

CONNECTIONS

SPRING 2026

A YEAR OF PROGRESS

OUR HOSPITAL CHARITY MAGAZINE

RESEARCH BREAKTHROUGHS



RNOH CHARITY

A YEAR OF PROGRESS, PEOPLE & POSSIBILITY

We're celebrating a year of remarkable progress at the Royal National Orthopaedic Hospital (RNOH), made possible through the generosity and passion of the supporters of our hospital charity. From cutting-edge technology and vital rehabilitation services to dynamic community events and research breakthroughs, the past year has been one of expansion, innovation and deeper impact for RNOH Charity as we continue our mission to strengthen and support our world-class hospital.

REVITALISING DIAGNOSTICS WITH INNOVATIVE EQUIPMENT



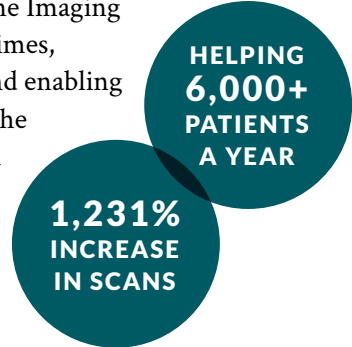
One of the most transformative milestones this year was the first anniversary of the RNOH Imaging Centre at Stanmore – a flagship project supported by RNOH Charity and propelled into operation through our loyal donors.

The new centre was established with state-of-the-art scanners, including an advanced HiRise that can take images in weight-bearing positions and is predicted to benefit 6,000 patients a year, and the NHS's first EOSedge scanner, which can take images from two

angles in seconds and has already increased capacity in the department by 1,231%, vastly reducing delays. On a particularly busy day, the EOS scanned 90 people!

The technology provided by RNOH Charity is delivering faster, clearer diagnostics with significantly reduced radiation doses – a real game-changer for patients who require frequent imaging, such as young people with complex musculoskeletal conditions.

By streamlining diagnosis, the Imaging Centre is reducing waiting times, supporting surgical teams and enabling new research efforts across the hospital that feed into global results. We thank all our donors who supported the project.



SUPPORTING RECOVERY THROUGH REHABILITATION AND RESEARCH

RNOH Charity's impact this year extended deeply into rehabilitation and patient recovery. Funding has underpinned enhancements to rehabilitation spaces, including renovations at the Spinal Cord Injury Centre that have created a more welcoming, functional environment for patients and families. You can read more on pages 5-7.

Equally important has been the Charity's investment in pioneering research that shapes future care. One project supported by RNOH Charity is continuing to look into improving infection control in bone tumour

surgery, tackling a problem that can complicate recovery and demand additional operations. We've also funded studentships to support the next generation of orthopaedic health specialists. Read more on page 8. Projects like these highlight the Charity's crucial role in supporting both clinical excellence and ingenuity at RNOH.

THE HEART OF FUNDRAISING: STORIES, STAFF AND VOLUNTEERS



The personal stories of resilience and gratitude have really struck a chord this year, bringing our work to life. From patients undertaking personal challenges, such as long-distance walks and cycle rides in thanks for life-changing care, to schools, corporate partners and volunteers rallying behind a cause close to their hearts, the sense of community has been wonderful and we thank everyone who takes part.

Alongside fundraising, RNOH Charity continues to support staff wellbeing and recognition, affirming that the hospital environment at RNOH is one where talented professionals feel valued and inspired.

Support ranges from subsidised gym access to funding for training, travel scholarships, awards and study programmes that invest in our teams of today and in the next generation of orthopaedic specialists.

We are very proud to be funding the 2026 Staff Achievement Awards, where the dedication and skill of the staff at RNOH will be recognised during an evening of celebration hosted by TV presenter and friend of RNOH Charity, Gavin Inskip.

FUNDRAISING IN ACTION



RNOH Charity's community-centred fundraising events have played a central role this year. Among many standout initiatives was the Move in March challenge, a virtual event that invites participants to cover 100 miles in 31 days by any physical challenge they choose. Launched to match the average distance RNOH's clinical staff cover in a month when they're at work, the challenge brought supporters together, fostering camaraderie and raising a vital £10,000 to help the hospital achieve more for its people and patients.

Alongside this, a rich calendar of challenges – from half-marathons to mountain-climbing and bake sales to cricket matches – has allowed individuals and teams to contribute in ways that reflect their personality. These events not only raise money but also heighten awareness of the hospital's life-changing work, creating a link between supporters and the real outcomes that their efforts unlock. Find out on page 23 how you can take part this year.

SUSTAINABILITY AND GROWTH

With ambitious goals set for the coming year, RNOH Charity is poised to build on this momentum. Plans encompass continued support for all of the patients and staff at RNOH and even deeper engagement with supporters across the UK.

We extend our warmest thanks to all of you and to our Royal Patron HRH Princess Eugenie and our Charity Ambassadors, David Holmes and Matt Forde.

SURGEONS' SAHARA FUNDRAISER



RNOH surgeons Mr Afolayan, Mr Shafafy and Mr Anwar and Mr Anwar's son Farouk (above and front cover), took on an epic challenge for us this year.

The fab four trekked 100km across the Sahara Desert, raising awareness and vital funds to support more patients and families. Facing vast terrain and towering dunes, they showed real community spirit. Mr Afolayan said: "I am proud to support this NHS charity and our patients at RNOH." We're very proud of them too and thank them all very much!

DVS FOUNDATION JOINS RNOH COMMUNITY



We are delighted to welcome the DVS Foundation to our community as they begin a new partnership with RNOH Charity.

The Foundation supports healthcare, education and food insecurity across the UK and East Africa. The partnership began with a special lunch for our longest-standing volunteers in February (above), generously hosted by the Foundation and marking a wonderful start to our collaboration. We extend our sincere thanks and look forward to a successful future together.

