

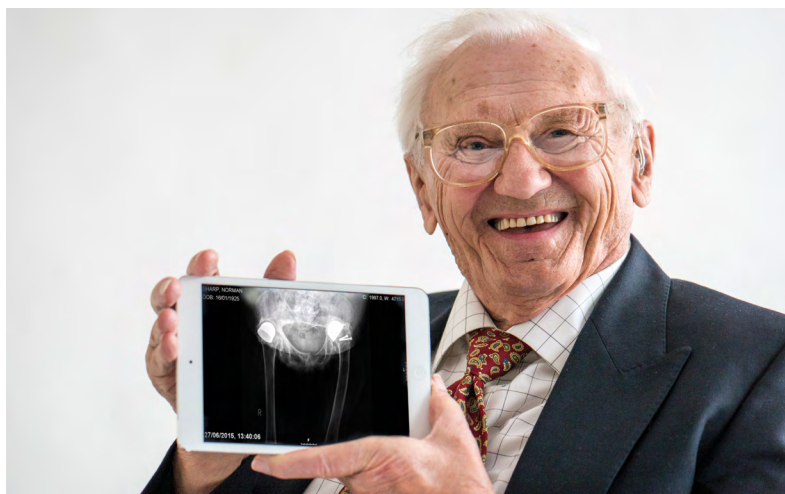
# CONNECTIONS

SPRING 2024

REWARDING EXPERIENCE

CENTENARY THEATRES OPEN

GROUND-BREAKING RESEARCH



RNOH CHARITY



# Welcome to the latest edition of RNOH Charity’s Connections magazine.

One of the largest projects for our Charity this year has been a contribution to the new Centenary Theatres block at Stanmore. This issue, we’re celebrating the opening of the new facilities and taking a look at where else your generous donations have been helping across RNOH. Our Impossible Possible campaign continues too. Read on to find out more and see how all the funds raised contribute to RNOH Charity’s mission of providing transformative care in a world-class setting for patients, enhancing the staff experience and funding ground-breaking projects that make the hospital’s work possible.

The past year marked a milestone for RNOH with the opening of the Centenary Theatre complex, named for the 100th anniversary of the hospital at Stanmore. Four new theatres have been constructed, bringing the total to 14. Each one features advanced equipment, while the whole space now benefits from modern sustainability practices, thanks to a grant of more than £820,000 from RNOH Charity.

Incorporating space from the previous heli-pad at RNOH, the new theatres were built primarily to increase the hospital’s capacity for patient care and improve the usability of facilities for patients and staff.

The enhanced complex opened in October 2023 and is now fully operational. RNOH Trust Chief Executive Professor Paul Fish said: “The opening of the new Centenary Theatres will add extra capacity to our surgical activity, going some way to addressing the backlog that remains one of the major challenges for the NHS. The hospital is incredibly grateful to RNOH Charity supporters for their very generous contribution of more than £820,000 towards this goal, which will help our patients and staff for years to come.”

Below: The Centenary Theatres block



## INVESTING IN THE FUTURE

Being able to invest in new equipment and realise some additional plans using funds provided by the Charity has been a real advantage for the service. “The new space gives us the opportunity to grow our case-load,” says Mark Ashwell, who manages the theatre complex. “We have more options and can cut down waiting time for treatment. Not only can we carry out more procedures, we can now do more of our specialist work too.” RNOH staff also benefit from the new unit, with more space to work and a brighter environment.

Before COVID-19, the hospital was already planning to expand its surgical services to meet the increasing demand for orthopaedic treatment but with the interruption, waiting lists rose and patient care was affected. Fortunately, the success of the development has seen the hospital clear some of the build-up faster and not just at RNOH but across NHS North Central London too.

Specifically, the Trust says the new complex means RNOH is now able to treat around 800 additional patients across a mix of orthopaedic sub-specialities, primarily spinal, sarcoma and joint reconstruction. Many of the cases can be long, complex procedures that can take as much as an entire theatre session each. The additional capacity was clearly much needed and welcomed by the team.

Technology was another key driver in the decision to enhance the theatre provision at RNOH. “We were carrying out robotic procedures before but now we can see more cases and use more robots,” Mark explains.

Due to increased costs and the ever-advancing nature of technology, RNOH Charity funds were sought for a number of medical devices to assist in the delivery of a fully equipped new theatre complex, including monitors, ultrasound, X-rays and anaesthetic machines.

The donation has enabled the team to do more than they’d ever imagined. With the Charity helping to fund surgical equipment, solar panels became a reality, reducing costs and lowering energy wastage.

Being able to act on these additional plans means RNOH really can maintain world-class facilities for everyone who uses the hospital. “If we hadn’t had the funding from the Charity, we wouldn’t have been able

to do everything we wanted to do,” Mark points out. “We have an energy-efficient ultra clean ventilation (UCV) canopy and the water treatment plant is optimised for energy usage.”

Mark adds: “We’d like to say a really big thank you to everyone who contributed towards the equipment in our new Centenary Theatres block. It will go a long, long way to helping our patients and we are very grateful for everything that has been done.”

*“If we hadn’t had the funding from the Charity, we wouldn’t have been able to do everything we wanted to do.”*

Mark Ashwell, Theatre Manager



Above: Inside the new Centenary Theatres block



# FUNDRAISING SUPERHERO!

This issue, our Impossible Possible story features Isaac Ismail, a young RNOH patient at Stanmore, who’s turning his experience into a chance to help others.

Doctors gave Isaac’s mum, Aisha, the worrying news at her first scan that her baby seemed to be missing the fibula that should have formed the shin of his right leg. It was also difficult to see how many toes were forming on his foot. “It put a strain on us,” says Aisha, as they faced an uncertain future and a wait to see what Isaac’s birth would bring.

When he was born, doctors discovered that Isaac had just one toe. It was decided that it would be better for Isaac to undergo an amputation of that part of his leg, in the



hope he would have a healthier life with a prosthetic limb. Isaac’s parents then faced the agonising wait for him to reach around 18 months old for his operation. COVID threatened to delay the procedure but eventually, surgeons were able to carry out the procedure and Isaac was fitted with a prosthetic leg. Aisha remembers: “Isaac was a super-active baby and, against doctor’s orders, he walked straight away on his plaster cast!” Within a week, he had mastered his new limb and there was no looking back.

“So far he has had three new legs,” Aisha says, adding that he’s recently upgraded to a very special version with his first blade.

Now five years old, Isaac has started school and is a happy and energetic member of the class. “He is proud of his leg and keen to show everyone whenever he has a new one fitted. At RNOH, you really can achieve anything,” Aisha smiles. Isaac has been choosing superhero designs to decorate his prosthetic limbs and, thanks to a fantastic drive to fundraise for the hospital, is now a superhero himself!

