



Harrogate Hospital & Community Charity

Dear Supporters,

I am delighted to share the Harrogate Hospital & Community Charity's (HHCC) Spring 2021 Newsletter with you all. In this wonderful edition we have some exciting new features including; a 'Meet the Team' section providing you with the opportunity to learn more about the HHCC and Volunteer Team in each edition. Our 'Mary Meets' section is written by our lovely Volunteer Mary, as she gets to know other Harrogate and District NHS Foundation Trust (HDFT) Volunteers.

As the nights get lighter, the weather gets warmer and the daffodils flower we can start to see glimmers of hope all around us. With the latest government announcement of 'the roadmap to cautiously ease lockdown restrictions', I am sure you are all excited and grateful at the prospect of gaining some normality after an extremely difficult year. However, for your local NHS, this road will continue to be challenging but together we can do this. We need you and your support now, more than ever.

There are many ways in which you can support your local NHS; you can make a donation, set up a regular standing order, fundraise for us, sponsor a HHCC fundraiser, raise awareness of HHCC, or join us in our awesome Stepping up for HHCC challenges which you will find out about below and on the next page. Whichever way you wish to make a difference, please get in touch with the HHCC and Volunteer Team – we are here to help you, support your local NHS.

Are you; looking for a challenge, a way to keep fit or a way to improve your Health and Wellbeing? You can do this whilst supporting your local NHS! Then HHCC has the perfect challenge for you! We are challenging you to collectively step across our footprint, covering 405 miles in Spring 2021. That is a grand total of 810,000 steps across Harrogate, Leeds, North Yorkshire and our community services in the North East. HDFT covers a vast geography, and with your support we can make a huge impact on staff, service users and their families across all these areas. This is an epic challenge and is the first of our four Stepping up for HHCC challenges that will be launched over 2021/2022.

By taking on this challenge you will receive an awesome Stepping up for HHCC T-shirt to complete your challenge in, a beautiful bespoke medal, access to exclusive online support groups and gain a real sense of achievement. For more information on how to sign up, please see the next page. I can't wait to see how you will be Stepping up for HHCC!

Every penny donated makes life changing differences. Here are some examples of how your support makes a difference:

- **£20** - Children's/Adults Activity Packs
- **£50** - Dementia Memory Box to provide familiarity and comfort
- **£100** - Six care packages for staff
- **£350** - Doppler machine to check blood flow
- **£500** - Five weeks support for befriending service for essential items following discharge
- **£1,000** - Five tablet devices for patients to keep in touch with loved ones
- **£10,000** - Additional Bladder Scanner



Sammy Lambert

Business Development,
Charity and Volunteer
Manager

As always, thank you – the impact you have as individuals and as a community is phenomenal and together we can achieve so much more. Keep bringing the 'Sparkle' to all you do!

Stepping up for HHCC

We challenge you to step across HDFT's footprint!

We are challenging you to collectively step across our footprint, covering 405 miles in Spring 2021. This is a grand total of 810,000 steps across Harrogate, Leeds, North Yorkshire and our community services in the North East. You can take on the full challenge, walk, jog or run a segment of our footprint or contribute to our overall grand total. We want to see how many times we can step around our footprint together!

This challenge is for everyone. You can go on a long hike, a quick jog or potter around your garden. Make every step count!

For this challenge, there is a sign-up donation of £20. The money raised through this challenge will benefit patients, staff and families across HDFT.



