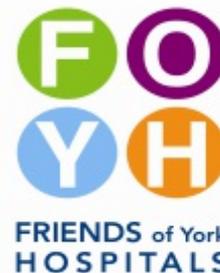


Friends News

The newsletter for our volunteers and supporters

Spring 2014



Fundraising moves on



In December, after ten years of organising and staffing the Friends' monthly Craft Stall at York Hospital reception, Daphne Hancox and Pamela Morton decided it was time to step back. Daphne and Pamela's Craft Stall required a lot of creative effort but their hard work was certainly rewarded. Their final stall was a record-breaker, raising £144. Together with the 6 neighbourhood Coffee Mornings they organised, the stall raised nearly £10,000 over 10 years, a fantastic achievement.

Now a plan has emerged for the Friends to continue to run stalls at Main Reception but less often. The Craft Stall reappeared as an **Easter Stall** on Wednesday April 2nd, organised by new Trustee Lorraine Earnshaw. Lorraine and Jenny Hildyard are also currently looking at the best way to re-establish corridor collections, along with other fundraising initiatives.

Daphne and Pam plan to keep in touch and attend future Friends events, but their humour, enthusiasm and drive as organisers will certainly be missed by all. The good news is that the baton has been passed on. Fundraising is vital for spreading local awareness about our work as well as for raising money to meet equipment and facilities requests from the NHS Trust.

Thanks for all your contributions! Please continue to support our stall!

Supporting the Friends without Volunteering

Some people want to support us but are not able to be an active volunteer. Did you know that they can still join us? The current annual subscription rate is £15 (£25 for a joint subscription). These Members get notified of FOYH events, meetings and activities and receive our newsletter to keep them in touch with what we are doing. Their support is a great help.

If you know a non-volunteer who wants to support us please ask them to contact Andy in the Volunteer and Fundraising Office for a membership application form. There are also Life Membership options and information about Gift Aid and making a one-off donation.

Alternatively, a very user-friendly way of making a one-off donation to the Friends is to use our JustGiving web page:

<http://www.justgiving.com/friendsofyorkhospitals/>



Volunteer Training News

25 Friends volunteers attended the series of Dementia training sessions led by Dementia Forward and York Hospital's specialist dementia nurse from Ward 37, Liz Sweeting. The sessions were both informative and thought-provoking. The numbers of people with dementia are set to rise dramatically over the next 2 decades. Many will not fit the dementia stereotype of total helplessness and inability to interact. Rather their experience will be about living with significant memory gaps, presenting an integration challenge for everyone working in health.

7 volunteers from the outpatients' Cancer Care Clinic attended training on the work of the clinic and the impact of chemotherapy on the patients' lives, given by specialist Oncology nurse Shirley Child. Life-changing health conditions are the norm in this clinic. Shirley spoke of the important contribution our volunteers make to the positive atmosphere that has been created there, which everyone is keen to preserve and take forward.

Speech and language training for Reading Service volunteers, and Fire Safety training, particularly relevant for Guides, Newspapers and Library Service volunteers, will be the next volunteer training sessions to be organised.

Friends-funded Art Therapy to continue



Friends of York Hospitals have decided to continue to fund Anne Hutchinson, the part-time art therapist who has been working with patients recovering from major operations on Wards 16 and 33, for a further year. *This 'imaginary historic city' was created by patients and staff on Ward 16. Contributors had streets and buildings named after them.* Ann's work, which has recently included colourful wire faces and beautiful Christmas collages, is full of opportunities for patient participation.

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Website Revamped

The Friends of York Hospitals website has had an update. We are now able to post news stories online as they happen. So if you would like to read the *York Press* photo report on the opening of the state-of-the-art disabled toilet we funded, if you would like to see a longer piece on Daphne and Pamela's contribution to our charity, or if you would like a link to the best 6 photos from our 60th anniversary celebrations at Bishopthorpe Palace, why not check out the News and Events page on

<http://www.foyh.org.uk/>

Friends' News in Brief...