He has completed two fundraising runs at his local track and recently presented a cheque for a brilliant £915 to the team at Stanmore. What an amazing young boy!

RNOH has been doing the impossible for over 100 years. Impossible Possible is a way to help the hospital keep doing more. Can you make a donation today to help RNOH carry on helping people like Isaac?

Opposite: Isaac waiting for his operation  
Top left: Isaac presents his fundraising cheque  
Top right: Superhero Isaac on the fundraising track  
Bottom: Isaac's first blade



Donate here:  
[www.rnohcharity.org/impossible-possible](http://www.rnohcharity.org/impossible-possible)



# DAILY IMPACT

The Imaging Service at RNOH forms part of every patient’s experience – it is fundamental to the diagnosis, evaluation and treatment of most neuro-musculoskeletal conditions and the service performs around 60,000 scans each year, of which more than 6,700 are ultrasounds. That’s why this year, the Charity has worked with RNOH teams to fund a new ultrasound machine devoted to the Spinal Cord Injury Centre (SCIC), where demand has been growing for a dedicated device that can be based permanently in the department.

Thanks to a grant from Kusuma Trust and generous donations, the Charity was able to fund the purchase of a GE LOGIQ P9 ultrasound machine. The LOGIQ P9 is now situated at the SCIC and provides high-quality, more detailed scans than ever before. Access to a dedicated ultrasound facility on-site at the centre is vital for the regular, precision injections that spinal cord injury patients need. The new machine also means patients can be treated quickly right there on the SCIC Ward.

Every four hours someone is paralysed by a spinal cord injury in the UK. The new ultrasound equipment in the SCIC will increase the number of patient assessments by 75%.

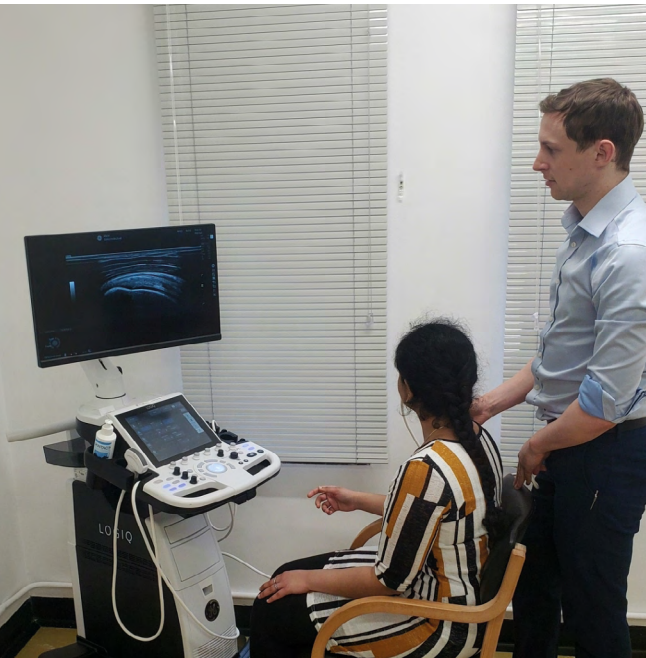
The ultrasound project was led by Dr Alex Lowe, one of the RNOH Consultants in Rehabilitation Medicine at the SCIC in Stanmore.

Dr Lowe says: “Some of the main areas we wanted to explore with ultrasound were musculoskeletal assessments of bones and joints, for example shoulder pain, which is incredibly common. We also wanted to develop how we administer treatments, such as steroid injections, using ultrasound guidance. Pelvic floor assessments for people with spinal cord injury are now also being advanced.”

Taking delivery of the new device has been transformative for patients and staff and shows the impact that Charity funds make every day. As one patient said: “Without it, I would be in a queue.

Accessible for everyone without the waiting times and making a difference to everyone who needs it – thank you to RNOH Charity, a wonderful donation. Absolutely awesome.”

Dr Lowe adds: “Having this high-quality ultrasound machine on the unit has been incredible because it has opened up rapid access to ultrasound assessment and procedures. We have now moved to aiming for most injections to be carried out with ultrasound guidance and our patients have really enjoyed being able to see their own anatomy and where these injections are going. Thank you for this incredible donation that is making such a difference to our patients.”



Above: The new ultrasound

# INNOVATIVE RESEARCH

One of the RNOH Charity goals is to support pioneering research. Thanks to significant contributions from three grant-making trusts, over the last couple of years the Charity has directed more than £500,000 towards ground-breaking projects that will benefit healthcare now and in the future. Here are two of this year’s developments, led by RNOH Consultant Orthopaedic Surgeon, Professor Alister Hart.

## 3D-PRINTED PATIENT-SPECIFIC INSTRUMENTS

We are extremely grateful to Rosetrees Trust, Stoneygate Trust and Arthroplasty for Arthritis Charity for contributing more than £205,000 in support of research into 3D-printed patient-specific instruments (PSI) for implant positioning in hip replacements.

Did you know, the performance of a hip replacement is dependent on the precise position of its parts? PSI help guide the positioning of implants during a patient’s operation. PSI are far less expensive than their robotic colleagues, yet not widely in use. This research will study 80 patients undergoing primary hip replacement and, for the first time, assess how accurate PSI are.

By 2030, demand for hip replacements is expected to increase 134%, including more under 65s. While significant progress has been made to produce highly engineered implants, the techniques to position them have not advanced at the same rate.

“Robots for hip surgery cost around £1 million per system,” Professor Hart explains. “Imaged-based navigation systems cost up to £500,000 and the parts per case average £300-500. In contrast, PSI cost between £100 and £200 per case and, when produced (printed and sterilised) on-site at the hospital, can cost even less.”

The team expects patients and hospitals to benefit enormously, even opening the door to similar work in other areas of orthopaedic surgery.

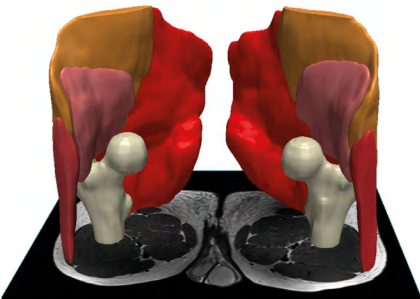
## EXERCISE FOR SCIENCE

Many of us are familiar with programmes like Couch to 5K, but what benefits do they offer, and what impact do they have on our joints? Thanks to a generous donation of £110,000 from the Arthroplasty for Arthritis Charity, innovative research will explore these questions.

"Regular physical activity provides various physical, mental and social benefits, yet our population is 20% less active than in the 1960s. If current trends continue, we'll be 35% less active by 2030," notes Professor Hart.

