

# Harrogate Hospital & Community Charity Newsletter - Issue XV 2023

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Hello and welcome back to all our readers and supporters. I am pleased to share with you all the exciting challenges and events coming up in the later months of 2023. This issue is bursting with information about how your support really does make a difference to your local NHS. Without your support we are unable to continue with the positive impact that we provide for our service users, their families and our workforce.

*Yvonne Campbell, Head of Charity and Business Development Project Manager*

## 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](mailto:hdft.hhcc@nhs.net)

 01423 557408

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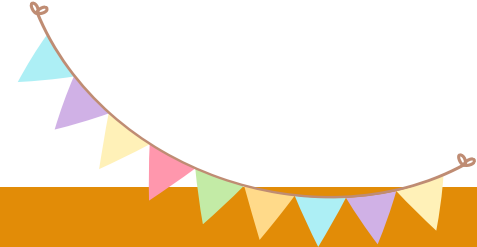
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## A farewell from Sammy Lambert

Over the last six years I have worked closely with the Harrogate Hospital & Community Charity (HHCC) and Volunteer Team. It has been my absolute pleasure to lead this team for the last four years. The dedication and commitment each of the team give to their roles is incredible. I will be taking up a new role within Harrogate Integrated Facilities Ltd (HIF) from Monday 31 July 2023 and as such the HHCC and Volunteer Team will no longer be led by myself.



I am incredibly honoured and privileged to have worked alongside these remarkable individuals. They will continue to work together and take these services from strength to strength. I want to thank you, our supporters, for all your engagement and support over the years. You have been incredible and I will never forget the generosity of the public and local businesses who help to add extra sparkle to all that we do. I would also like to extend a special thank you to all the volunteers who give their time to help and support us regularly.



What I will miss the most, is the sense of teamwork and finding innovative means to generate income and awareness, then seeing these translate into wonderful provisions for our service users and staff. I will never forget the incredible six years I have had with the team and especially the last four years, where it has been my privilege to lead this team.



I will not be able to say goodbye to you all individually before I leave, however I am sure I will still see you around Harrogate and District NHS Foundation Trust (HDFT). I am super excited to be taking on the National Three Peaks for HHCC too in October 2023! So for one last time, keep adding the sparkle, my sincere thanks and love to you all.



*thank you*

### A message from the HHCC and Volunteer Team

Sammy's wealth of experience and knowledge, as well as her determination to make a difference, is something that has inspired her colleagues past and present. She has always gone above and beyond in everything she does and always brings that extra bit of sparkle to the team.

Sammy will be missed by all of her colleagues and we are sure our supporters will join the HHCC and Volunteer Team in wishing her all the best in her new journey within #teamHDFT.



# The Harrogate Proms



On Saturday 24 June 2023, HHCC collaborated with the wonderful performers of Harrogate Symphony Orchestra (HSO) and Harrogate Choral Society (HCS) to debut the long awaited The Harrogate Proms, in association with Equinox Financial Planning. The evening started with a flurry of ticket holders coming through the doors of the Harrogate Convention Centre where they were greeted by our HHCC Team and fantastic volunteers. With a VIP reception supplied with drinks from Priory Vodka for our phenomenal sponsors and guests, all were provided with a VIP goody

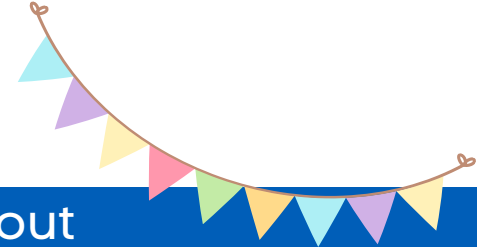
bag and a limited edition programme packed with information accompanied by Union Jack flags and kazoos.

The performance kicked off with the iconic Medieval Latin Goliardic poem of Orff's O Fortuna. As the first half progressed, the audience were guided through the pieces by the informative words of the evening's compere, Liz Green from BBC Radio Leeds. The passionate conductors, Bryan Western from HSO and David Lawrence from HCS, led the auditorium through the Proms favourites of Verdi's Va, Pensiero and Shostakovich's Festive Overture. The audience were treated by the first soprano solo of the evening from Sarah Fox, who played the role of the merry widow throughout Lehar's Vilja Lied. The first half closed with the glorious Grand March from Verdi.

