



Fundraising newsletter

Winter 2014



The sun shone brightly for our 12th annual Buttercup Walk, which took place at the beginning of June.

Over 400 people came to the hospital to support the Appeal, with nearly 200 patients, along with their families and friends, taking part in the mile-long walk around the hospital's grounds.

North London-born gymnast and Olympic medallist Max Whitlock kicked off the day with a special performance, and 10-year-old Buttercup Walk Hero Alex McCartney, a patient here at the RNOH who raised nearly £10,000 in sponsorship money, opened the walk.

The day was a resounding success - it raised nearly £40,000 for the RNOH Redevelopment Appeal, making it one of our most successful Buttercup Walks.

As temperatures soared, families took advantage of the fun-filled activities such as children's rides, live music from Fox River Conspiracy, delicious food and a variety of stalls.

We want to say a huge thank you to everyone who helped raise this amazing amount. Plans for next year's Buttercup Walk are already underway - we look forward to seeing you there.

Peter Calder,
Chairman of The Buttercup Walk said:

“ It's been another very successful Buttercup Walk and it's been great to see so many of my patients and lots of happy faces. Our fundraising team has worked tirelessly to ensure that the day was a success and we'd really like to thank the hundreds of people who came along to support the RNOH and its charity. I'd like to give special thanks to Alex for being our Buttercup Walk Hero and to Max Whitlock for putting on such an incredible performance for us. The money raised is going to help make a real difference to the hospital and the patients that are treated here. We look forward to doing it all again next year.”





The importance of the new Children's High Dependency Unit

Caitlin Kydd has been treated at the RNOH since 2009 and has spent time in both the High Dependency Unit and the new Children's High Dependency Unit. Here, her mother Alison describes Caitlin's experience and the benefits of the new unit.



Caitlin was diagnosed in 2009, aged 7, with Ewing's Sarcoma (bone cancer) in her femur. At the RNOH, she had the tumour removed, along with the bone and muscle, and replaced with a titanium extendable prosthesis with a motor on it to lengthen it non-invasively. After her operation, she went to the High Dependency Unit for 24 hours. It was reassuring having the nurse constantly monitoring Caitlin and was much quieter than the ward, but Caitlin lay alongside other patients in a big ward of about 20 beds, of which all but one were adults. When we saw the building from the outside we were so surprised that it was the High Dependency Unit; Caitlin thought it was the gardener's shed! Thankfully the nurses were wonderful, and they were able to bring me tea and toast during the night, which really helped as I could not sleep on the hard, plastic chair that was at the bedside.

In 2013 Caitlin relapsed and horrifically the cancer had come back, this time in her arm. She had to face the nightmare once again. After high dose chemo we went back to Stanmore, where Caitlin's fabulous surgeon, Rob Pollock, once again removed the tumour

and gave her another incredible bone replacement. She has a titanium elbow and humerus as well now; they have literally rebuilt her.

After her operation, Caitlin spent 24 hours in the CHDU again, but this time was fortunate enough to be in the new CHDU. It was bliss! It was calm and serene, and very comfortable. The nurses, as before, were fantastic but the whole experience was so much better as Caitlin was in her own room with her own nurse. There was also plenty of space and I had a sofa bed! Caitlin even had physio in her room there. She didn't want to go back to the ward when she was able to, as she felt so safe and comfortable in the CHDU. Being closer to the Children's Ward really helped too, as it meant the journey through the open walkways was much shorter and therefore easier to cope with so soon after an operation.

Caitlin's treatment finished in September and she is recovering well. She has ongoing physio and regular check-ups at Stanmore to keep an eye on her prostheses, and she will continue to do so for a very long time to come.





Royal opening

for the Children's High Dependency Unit

Princess Eugenie of York, the Patron of the RNOH Charity's Redevelopment Appeal, visited the hospital in April to officially open our new Children's High Dependency Unit (CHDU) - the latest phase in the RNOH's long-term redevelopment.

The CHDU, which will treat over 400 sick children a year, is separate from the adult unit, and situated very close to the hospital's operating theatres, meaning children can be transferred after surgery more easily and quickly. Importantly, parents will also be able to sleep at their child's bedside during their hospital stay.

Betty Wynne, the Matron of the CHDU, said: "We are all thrilled that the Children's High Dependency Unit has officially opened. It marks a key milestone for the hospital and showcases the world-class care and treatment we provide for our patients every day."



“ There are many memories here and it's fantastic to be back and to see so many familiar faces. It's wonderful to come and see the Children's High Dependency Unit and the fantastic work the RNOH Charity has done. ”

HRH Princess Eugenie of York



Well-known faces turn out for...



The Hippest Joint in Town

On 30 June a host of stars, including comedian Jason Manford and singer Jocelyn Brown, joined HRH Princess Eugenie of York for the RNOH's gala dinner and charity auction, 'The Hippest Joint in Town'.

