

Harrogate Hospital & Community Charity Newsletter - Issue VIII 2022

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



Me having fun in the foam at our
It's A Knockout event in 2019!

Hello all and welcome to issue VIII of our Harrogate Hospital & Community Charity (HHCC) Newsletter. In this exciting issue you will find the latest information about all of our upcoming events and hot off the press news, such as getting your Team together to take part in our Summer Extravaganza featuring It's A Knockout event and where to get your Summer Raffle tickets.

Before you dive into the pages ahead, I would like to take the opportunity to thank all of our new and existing supporters for taking the time to interact and contribute towards HHCC. Whether it is through monetary donations, attending our events, volunteering or sharing our posts on social media. You all make a massive difference. Your invaluable support enables HHCC to carry forward the vital work of raising funds for the benefit of patients, their families and members of staff through enhancing the environment and services provided across our Hospitals and the wider community at Harrogate and District NHS Foundation Trust (HDFT).

As the weather slowly warms up, we are already in full preparation to host our Summer Extravaganza featuring It's A Knockout, which is taking place Sunday 05 June 2022. This will be a fantastic day filled with fun, foam and fundraising along with plenty of nostalgia for those who remember this 70's craze. Each Team will enjoy a wide range of challenges as the Team from 'Graham Fisher's It's A Knockout' take you 'Around the World in 80 Days' on the inflatable obstacle course. This event is fun for the whole family whether you are taking part in It's A Knockout or spectating there is lots for you to do and see! We would be delighted if you could join us for this spectacular event – find out more inside about how to get involved this issue.

Without further ado, on behalf of all the HHCC and Volunteer Team, I hope that you enjoy reading all about our exciting plans ahead.

What's inside

- Our upcoming events and how you can get involved
- Volunteer update
- A snapshot of our fantastic supporters
- Plus much more!



Summer Extravaganza featuring It's A Knockout

We are delighted to invite you to our Summer Extravaganza featuring It's A Knockout, taking place on Sunday 05 June 2022 at Harrogate Railway Athletic F.C, 10:30am-6pm.

There will be entertainment for you to enjoy, with our main attraction of Teams taking on the It's A Knockout challenge, so why not come along and support your Knockout Heroes! Along with a range of games, shopping stalls, bouncy castle, face painting and a delicious BBQ, food and drinks will also be available from the Harrogate Railway Athletic F.C, including a licenced bar and scrumptious cakes!

Tickets are available for a donation of £2 for Adults and Children over the age of 5 and children under the age of 5 go free! All proceeds received will go towards making life changing differences to staff, patients and families here at #teamHDF. Your ticket gives you access to a fun-filled day ahead!

If you're a thrill seeker and are interested in having a Team of 10 to take part in 'Graham Fisher's It's A Knockout', please register today! There are limited places available; we wouldn't want you to miss out! All participants must be aged 16 or above. Registration to It's A Knockout also includes your entry to the Summer Extravaganza.

Scan to get your tickets for Summer Extravaganza



Scan the QR codes or contact the Team today to get involved!

 hdf.t.hhcc@nhs.net  01423 557408

Scan to sign up to It's A Knockout



FUN, FOAM & FUNDRAISING



We can't wait to see you all there for a fun filled day of foam and laughter!



Summer Raffle

Tickets are now available for HHCC's Summer Raffle! We have many amazing prizes on offer including:

- Afternoon Tea and Prosecco for four at Cedar Court
- Pickled Sprout Harrogate Meal Voucher
- Afternoon tea for two at the Secret Bakery, Harrogate
- 2 x Free Year Memberships at Coach Gyms, Harrogate
- 2 x Three Hours Court Time at Surge, Coach Gyms, Harrogate
- A years Supply of Yorkshire Tea! From Betty's & Taylors of Harrogate
- Slingsby Gin goodie bag, including one full size bottle of Slingsby Gin and more
- Sensual Pamper Pack from H2K
- Harrogate Hospital Radio - trip to the studio and 15 song live show picked by you!
- Plus many more!



