

Respite breaks in Whitby and Filey

Do you need to get away?



We'll get through this together

10 things you need to know about York Against Cancer

- 1 We've launched Yorkshire's first mobile chemotherapy unit to treat patients closer to home while ensuring capacity at York and Scarborough Hospitals. The unit visits Malton, Scarborough, Bridlington and Selby, and costs almost £1,000 a day to run.
- 2 We give 200 cancer patients and their families a FREE short break in our Whitby apartment and our brand new Filey respite home every year.
- 3 Our minibus covers 16,000 miles a year taking York cancer patients to St James's Hospital in Leeds for their radiotherapy treatments.
- 4 Each year we give thousands of five-year-olds in primary schools around York FREE sun hats as part of our annual sun awareness campaign.
- 5 We fund skin cancer screening equipment for GPs throughout the Vale of York in a life-saving programme that's a national pioneer.
- 6 The Cancer Care Centre at York Hospital was established by us in 1997 and we continue to pay the salaries of the three administrators.
- 7 A hundred per cent of the profit from the sales in our shops contributes to the work of the charity - we have two shops, one in Huntington, on North Moor Road, and one in the main foyer of York Hospital.
- 8 The Jack Birch Unit within the Biology Department at the University of York is where our research is undertaken. The research is both nationally and internationally acclaimed.
- 9 We have 135 collection cans in shops, pubs, clubs, chemists and newsagents across York. Can you help us get more cans in your local community?
- 10 We only employ three full-time and four part-time members of staff, keeping our administration costs to a minimum.



We are pleased to offer patients, their families and friends the chance to take a break away. We have two seaside homes, one in Whitby and one in Filey.

Our holiday homes are available to York Hospital Trust cancer patients and their loved ones for a three or four night stay, whether they have just been diagnosed, are having or have just finished treatment.

We understand cancer diagnosis, treatment and recovery can be a very difficult process. Normal family life and routine is often disturbed by the strain of regular medical treatment and a break away from it all is often invaluable. Time away to relax, regroup and recharge in a comfortable environment can help you enormously.

Our property in Whitby has amazing views due to its prime location, visitors can see from Sandsend to the historic Abbey, while the Filey house is at The Bay, a prestigious holiday development above a five-mile sandy beach stretching from north of Filey Brigg to Bempton Cliffs.

The Whitby property sleeps seven while the Filey house accommodates eight. Both are furnished to a very high standard, providing a touch of luxury in a really homely environment.

Our properties are near enough to York to make travelling not too difficult but their coastal setting makes a welcome change. You feel you are away, but with the security of being close to home.

Metropole Towers, Whitby

This fully furnished property with incredible views offers a special stay. From the ground level the fourth-floor flat is accessible through both stairs and a lift. The entrance to the flat is light and inviting and sets the tone for the rest of the rooms.

Glazed oak double doors lead to the split-level, spacious lounge and dining room. The double-glazed windows keep the rooms cosy whilst also opening to the unforgettable scenery.

Of the three bedrooms two are doubles, one with ensuite, and one is a double with an additional single bed. The master bedroom is in the north-west tower of the building.

The kitchen is smart and modern. It features an island, wooden work surfaces, a dual Belfast sink, a range, seating and views from three windows giving the room bright and natural light. There is a separate utility room.

Pets cannot be accommodated (except guide dogs). The flat is a no-smoking environment.

