

CONNECTIONS

WINTER 2020

COVID-19

PORCELAIN BUTTERCUPS

NEW TRUSTEES

SPECT-CT SCANNER



Image courtesy of Ruth Ward



RNOH CHARITY



SUPPORTING STAFF DURING THE PANDEMIC



In March 2020, to help relieve pressure that the NHS was facing from the pandemic, the RNOH became an orthopaedic trauma centre for the first time since 1982.

The RNOH Charity immediately launched a dedicated Covid-19 Support Fund to help the RNOH's frontline staff in any way possible - from providing meals, to purchasing essential equipment, to supporting mental health during the crisis. To date the appeal has raised over £170,000, including £149,000 grant money from NHS Charities Together.

These are just some of the items that the RNOH Charity has bought:

- Personal care packs for patients, including disposable razors, shaving gel and deodorant
- Loungewear (clothing) for trauma patients
- A safety harness for gait measurement to reduce risks from Covid-19
- Easy Grip drinking cups for patients
- Recreational activity items for patients including stationery, radio clocks, headphones
- A non-touch thermometer
- Thank you items for volunteers
- Comfortable chairs to create a wellbeing hub in our orthotics department
- 15 picnic tables for staff use across the hospital site
- A massage chair for staff
- Confectionery treats to celebrate staff unity and diversity.

Left: RNOH staff on the London Irish Ward

A BIG THANK YOU

The RNOH Charity would like to thank all our wonderful supporters who responded to our appeal for gifts-in-kind during the crisis. The large quantities of clothes, dried food items, drinks and toiletries were very much appreciated by hospital staff and patients alike.

We were also delighted with the corporate donations from a number of businesses, including:

- Two large fridges from Curry’s PC World
- A washing machine and tumble dryer from BEKO
- 60 hydro face masks from CACI International
- Massage items from OSIM UK
- 100 hand creams from PUSH PR on behalf of Crabtree & Evelyn
- 200 toothbrushes and toothpastes from the Dental Wellness Trust
- 100 boxes of doughnuts from Krispy Kreme

Sincere thanks to everyone who helped, including the Stanmore Facebook Group, Corona Care Challenge UK, Shree Kutch Satsang Swaminarayan Temple, Kenton, Shree Swaminarayan Temple, Stanmore, and Harrow Tamil School.



Above: Generous donations of food and drink at the RNOH

AN (ULTRA)SOUND INVESTMENT

The RNOH Charity is helping to protect the RNOH as a Covid-free hospital (aka a green site) by funding the installation of a cardiology ultrasound machine. This wonderful new technology will enable remote patient cardiac monitoring, reducing the need for patient transfer from green to non-green sites and providing improved governance thanks to being able to retain patients’ echo results on site for future reference.

Patients will no longer need to visit their local GP or cardiology centre prior to surgery, and will thus avoid the associated Covid-19 infection risks. This reduces the need for self-isolation prior to entering a green site, meaning care can begin earlier. The entire patient pathway is accelerated, providing an improved patient experience. The new machine also has the great benefit of saving the hospital’s pre-assessment staff from having to contact GPs for cardiology ultrasound results.

STAFF WELLBEING

The RNOH Charity is delighted to be able to provide £50,000 towards two essential staff wellbeing projects, thanks to a grant from NHS Charities Together.

MENTAL HEALTH TRAINING

Staff research across the RNOH has shown that the hospital’s managers sometimes feel ill-equipped to support the mental health and emotional needs of their staff. This has been particularly challenging this year, with the Covid crisis putting unprecedented pressure on all staff members.

To help address this, the RNOH Charity has awarded a grant of £27,500 towards mental health and emotional wellbeing training for all RNOH staff members. The aim of the training is to increase the psychological literacy of the whole hospital by enabling all staff members to better identify and manage their own mental health trigger points, and helping managers to notice and respond appropriately to any individual mental health problems within their teams.

LISTENING EVENTS FOR STAFF

Research has shown that Black, Asian, and minority ethnic people living in the UK are disadvantaged in many ways.

