

SPRING 2026

# 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

## Welcome to our Spring Newsletter!

We're pleased to share our Spring Newsletter, highlighting the impact your support continues to have across our hospitals and community.

Over recent months, fundraisers, community groups and local businesses have helped us fund extras that make a real difference to patients and families, from Personal Kinetigraph wrist monitors for Parkinson's patients to a Macroduct advanced sweat collection system for Cystic Fibrosis patients.

As we move into spring, there are plenty of ways to get involved, whether you're thinking about holding a fundraiser, joining an event, or exploring volunteering. Every contribution, large or small, helps us continue improving the experience of patients, families and staff across our hospitals and community sites.

I hope you enjoy reading about the projects you've helped make possible, and I'm excited about the positive difference we can continue to make together throughout 2026.

*Rachel*

### Rachel Brook

Head of Charity

#### Get in touch

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

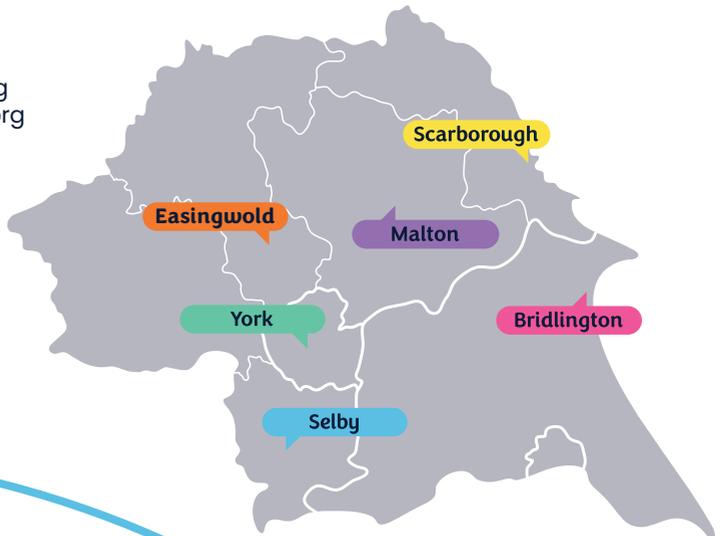
[hello@yshospitalscharity.org](mailto:hello@yshospitalscharity.org)

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### York & Scarborough Hospitals Charity

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

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



### Connect with us online:

 YSHospitalsCharity

 York & Scarborough Hospitals Charity

 @YSHospCharity

# 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](http://www.yshospitalscharity.org/cycling)**



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

Reg Charity No. 1054527



# 2026 Events

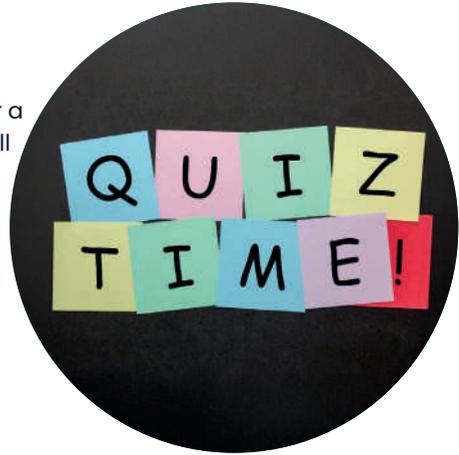
**NEW**

## Quiz night for Tiny Lives

New to the calendar this year! Gather your team for a fun evening of SpeedQuizzing at York Sports Club. All money raised will go towards the Tiny Lives Appeal, supporting the Neonatal Unit at York Hospital.

**Date:** Wednesday 8 July  
**Who:** Teams of 4-6 people  
**Doors open:** from 5.30pm  
**Registration fee:** £20 per person, including pizza and chips

Sponsorship opportunities available.  
Get in touch with us to find out more.



Sign up here  
[yshospitalscharity.org/quiz](https://yshospitalscharity.org/quiz)



Sign up here  
[yshospitalscharity.org/golfday](https://yshospitalscharity.org/golfday)

## Charity Golf Day

After the sell-out success of 2025, we're bringing the golf day back this summer. Join us for a day of golf, fun competitions and delicious food at Sandburn Hall.

