

Harrogate Hospital & Community Charity Newsletter - Issue IV 2021

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Mary Meets

A snapshot of our fantastic fundraisers



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

Welcome to Issue IV of our Harrogate Hospital & Community Charity (HHCC) and Volunteer Team Newsletter. I'd like to say hello to our new and existing supporters and start off by saying a huge thank you. Thank you so much to each and everyone of you for making a difference to our patients, service users, staff and their families. We could not achieve what we do without your continued support.



This issue is bursting with lots of updates, exciting news and upcoming dates for you to pop into your diaries. For those of you who attended our extremely successful Summer BBQ, thank you so much. I hope you enjoyed it as much as we did. If you couldn't make it on the day, you can find out all about the donkey rides and scrumptious BBQ inside. Did someone say Christmas? That's right, the HHCC and Volunteer Team have already been busy planning our upcoming Christmas initiatives, including our annual Christmas Market. We have booked Father Christmas too!

Although I cannot thank you all enough, Covid-19 has brought us many challenges, the majority of which are still not over. Our NHS Heroes are still under huge pressure and we continue to need your help and support. Without your kind generosity, we are unable to provide the enhanced work that goes above and beyond the provision of the NHS.

You make a difference and benefit all of our staff, service users, patients and their families at Harrogate and District NHS Foundation Trust (HDFT).

Thank you



Summer BBQ

Our first event back following the easing of restrictions due to the ongoing pandemic was epic! Our HHCC Summer BBQ held on Sunday 29 August at Harrogate Railway Athletic F.C. was a fantastic event and a fun filled day was had by all. Some of the highlights of the day included fresh coffee, ice-cream and doughnuts, along with our live event programme, filled with awesome live acts to create a festival vibe. The face painting was very popular, along with donkey rides from some lovely colour co-ordinated donkeys, who worked their hooves off. We would like to say a huge thank you to all the acts, our colleagues at Harrogate Integrated Facilities (HIF) Ltd for providing the tasty BBQ, KD Fruiterers for donating delicious strawberries, our incredible Volunteers on the day, and to you, our supporters for attending this wonderful event.

A huge thank you also to Harrogate Railway Athletic F.C. for their incredible and ongoing support. We are looking forward to welcoming you back to Harrogate Railway Athletic F.C. on Sunday 28 November for our Outdoor Pop up Christmas Market.

We received some phenomenal feedback following our BBQ - thank you all for making our first event back so special:

"A Fabulous day with the family at a very well organised event. I would definitely look to go again next year, overall fun fun fun." – Ben - pictured with his daughters below.



Mary Meets

It has been a satisfying experience for me supporting the Trust with the gardens and courtyards. During this time, I have worked closely with Carolyn, the Lead Volunteer gardener. Carolyn has a wealth of gardening experience, which she has used in spades to help transform and maintain the gardens and courtyards across the hospital site.

Carolyn has lived in Harrogate for 32 years and would describe herself as organised, patient and precise. All of these qualities she uses to support her volunteering role and enjoys playing tennis. Carolyn is also the president of the Trinidad and Tobago Bobsleigh & Skelton Federation.



Carolyn
Lead Volunteer Gardener

Carolyn started to volunteer because she felt the courtyards and gardens needed some additional care and she loves nothing more than when staff really notice the changes made. As a Volunteer, Carolyn's best experience is when someone says "thank you".

When asked about the main challenges in the role Carolyn said it is hard when someone may at times undo some of the work she has done, and her best advice would be to listen to others.



Volunteer Update

We are pleased to advise you that we continue to bring back cohorts of volunteers and this month we are inviting our Café Volunteers, if they wish to return to their role. We are excited to have recruited new staff gardening volunteers to help maintain the gardens and courtyards, with an update on our gardens and outdoor spaces detailed on the next page.