They face extensive and persistent economic inequalities; they also face conscious and unconscious discrimination, both at work and in their daily lives. As has been widely published, Black, Asian and minority ethnic people have been disproportionately affected by the Covid crisis; they are at a significantly higher risk of developing Covid-19, and experiencing complications relating to the disease.

The aim of the hospital’s new listening events – towards which the RNOH Charity has made a grant of £22,500 – is to facilitate a better understanding of the experience of Black, Asian, and minority ethnic staff, and provide the Trust’s senior management with recommendations as to how to improve the experience of those staff members, as well as other staff members with characteristics that are protected under the 2010 Equality Act.

HORATIO’S GARDEN

In these unprecedented times, many of us have come to realise the importance of outdoor spaces in supporting our mental health, which perhaps makes the arrival of Horatio’s Garden London at the RNOH feel more momentous than ever. The majority of people with spinal cord injuries spend upwards of two months in hospital with little or no access to the outside world.

The garden, designed by eight-time Chelsea gold medal winner Tom Stuart-Smith, has been built just beyond the ward doors of the London Spinal Cord Injury Centre for patients and their loved ones to enjoy as they adjust to living with life-changing injuries, giving them the space to establish vital support networks. It also provides a haven for NHS staff who can enjoy the garden to boost their own mental wellbeing.

The RNOH Charity worked in partnership with the national charity Horatio’s Garden, which creates and nurtures gardens in NHS spinal injury centres across the UK to support those affected by spinal injury. Horatio’s Garden also runs horticultural and creative therapy sessions to help patients throughout their mental and physical rehabilitation.

Horatio’s Garden London has been over two years in the making and, thanks to a team of volunteers working under the guidance of designer Tom Stuart-Smith and new Head Gardener Ashley Edwards, is now open to patients and their families.



“To be part of a garden of such excellent horticultural design that will support people with their mental and physical wellbeing is very special. To be here from day one is such a fantastic opportunity for me too.”

- Ashley Edwards



The RNOH Charity would like to say a special thank you to our long-term supporter Max Reid, who has contributed a significant amount to the new gardens.

In 2015, Max, who is a talented musician, began busking on various of the London Underground’s official busking pitches, wowing commuters with a selection of pieces played on the fiddle. Since then, he has donated all of his proceeds from busking to the new Spinal Cord Injury Centre gardens. His tireless fundraising efforts have been an inspiration to many. Thank you, Max, for your incredible support!

Above left: The beautiful gardens
Above right: Max Reid
Left: A patient enjoying the garden
Far left: The Garden Room
(Garden images courtesy of Lucy Shergold)

INTRODUCING: THE BUTTERCUP COLLECTION

In October HRH Princess Eugenie of York helped launch a limited collection of beautiful, hand-crafted porcelain buttercups to support staff and patients at the Royal National Orthopaedic Hospital, which treated her for scoliosis when she was a child.

Funds raised by the sale of these buttercups will be allocated to the hospital’s most pressing needs, enabling it to improve its world-class service still further.

Buttercups have long been an emblem of hope and optimism at the RNOH. The hospital’s association with the flower dates back to the 1930s, when artificial buttercups were made and sold in central London to raise funds for the hospital’s Appeal.

The porcelain buttercups perfectly embody the hospital’s message of optimism, hope and individuality. In a limited edition of 2,000 pieces, they are also a tribute to the many lives changed by the RNOH. Each is hand-finished, slip cast, shaped and painted by renowned ceramic artist Clare Twomey.

“As a former patient of the RNOH, and as Patron of the RNOH Charity, I am delighted to support The Buttercup Collection. I know from my own experience that being a child in hospital and having complex surgery can be very daunting. For almost 100 years, buttercups have offered hope at the RNOH, and I am so pleased to see this tradition continue in such a beautiful way.”

