Denise Byas, who raised more than **£7,000** in memory of her husband Richard, and Annie Sheppard, who has raised over **£15,000** for the Autumn Project since 2020 through events, art sales and raffles in memory of her mum.



Emma Feasby, Fundraising Manager at York & Scarborough Hospitals Charity, said:

“Funding the first cuddle bed is a really meaningful milestone, and it’s only been possible because of the generosity and determination of so many people in our community. Every donation, every event and every challenge has played a part in making this happen.

“But this is just the start. We would love to fund more cuddle beds across the Trust so that more families can benefit. If anyone is thinking about supporting a local cause, the Autumn Project is something you can really make a difference to.”

We’re now encouraging supporters to help us fund a cuddle bed for York, so we can offer this compassionate level of care across all our hospital sites. If you would like to donate towards a cuddle bed scan this QR code:



Please quote 'cuddle bed for York' with your donation.

Tiny Lives Appeal

Tiny Lives Appeal reaches £100,000

We are delighted to have reached our initial target of **£100,000** for the Tiny Lives Appeal – an incredible milestone made possible by your generosity and support. Thank you for helping us make a real difference.

With your continued support, we can do even more to enhance the environment for babies and their families in the Neonatal Unit at York Hospital.

We are continuing to fundraise to further improve facilities, including furnishing overnight spaces for parents to stay close to their babies, and developing a dedicated kitchen area where families can find comfort during what can be an incredibly challenging time.

Every additional donation will help us bring these improvements to life, ensuring families feel supported when they need it most.



You've funded it

Breast Cancer patients support group

We have supported an important initiative that brings comfort, community, and reassurance to patients navigating a breast cancer diagnosis.

Charitable funding has enabled the hire of a dedicated space for a quarterly breast cancer support group. Held on the first day of every third month, these sessions provide patients with a welcoming and supportive environment away from clinical settings.

This funding ensures that four sessions can take place each year, offering continuity and consistency for the 20-30 people who attend.



Each session is attended by experienced volunteers alongside breast cancer nurse specialists, ensuring patients have access to both professional advice and peer support. The group is designed to be flexible and patient-led, allowing attendees to share experiences, ask questions, or simply listen.

Deanne Leng and Annette Reid have been attending the sessions and met at a cancer support group 11 years ago.

Deanne said: “The group is so crucial, we really hope that funding can continue. We receive such fantastic feedback and know the effect it has on those who attend.”



You've funded it

Iftar packs for breaking fast

We are proud to have funded iftar packs this year for staff observing Ramadan whilst working.

The packs are intended to support staff who are fasting during Ramadan and contain a bottle of water, a pack of dates and a piece of fruit to providing easy to snack to food at sunset while on shift.

Shafiq Mohammed, Patient Administrative Operations Manager said: “ Ramadan is a sacred month for Muslims, focused on fasting, prayer, reflection, and charity.

Fasting takes place from dawn until sunset, when the fast is broken with the iftar meal. Which is traditionally broken with dates and water, following the practice of the Prophet Muhammad.

The initiative reflects the charity's commitment to inclusion, respect for different beliefs, and staff wellbeing across the organisation. ”



New menopause clinic for Breast Cancer patients moves a step closer

Surgical Care Practitioner, Gemma Barlow is taking a key step forward in enhancing patient care within breast cancer services. With support from the Charity, Gemma recently travelled to Glasgow to visit a Breast Cancer Menopause Clinic, where she spent valuable time learning from Dr Alison Macbeth, a nationally recognised leader.

During her visit, Gemma shadowed Dr Macbeth throughout the clinic, observing consultations and the specialist support offered to patients experiencing menopause after cancer treatment. She also reviewed the clinic's documentation, pathways, and guidelines, all of which will help shape the development of her own service.

To build on Gemma's 11 years' experience and passion for menopause treatments, Gemma successfully completed a certificate in the Management of the Menopause also funded by the Charity. This qualification has strengthened her clinical confidence and marks her first major step toward running her own menopause clinic.

Gemma reflected on her visit, saying:

“ The time I spent in Glasgow was so helpful. It gave me another opportunity to see the value that a clinic can add. It was beneficial being able to spend time with Dr Macbeth and use her as a sounding board for any questions I might have. ”

Reclining gynaecology chairs

We are delighted to share the impact of three electronically controlled reclining chairs recently purchased for the Women's Unit at York Hospital. The chairs have been funded thanks to a generous **£5,000** donation from a patient and her husband. Two chairs have been placed in counselling rooms, providing comfort and support for women during difficult moments, while the third is in the recovery area, helping create a calm and restorative environment following procedures.

Reflecting on the difference these chairs have made, Helen Hope said: “ These three additional chairs have improved comfort for women going through a traumatic time. Staff can offer women in both physical and mental pain a calm and comfortable space for reflection and gathering thoughts and feelings. This takes a huge burden off staff as we know we can offer a higher level of support. Originally, we only had one reclining chair in the whole of the Women's Unit. We now have four, which is incredible and has such an impact. ”



CBT with ADHD: intervention across the ages from children to adults

Julie Artley, Counsellor for Tier 3 and 4 Weight Management, recently completed a charity funded training programme focused on CBT Plus with ADHD. This specialist training explored how neurodiversity, particularly ADHD, can influence a person's ability to engage with weight loss strategies and lifestyle change.