This was to mark the first ever RNOH Appeal Ball, held at the Savoy Hotel on the same date in 1931. It was called the 'I'm Glad I Went Ball', and raised funds for the RNOH's £100,000 appeal led by HRH Prince Henry, Duke of Gloucester.

This year's event (also at the Savoy Hotel) was a huge success, raising over £100,000 towards the Redevelopment Appeal. High-profile auction lots on the night included a signed etching by artist Tracey Emin, a glamorous chateau holiday in the south of France and a unique 'Royal Marines Experience Day'.



RNOH Appeal Bracelets

Our gala dinner also marked the launch of an exclusive new bracelet which was designed for the RNOH Charity by HRH Princess Eugenie.



The bracelets, which were produced in association with Daisy London, are available in silver, gold and rose gold, and are priced between £55 and £70. All profits from the sale of the bracelets will go towards the Redevelopment Appeal.



Visit www.daisyjewellery.com/charity-bracelets to buy your bracelet - but be quick, as they are selling fast!

The RNOH is excited to announce **Max Whitlock** as its newest Appeal Ambassador

Max Whitlock is a hugely talented young sportsman who took the bronze medal in the individual pommel horse event at the 2012 Olympics, and more recently won three gold medals at the Commonwealth Games and a silver medal at the World Gymnastics Championships.

Max has been inspired by the positive attitude and determination of RNOH patient and friend David Holmes, former stuntman to Daniel Radcliffe. "It is a great honour to be representing the Charity's Appeal and I am excited to do all I can to help raise its profile. I've been privileged to spend time with patients at the Buttercup Walk and hear about the incredible treatment they have received at the RNOH. It's a very special hospital and I'm looking forward to working more closely

with the Charity."

We are thrilled that Max agreed to become an Ambassador, and know he will be a real inspiration to our patients and staff. His support will help raise the profile of the Redevelopment Appeal, and bring us one step closer to raising money to fund state-of-the-art equipment and facilities that will help improve the lives of countless RNOH patients.



David Holmes was a gymnast from a young age, which eventually led to him becoming a stuntman. Then, in January 2009 he was left paralysed after an accident on set whilst rehearsing a stunt. After David had his accident he was an inpatient at the Royal National Orthopaedic Hospital for six months and diagnosed as a C6/7 Tetraplegic. In April 2013, he became one of the RNOH Charity's Appeal Ambassadors.

The David Holmes Cricket Cup began in the Summer of 2009. Two teams, Gryffindor and Slytherin, made up of actors, crew and friends, were put together to battle it out

for the Cricket Cup Trophy and raise money for the RNOH. Since then the event has been hosted each summer - this year was the sixth David Holmes Cricket Cup. The cricket match (won by Slytherin) was the highlight of the day with an auction, raffle, bar, BBQ, face-painting and bouncy castle providing further entertainment.

This year's Cricket Cup raised just over £6,500, which was split between The RNOH Redevelopment Appeal and Spinal Research.

Appeal Chairman celebrates triumphant end to 767 mile charity bike ride



A red carpet and the Mayor of Newport Pagnell greeted our Appeal Chairman Mike Thompson and his team at the official end of their marathon charity cycle ride to raise £50,000 for the children's play area at the RNOH's new Princess Eugenie House.

Mike, who is CEO of the award-winning, employee-owned Childbase Partnership, and his colleagues, cycled 767 miles around the south of England, taking in each of the 47 day nurseries in the Childbase group on their way. To help with the fundraising drive, hundreds of pre-schoolers, parents and staff members were also staging their own events at the nurseries, which involved cycling on static exercise bikes, trikes, and 'walkers'.

Mike thanked colleagues, children and parents for the warmth of their welcome at each nursery, and for their enthusiastic support of the 'M&M Bike Ride Challenge'.

Mike said:

“ I believe we have experienced every possible emotion on this challenge - from exhaustion right through to elation - and I am incredibly proud of my fellow cyclists. The importance of this outside play area for the hospital's young patients and their families spurred us on and captured the imaginations of everybody we met. ”

Childbase's Operations Director, Lynda Gostelow, who battled a stomach bug that prevented her from eating during the last 80-mile leg of the journey, described the welcome at each nursery – when cheering children could be heard long

before they were seen – as “simply fantastic and quite emotional.”

“We have a proud charity fundraising tradition at Childbase, and during 25 years have supported many worthy causes. What makes this one event so special is the fact that everybody – children, parents and colleagues - who heard about it felt compelled to do something. This kept us going during the challenge and is now a source of enormous pride to the team,” she said.