- HRH Princess Eugenie



Left and below: Three porcelain buttercups (Images courtesy of Ruth Ward)



The RNOH Charity also organised a buttercup workshop, led by Clare Twomey, for some of the RNOH’s current and former patients. Twomey said: “Being able to work with the RNOH Charity and Here Design has been a magical journey. My ambitions as an artist were to create a truly special moment for everyone who helps us support this cause, and together we’ve made these final artworks that are full of the Charity’s positive spirit. It’s been a very special project and privilege to work on.”

“I was really excited to be part of the Buttercup Collection. I have a long and affectionate relationship with the RNOH, having been under the care of its skilled and devoted staff for more than 57 years. The buttercup is such a simple but joyful symbol and to watch such a humble little flower be transformed into a vast and exquisitely beautiful creation, and to be a tiny part of that, was a tremendous honour. Thank you to all involved. It was a truly uplifting experience.”

- Rachel Levene
Workshop participant

Our glorious, hand-crafted buttercups are still on sale at £45 each. You can pick your own at: www.thebuttercupcollection.co.uk



Above: The Buttercup Collection workshop
(Images courtesy of Ruth Ward)

RNOH CHARITY LAUNCHES A NEW WAY OF GIVING

The RNOH Charity is excited to have launched a tap-to-donate podium in the Stanmore Building.

Patients and their family and friends will be able to visit the podium in the reception area and make a donation directly to the RNOH Charity at the tap of a button. All funds raised will go towards strengthening and supporting the hospital over and above standard NHS funding.



Above: The RNOH Charity's new donation box

THE WONDERFUL WIZARDING QUIZ

On 29 November, Tom Felton and RNOH Charity Ambassador David Holmes were joined by fellow Harry Potter cast members in The Wonderful Wizarding Quiz to raise money for a number of charities including the RNOH Charity.

Six lucky muggles were chosen to take part in the online extravaganza.



“For the first time in almost a decade I managed to get together some of my old Hogwarts classmates in aid of the RNOH Charity, and some other great causes, at the end of a difficult year for us all. I’m so proud to have been part of this and I want to say thank you to Amy Stares and the team at uWin.com for helping us put this together.”

- David Holmes
RNOH Charity Ambassador

MEET OUR NEW BOARD MEMBERS



DOROTHY DALTON *(Chair)*

Dorothy is a leading expert on governance who has been a trustee of many charities, large and small. A former head teacher, she has been a non-executive director of the Inland Revenue and chief executive of ACEVO, the association of chief executives of voluntary organisations. She also founded the Journey of a Lifetime Trust (JoLt), the Network of Women Chairs, and Groundbreakers: Voluntary Sector Women Leaders.

“It is a huge privilege to become the Chair of the RNOH Charity. I look forward to working with my fellow trustees and our staff team led by Rosie Stolarski to raise significant funding to support the work of one of the world’s leading orthopaedic hospitals.”



ANJU JAGGI

Anju has worked at the RNOH for over 20 years, managing complex shoulder dysfunction. She lectures internationally and has published work in the field of rehabilitation of the shoulder. She is leading and developing research for allied health professionals within her organisation, collaborating with commercial and academic partners.

She was President of the European Society of Shoulder & Elbow Rehabilitation (EUSSER) from 2012-2015 and is currently a member of council for the British Shoulder & Elbow Society. She is passionate about treating patients holistically and delivering the best evidence-based care to facilitate both their physical and mental wellbeing.

“As Clinical Trustee I hope to further strengthen the relationship and collaboration between the hospital and the Charity.”



HITESH THAKRAR

Hitesh Thakrar has spent over 25 years investing in public equities in the life sciences, information technology and innovation sectors. He currently holds senior advisory positions within Syncona (one of Europe’s largest life science investors), the Francis Crick Institute, the Alan Turing Institute and Newable Ventures. He previously held a position as Innovation Fellow at the University of Cambridge and is also an advisor to UKRI’s Science and Technology Funding Council.

“I am excited to be working with the RNOH Charity in generating even greater financial assistance for the hospital’s pioneering work in orthopaedic research and education.”



SARAH BEDINGFIELD SHUTT

Sarah Bedingfield Shutt is a Global Brand Director specialising in Luxury Goods and Art. With an international career background, Sarah is currently with luxury accessories label Strathberry, having most recently held senior Communications positions at Heidi Klein, Mimi Holliday and the White Rabbit Gallery.