Once Bryan and David had donned their matching Union Jack waistcoats, the second half rejoiced with Handel's Zadok the Priest. Liz shared the impact created by donations towards HHCC, along with insightful history behind the pieces to come. The audience welcomed Sarah for her second performance of the evening, who sang the German words of Lehar's Giuditta. It was then time for audience participation with a sea of flags accompanied by a kazoo chorus of Land of Hope and Glory, followed by Elgar's Pomp and Circumstance No.1. The penultimate piece of Wood and Arne's Fantasia on British Sea Songs called for more patriotic flag waving throughout Rule, Britannia! After thanks were expressed by Matt Graham, Director of Strategy for HDFT, the audience were on their feet for the final act of the show, Parry's Jerusalem.



On behalf of the whole HHCC and Volunteer Team, we are honoured to express our appreciation to all who helped to make this evening a remarkable success. To all across HSO, HCS including Sarah Fox and Fran Hannan, to Liz Green, the volunteers on the night, the staff at Harrogate Convention Centre, ticket holders and the charitable sponsors Equinox Financial Planning, Queen Ethelburga's College and Breathe, we thank you! Your incredible support has contributed greatly towards creating a lasting legacy across #teamHDFT for many years to come.



## Summer Extravaganza featuring It's A Knockout

Thank you to everyone who attended our Summer Extravaganza featuring It's A Knockout, held on Sunday 4 June 2023 at Harrogate Railway Athletic F.C. Thank you for making our event so special, we hope you all enjoyed it as much as we did.



We are delighted to have had over 600 people through the gate and have received some phenomenal feedback from visitors who thoroughly enjoyed their time at our Extravaganza, browsing our range of stalls and entertainment and taking on the It's A Knockout challenge!

A huge well done to all teams that took part in the It's A Knockout challenge with a special mention to Verity Frearson and The Macmillan Movers who came first in their waves!



We are currently planning for 2024 and are excited to announce that our Summer Extravaganza featuring It's A Knockout will take place on Sunday 30 June 2024, at Harrogate Railway Athletic F.C.! Keep your eyes peeled for more information coming soon...



## HHCC Lottery

The HHCC Lottery is an easy and effective way to help invest in your local community! HHCC are unable to make life changing differences without our supporters, so why not play the HHCC Lottery and help make a difference whilst you play?

By playing, you will make a huge impact and leave a lasting legacy in the support provided and received in our hospitals and wider community.

Each ticket sale will create a donation to HHCC to fund invaluable resources for colleagues, patients and visitors.

Monthly draws will take place on the 28th day of each month!



Could you be this month's winner? Scan here to find out!





## Harrogate Railway Athletic F.C. 24 Hour Stepathon

The 24 Hour Stepathon took place on Friday 30 June 2023 – Saturday 1 July 2023 at Harrogate Railway Athletic F.C. This epic challenge saw groups and individuals collectively covering the most distance by completing laps of the pitch at Station View.

There was a fantastic turnout with the team managing to complete 3,228 laps which is absolutely incredible! This impressive challenge saw the Soccer Kidz, First Team, Reserves and many others take part!

We are so thankful to everyone who took part and came to support participants. A huge thank you to J.E Audsley Butchers, The Secret Bakery and Pizza Social, who donated bread, sausages and pizzas to keep the participants fuelled. These were very gratefully received by all!

Thank you to Harrogate Railway Athletic F.C. for all of their continued support. Keep a look out for 2024's date and be sure to get involved!



## National Three Peaks

Here at HHCC, we are delighted to be supporting those taking on the National Three Peaks from Monday 2 to Wednesday 4 October 2023. Participants will take on the endurance of a 23 mile trek to the summit of Ben Nevis, Snowdon and Scafell Pike with the drive time between mountains to rest and recover, in under 24-hours. All who take part are receiving travel, a night's accommodation, continental breakfast, 24-hour support from highly experienced mountain leaders and fundraising support from the HHCC Team.

We are honoured to be supporting those currently training and fundraising in preparation for their challenge. By regularly promoting their Virtual Donation Pages and sharing useful information on the designated Facebook group. We love interacting with those who have signed up to this challenge and celebrating their progress.

This once in a lifetime opportunity is still open with limited spaces available. Not only will this have a positive impact on your mental health and wellbeing, you will also be raising vital funds which will greatly benefit patients, service users, their families and staff across the vast footprint of #teamHDFT. By joining us on this phenomenal challenge, your invaluable support will be helping to go above and beyond the provision of the NHS by funding specialist equipment, training and services.

To those who are interested, make sure to sign up soon to avoid missing out! Scan the QR code (right) to see further details on our website.

