

Harrogate Hospital & Community Charity Newsletter - Issue Three 2021



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A welcome note from Sammy Lambert, Business Development, Charity and Volunteer Manager

Hello, I am delighted to share with you issue three of our newsletter. The Harrogate Hospital & Community Charity (HHCC) and Volunteer Team and I are so excited to update you with the many ways you can get involved to help raise vital funds to benefit our Hospitals and Community Services. This includes our amazing Summer BBQ - which I hope you can all join us for a perfect summers day out!



Whilst most of the COVID-19 restrictions have now been lifted, the NHS is still under immense pressure during these difficult and challenging times. If this year has taught us anything it is how much we depend on all of our NHS Heroes. We need your ongoing support to continue to provide the essential work that goes above and beyond the provision of the NHS, for the benefit of all of our staff, service users, patients and their families across Harrogate and District NHS Foundation Trust (HDFT).

Your support is invaluable to us. Every penny we receive will help fund new equipment, training and enhance the environment for staff, service users, patients and their families across our Hospitals and wider Community. We are very grateful for what you can give during these challenging times.

Meet the Team - Robyn

Hi, I am Robyn (He/Him). I started with the Trust as a Youth Forum member and Work Experience student at age 17 which led me to become an apprentice and then a permanent member of staff within the Corporate Affairs Team. Two years later, I now co-facilitate the Youth Forum and I chair the LGBT+ Staff Network. Subsequently I joined the HHCC and Volunteer Team in June 2021.

What have you enjoyed the most about being in the Team?

Meeting, engaging and working with a large variety of people from Volunteers, service users, donors, staff and the wider Trust. I really enjoyed being on the stand at the Great Yorkshire Show interacting with people.

Which event are you most looking forward to? I am really looking forward to the HHCC Summer BBQ. The more I am involved in the planning of this event, the more excited I am for the day. As I've seen where this will take place I can now envisage the BBQ with music, people socialising and everyone enjoying a fun day.

Favourite Quote? "The beauty of the world lies in the diversity of its people"

What do you do outside of work? I enjoy spending time with my girlfriend and family dog, when possible I also meet up with friends and relax by reading. I'm looking forward to attending a rescheduled concert and being part of the planning committee for Pride in Diversity 2022.



"Thank You" pin in aid of NHS Charities Together

One of our valued porters has had his hands cast in a melted-down 1939 vintage Spitfire main spar to create a number of thank you badges, recognising the outstanding efforts of colleagues across the NHS during the Covid-19 pandemic.

Faz is one of six NHS colleagues nationally who have taken part in the project in support of NHS Charities Together. We are incredibly proud to have a #teamHDFT member included in this fantastic project. Please scan the QR code if you would like to purchase your pin.





NHS Big Tea 2021

After the challenging year we have had, the HHCC and Volunteer Team wanted to make the NHS Big Tea really special. The NHS Big Tea initiated by NHS Charities Together is designed to celebrate the NHS and raise money. The event is usually held on the NHS' birthday, 5 July, however, we celebrated over the week to make the most of it! We worked in partnership with Yorkshire Tea and Harrogate Integrated Facilities (HIF) Ltd so we were able to offer a piece of cake and a 'proper brew' to every staff member at HDFT.

The cake-filled week was a fantastic way to celebrate the NHS, come together and enjoy some time-out with colleagues. Our wonderful volunteers distributed tea and cake across the whole Trust.

In addition to distributing tea and cake to colleagues at HDFT, many staff members held tea parties in their own Teams and Departments. This was a lovely way to get together as a Team and celebrate over a cup of tea and slice of cake. Many fantastic cakes were made, jazzy bunting was on display and generous donations were received. A huge thank you to everyone who raised a cuppa and had a slice of cake to raise critical funds for HHCC.



The Great Yorkshire Show 2021

We loved having a stand at the Great Yorkshire Show this year. The week was a great success and it was incredible to connect with so many supporters. We had lots of fun activities that spectators could get involved with, such as our specially commissioned HHCC 'Don't Touch The Wire Game'. The game was designed and manufactured by members of the HIF Ltd Estates Team and was a buzzing success!





