

PLEASE SUPPORT YOUR LOCAL NHS CHARITY!



CDDFT Charity Newsletter



County Durham & Darlington
NHS Foundation Trust Charity

Charity No:1053467

DECEMBER 2019

Welcome

WELCOME to the latest edition of the CDDFT Charity Newsletter. As we approach the end of 2019, it's a fitting time to reflect on the magnificent support we've received from our colleagues and local communities recently. We never cease to be overwhelmed by the kindness shown in the form of donations, gifts in kind, and volunteering as we strive to support the dedicated members of #TeamCDDFT. Our sincere thanks to everyone who's played a part in helping improve the care of our patients. Here are some of the highlights...

A CASE OF 2020 VISION



County Durham & Darlington
NHS Foundation Trust Charity

Charity No:1053467

Have you taken
the pledge?

Call 01325 743781

Champion in Cancer Care in County Durham

A new initiative has been launched for the New Year to enhance our Chemotherapy Appeal.

While the appeal is attracting great support from community groups and individuals, we really want to encourage businesses to come on board and help us make a big difference.

PLEASE SUPPORT YOUR LOCAL NHS CHARITY!

A CASE OF 2020 VISION

DECEMBER 2019

Our objective is to sign up 2,020 business willing to make a New Year's resolution to raise £1,000 during 2020, and we are grateful to The Northern Echo for continuing to promote the appeal.

So far, the following have signed up: Sparta Group, Ocreas Financial, Gym Group, Rotary Durham, Go Swim Academy, Nando's (Durham), N. Alderson Funeral Director, Fatso's Darlington, Civic Estates, Productive Plus, My Lock Up, Bliss Financial Solutions, Presenter Martin Lowes of Capital Radio, Lliane Pacewith, Frank's For Flooring, Maguire's Country Parks; Excelpoint Ltd; Snap Fitness; Mike Renton, Latimer Hinks Solicitors, and Messy Hands Production.

Thank you so much to all of them for their support –more businesses will be added to the roll of honour soon.

The pledges include all kinds of activities and we even have a 91-year-old being sponsored to ride a motorbike! Watch this space for more news on that great story!

In the meantime, you can help our small charity team by introducing us to a business, group, association or school that would consider raising just £1,000 during 2020.

Our staff have an amazing network of contacts that can help get this hugely important appeal over the line. Please call the charity team on 01325 743781 or email cddft.charity@nhs.net

Together, we'll get there!

AIN'T NO MOUNTAIN HIGH ENOUGH!



THE NHS is full of heroes – and we also have heroes among our fundraisers.

Take teaching assistant Steve Watson, 57, of Shotley Bridge, who has climbed 2,500 feet up Britain's highest mountain despite facing the imminent amputation of the lower part of a leg following a freak accident.

By tackling Ben Nevis, father-of-two Steve has so far raised almost £1,500 to be split between the County Durham and Darlington NHS Foundation Trust's official charity and the Royal British Legion.

PLEASE SUPPORT YOUR LOCAL NHS CHARITY!

AIN'T NO MOUNTAIN HIGH ENOUGH!

DECEMBER 2019

THE NHS is full of heroes – and we also have heroes among our fundraisers.

Take teaching assistant Steve Watson, 57, of Shotley Bridge, who has climbed 2,500 feet up Britain's highest mountain despite facing the imminent amputation of the lower part of a leg following a freak accident.

By tackling Ben Nevis, father-of-two Steve has so far raised almost £1,500 to be split between the County Durham and Darlington NHS Foundation Trust's official charity and the Royal British Legion.

Steve said he wanted to give something back to the NHS in return for the "fantastic" support and treatment he'd had at University Hospital North Durham.

Thank you so much Steve. You're not just a hero – you're a superhero!

A RUN FOR THEIR MONEY...



OK, it might have been Mo Farah who claimed the headlines after the Great North Run – winning the race for the sixth time in a row.

But, with all due respect to the mighty Mo, the real winners in our book were those intrepid runners who took part in aid of the CDDFT charity, and raised more than £1,000 for the Chemo Appeal.

