



# Harrogate Hospital & Community Charity Newsletter - Issue VII 2022

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

Hello and welcome to Issue VII of the Harrogate Hospital & Community Charity (HHCC) Newsletter. I am so excited for you to receive this Newsletter, it is bursting with updates, news and much more. Before you dive into our latest Newsletter, I would like to thank each and every one of you for your continued support.



## What's included

- Welcome from Sammy
- Snapshot of our Fundraisers
- Meet Simon - our new Volunteer Manager
- Events and Updates



Without your support, the HHCC and Volunteer Team would not be able to go above and beyond the provision of the NHS and make a huge difference to patients, service users and their families at Harrogate and District NHS Foundation Trust (HDFT). Despite the recent rough weather and the ongoing challenges that impact your local NHS, you continue to support HHCC and I would like to personally thank you all – a huge thank you!

Inside, you will be introduced to our new Volunteer Manager, Simon Hobson, together with an update from our Volunteer Team. We are so grateful for the continued support from our Volunteers here at #teamHDFT. #teamHDFT Volunteers have continued to support services across our Hospitals, the community and at events. Watch this space for more details coming soon!

This year is flying by and March is already here, we have had a busy couple of months to kick start 2022 and we have a lot planned, so we can continue to raise vital funds for #teamHDFT. There is still time to sign up to '2022 Led by You', which is your opportunity to take on 22 Challenges and make a difference to your local NHS. You will receive a medal on completion of your challenges, a 'Stepping up for HHCC' T-shirt and access to our virtual community of HHCC Supporters upon signing up. I have signed up and I am really enjoying my 22 challenges so far!

I hope you enjoy reading about what we have been doing and what we have planned as the lighter evenings and longer days return. Don't forget, there are other ways you can stay up to date with HHCC. You can follow us on our Social Media platforms - have you seen our new TikTok account? A huge thank you to each and every one of you, we are really looking forward to 2022 and how we can continue to make a difference to patients, service users and their families at HDFT.





# Meet the Team - Simon Hobson

**Tell us about yourself:** My name is Simon and I am the new Volunteer Manager working in the HHCC and Volunteer Team. I am really pleased to have joined this superb Team of amazing and committed people and look forward to meeting and working with you all in the times ahead. One of the things that has impressed me since starting here is the amazing breadth and variety of the volunteer roles we have, and the passion and commitment that our volunteers show, day-in, day-out, working alongside our amazing staff Teams to enhance our patients experiences.

A little about me. My career so far over the last 25 years or so, has been spent mostly in the higher education sector and, more recently, in the tourism industry specifically working for our national tourist board, in museums and heritage organisations. All of my tourism roles have involved working with or for charities, and all of them have had volunteering as a central part of what they do. This is my first time working in North Yorkshire and it has been really great to move here to Harrogate to join #teamHDFT!

**What do you do outside of work?** I have spent a lot of time travelling and have lived and worked abroad earlier in my career. These days, antiques and collectibles are one of my hobbies, maybe due to my interests in history and museums. I'm particularly interested in vintage cutlery as well as decorative ceramics, glassware and Mid Century "kitchenalia" and "breweriana" - in short, the everyday utensils and knick-knacks we used to have in our kitchens and pubs once upon a time that are now collector's items!



**Simon Hobson**  
Volunteer Manager

**Favourite Quote?** 'Don't put off until tomorrow what you can do today'

# Supporting #teamHDFT





# Volunteer Update



## Volunteers Give a Helping Hand During Herriots Redevelopment

Due to the exciting refurbishment of the Herriots restaurant, Harrogate Integrated Facilities (HIF) Ltd has expanded meal ordering services in collaboration with our Volunteer Team. A massive thank you goes to our HIF colleagues and the dedicated volunteers who have taken this in their stride and because of them we are able to deliver more meals than ever to staff across the Harrogate District Hospital site.

