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020 8909 5362

Find us:

[www.rnohcharity.org](http://www.rnohcharity.org)

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# School Fundraising Pack

 **MAKE IT POSSIBLE**



Thank you so much for supporting the Royal National Orthopaedic Hospital – we really appreciate you taking the time to read through this pack, which we hope will get you excited and inspired to fundraise for us! The most important thing with fundraising is to have FUN, so we've packed this guide full of exciting tips and ideas to get you started!

## Who we are

The Royal National Orthopaedic Hospital (RNOH), based in Stanmore, is among the top three centres in the world for the diagnosis and treatment of many complex orthopaedic conditions, including severe spinal cord injuries, bone cancer, scoliosis (curvature of the spine), and acute hip and knee problems.

The hospital treats military personnel, provides amputees with custom-made prostheses, and helps rebuild the lives of patients through extensive rehabilitation programmes. We also specialise in the treatment of peripheral nerve injuries (PNI); our PNI service is considered to be the best of its kind in the world.

As a national and international centre of excellence, the RNOH treats over 125,000 patients annually. Lots of the people that we treat are children and young people – just like you. They come to us for a number of reasons. We treat children with scoliosis, children who come to us with cancer in the form of tumours in their bones, and children who need their limbs lengthened.

**With your help, we can continue to transform people's lives.**



**They gave me a prosthetic leg and the perfect left foot to score the winning goal \***

# What makes the RNOH so amazing?

In 2003 the RNOH developed the 'bionic bone'. Before this, children with bone cancer had to have painful surgery to replace the affected bone with a metal implant, and would then need lots more operations to lengthen the implant as they grew. Thanks to the 'bionic bone' that's now unnecessary, as the bone can be lengthened via remote control. This is completely painless and means they don't need any more surgery. This pioneering, award-winning technology is now used all over the world!

Invented in 1956, the 'Stanmore hip', a revolutionary hip prosthesis, continues to be used worldwide today. Take a look at Norman Sharp, who had the first double hip replacement on the NHS at the RNOH in 1948. He's over 90 years old, and his hip replacements are still going strong today! In 2016, Norman was recognised by Guinness World Records as having the world's longest lasting hip replacement.

Every eight hours someone is told they may never walk again, but thanks to the skill and expertise of the staff at the RNOH many of these patients are given new hope.

Over 2,000 people with spinal cord injuries are treated at the RNOH each year. Many are ex-service men and women, injured in the line of duty.

HRH Princess Eugenie was treated at the RNOH for scoliosis when she was 12 years old, and is now the Patron of our Redevelopment Appeal.





My time at Stanmore was a cornerstone of my recovery. I'm less than a year from my injury and I've already got a new role teaching kids to box. I have a renewed vision of the things that I want to achieve with my life ✨



I'm living proof of the way in which the RNOH can change people's lives ✨

# Why we need your help

The RNOH delivers amazing care to over 125,000 patients every year but we need your help to do it! Our buildings are old and inefficient – some of our wards are Nissen huts that were built in World War Two and only meant to last for 15 years! This is why The RNOH Charity set up our Redevelopment Appeal; to raise £15 million to help rebuild the hospital and make sure every patient gets the best treatment possible.



Schools are so important in helping the RNOH continue to transform people's lives. Without the help of students (and teachers!) we would not be able to offer our life-changing care to so many people.

The money you raise could fund the following items:

£100

Board games, books, toys, craft materials and computer games to help keep children entertained while in hospital

A fold-down bed so that mums and dads can stay with their children through the night

£1,000

£2,000

Artwork and comfortable furniture to make patient rooms feel more like home

Bedside entertainment systems so that patients can watch DVDs, Skype with family and friends, and listen to music from the comfort of their bed

£2,500

£10,000

Interactive outdoor play area to distract and entertain younger patients during their stay



Any amount you raise will help us make a huge difference to our patients' lives.

# Who you help

In May 2014, 12-year-old Chloe Hooper fell 18 feet from a tree onto her back. When Chloe came to the RNOH she was in a lot of pain and had reduced motor skills in her legs. It quickly became clear that she had sustained a serious spinal injury which could potentially be life-changing.

**Chloe's dad, Simon, talks about Chloe's experience at the hospital:**



“On arrival at the RNOH, Chloe had been immobilised for 24 hours and she had started to feel despondent. However, the abilities, genuine compassion, and clinical knowledge of the medical team looking after her soon shone through and we were instantly reassured that we were in the best place.

On meeting the surgeon, Robert Lee, we were immediately reassured by his calm, friendly manner. It's due to his clinical expertise that our daughter is home and walking once again. One week after Chloe's spinal operation she was at home with no loss of motor or sensory skills.