Volunteer Update

Since our last newsletter we are delighted to have recruited 25 new volunteers who have been deployed into a range of roles across the Trust footprint.

As part of our roadmap to bring back our Volunteers we were delighted to host a meet and greet session with our chaplaincy volunteers, which was led by the Chaplaincy Team. Over the next few months we will be gradually asking cohorts of Volunteers if they wish to return, carefully monitoring the impact of increasing the footfall across the hospital and community sites.



We have and will continue to deliver infection prevention control sessions for all of our volunteers who have and will be returning to their patient facing roles. These sessions are of particular importance as the easing of restrictions takes place.



In terms of service development we have developed a Volunteer Special Educational Needs and/or Disability pathway which promotes our inclusivity as a volunteer offer and will be continually updating and strengthening our offer over the coming months.

Enhancing our Outdoor Spaces

The HHCC and Volunteer Team are currently working on an exciting project to enhance the outdoor areas around Harrogate District Hospital. The garden and courtyard areas are spaces for our colleagues, service users, visitors and patients to enjoy and take the opportunity to relax. Working closely with our fantastic gardening Volunteers and in partnership with the HIF Ltd Estates Team, many of the garden areas have been transformed, with weeding, power washing and brand new planters with beautiful plants blossoming in the gorgeous sunshine we have recently had.

There are more exciting things to come for the gardens and courtyards at Harrogate District Hospital, with outdoor pods on the way for staff to utilise all year round and new garden furniture currently being installed across the Hospital site.



Summer BBQ - Sunday 29 August 2021

Are you looking for an event for you, your friends and family to come together, have fun, relax and celebrate whilst supporting a fantastic local charity - then we have the perfect event for you! We would love you to join us for our very special Summer BBQ, which is taking place on **Sunday 29 August 2021 at Harrogate Railway Athletic F.C, 12 noon - till late.**



Your ticket includes; entry, drink on arrival, your food from the BBQ, strawberries and cream and live entertainment. We have an incredible live music event programme, a licensed bar, donkey rides, face painting, an ice cream van and much more!

Tickets are available for a donation of £13 per adult (including children aged 14 and over) children over the age of 3 are £4 (under 3's are free) with proceeds received going towards your local NHS. Tickets are available on our website, please scan the QR code to the right or by contacting the Team.

We hope you can join us for a lovely fun filled summers day!

 hdft.hhcc@nhs.net  01423 557408



Summer Raffle

Tickets are now available for our Summer Raffle, the first prize being a pair of Diamond Earrings! Tickets are just £1 each and we have a phenomenal selection of prizes donated by awesome local businesses such as; afternoon tea vouchers, spa day for two, bottles of champagne and much much more.



The raffle will be drawn 1 September 2021, please contact the Team to purchase your tickets.

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Stepping up for HHCC - 'Can you go the distance?'

Are you looking for a motivational challenge to keep fit this summer - why not join us for our summer Stepping up for HHCC challenge - 'Can you go the distance?'

If you are a keen cyclist, swimmer, climber, runner, walker or just looking for some motivation to keep fit this summer, sign up today! Help us to collectively cover 2,573,066 KM which is a KM for every member of the population HDFT serves. The challenge is running from 1 July - 30 September 2021 and you can sign up anytime!

Why not sign up with friends and family to form a Team? Each Team will be entered into an exciting prize draw. Scan the QR code above for more information and to sign up.



- Sign up for £20
- Receive your Stepping up for HHCC T-Shirt
- Earn your bespoke Medal
- Help us collectively cover 2,573,066 KM undertaking any physical activity
- Have Fun!



Harrogate Hospital
& Community Charity

Summer Raffle!

Top Prize
Diamond Earrings!

★ Three month book
subscription

★ Bottles of Champagne

★ Afternoon Tea Vouchers

★ Plus many more
fantastic prizes!