This has been a great success due to consistent and loyal underpinning support from volunteers who ring Teams every morning to take meal orders. This service enables staff to maintain wellbeing during their working days with fresh, hot and delicious meals. The volunteers who have provided their time and input during the trial period, launch and continuation of this expanded service has been invaluable. With their help, we look forward to the further development of this service.

In addition to telephone meal ordering, the Volunteer Team are also very excited about the HHCC Staff Store's temporary transformation into the Herriots 'Grab & Go' facility, which our volunteers provide an amazing service for. We are very aware that during the busy times of food service such as lunch time, a quick 'Grab & Go' option is really important, and this has proved a popular facility. Many thanks indeed to everyone involved in these temporary arrangements, which will last until the end of March when we look forward to our super new Herriots Restaurant opening! See the top left photo for the design plans for Herriots Restaurant.

## TikTok

HHCC have hit the world of TikTok! Scan the QR code to the right or search our username @Harrogatehospitalcharity to follow our page and explore our videos. We currently have an exciting prize draw competition to win a goodie bag worth £75, all you have to do is be signed up to our Newsletter and follow us on TikTok - tell your friends and family!

TikTok is a social media platform for creating, sharing and discovering short videos. It allows users to create videos and share them across a community. As a platform, TikTok has one Billion active users each month! Make sure you keep up to date with all of our new content and behind the scenes clips. Help support us raise awareness of HHCC through this new exciting platform. We wouldn't want you to miss this!





# HDFT's Takeover of Harrogate parkrun



As we approach the second anniversary of the first UK National Lockdown #teamHDFT would like to show our thanks to our local community for supporting the NHS through what has been an incredibly difficult two years.

We are delighted to share with you that #teamHDFT are taking over Harrogate parkrun on Saturday 19 March 2022.

Parkruns are free, weekly, 5km community events held all around the world. Harrogate parkrun starts on The Stray at 9am every Saturday.

We would love for you to join us on 19 March 2022 for Harrogate parkrun. Taking part in a parkrun would be a great challenge to get involved with as part of our Stepping up for HHCC - '2022 Led by You' - read more about this epic challenge and how to get involved below!



## Stepping up for HHCC - '2022 Led by You'

### Stepping up for HHCC, how are you leading the way?

2022 has brought with it the start of our fourth Stepping up for HHCC challenge, '2022 Led by You'. This new twist on the pre-existing challenge is taking place throughout the whole of 2022 with the availability to sign up at any point across the year. With a massive thank you to all the new and experienced 'Steppers', 2021 concluded with some amazing achievements!

Collectively we have:	Been part of 35 Teams	Travelled a total of 810,422.5 km which is the equivalent of going around the world 20.2 times	Worn 370 T-shirts
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Take on 22 challenges in 2022 and receive your bespoke Stepping up for HHCC medal on completion of your epic challenge!

What will you do for your 22 challenges? Why not: increase your daily steps, skip driving your car to work for 22 days (walk, cycle, take public transport), try 22 new recipes/bakes, climb a mountain – why not take on the Yorkshire Three Peaks?, take on 22 parkruns, try a new hobby for 22 days such as knitting, hiking or arts and crafts. Be as inventive as you like to tailor your own Stepping up for HHCC journey.

Sign up now for a donation of £20 -you will receive a bespoke medal upon completion, a Stepping up for HHCC T-Shirt (if you do not already have one), access to an exclusive virtual support group and tips on how to fundraise. Why not sign up with friends, family or colleagues to help with your motivation!

Scan the QR code to sign up



Sign up  
Now!

Sign up for HHCC's '22  
Led by You' challenge!

ACCEPT



£20



Scan the QR code or  
contact us:

- 01423 557408
- [hdfc.hhcc@nhs.net](mailto:hdfc.hhcc@nhs.net)

This is your challenge, your way. Can you  
make a difference?

Set yourself 22 challenges in 2022!

