



# Harrogate Hospital & Community Charity

Summer Newsletter 2021

YOUR SUPPORT  
YOUR IMPACT  
YOUR NHS

## Harrogate Hospital & Community Charity

Dear Supporters, I am delighted to share with you Harrogate Hospital & Community Charity's (HHCC) Summer Newsletter 2021. We hope all of our Supporters are enjoying the easing of restrictions and spending much needed time with loved ones. As restrictions ease and life begins to return to normal we urgently need your help. We need to raise vital funds to make life changing differences to patients and their families across Harrogate and District NHS Foundation Trust (HDFT) and to continue to support our colleagues across HDFT and Harrogate Integrated Facilities (HIF).



**Sammy Lambert**  
Business Development, Charity and Volunteer Manager

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 get involved in one of our many events and challenges. From eating cakes, to getting creative, Stepping up for HHCC, taking on Total Warrior or joining us for our Summer BBQ, there really is something for everyone! If you really want you can do it all!

However you choose to support your local NHS, your kindness and support will help us in the year ahead. Nothing could have prepared any of us for this past year, and the battle is not over yet - but your well wishes, monetary donations and acts of kindness spurred us on and will continue to get us through this together.

Being a patient or needing to use any NHS service can often be a scary and a difficult time no matter who you are. This last year has presented our staff, patients and service users with unprecedented challenges. With your support we have been able to provide a little bit of extra light and reassurance when facing some of these challenges, even during some of the darkest times.

Anything extra you can give to support your local NHS will make a big difference and bring hope and extra sparkle where it is needed most. Below are examples of how your donations have made a difference.

### Environment

- £50 Supports a Dementia Memory Box to enhance familiarity and comfort
- £100 To enhance a relaxing garden space for staff, patients and visitors
- £560 Smart TV for patients side rooms

### Services

- £10 Towards our inpatient DVD library
- £200 For a tablet device for inpatients to keep in touch with loved ones
- £500 Support our Befriending Service

### Equipment

- £30 For a home birthing pool
- £700 Supports ten Apnoea Alarms for children and young people to monitor sleeping
- £2,000 To enhance Emergency Department Trolleys

# Get Involved

We are excited to share a number of ways in which you can support HHCC to make huge positive differences to staff, service users, patients and their families across HDFT. Whether you are up for a challenge, drinking tea, eating cakes, getting creative or want to donate. There really is something for everyone!

## Focus on the Good

Focus on the Good – our Specially Commissioned Book!

We are looking for photos, anecdotes, memories of lockdown. It would be wonderful to hear accounts from you, our supporters for this special project.

We want to be able to remember these unprecedented times as well as remember what was gained, not just lost throughout the last year.

The book will be available later this year and all proceeds raised will make a huge difference.

**Submissions close 21 June 2021** and can be emailed to [hdft.hhcc@nhs.net](mailto:hdft.hhcc@nhs.net)




Please use the QR code for our useful template.




### Focus on the Good Book

The Harrogate Hospital & Community Charity (HHCC) and Volunteer Team are collecting thoughts, anecdotes and photographs from colleagues, volunteers, patients, service users, families and members of our community.

From the information that you submit, we will work collaboratively with the author, Leah Knight to develop 'Focus on the Good' – a book to not only remember how Covid-19 affected us as individuals, but how communities, colleagues, volunteers and families came together to support each other and those in the NHS in a time of need.





 [www.hhcc.co.uk](http://www.hhcc.co.uk)
 [@harrogatehcc](https://twitter.com/harrogatehcc)
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 [@harrogatehospital&communitycharity](https://www.linkedin.com/company/harrogatehospital&communitycharity)

## NHS Big Tea - Take a break, raise a cuppa, celebrate the NHS and support HHCC!

We are aiming to make the NHS Big Tea really special by encouraging you, our amazing supporters to host your own tea parties!

At any time on or around Monday 5 July 2021 we are asking you to bake cakes, eat some scrumptious treats and start brewing a well-deserved cup of tea! If hosting a tea party is not for you, why not donate the cost of your regular takeout coffee or the price of a cake to HHCC?

The NHS Big Tea is a chance for people across our large geographical patch from Selby to Sunderland to come together over a cup of tea (and sweet treat!), and celebrate their local NHS whilst raising some money for HHCC to help us do more for patients and families at HDFT.