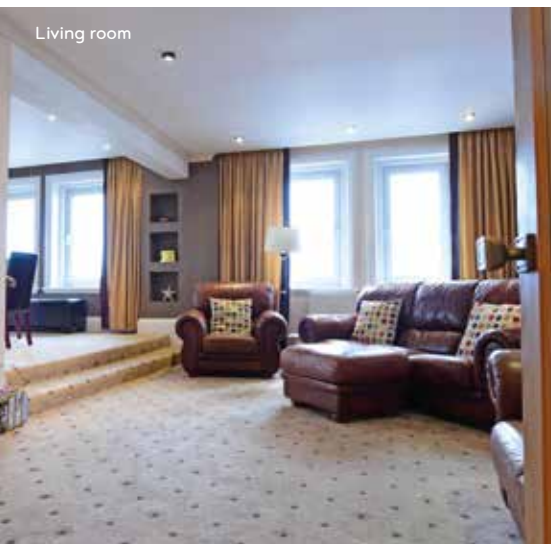
Outside



Bedroom



Living room



Kitchen



Floor plan



The Bay, Filey

Our Filey respite house is in an award-winning coastal holiday village, The Bay, set in parkland, woodland and meadows and fronting onto a stunning beach. Its stylish homes enjoy private beach access and are beautifully designed with contemporary, stylish interiors.

Our property has two double bedrooms, a twin and a master suite. One of the ensuite bedrooms is downstairs, ideal for disabled visitors. There's also an ensuite wet room and a house bathroom.

Panoramic windows with French doors lead from the lounge onto a terrace and the master bedroom has a balcony. The lounge has a log-burning stove, and there's a fully fitted kitchen and dining area.

The property is along a private drive with off-road parking. Filey is three miles away, and there is a fantastic leisure complex and pool, a pub and restaurant and a pizzeria on site. Again, pets other than guide dogs can't be accommodated, and the house is a no-smoking environment.

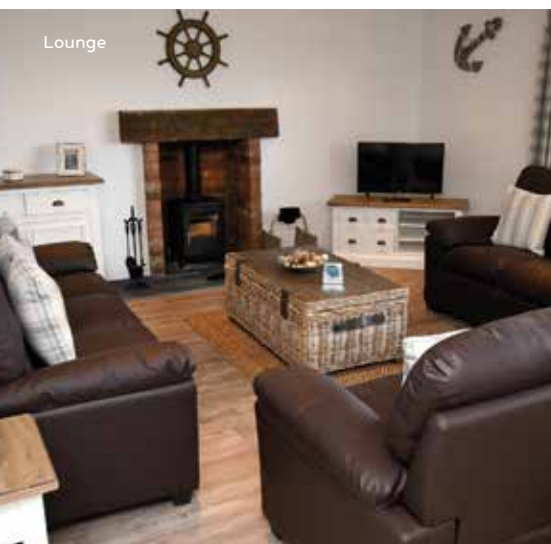
Outside



Bedroom



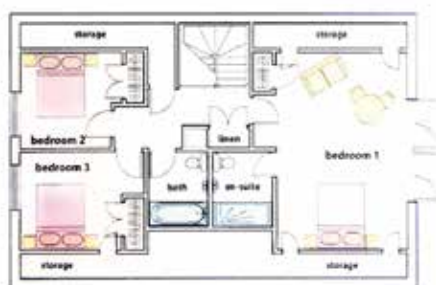
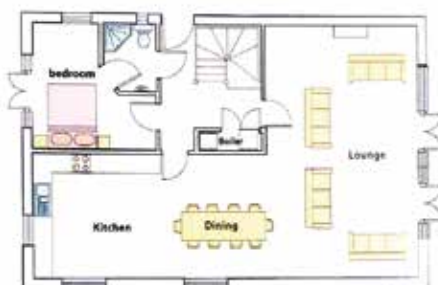
Lounge



Kitchen



Floor plan



Guest feedback, Whitby

“I can’t tell you how much it meant to me to spend time with my family in this beautiful apartment. A million thank-yous!”

“After everything I have been through, to come here feeling tired and drained and to leave feeling energised and uplifted was the best medicine I could have had.”

“A fabulous five-star apartment with every home comfort and all fittings and fixtures to an extremely high standard. Brilliant location with breath-taking views.”

“The apartment was wonderful, very relaxing and comfortable. Couldn’t have asked for more. Even if the weather is not good the views are fantastic so not a problem to stay indoors!”