"By employing large-scale medical research techniques, we aim to expand our platform of experts to answer health-related questions and assess joint and muscle condition in people with and without prosthetic limbs, before and after training."

The grant's impact will be substantial, given widespread interest in programmes like Couch to 5K in the UK. Findings will enhance understanding of overall health, provide insights into the effects of running on muscles and joints, and shed light on motivations to exercise.





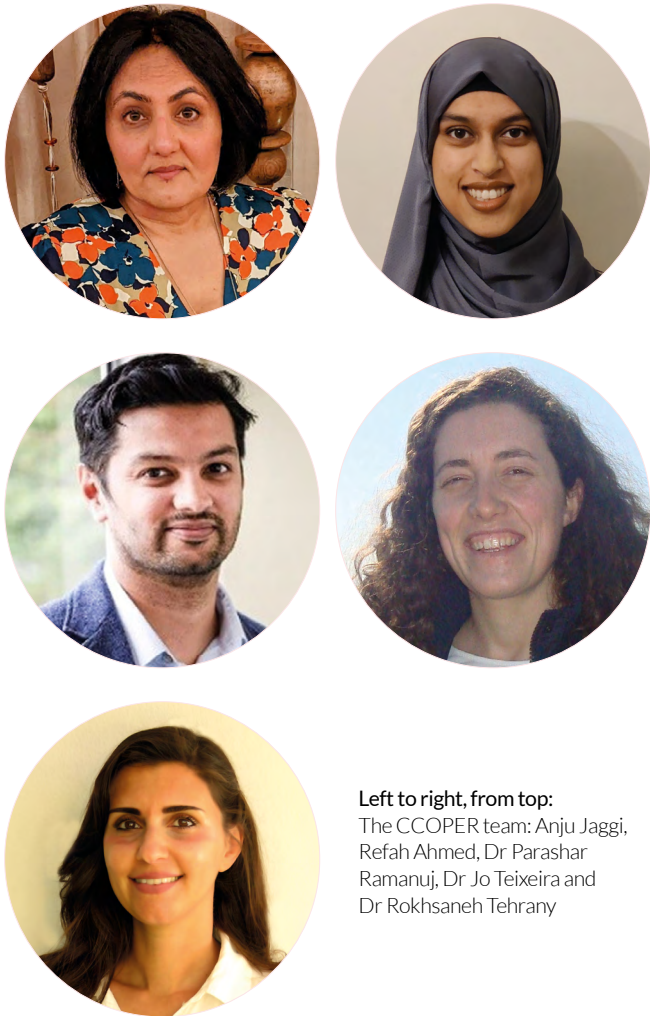
# MENTAL HEALTH IS EVERYONE’S BUSINESS

Around a third of the UK population live with a musculoskeletal condition and it’s believed that one in every six adults in England meets the criteria for the diagnosis of a mental health condition. Data also suggest that more than 30 million working days are lost to musculoskeletal problems each year. It’s with this in mind that one RNOH team set out to discover the relationship between physical and mental health, with a view to optimising the management of musculoskeletal care for better results.

RNOH takes great pride in leading clinical research and RNOH Charity makes it a goal to invest in projects like this. So, with the support of a Charity grant of more than £92,000, hospital researchers devised a study called CCOPER: the Collaborative Care in Orthopaedic Rehabilitation Project, to assess the potential for collaborative care models between musculoskeletal and mental health teams.

The collaborative care approach had already proven successful in diabetes, kidney and cancer care, and evidence showed that people with orthopaedic conditions reported more mental health concerns than those without. The RNOH researchers say: “Mounting evidence supports the biopsychosocial approach (the connection between biology, psychology and socio-environmental factors) to enhance clinical outcomes and quality of life where integrated healthcare models, for the management of both physical and mental health conditions, have gained widespread acceptance.”

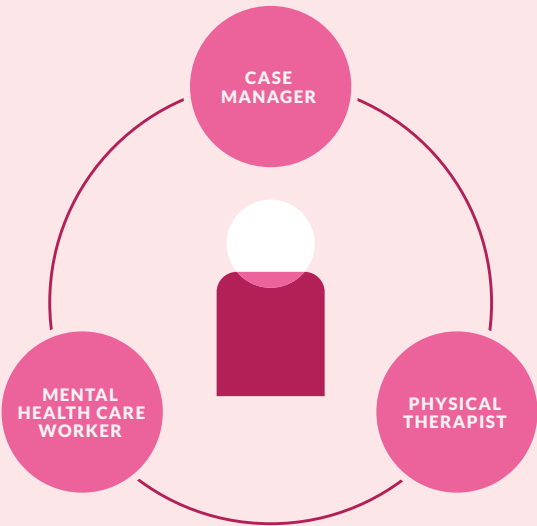
Psychiatry already plays an important role in hospitals and is used to assess and manage coexisting mental health disorders. However, this approach is traditionally reactive. As two of the largest health burdens, the combination of both a musculoskeletal and a mental health disorder can cause a greater risk of poor clinical results. The RNOH trial was intended to look at the potential for proactive support, using the collaborative care model.



Left to right, from top:  
The CCOPER team: Anju Jaggi,  
Refah Ahmed, Dr Parashar  
Ramanuj, Dr Jo Teixeira and  
Dr Rokhsaneh Tehrani

*“I think the message is very clear: that there is a link between your physical illness and your mental illness. To be able to link the two and understand has been very positive.”*

Participant, Collaborative Care



The CCOPER Model

## WHAT IS COLLABORATIVE CARE?

The concept of collaborative care was shaped in the 1990s by two doctors in America, the late Dr Wayne Katon and Dr Jürgen Unützer, who is based at the University of Washington in Seattle. Their idea was to enable physicians, psychiatrists and clinical care coordinators, or case managers, to work together. The thinking has since generated worldwide interest for its clinical and cost-effectiveness.

For the RNOH trial, a model was designed to use the services of a case manager as the link for the patient between their mental health and physical care providers. “The idea is to listen to the patient, and help with appointments and attendance,” the team explains.

## THE CCOPER TRIAL TAKES SHAPE

The RNOH researchers initiated the CCOPER trial to look at the practicality and acceptance of the collaborative approach within musculoskeletal care.

Adult patients who met established criteria were invited to take part. One group was treated using collaborative care, closely managed with proactive contact between musculoskeletal clinicians and psychiatrists, then interviewed about their experiences. Other suitable

patients were monitored during treatment across the same period using the standard approach (usual care). Staff also contributed their knowledge in a series of focus groups.