**SCAN ME**





# Volunteer Update

We have been busy celebrating our fabulous volunteers during the month of June 2023.

From Thursday 1 – Wednesday 7 June 2023 we celebrated National Volunteer Week. We held a question and answer forum for all our volunteers to get involved in, to bring new ideas and feedback to help support us, to make #teamHDFT the best place to volunteer. Throughout the week we shared videos and testimonials from staff to thank volunteers across all of our Social Media Platforms. In addition, we had a number of videos and testimonials from our volunteers, sharing their volunteer journeys. We thank our volunteers every day but this week highlighted how special, each and every volunteer is, to #teamHDFT.





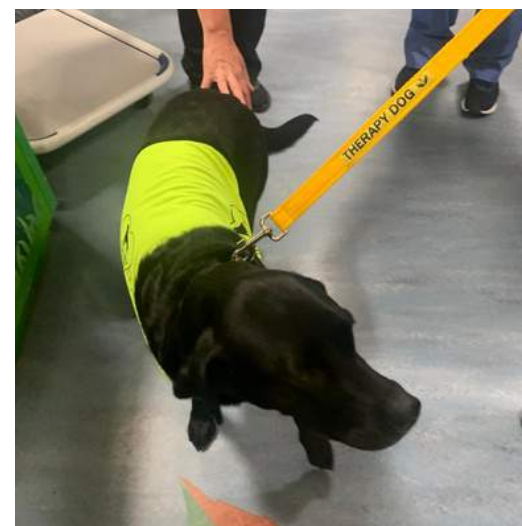

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 The Volunteers on Granby support us greatly with assisting at meal times to deliver meals to patient bed sides and also to help feed if deemed a safe/suitable patient.

We held our Volunteer Thank You Event on Tuesday 13 June 2023 at the Tipi on the Stray, at Cedar Court Hotel, Harrogate. Volunteers joined the HHCC and Volunteer Team and members of the Executive Team at #teamHDFT including Chair, Sarah Armstrong and Director of Strategy, Matt Graham, who both addressed the volunteers in attendance, to thank them all for the positive difference they make.

Our volunteers enjoyed delicious cakes and sunshine whilst having the opportunity to meet other volunteers who support in a variety of services, wards and departments across #teamHDFT. Our Volunteer Thank You Events provide a wonderful opportunity to thank our amazing volunteers in person and showcase the incredible impact they have at #teamHDFT.



**Thank you!**



We have also recently welcomed volunteer Chrissy and Scrumpy, who are volunteering on Woodlands Ward. As you can see, some of our volunteers are four legged – Scrumpy, along with Pippa are therapy dogs that help to provide comfort, distraction, and stimulation to patients, their families and staff.



## Happy 75th Birthday to the NHS!



On Wednesday 5 July 2023, #teamHDFT rejoiced 75 years of the National Health Service (NHS) which was founded on 5 July 1948.

This was a day to celebrate all staff and volunteers, past and present, who have been part of the journey over the past 75 years.

To celebrate, HDFT have created a video featuring many of our colleagues at #teamHDFT, who give their views on their roles and thoughts about the NHS.

Scan the QR code (below) to watch!



One of our valuable volunteers, Mary (pictured right), had the pleasure of attending the 75th Birthday celebrations at Westminster Abbey. Mary said that it was a wonderful service attended by both medical and non-medical personnel.

## East Parade Surgery - NHS Big Tea Party

The fantastic team at East Parade Surgery set up a JustGiving Page in aid of HHCC, to celebrate the NHS 75th birthday and annual NHS Big Tea.

We are incredibly lucky to have their support in coming together and donating their contributions to their local NHS Trust. We are sending over a massive thank you to our East Parade Surgery colleagues and all others who joined their tea party!



There is still time to donate!



A quote from Emma at the surgery "The whole day was an absolute success. Lots of staff baked cakes, we played a 'guess how many tea bags are in a jar' and had a raffle with items kindly donated by local businesses. It was really nice for the whole team to have a cuppa and a slice of cake together."

## Commercial Street Day

The Commercial Street June Jamboree took place on Saturday 17 June 2023, 2pm – 4pm. Local businesses along Commercial Street took place in this fun-filled fantastic afternoon to raise funds for HHCC to enable a children's entertainer to be booked for Christmas Day on Woodlands Ward.

The afternoon consisted of a tombola, raffle, face painting, karaoke and a BBQ. There was a fantastic turnout, in spite of the weather! Commercial Street is filled with local independent businesses with an amazing selection of shops and is well worth a visit if you are in the area.