THE DAVEY BUS LAUNCHES



The arrival of the new Davey Bus this year made an immediate and meaningful difference to Spinal Cord Injury Centre patients at Stanmore.

Funded through a generous donation from RNOH Charity Ambassador David Holmes and with support from our community, the bus provides free, accessible transport beyond the hospital and out into the wider world, helping patients achieve confidence in their return to normal life.

For many patients here, mobility is a significant challenge but getting back out is important.

The Davey Bus helps to remove this barrier, ensuring patients can build their confidence and we thank David and our supporters for this important contribution.

£26,700+

A SPACE TO CONNECT: THE IMPACT OF THE SCIC DAY-ROOM RENOVATION

£214,000+

For patients at RNOH's Spinal Cord Injury Centre (SCIC), recovery is not only physical. Healing is emotional, psychological and social, a journey that requires support and, crucially, the right environment. Over the past year, the refurbishment of the SCIC day-room that was made possible through the generosity of RNOH Charity supporters, has transformed a functional space into a welcoming, inclusive and therapeutic hub at the heart of this famous centre.

Previously, the day-room was limited in both layout and atmosphere. While it served its basic purpose, it did not fully meet the diverse needs of patients who may spend months undergoing rehabilitation following life-changing illness and injury. The refurbished space has changed that. Designed with accessibility, comfort and wellbeing in mind, the new day-room now offers a bright, modern environment where patients can relax, connect and take time towards rebuilding everyday life.

The impact of the renovation was deeply felt. Patients now have a space that feels less clinical and more like a community living room – somewhere to socialise with fellow patients, meet visiting family and friends or simply enjoy time away from the ward. Comfortable spaces, improved lighting, accessible layouts and updated kitchen and entertainment facilities have made the room easier for people with a wide range of physical needs, including wheelchair users and those in the early stages of recovery.

Clinicians and therapists have also seen the benefits. The day-room has become a valuable extension of the rehabilitation process, supporting informal therapy sessions, group activities, learning and peer support. Social interaction plays a vital role in recovery from spinal cord injury, helping to reduce isolation, improve mental wellbeing and rebuild confidence. Having a dedicated, uplifting



space enables staff to encourage patients out of the ward, fostering independence and engagement in daily life.

Perhaps most importantly, the refurbished day-room symbolises hope. For many patients, spinal injury brings an abrupt and overwhelming change to their world. The day-room now offers a place where they can begin to imagine life beyond the hospital, sharing meals, playing games, working on their computers or simply sitting with others in a normal, social setting. These small but powerful experiences help restore a sense of identity and control at a time when both can feel lost.

The SCIC day-room refurbishment demonstrates how charitable funding goes beyond equipment and clinical care. It invests in quality of life, reminding patients and their families that they are supported as individuals on their way towards independence and possibility.

Since opening the renovated day-room, RNOH staff have launched a Breakfast Club. This brand-new initiative makes the most of the new facilities, encouraging patients to safely navigate this daily task in the secure environment of the day-room and troubleshoot any issues straight away so they are ready to be discharged.

JAMES'S STORY AT RNOH

In 2022, champion trampolinist James arrived at RNOH following a devastating accident during training. Thanks to his own determination and the exceptional care of the RNOH teams, James has made an extraordinary recovery. Today, he has returned to university and to a future that once seemed in doubt.

“The weekend before my injury, I’d been fortunate to win the national trampolining circuit competition,” James remembers. “Two days later, while training at university, I was just doing a simple skill, mistimed it and received a spinal cord injury.” Initially suffering almost complete body paralysis, after several weeks on full ventilation at St George’s Hospital in Tooting, James was transferred to the specialist care of RNOH.

During his stay in the high dependency unit (HDU) here, James said it was a case of staying alive. After a nerve-racking time for his family, he was eventually able to breathe on his own and to talk again. James then moved to the Spinal Cord Injury Centre (SCIC), where he spent five months in rehabilitation.

Thankfully, James began to regain function in his right arm and later recovered enough to stand with assistance. With perseverance, he later learnt to walk with a frame and move on to crutches. “Across the last few years, it’s been a case of progressing from there,” he says. James undergoes regular physio and caught up with us at the SCIC, where he was making use of the facilities that have seen a transformation since his first stay.

Since James was first admitted, RNOH Charity has funded the complete renovation of the SCIC day-room with a grant of more than £214,000. The space is a lifeline for patients like James who need somewhere to get back to daily life, practise living with a wheelchair and a place to come when they need to feel supported.



“The first four weeks after the accident were the worst of my life.”

- James

In a powerful victory over adversity, James has returned to his course at Royal Holloway, where he was studying computer science when the accident happened.

Now in his final year, he hopes to look into software engineering, perhaps working in artificial intelligence or cyber-security. He recently returned to RNOH as part of a rehabilitation programme run by the SCIC team. He spent the first week in the expanded SCIC before

transferring to an inpatient ward but popped back to use the new-look day-room to study, relax and socialise in a home away from home while he makes progress after his injury.

“The first four weeks after the accident were the worst of my life,” James remembers. “Beyond the paralysis, being ventilated where you couldn’t talk for a month and the combination of the drugs and everything else going on – it was a lot to deal with. It was also very difficult for my friends and family to come and see me like that.”

James says that as soon as he came to RNOH, everything changed. “In the Alan Bray HDU, people would speak to you normally and as more than just someone who needed to be treated. Moving to the SCIC, it only got better from there.”

James says that, although his first stay at Stanmore was an incredibly tough time, he only has positive memories of his experience. “It’s a nurturing environment where you can think “I can get through this and I’m going to get better” and manifest it.