## THE RESULTS

Patients who took part said they really valued the study’s importance to their care and appreciated the attempt to address mental as well as physical health. In fact, two participants told the team that the focus on mental health during the research phase had saved their lives. Collaborative care patients reported:

- The value of having someone to listen to them
- The importance of emotional and mental health support
- Without the trial, two participants would have taken their lives (one under usual care)
- The trial changed their life for the better
- Taking part reduced loneliness and humanised care

Clinicians also reported a positive experience and emphasised the significance of the research into working on physical and mental health at the same time. With nearly half (47.5%) of the participants indicating some suicidal thoughts, staff also welcomed clearer referral pathways for patients identified as being in need of more help. Some participants who took part in the trial under usual care said they were disappointed they did not receive the collaborative treatment.



Dr Parashar Ramanuj is a Consultant Psychiatrist at RNOH and part of the CCOPER team. He said: “CCOPER has raised the profile of mental health problems within the hospital and shaped thinking about its wider management.”

It’s already having a positive effect. RNOH welcomed a new mental health Lead Nurse in January 2024, with the CCOPER trial findings used to structure how the position can be of most use to patients.

WIDER SCOPE

The CCOPER results were published by the British Medical Journal (BMJ) in the hope that learnings could be shared across the musculoskeletal community. This is wonderful news for the researchers and testament to the interest in collaborative care for musculoskeletal therapy and mental health awareness.

Consultant Physiotherapist and RNOH Clinical Director of Therapies, Anju Jaggi, was also one of the researchers. She adds: “What the CCOPER trial has done is get everyone talking and realising that mental health is everyone’s business.”

The success of the trial is also a tribute to the efforts of RNOH Charity supporters, whose endeavours have helped see the study achieve practical results that could change the face of musculoskeletal and mental healthcare.

The results of the trial have been truly life-saving for some. One participant in the collaborative care model reported:

*“I decided to help out as I suspected I had a mental health problem for a long time. I would go into a very dark place in my mind and would not talk, eat or drink for days on end. I had tried to end my life in the past but not succeeded due to my family's intervention. The biggest help from taking part in the trial was the ease in dealing with the hospital staff and the researchers, with the assurance that they were there if I needed. Both teams working together helped.*

*Since the study, I have tools in my mind to cope, I take time to stop and ask questions, and talk about my problem so others can understand me. The research has given me insight into the future by understanding my mental health and how to deal with it. The study has given my family the information they needed to understand my condition. Now, I will talk to anyone about it and know there is nothing to be ashamed of as there are many others who are suffering in silence. One of the things that gave me confidence in the collaborative care trial was the freedom to be at ease with the questions, not covering things up, so my answers were true to my state of mind and I could get the help I really needed.*

*I am still alive thanks to this team and thank them for all the help they have given my family and me.”*

THE SKELETAL CANCER TRUST

We are delighted to announce that RNOH Charity has been asked to continue the fantastic work of the sarcoma specialist organisation, Skeletal Cancer Trust (SCT).

Based at RNOH, SCT started its pivotal work in the early 1990s. Originally set up to fund hair-pieces for young patients undergoing chemotherapy, whose options at that time were limited, the organisation grew over the next three decades into a force for good in the advancement of bone cancer research, raising awareness and providing the best possible support at each stage of treatment for patients and their families.

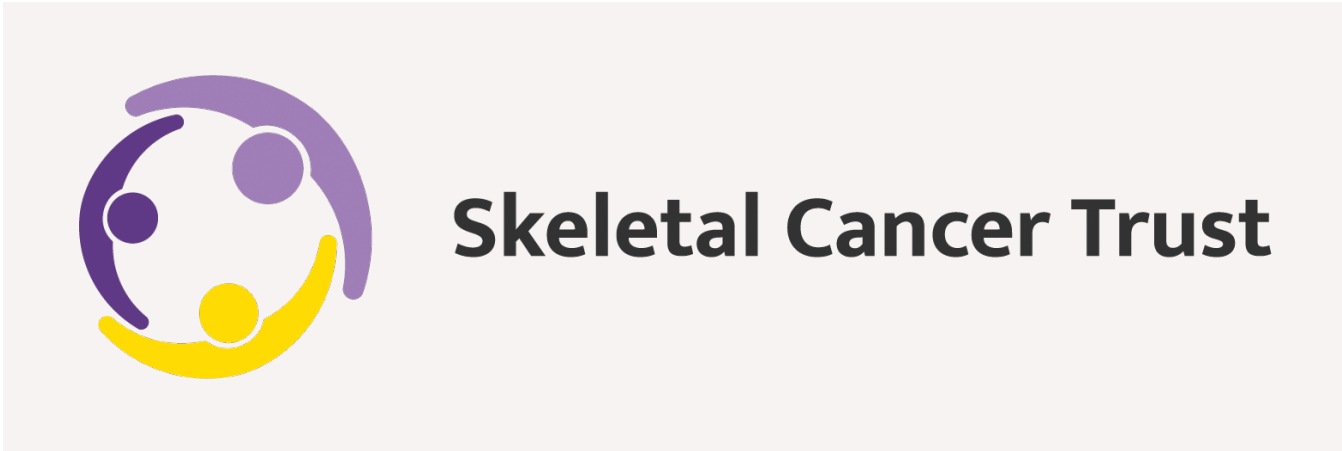
Now, this important work will continue under the care of RNOH Charity. With their complementary ambitions, the Charity seems the perfect place to build on SCT’s achievements. To make the plans a success, existing SCT funds have been transferred to the keeping of RNOH Charity and used to further SCT’s valuable drive to help sarcoma-related projects.

Professor John Skinner is an RNOH Consultant Orthopaedic Surgeon and Director of the hospital’s Research and Innovation Centre. As a former SCT

Trustee, Professor Skinner is looking forward to moving its essential services under the auspices of RNOH Charity, where he has taken up a position as a Charity Trustee.

Consultant Orthopaedic Surgeon, Stephen Cannon MBE, is the former Chair of SCT. Commenting on the move, Mr Cannon said: “Time stands still for no one and the Board of SCT felt that in order to continue our work, particularly in the very expensive area of oncological research, we would be better served by joining forces with the larger and successful RNOH Charity.

“As I have now been retired for nearly 10 years, we all felt that Professor Skinner would be ideally placed to help continue our work within the new structure. It's my fervent wish that our traditional supporters will continue their endeavours with RNOH Charity.”





# VOLUNTEERING MEETS A MILESTONE

We’re sure you’ve spotted the RNOH volunteers as they go about their work at Stanmore and Bolsover Street in their buttercup yellow shirts. But did you know the service has now been running for eight years? These vital roles help people in just about every area of the hospital and RNOH Charity is very happy to support their invaluable work. Three cheers for our volunteers!