For the past 10 years, Julie has supported patients with a BMI of 35+ through weight management therapy, including those preparing for or recovering from bariatric surgery. Over time, she recognised a group of patients who consistently struggled more with traditional strategies. Many of these individuals were neurodiverse, and the challenges they faced often aligned with traits commonly associated with ADHD.

Julie explained that patients with ADHD often process information differently, making some standard goals and strategies harder to apply. Motivation can fluctuate, and techniques that support non neurodivergent patients may not have the same effect.

Julie described the training as a turning point in her practice:

“The information I learnt on the course helped to provide me with more confidence in my advising of patients, as well as reaffirm my thought process and how to best help them.”

By understanding these neurodiverse experiences more deeply, Julie can now offer tailored, compassionate and realistic strategies to support patients from childhood through to adulthood. This enhanced approach is helping individuals with ADHD achieve healthier habits and more sustainable weight loss journeys.



Experience the ultimate coastal 10k

Sunday 11 October 2026

Enjoy the sea air and coastal scenery as you run the Yorkshire Coast 10K in Scarborough to support your local hospital

Location: Scarborough Spa

Registration fee: £10

Fundraising target: £60

www.yshospitalscharity.org/yorkshirecoast10k



Ride the Great Yorkshire Sportive

Saturday 26 September 2026

Choose from three distances 45, 80, or 106 miles and enjoy cycling around Yorkshire's finest roads

Location: York Auction House, York

Registration fee: £20-£30

Fundraising target: £100-£200

www.yshospitalscharity.org/cycling



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hello@yshospitalscharity.org

Reg Charity No. 1054527  Registered with FUNDRAISING REGULATOR

Support from our communities

London Marathon 2026

A huge thank you and well done to Joe, Jordan and Gabe for completing the London Marathon this year! An incredible day and an unforgettable effort.

Between them, they've raised over **£14,500** for Scarborough's Special Care Baby Unit (SCBU) and Scarborough Hospital's Intensive Care Unit, helping make a real difference for patients, families and staff when it matters most.

They all did so well and should be so proud! We are so grateful for all their time, effort and dedication that they put into achieving this fantastic goal.



Apply here to take part in the London Marathon 2027 with York & Scarborough Hospitals Charity.



hello@yshospitalscharity.org

Support from our communities 15

Support from our communities

Sarah Dargue's Pink Tie Ball

A huge thank you to the incredible Sarah Dargue for organising such a spectacular Pink Tie Ball, this spring.

The evening was amazing, full of glamour, joy and generosity, with an amazing **£15,000** raised so far to support breast cancer services at York Hospital.

Sarah has been raising money for us for many years and has raised over **£35,000** for the Breast Unit at York Hospital.

Sarah's passion and determination continue to make a real difference for patients and families, and we're so grateful for everything she did to make this event such a success.

Thank you to Sarah, everyone who attended, and all those who supported the night.



Mods and Rockers

A huge thank you to the York Inset Scooter Club for hosting their annual Mods and Rockers event this spring, raising over **£1,000** for the Magnolia Centre at York Hospital!

The ride out was officially started by The Lord Mayor of York, with riders travelling through the beautiful Howardian Hills before finishing at The Mended Drum pub in Huby. It was a fantastic day and a brilliant example of the community coming together to support such an important service.

And a big thank you as well to York City FC's mascot, Yorkie the Lion, for joining in with the day and adding to the fun!



We're incredibly grateful to everyone involved for their generosity and support, and a special thank you to David Harrison for capturing some great moments from the day through his photos.

Haxby Flying Ducks Youth Theatre

We are incredibly grateful to have been supported by the local Haxby Flying Ducks Youth Theatre, fundraising through their performances of The Addams Family back in February. An impressive **£672** was raised in support of the Tiny Lives Appeal.

This year marks a significant milestone for both York & Scarborough Hospitals Charity and the Flying Ducks Youth Theatre, as they both celebrate their 30th anniversary.

To mark this milestone, the theatre group is presenting a series of celebratory shows featuring songs and dance numbers that will showcase both current young performers and former members.



Donna and Emma's zip line challenge

We would like to say a huge thank you and well done to Donna, Vascular Access Practitioner at York Hospital, and her friend Emma, who recently completed a zip line challenge to raise funds for the Autumn Project!

The challenge saw Donna and Emma soar over a disused quarry, raising funds for the Autumn Project. Donna wanted to do something special to help fund a cuddle bed in memory of her mum. Together, they've now raised **£800**, an amazing achievement!



The Entertainer supports the Children's Ward

Thank you so much to The Entertainer store for hosting a fantastic bucket collection for the Children's Ward at York Hospital!

With help from a very special guest, Super Mario, and kindly hosted by Bob the Bear and friends, the team raised an amazing **£117.74** through bucket and tin collections.

We're so grateful for the support. Every donation helps improve the experience of children and families during their hospital stay, thank you for making a difference!



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 or calling 01904 724521.

Y&S
Hospitals
Charity



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



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.