

CONNECTIONS

WINTER 2019

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RNOH CHARITY



WE’RE ON A MISSION

A new look. A new CEO. A new Royal Patron *and* a new building. These are just some of the changes that have made the past 12 months among the most exciting in the RNOH Charity’s history. And there is plenty more excitement still to come.

In early 2019 we announced the name of our first ever Chief Executive, Rosie Stolarski, just a few weeks before announcing the appointment of HRH Princess Eugenie as our Royal Patron.

Then in April we began rolling out a distinctive new brand identity which is now central to all our fundraising work and reflects our new mission statement: “The RNOH Charity strengthens and supports the people, research and infrastructure that make the RNOH one of the world’s best orthopaedic hospitals.”

Created by London design studio Here Design, our new logo revolves around the connectivity of the human body, with graphics and patterns that focus on support and physical connections. Reflecting the RNOH Charity’s role as the backbone of the RNOH, the core icon is a graphic representation of the spine.

It is a bold, colourful identity that is full of personality and positivity, just like our charity. We hope you like it and enjoy reading our new magazine.

Cover image: Golden buttercup
(Image courtesy of Ruth Ward)
Above and right: New RNOH Charity stationery and pin badge, designed by Here Design



ROLLING OUT THE ROYAL TREATMENT

The RNOH Charity is proud to have contributed over £3 million towards facilities in the RNOH’s impressive new Stanmore Building, which was officially opened by HRH The Duke of York and HRH Princess Eugenie in March 2019.

The five-storey Stanmore Building contains wards and therapy units for 119 inpatients and replaces many of the old ward units that date back as far as World War II. During their tour of the building in March their Royal Highnesses were able to see for themselves how the RNOH Charity has enhanced many different aspects of the patient and staff experience.

The Royal visitors particularly enjoyed seeing the range of stunning artwork that the RNOH Charity has funded to help uplift and inspire patients. These include ‘Tribe’, a 33-foot-long hanging installation in the building’s atrium, which was designed and fabricated by art collective Studio Roso, and beautiful wall decorations throughout all the wards which are based on the popular children’s book ‘The Lost Words’ by Robert Macfarlane and Jackie Morris. A further 21 artworks have been installed in the gallery waiting areas of all four new wards, generously loaned through the gallery Hauser & Wirth, of which Princess Eugenie is a director.

Cutting-edge technology, also funded by the RNOH Charity, is an integral feature of the Stanmore Building. This includes a secure hands-free staff communication system, digital signage, bedside entertainment and communication systems for all patients, and a state-of-the-art interactive robot called Pepper. Based on the children’s ward, Pepper is able to converse with patients, take instructions, play games, read human emotions, and boasts impressive facial recognition capabilities.



Above: ‘Tribe’ being admired by Princess Eugenie, Jack Brooksbank and artist Rolf Knudsen



Left: Princess Eugenie is reunited with her former nurse

This is a first for an NHS hospital. This technology will strengthen the vital work of the RNOH by providing extra services and facilities that are not affordable within the hospital’s NHS budget.

“It is such an honour to be here today, I feel like my bones and my blood are a part of this building.”

- HRH Princess Eugenie

After meeting several young patients on the children’s ward, the Princess announced her patronage of the RNOH Charity with an immediate focus on raising funds for the continued modernisation of the hospital. This includes Princess Eugenie House which will consist of three main elements: a ‘patient hotel’ offering rehabilitation for all patients, an independent living unit and a modern family accommodation facility for carers of our paediatric patients.



Right: Princess Eugenie meets a young patient at the RNOH
Far right: An introduction with Pepper the robot



RNOH CHARITY HELPS FIGHT PHANTOM PAIN

One innovative project we have recently funded is in partnership with the hospital's Peripheral Nerve Injury Unit.

Phantom limb pain is a complex condition that affects over 50% of amputees. The phenomenon results in patients feeling body parts that are no longer there; amputated limbs can ache, itch, burn, feel dry or wet, tense, locked, stuck, or even feel as if they are moving.