“The day-room was monumental in keeping me going. Everyone always says when they come to visit that this is the least ‘hospital-looking’ hospital. Now that I’m out of the hospital environment, I want to stay out of it.”

When he was last at RNOH, James said: “I spent my whole time in the day-room, getting my work done, because it’s like a living room with the TV and chairs. It’s so much better. One night, we put a film on. It’s definitely a lot nicer.”

“The day-room was monumental in keeping me going. Everyone always says when they come to visit that this is the least ‘hospital-looking’ hospital.”

- James

RNOH Charity supporters have long championed the facilities at the SCIC. In 2025, patient and Charity Ambassador David Holmes helped us buy a new adapted minibus for patients to get out into the community more easily during treatment. Before that, RNOH Charity awarded a grant of more than £500,000, including a sizeable contribution from David’s supporters, to expand the centre, which is where James stayed. Through the expansion, we were able to ensure the centre gained an extra six beds, increasing the number of patients who can be treated by a huge 30%. This means more patients can access RNOH’s specialist care faster than before and ensures charitable giving gets to where it’s needed most.

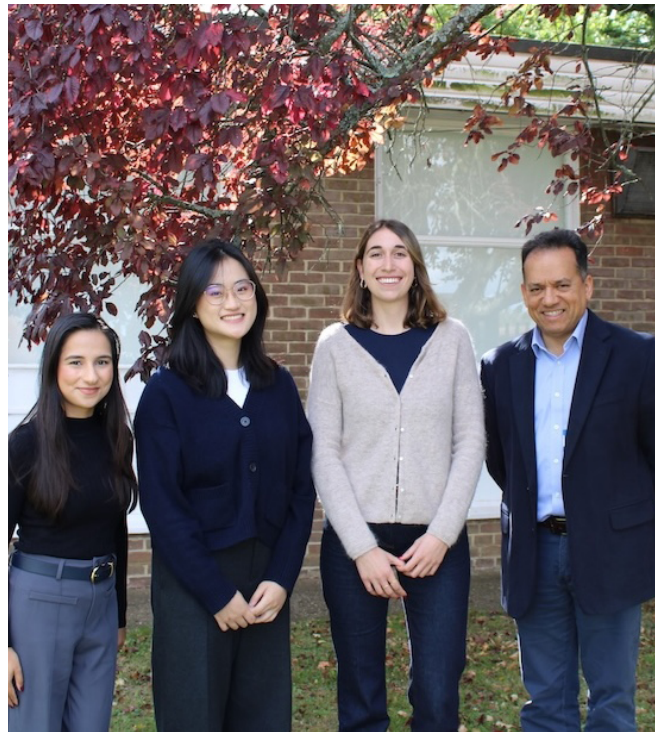
INVESTING IN THE FUTURE

One in three of us in the UK live with musculoskeletal conditions that limit mobility, cause pain or disrupt daily life. In England, trauma and orthopaedics has the largest NHS waiting list, with nearly 845,000 people awaiting care in late 2025. RNOH Charity exists to change that, funding pioneering research across diagnostics, surgery and rehabilitation for lifelong better health. Here's a look at some of the pioneering studies you've helped bring to life over the past few years.

BRIDGING LEARNING AND PATIENT CARE

RNOH Charity funds initiatives that help prepare the surgery of the future. Connecting engineering invention with clinical practice, the Institute of Healthcare Engineering Summer Studentship programme gave UCL students hands-on experience here at RNOH, helping to develop new technologies and solutions that directly improve patient care. These placements often inspired further research: former students are now PhD researchers developing patient-specific surgical planning techniques for hip replacements, using CT scans and 3D modelling to tailor implant size and positioning. The goal is precise surgery, fewer complications and longer-lasting joints, so patients can return to work, hobbies, sport and independence sooner.

Charitable funding is also supporting a national initiative to improve care for people with bone and joint infections. By enabling patient and carer involvement through funded access and participation, the project is identifying key research priorities. This will guide future research and strengthen UK collaborations to improve diagnosis, treatment and long-term outcomes, while reducing the burden on patients and the NHS.



Above: Celebrating the Summer Studentships
Right: Hip replacement parts

BUILDING HEALTHIER FUTURES FOR CHILDREN

Funded by RNOH Charity, the Stanmore Children’s Orthopaedic Outcomes Project (SCOOP) aimed to transform understanding of life after major orthopaedic treatment. With grants totalling over £200,000, SCOOP was able to explore the physical, psychological and social challenges faced by children who have been treated for complex conditions. Recognising that survival is only the beginning, the research tracks patients’ recovery after they leave hospital, using a range of social and physical activity data. By listening to patients and analysing personalised outcomes, SCOOP aims to model evidence-based rehabilitation guidance to shape future national and international standards of care.

£200,000+
INVESTED

PIONEERING DIAGNOSTICS AND INFECTION CONTROL

For patients with sarcoma – rare cancers of the bone and soft tissue – timely diagnosis is important. RNOH Charity has funded digital histopathology and genomic research with almost £270,000 so far, enabling information to be shared with other global experts and linking genomic data with pathology images. This speeds up diagnosis, supports personalised treatment and strengthens RNOH’s position as a leader in sarcoma research.

In complex bone tumour surgery, infection risk is high, with potentially harmful consequences such as repeated surgery or even amputation. RNOH Charity is backing phage therapy research at RNOH – using viruses that specifically target harmful bacteria – to tackle antibiotic-resistant infections. Results are offering hope where antibiotics can fail, protecting patients from devastating complications and helping save limbs.

