

NEWSLETTER - July 2021

Here is a round-up of the latest happenings in FOYH which we are circulating to members and Volunteers.

Annual General Meeting 2021

Last year due to COVID-19 and in line with Charity Commission guidelines the trustees reluctantly agreed not to have an Annual General Meeting (AGM) in 2019.

Although COVID-19 is still with us, the country, as a whole, is now much better at managing the pandemic and we are pleased to say that we will be holding our AGM for the year to March 2021 on **Wednesday 15 September 2021 at 4.00pm.**

At the moment we don't know whether we will be able to hold a face-to-face meeting at the Hotel du Vin, York or one held by electronic means, but we will update you as soon as we can.

Fundraising

With lockdown lifting we are looking to increase our fundraising activities.

York Walking Quiz

We all enjoy a good quiz, don't we? Well, we have one. It combines the benefit of a casual walk while learning something about our beautiful city. It's surprising just how little some of our locals know about York. In the heart of York, away from the walls, can be found snickleways and corners packed full of interest and folk can enjoy it at their own pace.

The Quiz is being circulated to hotels and B&B's with the help of some of our volunteers and can also be found, with the answers and more information, on www.foyh.org.uk.



Please spread the word and encourage friends, neighbours and visitors to try it by going to the FOYH website

St Crux Day

Our annual fund-raising event will be held at St Crux on **Friday, 24th September**. We welcome all offers to help to make this day a big success. If you are able to donate baked goods, preserves or

home-made confectionary or if you are someone who could knit, sew or otherwise produce craft items to sell we would love to hear from you.

We are also looking for helpers on the day, to set up, clear away and take down at the end of the day, to man a stall or to serve refreshments and clear tables. Could you spare a couple of hours to join in with us please?

If you can offer a contribution of goods or time, please email Ann Taylor at volunteers@foyh.org.uk

Thank you!

Christmas raffle

We're busy organising our annual Christmas raffle and contacting local businesses for prizes. We already have some fantastic prizes including a range of restaurant vouchers. We'll be selling raffle tickets from early September and we're aiming for a record number of tickets being sold this year so welcome your support. We'll keep you updated!

Trustee Challenges

Two of our Trustees have taken on challenges over the past couple of months to raise funds for us.

Rachel Martin: Rachel decided to do her very own Tour de Yorkshire in June, cycling 600km around York and surrounding areas. Thanks to generous donations, over £400 was raised for Friends of York Hospitals.



Hussein Syed: Hussein undertook to walk at least a total of 300 miles in June, July and August to raise funds for FOYH. He set a target of £300 and very generous donations have so far resulted in an amount exceeding £500. He said "Walking might not sound as taxing as climbing a mountain or running a marathon, but my 75-year-old dodgy knees were a cause for concern. They have come through June without too much pain. Just July and August to go."

Would you or anyone you know, like to join Rachel and Hussein in setting up your own virtual challenge? We'd love to hear about your ideas and will support you to make it happen.

Rachel said "It's a great way to get motivated, by setting yourself a goal, raising money for a great cause and getting fit too! I set up a GoFundMe page making online donations quick and easy, and I would definitely recommend it!"

Interested? Please email contact.us@foyh.org.uk

Get Kelfield Buzzing – flower power!

FOYH has recently benefited from "Get Kelfield Buzzing" a community conservation initiative. Stephanie & Mel Neale sold Beebombs, which are perfect pollinators for bees and butterflies, to their village neighbours. A "Seed sowing Saturday" was hosted at the village Nature Reserve

and as you can see the kids had a great time. Planet-U, a renewable energy company recently planted the woodland and has matched the funds raised by the seed selling.

£400 from selling seeds and £400 matched funding by Planet-U energy is a great contribution to the Friends. The bees benefit, the village benefits and so does FOYH. It was a win, win, win.



Update on grants awarded

Medicine and the Multidisciplinary Team – 6TH Form Shadowing Project

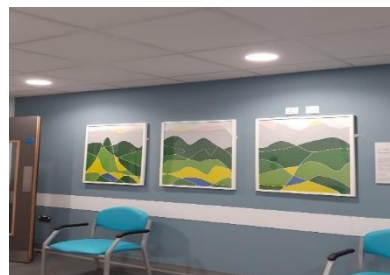
We have been funding the successful 6th Form Shadowing Project now for the past three years which is project developed and led by Dr Paul Laboi, Consultant Physician in Renal Medicine and supported by his colleagues across the Trust. The 2021 students have now had the opportunity to attend a face-to-face clinical skills session in the hospital. They had such a great time.



There are always more applications than places in this programme, so for the first year, a condensed summer programme is being organised for students who were not successful in the early 2021 programme. On the basis of "See one, do one, teach one" the students from the spring programme will be supporting the summer sessions.

LNER Community Stadium

Every journey begins with just one step and these are the first three. FOYH has funded artwork for the NHS in the Community Stadium. They bring the outside inside with relaxing folds of Vale and Wold. There's "Moor" to come.



Other grants we have made during lockdown include £22,080 to provide music therapy for children who are dealing with extremely difficult and challenging situations. The donation has been awarded in partnership with registered charity, Jessie's Fund, which is contributing 50% of the total cost.

We look forward to hearing more about these projects when lockdown relaxes, and the initiatives can be taken forward.

What's happening with our Volunteers?

We are working hard to be in a position to allow the safe return of our volunteers to their roles and once again provide their valued support to Staff and Patients.

Many things will have changed since they were last in the hospital, specifically the requirement to wear PPE and maintain social distancing with staff and patients. We want to ensure that before the volunteers return, they are confident that all safety measures are in place.

There have been changes to some of the ward specialities. Some ward staff have changed and some of our volunteers have decided not to return, especially our Student Volunteers who are no longer in the York area. Consequently, there may be an opportunity for volunteers to take on a different role or time of volunteering if this is of interest. We would welcome enquiries from potential new volunteers so please spread the word amongst your friends!

Some wards and clinics are now welcoming our volunteers back, but others are not yet able to do so. We will be in contact with volunteer groups to agree the way ahead as soon as we can.

In the meantime, if volunteers have any queries, they can contact Ann Taylor at volunteers@foyh.org.uk

Social Media Volunteer

Our social media volunteer did a great job whilst she was with us but has now had to leave to concentrate on her studies.

If you know of anyone who may be able to help us to manage the day-to-day handling of all social media channels, including Facebook, Instagram, Twitter and LinkedIn please encourage them to get in touch through contact.us@foyh.org.uk

Trustee Resignations

David De Silva resigned as a trustee in June. This was done in accordance with the FOYH constitution, which allows for a trustee to be in office for three terms of three years. David had also been our President for 2 years.

Judith Whitehead also resigned in June. She was the Vice Chair and had been planning to stand down at the AGM in September. Judith was a leading light in helping us to become a CIO and especially gave valuable advice and help in HR matters in addition to many other aspects.

We thank both Judith and David for their services and help over the years.

07/07/21