During an ongoing clinical trial the hospital's research team observed that amputees experience lower levels of perceived pain as a result of exposure to AMPSIM, a combination of technologies that enable the patient to feel, control and see, using technology including virtual reality and an advanced 'sensory' robotic arm. The RNOH Charity has provided the funds to develop a custom-made bionic hand which improves function but also reduces phantom limb pain, using the same approach used in the AMPSIM study.

It is an extremely complex process, involving 3D scanning and printing and sophisticated components and requiring highly trained engineers and bionic limb fitters. The approach has proved very successful in trials and could pave the way for novel drug-free treatments for phantom limb pain using affordable state-of-the-art prosthetics and virtual reality training.

In the long term, this technology could save the NHS millions of pounds which is why the RNOH Charity has recently awarded the research team further funding to build on this work by preparing feasibility data for a large scale, national study.



Above: A patient prepares for their bionic hand

THE FUTURE LOOKS ROSIE

In early 2019, Rosie Stolarski was announced as the RNOH Charity's first ever Chief Executive.

Rosie, who previously worked for The Prince's Trust and St. John Ambulance, joined the RNOH in January 2005 as Head of Fundraising, primarily responsible for managing and implementing the hospital's redevelopment fundraising appeal. Now, as Chief Executive, she heads up a growing team focused on strengthening and enhancing patient facilities, and funding innovative services across the largest orthopaedic hospital in the UK which, until recently, has benefited from minimal investment.

“Our vision for the Charity is ambitious and I am so excited to be leading it at such a critical time in the hospital's development. The funds that we raise, and the way that our funds are allocated, will help secure and strengthen the RNOH's position as a world leader in the field of orthopaedics.”

- Rosie Stolarski



Above: Rosie Stolarski, the RNOH Charity's Chief Executive, with RNOH Charity Patron Princess Eugenie

BUTTERCUP DAY STRIKES GOLD

In June we raised £21,000 for the RNOH by turning the entire hospital yellow for the day as part of our annual ‘Buttercup Day’ fundraising event.

Buttercups have long been at the heart of the RNOH Charity’s efforts, originating from when the gardens around the hospital first blossomed into a sea of bright yellow buttercups almost a century ago. Our young patients would wander around the gardens of Stanmore, picking the buttercups. Over the years, replicas of the real buttercups were created, and an event — known as Buttercup Day — was held every year to sell them.

This June we asked staff and supporters to wear something yellow in celebration of the work we do. We also sold Buttercup pin badges and ran a yellow raffle to raise funds for the hospital.

The highlight of the day was the unveiling of a beautiful porcelain golden buttercup in the atrium of the Stanmore Building. Over the next 12 months, this single golden buttercup will be surrounded by hundreds of handmade, glazed yellow porcelain flowers, created in collaboration with ceramic artist Clare Twomey and hospital patients both young and old, past and present. You’ll be able to purchase one and own a permanent symbol of impermanent beauty — with every single penny raised helping to illuminate a little of our hospital’s past as well as shape its future too.



Above right: Buttercups being sold in 1925
Right: The new Buttercup pin badge
(Image courtesy of Ruth Ward)

Opposite: Clare Twomey’s Golden Buttercup on display in the Stanmore Building’s atrium



Clare Twomey
One Golden Buttercup (2019)
Porcelain & Gold

One golden porcelain buttercup: a tribute to our famous buttercup fundraising, and an exquisite symbol of both fragility and strength.

Over the next year, ten more plinths containing hundreds of yellow porcelain buttercups will appear here too. Created in collaboration with Clare and hospital patients both young and old, past and present, you’ll be able to purchase one, with every penny going to help strengthen and support the RNOH.