Whether you are the next 'Great British Bake Off Winner', love a slice or two of cake or fancy a good catch up and a cuppa, we would be delighted for you to come together with loved ones and support HDFT and your local NHS.



**Contact us for your NHS Big Tea Fundraising Pack.**



# Stepping up for HHCC - (Can you go the distance?)

The HHCC and Volunteer Team are continuing to showcase the wonderful work of our HDFT and HIF colleagues and celebrate their success of #TeamHDFT.

We are currently walking, jogging and running around the HDFT footprint this Spring. Why not join us for our next Stepping up for HHCC Challenge this Summer - 'Can you go the distance?' which is taking place 1 - 31 July 2021.

As an organisation, we serve a population of 2,573,066 in our Hospital based Services and for Children, Young People, Adults and Families across our Community Services footprint.

We are challenging our Stepping up for HHCC community to collectively cover this distance in kilometres in 31 days.

You can collectively add to this epic target through walking, jogging, running, swimming, cycling, horse riding or any other physical activity covering this distance by signing up for £20.



## What's included:

- Stepping up for HHCC T-shirt (if you haven't already got one!)
- Bespoke Medal
- Top tips on how to fundraise
- Exclusive virtual community 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
- Support your local NHS - the NHS has never been more needed, here is a safe and fun way to raise money
- Increase your knowledge and awareness of HDFT and the population who have access to our services as an organisation and see if we can collectively match that number in kilometres

## Why not form a Team?!

Why not sign up with colleagues, friends or family and form a Team. Being part of a Team is a great way to keep motivated and have a little healthy rivalry. Why not see who can complete the most kilometres, who can fundraise the most or meet for socially distanced walks, bike rides or climbs. Teams can be of up to 6 people and **each Team** signed up will be entered into our **Prize Draw!** To form a Team please email: [hdfc.hhcc@nhs.net](mailto:hdfc.hhcc@nhs.net). Each Team member will need to sign up individually through our website.

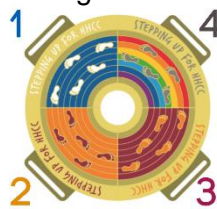
## 'Can you go the distance?' to support our Service Users?!



## Your Medal

'Can you go the distance?' is the second of four epic Stepping up for HHCC challenges over 2021/2022.

With our stepping challenge you will receive medal 2 of our Stepping up for HHCC bespoke medal upon completion.



Each medal is bespoke to each challenge, whether you complete one, two, three or all four challenges. Each individual medal is a great way to commemorate your achievement in supporting your local NHS.



## 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.

## If this challenge is not for you?

If this challenge is not for you, but you would still like to get involved - then why not donate and sponsor our Steppers?



To donate please scan the QR code to the right.

# Total Warrior – Could you be a #HHCCwarrior?

**Sunday 11 July 2021, 10am - Wave 1 Entry - Bramham Lane, Wetherby, LS23 6ND**

Total Warrior is entering its tenth year in 2021 and HHCC are delighted to have secured a number of exclusive places to take part in this highly popular challenging event. The event is an epic 12k course with 25 obstacles for you to attempt taking place on Sunday 11 July 2021.

**We have a limited number of free spaces** for you to be a #HHCCwarrior in return for a minimum fundraising target of £100.

**We want you to turn mud into money** and fundraise to make life changing differences for patients and their families at HDFT.

If you think you have what it takes to be a #HHCCwarrior, please contact us and we will confirm your place ASAP. If you are interested in taking part as a Team with your colleagues, family or friends please give us a call on 01423 557408.



Places are limited, so don't delay, contact us today!

# HHCC Summer BBQ – Sunday 29 August 2021

HHCC are delighted to be hosting our first Summer BBQ on Sunday 29 August 2021. We will have food, drink and entertainment available and would love for you to join us and support your local NHS.



Our Summer BBQ is being held at the Harrogate Railway Athletic F.C. on Sunday 29 August 2021 between 10.30 am and 4 pm.

There will be live entertainment and you can enjoy our Summer BBQ freshly prepared by our wonderful colleagues at HIF. Drinks will be available from the Harrogate Railway Athletic F.C. Bar.