Sarah has served on multiple Board Committees, including the Australia Chamber Orchestra, Lifeline Australia, as Chair of the British Council’s inaugural Fundraising & Gala Committee, and presently on the Fundraising & Marketing Committee for Women for Women UK.

“I’m delighted to serve this incredible, world leading facility and support the vital work of the RNOH Charity.”



MATT LEE

Matt joined Greene King as Group Financial Controller in 2018, responsible for all internal and external reporting and for business integration. He joined Greene King from TalkTalk Group Plc, where he held a number of senior finance roles over a period of six years. Prior to TalkTalk Matt started his career at Deloitte London, where he spent his time predominantly in the telecoms sector both in the UK and Middle East.

“Having experienced first-hand the incredible care, dedication and world-leading treatment that all the staff at the RNOH provide every day, I feel honoured to be selected to join the Charity Board.”

OUR AMAZING FUNDRAISERS

These are just some of the incredible people who have helped raise funds for the RNOH Charity recently.



BRITISH ARMY 40K

Congratulations to Luke Taylor and his colleagues from B Battery, 1st Regiment Royal Horse Artillery, for completing the British Army 40k patrols competition in aid of the RNOH Charity. Luke chose to support us after his nine-year-old nephew, Alfie, was diagnosed three years ago with Osteoid Osteoma, a benign bone tumour, and treated at the RNOH. Luke has so far raised £1,342.

GOODWOOD MOTOR CIRCUIT

RNOH patient Chloe Oram took part in an event at Goodwood Motor Circuit, wheeling 5k in her wheelchair to raise money for the RNOH Charity. Chloe raised £2,834 which will go towards supporting the London Spinal Cord Injury Centre here at the RNOH.

Chloe was discharged from the RNOH at the end of August, after spending several months being treated for a spinal cord injury. Chloe had been transferred from Frimley Park Hospital to the RNOH for intensive inpatient rehabilitation, consisting of physio and occupational therapy and support to maintain her independence.



CHARLOTTE WOOD

Charlotte Wood was one of the first to sign up for our #100LapsForTheRNOH Challenge, choosing to support the RNOH Charity after her daughter Sienna was born with developmental dysplasia of the hips. At just one week old, Sienna was fitted with a medical splint, which she had to wear for 12 weeks. This fixed her left hip, but her right hip still needed further treatment. Charlotte said: “Sienna was cared for by the incredible experts at the RNOH. I am so grateful for the excellent treatment Sienna received.”

Charlotte raised a fantastic £2,243, which was split between the new SPECT-CT scanner here at the RNOH and a new hip spica table for families facing an extended period of time with a child in a hip spica cast.



ISLA ROCKLEY

Nine-year-old Isla set up her own challenge during the national lockdown and bravely shaved her head to raise money for the RNOH Charity. This was Isla’s way of saying thank you for ‘saving Mummy’s arm!’

Isla chose to support the RNOH Charity after her mum, Faye, was involved in a road traffic accident in 2006. Faye was referred to the RNOH for extensive work on her right arm after severing her radial nerve and suffering a brachial plexus injury. She has been a patient at the RNOH ever since. So far Isla has raised over £600 for the RNOH Charity. Well done Isla!



SPOTLIGHT ON: THE LONDON IRISH WARD

You may remember that, between 2016 and 2019, the London Irish Ward Appeal raised over £800,000 to furnish and equip the second floor in the new Stanmore Building. Our sincere thanks again to Tim Kelly, Chairman of the Kelly Group, for leading the Appeal, and all London Irish Ward Appeal donors, for their incredible generosity.

Cleone Gowers, Ward Manager of the London Irish Ward, explains the impact of this substantial funding: “Thanks to the London Irish Ward Appeal, I am pleased to say that our patients are able to enjoy the very best facilities and equipment to aid their recovery whilst in hospital. In particular, the sophisticated overhead hoists

and travel systems allow patients with limited mobility to access bathroom facilities with ease, and the fold-out sofa beds for family members are a welcome and comfortable addition to our individual patient rooms. Patients also really enjoy the high-quality entertainment systems and uplifting artwork.”