They included Carley Kane, pictured, who said: "The Great North Run was such a fun experience and it was brilliant to raise money for such an important cause. Many thanks to my colleagues who sponsored me."

If you've been inspired and fancy a challenge in 2020, you'll find plenty of ideas on our website:

<https://www.cddft.nhs.uk/about-the-trust/county-durham-darlington-nhs-foundation-trust-charity/events.aspx>

A CUT ABOVE THE REST...



Thank you to Emre's Traditional Turkish Barbers in Newton Aycliffe for taking one of our collection boxes. There are so many wonderful causes out there, but the work we do helps enhance patient care and wellbeing through the provision of medical equipment, products, services and education. This kind of additional support is essential in sustaining the quality of care that the NHS is famous for, so we are very grateful when local businesses make us their chosen charity.

PLEASE SUPPORT YOUR LOCAL NHS CHARITY!

MATCH OF THE DAY...

DECEMBER 2019



There's nothing like a bit of friendly sporting rivalry for kicking off a spot of fundraising.

That was certainly the case when the CDDFT Charity Football Team took on Engie in a rematch.

Last year, CDDFT had beaten Engie but the tables were turned on October 27. The weather was kind, the pitch was in great condition and the game was played in a good spirit. Engie took their revenge by winning 6-2 but the CDDFT team did us proud.

Now it's 1-1 in the series, we look forward to another fundraising match next year. Come on CDDFT!

Meanwhile, if you have a football team interested in playing against our CDDFT NHS team, and helping the charity reach its goals, please get in touch on 01325 743781 or email cddft.charity@nhs.net.



THAT'S THE WONDER OF WOOLIES...

Ho-ho-ho – it'll soon be that time of year to dig out your Christmas jumpers.

December 12 is Christmas Jumper Day and we're urging staff to take part in the festive fashion stakes.

All you have to do is make a £1 donation and wear something Christmasy. Quite frankly, we don't care whether it's a jumper with baubles on, a hat with antlers, or a penguin onesie – it's all about having some fundraising fun.

We're looking for your photos on the day. If you work on a ward, take a picture during your break. Simply tag us in @CDDFTCharity and you'll stand a chance of winning a 'cracker' of a prize.

We also still have Christmas Raffle tickets for sale so please see your manager or contact us on cddft.charity@nhs.net to get yours. The draw will take place on December 12.

- 1st Prize – London Experience for two including champagne up the Shard
- 2nd Prize – Acer Chromebook
- 3rd Prize – Festive Hamper
- Plus lots more prizes.

To get involved email or call: cddft.charity@nhs.net or 01325 743781
<https://www.justgiving.com/cddft>
uk.virginmoneygiving.com/charities/CDDFTCharity

Trade Christmas Jumper Day
12th December
Donate £1 per person and tag us in your photos to win a festive prize
@CDDFTCharity
#CDDFTCharityTrade



Join in the Festive Fun!

1st Prize - London Experience for two including champagne up the Shard
2nd Prize - Acer Chromebook
3rd Prize - Festive Hamper
Plus lots more prizes.

Christmas Raffle
drawn on the
12th December 2019

Christmas Jumper Day
12th December
Donate £1 per person and
tag us in your photos
to win a festive prize
@CDDFTCharity

To get involved email or call:
cddft.charity@nhs.net or 01325 743781
<https://www.justgiving.com/cddft>
uk.virginmoneygiving.com/charities/CDDFTCharity

DONATE / FUNDRAISE / VOLUNTEER

Your NHS Charity
County Durham & Darlington
NHS Foundation Trust Charity
Charity No: 1053467

 
@CDDFTCharity

AND STILL ON THE SUBJECT OF 'JUMPERS'...

HOW do you fancy leaping out of a plane for us in 2020? Don't worry, we'll let you wear a parachute and you'll be in expert hands.

We're looking for brave souls willing to take the plunge in a tandem skydive at Peterlee Parachute Centre on Saturday, April 4.

This is your chance to tick something incredible off your bucket list – all in a fantastic cause.

