

# Christmas

## 2022



### A Christmas message from our Chairman, Hussein Syed

At this time of year one wishes everyone tidings of comfort and joy. With the cost of living crisis among the many problems facing us at the moment, it seems difficult to convey these sentiments but we must retain our optimism and hope. This applies both generally and to FOYH.

You will be aware of the major change that will be taking place whereby all the volunteers at the Trust, including FOYH's will come under one management but each will retain its own identity. At our AGM this was discussed in great detail and formally approved. At the end of the day, it is the enhancement of patient care that matters above everything else from our perspective.

To this end, we are renewing our Memorandum of Understanding with the Trust which will be formally implemented at the end of March. In the meantime we will implement the details of the agreement and iron out any teething problems before March. Existing FOYH volunteers who wish to continue volunteering will need to ensure that their key details are updated and then a list of vacant positions will be advertised. 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 and the Trust will be working step in step in this whole process.

We continue to need more Trustees. Our Constitution allows a minimum of 6 and a maximum of 12 Trustees. One would expect that a natural source of Trustees would be the volunteers current and present, but unfortunately that is not the case. Our meetings take place every 2 months at the Hotel du Vin, on the Mount, who have been very generous to us over the years. They don't charge us for the use of the meeting room we use and give us a discounted rate on any food for the meeting. They also provide us with 3 generous prizes for the Annual Christmas raffle. We currently have 7 Trustees and ideally I think we should have about 9 or 10 especially with succession in mind. If anyone is interested please get in touch with me and I will explain what is involved.

It's left to me to wish everyone a Merry Christmas and a Happy New Year on behalf of all the Trustees and please remember that optimism does not have a date stamp.



**Hussein Syed, Chairman**

## Volunteers Coffee Morning – 3 February 2023

Volunteers are invited to a Coffee Morning at 10.30 – 12.00 on Friday 3 February 2023 in The Courtyard at The Hotel du Vin. We look forward to seeing you all there when we can update on the progress on future arrangements with the NHS Trust.

## Robbie's cycle challenge – 25 February 2023

Robbie Cryer, Trustee is completing a 150 mile bike ride visiting every one of the hospitals under the York and Scarborough Teaching Hospitals NHS trust to raise money for the Friends of York Hospitals and to raise awareness of and pay tribute to the work of the people of the NHS Trust.



Robbie has been personally touched by the work of both the Trust and FOYH when his young son was ill in hospital. "Thanks to their care, dedication and compassion I have been inspired to give back".

The ride will take place on Saturday 25 February (or Saturday 4 March dependent on the weather), taking in: York Hospital, Scarborough Hospital, Bridlington Hospital, Malton Community Hospital, The New Selby War Memorial Hospital, Nelson's Court, St Monica's Easingwold, and White Cross Court.

Funds raised by Robbie's challenge, will be contributed towards a Paxman Scalp Cooling System for patients undergoing treatment for cancer. Scalp cooling is intended to help prevent hair loss in both male and female patients having Systemic Anti-Cancer Treatment.

Please spread the word and encourage donations at <https://gofund.me/134b80fb> and come and see Robbie off at York Hospital. More details to follow.

## FOYH 70<sup>th</sup> Anniversary

2023 is our 70<sup>th</sup> Anniversary: the Charity having been established in 1953. We're currently making arrangements for celebrations and will publish further information soon.

## Christmas raffle 2022

The Christmas Raffle this year has attracted many prizes kindly donated by local businesses and supporters. We've raised £635 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 20 December 2022 and will be notified of their winning prize.