£270,000+
INVESTED

TREATING THE WHOLE PERSON

Recovery from orthopaedic problems is not only physical and many patients experience mental health concerns. Through funding of over £92,000, RNOH Charity enabled the CCOPER study (Collaborative Care in Orthopaedic Rehabilitation), integrating psychological and physical care. Patients reported feeling less lonely and more confident in their recovery, with some describing the mental health support as life-changing. The study quickly influenced practice at RNOH, including the appointment of a mental health lead nurse and clearer referral pathways.

£92,000+
INVESTED



Charitable support also enables research into exercise and musculoskeletal health, examining programmes such as Couch to 5K. Working with Arthritis for Arthroplasty Charity, we have been able to dedicate £110,000 towards understanding how people with and without prosthetic limbs respond to activity, to help patients move safely and protect long-term health.

£110,000+
INVESTED

Together, these initiatives show the far-reaching impact of charitable investment. With the kind support of donors, trusts and foundations, RNOH Charity is advancing people, technology and pioneering research for patients today and in the years ahead.

TRAVEL SCHOLARSHIPS

One of the ways RNOH Charity supports our hospital staff is by offering travel scholarships to those who wish to spend time studying in a field relevant to their specialism. Staff have travelled to Caerphilly, Madrid and Cape Town to share neuro-urology research, learn from nursing colleagues in other countries and study faster ways to help patients return home after treatment.

We caught up with Lead Clinical Nurse Specialist Anna and physiotherapist Grace from the RNOH Limb Reconstruction Team to find out about their experience and hear how their learning is already improving the service back home at RNOH.

Anna and Grace successfully applied for an RNOH Charity travel scholarship to visit Groote Schuur Hospital in Cape Town, South Africa. Their trip aimed to:

- Build relationships with the local limb reconstruction team, exchanging knowledge, experience, resources and ideas to drive future collaborative innovation and research
- Observe the challenges and benefits of a very different healthcare system, including surgical techniques, equipment and the nursing role: learning the impact that this has on patient care
- Experience immersion within a different culture to enhance understanding and support for patients and colleagues

“We had the opportunity to visit theatres, outpatients and wards in the state-run Groote Schuur Hospital and the private Vincent Pallotti Hospital, meeting surgeons, nurses and physiotherapists,” the travellers report.

“There were many similarities with the UK, such as with hand hygiene. The resilience of patients in the face of severe adversity was very apparent and inspiring, particularly with regards to the degree of injury, poor transport links and housing.”



As well as investigating physiotherapy options and sharing ideas on reducing the impact of tissue contraction, the team witnessed cutting-edge surgery, observed the strict discharge criteria in place for patients who must return home without further support – it can cost a few days’ wages to travel to hospital in South Africa – and gained valuable insight into the running of a busy clinic. “Since returning, we have increased the number of rooms available in our busiest clinic. We have completed a service review of pin-site infection rates and developed guidelines on a range of movement that patients must have before discharge from hospital,” say Anna and Grace.

Since returning to the UK, the team have been able to share their findings at a nursing leadership forum, a research forum and at the British Limb Reconstruction Society annual scientific meeting.

What a remarkable amount of learning. We are very pleased to have supported such a valuable project.

Above: Anna (right) in Cape Town



THE SEDDON FAMILY LEGACY AT RNOH

We took delivery of a group of stunning oil paintings this year. The collection of beautiful town and harbour views were painted as a hobby by Professor Sir Herbert Seddon, a pioneering surgeon and part of RNOH's foundational development as a world-class orthopaedic centre. The paintings were donated by his daughter, Mrs Sally Westmacott, herself a lifelong supporter of RNOH Charity. These accomplished works of art now hang in the Sir Herbert Seddon Teaching Centre at RNOH in Stanmore.

Sir Herbert was born in Derby in 1903 and after studying medicine at home and abroad, became RNOH's resident surgeon, only the second person to hold that position. He spent eight crucial years at RNOH, developing what was then quite a new hospital and devising workshops to help disabled people learn a trade so they could live independently. During this time, Sir Herbert also carried out important research, especially into paralysis caused by spinal tuberculosis, and gained an international reputation for medical excellence.



internationally recognised, and he was knighted in 1964 for his contribution to medicine.

During the 1960s, Sir Herbert took care of Sir Winston Churchill, overseeing the treatment of a back injury sustained in a fall and later managing surgery to repair a broken hip. The two became friends during Churchill's recovery and Sir Herbert recorded their time together in his papers that still survive.

Sir Herbert died in London in 1977 and is commemorated at RNOH in Stanmore by the Sir Herbert Seddon Teaching Centre. Part of the original buildings, the centre is home to the hospital library, training rooms, a lecture theatre and more, with an impressive portrait of Sir Herbert displayed in the entrance. Now, the Teaching Centre also hosts his own paintings. We are indebted to Sally for her donation and will treasure the Seddon family memories.

If you'd like to see the display, do call the RNOH Charity team and we will arrange access for you.

A FAMILY OF FIRSTS

Sir Herbert's daughter Sally was married to Mike Westmacott, one of the first climbers to conquer Mount Everest in the historic quest of 1953.

In 1939, Sir Herbert became Professor of Orthopaedic Surgery at Oxford and later the first Professor of Orthopaedics at the University of London. His research on peripheral nerve injury also became

FUNDRAISING

Our fundraisers are really helping to make the impossible possible this year.



CRICKET CUP AND RAFFLE RAISES £10,000!

The annual David Holmes Cricket Cup, hosted by patient and RNOH Charity Ambassador David and organised by Amy Stares, was held in August. More than £10,000 was raised by loyal Cricket Cup supporters and allocated to our Gardens and Green Spaces fund, where plans for beautiful outdoor makeovers are set to benefit patients and staff.

We were also able to host a raffle with some amazing prizes donated by the friends David made during his time as a stuntman and actor in the Harry Potter films and who remain close to him today. From signed memorabilia to cricket shirts and more, the winners of the exclusive prizes were delighted. "This has made my year!" said one excited fan. We can't wait for this summer's match!

