



Humber Teaching
NHS Foundation Trust

Health Stars Impact Report 2024/2025

*Creating Better Healthcare and
Brighter Futures for Our Patients*





Welcome

We're delighted to welcome you to this year's Impact Report and to take a moment to say a heartfelt thank you to all our incredible supporters.

As the official charity of Humber Teaching NHS Foundation Trust, we're proud to have enhanced the healthcare and experiences of thousands of people across Hull, East Yorkshire, and North Yorkshire: from those using mental health and community services to children's and primary care. Whether it's supporting a young person through a difficult time, creating calming spaces for patients, or boosting staff wellbeing, the impact we've made together has been truly meaningful.

Anita Green, Charity Manager, said: "We are so proud of everything we achieved 2024 - 2025. It was a massive change for the charity, for our team and for staff across the Trust, and we are so grateful to everyone who has joined us on the journey.

"This Impact Report is just a highlight of the incredible things we have achieved and the difference we have been able to make for our patients and those that care for them. Visit our website to discover more stories of the impact we're making.

"We can't wait to see what happens next year!"

Thanks to your generosity, we've made a real difference to patients, families, carers, and the dedicated staff who care for them. Every donation, partnership, and act of kindness has helped support better healthcare and brighter futures to those who need it most. We couldn't do it without you.

As we look ahead, we're excited for another year of impactful projects, community connections, and positive change. With your continued support, we know we can achieve even more.

Thank you for being part of our Health Stars family.

Michele Moran, Chief Executive

Rt Hon Caroline Flint, Trust Chair

Our Year in Numbers



Wishes and Dreams

We manage and distribute charitable funds through our Wishes or Dreams funding programmes for projects, items or ideas that go beyond what NHS Core funding can provide.



Wishes

Facilitating access to funding under £5,000 for the little things that would make a big difference for patients, staff, families and loved ones.

Dreams

Facilitating access to funding exceeding £5000 to turn service improvement visions into reality.

To support staff in submitting strong funding applications, we've provided a clear outline of the areas we typically fund.



Enhanced equipment:

this could be an item that is not considered essential but will help staff to provide the best possible treatment or the most cutting-edge version of an essential piece of equipment.



Enhanced environment:

for projects that improve and compliment the care provided in the service and make using our services as stress free as possible.



Patient and visitor experience:

for the little extras that making a stay in our service that little bit brighter.



Supporting and thanking staff:

for items and experiences that improve the health, wellbeing and employee experience of our staff.



Building healthy communities:

funding ways to say thank you and to show our appreciations to those staff that go above and beyond for our patients and their families.

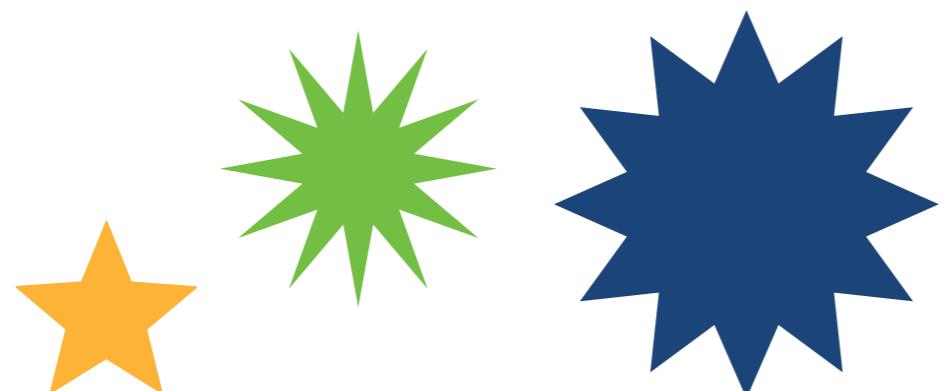
Support the Delivery of Outstanding Patient Care

Helping Nurses to Feel At Their Best

A healthy workforce is a key part in the delivery of outstanding patient care.