Increase your daily  
Steps

Try a new hobby for 22  
days

Try 22 new  
recipes/bakes

Take on the Yorkshire  
Three Peaks challenge

Cycle to work





# Have you got your copy on Focus on the GOOD yet? Why not order one today!

A heart wrenching read that explores stories, anecdotes and memories throughout Covid-19.

Our book shows how we all came together to support each other and those in the NHS in a time of need.



Scan the above QR code or contact us on 01423 557408 or [hdfh.hccc@nhs.net](mailto:hdfh.hccc@nhs.net) to get your copy!

**Hurry! Last few places remaining!**



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**26 JUNE, 2022  
 BRAMHAM PARK,  
 LEEDS**

**FREE PLACES  
 AVAILABLE WITH  
 A FUNDRAISING  
 TARGET!**

**TO SIGN UP -  
 CONTACT US TODAY  
[HDFH.HCCC@NHS.NET](mailto:HDFH.HCCC@NHS.NET)  
 01423 557408**





## Friends of Harrogate Hospital

After two years of restricted fundraising activity, the Friends of Harrogate Hospital have launched their first event for 2022. You can join them for 'Cream Tea with Gervase Phinn' in the sumptuous surroundings of the Old Swan Hotel, Harrogate, Thursday 7 April 2022 from 2.15pm.

Gervase is a former North Yorkshire Dales Schools Inspector. He is one of Yorkshire's most popular raconteurs, a best-selling author, radio and TV personality. This promises to be an afternoon for people to remember!



Tickets are available from the Harrogate Theatre Box office or online at [www.harrogatetheatre.co.uk](http://www.harrogatetheatre.co.uk) or scan the QR code to the right. Tickets are £20 each including a Cream Tea.



### **Mark Smith, an amazing Ambassador for organ transplants walked 850 miles to support Kidney Care and Friends of Harrogate Hospital.**

In December, Mark Smith, of Harrogate completed his latest and most gruelling fundraising event to date. Mark is a double transplant recipient who has worked hard to raise awareness about kidney disease locally and nationally as he believes it is very much misunderstood and unrecognised as one of the major causes of death. Mark is a keen walker and has completed various challenges, including Hadrian's Wall and has raised nearly £17,000 so far for charity through various walks and events.


Mark's latest challenge was slightly different to the others as it took place during a national lockdown, restricting his ability to walk in places he would normally visit. Taking inspiration from an American doctor who originated the idea, Mark walked 850 miles last year to represent the 850 million kidney patients worldwide. Mark was raising funds for Kidney Care UK and for the Friends of Harrogate Hospital.

Mark aimed to walk a minimum of 17 miles per week, though some weeks were more difficult due to the weather, lockdown or his own health, but Mark was determined to complete this challenge. Mark finished his walk at Harrogate District Hospital in December 2021 and was greeted by Councillor Trevor Chapman, Mayor of the Borough of Harrogate and the Mayoress, Mrs Janet Chapman.



Mark Smith returned to Harrogate District Hospital to present a cheque for £481.00 to Dr Albert Day and John Fox, of the Friends of Harrogate Hospital (pictured left).

Dr Albert Day, of The Friends of Harrogate Hospital said "Mark Smith is remarkable! He faces and overcomes challenges and he inspires others. The significance of the '850' mile walk is to highlight the 850 million people who have the burden of kidney disease and the necessity to find enough organ donors. Mark has walked through all weathers, on different terrains and even whilst recovering from Covid! He deserves our respect as well as our profound thanks"

 Photograph taken by Gerard Binks



## A Snapshot of our Fantastic Fundraisers

### #HHCCwarriors

We have #HHCCwarriors signed up to take on Total Warrior on 26 June 2022 to raise money for HHCC including #teamHDFT colleagues and Harrogate Hawks Rugby League. The monies raised during their muddy challenge will make a huge positive impact to their local NHS. We have a few remaining places available, get in touch with the Team to find out more and sign up!