It's difficult to find the words to thank Robert Lee and his colleagues, who have restored my daughter's ability to walk. We will forever be thankful for the fact that Chloe will one day walk down the church aisle or run in her school sports day due to the excellence of the RNOH. The hospital answered all our prayers.”

The RNOH often treats patients throughout the course of their life. Dimitri Coutya came to the RNOH as a two-year-old, after suffering a spinal cord injury as a result of a road traffic collision, and has been treated here ever since. Since then he's gone from strength to strength, becoming a Paralympian for Team GB and competing in the Rio 2016 Olympics.

**Dimitri had this to say about his experience at the RNOH:**



“The staff on the ward were brilliant. They worked tirelessly to help keep a two-year-old boy interested in his rehabilitation and ensure that I received the best possible care. Through the physio team's work, what was supposed to be one of the toughest periods of my life became one of the periods that I worked through the most enthusiastically.”

Thanks to the initial treatment and care he received at the RNOH, Dimitri was able to go home and start rebuilding his life, discovering the passion for fencing that has led him to where he is today; pushing straight on to compete in Tokyo 2020. Thanks to his treatment at the RNOH, Dimitri has been able to go beyond his injury and work towards achieving his dreams.

# Fundraising ideas

There are endless options for what you could do to raise money and have fun at the same time. **Here are just a few ideas...**

## Sporty

Set up a charity football, rugby, hockey, or netball match against another school, or even between your school houses. How about a local 10k run, or a 'participation marathon' where 26 students each run a mile in the school playground to make up a marathon? If you really want to challenge yourselves, why not organise a three-legged 5k run around your local sports pitch?!

## Festive

Take part in Christmas Jumper Day for The RNOH Charity and dress up in your most festive outfit. You don't have to limit it to festive knitwear; reindeer antlers, Rudolph noses, and even Christmas-themed jewellery all count!

Holding a collection after a carol concert or school play is a great way to raise funds - you can even charge £1 for mince pies or mulled wine to add to the pot. If you're feeling particularly creative, you could take on an inter-house gingerbread house building competition.

## Silly

Any non-uniform or dress-up day is always a hit. Why not give your dress-up day a theme, try an odd sock day, crazy hair day, or even hold a film night at school? You could even turn the tables and sponsor your teachers to dress up!

If your school runs a fair each year, donating the proceeds from the stalls is a great way to raise money. If any of your teachers are feeling especially charitable, get them in the stocks and charge for the opportunity to throw sponges at them.

## Musical

Show off your talents in a school talent show or an inter-house music competition. If your school is particularly musical you could even hold your own Battle of the Bands.

## Challenging

Get your entire class, or even year, fundraising for The RNOH Charity and take on a fun run, 5 or 10k!



If you're still unsure about what to organise, why not speak to a member of the fundraising team for some more ideas? The main thing to remember is that we want you to have fun and stay safe when doing any kind of event for us!

# Planning & promoting your event



Here's our list of things to consider when **planning** an event:

**Let us know!** We can help with free newsletters, balloons and even T-shirts for the event organisers. Email us at [fundraising@rnoh.nhs.uk](mailto:fundraising@rnoh.nhs.uk) and we will send out everything you need as well as answering all of your questions!

**Legalities.** If you're running a raffle or planning to sell alcohol at your event, there are certain rules and regulations you need to follow. Get in touch with your local council to find out more, and please let us know so we can advise you.

**Food hygiene.** If you're planning on selling food at your event, take a look at [www.food.gov.uk](http://www.food.gov.uk) for guidance.

**Risk assessment.** We want everyone to have a great time at your event, and part of that is making sure that everyone stays safe. Before you hold any big events, ask a teacher to help you carry out a risk assessment so that you're aware of any accidents that could happen and can do everything possible to prevent them.

**Expenses.** Often, parents, teachers, local businesses and large supermarkets can help donate items for raffles or to use as prizes - we don't want you to be out of pocket!

**Liability.** The RNOH Charity cannot accept any responsibility for your event, or for anyone who participates in it.

Here are a few ideas to **promote** your event:

**Social media.** Tell EVERYONE! Promote it on Facebook and Twitter and your school's social media (with permission). Get your event in school newsletters and on the school website. You might even want to talk about it during form time or a school assembly.

**Online giving.** Make it as easy as possible for people to donate. We recommend setting up a Justgiving page and always posting the link with any promotional social media post you upload. Make sure you include lots of photos and don't be shy about asking people to support you!