What's included:

- Stepping up for HHCC T-shirt
- Bespoke Medal
- Top tips on how to fundraise
- Exclusive virtual support groups, Stepping up for HHCC closed Facebook Group and Strava Group

Why you should join our challenge

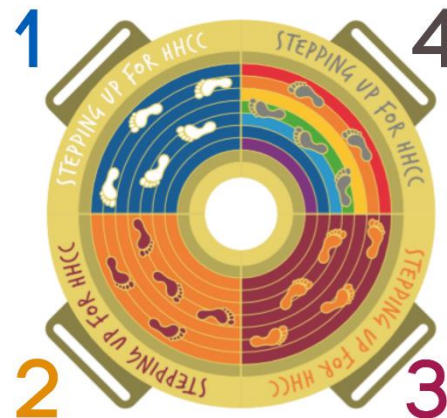
- Health & Wellbeing benefits - boost your fitness and emotional wellbeing this Spring, raising money for HHCC
- Support your local NHS - the NHS has never been more needed, here is a safe way to raise money
- Increase your knowledge and awareness of the HDFT footprint - help us celebrate and champion all of our colleagues and services

We would also love for you to fundraise for this exciting event, via our fundraising platform on our website. Fundraising guidance will be shared with you with hints and tips to get your friends, colleagues and family involved in this epic step challenge.

Your Medal

Stepping across our footprint is the first of four epic Stepping up for HHCC challenges over 2021/2022. You can sign up for our first challenge now.

With our stepping challenge you will receive medal 1 of our Stepping up for HHCC interlocking bespoke medal upon completion! Details on how to collect all four medals will be released soon...



Sign up now!

Step up for HHCC and support your local NHS!

To sign up or to find out more information please: scan the QR code above, visit our website or contact the HHCC and Volunteer Team today.

Let's see how many times we can walk, jog or run around our footprint!

Supporting this Challenge

If this challenge is not for you, but you would still like to get involved - then why not donate to our Stepping up for HHCC fundraising page?! To donate please: scan the QR code to your right, visit our website or contact the HHCC and Volunteer Team today.



Meet the Team

What do you enjoy most about your role: Seeing the impact your incredible support has on staff, patients and families across HDFT. I also love getting creative, I create most of HHCC's social media content, posters, information graphics and I love creating our monthly videos which offer a marvellous reflection on what we have all achieved.

Most Memorable Moment at HHCC: Being a HHCC Elf and delivering hundreds of gifts and Festive Hampers to service users across the HDFT footprint. It was a wonderful experience and I met lots of fantastic colleagues. It was a privilege to hear the personal stories of how these gifts and hampers made huge differences and added that extra bit of sparkle to Children, Young People and Families across the festive period.

Favourite Event: HHCC's Christmas Market 2019, I love all things Christmas and most years I travel abroad to Christmas Markets, so organising our very own HHCC Christmas Market was amazing. The HHCC and Volunteer Team and I were sad not to be able to host our Christmas Market in 2020, but we have everything crossed for 2021! I am also very much looking forward to our Stepping up for HHCC challenges over the next year, details of which can be found on the previous page. This epic challenge will be an awesome opportunity to get active whilst supporting your local NHS and also to get a little competitive with your friends, loved ones and colleagues. I'm sure the HHCC and Volunteer Team will be competitive with our steps!

Favourite Quote: "Recognise that every interaction you have is an opportunity to make a positive impact on others" Shep Hyken

What do you do outside of work: I have a 24 year old horse so I am up at 5am most mornings to take care of him, I also have dogs so spend a lot of time outside and feel very lucky to be surrounded by lots of beautiful countryside. When not in a national lockdown I do agility training with my French Bulldog Walter, which is great fun. I also love reading, I set myself the challenge to read 50 books this year, and spending time with friends and loved ones which I am looking forward to doing more of when it's safe to do so.



Georgia Hudson
Community and Events Fundraiser

Mary Meets.... Nick & Alex



Mary
Volunteer

It was great to spend some time with Volunteers, Nick and Alex regarding their role on the mask station, situated at the front entrance to Harrogate District Hospital. Alex is studying for his A levels and Nick has had an exciting and varied career, currently running his own Tour Guide Company. Between them they have a wealth of skills and love being able to make a difference with their roles.

Nick describes himself as motivational, fun and understanding, he enjoys a challenge, he has met the Queen and said that "Volunteering keeps him active and on his toes".