This year saw the volunteer-run Stanmore patient buggy service pass the 200,000 rides milestone. That’s 48,000 miles since the service started! The buggies are free to use and a real blessing to those who might otherwise struggle to get around. The service is supported by donations from RNOH Charity and we continue to fundraise so we can help keep it going.

Each week, up to 120 bags of food are handed out to staff in need by volunteers, donated from London’s Community Kitchen. The volunteers’ new walking aid recycling project is also now well established, with four drop-off zones for patients to donate sticks, frames, crutches and more. A team of volunteers collect, clean and check all items so they can be reused by patients or responsibly recycled.

Volunteers also run the patient shopping trolley, selling newspapers, magazines, confectionary and snacks. The trolley engages with more than 4,000 patients a year, bringing those little essentials they might not have access to otherwise.

There are special times of year where Volunteer Services come into their own too. This year, volunteers took part in the London to Brighton walk in May and helped put on Christmas events, including a carol concert. Others decorated the remembrance tree in The Stanmore Building, with staff, volunteers, patients and loved ones invited to place a thought, memory or a thank-you on the branches.

It’s not just the volunteers you can see who help out. There are many other people giving very generously of their time and keeping the hospital running.

*“All our volunteers are wonderful – we just need them all – and more! They answer call bells and undertake what we need them to do. They help free up my nurses’ time.”*

Ward Manager



Above: The patient buggy service

Below: PAT dog Arty with patient Zhamir Denbrook



## REMEMBERING VOLUNTEER IAN FARR

We couldn’t let this edition go by without acknowledging our gratitude for the unstinting service provided by long-standing RNOH volunteer Ian Farr, who sadly passed away in December 2023. A memorial service took place at Stanmore in February.

Ian began volunteering with RNOH in 2017 and undertook a wide variety of roles, most notably supporting the distribution of gifts during the pandemic and carrying out a vast amount of work on the COVID vaccination programme for staff and the local population. He also helped to develop the Wellbeing Wednesday food delivery service, as well as supporting other projects.

Ian was known and respected by many people right across the Trust, receiving RNOH’s most recent Volunteer of the Year award, and is sorely missed. Everyone is incredibly grateful for Ian’s kindness and all that he did to support the hospital.

### PETS AS THERAPY (PAT)

The volunteer team of PAT dogs visit all adult long-stay wards on a rotational basis. Whilst their main aim is to see patients, the benefits for staff welfare are noticeable. “We are just as important for the staff as for the patients,” one PAT dog owner said, and engagement with everyone starts as soon as the dogs get out of the car.

Patients and staff can request a special visit by contacting Volunteer Services. If a patient is suffering low mood, Volunteer Services can arrange for the team of PAT dogs to visit regularly to support that person during their stay. These charming dogs and their owners have even been nominated for the staff awards!



Above: Volunteer Ian Farr



# MAKING A DIFFERENCE

RNOH Charity awarded more than £1.3 million in grants to hospital projects in 2023! As well as contributing more than £820,000 towards the enhanced surgical equipment in the new Centenary Theatres block, the Charity has ensured funds reach projects across RNOH. We’re looking at some of the achievements.

## SUPPORTING STAFF WELLBEING

The Charity helped to fund the role of Staff Wellbeing Lead, ably held by Chloe Kitto, who organised some welcome additions for colleagues this year.

Smart fridge vending machines have been installed in key break-time areas. Provided in response to staff feedback, these fridges offer 24/7 access to a selection of fresh, healthy, low-cost options for those who work out of hours and weekends, or who struggle to find time to access the Broccles restaurant during their workday.

“You said, we did!” says Chloe. “The smart fridges are selling around 30 meals a day, sometimes close to 100. With all the added pressures on our hospital, these fridges are helping sustain staff with nutritious food that is quick to access while they’re working hard.”

Chloe has also worked to introduce an interactive rewards and recognition online platform for staff, which has been well received. She’s now looking to enhance and relaunch the staff benefits package, seeking new ways to support the working lives of our valuable RNOH teams.



## FAMILY ACCOMMODATION REFURBISHMENT

This winter saw the Stanmore family accommodation block close to guests for a complete refurbishment. It had been 15 years since the building’s interior was last upgraded. Thanks to the many generous donations of our supporters, a £70,500 grant from the Charity has now helped overhaul the block’s 16 rooms and its communal kitchen and laundry facilities.

RNOH patients come from all over the UK to access its specialist care so this accommodation provides somewhere suitable for families to stay. When we funded the new Stanmore building, the Charity made sure to include a sofa-bed for every patient’s bedside. However, sometimes more than one family member comes along in support and they like to remain close by. One parent commented that being on-site and close to their child had made all the difference to their experience.

*“Without the kind donations and charitable help, we wouldn’t have been able to upgrade the accommodation. Thank you to everyone who has contributed.”*

Sam Cooley, Accommodation Manager





INTERNATIONAL NURSES’ DAY

“Proud to be a nurse.” That was the clear message at RNOH on International Nurses’ Day, as the Charity gave a contribution from our supporters to kick-start the fun. Colleagues celebrated each other and championed the diversity of the hospital’s nursing teams, who come from all over the world. RNOH Chief Executive Professor Paul Fish, who joined the hospital as Chief Nurse in 2015, said: “Happy International Nurses’ Day! I’m so incredibly proud of everything you do for the organisation. You improve the experience of our patients, you make their care safe and you lead to incredible outcomes.” Hear, hear!



RESEARCH AND INNOVATION

RNOH Charity was delighted to award grants to support the Research and Innovation Centre. The hospital was able to host the UCL Bioengineering Masters Summer School, an eight-week project to boost the next generation of PhD students starting out in orthopaedic medicine. RNOH nurse Nana Okine finished her BSc with help from the Charity for her final module this year too, giving the hospital another skilled professional to swell the ranks. Nana says: “Finishing my degree was a goal I had my heart set on and the Trust and the Charity graciously helped me achieve that.” Congratulations on your achievement, Nana!



STAFF ACHIEVEMENT AWARDS

The annual RNOH Staff Achievement Awards took place in Stanmore this year. It was a lot of fun, with dinner and dancing, but also a chance to celebrate the amazing people who make RNOH the wonderful place that it is. The Charity was proud to support the event and we look forward to many more.

LIGHTS, CAMERA, ACTION!

We’ve premiered a new short film about the Charity and all that you have helped us to achieve. You can view the reel via the QR code below. Our sincere thanks go to Charity Patron HRH Princess Eugenie for her support in the creation of the reel, which will help us spread the word about RNOH Charity and its impact.