Thank you to all of the local businesses, who took part to make this an incredible afternoon and for raising funds for HHCC.





## National Healthcare Estates & Facilities Day

On Wednesday 21 June 2023, HIF held a successful Healthcare Estates & Facilities Celebration Day for the recognition of the amazing service all of their staff have provided over the years.

As part of the celebration, a raffle took place with some amazing prizes donated by our incredible suppliers alongside treats and HIF novelties for HIF staff.

A total of £166.09 was raised from the raffle and donated to HHCC. Congratulations to all the winners and the HIF Team for providing such a great day!



## Knarborough Bed Race fundraisers

HHCC were delighted to have two teams taking on the Knarborough Bed Race on Saturday 10 June 2023!

### Harrogate Symphony Orchestra

Harrogate Symphony Orchestra (HSO) participated in the Knarborough Bed Race in aid of HHCC in 2022. We were honoured to watch them undertake this challenge again in 2023 as part of their continuous fundraising for HHCC.

The HSO Team embraced the entertainment theme whilst promoting The Harrogate Proms. Their float featured 'Bed Race Bryan', a creative likeness of the HSO conductor Bryan Western.



### The Aspin Avengers

The second team was a local group named 'Aspin Avengers' who took on the challenge in aid of the Sir Robert Ogden Macmillan Centre (SROMC). This enthusiastic team donned the jumpsuits and paranormal proton packs of qualified Ghostbusters!

Thank you from all of us here within the HHCC Team and congratulations to Aspin Avengers for raising over £400.00!



## Yvonne Campbell - Great North Run

HHCC's very own Yvonne Campbell is undertaking the fantastic challenge of the Great North Run on Sunday 10 September 2023 in aid of HHCC. Yvonne aims to beat her 2 hour 2 minute time from 2021 whilst raising money to help support our NHS heroes, service users and their families.

Yvonne has quoted, "Every penny you can support me with can help make an incredible difference for those accessing and delivering services to the local population of HDFT." We would be most grateful if those who are able to, can contribute towards Yvonne's fundraising target of £350.00. To find out more, scan the QR code (right) to see Yvonne's Virtual Donation Page.







# Baker Tilly Tough Mudder Challenge

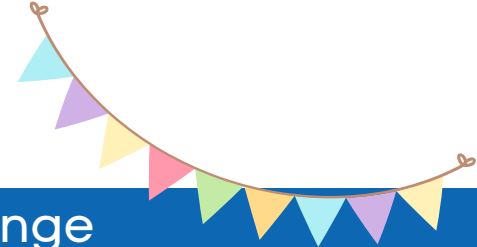
An amazing team of seven individuals from Baker Tilly undertook the Tough Mudder challenge on Saturday 24 June 2023, in aid of the Special Care Baby Unit (SCBU) here at Harrogate District Hospital. This inspirational team, led by their captain Mike Hollifield have collectively raised over £3,500 so far. The funds from this challenge go towards specialist equipment, training and services going above and beyond the provision of the NHS to help enhance treatment, facilities and the environment for those accessing care provided by the SCBU.



On Mike's JustGiving Page, he shared his story - "In May 2021 I became a dad to two identical boys. As multiple births go, it wasn't straightforward and we ended up spending two weeks in the SCBU, whilst the amazing doctors and nurses provided the specialist care and support the boys needed. I would like to raise some money so they can continue to provide excellent care and support to other parents and newborns."

Thank you and a massive well done to Mike Hollifield, Jason Belcher, Kieran Garry, Alex Hollifield, Jack Holbrook, Royston Holmes and Karol Pietrzak for completing this amazing challenge for such a charitable cause!  
Scan the QR code (right) to donate!





## Shadan Noori's Yorkshire Three Peaks Challenge

Shadan undertook the incredible challenge of the Yorkshire Three Peaks twice in one day on Saturday 24 June 2023. Six mountains, 48 miles, 10400ft climb, all whilst raising money for HHCC! This was not Shadan's first trek across these peaks, he quoted "The aim, once again, is to really push the limit and step out of the comfort zone and see how far I can take it!"

Supported by an amazing team throughout the day, Shadan has raised over £600.00. Thank you and congratulations to Shadan for the lasting legacy he is creating for many years to come.