Buy
Now

To purchase your tickets and be in with the chance to win these awesome prizes please contact the HHCC and Volunteer Team today:



hdft.hhcc@nhs.net



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Buy your tickets now to make life changing differences to patients and their families across Harrogate and District NHS Foundation Trust.

Draw will take place on 1 September 2021

£1

per ticket



**Harrogate Hospital
& Community Charity**

Registered Charity Number: 1050008

JOIN US FOR OUR

HHCC Summer BBQ

Tickets Include:

- Entry
- Drink on arrival
- Live Entertainment
- BBQ
- Strawberries and Cream

Harrogate Railway Sports and Social Club bar will be open for drinks till late!



**Live Entertainment
Programme**

- ★ Paige Sheridaan Adams
- ★ The Harrogate Spa Town Ukes
- ★ Rough Edge
- ★ DJ

**Plus many more
fantastic local artists!**



Scan the
QR code to
buy your
tickets



Donkey rides,
face painting, ice cream
van & much more!

Sunday 29 August 2021

12 noon till late

Tickets:

- £13 Adult (14 and over)
- £4 Child
- Under 3's go free!

Harrogate Railway Athletic
F.C., Station View,
Harrogate, HG2 7JA



www.hhcc.co.uk



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[harrogatehospital&communitycharity](https://www.linkedin.com/company/harrogatehospital&communitycharity)



A snapshot of our Fantastic Fundraisers

Amazon Kindle Fires for Woodlands Ward

After organising lots of fundraising events and encouraging donations, Emily Jackson raised enough money to donate 12 Amazon Kindle Fires for children and young people receiving care on Woodlands Ward to use.

Emily's daughter was a patient in Woodlands Ward and Emily wanted to give something back and make a difference.



A Baking Success

A huge thank you to Abigail for raising £1,000 from her delicious baking!

Abigail raised money for our Special Care Baby Unit and Dermatology Department at HDFT.

'A Portrait of Isolation'

David raised an amazing £1,250 for HHCC from the proceeds of his exquisite photography book 'A Portrait of Isolation'.

David created this book during the first lockdown taking photos of people undertaking their daily exercise.

Harrogate Grammar School

We were delighted to be the chosen charity for Harrogate Grammar School (HGS) this year!



Staff and students have had a fun filled year of fundraising to support HHCC. From non uniform days, staff football competitions, silent auctions, staff and students also took part in our first Stepping up for HHCC challenge - 'Step across our footprint' where they covered a whopping 8,700 miles in April alone!

HGS have already raised over £4,500 for HHCC, which is a phenomenal achievement. We are so grateful to HGS for choosing to support and make a difference to their local Hospitals and wider Community.

Harrogate Railway Athletic F.C.

Members of the Harrogate Railway Athletic F.C. took on the epic Yorkshire Three Peak challenge on the 3 July 2021. They completed their challenge in under 8 hours which was an immense achievement considering the terrible weather conditions! They raised over £4,000 for HHCC which will make life changing differences to patients and their families across HDFT.



"Members and myself had a brilliant day, bearing in mind the tough conditions we completed the challenge in. It was a fantastic Team building exercise, whilst raising funds the amazing work HHCC and Volunteer Team do at HDFT" Mike





Harrogate Fire Ants Rugby League

We are thrilled to announce our support of the incredible local sporting group – Harrogate Fire Ants Rugby League. HHCC are so excited to be sponsoring them in their next season. This is a fantastic opportunity to raise the awareness of our charity and increase fundraising.



We are sure you will join us in wishing them all the best for next season.

Putting the **FUN** into Fundraising!

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 can help; get your ideas off the ground, set up fundraising pages, answer any queries or questions and promote your fundraising events.

If you would like to get involved and support your local NHS please contact us today!

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Supporting our NHS Heroes

COVID-19 has brought many challenges to our colleagues here at HDFT and HIF Ltd. We strive to support our colleagues to help enhance their health and wellbeing. Below are a number of ways with your support, we are able to make a difference.