View the reel at [www.rnohcharity.org](http://www.rnohcharity.org)



# HELPING THE HOSPITAL THAT SAVED MY LIFE

The day-room at the Spinal Cord Injury Centre (SCIC) is a space where RNOH patients can go to spend time away from what can be a lengthy hospital stay as they recover from complex treatment. Patient David Holmes spent six months at the hospital and is now working to raise funds towards a complete refurbishment of the room.

David says: “The impact of RNOH cannot be overstated. I could not be more thankful for the outpouring of love and support for my documentary David Holmes: The Boy Who Lived. The main reason I am able to be here now is due to the expert team at RNOH. That’s why I became an ambassador for RNOH Charity over 10 years ago.

“The Spinal Cord Injury Centre, where I stayed, is dedicated to comprehensive rehabilitation for people like me who experienced life-changing spinal cord injuries. The centre needs funds for its out-dated day-room to create a space that enhances the wellbeing of patients, promotes community and elevates morale during recovery.”

Spinal cord injury paralyses someone every four hours in the UK. David’s campaign will help to ensure a better future for patients in need of care at RNOH and make their stay at the hospital that bit brighter.

See page 26 for a preview of how the day-room could look!

To complete the work, we need to raise £200,000 and are very close to our target. To help David help others have a better experience, please consider donating to his campaign. You’ll find the details on his dedicated fundraising page: [www.gofundme.com/f/rnoh-charity](http://www.gofundme.com/f/rnoh-charity)

*“Thank you so much for helping to support the hospital that rebuilds lives like mine.”*

David Holmes



Top: The SCIC day-room today  
Bottom: David at the SCIC

# HAPPY BIRTHDAY, MARY!

Mary Tye has been a patient at RNOH Stanmore since an injury in 2008. Now 103, Mary is an avid supporter of RNOH Charity and keeps an eye on progress at the hospital. The family’s most recent donation to the Charity was in support of the campaign to refurbish the day-room at the Spinal Cord Injury Centre.

The Tye family say: “To mark the occasion of her upcoming 103rd birthday, it was a privilege to say thank you to the staff at RNOH Stanmore who have treated Mary since her injury, and maintained continuous contact with her daughters on matters medical and therapeutic. Their continuing involvement has meant these last 16 years have been meaningful and fulfilling for Mary.”

The family have always wanted lessons to be learned from Mary’s life-changing experience and she has given funds to this end. Mary has contributed towards the care pathway for all suffering a spinal cord injury. This is now much more clearly defined and improved, leading to better health outcomes.

As a retired architect, Mary is very interested to see the day-room transformation take place and the significant benefits it will create for patients.

The ongoing help and encouragement from family and friends has been crucial support for Mary but her own determination to improve and move forward has been driven by her own mantra, “I can and I will”. From her own experience, Mary knows how much an ambient day-room will benefit in-patients’ motivation, morale and wellbeing. She says she is particularly keen to get the fundraising completed so the renovation can begin. Our thanks go to Mary and her daughters for their continuous support.



*“I can and I will.”*

Mary Tye

Above: Mr Manish Desai, Consultant, SCIC, Mary and her daughters, Leonora Tye and Melanie MacLaine, and Natasha Wallace, SCIC Clinical Nurse Specialist



# THANK YOU TO OUR AMAZING FUNDRAISERS

This year has seen more extraordinary endeavours from our wonderful community fundraisers. They've wheeled, run, walked and even played cricket for us! As always, we are incredibly grateful to each and every supporter. THANK YOU. To celebrate, here are just a few of the activities they've been up to!

## LONDON LANDMARKS HALF MARATHON

Together with family and friends, James Bilham completed the London Landmarks Half Marathon, raising an incredible £3,133. James, who took part in the event in his wheelchair, said: "I am so grateful for the support that everyone at RNOH gave me in the early days of my rehabilitation and something I will come to rely on again in the future; and also for RNOH Charity for its support with funding the hospital's work so people like me can get a second chance at life." Thank you, James.



## ROYAL PARKS HALF MARATHON

Jack Cave ran the Royal Parks Half Marathon in October, raising a fantastic £1,460 after being diagnosed with sarcoma in the wrist. Jack said: "The type of sarcoma I had has never been seen before. I was kept under close surveillance by my surgeon and they were unsure of what the outcome would be. But with the amazing work, speed and care from the hospital, they saved my arm and potentially my life. For that, I will be forever grateful." Thank you, Jack.

## BECKY'S TWO-TUNNEL RUN

After being diagnosed with a rare bone tumour as a teenager and then again with a second tumour only last year, Becky Farrell showed us anything was possible when she completed the Bath Two Tunnels Half Marathon, raising a tremendous £2,537. Becky says: "At 16 years old, when I just wanted to be out enjoying life with my friends, instead I was in a lot of pain with reduced mobility, which at some points meant I couldn't even walk to the bottom of my street without a stick. Although the recovery was not easy, the specialist knowledge, facilities and care that RNOH provided me made my time as an in-patient as comfortable as possible and allowed me to have my life back." Congratulations, Becky!



## 15KM RUN

Inspired to take on a challenge after his father was diagnosed with a solitary fibrous tumour, 18-year-old Arjan Dayal ran 15km for RNOH Charity, raising a brilliant £2,684. Arjan said: "The care that Dad received was amazing so I am raising money to ensure that the wonderful facilities at RNOH and the support it provides for its patients can continue to grow and that it has the best technology there is, whether it be for surgery or rehabilitation for people like Dad." Thank you, Arjan.





MEDWAY  
RUNNING CHALLENGE

Back in November, Neil, Ben, Sam and Mark took to the streets of Medway in a running challenge that saw them start in Rainham, run through Gillingham, Chatham and Rochester before finishing in Strood, raising more than £1,200! Neil chose to support us after his daughter, Eva, underwent spinal surgery. Neil said: "The care we received as a family at RNOH really made me thankful that RNOH exists. The run and funds raised are my little way of saying thank you to the hospital and all its staff."



JURASSIC  
COAST  
CHALLENGE

Huge thanks to the UCL research team, who completed the Jurassic Coast Challenge to raise vital funds for RNOH Charity. Team 'Ortho Athletes' raised over £700!



SUPERHERO  
SEAN

12-year-old Sean and his family joined hundreds of people with disabilities to take part in the Superhero Series in Windsor, raising an awesome £689. Sean was diagnosed with hypermobility in 2023 and has been receiving support from RNOH to learn about his disability and ways to manage it. Sean's mum, Rebecca, said: "Sean's hypermobility has meant he has had to limit a lot of the things he loves, such as bike rides, scootering and football. He can suffer from multiple dislocations a day sometimes and it became particularly worse when he started secondary school this year." Our thanks to you, Superhero Sean!