To help support the health and wellbeing of nurses across the Trust, we funded a set of resources for the Professional Nurse Advocate Service to help facilitate reflection and powerful conversations around strengths.

The At My Best Strength Cards are now an integral part of restorative clinical supervision where staff can reflect, manage stress, and build resilience in a structured way.



Practice Education Facilitator and Professional Nurse Advocate Donna Groke noted that the cards have proven particularly helpful for teams undergoing change, such as service restructures or consultations, or when dynamics in a team are challenging. On an individual level, the cards have offered a valuable entry point for those facing uncertainty in their roles or navigating personal challenges.

"I found the cards very beneficial from a personal point of view as they gave me inspiration and provided a connection to what was needed for the conversation of the group. I think the cards showed elements of people's personality and encouraged conversation and connections between us."

Nurse



Festive Party Brings Joy and Inclusion for Adults with Learning Disabilities

The Learning Disability Intensive Support Service support adults who need more intensive support at a given time to manage risk, prevent placement breakdown or an inpatient admission.

To enrich the experience for those they care for, staff organised a festive celebration designed to encourage social interaction and peer connection. With funding from Health Stars, the service were able to create a welcoming and joyful event which included a delicious buffet, lively party games, and a festive disco.

Socialising is known to positively impact emotional wellbeing, reduce feelings of isolation, and support a sense of belonging.

For individuals who may face barriers to everyday social interaction, gatherings like this can have a positive effect on their overall health and wellbeing.

This celebration gently reminded us of the strength found in community, and the joy that emerges when people feel seen and included.



Enhance Healthcare Experiences and Outcomes

Supporting Mental Health Recovery Through Physical Activity

Exercise is well known for reducing anxiety, depression, and low mood while improving confidence and wellbeing. However, space and resource constraints often make it difficult to implement exercise programs in inpatient and secure units.

To help overcome these challenges we funded two cardio walls to ensure that more patients could access tailored physical activity as part of their recovery.

Designed with a variety of cognitive and physical games, the CardioWall catered to different fitness levels and abilities. Its mobility allowed patients to exercise both indoors and outdoors, creating a more flexible and engaging experience.

Beyond fitness benefits, patients used the wall to manage stress and frustration, with some engaging in friendly competitions that strengthened social connections. The interactive nature of the equipment made exercise more accessible, especially for those who found traditional workouts challenging due to low mood, fatigue, or lack of confidence.

Since its introduction, the CardioWall has made a noticeable impact, improving patient engagement and emotional wellbeing.



“Since introducing the CardioWall, we've noticed many positive impacts on our patients. They enjoy using it as a fun and interactive activity, with some even engaging in friendly competition, which has helped strengthen their social connections.”

Jordan Hepworth, Activity Coordinator

Children and Young People with Sensory Processing Differences Benefit from New Clinic Space

The Humber Sensory Processing Service provides specialist support to children who have sensory processing differences which impact their day-to-day lives. This service is for children aged 0-18 with a Hull or East Riding GP.

Since opening in 2020, the Service's team of specially trained therapists conducted weekly assessments at various venues across Hull bringing and setting up their own equipment each time before packing it away after the clinic.

Following a review of the service needs, a dedicated assessment room was provided to the service at the East Riding Community Hospital in Beverley, East Riding of Yorkshire.

Through our commitment to enhance healthcare experiences and outcomes, we provided £7,491 of funding to kit out the room with high-quality sensory processing equipment.

Sally Ward, Advanced Occupational Therapist and Clinical Lead for the Sensory Processing Service said:

"The new sensory processing equipment is a valuable addition to our service. It not only enhances our assessment process but also gives parents the opportunity to engage with their child during sessions and discover their strengths."



"Our new equipment allows us to assess children and young people's sensory systems through play in an environment that is comfortable, inviting and calm."