Alex describes himself as hard working, caring and happy. He is a busker and said it is great being able "to make a difference and interact with members of the general public".

I asked both Nick and Alex what advice they would give to a new Volunteer and they both very helpfully said, "don't be worried about asking for advice and/or information from staff and other Volunteers as they are really helpful and happy to listen. Most of all, they smile!"



Volunteer Update

Welcome to our Volunteering section, we are delighted to say that we have been able to increase the number of Volunteers in the hospital including some of our older Volunteers, which they are absolutely thrilled about. The HHCC and Volunteer Team have been successful in winning two Volunteer grants, which has enabled us to recruit and train 13 new/returning End of Life Volunteers as well as six Befriending Volunteers. We are also pleased to say that all Volunteers have been offered the COVID-19 vaccine and access to lateral flow testing where appropriate.



Peter and Lynne
Husband and Wife

Celebrating our Volunteers

We have been so pleased to present a number of our Volunteers with Long Service and Making a Difference awards. We are delighted to present Mike Roberts his Making a Difference Award and the below five Volunteers with their Long Service Awards:

25 years - Rachel & Denis

10 years – Valarie, Gertrud & Maureen

We want to thank our Volunteers for all the time they give for free and the difference they make across multiple services and departments at HDFT.

A Snap Shot into Volunteer Roles

The HHCC and Volunteer Team have been incredibly successful in winning two grants to help bring back Volunteers to reduce pressure on our fabulous staff and teams during the winter months. Consequently we have been able to recruit and train 13 new/returning **End of Life Volunteers** and six **Befriending Volunteers** who will offer support to patients during the last days of life. They may sit and talk to the patient, help with drinks, and/or support the family by offering respite and/or a listening ear. Similarly the Befriending Volunteers will offer regular telephone contact for service users who lack social support to help reduce feelings of isolation.

The Radiology Team have felt very supported as we have had **Radiology Volunteers** escorting patients between departments for their breast screening appointments, this has significantly reduced pressure on the Radiology and Portering Teams, and made patients feel at ease. Our Volunteers over a four week period in February escorted 223 women for their appointments.

Over the next few months we are implementing a seven day **Pharmacy Volunteer** who will take sealed bags of medications to the wards to help facilitate an early discharge pathway for patients and during March/April. We also have **Digital Champions** who support Volunteers with the introduction of online mandatory learning.

Our **Meal Time Ordering Volunteers** are supporting our wonderful Harrogate Integrated Facilities Catering Team. Meal orders are taken in the morning in preparation for our Volunteers to deliver lunch time meals to staff working on busy wards and departments. This is a great way to ensure staff get chance to eat their lunch during the busy working day and support their Health and Wellbeing.

Thank you to our wonderful Volunteers, you add extra sparkle to all the services across HDFT and go above and beyond!



Health and Wellbeing Support for Staff and Patients

As our fight against COVID-19 endures, a top priority for HHCC is to support the Health and Wellbeing of staff, patients and service users across HDFT. HHCC have a number of initiatives to support Health and Wellbeing, and I am thrilled to share with you a few of these initiatives below.

Time to get Fruity

HHCC are providing teams on wards, departments and community sites across HDFT over the coming weeks with fruit boxes as part of our ongoing Health and Wellbeing support for staff. The fruit boxes have been phenomenally well received by staff. We hope that providing healthy snack options to staff supports their Health and Wellbeing whilst adding a little extra sparkle to their day. The fruit boxes are sourced from KD Fruiterers who are an independent, family-run business based at Harrogate District Hospital.



Care Packages



HHCC are continuing to provide team care packages for staff on all wards, departments and community sites across HDFT. Care packages have improved morale and provide opportunities for staff to take a break and support Health and Wellbeing during their working day.