THE DAVID HOLMES  
CRICKET MATCH

This year saw the 14th 'David Holmes Cricket Cup' take place, raising a terrific £5,000 towards the refurbishment of the Spinal Cord Injury Centre's day-room (find out more about the project on page 18). The winners this year were Slytherin, who won by a single wicket. Both teams now have seven wins apiece, which means next year's match is set to be very exciting!



KYE STEPS UP

In August, Mark Willis clocked up an impressive 75,362 steps to raise a magnificent £1,587 for RNOH Charity and Sarcoma UK after his son, Kye, was diagnosed with a dermatofibrosarcoma protuberans – a rare type of soft tissue tumour, which develops in the deep layers of the skin. Mark said: "Kye had the very best of treatment at the hospital. We are so grateful to everyone there for supporting him and us through this journey that we wanted to do something to say thank you. I have never been much of a walker so completing the full 30 miles was a real challenge for me but I am proud to say I finished it, clocking up 75,362 steps in just over 14 hours. Kye's mum, Sadie, I and all Kye's family and friends are very proud of Kye completing 25.5 miles." Well done, Kye and Mark!





# IMPOSSIBLE POSSIBLE WEEK

A HUGE thank you to everyone who took part in our fundraising challenges as part of the first Impossible Possible week last year – whether it was supporting the amazing Posie and Daisy on their challenges, taking on your own Impossible Possible mission, purchasing a ticket for our online prize draw or donating towards our car park collections.

The money you have raised will allow RNOH to continue rebuilding people’s lives when they face complex musculoskeletal conditions – from bone cancers, to spinal cord injuries and scoliosis.

Thanks to everyone’s success, Impossible Possible challenges are continuing throughout this year too. Please keep an eye on our social channels and the Charity website for more.



WWW.RNOHCHARITY.ORG    f THERNOHCHARITY    X @THERNOHCHARITY    THE.RNOH.CHARITY

# THE BUTTERCUP STORY

Did you know that the buttercup has long been an emblem of our work? Since 1923, their sunshine-bright petals have been a symbol of hope and recovery at RNOH. The association started in spring, when the fields became a sea of yellow. Children would pick armfuls of these cheery flowers from the local countryside and give them to patients on wards. In turn, this led to supporters selling buttercups in central London to raise funds for the hospital.



In 2020, we launched The Buttercup Collection: limited-edition, hand-crafted porcelain buttercups created by renowned ceramic artist Clare Twomey and each one unique. Just like before, these beautiful buttercups are sold to help raise vital funds to support the life-changing work at RNOH.

Clare’s exquisite creations have proven popular but, if you missed the chance to own your own buttercup previously, we are pleased to let you know there are a limited number left. Pick yours at:

[www.thebuttercupcollection.co.uk](http://www.thebuttercupcollection.co.uk)  
or call 020 8909 5362

Please look out for more information too as we rejuvenate the Buttercup Appeal in 2024.



*“Buttercup, tell me, I have to know – from where do you get your glorious glow?”*

Robert MacFarlane



# WHAT'S NEXT?

RNOH Charity’s mission is to strengthen and support the people, research and infrastructure that make RNOH one of the world’s best orthopaedic hospitals. In 2024, our focus is on developing a reserve of unrestricted funds in addition to fundraising towards several key projects. We’re taking a look at some of those.

## BRIGHTENING UP THE SPINAL CORD INJURY CENTRE DAY-ROOM

Patients can spend months at RNOH with complex conditions that require long-term treatment. To show his appreciation for the care he receives, patient David Holmes is helping us fundraise to refurbish the day-room in the Spinal Cord Injury Centre at Stanmore to ensure more people have a brighter stay.

Many donors have contributed very generously to this appeal so far. You can read more on pages 18 and 19 and get involved if you’d like to help us reach our target of beginning the work this year!



Above: How the renovated day-room could look  
Opposite: The Curvebeam HiRise scanner



## IMPROVING DIAGNOSIS: THE HIGH-RISE SCANNER

Patient need for RNOH help has grown rapidly, exceeding the capacity of the hospital's current CBCT scanner, which is becoming out-of-date, expensive to maintain and limited in what it can do. RNOH Charity is looking to help the hospital buy a new, hi-tech CBCT digital X-ray scanner and needs to raise a further £400,000 to make it happen.

Called a Curvebeam HiRise, the scanner the hospital requires can take detailed 3D X-ray images of joints and limbs in natural standing positions. This allows more

accurate diagnosis than traditional X-rays or other scans and would help particularly with the kind of complex surgery that RNOH carries out.

Uniquely, the Curvebeam HiRise covers feet, knees and hips, meaning more patients and consultants can benefit from the same machine. The new scanner will also shorten waits for scans, enable better diagnosis and treatment planning, and improve national and international research.



BACK TO NATURE: REJUVENATING THE LAKE AND ORCHARD AT STANMORE

The RNOH site at Stanmore is home to a four-acre natural plot with orchards, grassland and even a lake. The area is currently out of action but plans are afoot to rejuvenate this beautiful spot for everyone to enjoy.

If enough funds can be raised, the project will restore this natural resource, introducing social and therapeutic benefits for our hospital visitors, as well as the local community. The hope is to create easy access via new pathways to raised beds for therapeutic gardening, a reinstated orchard with native fruit trees, fresh habitats for wildlife and nature trails for relaxation. All of this will be complemented by educational signage and a series of art sessions, horticulture and science to enhance everyone’s experience.



Top: Making recovery easier with the Lyra Gait Trainer  
Bottom left: The lake and grounds at Stanmore  
Bottom right: The Lyra Gait Trainer in action

WALKING WELL AGAIN: THE LYRA GAIT TRAINER

The Charity is working hard to raise £150,000 towards a Lyra Gait Trainer for the hospital, enabling more patients with a spinal cord injury to walk well.

Your ‘gait’ is the way you walk. Robotic equipment to help gait has been an area of huge growth in spinal cord injury rehabilitation in the last decade. Gait trainers like the Lyra support patients more safely and for much longer than the traditional approach of a team of physiotherapy staff holding up and manipulating the body of the injured person. In addition, to walk well again, patients need a way to practise as soon, and as often, as possible.

Developed in Germany, bringing the Lyra Gait Trainer to the Spinal Cord Injury Centre at RNOH would be a first for the UK, improving the hospital’s leading models of care and its role as a centre of excellence. The Lyra will free up staff time to help more patients, enable users to complete up to 20 times more repetitions and walk faster. The trainer also allows patients to focus on their walking pattern and not just on staying upright, and to try walking earlier in their rehabilitation programme.

The results should see injured people who either can walk where they would not otherwise have been able to or walk significantly better than they would have. Crucially, people able to benefit from the Lyra will be considerably less disabled following a spinal cord injury and enjoy the lifetime of better health that walking provides.