✉ [hdfthhcc@nhs.net](mailto:hdfthhcc@nhs.net) ☎ 01423 557408

### Starling Independent Bar Cafe Kitchen



Starling Independent Bar Cafe Kitchen, Harrogate is hosting 'Dan's Questionable Quiz' on a Sunday evening in aid of HHCC. £1 entry per person - with all the proceeds donated to HHCC.

If you are looking for something to do on a Sunday evening, why not head down to Starling Independent Bar Cafe Kitchen with friends, family or colleagues and join in the fun!



To find out more about Starling Independent Bar Cafe Kitchen please scan the QR code to the left.

### Bettys Harlow Carr

We are delighted to share with you, our supporters, that this year the staff at Bettys Harlow Carr have chosen to raise money for the Special Care Baby Unit (SCBU) here at HDFT.

We are so grateful to Graeme and the Team at Bettys Harlow Carr for their phenomenal support and for the difference they are making.

Pictured right - a huge donation of cakes and goodies for staff from Bettys in 2021. On behalf of #teamHDFT we are so grateful to Bettys for their epic and continued support of their local NHS.



### Harrogate Charity Beer Festival

We are excited to be attending the Harrogate Charity Beer Festival on Friday 11 and Saturday 12 March 2022. The HHCC and Volunteer Team will be selling raffle tickets at the event to raise money for the Special Care Baby Unit (SCBU) here at HDFT.

We are so grateful to the organisers of the Harrogate Charity Beer Festival for supporting SCBU and for the difference they will make to patients and their families.







## Oakdale Golf Club

We are so pleased to announce we have been chosen as the Charity of the Year for Oakdale Golf Club, 2022 – 2023. Following their AGM, it was confirmed that HHCC have been selected as the charity of the year for the local golf club and all the fundraising they carry out throughout the year will raise funds for HHCC and make a huge difference to patients and service users receiving care in the Harrogate District from our #teamHDFT heroes.



Oakdale Golf Club is right in the heart of Harrogate and over 800 members play an active part in the club and the local community. Many of the members have used, or will use, the services of Harrogate District Hospital. John Dixon, the current Oakdale Golf Club Captain first approached HHCC during a personal experience with Harrogate District Hospital. He said: "My wife and I had a personal experience visiting my Mother In Law in 2020 and when you use it day after day for 6 weeks you really get to see how important their service is. With that in mind I'm delighted to support the work HHCC does to improve the experience of patients and visitors plus the fantastic staff who support us 24 hours a day when we really need their help. I'm hoping the members at Oakdale can make a worthwhile contribution to this fundraising over the coming year and wish everyone at HHCC continued success with their work."



We are so pleased Oakdale Golf Club have chosen HHCC to be their Charity of the Year. The HHCC and Volunteer Team cannot wait to find out what the Golf Club have planned for their different fundraising activities throughout the year. We know the members of the Golf Club are very excited to start fundraising and every penny they raise will make a huge difference to their local NHS. Money raised by Oakdale Golf Club will enable HHCC to go above and beyond the provision of the NHS to help improve treatment and facilities for departments and services within the Harrogate District.

If you would like to choose HHCC as your Charity of the Year and make a difference to patients, service users and their families, please do not hesitate to contact the HHCC and Volunteer Team today and find out more and how we can help you raise money for your local NHS and make a difference.

## 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. Find out more on the next two pages!

Please get in touch before starting your fundraising so we can support you and help get your ideas off the ground!

 [hdfthhcc@nhs.net](mailto:hdfthhcc@nhs.net)  01423 557408



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



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[@harrogatehospitalcharity](https://www.facebook.com/harrogatehospitalcharity)



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



[@harrogatehospitalcharity](https://www.tiktok.com/@harrogatehospitalcharity)



## Virtual Donation Page on the HHCC website

Are you planning a fundraiser? Remembering a loved one? Giving in celebration? Set up your very own Virtual Donation Page today through the HHCC website.

