

# Easter 2023 Newsletter



## An Easter message from our Chairman, Hussein Syed

There was a good turnout at the coffee morning in early February. There was a useful discussion about the changes that will formally take effect from the 1<sup>st</sup> April 2023.

This year marks our 70<sup>th</sup> anniversary and whatever else we have planned to celebrate it, we thought a celebratory dinner would be a suitable way to mark it and thank all our volunteers and supporters for their dedication to us.



Robbie Cryer, one of our newer trustees has secured the York Garrison Warrant Officers' and Sgts' Mess in Fulford as a venue for this dinner with a date of Friday 27<sup>th</sup> October 2023. Please note the date in your diary and details of how to buy tickets will be available in the near future.

We are always on the lookout for trustees. Feel free to contact me to discuss what is involved.

**Hussein Syed, Chairman**

## Partnership Agreement

We have now agreed and signed the new "Partnership Agreement" with the NHS Trust for them to manage the recruitment checks for FOYH volunteers. New applicants to us will be vetted by us initially before any names are forwarded to the Trust for DBS checks, induction training, placements and management by the Trust. FOYH volunteers will retain the FOYH identify, remain members of our Charity and continue to receive our communications.

The agreement will be active from 1 April 2023 when our Volunteers will begin to receive communications from the volunteer services at the Trust.

The Trustees will continue to be available for information and support and can be contacted through [Hussein.syed@foyh.org.uk](mailto:Hussein.syed@foyh.org.uk) or our volunteer email [volunteers@foyh.org.uk](mailto:volunteers@foyh.org.uk)

## Robbie's cycle challenge

Robbie Cryer, Trustee of The Friends of York Hospitals met the challenge of cycling around all the York & Scarborough NHS premises on 25 February to raise funds to enhance patient care at York Hospital.

Setting out early morning, Robbie made it back in one piece despite a bad start when he was knocked off his bike in York!

Arriving at Whitecross Court at midnight, he completed the circuit around the hospitals of the York & Scarborough NHS Trust, 251 KM and 7861 calories later.

All funds raised will go towards scalp cooling equipment to help to prevent hair loss during chemotherapy treatment.

Robbie has raised £430 so far. There's still an opportunity to donate so please contribute to this worthy cause by visiting <https://gofund.me/134b80fb>

## 70th Anniversary event - 27 October 2023

A 70<sup>th</sup> Anniversary dinner will be held on the evening of 27 October 2023 at the York Garrison Warrant Officers' and Sgts' Mess, Imphal Barracks. Further details including access to tickets will be made available over the next couple of months.

## Volunteers Coffee Morning

We will be holding an FOYH Volunteers Coffee Morning on Friday 12 May 2023 10.30 – 12.00 noon. Hold the date in your diary and details of the venue will be circulated nearer the time.

## More Projects funded

### Safer Biopsy

An allocation of £45,704 has been approved to fund a Spectro Ultrasound System.

The Urology cancer service receives around 2300 referrals a year with a around 650 patients requiring a prostate biopsy, resulting in an estimated 564 patients being diagnosed with prostate cancer.

Prostate biopsies to confirm the diagnosis of cancer are performed utilising Transrectal Ultrasound-Guided (TRUS) biopsy under a general anaesthetic.

This equipment facilitates a new procedure, Trans-perineal biopsy, which results in a significantly lower risk of infection and offers a better patient experience. Carried out under Local Anaesthetic it removes the risks associated with General Anaesthetic and also increases the volume of procedures which can be carried out.





### Scalp Cooling System

We have funded £17,730 to pay for one Scalp Cooling System for York Hospital.

On average approximately 50 patients per month opt for scalp cooling at the York & Scarborough NHS Trust. It is expected that demand will increase as more people survive longer with more treatment opportunities available to them. Scalp cooling is intended to help prevent hair loss, also known as chemotherapy-induced alopecia, in people undergoing SACT (Systemic Anti-Cancer Treatment).

It works by limiting blood flow to the scalp. Cooling the scalp is known to reduce the amount of the SACT that reaches the hair follicles, protecting them from the cytotoxic drugs which cause the alopecia. The service is offered to both male and female patients for a variety of SACT regimens known to induce alopecia.

### Neurophysiology

A grant of £135 has been given for toys to distract young children whilst having EEGs.

An EEG involves sticking 25 small electrodes to the scalp, recording brain wave which the child is still, getting the child to hyperventilate (to show absence of epilepsy) and show a strobe light. Some children go home with a small recorder attached for 24 hours.



Around 300 children have the procedure each year with a good proportion being aged 1-4. The range of toys help to distract the children, keeping them still and content whilst having the tests.



### Podiatry Shock Wave Therapy Unit

A Podiatry Shockwave Therapy Unit has been funded at a cost of £13,188.

The unit will provide treatment for patients who present with two of the most common foot conditions. (plantar fasciitis which is a painful debilitating heel condition and Achilles tendon pathology).

The equipment will also be made available to the physiotherapy service at York in joint clinics which will maximise the use of the machine and widen the scope of practice to benefit hospital and community patients using both the podiatry and physiotherapy services.

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

We have continued to support the 6<sup>th</sup> Form Shadowing Project with £2,000 for the 2023 cohort. There are 15 students this year who have been able to experience face-to-face sessions with 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 beyond Covid.

Archie said:

*"The programme has given us insight into the medical profession and the work of all the NHS staff, along with the experiences of the patients who are cared for. Each person involved has reinforced my enthusiasm to apply for medical school later this year and begin the long journey to becoming a doctor."*

Mellissa said:

*"My work shadowing experience at the hospital has had all the variety and depth I had hoped for! The range of health professionals, patients and wider members of the NHS community we have met has been a real inspiration and a fantastic opportunity for me and my peers, especially considering the difficulty in finding medicine work experience opportunities after the Covid pandemic. The organisation of the programme has been superb and the range of additional extras, such as emails offering reading lists and the possibility of mentoring is highly valuable. It is also very thoughtful of the Friends of York Hospital to provide lunches to allow the programme to be more accessible for us. Thank you so much to Dr Laboi, Stephanie and all at York Hospital!"*



## Fundraising

Our focus of attention in 2023 will be on certain key activities. We are mindful of resource available and always really welcome support from our volunteers.

Christmas raffle - the raffle generated £635 in 2022 and we're looking to sell even more tickets this year.

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.

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

SN/20-03-23