**Date:** Friday 7 August  
**Who:** Teams of 4  
**Doors open:** from 5.30pm  
**Registration fee:** £240 for a team of four, including a breakfast sandwich and hot drink, plus a BBQ meal to enjoy after your round.

A huge thanks to Overbury for being our headline sponsor for second year running. Further sponsorship opportunities are available.  
Get in touch to find out more.

## Join the world's most popular half-marathon

We're excited to offer charity places in the Great North Run! Join the amazing atmosphere and support your chosen ward or department.

**Date:** Sunday 13 September

**Where:** 13.1 miles from Newcastle to South Shields

**Registration fee:** £60

**Fundraising target:** £350

Sponsorship opportunities available.  
Get in touch with us to find out more.



Sign up here  
[yshospitalscharity.org/gnr](https://yshospitalscharity.org/gnr)



**NEW**

## Yorkshire One Peak challenge

Take on the One Peak challenge climbing Ingleborough and enjoy an unforgettable family day out in the great outdoors all while supporting your local hospital!

**Date:** Saturday 18 July

**Where:** Ingleborough

**Registration fee:** £35 for adults,  
FREE for children

**Fundraising target:** £100 pp

Sponsorship opportunities available.  
Get in touch with us to find out more.



Sign up here  
[yshospitalscharity.org/yorkshirepeaks](https://yshospitalscharity.org/yorkshirepeaks)



# Tiny Lives Appeal

## York SCBU Support Group donates to the Tiny Lives Appeal

Huge thanks to the York SCBU Support Group for their incredible donation of **£34,244** for the Tiny Lives Appeal. This amazing contribution will fund the bereavement suite bed, furniture for the family room, and the installation of skylights within the newly refurbished Neonatal Unit at York Hospital.

Since launching the appeal in November 2025, we've been blown away by the generosity of our community. Local people, businesses and organisations, including York Register Office, York Ghost Merchants, and supporters of our online auction, have all helped us reach this fantastic milestone.





Every pound raised for the Tiny Lives Appeal will go towards extra equipment and furnishings as part of a £2 million refurbishment of the Neonatal Unit at York Hospital, helping create a calmer, more comforting space for families during an incredibly emotional time.

Thank you so much to everyone who has supported the appeal so far. With your help, we can reach the full £100,000. Find out how you can get involved at

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

## Could you host a tin?

Do you have a connection to a local business that could support the Tiny Lives Appeal? We are looking for supporters in the York area to help distribute collection tins within the community.

Could your local pub, fish and chip shop, salon or newsagent host a collection tin? Perhaps you have a contact with a business that would be happy to help make a difference. Every tin will help to raise vital funds to enhance the care and experience of families on the Neonatal Unit at York Hospital.

If you're able to take a tin or would like more information, please email

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



# From the front cover

## Small bites suturing course

Thanks to your generous donations, ten surgeons were able to take part in a hands-on training session to master the 'small bites' suturing technique, an evidence-based method for closing abdominal incisions. As a result of the funding the Gynaecology Team had access to six high quality silicone training bellies, giving surgeons the chance to refine their technique in a realistic and supportive environment.





The 'small bites' method involves using smaller stitches placed closer together when closing the abdominal wall. Research has shown that it reduces the risk of incisional hernias and other wound complications.

The Gynaecology Team are particularly keen to embed this technique into their surgical pathways, where safe and reliable wound healing is essential.

Consultant Srinivas Chintapatla said:

“ I am very grateful to York & Scarborough Hospitals Charity for providing support for this programme. It has been successfully delivered and useful and we have been asked to repeat the course for gynaecologists ”



# You've funded it!

## Pilot of the Personal Kinetigraph for Parkinson's patients

Scarborough's Care of the Elderly Ward is delighted to have received the Empatica Embrace Mini for Parkinson's patients. This small wearable device, resembling a smart watch, is designed to be worn continuously by the patient for a full week. It is lightweight, waterproof, and can be comfortably placed on the wrist, ankle, hip, or back.

This device records slowness of voluntary movement (bradykinesia), erratic involuntary movement (dyskinesia), sleep score, tremors and steps taken. At the end of the week, a report is produced for the team to review. They can access the reports through a secure link and view all patient information in one place.