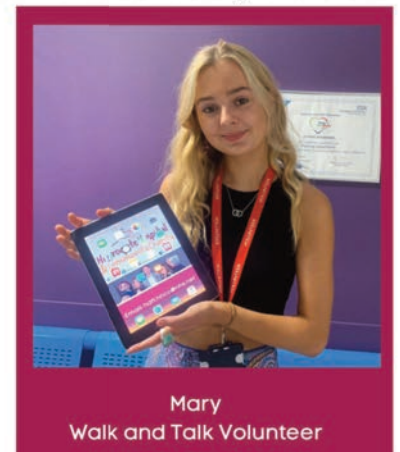
We are thrilled to share with you that we have been successful in a bid for funding from NHS Charities Together to support staff and patients wellbeing as we recover from the pandemic. The funding is split across three projects; support for patients with Dementia, staff indoor and outdoor spaces.

The aim of the Dementia project is to offer a virtual visiting offer, enabling patients with Dementia and their friends and family to keep in touch with improved access to inpatient entertainment options. This builds upon the 'Letters from Loved Ones' initiative and will help reduce feelings of isolation. It also provides resilience and a sustainable model for communication, in the event there is another lockdown.

We will be training volunteers and staff to use devices that will be funded from the monies awarded, to facilitate regular face to face and/or telephone contact between patients and the people who are important to them. The volunteers will also be trained to use portable DVD players to help patients watch films/TV series they are familiar with, to improve memory and cognition. New iPads/tablets/portable DVD players will be purchased for volunteers and staff to have readily available.

Volunteers will also undertake daily well-being walks across the hospital site, which will provide patients time away from the wards. The walks will be patient led and a volunteer will take patients to the upgraded outdoor areas where they can chat, have a drink and the volunteer can read to/with the patient, or support with puzzle books.

Finally a massive congratulations to Sue Roberts, who has been awarded the National Volunteer Certificate by undertaking a number of core skills, learning modules and more than 60 hours of volunteering. She is the first volunteer in the Trust to have received this award. The Team are hoping more volunteers are presented with this award in the near future.



The West Riding Masonic Charities Limited

The West Riding Masonic Charities Limited have very kindly awarded HHCC two fantastic grants. This kind generosity from the local Freemasons will make a huge positive difference to staff, service users, patients and their families at HDFT.



£6,000 for Harrogate District Hospital and Ripon Community Hospital

We were very pleased to hear we were successful with our application to fund items to enhance staff areas at Harrogate District Hospital and Ripon Community Hospital. Staff areas at both Hospitals will be enhanced by having new and a greater variety of facilities available to use. This includes new microwaves, fridges, coffee machines and smart speakers to enhance the quality of breaks for our NHS Heroes.



£3,650 for Dementia Patients

We have also received this fantastic grant to support our Dementia patients. This funding will enable the HHCC and Volunteer Team to fund Dementia Memory Boxes. Each box includes tangible items to help engage memories of the past and present, to help enhance patients and service users quality of life. This funding will also enable the purchase of DVD Players and DVDs for our Dementia patients to use during their stay at hospital, to keep them company and occupied, as well as enhance memory stimulation.

Enhancing our Outdoor Spaces

Our fantastic volunteers have been extremely busy enhancing the garden and courtyard areas at Harrogate District Hospital. Each garden has a different name, plants and seating for our staff, patients and visitors to enjoy. The Volunteer Team are always looking to recruit new Volunteer Gardeners, so if this is something you would like to support your local NHS with by gardening for a couple of hours a week, get in touch with the Volunteer Team to find out more.

How about you help name the brand new Pods arriving in one of our lovely courtyard areas at Harrogate District Hospital. We have two lovely dome shaped Pods for our staff, patients and visitors to use. If you have a name suggestion for the two new Pods, please let the HHCC and Volunteer Team know:

 hdft.hhcc@nhs.net  01423 557408



HHCC and Volunteer Team Walking Group



As part of the HHCC and Volunteer Team's project to enhance opportunities for HDFT colleagues to improve their wellbeing, we have started a monthly Walking Group for our colleagues to join.

This provides staff at HDFT and HIF Ltd the opportunity to meet colleagues from different Teams and Departments across the Trust, explore new walking routes, build up steps walked and reap the health and wellbeing benefits of being active and meeting in the outdoors.





Outdoor Pop up Christmas Market

We are delighted to be hosting our annual Outdoor Pop up Christmas Market, Sunday 28 November 2021, 11am-7pm. Our Outdoor Pop up Christmas Market, is being held at the Harrogate Railway Athletic F.C., Station View, Harrogate, North Yorkshire, HG2 7JA.

