

Supporting people in Ukraine

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Many colleagues have been getting in touch looking for ways that we can collectively help support refugees leaving the Ukraine to escape the war.

I am pleased to confirm that we have been working with Leeds Community Healthcare Trust to find the best way to make a difference. As a Trust we have now made arrangements so that colleagues can make donations at reception points where they will be regularly collected by our logistics team and sent on to relief organisations such as the Leeds Polish Centre who are providing direct support into Poland where refugees are being evacuated.

You can donate any of the following items.

Please bag up and label.

- Bandages
- Medical tape
- First aid kits
- Savlon
- Antiseptic wipes
- Plasters
- Wipes
- Baby wipes
- Deodorant
- Nappies
- Shampoo
- Conditioner
- Bars of soap
- Toothpaste
- Toothbrushes
- Women's sanitary products

No clothes, bedding, toys etc. Only toiletries and medical supplies.

You can make donations at the following receptions:

- Newsam
- Becklin
- The Mount
- Aire Court
- Red Kite View, St Mary's Hospital
- Trust HQ, Thorpe Park
- Clifton House
- Mill Lodge

Another way to donate to this relief effort:

There is also an option to donate money to a [GoFundMe](#) page for this specific relief effort. The money you donate will pay for items that the Leeds Polish Centre need to make their mission to help refugees in Poland successful and to cover all transportation costs. Any surplus will be used to buy vital supplies for the Ukrainian people.

Additional resources

- [Ukraine help: What can people in the UK do? - BBC News](#)
- [Three ways you can help the people of Ukraine from the UK - The Guardian](#)

Leeds

Leeds Ukrainian Centre provide updates via Facebook and local information about collections of donations. Please visit the [Leeds Ukrainian Community Centre - Facebook Page](#).

York

York City Council have published some information about how to help for colleagues living in York. Visit their website page [York Stands With Ukraine](#).

Support for you and our service users

Sara Munro, Chief Executive, recently sent out an all staff communication: "I'm sure like me, you are all deeply shocked and saddened to witness the distressing scenes emerging in Ukraine this week.

"With heightened tensions intensifying for many weeks, it had been hoped things could be resolved democratically. However, the efforts of governments around the world have so far failed to stop this horrifying situation.

"In what continues to be a worrying time for many, this conflict will be having an impact on people in countries around the world. Whether you are originally from Ukraine, have friends and family living there or have served in the armed forces, the effects can be far and wide.

"We are proud to be a [Veteran Aware Trust](#) providing mental health support for armed forces veterans. If you or someone you know is a veteran and is struggling with their mental health and wellbeing, there is a range of dedicated support available as part of [Op COURAGE: The Veterans Mental Health and Wellbeing Service](#)."

Within the Trust we offer a range of health and wellbeing services and chaplaincy support for our colleagues. You can find out more details about this [on our intranet](#). This includes details of our Employee Assistance Programme, Health Assured, which provides help, support and guidance for a variety of work, family and personal issues. There is a 24-hour confidential telephone counselling service which offers support for you, your partner and family members.

We are encouraging our managers and team leaders to check in with their teams throughout this time. If you are affected by the situation in Ukraine, you are encouraged to speak to your colleagues or line manager and seek support whenever you need it.

There is also the potential for a personal impact on service users with links to Ukraine and colleagues across the organisation will be working hard to provide them with the care and support they need.