“What an amazing difference this Appeal has made.”

- Cleone Gowers
Ward Manager of the London Irish Ward



Above: A patient room on the London Irish Ward

APPLAUDING OUR VOLUNTEERS

The RNOH’s Volunteer Service is entirely funded by the RNOH Charity and is key to the smooth running of the hospital. During the height of the pandemic, regular volunteering roles were curtailed and the volunteering team undertook a whole new raft of volunteering jobs. These included:

- Putting thousands of visors and goggles together
- Distributing over 320 food boxes and care packages to staff throughout the hospital
- Supporting the Covid-19 testing centre team by training them to use and maintain the Volunteer Service’s buggy
- Offering a message delivery service for families to contact their loved ones whilst in hospital, and vice versa
- Offering a collection service for patients who weren’t able to return wheelchairs
- Sewing and knitting a vast array of twiddle mitts to support the increased number of patients with cognitive impairment
- Sewing cotton uniform bags and scrubs
- Supporting patients by being a “relative for an hour” while there was a no-visitor policy



Above: An RNOH volunteer

RNOH CHARITY FUNDS SPECT-CT SCANNER

In October, Daniel Freire-Gonzalez from west London became the first patient to benefit from RNOH Stanmore’s new, state-of-the-art SPECT-CT scanner.

Particularly effective in the fight against cancer, the £670,000 machine combines the best aspects of two different types of scanning - SPECT (Single Photon Emission Computed Tomography) and CT (Computerised Tomography) scanning. As well as being much more convenient for patients, it provides doctors with instant and more accurate images for diagnosis, to help them plan complex treatments.

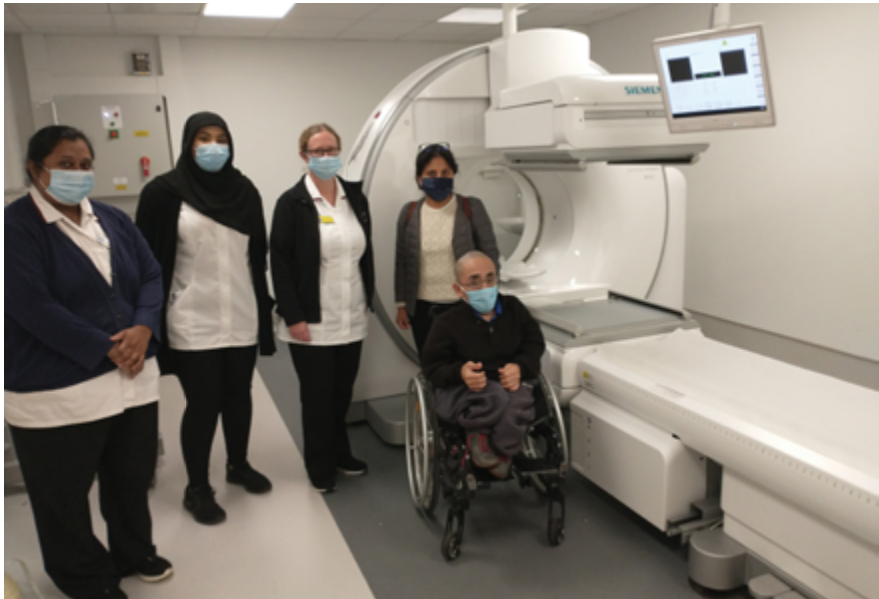
The scanner has been bought with funds raised by the RNOH Charity. Rosie Stolarski, the Charity’s Chief Executive, explained: “At a time when so much routine diagnostic work and treatments have been deferred because of the Covid-19 pandemic, we are delighted to give RNOH patients and medical staff access to this incredible technology. Thanks to the generosity of a major donor, charitable trusts, and our loyal supporters, the hospital can now accelerate diagnosis and treatment where it is needed.”

