

# *Easter 2022*

## *Newsletter*



### **An Easter message from our Chairman, Hussein Syed**

March 2020, the first Covid-19 lockdown. Who would have thought that two years later, one of the variants would be so rampant as to make catching Covid almost normal albeit not as severe as in the pre-vaccine world? The impact has been enormous worldwide with hospitals bearing the brunt of the pandemic. Our volunteers are, understandably, still not allowed on the wards and it is still anybody's guess when they will be allowed despite the relaxing of restrictions outside of hospitals.

Our volunteers have been patient and loyal and there might be non-ward volunteering opportunities especially as the Trust is moving many outpatient clinics to the Vanguard site. We are fortunate in that we have another string to our bow in the provision of grants to the hospital for medical equipment and facilities for patients. Our £300,000 investment several years ago has generated enough funds for us to have withdrawn £172,000 over the years for the provision of grants. The value of the investment is still over £300,000 in our medium risk portfolio.

I must also thank our trustees for continuing their sterling efforts to keep FOYH going especially through rigorous governance during these difficult times. We are still on the lookout for one or two more trustees so do think about joining us.

**Hussein Syed**  
FOYH Chairman

### **A Christmas Carol**

A huge thank you to Saffron Steele and Lesley Booth who spent time in the run up to Christmas, entertaining visitors in Stonegate.

Lesley said: "We raised £228 and were joined bravely but briefly by other volunteers Bob and Abi. Sharon from the group was passing and joined Saffron when she was on her own and a tourist from Glasgow and a passing American also did a turn. A little girl of 7 sang 'Away in a Manger' which must have been very touching - sadly I'd left by then. There was a lovely response from the public, several of whom stopped and chatted about the charity - Friends of York Hospitals - as well as kindly donating. An enjoyable and profitable event."



## Welcome to our new Trustee – Charlotte Milligan



Charlotte is our latest recruit to the Board of Trustees. She has had a career in broadcasting, working with the BBC and ITV, with a focus on news and politics. She brings with her a wealth of experience in communications and a broad understanding of the political landscape both nationally and locally. Charlotte was Chairman of York Junior PHAB club for 25 years and has worked as a volunteer for St Leonard's Hospice and Age Concern. She is also a member of York Ainsty Rotary Club.

## 6<sup>th</sup> Form Shadowing Project

The 6<sup>th</sup> Form Shadowing Project goes from strength to strength. The 2022 cohort has just finished their nine afternoons of meeting consultant medical staff, allied health professionals and patients to see how the multidisciplinary team works. Other areas covered included applications to medical school, research, medical ethics and management challenges during Covid.

The students thoroughly enjoyed the sessions. Ben said:

*"I just wanted to thank you for this incredible experience. I've learnt so much from the sessions, and have thoroughly enjoyed every minute. It was brilliant to speak to doctors in a wide range of specialities, enabling me to gain a deeper understanding into what it's like to work for the NHS, and learn more about the role of a doctor. I'm also grateful for the opportunity to speak to other healthcare professionals, which has given me valuable insight into the multidisciplinary team. I feel I have benefited hugely from talking to patients, as it allowed us to view life from their perspective and see the challenges they face on a day to day basis. This experience has made me even more enthusiastic about becoming a doctor!"*

*Thank you both so much!"*

## York Walking Quiz

If you are hosting any visitors over the summer, the York Walking Quiz is available on the FOYH website. We've had the following feedback from local resident Alan Marsden.

*"We moved to York about a year ago and came across the Walking Quiz in a pub. It's a great little guide to the centre of town and rather than just a route with maybe some facts, the quiz element makes it a little different to the norm. We've already used it a few times with visitors who have enjoyed it. Like Goldilocks said, the time & distance is just right. Importantly as well we have made a donation each time we used it. Well done FOYH"*

Look at <https://www.foyh.org.uk/fundraising/> for a copy of the walk – it'll help fill in an enjoyable afternoon.

## Fundraising

Our focus of attention in 2022 will be on certain key activities. We are mindful of resource available and always really welcome our support from volunteers. We are also seeking to support a bid from the Trust which will capture hearts and minds and provide a real focal point for our fundraising campaigns.

Key activities for 2022:

York Walking Quiz – continues to raise funds throughout the year.

Christmas raffle - the raffle generated £1.4K in 2021 but we believe we can sell even more tickets this year. We'll be asking for your valued support in the summer to sell even more tickets in 2022 and our target is £2K!

Wine tasting evening – supported by Majestic Wine will take place in October and more information to follow.

6th form project schools – during the summer term we are contacting schools to ask if students would support FOYH as part of their fundraising events.

Collection tins - we are distributing collection tins around York and welcome support from volunteers. Please contact Rachel Martin ([rachel.martin@foyh.org.uk](mailto:rachel.martin@foyh.org.uk)) if you are able to help and we will drop off tins with you.

Restaurant 'charity of the year' - We are looking to ask a selective group of restaurants if we can be their 'charity of the month' (add £1 to bill) being careful not to duplicate restaurants who support us in the raffle. This will be a voluntary contribution.

70th anniversary next year (FOYH est. 1953) - We need to start planning towards this in the next couple of months, confirming a date and venue. We will keep you updated and really welcome your support. Thank you to Lesley who has already kindly suggested that the Rock Choir would like to perform at the event.

## Volunteers update

Sadly we must report that Mrs Margaret Clowes, a FOYH volunteer since 2009 has died. Margaret was one of the team delivering newspapers to patients on the wards and a loved and respected member of the team. Our thoughts go to her family.

York Hospital is in a difficult situation at the moment with staff sickness and a high number of vacancies.

However, the hospital remains open to volunteers who are helping as best they can, taking on non-professional duties such as helping patients with meals and beverages, assisting family liaison by telephone or electronic messages and answering the telephone to general enquiries. This work allows the medical and nursing staff time to concentrate on their duties knowing that others can help with support. If anyone is willing to assist please do let us know.

The help that hospital volunteers are providing has been recognised from the senior level of NHS staff downwards and the Board of Trustees of FOYH join in with their praise.

All the volunteer roles which have re-started have been through a lengthy risk assessment process aimed at keeping everyone as safe and healthy as possible. It is still necessary for masks to be worn in patient and public areas and we do try to convey an open and honest picture of how things are. Recent guidance regarding COVID testing suspends the twice weekly testing of asymptomatic volunteers apart from those who are classified as "High Risk of severe COVID-19 infection" and "all of those who work in clinical areas designated for High Risk of severe COVID-19 infection patients". The areas in York Hospital: Wards 31 & 33, Intensive Care Unit, Renal Dialysis Unit and Outpatients Services for Haematology, Oncology, Renal and Rheumatology."

We held a very enjoyable coffee morning for volunteers at the Hotel du Vin, York which was an opportunity to meet with fellow volunteers and some FOYH trustees in a lovely setting. We were fortunate to be joined by Lauren Rainer, Volunteer Manager for the Trust who was able to provide details of the current position in York and to pass on her thanks to our Volunteers.

Lauren said "Volunteering has changed from being wanted, to being needed."

06-04-22