To be in with a chance of winning one of these amazing prizes that have kindly been donated by local businesses, make sure you have bought your tickets today at just £1 per ticket.

The raffle will be drawn on 06 June 2022, please contact the Team or visit our website via the QR code to the right to purchase your tickets.



Farewell to Emma Parker



We have recently said farewell to Emma Parker, HHCC Employee Lifestyle and Volunteer Coordinator.

"I come from a rural farming background where I loved to be in the outdoors. I joined the Team in the middle of the pandemic in 2020 and I have loved working for HHCC as we make a real difference. I really enjoyed interacting with colleagues and the local community and across our wider footprint! I will very much miss the HHCC and Volunteer Team, Volunteers, #teamHDFT and you, our fantastic supporters".

I am sure you will join us in wishing Emma the very best of luck in her new venture.





Volunteer Update

Our Volunteers are an invaluable part of #teamHDFT and we are extremely lucky to work so closely with so many amazing and talented people. One of these is our Harrogate Hospital Radio (HHR) volunteer Kev Gambles who has recently appeared in Channel 4's hit TV series 'A Simpler Life'. Kev spent several weeks last summer living in an Amish style community at a farmstead in Devon which showcased 24 people immersing themselves in a simpler way of living with less choice and less stress. Kev found it an amazing experience, which he threw himself into, just as he does in his role as a presenter for HHR, of which he says "my weekly show is the highlight of my week, every week". As part of a group of five Volunteers from across the huge spread of roles here at #teamHDFT, this month Kev also took part in filming for a new volunteer recruitment video, we are making to showcase our volunteering programmes. Many thanks to all the fantastic volunteers that took part. We hope to release the video in the next couple of weeks - check out our Social Media Platforms for your chance to see our amazing Volunteers in action!

One of the most challenging, as well as rewarding roles our Volunteers undertake, is supporting patients who are sadly at the end of their life. Our Volunteers have recently moved to a new base on Jervaulx Ward. Our volunteers are available to visit patients on whichever ward they may be, from this base to provide this invaluable compassionate support to people at such a difficult time. Thank you to the Team for all that you do, and to the Palliative Care End of Life Volunteers and #teamHDFT for all your support.

Even though the weather has been "mixed" recently, it definitely is spring-time and our Volunteer Gardening Team has been busy planting! Those of you who visit the "Pod Garden" on the first floor at Harrogate District Hospital, will have noticed the lovely new planters that we have placed in this space - these are now rapidly filling with amazing plants which will be a riot of colour in the summer months. A big thank you to our Gardening Volunteers for their hard work with this.



NHS Charities Together

We are very grateful for the charitable support of very many individuals and organisations whose invaluable donations make a direct and positive impact upon our patients' experiences. One of these is NHS Charities Together who recently awarded HHCC a grant to enhance care and support for our patients with Dementia and their families. The grant will allow us to buy tablet devices together with peripherals and software that can host entertainment and other patient and carer support materials. Our Volunteers will also be trained to use the devices with patient relatives, carers and the patients themselves.





2022 Led By You!

Set yourself 22 challenges in 2022!

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

£20

- ✓ Have 22 less Takeaways
- ✓ Have 22 less sweet treats
- ✓ Go 22 days TV free
- ✓ Have 22 early rises

- ✓ Try a new hobby for 22 days
- ✓ Try 22 new recipes
- ✓ 22 days of donating
- ✓ Complete 22 hours of volunteering

Contact us today -

01423 557408

hdft.hhcc@nhs.net



YOUR SUPPORT

YOUR IMPACT

YOUR NHS



Summer Raffle

£1
Per ticket

Buy your
tickets online
by scanning
the QR code
or contact the
HHCC and
Volunteer
Team today

Top 3 Prizes!

Cedar Court, Harrogate, Afternoon Tea and Prosecco
for 4 worth £110.00

Pickled Sprout, Harrogate, Meal Voucher worth £100

Secret Bakery, Harrogate, Afternoon tea for 2

Plus many more amazing prizes!