“The poetic beauty of buttercups lay in the moment they were picked, they were the epitome of hope. The fragile and beautiful flowers that only bloom for a couple of weeks a year become the moment of hope that galvanised so many into action. The time at play here is so much about the vulnerable moment of care, of hope and of action in the buttercup collection, where we have empathy and know what it is to be human.”

- Clare Twomey



Left: Clare Twomey’s Golden Buttercup
(Image courtesy of Ruth Ward)

Above right: Cupcakes donated by
‘Cakes by Annabelle’

Right: RNOH volunteer selling pin badges to
raise money for Buttercup Day

Far right: RNOH staff dressed in yellow to
celebrate Buttercup Day

BUTTERCUP DAY 2020

On Thursday 25 June 2020 we will be hosting our next RNOH Charity Buttercup Day. We would love you to get involved and host your own Buttercup Day at your place of work, or in your local community or school.

There are many ways to lend your support, including dressing in yellow for a suggested £1 donation, purchasing one of our bespoke Buttercup pin badges, hosting a yellow-themed cake sale or sharing your support by using #RNOHButtercupDay.

To find out more contact rnoh.fundraising@nhs.net



OUR AMAZING FUNDRAISERS

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

DAVID HOLMES CRICKET CUP

Ambassador David Holmes hosted the 11th ‘David Holmes Cricket Cup’ in July, raising £4,000 for the RNOH Charity. This year team Slytherin were crowned champions, taking the cup home after beating team Gryffindor by 45 runs. David’s friends and family enjoyed the day of cricket as well as sunshine, a BBQ, drinks, face painting and an auction.

We’re incredibly grateful to David for his continued support. To date he has raised over £100,000 which has funded a room in the new Stanmore Building and contributed substantially towards the expansion of the hospital’s Spinal Cord Injury Centre. Future funds will be put towards the hospital’s new independent living unit, which will play an important role in the rehabilitation of patients who have suffered a life-changing spinal cord injury.



BACK TO BACK WALK

On 22 June, ex-RNOH patient Freya Firth-Robson hosted a concert at St Marylebone Church in London in aid of the RNOH Charity and the Scoliosis Campaign Fund. Freya’s fundraising didn’t stop there — on 30 June, to coincide with International Scoliosis Awareness Day, Freya and her team of supporters began a gruelling 268-mile walk along the Pennine Way, successfully completing the challenge in just 19 days. Freya raised £2,500 for the RNOH Charity.



RICKSHAW RUN

In March, Alex Para, along with teammates Tom and Jimmy, raced across the wilds of Sri Lanka in a tuk-tuk! Their aim was to complete the legendary Rickshaw Run, all while raising over £1,000 for the RNOH Charity. In 2017 Alex was diagnosed with a chondroblastoma — a rare locally aggressive bone tumour — in his left foot, and in August 2017 underwent surgery to remove the tumour. A year later, he was diagnosed with recurrent chondroblastoma and once again underwent surgery. Alex said “The RNOH treats patients with rare musculoskeletal conditions, like me, every day. My story is nothing special, but the work the doctors and staff of the RNOH do every day is.”



MARATHON RUNNERS

In April, Viknesh Kugadas and Sarah Mays took on the London Marathon in aid of the RNOH Charity, raising over £2,500 between them. Viknesh chose to fundraise for the RNOH after seeing the work we do and the level of patient care involved when a work colleague fell down the stairs and needed extensive rehabilitation. Sarah ran in support of her godson Harry, who is being treated at the RNOH for Erb’s Palsy of the left arm.

In May, Helen Cadwallader and her partner Paul Schwan took part in the Newport Marathon, raising over £1,400. Ten years ago Helen was treated for an osteochondral defect, that saw her go from a promising footballer to constantly thinking about how far she could walk. Helen underwent several operations as a teenager, before being referred to the RNOH. Helen said: “At Stanmore I had wonderful treatment, and since then my life has changed beyond belief.”