## Anthony Henson - Active Against Cancer

Over a year ago, Anthony was admitted to the Intensive Care Unit (ICU) and diagnosed with incurable pancreatic and liver cancer. He had an operation at the end of 2022 to help extend his life, which was a success. However, he has recently started eight months of radiation therapy, this involves being injected with radiation then spending 24 hours in a lead lined room followed by two weeks of isolation, which is being repeated every two months between May and the end of the year.

Anthony is aiming to raise £10,000.00 to help support Active Against Cancer (AAC). Over these eight months, during isolation for eight weeks he is undertaking the Pennine Way virtually in his garden, 268 miles (431KM), as well as visiting spots along the way with friends and family when not isolating. You can support Anthony in reaching his goal, by scanning the QR code (below) and visiting his Virtual Donation Page today.

We wish Anthony all the very best with his phenomenal challenge and ongoing treatment.

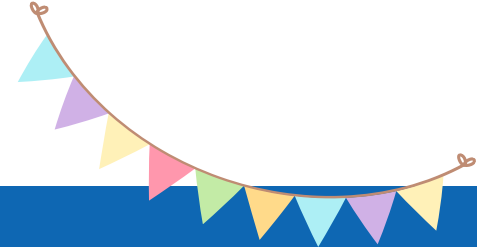


## Di Hayward's Walk for HHCC

Less than a year after undergoing open heart surgery, Knaresborough Golf Club's Ladies' Captain, Di Hayward, led the way to the peak of the Simon's Seat rocky outcrop. The monument overlooks the sweeping hills of the Yorkshire Dales, a climb Di was determined to accomplish in aid of HHCC, as Knaresborough Golf Club's chosen Captains Charity.

There is still time to support Di in raising vital funds. Scan the QR code (right) to support her!





## Fundraising ideas

Your support with fundraising is vital to continue our mission. Below are just a few ideas of how you can get involved. The HHCC and Volunteer Team will support your fundraising with ongoing Social Media support, the creation of a virtual donation page and much more! We would love to hear your ideas. Get in touch today at [hdft.hhcc@nhs.net](mailto:hdft.hhcc@nhs.net) or 01423 557408.



- Skills Auction:** Local trades donate time and skills
- Car boot sale**
- Bake Sale**
- Scavenger hunt**
- Cinema Screening**

## HHCC's Outdoor Pop up Christmas Market

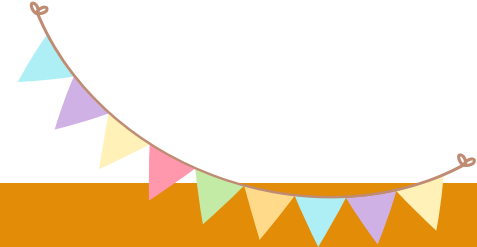


**26**  
NOVEMBER  
2023

**10am**  
-  
**3pm**

**OUTDOOR  
POP UP  
Christmas  
MARKET**

**HARROGATE RAILWAY ATHLETIC F.C. HG2 7JA**



## Tewitt Well Bowling



A huge thank you to Jo at Tewitt Well Bowling Club alongside Sylvie and Lyndsay, friends of Active Against Cancer (AAC), who organised a free bowling session for supporters on Wednesday 14 June 2023.

The evening was greatly enjoyed by all and was a fantastic way to raise awareness for an amazing cause. AAC provide unique free health and wellbeing services for people living with cancer in Harrogate. They provide bespoke, individualised activity programmes, free to all cancer patients, no matter their diagnosis or current fitness level.

## NHS Hands - Pin Badges now available

HHCC have kindly been donated a limited number of TMB NHS Thank You Pins to share with our supporters.

This year, the pins are being used to commemorate and celebrate the 75th Anniversary of the NHS as a way to say "thank you" to all NHS staff. Scan the QR code (right) to purchase your pin badge.



**Suggested Donation: £10.00**

## HHCC Strategy 2023

HHCC are delighted to be able to share our Strategy for 2023 and beyond. Our new strategy recognises the changes and pressures we have faced over the last few years and sets a future direction of HHCC to help improve our fundraising and charitable efforts and how we can support our community.

You can read the HHCC Strategy by scanning the QR code (right).



## Your impact

Your donation could fund an

**Activity Pack**

for children receiving treatment

**£5**

Your donation could fund an

**Entertainment Pack**

for patients to enjoy whilst receiving care

**£10**

Your donation could fund a

**Dementia Memory Box**

to enhance familiarity and comfort

**£50**



**SCAN ME TO DONATE**

Registered Charity Number: 1050008

Bye for now

Amelia Becca Dan Donna Georgia Robyn Sarah Yvonne