Sally Ward, Advanced Occupational Therapist and Clinical Lead for the Sensory Processing Service



**Health
Stars
fundraisers
in action**

Improve the Health and Wellbeing of Our Communities

Supporting Independent Living for People with Dementia

The Community Mental Health Older People Service (CMHTOPS) support people over 65 who are dealing with mental health issues. This includes support for conditions like depression and anxiety, as well as memory-related conditions like dementia.

Part of the occupational therapist's role within the service is to enable patients with dementia to safely live in their own home for as long as possible.

To help support patients with later stages of dementia who are prone to wandering from their home, the occupational therapist team

wanted to create a gadget library of carefully selected devices to support independent living and make daily life easier and safer. With funding from Health Stars, they sourced tools like sensor alarms that can alert a carer when someone tries to leave a room or exit the house.

Families trialling these gadgets reported huge benefits. Alarms helped reduce stress, improved sleep, and gave carers more confidence. Most importantly, they allowed people with dementia to stay safe and live with dignity at home.

“One family shared how the alarm has made a significant difference in keeping their loved one safe and can now take part in activities in other rooms without constantly worrying that their wife and mother might leave the house.”

Sharon, Occupational Therapist



Powering Better Health for Fisherman Along the East Yorkshire Coast

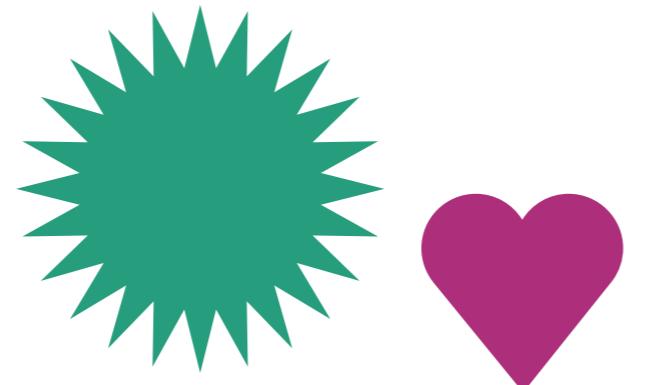
For many in the fishing industry, spending long, unpredictable hours at sea is part of daily life, which can take a toll both physically and mentally on fisherman. However, unpredictable schedules and the remote nature of their work can make it difficult for them to attend GP visits.

The YourHealth Fisherman's Service deliver health checks down the East Yorkshire Coast, directly on the quayside, meeting fishermen where they are.

The team previously relied on a petrol-powered generator to run the diagnostic

equipment on the harbour side. However, the aging equipment had become unpredictable and could cut out mid-way through appointments, leading to frustration from both staff and patients.

We were able to fund a new compact electrical power pack which staff can take onto the harbour side. Unlike its petrol-powered predecessor, the new generator is quiet, clean, and reliable. It is also a more sustainable choice, aligning with the NHS' broader goals to become Net Zero by 2025.



"Having the Mobile Power station has been invaluable. It's helped improve access to a group of patients who have poor health inequalities and very poor health outcomes. A yearly health MOT could be the difference between being fit and healthy to go out to sea or not."

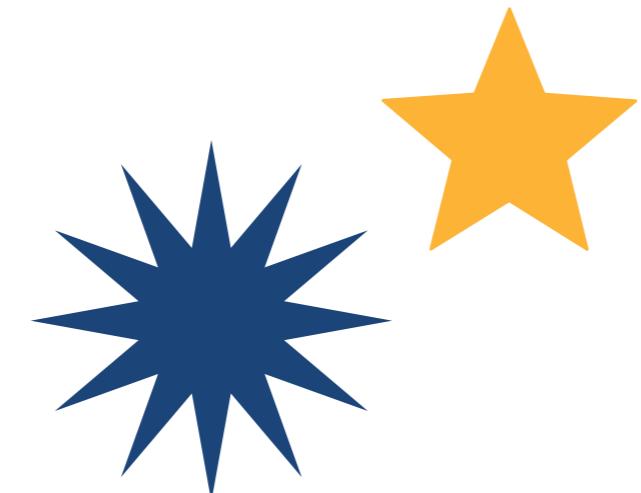
Richard Beecroft,
Seafit Health Improvement Practitioner