In August, Max Downey took part in a 50km Ultra Marathon, raising over £1,500. Max’s nine-year-old daughter Tilly is receiving treatment at the RNOH for scoliosis, and currently has to wear a back brace for 23 hours a day.

“From Tilly’s consultations, to our frequent visits to the orthotics department, we get great support and care from the staff at the hospital. Hopefully through doing this event I will be able to raise some money as a small support and thank-you for their great work.”

- Max Downey



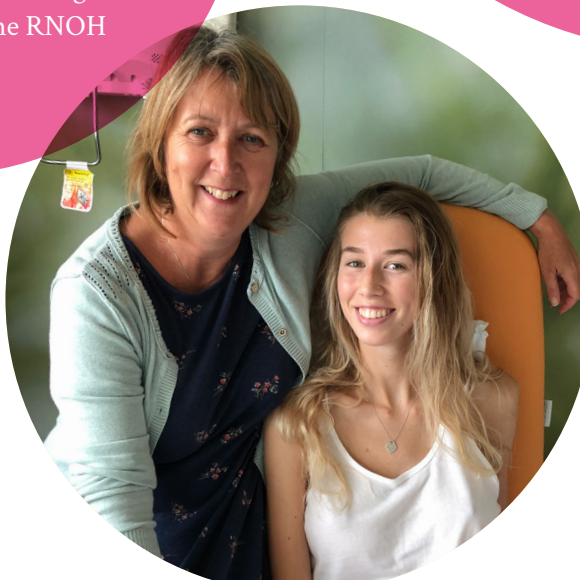
SKYDIVE

In August, RNOH patient Lindsay Tempest and her friend Shannon O’Hara soared through the clouds from over 10,000 feet, at speeds of up to 120mph, as they took part in a tandem skydive, raising over £1,000 for the RNOH Charity. Lindsay is being treated at the RNOH for Hypermobile Ehlers-Danlos Syndrome. This rare condition affects Lindsay every day; all of her joints, including her hips, shoulders, ribs and knees, dislocate by doing the smallest of things, causing severe pain and chronic fatigue.



GARDEN PARTY

In July, Gwyneth Down’s daughter Fran spent 15 days at the RNOH undergoing and recovering from a two-stage scoliosis surgery. To say a massive thank you to the hospital for the support and care Fran received, the family decided to host a garden party raising an incredible £535 for the RNOH Charity.



“The RNOH is one of the very few hospitals in the country that actually knows, understands and can treat people with Ehlers-Danlos Syndrome. For over 12 months I have been treated there, seeing top specialists, experienced physiotherapists and occupational therapists, as well as undergoing tests. The dedicated team in the therapies department have and are continuing to try and make my life more manageable, as the condition has no cure.”

- Lindsay Tempest

CELEBRATING OUR VOLUNTEERS

In September, volunteers at the RNOH were treated to an afternoon tea to thank them for their invaluable work at the hospital.

The RNOH Charity is proud to fund the Volunteer Service, which supports 200 volunteers who are fully trained, regularly supervised and actively involved in numerous aspects of the hospital’s work. Volunteers come from all walks of life, and each volunteer is encouraged to work in a role that will use their unique skills, knowledge and interests to their best advantage.

Volunteers perform many important roles around the hospital, including: supporting patients with pre- and post-operative exercises; helping with medical research studies; giving disabled patients therapeutic massages; and feeding patients with limited mobility.

“Kelly (Mealtime Buddy Volunteer) intuitively knew what I needed as I came round after my operation. I was hungry and very emotional. She was just ‘there’ and organised just what I needed, when I needed it, with no fuss and such gentleness.”

- RNOH patient, Duke of Gloucester Ward

We have developed a ‘Volunteer Skills Bank’ to link up volunteers with departments that may lack particular skills: for example, developing databases or conversing with patients in their native languages to help stave off loneliness. Volunteers work with staff in helping to provide the best possible care for the hospital’s patients.