During the challenge, the cyclists battled through the tail end of Hurricane Bertha, and one member of the team, Paul Haworth, narrowly escaped serious injury following an incident involving an HGV lorry in London which completely destroyed his bike. Paul was back in the saddle of a replacement bike less than 24 hours later, thanks to the prompt attention of paramedics who were already at the scene.

A huge thank you from everyone at the RNOH Charity to Mike and his team for completing this incredible challenge. The children's play area will provide a vitally important respite for young patients being treated at the hospital for serious medical conditions.

The difference a **donation** makes...

The generous support of our many hundreds of donors has enabled the RNOH Charity to fund a number of essential projects around the RNOH this year.



The Spinal Cord Injury Centre is now the proud owner of a static arm and leg bicycle, which the RNOH Charity was able to fund thanks to a generous grant from the Presidents Club.

The new bike allows patients to cycle using their arms or legs, and has a motor which can assist if the patient is not strong enough to fully power the bike. Using the bike is a great way for our inpatients to increase their exercise tolerance and muscle strength. It will be used by inpatients with a spinal cord injury, but will also be available for any of the RNOH's paediatric patients to use.



Reducing the risk of morbidity in tumour patients using non-invasive Raman spectroscopy

This study will collect and measure specimens from 20 individuals undergoing surgery for the removal of cancerous lesions at the RNOH.

Scans of the specimens, taken via a non-invasive method known as Raman spectroscopy, will be compared to similar scans done on healthy tissue. This will enable our surgeons to identify precisely which areas of a person's tissue are healthy, and which are cancerous, thereby maximising limb salvage when the lesions are surgically removed. This will make a huge difference to the lives of the patients being treated.

If successful this research will benefit patients both here at the RNOH and in other hospitals around the world.



ASCAT - Autologous Stem Cell Therapy for Achilles Tendinopathy

The ASCAT trial aims to evaluate the use of autologous cells in the treatment of Achilles Tendinopathy. This means that patients' own bone marrow will be taken and sent to a special facility to grow, before it is injected into their Achilles tendon.

The RNOH Charity's support will enable the RNOH's research team to buy a new technology called Ultrasonographic Tissue Characterisation (UTC). This will enable the research team to better assess the stem cell treatment.

The study will be carried out on 10 patients who have Achilles tendon conditions, in order to assess how successfully their tendons are regenerating following the stem cell treatment. Once this has been done, our researchers will apply for further funding for a full Phase II study of 120 patients. The UTC technology is vital for the study because the main barrier to proceeding to any tendon trials is the lack of an objective way of measuring outcomes – this cannot be provided by traditional ultrasound, which is the only measure we have at present.

The RNOH Charity is delighted to be involved with such pioneering projects.

What makes the RNOH so special?



Chloe's story

“ In May 2014, while at scout camp, 12-year-old Chloe Hooper fell 18 feet from a tree onto her back. Her father, Simon Hooper, describes what happened next.

After her fall, Chloe was brought to the RNOH from Southend University Hospital in an emergency ambulance. She was in considerable pain and discomfort and had reduced motor skills in her legs. It quickly became apparent that she had sustained a serious injury which was potentially life-changing.

As an NHS paramedic I quickly realised the gravity of the situation – the MRI showed Chloe had a fracture of T1 and an unstable fracture of T12 with compression.

On arrival at the paediatric HDU we were firstly reassured by the state-of-the-art facilities that were available to Chloe. We quickly realised that the quality of the facilities fades in comparison to the quality of the medical team.

As parents you are at the lowest emotional point when seeing your child in so much anguish and distress. The knowledge of possible permanent disability and a life of immense challenges lying ahead fills your thoughts. Chloe had at this point been immobilised for nearly 24 hours and, although she is a strong character, started to feel despondent. But the abilities, genuine compassion and clinical knowledge of the medical team looking after her shone to the fore, and we were instantly reassured that we were in the best clinical place for Chloe. They treated

us all with compassion and completely included our family in every decision. I have been working for the NHS for 11 years and I have never met such an outstanding group of people.

On meeting surgeon Robert Lee we were immediately reassured by his calm, friendly, and approachable manner. Within a matter of moments we had full trust in his abilities and clinical expertise. It is due to that expertise that our 12-year-old daughter is home and walking once again. Chloe had a spinal fusion from T10 to L1 with decompression of her spinal cord. One week later she was at home with no loss of motor or sensory skills. She is only taking paracetamol and occasional ibuprofen and is complaining of very little discomfort. She is only complaining of boredom and would like to get back to her academic studies as soon as possible. An amazing outcome!

We are finding it difficult to find the words to thank Robert Lee and his colleagues, who have restored my daughter's ability to walk once again. We will be forever thankful to them. One day she will walk down the church aisle or run in the school sports day. All due to the excellence of the RNOH. We never dreamed of a full recovery for Chloe and your hospital has answered all our prayers.