Will be drawn on 06 June 2022

Every penny raised will make a huge
difference to your local NHS this summer.

hdft.hhcc@nhs.net 01423 557408





SUMMER EXTRAVAGANZA FEATURING IT'S A KNOCKOUT

FUN FOR ALL THE FAMILY!

£2 PER TICKET (OVER 5'S) UNDER 5'S GO FREE!

Sunday 5
June 2022

Harrogate Railway Athletic F.C.

HG2 7JA

What's on:



PLUS: Our main attraction, It's A Knockout! Support Teams competing to be crowned Knockout champions!

Axe Throwing | Licenced Bar
Bouncy Castle | Game Stalls
Face Painting | Ice Cream Van
Craft Tent | It's A Knockout
Market Stalls | Archery
Glitter Tattoos | BBQ
Sweet Treats | Go Karting





A Snapshot of our Supporters

Yorkshire Warrior for HHCC

Ian and Chris took on Yorkshire Warrior on Sunday 03 April 2022 in aid of HHCC. They have raised over £1,000 during their epic challenge which will help make life changing differences for patients and their families here at HDFT.

Ian described the challenge as the best and worst thing he has ever done and a brutal but very enjoyable and rewarding challenge. They both finished Yorkshire Warrior in 1 hour and 21 minutes, which is an incredible achievement! Ian joined a gym in October 2020 and since then has lost three stone on his fitness journey, which he wanted to commemorate with a fitness challenge; taking on the Yorkshire Warrior certainly achieved this!



Yorkshire Warrior for Woodlands Ward

Jack Selkirk has raised over £300 for the Woodlands Ward by tackling the Yorkshire Warrior's 20km obstacle course. Having previously worked at Harrogate District Hospital, Jack wanted to give something back to the amazing work carried out by the staff on Woodlands Ward. The money Jack has raised will greatly benefit the patients, family and staff of those on Woodlands Ward.

John Storey Reaches £1,000 Goal

The acoustic folk singer/songwriter John Storey has excitedly announced that he has reached his goal of £1,000 through the sales of his sixth studio Album 'Landscapes'. Being a Harrogate based performer, John has interlinked his passion of music with his generous nature. All proceeds from this original album go towards children receiving care on Woodlands Ward at Harrogate District Hospital. Songs featured on this CD include the ever popular "Ewan MacColl and Me" which you can purchase by following the QR code to the right. John has stated that he won't be stopping any time soon as more milestones are yet to be reached.



Easter Goodies



We are so grateful to all the incredible local businesses and groups who have supported us with Easter treats and goodies. These have supported Children and Young People who access services in our Children's Development Centre, Woodlands Ward and Children's Outpatients. A huge thank you to local businesses for donating Easter goodies including: ilke Homes, Ison Harrison Solicitors and TLP Consulting Limited. We would also like to thank the Bikers at Route 59 Café for organising the Easter egg run on 03 April 2022 (pictured).



Remembering loved ones

Econ Engineering raising money for ICU in memory of Andrew Lupton

Following the sudden death of Andrew Lupton, the much loved Sales Director of Econ Engineering who sadly passed away on 09 January 2022. The Ripon based engineering company have come together with an incredible amount of generosity. Through the kindness of Andrew's colleagues, family and friends, Econ Engineering have raised vital funds for equipment to be gratefully donated to the ICU Department at Harrogate District Hospital.

In memory of Dr Hugh Larkin

Dr Hugh Larkin, was a well established Consultant in the Cardiology Department at HDFT. He was a well loved member of #teamHDFT, we would like to pass on our deepest condolences to his family and friends and to thank them for thinking of us at this difficult time.

The money raised in memory of Dr Hugh Larkin will help fund specialist equipment, training and services; going above and beyond the provision of the NHS to help enhance treatment and facilities in the Cardiology Department for the benefit of all staff, service users and patients accessing the Department.