One of the most visible signs of the Volunteer Service is the patient buggy service, which was launched in 2016 and is now indispensable for the RNOH’s patients. To date, a dedicated team of 15 volunteer drivers — who operate in all weathers — have transported over 70,000 patients and their visitors around the Stanmore site. The buggy trips are a huge relief for our patients with limited mobility.



Thanks to a generous £6,500 donation from Godfrey and Ida Dyan, we have recently been able to expand the fleet of buggies, further enhancing the buggy service. During the tea in September Godfrey and Ida were officially thanked by the hospital’s Chief Executive, Rob Hurd.

Above: Godfrey and Ida Dyan with Rob Hurd
Right: Dan King and family
Far right: Gemma and Dan Bourne

COMBATING CANCER

The RNOH Charity is proud to have among our supporters several people who have been directly or indirectly touched by cancer. They help raise invaluable funds that we allocate towards the RNOH’s cancer service.

In May, father of four Dan King climbed Mount Snowdon in four hours with his children and his niece, raising over £3,000. Climbing a mountain is a challenge for anyone, but for Dan it has been made so much harder due to his incurable cancer.

Dan chose to fundraise for the RNOH Charity after having his first major spinal surgery operation at the age of 13. In his twenties, he was a patient at Stanmore again and more recently Dan has undergone six operations at the RNOH, each time refusing to quit and working hard to get back on his feet. Dan said: “My treatment at the RNOH is unbelievable; they make me feel like I am their only patient. In the near future I know I will be needing their services again as the cancer is now on my spine. It could end up being the biggest operation I have faced but if they decide it is possible, I have faith in them.”



In January, Gemma Bourne took part in the SAS’s Fan Dance — a gruelling 24km march used as the first test to see if someone has the physical and mental grit to join the Special Forces. Gemma raised an amazing £4,300 for the RNOH Charity, choosing to support us after her dad, Steve, was diagnosed with a rare and aggressive form of bone cancer in 2016.

Steve’s tumour grew so rapidly that he had to undergo a full leg amputation, a five-month hospital stay, and the strongest chemotherapy available. In July, Steve had extensive surgery to remove half his pelvis and part of his spine.

“Dad spent over a week in intensive care, where once again the teams at the RNOH saved his life. He is still recovering from the main surgery, and the amazing physios have worked their magic so he can be as mobile and independent as possible at home.”

- Gemma Bourne

WHAT NEXT?

The RNOH Charity needs to raise almost £6 million over the next three years to strengthen and support the RNOH. This funding will enhance the overall patient experience, underpin essential medical research and reinforce the hospital’s role as a world-class centre for orthopaedic health and treatment.

The Charity’s immediate priority is to purchase a SPECT-CT scanner for the RNOH. A SPECT-CT scanner takes two different types of scans and fuses them together to allow doctors to understand in greater detail than ever before, the anatomy and behaviour of musculoskeletal abnormalities, diseases and infections.

These types of scans have become an essential tool for effectively diagnosing and treating bone and soft tissue cancers and inflammatory infections such as septic arthritis and osteomyelitis, but there is currently a shortage of SPECT-CT scanners across London, meaning that the RNOH has to outsource patients who need this type of scan — approximately 1,300 a year — to UCL Hospital. Having our own scanner would not only reduce stress and waiting times for RNOH patients, it would also allow at least one extra patient a day to be scanned. By having the scanner on site, resulting scans will be immediately available for assessment by our clinicians, instead of having to wait up to one month for the images. The approximate price of a SPECT-CT scanner is £670,000. With our supporters’ help, the RNOH Charity hopes to have a scanner installed within a year.

Another top priority for the RNOH Charity is to raise money to support the Volunteer Service which provides invaluable support for RNOH patients and staff. Since its inception in 2015 it has dramatically improved the quality and efficiency of the hospital’s service.