We thank everyone involved for their unstinting dedication to RNOH Charity and our wonderful hospital.

Back cover: Tom Felton, Bradley James and David Holmes at the Cricket Cup 2025

BIG GIVE GIVES BIG RESULTS

RNOH Charity took part in the Big Give Christmas Challenge in December 2025. Every year, during one special week, kind charity champions pledge to match every pound donated to the cause through the Big Give website. We were over the moon to say that people really rallied together to get us to the finish line and an amazing £42,000 was raised for the hospital!

Thank you for your thoughtful and generous donations and to everyone, from patients and families to nurses and office folk, who donated their time to help us tell the world about our challenge. With their stories, their pictures and their wisdom – we did it together!

The money raised will be used towards some wonderful projects. Some recent successes include call button badges for parents and carers to let them know when their loved one is out of surgery so they can be reunited sooner, championing the expert care of hospital teams by funding the RNOH Staff Awards and supporting research into reducing infection rates for bone surgery patients – plus many more. We couldn't be more grateful.

HIGHLIGHTS

CHALLENGE ACCEPTED!

The need to raise more funds to support our hospital never stops and neither do you! This year, two remarkable people will be making their way to Stanmore, both going the extra mile for RNOH Charity to say thank you for the care they and their families have received – and each in very different ways.



Patient Glenn Meyer, a spinal surgery survivor, is undertaking a 37-mile walk from Caterham to RNOH.

After collapsing at a family barbecue in 2020, Glenn underwent multiple operations and returned home in a brace, initially struggling to walk even to his front gate. Thanks to expert care and determination, he can now walk several miles.

His ‘Walking Back to Happiness’ trek has rallied friends to help train and send donations, and Glenn and his wife Hilary even joined Clare Balding for a training walk on BBC Radio 4.

Glenn’s epic hike ends at Stanmore on 7 May 2026, where we hope to see as many friends and staff as possible celebrating his achievement. You can support Glenn’s walk here:



Edwin Lodder is cycling 2,300km from home in Basingstoke to Spain in May to raise money for RNOH Charity and thank the hospital for the care his family received.

Edwin’s mum, Vicky, suffered a serious spinal infection in 2022, causing a severe spinal injury. Previously an active primary school teacher, Vicky was referred to RNOH and spent months in intensive rehabilitation, relearning every-day tasks. However, Edwin says that thanks to the incredible care, expertise and encouragement of the RNOH teams, Vicky has made significant progress, moving from a power wheelchair when she first left hospital to walking short distances, enjoying a far more independent and confident life.

If you’d like to support Edwin, his story is here:



THANK YOU TO OUR AMAZING

Every year, grateful patients and their families undertake some fantastic fundraising challenges to say thank you to RNOH for the life-changing treatment they have received. Here are just some of the supporters who have helped us this year.



LONDON LANDMARKS 2025

Five wonderful runners completed the London Landmarks Half for RNOH Charity, including Izzy Worsfold and mum Rachel, raising over £1,500. Izzy was treated for scoliosis in 2022 and spent three weeks here. Lauren Packer raised more than £2,330 in memory of her father who was supported by RNOH. Lauren shared that the compassion of the teams and the extra care made possible by RNOH Charity support brought vital comfort at an incredibly difficult time.

COLCHESTER HALF

Jordan Castaldo ran the Colchester Half Marathon in March 2025, raising £1,350! Diagnosed at 21 with rare osteofibrous dysplasia, he now attends regular monitoring and ran to thank the hospital teams for their care, saying it only felt right to take on the challenge in their honour.



FUNDRAISERS

ENIGMA SERIES

Lauren Hazel raised over £1,000 for RNOH after life-changing treatment for tarsal coalition, diagnosed aged 10. After three operations, doctors said she might never run, but Lauren later rediscovered sport and even rowed for Oxford University.



MARATHON SUCCESS

Three runners took part in the London Marathon for us, including Georgia Winyard for her mum, Jeanette, who received a prosthetic leg in 2024. Showing her support, Jeanette even challenged herself to complete 10% of the distance with her new leg, a remarkable test that she completed to round off the fundraiser. That same day, two more supporters ran the Manchester Marathon, including Ollie Thorne. Together, they raised over £6,500!

BIG HALF AND THE GREAT NORTH RUN



Mollie Nicholls' family raised almost £5,000 at The Big Half for us after Mollie overcame a rare spinal tumour. Following months of treatment and a 12-hour operation, against all the odds, Mollie walked again, danced at her sister's wedding and now works as Assistant Principal at a dance academy – a dream she once thought was over but which now sees her living the life she always hoped for.

Peter Bowles ran the Great North Run after his daughter Ruby had surgery for scoliosis and kyphosis at RNOH. Grateful for her care, Peter secured a charity place and, with five other fantastic runners, raised over £5,400 for future patients and families. "I decided that one of the tangible ways I could give my thanks for everything they did for my family was to try to give something back to help others," Peter says.

Across the events that weekend, this wonderful group raised over £15,000!



BECKY'S QUADRUPLE CHALLENGE

Supporters might remember Becky Farrell, who was diagnosed with a rare bone cancer in her shin and bravely took on the Bath Two Tunnels Half Marathon back in 2023. After more treatment, this year Becky set herself not one but four fundraising challenges for RNOH Charity, including climbing Mount Kilimanjaro! Despite major surgery and a long recovery, she completed every one and raised more than £6,000 to thank the teams who supported her.



ROYAL PARKS 2025

Nine runners raised over £6,000 in the Royal Parks Half for RNOH Charity, including staff and volunteers from across the hospital. Paediatric Spinal Nurse Danielle Law took part, saying staff see first-hand how charity support enhances patient care and wanted to give back.