RNOH Clinical Specialist and Lead Physiotherapist, Benita Hexter, says: “When the Lyra was trialled with a sample of patients here, they walked further than they had since their injury. All of the patients wanted to be able to use the device regularly. Getting this equipment would be a significant development for walking.”





Below: Charlotte Wakeford

# GIVE THANKS APPEAL

Give Thanks is a heart-warming new initiative where we invite you to send a personal thank-you message to a member of staff or a team at RNOH. From porters to nurses, physios to anaesthetists, consultants to volunteers, we will ensure everyone receives your message. Your words would mean a lot to them and serve as a testament to the incredible work they do.

*“I would like to say a huge thank you...*

*Scoliosis changed my life. It affected every aspect of my life, including my mental health and my physical appearance. My correction surgery in 2015 changed my life. It gave me independence, confidence and freedom to live my life again.*

*My thank you goes to every single nurse and doctor who cared for me, supported me and helped me during this time. The biggest thank you goes to Mr Gibson, the incredible surgeon who saved my life. From the bottom of my heart, thank you so much..”*

Charlotte Wakeford



So, whether you’re a patient, family member or a friend of someone who has been treated at the hospital, Give Thanks and express your gratitude today:



Donate here:  
[www.rnohcharity.org/get-involved/give-thanks-appeal](http://www.rnohcharity.org/get-involved/give-thanks-appeal)



## MEET THE TRUSTEE: ANJU JAGGI

Anju Jaggi is a Consultant Physiotherapist at RNOH, working with patients in the shoulder and elbow unit of the physiotherapy department, as well as in a new position as Clinical Director of Therapies. She is also a Trustee of RNOH Charity, having recently begun a second term. We caught up with Anju to find out how her involvement with the Charity is creating more opportunity for staff and helping RNOH reach its goals.

**Anju, you’re in your fourth year as an RNOH Charity Trustee. Can you tell us about the role?**

I was honoured to be nominated as a Trustee. In my first term, I learnt a lot about how the Charity works and where my help fits in. I am particularly passionate about how we integrate the role of the Charity with the Trust and involve us all with fundraising. With my first term complete, I’d like to utilise my connections around the hospital and with patients to be a really strong link to the Charity, supporting all the work that it does.

**What attracted you to become part of RNOH Charity?**

Being a member of staff at RNOH, I see how Charity funds benefit us all. Staff are very important to the success of the Charity. I am keen to help raise awareness of fundraising opportunities and other ways we can all take part. The hospital has an ambitious growth strategy and the Charity will play an important part in making those plans work, boosting buildings, equipment and services with extras that have a real impact.

**What would you like to see next for RNOH Charity as part of hospital life?**

I’d like to see staff involved in fundraising initiatives, with the Charity an even greater part of the culture here at RNOH.

**Why is this important?**

It’s important for us all to be involved in making our hospital better for our patients, who benefit from improved facilities such as the enhanced equipment in the new Centenary Theatres block. The Charity also strives to enrich the experience of those who work here, funding celebrations like events for International Nurses’ Day, the Wellbeing Hub and the Staff Achievement Awards.

We’ve all got capacity to give. People enjoy fundraising, whether that’s running a marathon or holding a coffee morning, and knowing what they can achieve for others. It would be great to see that enthusiasm grow to help the Charity raise more funds.

**Thanks, Anju! It’s been wonderful to hear how you’re getting on as a staff Trustee of the Charity. We look forward to seeing what comes next.**

Thank you. I’m so excited to carry on helping RNOH Charity with its vital work and hope to see many more people join me on this fun journey!



# JOIN THE FUNDRAISING FUN THIS YEAR!

**SUPERHERO TRI**  
**POWERED BY MARVEL**  
Saturday 17 August 2024, Dorney Lake, Windsor

Ever fancied channelling your inner Thor or Black Panther for the afternoon? Well, here's your chance. The Superhero Series is the UK's one and only disability sports series for the every-day superhero!



**THE BIG HALF 2024**  
Sunday 1 September 2024, London

This is an incredible opportunity to run part of the iconic London Marathon course on fully closed roads. The Big Half is a vibrant, inclusive half marathon with a fun, festival atmosphere.



**ROYAL PARKS HALF MARATHON**  
Sunday 13 October 2024, London

Take on this stunning central London half marathon. With more than 16,000 other determined runners, you'll take in some of London's world-famous landmarks and four of the capital's eight Royal Parks.

**RNOH CHRISTMAS JUMPER DAY**  
Thursday 12 December 2024, at home or work

This Christmas, get together with friends and work colleagues and don your most festive jumper, tie or hat for RNOH Charity. Don't forget to snap an 'elfie'!



**ORGANISE YOUR OWN EVENT!**

If you've got an idea for a fundraising event, we'd love to help you make it happen.

To find out more and to see what other challenges you can take on, [visit our website www.rnohcharity.org](http://www.rnohcharity.org), [contact the team directly on rnoh.charity@nhs.net](mailto:rnoh.charity@nhs.net) or call 020 8909 5362.



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](http://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](mailto: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 revised Privacy Policy ([www.rnohcharity.org/rnoh/privacy-policy](http://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](mailto:rnoh.charity@nhs.net) and let us know.

Please return your donation form to: FREEPOST PLUS RTLK-GXUE-ZZZU, RNOH Charity, Muriel Sands Building, RNOH NHS Trust, Brockley Hill, Stanmore HA7 4LP



REGISTERED CHARITY NUMBER 1166129

# A GIFT IN YOUR WILL

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

If you are interested in leaving a legacy to 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

RNOH Charity offers 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 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 to 2022 at the British Wills and Probate Awards. Farewill's online service includes specialist checking to make sure your wishes are clear.

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



*“Between 1968 and 2001 I was an in-patient 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 RNOH Charity to help fund research and treatment techniques to help future patients resume active lives too.”*

- Jane Chappell  
RNOH Charity legator








A person wearing a blue t-shirt and white shorts is shown from the waist down. They have a prosthetic right leg. They are balancing on a black and white soccer ball with their right foot. Their left leg is on the ground, wearing a black and red soccer cleat. The background is a plain, light-colored surface.

# IMPOSSIBLE

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

Connect with RNOH Charity:

 [thernohcharity](#)  
 [@thernohcharity](#)  
 [@the.rnoh.charity](#)

**Tel:** 020 8909 5362  
**Email:** [rnoh.charity@nhs.net](mailto:rnoh.charity@nhs.net)  
**Web:** [rnohcharity.org](http://rnohcharity.org)



REGISTERED CHARITY NUMBER 1166129