HHCC Pop-up Shop

We established the 'HHCC Pop-up Shop' in April 2020 to reduce anxiety for staff having to visit shops for essential items during a national lockdown. The shop is free for staff to use to get essential items, treats and goodies to help with their busy working day. We are becoming increasingly aware of the financial difficulties some colleagues face with their families being affected by the ongoing pandemic. We have set up a Virgin Money Giving page specifically for our shop, monies donated to this page will allow us to continue to keep our shop well stocked for staff and allows us to distribute items to our community teams so all our colleagues benefit from your generosity. We also provide food parcels offering crucial support to staff in need. If you would like to support our shop please scan the QR code to the right, or contact the Team.

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Getting Fruity

We are continuing to provide colleagues across our geographical footprint with fruit boxes as part of our ongoing Health and Wellbeing support for 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 in Harrogate.





Wendy is shaving her head for HHCC

Wendy is 56 years old and has worked at HDFT for nearly 25 years. Wendy is a valued colleague in the Catering Team and over the years has served food for patients, staff and visitors at Harrogate District Hospital.

When Wendy was 33, she found a lump. Having lost her mum to breast cancer when she was 14, she knew she needed to get it checked out. At first, Wendy was told she was 'too young' to have breast cancer but Wendy felt exhausted, achy and tired. She was referred to Harrogate District Hospital where she was diagnosed with breast cancer, just like her mum.

Wendy said, "The most difficult thing was telling the kids, I just wanted everyone to be normal and treat me the same, like nothing had changed. This is how I dealt with it."

After a rough few years of receiving ongoing treatment and looking after three young children, Wendy received the all clear five years later.

Life was looking much brighter for Wendy, she continued to work at HDFT and went for her regular routine check-ups. She was able to watch her children grown up and become a grandma along the way.

Sadly, 20 years after her first diagnosis, just before Christmas, 3 tumours were found following a routine check-up appointment, Wendy was diagnosed again with breast cancer.

This time round, things were different. Wendy made the decision to have an operation to remove both breasts.

Looking back, it was an extremely difficult time. Wendy said her family, friends and work colleagues were so supportive. Wendy now wants to give something back, she wants to raise awareness of breast cancer for men and women and raise vital funds that will make a huge difference to those experiencing very similar experiences as her.

Wendy has decided to shave her hair off. She is nervous and terrified but she knows she is going to make a lasting difference. She is proud of her scars, proud of the journey she has been on and proud to raise money and awareness.



Please scan the QR code to the right to donate and show your support.



Donate now to make a Difference

The donations you make help us provide the best experience for those that need to come through our doors whether through our Hospitals or Community services. Your amazing support helps us to provide additional resources that the NHS are unable to provide. We would not be able to achieve the things we do, without your ongoing help and support which we are very thankful for.

You can support us by making a one off donation, becoming a regular giver, or joining us for one of our events such as our Summer BBQ. Please see below on how to make your donation today.

Your donation will go to where the need is greatest, if you wish to make a positive impact please donate now:

- **Donate via our website:** <https://hhcc.co.uk/donate/>
- **Set up a standing order (please contact the Team - details below, or scan the QR code to the right)**
- **Donate via BACS (please contact the Team - details below)**
- **Donate via Cheque: payable to Harrogate Hospital & Community Charity**
- **Scan the QR code to the right**

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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!

You just need to choose HHCC as your chosen charity and shop through: <https://smile.amazon.co.uk/> (or please scan the QR code to the right).



amazonsmile
You shop. Amazon gives.

Save the Dates


We have a number of exciting events coming up that we would love for you to join us for. Pop the dates in your diary so you don't miss out!

- Sunday 28 November 2021 - Outdoor HHCC Pop up Christmas Market
- Saturday 4 December 2021 - Winter Concert
- Sunday 19 December 2021 - Snowman Concert (narrated by Howard Blake)
- Saturday 25 June 2022 - The Harrogate Proms





Ways to keep in touch

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

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thank
you 