



# Friends of Harrogate Hospital

Harrogate Hospital and Community Charity

(Charity No 1050008)

Spring 2016

## We find new ways to help patients - with your support



### Setting oxygen levels

Staff Nurse Sue Croom demonstrates one of four Philips Respironics Trilog y 202 Ventilators. This machine provides oxygen as a prescribed medication. This will allow the nursing staff the ability to programme the machine to deliver the prescribed level of oxygen concentration. The ventilators were funded by the Friends at a cost of £26,832.

### Help for the larger patient

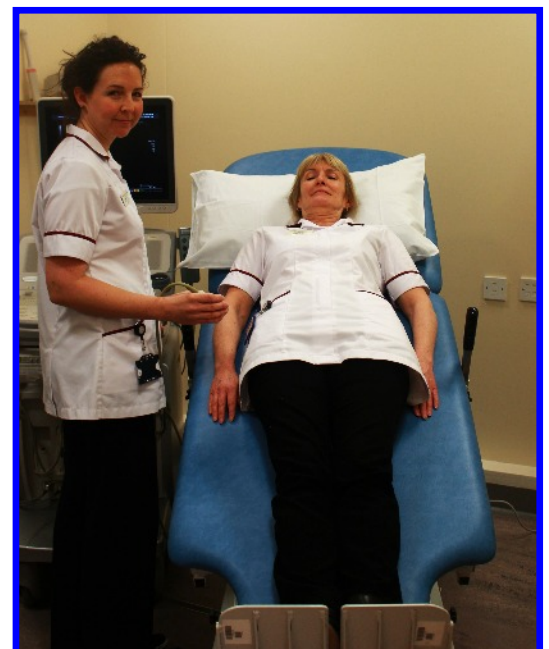
This Bariatric Patient Trolley provides support for the larger patient. It is wider than current trolleys and has a higher weight limit. It is designed to be safer for the larger patient and the people wheeling them. It was funded with £6006 from the Friends.



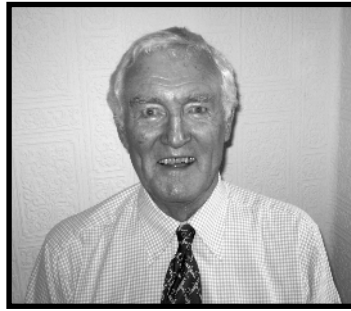
There are always new ways to make patients' experience in hospital more pleasant. New technologies lead to steady improvement in care. They also give the Friends new opportunities to provide equipment and services beyond the NHS remit, to make the stay shorter or more comfortable. Some pieces among the £50,000-worth funded by the Friends over the past 11 months are illustrated below.

### Getting you up easily

Specialist ultrasound examination of leg veins requires the patient to be standing, or almost erect. The examination usually takes up to 30 minutes per leg. This can at the least be uncomfortable, but often is painful or impossible for some patients. On the tilting couch the patients can be slowly and safely brought into a standing position, the couch can then easily be taken back down, reducing any risk if the patient is unsteady or feels faint. The couch can also be raised and lowered to an appropriate working height for the Sonographer, limiting potential musculoskeletal injury, which can be a considerable problem for Sonographers. This couch was funded by a donation of £1817 from the Friends.



## Editorial - Friends' Chairman



The relationship between the Harrogate Hospital and Community Charity and the Friends is developing well. Kate Fruscher, who has joined the HHCC as head of fundraising while Jenny Harris is on maternity leave, is an experienced fundraiser, and is planning the future for the HHCC. She sees the role of the Friends as the Trust's face in the local community. HHCC have also been joined by David Fisher, who is responsible for community fund raising and works closely with the Friends. He currently works three days a week, and will become full time shortly.

David is heavily involved in many of the projects we carry out and is bringing his professional expertise to our assistance.

Our fundraising continues. The Big Picnic will be on the 3<sup>rd</sup> July this year, its tenth. We plan to expand by increasing the number of stalls, and gaining additional sponsors. The number of our own stalls will also be increased. We are also planning a new event, a Golf Day at Pannal Golf Club, as a major fundraiser. More details of these two events are given on Page 4. A number of other activities will take place later in the year and our usual collections and donations will continue where possible (see page 3).

I will be leaving the position of Chairman at the end of June this year. I am delighted that Colette Lain will be taking over and will bring her enthusiasm and energy to the role. I am sure that all of you who know Colette appreciate the work she has done with the Big Picnic and planning its expansion this year. She is also involved with setting up Christmas Card sales and the Christmas lunch as well as being our main contact with White Stuff. Please give her your full support.

As mentioned elsewhere we have a number of new volunteers who are having a positive impact on our fundraising capabilities.

Ian Elliot  
Chairman  
01423 879347

## White Stuff



At the recent meeting of members, we were given an entertaining talk by Trish B-Murray of the White Stuff, who explained the shop's close association with the Friends, including the recent patch sewing day. White Stuff have been a strong supporter of ours. They have donated more than £2,000 this year to the Friends for which we and the patients in the Hospital are most grateful. They hope to hold further events later this year. We will keep you informed, and if possible please support them.

## Ripon Landrover

Unfortunately, we are unable to give details of the Ripon Landrover event at this time. The Company has been taken over and the showrooms where we hold the event are being reorganised. When we hear anything we will keep you informed.