Create a fundraiser, a virtual funeral collection for a loved one to create a lasting legacy, a virtual celebration, or in memory of someone special page.

This is an easy and simple way to create your virtual donation page and make life changing differences in your local NHS. If you want someone to help, the Team are on hand to get you set up!



### Create your campaign your way

Set up your page today by scanning the QR code to the right.

## Request your HHCC Money Box

Our cardboard money boxes are ideal for home collections, staff areas and fundraisers - they are perfect for collecting change, with every penny making a positive impact for staff, service users, patients and their families across HDFT.

Why not set yourself a challenge and see how many boxes you can fill in 2022?

To request your money box please get in touch:

 [hdft.hhcc@nhs.net](mailto:hdft.hhcc@nhs.net)  01423 557408



## Ways to Make a Difference

There are a number of ways you can get involved and support your local NHS. Your donations, fundraisers and support help us provide the best experience for those that need to come through our doors, whether through our Hospitals or Community services.



- **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](mailto:hdft.hhcc@nhs.net)  01423 557408



## Ideas to Raise Money

**Give the gift of giving**



**Give in Lieu of Flowers**



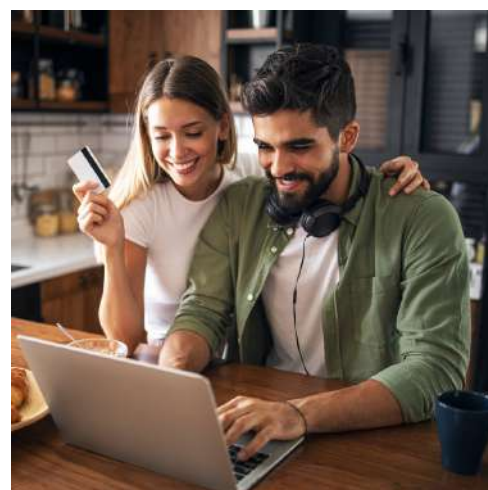
**Give in celebration**



**Spring cleaning?  
Why not sell  
unused items and  
donate the  
money?**



**Why not donate the cost of a  
weekly takeout coffee?**




### AmazonSmile

AmazonSmile is a great way to raise money for HHCC without any cost to you. When you shop with AmazonSmile, 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).



## 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

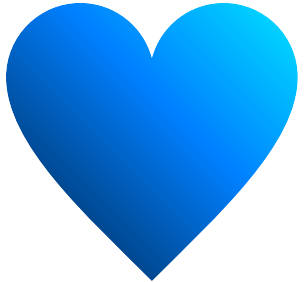
 Find us on Social Media - handles below

 [hdft.hhcc@nhs.net](mailto:hdft.hhcc@nhs.net)  01423 557408

**STAY  
CONNECTED**



#WithAllOurHearts



NHS Charities Together

For the NHS the pandemic is far from over, and NHS staff need our support now more than ever. That's why we're joining NHS Charities Together in adding a heart in our Social Media profiles, to show staff that we haven't forgotten them, and that we still care. Add a blue heart to your profile, or display one in your window to help spread the word and show NHS Staff that #WithAllOurHearts we're in this together.

Thanks to the wonderful support HHCC has received from NHS Charities Together we have been able to purchase equipment for staff areas across the Trust. This includes 35 Coffee Machines, 18 Smart Speakers and 5 Microwaves, with lots of staff room equipment on the way. We have also been able to fund two Pods for the gardens at Harrogate District Hospital to enhance the outside spaces for staff to enjoy their breaks outside all year round! This equipment makes the working day a little easier for colleagues at #teamHDFT and we are so grateful for this funding.



In addition we have been able to fund, 26 DVD Players and DVDs to wards with patients with dementia to make their stay at Hospital easier and more comforting.

Bye for now

Becca Robyn Dan Sarah Georgia Emma Yvonne Simon

Thank you