Tickets are available for a donation of £13 per adult (aged 14 and over) children over the age of 3 are £5 (under 3s are free) with proceeds received going towards making life changing difference. **Your ticket includes entry, your food from the BBQ and a drink on arrival.**



**We will have live entertainment, donkey rides, face painting, an ice cream van and much much more!**

Tickets will be available soon via our website, if you would like to be notified as soon as tickets are on sale please contact the HHCC and Volunteer Team.

**We hope you can join us for a lovely Summer afternoon.**

## Fundraising for HHCC – Please Chat to us!

If these events or challenges are not for you why not do your own thing! It doesn't take much to make a huge difference.

Whether it is taking part in a HHCC event or 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 can send you a useful Fundraising Guide and 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: [hdfc.hhcc@nhs.net](mailto:hdfc.hhcc@nhs.net) or Call: 01423 557408**

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



### Lenten Period Fundraising

St Joseph's Catholic Primary School chose HHCC as their Lenten charity. Staff and students raised over £1,200 during the period of Lent. Pictured Head Teacher and Head Girl, Lucja and Head Boy, Manni.

### Pharmacy Team walk to New Zealand

Staff who run the Pharmacy at Harrogate District Hospital have walked the distance from Harrogate to Wellington, New Zealand – a total of 22,866 km raising a whopping £1,600 for HHCC!

### our HHCC London Marathon 2021 Runner is...

Dr. Simon Holbrook! Simon is a Consultant in Anaesthesia and Intensive Care Medicine at HDFT. Simon is tackling this huge challenge to raise money for HHCC. Every penny donated will enhance patient care and the environment across HDFT services. Scan the QR code above to support Simon on his epic challenge!



We also have a number of virtual runners taking on the London Marathon 2021 and raising money for HHCC – we are so grateful to all of our incredible runners and for the difference they are making!

## Meet the Team

**What do you enjoy most about your role:** I love all aspects of my role and feel privileged to work in the HHCC and Volunteer Team, but for me I would have to say seeing first-hand the huge impact all our incredible supporters, fundraisers and Volunteers have on staff, patients and families across the HDFT footprint.

**Most Memorable Moment:** I'm a huge fan of Christmas, so being part of HHCC's Festive Hamper project was incredibly rewarding. After many rolls of sellotape, countless paper cuts and a few late nights, we sourced, packed and delivered over 1,000 Festive Hampers. None of this would have been possible without the unbelievable help of our fantastic Volunteers, the Harrogate Railway Athletic F.C. First Team Squad and the HDFT Exec Team!

**Favourite Quote:** "There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do." – Derek Jeter

**What do you do outside of work:** I am massively into sport and now restrictions are lifting, it's great to be back playing competitive sport. I play football for Harrogate Railway Athletic F.C. so it's been brilliant to have worked so closely with the club this year as part of HHCC! I have a two and a half year old Cocker Spaniel called Riley, who takes up most of my partner and I's time. We take him all over the country walking and exploring, which is a great way to get my Steps in for our Stepping up for HHCC challenges!



**Dan Thirkell**

Charity and Volunteer Coordinator



# Volunteer Update

## Celebrating our Volunteers

We are delighted that so many of our Volunteers were nominated for the Colleague Recognition Awards 2021, the winner of the Volunteer of the Year Award went to Nick Smith for his outstanding contribution to the mask station and his exceptional communication skills with patients, visitors and colleagues. Jonathan Voller came second and Lorraine Fox, third.



We have also presented a number of our Volunteers with Long Service and Making a Difference awards. We were delighted to present Mark Oldfield and Alexander Owen-Hughes with their Making a Difference awards for their contribution to Volunteering and their care and communication skills. In addition, Andrina Brotherston, Anne Kent and David Upton have recently received their 10 year Long Service Awards.

## Volunteer Week 1-7 June 2021

We are absolutely delighted to be celebrating National Volunteer Week this week. National Volunteer Week is a time to say thank you for the contribution millions of people make across the UK through volunteering.

We are starting the week with a fundraising challenge with our Volunteers. Sammy, Dan, Lorraine and Emma will be walking continuously for 12 hours with their Volunteers. There will be one volunteer walking with the Team throughout the day and Harrogate Hospital Radio will be undertaking a 12 hour Radiothon to provide lots of music and motivation.