TOUGH MUDDER MAY

An 11-strong team completed Tough Mudder UK, raising £6,955 to say thank you for the care that RNOH staff took of Ariella, diagnosed at 21 months with congenital scoliosis. Ariella continues with regular scans while her long-term treatment is being planned. Mum Demi Woolley says RNOH's early care gave vital support as they navigated the road ahead. The team honoured Ariella's resilience and courage, wanting to support the hospital and the children who will need our help in the future.

100KM IN 24 HOURS

Lana Walters walked an astonishing 100km in 24 hours, raising £2,830 for the spinal unit at RNOH after her mother-in-law Dianne was treated for a severe spinal stroke in 2021. Initially paralysed and unable to speak, thanks to the care she received, Dianne is now home, regaining speech and mobility through RNOH rehabilitation and her own determination.



FRIENDS UNITED!

18-year-old Mason Day underwent spinal surgery at RNOH for scoliosis and kyphosis. Here, he met Molly Wegenek and the two discovered they had not only undergone the same surgery just a day apart, but also came from the same town. They became good friends and took on a walking half marathon together, honouring the care and support they received and raising a brilliant £2,600 for RNOH Charity.



CORPORATE CALL!

Locate Bio chose RNOH Charity as their 2025 Charity of the Year. So far, they've raised almost £1,500 – including Colin Thomson's epic Peak District Ultra Challenge (in a heatwave!). RNOH Charity invites new Corporate Champions to partner with us and help transform lives. To get involved, contact us on:

rnoh.charity@nhs.net



MAKING A DIFFERENCE

The money you raise and the donations we receive from generous supporters mean that RNOH Charity is able to fund a real variety of important developments across the hospital: extras that would otherwise simply not be affordable for a hospital on an NHS budget. This year, we have awarded grants with a combined total of more than £750,000! Here are just some of the projects you've brought to life recently.

OVER
£750,000
INVESTED



CREATING A WORLD-CLASS FACILITY

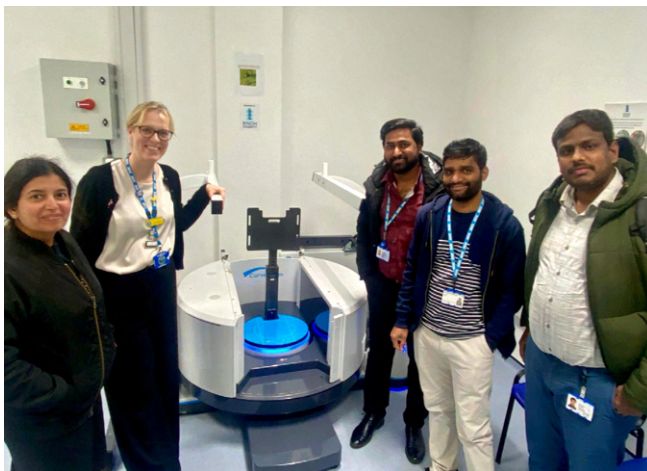
- BoSTT app – a mobile library of bone and soft tissue tumours for on-the-go reference in diagnosis and treatment
- Celebrating the first anniversary of the revitalised Imaging Centre, where state-of-the-art scanners provided by RNOH Charity mean patients are seen faster and with better scans for treatment planning than ever before
- Revitalising the Spinal Cord Injury Centre day-room
- A new paediatric halo traction wheelchair specifically for younger patients
- A feasibility study into the potential for a complete Veterans' Healthcare Service at RNOH
- Refreshing an allotment at Stanmore to enhance patient rehabilitation

£311,500
INVESTED

ENHANCING THE PATIENT EXPERIENCE

- Beautiful artwork for the theatre link corridors to make the journey to surgery more comforting
- Special chairs, steps, a walker, medication trolley and hoist for the London Irish Ward
- The Volunteer Service and patient buggy
- The Davey Holmes Bus – a special vehicle for Spinal Cord Injury Centre patients
- Accessible bedside cabinets and wardrobes for the Spinal Cord Injury Centre bays
- A new painted mural to brighten the children's waiting room in Orthotics
- The RNOH Christmas Carol Service
- Repairing the Coxen children's ward projector so learning can continue for our youngest inpatients
- Organising new artwork on display in each ward of The Stanmore Building
- Alert badges for parents and carers of adults with special educational needs and children going into theatre to communicate with them when their loved one is out and in recovery so they can be reunited sooner

£176,000
INVESTED



INVESTING IN CLINICAL RESEARCH

- Staff travel to the International Congress of Skeletal Radiology
- Establishing a National Registry and Multidisciplinary Team Hub for personalised phage therapy to curb bone surgery infection rates and reduce the need for amputation
- Research at the intersection of musculoskeletal and mental health for better patient outcomes
- A PhD based on RNOH research to better understand deformities of the foot in Charcot-Marie-Tooth disease, a group of inherited conditions that damage the peripheral nerves
- Clinical diagnostic support system for musculoskeletal pathology
- Exercise for Science research into joint health
- Research into 3D MRI
- Biobank staff
- Consent in Anaesthesia research
- Equipment for research teams

£265,000
INVESTED



SUPPORTING STAFF WELLBEING

- Staff Achievement Awards, celebrating another year of outstanding care
- Staff Experience Event, helping skilled staff make the most of the benefits of working at RNOH
- Discounted on-site gym membership
- Healthcare Support Workers' Day and International Nurses' Day, offering thanks for the crucial role they play
- Travel scholarships to enhance shared learning between hospitals across the UK and beyond

£20,000
INVESTED

FROM TEENAGERS TO ADULTS: HOW THE MAKO ROBOT CHANGES LIVES

WHAT'S NEXT?