Prize	Ticket	Winner
<b>Hotel du Vin</b> Sunday lunch for 4	767	Williams
<b>Hotel du Vin</b> 3 Course Prix Fixe for 2 with bottle of wine	793	Syed
<b>Hotel du Vin</b> Course tasting menu with wine pairings	435	Gray
<b>Hotel du Vin</b> Bottle of House Champagne	289	Wakelin
<b>Naburn Waterfront Café</b> Afternoon Tea for 2	009	Brook
<b>Doyly's Tea Room, Bolton Percy</b> Afternoon Tea for 4	449	Morridd
<b>Alice Hawthorn, Nun Monkton</b> £50 Voucher	503	Holliday
<b>Partesan, Micklegate</b> £40 Voucher	245	Anderson
<b>M&amp;S Voucher</b> £25	656	De Silva
<b>Majestic Wine</b> 2 bottles of wine	202	Stevens
Bottle of Sherry & Bottle of Martini	499	Eman
Bottle of Prosecco	722	Bowles

## Long Service Awards 2022

Congratulations to our volunteers who achieved long service awards in 2022.

Hussein Syed, Chairman presenting Tina Barlow with her Bronze Long Service Award at the 2022 Annual General Meeting



### Bronze awards

Tina Barlow    Chris Love    Robin Robinson  
Averil Rushton    Suzanne Smith

## More projects funded

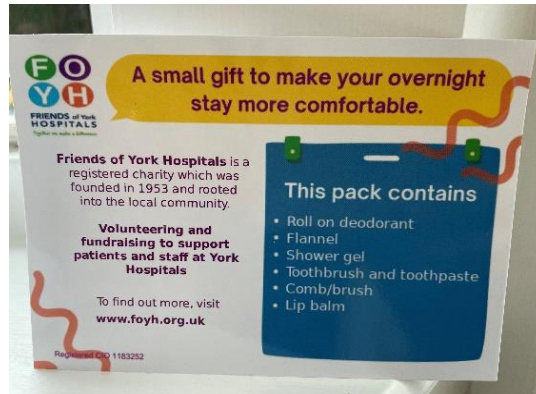
### Care Packs for patients



It's bad enough suddenly ending up in hospital but imagine if you have nothing to freshen up with?

We have funded £800 for care packs for patients who unexpectedly find themselves on a ward. The packs, sourced and packed by Rachel Martin, Trustee include a roll-on deodorant, flannel, toothbrush and toothpaste, shower gel, comb/brush and lip balm.

The bags shown were kindly handmade in Finland by Ulla Gething the mother of Trustee Malou Lindholm. A huge thank you goes to Ulla.



**Visual Field Equipment** – We funded £40K for Visual Field Equipment for the Eye Service at York Community Stadium. 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. Photos below show the equipment with members of staff.



Jennifer with the visual field screener



Belinda with the Tonometer



Cath with the Focimeter

**Chairman's budget:** We have a Chairman's Budget of £500 each year to fund small items of equipment to improve the wellbeing of patients. Two items have recently been funded from this budget.

**Voice Amplifier:** A voice amplifier at a cost of £64 to help a patient to communicate. She had been borrowing one from Speech and Language Therapy but now has her own to take home when discharged making communication easier for her in the future.



Photo:  
Karen Lederer, Advanced Clinical Specialist  
Speech Therapist in ENT & Voice



**Biozoon AIR with Flavour:** £36 has funded this piece of equipment which allows Nil By Mouth patients to be able to taste a variety of flavours through “flavoured foam”, with minimised risk of aspiration. Losing the ability to eat and drink has a huge implication on a person’s quality of life due to the large role food plays in our everyday life. Research shows that AIR with Flavour® can be used to minimise distress by allowing people with swallowing difficulties to enjoy flavours of their choice whilst being free from the distress that swallowing problems and choking often present.

Ellen Curran, Speech and Language Therapist (Stroke and Voice) says that the equipment has already worked fantastically well with two patients.

## Fundraising at Tesco – 10 December 2022

We had a very interesting fundraising day at Tesco Askham Bar, when we raised £104.

Tesco’s kindly donated a hamper to raffle, seen here with Jo, Tesco Community Champion, Hussein Syed, Chairman and Rachel Martin, Trustee.



The winning ticket, number 26 was drawn by Ahmed, Tesco Security Officer seen here with Mike Hall, FOYH Treasurer

20-12-2