COVID-19 has changed the working environment for many, with staff working from home, isolating or shielding which staff have described as difficult and lonely. While staff work from home, isolating or shielding they do not benefit from the team care packages, as a result, the HHCC and Volunteer Team provide staff the opportunity to receive care packages to be sent directly to them, so all staff benefit from this vital support.

Keeping in Touch

To help our patients keep in touch with their loved ones whilst staying in hospital we have provided wards with tablet devices to be able to video call their relatives, this is extremely beneficial for patients and their families whilst visiting is reduced due to COVID-19.

Battling Boredom

Admission to hospital can be a difficult experience, HHCC strives to help improve patient's experience and enhance their environment during their stay. HHCC provides activity packs for patients to help boost morale, and provide some entertainment during this time. The activity packs consist of colouring books and pencils. HHCC have recently provided Dementia patient's access to portable DVD players to provide them with entertainment and mental stimulation whilst admitted to hospital.

our HHCC London Marathon Runner – Simon

Our HHCC runner for the London Marathon 2021 is Dr. Simon Holbrook. Simon is a Consultant in Anaesthesia and Intensive Care Medicine at HDFT and has been with the Trust since 2010.

This challenging opportunity is something Simon never imagined he would sign up for. After running two half marathons in 2018 he said to his daughter “Remind me to never run a marathon”.

This exciting challenge is something Simon has never done, the furthest Simon has ran in a road race is 13.1 miles although he has previously run Ultra-Marathons which involves the ability to walk in between spurts of running. Simon said, “A road marathon will bring totally different challenges”.

Simon is tackling this huge challenge to raise money for HHCC. Every penny donated will enhance patient care and the environment across HDFT services. Your kind donations will make a huge positive impact to your Hospital and wider Community.

Check out his Virgin Money Giving page and show your support by donating:
<https://uk.virginmoneygiving.com/SimonHolbrook2>



You – our Fantastic HHCC Fundraisers... Here's a Snapshot...



Harrogate's Got Talent Competitions

We are so incredibly grateful to Velton (organiser) and to all those involved in the Harrogate & District Got Talent competitions for their immense fundraising efforts raising over £2,000 in their 2021 competition. This brings the total amount raised from the two marvellous competitions to over £4,000, what a phenomenal achievement. Congratulations to all that took part, and of course the winner of this epic competition – thank you for sharing with us your incredible talents. Our local community continues to blow us away with their immense support.

Sainsbury's Harrogate Superstore Generous Donation

A huge thank you to Sainsbury's Harrogate Superstore, Wetherby Road for their donation of £700 worth of vouchers. The vouchers will help support Health and Wellbeing to benefit staff, patients and their families who work and access services across HDFT.

All Round Fitness

Local Personal Trainer – Shadan, held online fitness classes in aid of HHCC, not only did he raise over £600 for HHCC he encouraged our local community to keep fit during lockdown.

Fundraising for HHCC – Please Chat to us!


It doesn't take much to make a huge difference. Whether it is a bake sale, dress down day at work, quiz night, raffle, step challenge, sky dive, golf day or running a marathon - the HHCC and Volunteer Team are here to help.

We will help, get your ideas off the ground, set up fundraising pages, answer any queries or questions and promote your fundraising events. Fundraising is fun so get as inventive as you like.

If you would like to get involved and support your local NHS please contact us today! Email: hdft.hhcc@nhs.net or Call: 01423 557408

Ways to get in touch online

Keep up to date with the latest news and events from HHCC, we have many ways for you to get in touch or stay in contact with us:

-  @harrogatehospitalcharity
-  @harrogatehcc
-  @harrogatehospitalcharity
-  @harrogatehospital&communitycharity

Website: www.hhcc.co.uk

or get in touch with the team

Tel: 01423 557408

Email: hdft.hhcc@nhs.net

Post:

Harrogate Hospital & Community Charity and Volunteer Team

Harrogate and District NHS Foundation Trust

Planning Department

3rd Floor

Lancaster Park Road

Harrogate

HG2 7SX

Ways to Donate

Remember, we need you now more than ever.