This year, we launched the Mako Appeal, an ambitious fundraising campaign to raise £580,000 to bring the revolutionary Mako robot arm to more patients at RNOH. This state-of-the-art technology represents a groundbreaking advance in orthopaedic care, offering unprecedented precision in joint replacement surgeries,

particularly hips and knees. By enabling surgeons to plan procedures digitally and execute them with robotic assistance, the Mako significantly improves surgical precision, reduces recovery times and enhances patients' quality of life.



Every year, thousands of people of all ages require hip and knee replacements, from teenagers with conditions such as Perthes’ disease or developmental dysplasia, to older adults suffering from arthritis or injury.

We are seeing increasing numbers of teenagers in need of hip replacements but thanks to its advanced precision, young patients can make extraordinary recoveries with Mako-assisted treatment so they can continue to grow and develop normally. At the same time, adults benefit from faster, more accurate surgeries with the Mako, to restore their independence and quality of life as quickly as possible.

Beyond immediate patient care, the Mako system opens new doors for research into improving joint health and mobility worldwide. By collecting surgical information and enabling precise, consistent procedures, the technology provides invaluable insights that will help advance treatments, refine surgical techniques and shape the future of orthopaedic care for people everywhere.

RNOH Charity’s Mako Appeal aims to raise vital funds to make this transformative technology accessible to more NHS patients. Supporting the appeal means you can contribute to a future where people of all ages regain mobility, independence and confidence. Every gift, big or small, brings RNOH closer to transforming lives through precision surgery and pioneering research, giving people the freedom to move, recover and thrive.

To support the Mako Appeal, simply scan the QR Code, or visit the link below:

rebrand.ly/Mako-Donation

Thank you for your support.



“Your support will fuel innovation, helping us pioneer new techniques and keep RNOH at the forefront of surgical excellence. The hospital cannot fund enough advanced equipment within the confines of an NHS budget so charitable support is the only way to bring the new Mako to more patients. Together, we can make sure everyone, regardless of their means, benefits from the very best care.”

- Mr Simon Newman, RNOH Consultant Hip Surgeon



Above: Mr Simon Newman, RNOH Consultant Hip Surgeon

SAY THANK YOU

WOULD YOU LIKE TO SAY THANK YOU TO SOMEONE WHO HELPED YOU AT RNOH?

RNOH Charity is inviting you to 'Give Thanks' today by sending a personal thank you message to a member of staff or team at the hospital. From nurses to porters, physios to anaesthetists, consultants or volunteers, we will ensure everyone receives your messages.

"Thank you to everyone at RNOH. With the help of this amazing hospital, I was given my future back."



Share your message today by scanning the QR code, or visit: rebrand.ly/ThankyouRNOH

REMEMBER SOMEONE SPECIAL

Donating in memory of a loved one is a very special and meaningful way to remember them. Setting up a Tribute page allows you to honour a life at the same time as supporting the work of RNOH for patients in the future.

Tribute pages provide great comfort – they are a special place for loved ones to share memories and photos, funeral details, collect donations and even fundraise in memory. Each page is yours for as long as you wish.



To find out more about donating in memory or setting up a Tribute page, please contact the fundraising team at rnoh.charity@nhs.net, call us on 020 8909 5362, scan the QR code, or visit: rnoh.link/exm

Just £1 per play

Play the weekly lottery and win up to £25,000!

RNOH CHARITY

18+ GambleAware **unity**

The advertisement features a central image of a smiling woman with her hands raised in celebration, surrounded by confetti. To her left are three lottery balls with numbers 27, 7, and 5. The RNOH Charity logo is in the top right, and the GambleAware and unity logos are at the bottom.



FUNDRAISING PLANNER | 2026

JANUARY

London Winter Walk

Oval Cricket Ground (London)
Family friendly 5k, 10k, Half
and Full Marathon

FEBRUARY

Love your hospital Valentine's Dash*

See rnohcharity.org for details

MARCH

Free Wills Month

Look out for our free will-writing service

Hampton Court Palace 10k and Half Marathon

Barcelona Marathon
Bath 50 Ultra Challenge
50k, 25k or 10k Loop

APRIL

Move in March*

London Landmarks
Half Marathon

Paris Marathon

Manchester Marathon

St Albans Inflatable Run**

5k inflatable obstacle run

Windsor 50 Ultra Challenge

MAY

Isle of Wight Ultra

Great Birmingham Run

Tough Mudder *(London)*

Jurassic Coast Ultra

Hackney Half

London to Brighton Ultra

Edinburgh Marathon

Great Manchester Half

JUNE

Lake District Ultra

Cotswolds Way Ultra

North Yorks Ultra

Buttercup Breaktime*

JULY

Peak District Ultra

Gower Peninsula Ultra

South West Coast Ultra

AUGUST

North Downs Ultra

London Summer Walk

Tough Mudder *(London)*

SEPTEMBER

The Big Half

Remember A Charity Week

Great North Run

Thames Path Ultra

Thames Bridges Trek

Chiltern Ultra

OCTOBER

Free Wills Month

Look out for our free will-writing service

Royal Parks Half

Kent Downs Ultra

Amsterdam Marathon

London Halloween Walk

NOVEMBER

Hertfordshire Half

Run Alton Towers

DECEMBER

RNOH Christmas Jumper Day*

*RNOH Charity events **Child friendly | If you would like to take part in any of the events above, please contact us to secure your place.

Can't find what you are looking for? There's plenty more - please head over to our website: www.rnohcharity.org

MAKING THE IMPOSSIBLE POSSIBLE

ARE YOU IN THE 10%?

RNOH has been doing the impossible for over 100 years, rebuilding people's lives when they face complex orthopaedic conditions or injury. They're doing things that no other hospital can. That's what makes this hospital extraordinary. But being extraordinary needs extra investment.

