

Christmas 2021 Newsletter



A Christmas message from our Chairman, Hussein Syed

I would like to thank you for your patience in remaining loyal volunteers during this trying period. Just when we thought it was safe to come out of the water another Covid variant appears. Patience, loyalty and guarding one's health are the watchwords.

Unfortunately, Julia Brown, the volunteer co-ordinator has left us after a month, so we are left looking for a replacement. In the meantime, the trustees will continue to manage the process but we need to find a replacement as soon as possible.

We will be celebrating our 70th birthday in 2023 and we are beginning the planning for this landmark. If any of you have any suggestions as to what event(s) we should have please let us know and also if you would like to help in bringing it to fruition. You can have your own fundraising events with the key theme being "70".

On behalf of the trustees, I would like to wish you all a Happy and Healthy Christmas and New Year.

Hussein Syed, Chairman

More projects funded

Music Therapist - In October 2020 we contributed £22k to a joint project with Jessie's Fund. The project funds a Music Therapist for two years to work with children with life limiting or life-threatening illnesses, either on the wards or in the community.

The pandemic delayed the start of this project but Aby Vulliamy has now been appointed beginning work on 2 December 2021. We'll keep you updated about this valuable project

Visual Field Equipment - £40K funding for Visual Field Equipment for the Eye Service at York Community Stadium has recently been approved. This includes a visual field analyser, focimeters and tonometers. Enhancing the service with the equipment will help to catch up on the backlog of patients resulting from the pandemic and reduce waiting times in the future.

Long Service Awards 2021

Congratulations to our volunteers who achieved long service awards in 2021.

Hussein Syed, Chairman presenting Margaret Cooper with her Bronze Long Service Award at the 2021 Annual General Meeting



Silver Awards: Delia Hebblethwaite - Lorraine Ineson - Ginny Mason - Ilona Woodhead

Bronze Awards: David Broadhead - Lisa Clarke - Margaret Cooper - Rosie Dickens - Eleanor Dreyer - Alan Hawley



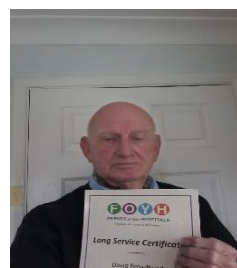
Ilona Woodhead
Silver



Delia Hebblethwaite
Silver



Ginny Mason
Silver



David Broadhead
Bronze



Rosie Dickens
Bronze

Christmas raffle 2021

The Christmas Raffle this year has attracted many prizes kindly donated by local businesses and supporters. We've raised a massive £1323.60 for our funds. A big thank you to everyone who helped sell the tickets this year.

The lucky winners below were drawn in the hospital on 14 December 2021 and will be notified of their winning prize.

Prize	Ticket	Winner
1 night stay, dinner B&B The Grand Hotel, York	0823	Hill
5 Course tasting menu for 2 with wine pairings Hotel du Vin	458	Woodhead
Champagne tea for 2 Hotel du Vin	0163	Clift
Bottle of house champagne Hotel du Vin	0551	Kadis

Afternoon tea for four Doily's Tea Room, Bolton Percy	1052	McGuirie
Afternoon tea for four Waterfront Café, Naburn Marina	0344	CB
Lunch for 2 The Alice Hawthorn, Nun Monkton	1371	Blackeby
Sunday lunch for two The Tickled Trout, Bilton in Ainsty	1415	Woodhead
£25 Voucher Marks & Spencer	1127	Heraty
£40 voucher Partisan, Micklegate	0702	Bellerby
2 Bottles of Wine Majestic, York	0010	Bird
£50 Voucher The Durham Ox, Crayke	0754	Furze
Champagne tea for 2 Middlethorpe Hall	1022	Marie

St Cruz Fundraising event

Thanks to our volunteers who helped make a success of the St. Cruz Fundraising event on 24 September this year. We raised a total of £732 during the day.

A special thanks to Campbell, John and Ben of Roberstons Building and Roofing Ltd. who came to our rescue putting up the gazebos



Our volunteers managing the refreshments



Some of our many customers on the day



Trustees: Rachel Martin and Mike Hall

Volunteer's Christmas coffee morning

Keeping in contact during these difficult times is particularly important since many volunteers aren't able to get back into the hospital and meet their colleagues and friends. We've had a couple of coffee mornings during 2021 to keep in touch, the last being on 14 December in The Bar Convent, Blossom Street. 20 volunteers joined us for coffee and mince pies to get into the festive spirit. It was a friendly gathering and a great opportunity to catch up.

Look out for more events in 2022!

Success for 2020 6th Form Shadowing Students

The 6th Form Shadowing Project, which FOYH has funded for the last 3 years, is going from strength to strength increasing the number of students from 12 to 24 in 2021. We have funded the project again for 2022 and planning of the sessions is in progress. Hopefully, it will be possible to deliver the course F2F in the hospital again.

We recently had feedback from some of the 2020 students who finished their 6th form education in September of this year. Some have gone on to study medicine at Newcastle, Cambridge, Imperial College and Plymouth. Others decided that a career in medicine was not for them.

Some of the student comments:

"I'm currently at Newcastle beginning my medicine degree! I just would like to say a big thank you for the shadowing project as I would have really struggled to get in without it!"

"I am currently at the University of Oxford studying biochemistry. The shadowing Project at York Hospitals really helped me to understand what it was that initially attracted me to medicine, and ultimately helped me to realise that biochem. was the course for me. Getting to speak to specialists helped me to realise that the practical elements of working as a doctor were not for me

and ultimately I was more interested in the research behind it. I think that the shadowing project was an amazing opportunity which also helped my application to Oxford and I wholeheartedly recommend it to anyone curious about medicine even if you realise medicine isn't for you. I hope this helps!"

"I acquired a place for medicine at imperial college London. The shadowing project helped me massively both in my application and in cementing the idea that a degree in medicine is what I want, thanks a lot."

"I'm at Newcastle Medical School. Thank you very much and thank you for facilitating such a valuable experience."

Twiddlemuffs

What is a Twiddlemuff we wonder? Twiddlemuffs (or twiddlemitts) are knitted hand-warmers that provide sensory stimulation for people living with dementia. They keep restless hands busy and soothe and comfort those who are anxious or agitated.



There are plenty of patterns on the internet but the following links will take you to some examples.

<https://www.ravelry.com/patterns/library/twiddle-muff>

<https://www.goldencarers.com/pdf/5015/>

If you have some spare wool and time and would like to make a Twiddlemuff (or two) we would be happy to receive them in the FOYH office where we can organise distribution to the wards with dementia patients.