## Calling all 'Crafters'

Can you knit, sew, crochet, quilt?  
Can you make some items for the craft stall at the Big Picnic?  
Do you make your own jam or pickles?  
We can also sell these at the Big Picnic.  
Please contact Colette on 07538098384 or by email [bigpicnic2016@gmail.com](mailto:bigpicnic2016@gmail.com)

## Donations

Some time ago we cancelled the annual membership fee. We now fund the publication and posting of this Newsletter from funds raised for the benefit of patients in the Hospital. Any small donation towards the costs of the Newsletter would be much appreciated. Donations should be sent to the Friends of Harrogate Hospital c/o the General Office, Harrogate District Hospital, Lancaster Park Road, Harrogate HG2 7SX.

## Recent Members' meetings

In case you did not see this in the **Harrogate Advertiser** here is Chrissie Taylor's article.

"Our recent spring gathering at the Hospital brought Friends old and new together for a regular 'blether' and discussion of plans for the coming year.

The meeting was opened with a presentation by a Staff Nurse from the Obstetrics and Gynaecology Department, who showed off their new scanner, funded by the Friends. She explained how this extra scanner was used to support expectant mums with a significant risk of miscarriage to carry their babies through to a happy outcome. This is one of the many items that may not make 'top of the list' for NHS funding but can have a huge effect in the community when funded by the Friends.

On to fundraising and we had two visitors from the boutique 'White Stuff' who have made us their chosen charity. If you are around Princes Street in Harrogate, please pop in to enjoy their Easter sweetie stall and support a good cause at the same time!

Ian Elliot, our Chairman, introduced Colette as his successor and gave us a quick round up of the various fund-raising activities we might like to be involved in, including a golf day at Pannal and the Big Picnic in the summer. We then re-grouped for discussion over refreshments, with a general consensus that everyone welcomed the new more informal aspect to the organisation.

If you would like to join us, either to join in or just get news of the Friends' activities please contact Colette on 07538-098384 or [colette.lain@gmail.com](mailto:colette.lain@gmail.com)."

As members enjoyed this more informal meeting, it is planned to hold them on a more regular basis. The dates and times for 2016 are:-

Tuesday 21<sup>st</sup> June. 2016 at 11 am

Tuesday 19<sup>th</sup> September 2016 at 2 pm

Wednesday 20<sup>th</sup> December 2016 at 11 am

On the day signage will direct you to the room where the event will be held.

## Help us keep in touch with you

We would like to keep more in touch and give you more information about forthcoming events and emails are an efficient way to keep you up to date with our activities. Also it costs just over £1 to produce this copy of the newsletter by the time it lands on your doormat. Emailing it would cost nothing. If you have an e-mail address, please let Ian Elliot know at [ianfriends7@gmail.com](mailto:ianfriends7@gmail.com). If everyone had email, we would save £500 each year to spend on patient care as well as ensuring you are kept informed of our latest activities. If not on email, you will continue to receive a paper copy by post.

## Store Collections

The main stores in Harrogate have recently decided for security reasons not to hold store collections for charities in future. We are however in discussions with a number of them to see if they will make us their Charity of the Year.

## New Volunteers

We have recently recruited three new volunteers. Vivienne Skinner is a former senior civil servant and is now helping to recruit sponsors both for specific events but also on an annual basis. Jill Beaumont, currently area manager for the Osteoporosis Charity, is looking after the membership. Carol Lawson, widow of our former accountant, Robert Lawson, is setting up a craft group who will have a new stall at the Big Picnic. We are delighted to welcome them and thank them for the help they are providing.

To adequately meet our requirements, we need still more volunteers. Please pass on this message to anyone who may be interested and ask them to contact Jill Beaumont on [friendsmembers9@gmail.com](mailto:friendsmembers9@gmail.com)

**Don't forget the Big Picnic  
on Sunday 3 July 2016**



# The 2016 Big Picnic

The Big Picnic will be celebrating its 10<sup>th</sup> Anniversary on the 3<sup>rd</sup> July, and we hope it will be the biggest ever. Every year Harrogate Borough Council record around 20,000 people entering the gardens during the event. It is a terrific family day out and we hope to see you all there..

It is our biggest fundraising event of the year and raises money in various ways. Participants pay to have a pitch at the event. Registered charities pay £20 and small businesses pay £45 per pitch. The funfair and bouncy castle donate a share of their takings on the day.

The second way we raise money is by selling goods donated by Procter and Gamble. We also have a tombola which is kindly organised by Marjorie Horsman. This year we will have a craft stall and a raffle.

It would be great if we could become the charity of the year for some company/school/organisation. If anyone has any connections they could use to get us sponsorship, this would help immensely. If you have any ideas for raising funds please contact Colette on 07538098384 or by email on [bigpicnic2016@gmail.com](mailto:bigpicnic2016@gmail.com)



## Golf Day is our new fundraising event



This year the Friends are trying a new fundraising event. This is a Golf Day to be held at Pannal Golf Club, on the 25<sup>th</sup> May. Teams of four players will all tee off at 1pm, and play to the Stableford format, with full handicaps and with the Ladies taking their shots off the Men's Card. There is a special prize of a car for a hole in 1 at the 17<sup>th</sup> hole.

**Thanks to Jack Foster, John Fox, Andy Wilkinson and Ian Elliot for their contributions to our newsletter**

There will be additional prizes for the ball nearest the pin on the 3<sup>rd</sup> and nearest in two shots on the 18<sup>th</sup> and the first three teams will also receive prizes. The round will be followed by a three course meal, then the prize giving and finally an auction and entertainment.

Sponsorship of £1,000 for this event has been received from Stratstone BMW, who will display a car by the 17<sup>th</sup> tee.

The entry fee for this special day will be £200 per team of four, and the purpose is to raise funds for dementia care in the Hospital.

Should you have any friends who are keen golfers and would like to play, please ask them to contact Ian Elliot on 01423 879347 email [friendsgolf68@gmail.com](mailto:friendsgolf68@gmail.com)