## Tattoo clinic for breast cancer patients

We are proud to have funded specialist 3D nipple and areola tattoo training for Breast Associate Practitioner and Coordinator, Amy Ellerby. After shadowing Breast Care Specialist Support Nurse, Tina Grant, for a year, Amy was keen to develop the skill herself.

The two day Manchester course included live practical training, giving Amy the confidence to begin offering this service to patients following reconstructive surgery after breast cancer treatment.

Amy now runs a monthly clinic at York Hospital's Magnolia Centre alongside Tina, with four patients seen each session. Both Amy and Tina say the treatment often marks a meaningful final step in a patient's recovery.

Tina said:

“Being able to offer this service brings a smile to so many women. This is the finishing touch to the end of their journey.”



## Support for heart failure patients in the community

Thanks to your donations we have been able to fund a 12-month heart failure admission avoidance pilot, supporting the appointment of two dedicated Heart Failure Specialist nurses to improve care for cardiology patients in the Emergency Department and Acute Assessment areas.

This innovative pilot brings hospital-level heart failure care to be given in the outpatient clinic setting, allowing people to receive timely treatment while remaining in familiar surroundings.

Working alongside the project team, the specialist nurse plays a key role in supporting patients from diagnosis in the Emergency Department and assessment areas, while also educating families and carers to help them better understand and manage the condition.



## Macroduct advanced sweat collection system

The Cystic Fibrosis team at York Hospital have purchased a sweat collection system thanks to generous donations.

The system is designed to carry out sweat tests in both adults and children. The sweat test equipment is used to collect sweat samples which are then sent off to biochemistry for testing chloride levels.

Julie Ackerley, Cystic Fibrosis Specialist Nurse, explained:

“Being able to monitor sweat chloride will lead to improved outcomes for patients in terms of their daily life and long-term future, particularly in those patients who struggle to adhere to treatments.

It will be motivational to those who are adherent to treatment as patients will be able to see how effective the modulator medication is, when they see their sweat chloride has normalised.

Access to this equipment in the new clinic rooms will allow people with Cystic Fibrosis to have more of a streamlined experience. We are extremely grateful to York & Scarborough Hospitals Charity for making this purchase possible.”



# Arts in hospitals

## Paediatric A&E murals

Artist Emma Garness has brought a splash of colour to the Paediatric area of A&E at York Hospital with two beautiful new murals.

The artwork helps soften the clinical feel of the department, creating a brighter and more welcoming space for children, teens and their families. As well as looking great, the murals also act as gentle wayfinding points, helping guide people through the area and enhancing the overall experience for patients and staff.

The project has also sparked a real sense of pride within the team. Nurse Sara Burnham even took on weeks of boxing training, finishing with an actual fight, to help raise funds to brighten and improve the space!

The team requested that the mural include a subtle reference to Sara Burnham's fundraising contribution.

When Sara saw the murals, she said:

“I am completely overwhelmed by the outcome. The artwork looks absolutely fantastic, and I love the little tribute to the boxing; it's such a thoughtful touch.

“The brightness and creativity of the pieces will make such a difference to the children and families spending time in A&E. It has genuinely transformed the space, and I'm so proud to have been able to support something that will have such a positive impact.”



## Pop-up music programme with York St John University (YSJ) Music BA (Hons) students

Each week during term time, talented York St John University Music students bring live music to the main corridor at York Hospital. Led by YSJ hospital representative Robyn Hughes Maclean, the programme features a mix of ensembles and soloists performing every Wednesday from 3.30–4.30pm.

These pop up performances, coordinated by our Arts Team, transform the corridor into a welcoming, uplifting space. Patients, visitors and staff pause to listen, smile, chat, dance or quietly record the moment to share with loved ones. Many also choose to support York & Scarborough Hospitals Charity, helping to fund creative projects and artwork that brighten hospital spaces across the Trust.

The partnership also gives YSJ students valuable real world experience, developing their performance and leadership skills as part of their degree while contributing to the hospital community.

A huge thank you to Robyn and her fellow students. Their energy, talent and generosity bring real warmth to our hospital.



# Support from our communities

## #DoltForSimon

We are incredibly grateful to Simon Middleton and his family, friends and local running community for raising an amazing **£6,443** throughout the year-long #DoltForSimon campaign.