Jennifer Gibson, the RNOH’s Scanning Superintendent Radiographer, said: “We are very excited to have our new SPECT-CT scanner installed. The scanner will make a massive difference to many patients, as we will be able to offer state-of-the-art SPECT-CT imaging at our Stanmore site. Previously, patients would have had to go elsewhere for this imaging service.

The SPECT-CT scanner will allow us to acquire functional nuclear medicine images at the same time as acquiring detailed anatomical images; by fusing these images together we will be able to provide a much more accurate diagnosis.”

“We are all looking forward to developing this new imaging service within the scanning department, and to the benefits in diagnosis that it will bring to our patients. We would like to thank the RNOH Charity for their huge generosity and support in making this project possible.”

- Jennifer Gibson
RNOH’s Scanning Superintendent Radiographer



Above: The new SPECT-CT scanner receives its first patient

WHAT NEXT?

The RNOH Charity’s next potential project is funding an EOS scanner. The RNOH is currently evaluating these exciting pieces of equipment, which would provide radiologists and surgeons with superior musculoskeletal imaging.

The EOS medical imaging system emits a very low radiation dose and enables scans of a patient’s entire body, in both standing and seated positions, giving doctors real functional information about the positions in which patients live and perform most of their daily activities.

Professor John Skinner, Consultant Orthopaedic Surgeon at the RNOH, explains: “The EOS scanner would be a wonderful addition to our imaging portfolio. It would greatly benefit our patients – especially children with deformity or growth problems – because it delivers significantly lower radiation doses than our current scanning technology. We would also use it for patients requiring hip replacement and reconstruction, as it is the only device that allows us to fully understand the relationship between spine, pelvis and hip in both sitting and standing positions.”



Above: EOS scanners currently being considered by the RNOH



We need your support more than ever. Host your own challenge event from home and help raise funds to support the RNOH Charity. Ideas include: hosting a quiz, shaving all your hair off, or hosting a virtual coffee morning!



RNOH 100 MILE CHALLENGE
#100MILESFORTHERNOH

You are invited to take part in our latest 100-mile challenge for the RNOH Charity. Whether you cycle, run, walk or skip, we want as many of you as possible to complete #100MilesfortheRNOH. You can work in a team and split the miles amongst family, friends and colleagues, or take on the challenge as an individual.



ULTRA CHALLENGE
WALK.JOG.RUN

Are you a keen walker or runner looking for an organised challenge? Whether it's along a stunning coastline, or on trails in the best of Britain's countryside, Ultra Challenge offers an unforgettable experience – with full support, new friends made, and an amazing sense of achievement.

2021 events include:
London Winter Walk (27-28 February)
Easter 50 Challenge (10 April)
Isle of Wight Challenge (1-2 May)
Jurassic Coast Challenge (15-16 May)
Thames Bridges Trek (11 September)
Chiltern 50 Challenge (25 September)



ROYAL PARKS HALF MARATHON
NEW DATE CONFIRMED

Due to ongoing restrictions, the 2020 Royal Parks Half Marathon has been postponed until Sunday 11 April 2021.

If you would like to get involved in any of the events listed on this page, contact us at:
rnoh.fundraising@nhs.net



The RNOH Charity strengthens and supports the people, research and infrastructure that make the RNOH one of the world's best orthopaedic hospitals.

Title ☐ Mr ☐ Mrs ☐ Miss ☐ Ms ☐ OTHER (please specify): _____

Name _____

Address _____

Postcode _____ Telephone _____

Email _____ Date ____/____/____

I wish to donate (amount) _____ Cheque ☐ please make cheques payable to RNOH Charity

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

Please debit my: ☐ Visa ☐ Mastercard ☐ Maestro ☐ CAF card

Card No. _____ Security code _____

Start date ____/____/____ Expiry date ____/____/____ Issue No. _____

Signature _____ ☐ 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: ☐ Monthly ☐ Quarterly ☐ Annual Payment of: _____

To the Royal National Orthopaedic Hospital Charity, account ending 059, sort code 20-58-51

Bank name & address _____

Sort code _____ Account No. _____

Commencing ____/____/____ End date ____/____/____ ☐ Until further notice

Signature _____ Date ____/____/____



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 to Gift Aid my donation and any future donation I make until I cancel this instruction (Please ensure your address is noted overleaf)

Please tick

☐

Date

/

/

Main taxpayer's full name

I understand that to qualify for Gift Aid I must pay an amount of Income Tax and/or Capital Gains Tax at least equal to the tax that the Charity, and any other charity I donate to, reclaim on my donations in the appropriate tax year.