Improve Staff Health, Wellbeing and Development

Supporting a Fantastic Evening of Appreciation and Recognition

A highlight in the Humber Teaching NHS Foundation Trust's annual calendar, the Staff Awards give staff the chance to celebrate the people, projects, and teams who inspire them. This special event recognises colleagues who go above and beyond every day: whether through innovative patient care, exceptional teamwork, or compassionate support behind the scenes.



As the Trust's dedicated charity, Health Stars was proud to contribute £6,000 in funding to help make the event a truly memorable experience. This support enabled the purchase of those 'little extras' that helped create a warm, celebratory atmosphere for all who attended.



"What a fantastic evening this has been. Thank you to everyone who made the evening so special and to all our staff for their incredible dedication and hard work throughout the year."

CEO Challenge Raises Over £8,000 to Support Trust Services

On Thursday 25 July 2025, Michele Moran, Chief Executive of Humber Teaching NHS Foundation Trust, walked 13.5 miles between each of the Trust's mental health units, raising over £8,000 for Health Stars.

The mental health units are spaced around a wide geographical area which is equivalent to half a marathon and represented a considerable challenge for Michele to

"It was tough, but I thoroughly enjoyed it. Seeing the teams welcoming me at each of the inpatient units really spurred me on. And thank you to all those who joined me at intervals on the walks. I am delighted by how much we have raised for Health Stars and I know that every penny will be spent on improving experiences for both our staff and our patients."

complete. The units sited across the walk offer a diverse range of services to patients who require support, including forensic psychiatry units and older people's inpatient units, as well as a children and adolescent unit.



Helping to Bring Teams Together

As part of our ongoing commitment to enhancing staff wellbeing and fostering a positive workplace culture, we have funded two team days for Humber Teaching NHS Foundation Trust staff.

These team days align closely with our charitable objectives, offering teams the opportunity to strengthen connections, boost morale, and recharge together outside of their usual work environment.

From geohunts to sports activity days, staff have been able to take part in experiences that meet their unique team needs; reinforcing collaboration, appreciation, and resilience across the Trust.



Specialist Nurse for STaRS

"We (The Specialist Treatment and Recovery Service) had an amazing time at our team building day out. It helped to boost our wellbeing and gave us an opportunity to celebrate the hard work and resilience of the team."

How you can support

Without the amazing support we receive, we wouldn't be able to fund the inspiring projects you have read about in this report.



In Memory Giving

You can celebrate the life of a loved one by making a donation that will have a real and lasting legacy.



Give in celebration

Whether it's a wedding or special anniversary, asking your friends or family to make a donation on your behalf is great way to make your celebration event more meaningful.



In-Kind Donation

By donating gifts in kind like products, service or time, for free or at a discounted rate you can help us make that vision a reality for our patients and their loved ones.



Take part in an event

Whether it's running a 5K or marathon, tackling a muddy obstacle race, or conquering a mountain climb - we have a calendar full of exciting events for you!



Lottery

You could win up to £10,000 every week in our charity lottery draw. For just £1 a week, you could win one of 82 cash prizes every Friday, as well as the chance to win the rollover prize.

A Big Thank You!

*We'd like to thank the following organisations for supporting us during 2024/25.
From donations to sponsorship, you have made a difference to our patients and staff.*

Andrew Hill Creative

Apira

Asda

BACB Renewables

City Care

D3

Dixon Group

Fred

Furley and Co

Glen Wilson

H&H

Hilton

Humber Projects

JayJay Media

Mercure

Morrisons

Scribes

Sewell Group

Tesco

TPP

Voase Builders



We'd also like to thank our amazing supporters who
donated gifts-in-kind for our Christmas Appeal.



Healthstars.org.uk



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