It involves a £35 deposit and minimum sponsorship of £395 but it will be the experience of a lifetime.

To book your charity skydive contact us today cddft.charity@nhs.net.



PLEASE SUPPORT YOUR LOCAL NHS CHARITY!

AND STILL ON THE SUBJECT OF 'JUMPERS'...

DECEMBER 2019



Skydive Academy
Peterlee
Parachute Centre

TANDEM SKYDIVE
Thousands of feet of amazing sky!

SKYDIVE FOR CHARITY
Do something incredible for a good cause!

£35 deposit and minimum sponsorship £395.00

To book your charity skydive contact cddft.charity@nhs.net or call 01325 743781
<https://www.justgiving.com/cddft>

To get involved email or call: cddft.charity@nhs.net or 01325 743781
<https://www.justgiving.com/cddft>
uk.virginmoneygiving.com/charities/CDDFTCharity

DONATE / FUNDRAISE / VOLUNTEER

Your NHS Charity
County Durham & Darlington
NHS Foundation Trust Charity
Dwight, 01325 743781

Spaces available Saturday 4th April 2020

 
@CDDFTCharity

HOSPITAL HOWLERS...



WE all work in a serious business – but there's always room to have a giggle.

So, a big thank you to Anne Glynn, a retired staff nurse from Bishop Auckland Hospital, and friends, who are showing their support for the appeal to extend and enhance the chemotherapy unit at the University Hospital of North Durham by publishing a re-run of their fabulous "Hospital Howlers".

These are a collection of real comments received over the years in our wards and departments.



Watch this space for when the new copies are available – we promise you a good laugh.

These hysterical howlers will be on sale shortly with all profits going to the Chemotherapy Appeal. Appeal manager Pat Chambers said: "Anne, who is a member of Healthwatch, contacted me to see if she could help with our fundraising for the Chemotherapy Appeal. When we met, she produced this hilarious booklet that has previously been published in support of the MRI Appeal but thought it could be used again."



We are absolutely delighted to receive the superb portable heart monitor kindly donated presented to our cardiology ward in University Hospital of North Durham.

Pictured here receiving the new heart monitor is senior cardiographer Jacquie Poulton with Fred Richards presenting on behalf of Chester-le-Street Hospital Community & Friends.

Jacqui said, 'These monitors record heartbeats over a period of 24 hours, and because they are so small they allow patients to go home and continue to go about their everyday activities. The recordings are then downloaded the next day. The data collected is analysed by a specialist cardiac healthcare science practitioner, allowing them to examine the rhythm of the heart in great detail. They are used particularly with patients who have palpitations, or who have a heart condition which puts them at risk of developing a serious heart rhythm problem. They are also used as part of the screening pathway in patients who have suffered a stroke so we are very grateful for the support from Fred and the wider Friends team.

Fred said, 'On behalf of the Chester Le Street Hospital and Friends group, we are delighted to be able to help with the purchase of this new monitor and hope it will help others in our community.'

Fred Richards is pictured here with Senior Cardiographer Jacquie Poulton.



PLEASE SUPPORT YOUR LOCAL NHS CHARITY!

BURNS NIGHT 2020

DECEMBER 2019



Friday 24 January 2020 7pm

Headlam Hall Darlington DL2 3HA

Dance the Night Away with 'Blind Stag' Ceilidh Band



Tickets
£40



To get involved email or call: cddft.charity@nhs.net or 01325 743781
<https://www.justgiving.com/cddft>
uk.virginmoneygiving.com/charities/CDDFTCharity

DONATE / FUNDRAISE / VOLUNTEER



**HAVE A WONDERFUL PEACEFUL CHRISTMAS EVERYONE –
AND HERE'S TO ANOTHER YEAR OF MAKING A DIFFERENCE**

MERRY
Christmas



To find out more email or call:
cddft.charity@nhs.net or 01325 743781
<https://www.justgiving.com/cddft>
uk.virginmoneygiving.com/charities/CDDFTCharity

DONATE / FUNDRAISE / VOLUNTEER