If you would like to sponsor the team please use the QR code below or contact the HHCC and Volunteer Team.

We are using the week to highlight the skills of our volunteers and Karen Scales will be giving you the opportunity for you to attend holiday language lessons during the week. Karen will be teaching holiday French, German and Spanish, if you would like to attend one of these fabulous interactive language lessons at Harrogate District Hospital then please contact the HHCC and Volunteer Team at [hdft.hhcc@nhs.net](mailto:hdft.hhcc@nhs.net) for more details.



## Mary Meets....

It was a pleasure to meet Peter, a Volunteer at HDFT. Peter is now retired and he has been married to Lynne, one of our other Volunteers for 50 years and they have two daughters together. Peter describes himself as industrious, impatient and pragmatic.

Peter loves volunteering and has always wanted to give something back. Being one of eight children, his large family have received lots of care from the NHS and this is his way of showing his appreciation.

Peter has had many different experiences whilst volunteering at HDFT, nonetheless he said his best experience is when patients and staff show appreciation for his help.

He said he enjoys providing the best possible support to staff by relieving nervousness and tension amongst patients as they attend their appointments. He does his very best to relax patients and as a result this gives them reassurance and confidence in staff at HDFT.

When asked, what advice you would give to another volunteer, Peter said to take the opportunity, understand the pressures of patients and staff and try to put yourself in their position.



## Good News Stories

### Providing Support for our Community Services





HHCC were thrilled to provide a Fitbit Watch as a prize in a poster competition in our 0-19 Sunderland Service.



The poster competition was to help raise awareness during Mental Health Awareness Week in Children and Young People. Winner Lucy is pictured with her poster. Well done Lucy!

### Ways to get in touch:

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](http://www.hhcc.co.uk)

**or to get in touch with the team:**

**Tel:** 01423 557408

**Email:** [hdft.hhcc@nhs.net](mailto:hdft.hhcc@nhs.net)

**Post:**

Harrogate Hospital & Community Charity  
Harrogate and District NHS Foundation Trust  
Planning Department  
3<sup>rd</sup> Floor  
Lancaster Park Road  
Harrogate  
HG2 7SX

### Celebrating International Nurses' Day

HHCC celebrated Nurses' Day by providing fruit boxes to Nursing Teams across our the HDFT footprint!



### Supporting colleagues during Ramadan

HHCC were proud to have provided colleagues across HDFT and HIF with Snack Packs to support colleagues who were fasting during Ramadan.

### 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 team)
- 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>



# Your Impact

## Refurbishment of the Intensive Care Unit at Harrogate District Hospital

Jenny and Anna are Intensive Care Sister's at HDFT. Jenny and Anna have worked tirelessly on the Intensive Care Unit (ICU) at HDFT throughout the pandemic. They said that the unit was aesthetically outdated, there was poor lighting and it often had feelings of working in a claustrophobic environment.

Thanks to the wonderful supporters and fundraisers of HHCC, the charity were able to contribute to the cost of the refurbishment of the ICU. Jenny and Anna said the refurbishment has made the whole unit have a very different atmosphere. The unit feels very modern, with lots of natural light. This is due to the redesign of the staff workspace, allowing better views of the intensive care beds and removal of the horizontal bedheads which obstructed most of the windows.

It also has amazing mood lighting technology which enables patients to receive care in a relaxing environment. The brand new imaged ceiling panels give patients a sense of outside sky, this not only benefits patients during an extremely challenging time, but this insightful addition to ICU has improved the working environment and boosts the mood of staff working on the unit.

A really nice touch to the newly refurbished ICU is the addition of a pull down bed for visitors to sleep on if they wish to stay the night, so they are close to their loved ones during a really difficult time. One visitor said, "It's amazing and feels like a hotel."



A patient who has recently received care on both the old and the newly refurbished ICU, said "this is so much better, more airy and the lighting is so relaxing."

*(To protect Jenny and Anna's confidentiality, we have changed their names)*



### Bye for now!

Once again, thank you for reading our newsletter and for your wonderful support to HHCC. 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 Kaitie Sarah Yvonne