**Local press.** Get in touch with local newspapers and radio. You could draft a short press release (no more than one page long) and make sure that it includes all the key information about your event. Remember the five Ws: Who, What, Why, Where, and When. And make sure to include contact details!

**Posters.** Please use our dedicated fundraising poster. If parents and siblings are welcome to attend your event, why not ask the school office to send out the poster in a letter to parents? Please make sure it's clear that you're fundraising in aid of The RNOH Charity, and that this isn't an event that we organised.



# Tell us about your event



Before you hold your event, please let us know as much as you can about your plans by filling in this form so that we can assist you and your school in the best way possible. If you have any questions please call **020 8909 5362** or email **fundraising@rnoh.nhs.uk** Please complete this form in CAPITALS and return to the address at the foot of the page.

Name	Teacher's name
School address	
	Postcode
Email	
Telephone	
School Facebook	School Twitter
Date of birth (if under 18)	Date of event
Type of event	
Name of event	
Approx. no. of participants	Fundraising target
Please provide us with brief details of your planned event	
What are your reasons for raising money for The RNOH Charity?	
I want monies raised to go: <input type="radio"/> Where most needed <input type="radio"/> Other, please state:.....	

I agree to donate all the profits from the above event to The RNOH Charity (registered charity number 1166129) and to return all collection buckets I borrow within 7 days after my event. Under no circumstances will I divert any money raised in the name of the RNOH Charity to any other organisation or individual.

Signed	Date
Print name	

We understand that our name, address, and any other contact details we provide to you, will be added to The RNOH Charity's database. We would like to receive updates about the Charity's upcoming events and campaigns.

Before we can send anything out to you, please note that this form needs to be returned to:  
Fundraising and Development Office,  
RNOH, Brockley Hill, Stanmore, HA7 4LP  
or email: [fundraising@rnoh.nhs.uk](mailto:fundraising@rnoh.nhs.uk)



Registered Charity Number 1166129

# Fundraising materials

Please tick stating numbers

Help us rebuild lives.  
Help us rebuild our hospital.

**Please send your charity newsletter**

Would like

How many?

**Please send a Charity T-shirt**

(Please note we are happy to send out T-shirts for the organisers of your event, limited to three per event)

 S  M  L

**Please send balloons**

**Please send wristbands**

## Press

Would you like your event to be featured in our newsletter?

Yes

No

Would you like to be featured on our social media channels?

Yes

No

If you have ticked 'yes' to the above, do you consent to us using any photos of the event and individuals involved on the above channels?

Yes

No

Is there anything else we need to know?

Signed

Date

## This is what two of our patients had to say about their time at the RNOH



**Caitlin Kydd:** “When I was seven I was diagnosed with bone cancer in my right leg, which meant that after having chemotherapy I would have to have my bone replaced with a titanium prosthesis, but I couldn’t have been at a better hospital. This is by far the most incredible hospital I’ve ever been at - and I’ve been at quite a few hospitals! The work that they do here is absolutely amazing; they give people their lives back.”

Caitlin now has a bionic arm and leg and organises her own ‘**happy to be me day**’ each year with her school. It’s a day to celebrate what makes everyone an individual, and to spread the message that despite having things about ourselves that we don’t like, we should embrace what makes us who we are. As Caitlin says, “**I’ve got two bits of metal in me but I love who I am and everyone else should too.**”

For more information about organising your own ‘**happy to be me day**’, just get in touch!



**Philippa Tredget** was treated at the RNOH for scoliosis when she was 14 years old and with the help of the RNOH is now running a marathon to raise money for our Redevelopment Appeal.

“When I was 14 I developed scoliosis (curvature of the spine). I was treated by the lovely people at the Royal National Orthopaedic Hospital in Stanmore, who looked after me, helped me feel a little less terrified, and generally did a wonderful job straightening my spine. Without this surgery, my ribs would be continuing to crush my lungs as my spine curved and walking any distance would be difficult, let alone running. The hospital is currently in the middle of a long-overdue refurbishment, having spent many decades operating out of Portakabins. The hospital does incredible work with what they’ve got, but with new facilities they will be able to treat many more patients like me in a much nicer environment than I experienced.”



For any other information about **The RNOH Charity**, or if you have any questions relating to fundraising, please don't hesitate to contact the Fundraising and Development Office at:

**Address**

The RNOH Charity  
Royal National Orthopaedic Hospital  
Brockley Hill  
Stanmore  
Middlesex  
HA7 4LP

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Tweet us: @thernohcharity

Donations: please make cheques payable to 'The RNOH Charity'.

Alternatively we can send you our bank details so that your school can make a direct bank transfer.