”



DONATION FORM

We raise money to help the Royal National Orthopaedic Hospital provide world-class care for patients with musculoskeletal conditions, and to support the hospital's pioneering work in orthopaedic research and education. You can support The RNOH Charity in many ways. One way is to complete this form and send it to the address overleaf.

Name

Address

Postcode

Telephone

Email

Date / /

I wish to donate (amount)

Cheque Please make cheques payable to The RNOH Charity

Please debit my Visa MasterCard Maestro CAF card

Card No.

Start Date /

Expiry Date /

Security Code
(see card reverse)

Issue No.
(Maestro only)

Signature

Standing Order

I wish to make a monthly quarterly annual payment of £

to: The RNOH Charity Account,
Barclays Bank, 126 Station Road, Edgware, Middlesex, HA8 7RY
Sort Code: 20-29-37 Account No: 80756539

Account Name

Bank Name & Address

Sort Code

Account No.

Commencing

/ /

until further notice

Signed

Date / /



DONATION FORM

giftaid it

Use Gift Aid and you can make your donation worth even more. For every £1 you give to us we will be able to reclaim the tax on your donation and receive an extra 25p from HM Revenue & Customs.

I would like this donation and any I make in the future treated as Gift Aid until I cancel this instruction.

Please tick <input type="checkbox"/>	Date / /
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I would like to designate my donation towards the following:

where most needed other (please specify)

Please send me information on the following:

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<input type="checkbox"/> Give in celebration
<input type="checkbox"/> Gift in your will
<input type="checkbox"/> In memoriam gifts
<input type="checkbox"/> Schools fundraising pack
<input type="checkbox"/> The RNOH Charity lottery

Please return to:

The Fundraising and Development Department
The Royal National Orthopaedic Hospital Charity
Freepost WD877, Brockley Hill, Stanmore HA7 4BR
Telephone: 020 8909 5362
Email: fundraising@rnoh.nhs.uk
Web: www.rnohcharity.org

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I do not require an acknowledgement

By ticking this box you will help the RNOH Charity reduce administration and postage costs.

You may at any point have your details removed from our database by contacting the Fundraising and Development Department on the phone number above.



The goal of the

RNOH Redevelopment Appeal...



...is to raise £15 million through support from individual donors, corporate partners, grant-making trusts and fundraising events. So far we have raised an impressive £5 million. We are delighted to say that later in 2015 building work will commence on Princess Eugenie House (a family accommodation unit and independent rehabilitation facility for people with acute spinal cord injuries). We still need to raise a further £10 million to build and purchase essential state-of-the-art facilities to ensure we can provide the best care and treatment for our patients.



For more information please contact us on 020 8909 5362

Our amazing supporters

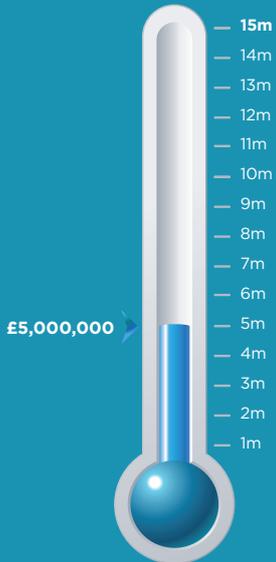


Our grateful thanks go to the following major donors and organisations for their generous support in 2014:

Miss Lucinda Bell
The Late Ms Tina Blake
Mrs Caroline Cousins
Mr Mike Davies CBE
Mr David Garner
Mrs Mandy Giles
Mr David Holmes
Mr Declan Kelly

Ms Mira Manek
Master Alex McCartney
Mr Rory Tapner
Mrs Ann Thomas
Mr Mike Thompson OBE
Childbase Partnership
Emery Little LLP Charity Golf
Day

Porters Park Golf Club
SCAT
The Bernard Sunley Charitable
Foundation
The Presidents Club
The Sir William Coxen Trust
Fund



Thank you!

In 2014 our supporters have, as always, pushed themselves to the limit to help support the RNOH Charity. They have run races across the Arctic Circle, thrown themselves out of aeroplanes... and taken part in triathlons dressed as the Honey Monster. To date they have helped us raise £5 million towards our £15 million Redevelopment Appeal target.

Warmest thanks to all of you from everyone at the RNOH Charity.



weneedyourhelp

If you would like to participate in a run, walk, organise an event in aid of the RNOH, or would just like to make a donation to the hospital, please contact us:

Fundraising and Development Department,
The RNOH Charity, Royal National Orthopaedic Hospital,
Brockley Hill, Stanmore, Middlesex, HA7 4LP.

Tel: 020 8909 5362 **Email:** fundraising@rnoh.nhs.uk **Web:** www.rnohcharity.org



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