Did you know, RNOH carries out more than 150,000 appointments every year? If just 10% of those gave £50 to our hospital charity, we could raise £750,000 for even better care!

RNOH's care for people facing complex orthopaedic conditions helps patients:

- Regain movement after serious illness or injury
- Recover from cancer
- Live life with less pain
- Restore their independence
- Return to work, school and everyday life

Many leave feeling grateful for the treatment they receive. What if even a small number chose to give back?

With an extra £750,000 a year, RNOH Charity could help the hospital go beyond the limits of an NHS budget, funding pioneering research, vital equipment, more beds, reduced waiting times and so much more.

**£50 A YEAR. LESS THAN £1 A WEEK.
A LIFETIME OF IMPACT.**



To find out how to join the growing group who give and see what more we can do together, scan the QR code, or head to:

www.rnohcharity.org





RNOH Charity strengthens and supports the people, research and infrastructure that make RNOH one of the world's best orthopaedic hospitals. We can do the impossible. But we can't do it without you.

| | | |
|-----------------------------|---|---------|
| Title | First name | Surname |
| Home address | | |
| Postcode | Date | |
| Email | Telephone | |
| I wish to donate (amount) £ | Cheque <input type="checkbox"/> Please make cheques payable to RNOH Charity | |

You can also donate on our website: rnohcharity.org/donate/donate-online

| | | | | |
|------------------|--|-------------------------------------|----------------------------------|-----------------------------------|
| Please debit my: | <input type="checkbox"/> Visa | <input type="checkbox"/> Mastercard | <input type="checkbox"/> Maestro | <input type="checkbox"/> CAF card |
| Card No. | | | | |
| Security code | Expiry date / / | Issue No. | | |
| Signature | <input type="checkbox"/> Please post a copy of my card receipt | | | |

A particularly valuable and effective form of support is to make a regular donation.

If you would like to help in this way, please complete the 'Standing Order' section of the form below.

| | | | | |
|--|----------------------------------|---|---------------------------------|-----------------------|
| I wish to make a: | <input type="checkbox"/> Monthly | <input type="checkbox"/> Quarterly | <input type="checkbox"/> Annual | Payment of (amount) £ |
| To Royal National Orthopaedic Hospital Charity: account number 53406059 - sort code 20-58-51 | | | | |
| Bank name & address | | Account name | | |
| | | Sort code | | |
| | | Account No. | | |
| Start date / / | End date / / | <input type="checkbox"/> Until further notice | | |
| Signature | | | Date / / | |

To add Gift Aid to your donation, please complete the declaration statement overleaf.



Use Gift Aid and you can make your donation worth even more. For every £1 you give to RNOH Charity, we can reclaim the tax you pay for the current tax year and receive an extra 25p from HM Revenue & Customs.

To Gift Aid your donation(s), you must tick the box below:

I want to Gift Aid my donation of £_____ and any donations I make in the future or have made in the past four years to RNOH Charity.

I confirm that I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

Please sign and date below:

| | |
|-----------|----------|
| Signature | Date / / |
|-----------|----------|

Please return your form to the Charity at rnoh.charity@nhs.net or to the address below.

Please notify the Charity if you:

- want to cancel this declaration
- change your name or home address
- no longer pay sufficient tax on your income and/or capital gains

Additional information:

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue & Customs to adjust your tax code.

Please tick the boxes if you are happy for us to keep in touch with you via:

Email Telephone Post

By ticking the boxes above, you agree RNOH Charity may send you news and updates, including fundraising appeals.

Your privacy is important to us. If you would like to find out more about how we use your information and communicate with you, you can see full details in our Privacy Policy (www.rnohcharity.org/rnoh/privacy-policy). Alternatively, you can call us on 020 8909 5362 to chat to a member of our team. If you no longer wish to receive communications from RNOH Charity, please email rnoh.charity@nhs.net and let us know.

LEAVE A GIFT IN YOUR WILL

Since RNOH Charity was established in 1997, we have funded numerous essential projects at the hospital. Our achievements would not have been possible without gifts left in people's wills. These gifts account for around a quarter of all the donations we receive and help to fund vital projects, enabling RNOH to provide innovative treatments and care, and helping more people like Matt lead healthier, fuller lives.

MAKING THE MOST OF OUR FREE WILL-WRITING SERVICE

Thanks to RNOH Charity's partnership with Farewill, we are able to offer a free will-writing service so you can write or update your will free of charge.

Farewill is the largest will-writer in the UK. Its award-winning, online service includes specialist checking to make sure your wishes are clear.

With Farewill, you can now write your will online, for free, in as little as 30 minutes. To write your will for free with Farewill, simply visit:
farewill.com/rnohcharity-newsletter

Farewill's online journey makes writing a will quick and easy. However if you have any questions, you can call Farewill on 020 8050 2686; please note you must tell the Customer Support team you are an RNOH Charity supporter.



We extend our warmest thanks to Matt for his dedication to supporting RNOH Charity.



“RNOH is one of the best orthopaedic hospitals in the world. From spinal surgery to prosthetics for veterans, their work needs extra support – beyond the NHS budget that they get. My recovery might not have gone the way it did without the support of that charity – it saved my life and it may well save yours one day.”




- RNOH Charity Ambassador Matt Forde

IMPOSSIBLE

We can do the impossible. But we can't do it without you.



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 [thernohcharity](https://www.facebook.com/thernohcharity)
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 [@rnohcharity](https://twitter.com/rnohcharity)

Tel: 020 8909 5362
Email: rnoh.charity@nhs.net
Web: rnohcharity.org


RNOH
CHARITY

 Registered with
FUNDRAISING
REGULATOR

REGISTERED CHARITY NUMBER 1166129