Simon, a seasoned runner and much-loved mentor, has always had a passion for endurance challenges. Following a critical health scare in November 2024, Simon's family launched the #DoltForSimon campaign to thank the hospital staff who cared for him, with an initial fundraising target of £5,000.

Runners and supporters from across the community took on personal challenges throughout the year, including the Yorkshire Marathon, the Haxby 10K and many more events, as the campaign grew and inspired others to get involved.

In December 2025, Simon reached an emotional milestone in his recovery, returning to York Knavesmire to complete his first parkrun since becoming unwell. The event raised a further £470, bringing the final total to **£6,443** and exceeding the original target.

A huge thank you to everyone who has taken on a challenge or donated. The money raised will make such a difference!



## Community Café success

A big thank you to the wonderful community of Newton on Derwent for raising an amazing **£1,100** at their 200th Community Café in support of the Autumn Project at York Hospital.

Organiser Jess Richardson chose to support the Autumn Project, which helps patients and their families receiving end of life care. The project was launched by the Palliative Care teams at York and Scarborough hospitals to ensure there are dedicated spaces for patients in the final stages of life. The event was also attended by charity supporter Louise Rhodes, who has a personal connection to the Autumn Project following the care her dad received.

The milestone café brought the whole village together, with visitors enjoying tea, coffee, savouries and homemade cakes lovingly prepared by Jess and her brilliant team of volunteers.

The fantastic amount raised will make a real difference to patients and families supported by the Autumn Project.



## Trevor's running challenge

A huge thank you to Trevor, who took on the impressive challenge of running 150 miles during February and March. Trevor ran the equivalent of 24 10k runs, to raise funds for the Tiny Lives Appeal!

Trevor is also the men's captain at Kilnwick Percy Golf Club and has chosen to support the Tiny Lives Appeal as one of their charities of the year.

Setting himself an initial fundraising target of £300, Trevor went above and beyond, smashing his goal and raising an amazing **£760**! Well done, Trevor, and thank you for making such a difference!





## Pub Quiz for the Butterfly Suite

A huge thank you to Charlotte and family for their continued support of the Butterfly Suite at York Hospital.

They recently organised a fundraising evening, to raise funds in memory of their son Milo, at The Sun Inn in Pickering. The evening raised an impressive **£788** which included a pub quiz, raffle and Butterfly Suite cupcakes baked by Charlotte herself!

Thank you to Charlotte and her family for organising such a special event, and to everyone who came along and supported the evening, making it a massive success!

## The Mitre Lodge of York

The Mitre Lodge of York generously donated **£200** to support the Autumn Project at York Hospital.

The Lodge chose to raise funds for the Autumn Project through a recent tombola, bringing members together for a great cause. Grant Burton, Secretary of the Lodge, and James Mackman, Treasurer, visited York Hospital to present the cheque in person.

We're so grateful for their generosity and continued support, it really does make a difference. Thank you to everyone at the Mitre Lodge of York!



## ED's pancake flip

To celebrate Pancake Day, the amazing team at York Emergency Department came together for a sponsored pancake flip contest in support of their department. Staff joined in the fun both at work and at home, showing incredible team spirit and enthusiasm.

Thanks to their efforts, they raised over **£100** to help make a difference for patients and colleagues alike. A flipping fantastic effort from the York ED team!

# Celebrating 30 years - Get Involved

This year marks an incredible milestone as we celebrate 30 years of supporting patients, families and staff across your local hospitals. To mark this special anniversary, there's never been a better time to organise your own fundraising event!

Whether you organise a bake sale, quiz night, sponsored challenge, coffee morning or something completely unique, you can turn your passion into a fundraiser that makes a real difference!



Perhaps you'd like to give back for the care you or a loved one has received. Or maybe you're considering taking on a challenge in memory of someone special, raising funds for a ward or department close to your heart. However you choose to get involved, your support will help us continue making a positive impact for years to come.

Our dedicated Community Fundraising team is here to support you every step of the way, from supporting you plan your idea to celebrating your success.

If you've got an idea in mind, we'd love to hear from you! Please get in touch with our community fundraiser using the details below.

Let's make our 30th year one to remember!



## Becky White

Community Fundraiser

01904 725738

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.