I would like to designate my donation towards the following:

☐

Where most needed

☐

Other (please specify)

Please send me information on the following:

☐

Publicity materials

☐

How to share my story for use in our publicity materials

☐

Organising my own fundraising event

☐

Participating in a UK challenge event

☐

Participating in an overseas challenge event

☐

Getting my school or company involved
(Please specify name of school/organisation)

☐

Giving a gift in my will

Donating made easy:

Simply scan this QR code using your mobile phone and donate via our Give Tap webpage.



I do not require a thank-you letter

☐

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

The RNOH Charity is extremely grateful for any donation you are able to give. To make your donation go further we will not be sending thank-you letters for donations of under £50. If, however, you require a thank-you letter for your records, please get in touch.

If you are not already on the RNOH Charity's database and would like to consent to receiving occasional updates from us, please tick the relevant boxes below:

☐

Yes, I would like to receive the RNOH Charity's annual newsletter by post

☐

Yes, I would like to receive all updates from the RNOH Charity by post

☐

I am happy to be emailed. My email address is:

You can withdraw consent to receiving information from the RNOH Charity at any time by writing to the address below stating your details, or by emailing rnoh.charity@nhs.net

Please return to: FREEPOST RTLK-GXUE-ZZZU, Fundraising Administrator, Royal National Orthopaedic Hospital Charity, Muriel Sands Building, Brockley Hill, Stanmore, HA7 4LP

REGISTERED CHARITY NUMBER 1166129

CONNECTIONS

A GIFT IN YOUR WILL

Since the establishment of the RNOH, gifts left in people's wills have been a vital part of the hospital's funding. Today they make it possible for the RNOH Charity to improve the RNOH's service in many ways.

If you are interested in leaving a legacy to the RNOH Charity, please contact us. We offer a tailored service to meet your individual needs as a legator, and to thank you for your support in the most appropriate way.

Make the most of our free will writing service

The RNOH Charity is offering a free will writing service, so that you can write or update your will free of charge.

For generations, writing a will has been a slow, expensive and inconvenient process that usually involved seeing a solicitor. Thanks to the RNOH Charity's partnership with Farewill, you can now write your will online, for free, in as little as 15 minutes. Farewill is the largest will writer in the UK, and has won multiple awards for its service, including National Will Writing Firm of the Year 2019 and 2020 at the British Wills and Probate Awards. Farewill's online service includes expert checking to make sure your wishes are clear.

To write your will for free with Farewill, simply visit: farewill.com/rnohcharity-newsletter

You can also make a will for free over the phone

Farewill's online journey makes writing a will quick and easy. However, if you don't feel confident writing a will online, one of Farewill's specialists can help you to make your will over the phone. Your will would then be printed, bound and sent out to you in the post. To get started, book a free callback at: farewill.com/rnohcharity-phone.

Alternatively, you can call Farewill on 020 8050 2686; please note you must tell the Customer Support team you are an RNOH Charity supporter.



"Between 1968 and 2001 I was an inpatient at Stanmore three times, needing hip replacement and revision surgery as a result of a road accident. The expertise of my orthopaedic surgeons and nurses gave me back my mobility and my ability to lead an active life. At the end of my life, I'm leaving a legacy to the RNOH Charity to help fund research and treatment techniques to help future patients resume active lives too."

- Jane Chappell
RNOH Charity legator






Pick your Buttercup and support the RNOH Charity

www.thebuttercupcollection.co.uk



Connect with us to keep up to date with the RNOH Charity.

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Web: rnohcharity.org



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