Join us and soak up the festive atmosphere as you browse our hand selected stalls, take a trip to see Father Christmas, visit the licensed bar and meet our merry donkeys whilst listening to live music!

Tickets are now available for a donation of:

- £5 per adult (aged 14 and over)
- £2 for children over the age of 3
- Under 3s are free

Your ticket includes:

- Entry
- Drink on arrival
- Mince Pie
- A visit with Father Christmas



Proceeds received from this festive event will go towards making life changing differences in our Hospitals and wider Community.

To purchase your tickets please scan the QR code to the right, or call the HHCC and Volunteer Team.

We hope you can join us for a festive filled day to support your local NHS.

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STALL HOLDERS



We have a limited number of stalls available. If you, or someone you know would like to have a stall at our Outdoor Pop up Christmas Market please contact us today.

Here is some useful information below about our stalls:

- Pitch size is 3x3m
- Gazebo and tables will need to be provided by the stall holder
- To allow visitors to be on hard standing at all times and to allow for social distancing, all stalls will be forward facing – so visitors can view and purchase items from outside each stall - this is a great opportunity to engage with visitors
- Electricity can be provided on request

Secure your stall today for a small donation to your local NHS!



Winter Concert - Harrogate Symphony Orchestra

Saturday 4 December, 7.30pm, Royal Hall, Ripon Road, Harrogate, HG1 2SY.

Conductor - Bryan Western

Leader - Emma Shea

Tickets: £14/£13/£12

Students: 1/2 Price

14 & Under: Free when accompanied by an adult

Available from: Harrogate Box Office

Tel: 01423 502 116



Featuring the programme originally planned for the concert in March 2021, including:

- Romeo & Juliet Overture, Tchaikovsky
- Piano Concerto No.2, Shostakovich (featuring soloist Julian Saphir)
- Scherzo from Concerto Symphonique, Litolf
- Symphony No.7, Beethoven

Please Note – if you are holding tickets from the original date for this concert, in March 2021, these tickets will still be valid for the new December date. We look forward to seeing you there! To get your tickets please scan the QR code to the right.



HARROGATESYMPHONYORCHESTRA



@HSOHARROGATE



YOUR SUPPORT

YOUR IMPACT

YOUR NHS

Stepping up for HHCC - '66 days your way'

66
days

Create a new habit
and make a difference



Break a sweat by
taking the next step

Autumn 2021



66 days
your
way



Create
a habit



Put the FUN
into
fundraising

#Team
orange



Make a
difference



Support
your local
NHS



£20

Sign up now!

What's included:

- Stepping up for HHCC T-shirt
- Bespoke Medal
- A lot of fun



✉ hdfthhcc@nhs.net ☎ 01423 557408



OUTDOOR POP UP

CHRISTMAS

MARKET

SUNDAY 28 NOVEMBER 2021

11AM – 7PM

HARROGATE RAILWAY ATHLETIC F.C. HG2 7JA

Soak up the festive atmosphere as you browse our hand selected stalls, take a trip to see Father Christmas, visit the licensed bar and meet our merry donkeys whilst listening to live music!

TICKETS INCLUDE: ENTRY TO THE MARKET, A VISIT TO FATHER CHRISTMAS, A DRINK AND MINCE PIE!
£5 PER ADULT (AGED 14 AND OVER), £2 FOR CHILDREN OVER THE AGE OF 3, UNDER 3s ARE FREE

Scan the QR code to purchase your tickets or contact the HHCC and Volunteer Team:

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A snapshot of our Fantastic Fundraisers

Jordan Triathlon Success

Jordan Iley is a Pharmacy Technician at HDFT, based at Harrogate District Hospital. Recently he took on the York Sprint Triathlon and raised an amazing £221.50 for HHCC.



We are so grateful for this amazing fundraising and for the difference Jordan has made by taking on this epic challenge. Not only this, Jordan is planning on completing six Triathlons in 2022 to raise even more vital funds for HHCC. Jordan's fundraising will make a huge difference to patients, service users and their families at HDFT.