There are many ways to donate to HHCC. Donate now and you will make life changing differences to patients and their families across HDFT.



Did you know you can donate to HHCC directly through our website?

This is a simple and effective way to make a no contact donation

Donating has never been easier!



- Donate via our website: <https://hhcc.co.uk/donate/>
- Donate via BACS (please contact the HHCC and Volunteer Team for details.)
- Donate via Cheque: Payable to Harrogate Hospital & Community Charity

Amazon Smile

Amazon Smile is a great way to raise money for HHCC without any cost to you. When you shop with Amazon Smile they donate 0.5% of the purchase price of eligible products to us!

All you have to do is choose HHCC as your chosen charity and shop through: <https://smile.amazon.co.uk/>



Have you made an anonymous donation to HHCC?

We very much value and appreciate you and your ongoing support.

thank you

You are making life changing differences to patients, their families and staff across Harrogate and District NHS Foundation Trust.

If you would like to make a huge a positive impact on your local NHS - donate now:

 hdft.hhcc@nhs.net  01423 557408



Your Impact - Case Studies

Local Business keeps #teamHDFT Hydrated

"We were delighted to help keep the incredible NHS workers and patients at Harrogate Hospital hydrated during the pandemic. As a local business, it's so important we show our support for the vital work that you do for the local community. We are forever grateful to you all."

Harrogate Spring Water

Mr Holt's Feedback on his Care Received

Mr Holt was diagnosed with cancer. Within five weeks of his diagnosis, Harrogate Hospital carried out the required scans, tests and surgery to ensure Mr Holt's cancer diagnosis was treated. Following his surgery, Mr Holt stayed in Hospital for a short while, he said, "Ten out of ten", "the nurses were efficient, kind and personally committed." After Mr Holt's discharge, his chemotherapy started. Sadly, a few weeks later, Mr Holt could not emotionally take any more chemotherapy. The Surgeon provided the required support and advice Mr Holt needed to get through this challenging time.

Following the outstanding treatment and support Mr Holt received, his cancer has not returned and he is pleased to say "my life remains active and fun". He said, "every time I come to Harrogate Hospital, I am greeted in a friendly manner, the nurses have been supportive, informative and very kind".

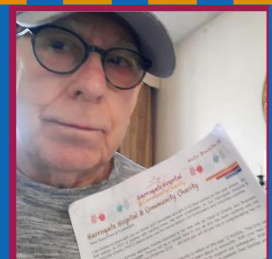
The care and treatment Mr Holt received at Harrogate Hospital made a huge positive difference to Mr Holt's life. As a result, Mr Holt kindly decided he wanted to contribute to the cost of his life saving treatment. This operation cost a total of £47,000. Mr Holt said, "It has all been free! What more could one ask?" Mr Holt provided an extremely generous donation of £10,000 with the addition of Gift Aid and said "I am delighted to be able to give something back."

Thank you so much to Mr Holt for donating this substantial donation as a contribution to the cost of the operation to the NHS. Mr Holt's generosity will have a lasting impact to services at Harrogate and District NHS Foundation Trust. Thank you!

(To protect Mr Holt's confidentiality, we have changed his name)

How Far can our Newsletter Reach?!

The HHCC and Volunteer Team are delighted to hear our last edition of our Newsletter was received by Terry in Canada! We are so incredibly grateful to have so many fantastic supporters across the world. We would love our Newsletter to reach even further, let us know of anybody who would benefit from receiving our Newsletter wherever they are based!



Terry
Canada



Bye for now!

Once again, thank you for reading our newsletter and for your wonderful support. Without your kindness and generosity, we cannot carry forward the excellent work, which benefits our patients, their families and colleagues. You are all NHS fundraising superstars!

THANK YOU from the HHCC and Volunteer Team

Dan Emma Georgia Heleni Sarah Yvonne