...The Friends' Courtyard Garden is still under construction. It now features artwork by students from St John's University...A big thank-you to Dorothy Pearson for agreeing to become the new Team Leader of the Endoscopy Clinic volunteers...16 volunteers attended the NHS Trust Staff Christmas Dinner in the Mallard restaurant. We were invited by the Trust volunteer manager and sat alongside the Trust volunteers...FOYH currently has around 120 volunteers on the books (including our Trustees)...Thanks to Thomas, George, Alex and Michael from St Thomas's Boston Spa who gave such splendid help at our Christmas fundraising events...

...New volunteers have recently started at both the elderly rehabilitation hospitals – our links with White Cross Court (Haxby Road) and St Helen's (Dringhouses) go on...Welcome also to the group of Nursing degree students from York University who have started volunteering with us in a variety of roles...The Reading Service are currently considering a name change and moving onto the Acute Stroke Ward as well as the Stroke Rehabilitation Ward. They now have volunteers attending on every weekday morning...

Stop Press: Andy White and Liz Bartrum have thrown caution to the winds and entered the York 10k to raise money for the Friends! To sponsor them visit <http://www.justgiving.com/FOYH-York10k-2014> or contact the office.....

Do you have any thoughts about the type of fundraising event the Friends should consider putting on?

Or any suggestions on how we should mark the end of 2014 together when Christmas celebration time comes round again?

If you do please pass them on to

Andy White in the Volunteer and Fundraising Office,

York Hospital, Wigginton Road, York YO31 8AE,

or call 01904 726762

or email: andrew.white@york.nhs.uk



Great Expectations...Volunteers and Trustees chat before the raffle at the Coffee Morning on February 19th

New Trustees of Friends of York Hospitals



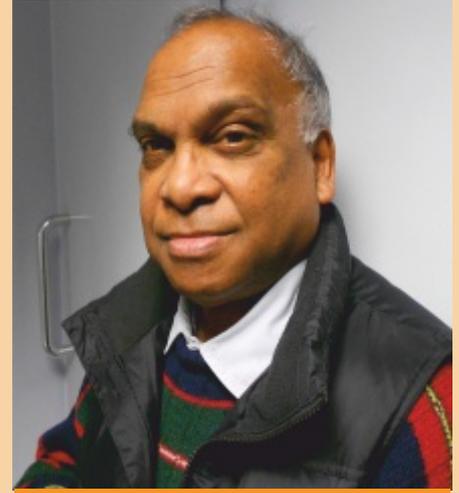
Lorraine Earnshaw

As soon as she joined the Committee Lorraine rolled her sleeves up and agreed to take on responsibility for Fundraising Development. She returned to Yorkshire after living for many years in the North West of England, and now works at St John's Catholic School for the Deaf, Boston Spa. Some of her students have already lent us their support.



Liam Phelan

Liam is a recently-retired former senior manager at Smith and Nephew pharmaceuticals. His current focus is on raising our public profile but the friendly Ulsterman has a lot of strategic know-how to offer across the board.



Hussein Syed

Born and bred in the Caribbean, but based mainly in London since his university days, Hussein married a Yorkshirewoman who has now taken him home to York. He has a lot of experience of running a successful hospital Friends organisation – he has been the Chair of the Friends of St Marys Paddington, London, for several years.

Dates for your Diary!

May
Thurs 22nd

**Thurs 22nd May
FOYH Annual General
Meeting with Buffet Supper
to follow**

Includes a special vote on our new constitution. Beechwood Hotel, Clifton, 5.45pm onwards

June
Thurs 5th

**Thurs 5th June
Coffee Morning for
FOYH Volunteers
and Supporters to
mark National
Volunteer Week**

PostGraduate
Common Room,
10.30am-12.30pm

July
Sun 20th

**Sun 20th July
Friends Stall
at Rowntree
Park Birthday
Party Fete**

1pm - 4pm

December
Fri 5th

**Fri 5th December
Fundraising Sale
and Cafe**

St. Crux Hall
(The Shambles/
Pavement)