Afternoon Tea Delight

Three neighbours on St Winifred's Road organised Afternoon Tea for their neighbours and friends to raise money for the Friends of Harrogate Hospital. Marion Smith, Pauline Firth and Jane Leah organised the event on Friday 13 August. It was Afternoon Tea the traditional way with the three hostesses wearing matching pinnies.

They organised a raffle and sold the Friend's merchandise including Limited Edition jigsaw puzzles and mugs. The design by Sandra Gascoigne, a local Dales artist was specially commissioned by the Friends to celebrate their 55th Anniversary this year. The Afternoon Tea raised £551.00. The three ladies hope it will inspire others to raise money for the Friends of Harrogate Hospital.



Wendy shaved her hair off for HHCC

You may recall from our last Newsletter, Wendy, our fantastic HIF Ltd colleague was taking on the brave challenge of shaving her hair off to raise money for HHCC and raise awareness of cancer. Wendy has recovered from breast cancer twice and she really wanted to do something that will make a difference.

Wendy was very brave on Friday 6 August and shaved her hair off in Herriots Restaurant, Harrogate District Hospital, the place she has worked for nearly 25 years, surrounded by friends, family and colleagues.



The HHCC and Volunteer Team are so proud and pleased for Wendy. She raised a grand total of £1,485.47 for Cancer Services at HDFT and to top it off Wendy looks incredible!



Simon - Our London Marathon 2021 Runner



We would like to wish the best of luck to Dr. Simon Holbrook a Consultant in Anaesthesia and Intensive Care Medicine at HDFT, who is taking on the London Marathon on Sunday 3 October 2021 in aid of 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 will also be sharing live updates on the day of the event on our Social Media platforms.

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!

hdft.hhcc@nhs.net 01423 557408

Making a Difference

We are so proud to be able to support colleagues, service users, patients and their families across HDFT. The graphic to the right shows a snapshot of what we have achieved together. Thank you for helping us to continue to go above and beyond.

Anything extra you can give to support your local NHS will make a big difference. Below are examples of how your donations can make a huge impact!

Donating £10 could provide activity books keeping a child entertained prior to a procedure whilst in hospital

£10

700+
FLEECES
PROVIDED BY
HHCC FOR COLLEAGUES
ACROSS HDFT

400+
FRUIT BOXES
DELIVERED
to teams across the
HDFT footprint for
colleagues to enhance
health and wellbeing

48
DEVICES
provided for patients to
keep in touch with loved
ones whilst being an
inpatient in our Hospitals

£25 6 people donating £25 could provide two vulnerable families with a festive hamper helping make their Christmas day sparkle

2,534+
CUPS OF TEA
AND SLICES OF CAKE
PROVIDED TO COLLEAGUES
ACROSS HDFT TO CELEBRATE
NHS BIG TEA

231
SNACK PACKS
PROVIDED
by HHCC to support
colleagues fasting
during Ramadan

200+
SPARKLE
AWARDS
given to staff which are
designed to recognise,
celebrate and thank
colleagues for their hard
work and dedication to
HDFT/HIF

10 people donating £30 could provide a family with an apnoea alarm to help reduce the risk of sudden infant death

£30

OVER 1,000 **CHRISTMAS HAMPERS**
— DISTRIBUTED —

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**

 hdft.hhcc@nhs.net  01423 557408



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.

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

 hdft.hhcc@nhs.net  01423 557408

*thank
you* 





You're incredible to me

If you're here to collect the laundry
Making sure our wards are clean
Scrubbing surfaces multiple times
You're incredible to me

If you're here for end of life support
Sharing last moments as patients sleep
Bringing comfort loved ones can't
You're incredible to me

If you're here to clean the windows
Giving the only outdoors they'll see
Clearing the way to make their day
You're incredible to me

If you're here on our community team
For adults safeguarding or 0-19
Where would we be without you
You're incredible to me

If you're a doctor or a nurse or AHP
A surgeon or theatre trainee
Each time you step through those doors
You're incredible to me

If you're here to answer the phones
Guide us all to where we should be
Making sure we all have what we need
You're incredible to me

Together we are the greatest
A family, #teamHDFT
Each and everyone of you
You're incredible to me

By Leah Knight Writes