If you would like to donate in memory of Dr Hugh Larkin please scan the QR code to the right. Every penny donated will make a huge positive impact, thank you for your kind generosity as Dr Hugh Larkin's legacy will live on as a beloved member of #teamHDFT.

In memory of Corrina

Corrina was a wonderful member of the #teamHDFT 0-19 Team and will be missed so much by all the Team in Stockton. Corrina had an infectious passion for life and was the kindest, most gracious, and humble colleague and friend. The Team in Stockton plan to raise money in memory of Corrina through HHCC. The donations raised will be used to give something, which will jointly be decided upon with her family, in Corrina's memory to the families in Stockton that she cared so passionately about. If you would like to donate in memory of Corrina, please scan the QR code to the right.



If you are looking to raise money for your local NHS, whether it is in memory of a loved one or taking on a challenge such as the Yorkshire Three Peaks the HHCC and Volunteer Team are here to help, see the next three pages on how you can support your local NHS. Please get in touch with the Team so we can support you and your fundraising journey:

 hdft.hhcc@nhs.net  01423 557408





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 put one in your staff room, community site or office to see how much you can raise!

To request your money box please get in touch:

 hdfc.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**



 hdfc.hhcc@nhs.net  01423 557408



Supporting your local NHS on your special day:



What better way to start your married life together than by helping to make life changing differences to patients and their families across HDFT.

How about setting up a Virtual Donation Page on the HHCC website to ask for donations for HHCC instead of traditional gifts. You can include information in your invitation, with a simple note: "instead of gifts, we would love for you to support our chosen charity, please donate what you can to HHCC." Or you can donate money to HHCC instead of giving wedding favours.

Give the gift that truly changes lives!



Remembering someone:

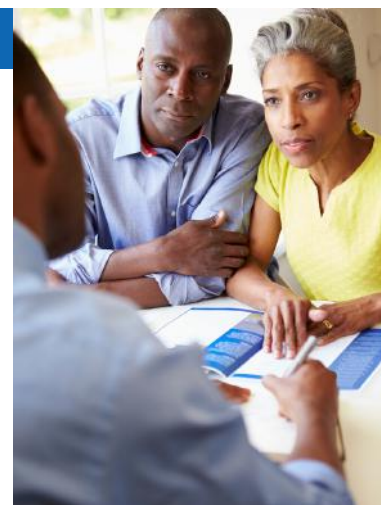
We know that when you lose someone you love, you want to cherish the memories you have and celebrate their life in the best possible way. A gift in memory to a charity can be an important way to remember the life of a loved one.

Remembering a loved one through donations to HHCC is a special and poignant tribute allowing you to mark the life of your loved one while making a positive difference to others.

Leave a gift in your Will:

Making a Will lets you decide what happens to your money, possessions and property after your death. You may want to leave a gift to both the people and causes that are important to you. By taking the time to remember HHCC in your Will, you can help us to improve the lives of patients and their families for many years to come.

Any gift in a Will, no matter how big or small, will make a huge difference and improve the lives of patients and their families cared for by your local NHS. No matter what you give, you will be helping us to go above and beyond for our patients.



Please contact the HHCC and Volunteer Team to request a HHCC Legacy Brochure or scan the QR code to the right:



 hdfh.hhcc@nhs.net  01423 557408



www.hhcc.co.uk



[@harrogatehcc](https://twitter.com/harrogatehcc)



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



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



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



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



Fun ideas to raise money to support your local NHS

Sponsored Bake Off



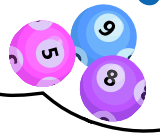
Sponsored Dog Contest



Hold a Fashion Show



Have a Bingo Night



Cinema Screening



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).

Thanks to our supporters using AmazonSmile, we have received an incredible **£211.83**



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  01423 557408





A Snapshot of our 2022 so far...



Bye for now

Becca Dan Georgia Robyn Sarah Simon Yvonne

Thank you