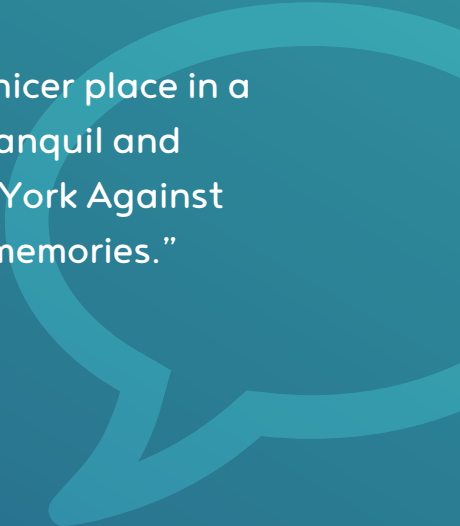
Guest feedback, Filey

“A wonderful large house to stay with family, making for many happy memories. A real treasure.”

“Thank you York Against Cancer. You gave us the space and time we needed to heal as a family – space to breathe and reflect at a difficult time. You made our children smile.”

“This was just the most wonderful gift for me and my family after a bad year. We can’t thank you enough for giving us this opportunity, it was very much appreciated.”

“Could not have wished for a nicer place in a lovely area, so relaxing and tranquil and well-thought-out. A credit to York Against Cancer. Thank you for lovely memories.”



How to apply

If you or a member of your family has cancer and would appreciate a short stay at one of our homes please ask. It doesn't matter whether you have just been diagnosed or are in the midst of or have just finished treatment. If you need the time away with a loved one, contact us.

To apply for a break away you need to fill in the referral form in this leaflet and get the support and signature of your doctor or senior nurse. Then send it to the address on the back of this leaflet.

You can choose between Filey and Whitby and can choose to visit either Friday to Monday (3 nights) or Monday to Friday (4 nights). Bookings are allocated 3 months in advance.

Once a date has been agreed we will require a £50 deposit to confirm the booking. This should be in the form of a cheque, which can be returned at the end of your stay unless you wish to donate it towards the upkeep of the homes.

If you have already benefited from one of our respite breaks it is possible to apply for a second stay after 12 months providing the referral criteria are still met. We will try our hardest to accommodate you but new guests will take priority. Please note that due to the large demand for our properties guests can only qualify for a maximum of two breaks.

If you have any questions please phone us on **01904 764466** or email **nicola.doherty@yorkagainstcancer.org.uk**

We want to help local people living with cancer to take advantage of this free break away.

Application form

The Patients Details (BLOCK CAPITALS)

Title:	Name:
Address:	
Postcode:	
Email:	
Mobile:	
Phone:	

Referral (GP, Oncologist or Senior Nurse to complete this section)

Name:	
Position:	Telephone:
Date of referral: (must be completed)	Signature:
Email:	

In future we should like to send you our twice-yearly newsletter and/or monthly email. If you are happy for us to do this please tick the appropriate box to show how we may contact you.

☐ By e-mail ☐ By post ☐ No contact

We will never pass your details to a third party except to store it securely. We will never sell your data. If you change your mind and want us to stop contacting you, please write to the address or email (see overleaf)

Application form – Continued

Property choice

- ☐ Whitby ☐ Filey ☐ No Preference ☐ Interest in cancellations
- ☐ Please tick if you have received one of our breaks before

Please specify exact dates to assist us with the allocation process

(Monday to Friday or Friday to Monday – arrival after 4pm and depart by 10am)

1st date choice:

2nd date choice:

- ☐ Please read and tick the box to acknowledge the following statements:

I understand that if my application is successful I am expected to pay a deposit of £50 by cheque to cover breakages, but it can be returned after my stay unless I wish to donate it towards the upkeep of the apartment. I am responsible for any medication required during my stay. I understand that this is a strictly no-smoking environment.

Please note: This form is valid for 6 months from the date of the referral. Wheelchair users or anyone with mobility problems should discuss this with the office before applying. To be eligible to apply for the holiday homes you must be a patient of York Hospital NHS Foundation Trust.

Signed:

Date:



YorkAgainstCancer.org.uk

31 North Moor Road, Huntington, York, YO32 9QN

Call us 01904 764 466 **Email us** office@yorkagainstcancer.org.uk