The successful growth of the volunteers has allowed additional services such as the patient buggy service, the patient shopping trolley and the patient meal time buddies. It has also allowed a team of volunteers to assist the pharmacy department. More recent successful projects have been recruiting teenage volunteers from local secondary schools and increasing community involvement in volunteering projects. Unfortunately, because of constrained NHS budgets, the service relies entirely on charitable support and the RNOH Charity is therefore looking to raise £150,000 to enable us to continue funding the Volunteer Service.

There are two other key focuses for the Charity’s fundraising over the next three years. The first is the creation of an independent living unit, to allow patients to rehabilitate before they return home. By replicating all potential ‘home situations’ within the safety of the hospital grounds, patients will be able to practise and train in essential domestic tasks, such as washing, dressing, eating, and housekeeping. It will significantly improve their quality of life and their ability to live independently once they are discharged. Their loved ones will be able to stay in the unit with them, which in many cases will also give family members the opportunity to prepare for their new role as the patient’s carer. The RNOH Charity needs to raise £1.1 million to fund the construction and equipping of the independent living unit.

Our final priority is to help the RNOH roll out video and conferencing technology for remote clinics. This would mean that patients will not have to travel to attend follow-up clinics when it is not necessary. In many cases our patients currently travel for several hours for a 15-minute consultation, with long waits



Above: SPECT-CT scanner
Above left: An RNOH volunteer
Right: A patient undergoing independent living rehabilitation



once they arrive. Many of these clinics could have been done just as effectively via a video clinic, which would in turn release valuable clinic times for patients that do need to be seen face to face. The RNOH has already procured the software but needs additional equipment such as webcams, PCs and soundproof booths. This innovative project will cost over £500,000.

These four projects are key priorities for the RNOH Charity, but we will also continue to support the essential day-to-day needs of the hospital to enhance the patient experience.

“All four of these projects are essential. I don’t think anyone could argue against reducing patient diagnosis and waiting times, or improving inpatient care and rehabilitation, as there is a very strong need for all of this. So although our targets are ambitious, with the right support they are achievable, and we look forward to working with all our supporters over the next three years to turn these fantastic visions into reality.”

- Rosie Stolarski

Above: Future video and conferencing technology at the RNOH



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): _____

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I WISH TO DONATE (AMOUNT)

CHEQUE ☐ PLEASE MAKE CHEQUES PAYABLE TO RNOH CHARITY

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 small 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 RNOH CHARITY, ACCOUNT ENDING 059, SORT CODE 20-58-51

BANK NAME & ADDRESS

SORT CODEACCOUNT No.

COMMENCING / / END DATE / / ☐ UNTIL FURTHER NOTICE

SIGNATUREDATE / /



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 / /

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:

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☐ HOW TO SHARE MY STORY FOR USE IN OUR PUBLICITY MATERIALS

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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 £20 AND UNDER. 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

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☐ 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 ABOVE ADDRESS STATING YOUR DETAILS, OR BY EMAILING RNOH.FUNDRAISING@NHS.NET

REGISTERED CHARITY NUMBER 1166129

ROYAL PARKS HALF MARATHON

On Sunday 13 October, 22 RNOH Charity runners took part in the Royal Parks Half Marathon. Donning our brand new running vests, the amazing team raised over £8,000 between them. And, there's more money still to come!

Contact us on rnoh.fundraising@nhs.net to sign up for the Royal Parks Half Marathon 2020 on Sunday 11 October.





LONDON TO BRIGHTON BIKE RIDE




Join over 4,000 cyclists taking on 54 miles as they ride from Clapham Common in London to the Brighton seafront on 13 September 2020. Registration is £50 and the challenge is open to solo cyclists, groups and all levels of riders.

THAMES BRIDGES TREK

On Saturday 12 September 2020, join over 3,000 walkers on the Thames Bridges Trek, a 25km hike through the capital over 16 historic bridges with the best city views and great hospitality! Take part as an individual or a group and register from as little as £5.



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

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