

CONNECTIONS

SPRING 2022

EOS EDGE SCANNER

INSPIRATIONAL ART

STAFF WELLBEING

WORLD-CLASS RESEARCH



Image courtesy of Ruth Ward



RNOH CHARITY

A BIG THANK YOU

The start of 2021 saw the RNOH transformed once again into a critical Covid-19 support centre to relieve pressure on the NHS.

In response to the devastating second wave of Covid-19, the hospital radically altered its working practices, converting 70% of its inpatient beds to take transfers of Covid patients from neighbouring hospitals. The hospital established a 10-bed, Covid-19 Intensive Care Unit in its Operating Theatre department and provided staff for the North Central London Critical Care Transfer service to support critical care and other wards in hospitals across North Central London. The Charity would like to thank all staff, from both hospital sites and the staff at the Charity for their incredible resilience and commitment as they continue in the ongoing fight against Covid-19.

The Charity would also like to acknowledge the astonishing generosity of its supporters and the local community for their wonderful donations of food, drinks and other much needed supplies during the second wave. Our staff and patients are extremely grateful for your support.



Right: RNOH staff on the London Irish Ward.



RNOH VOLUNTEER SUPPORT

The RNOH’s Volunteer Service (fully funded by the RNOH Charity since its inception in January 2015) has also played a vital role this past year, adapting to provide essential support during the pandemic. The volunteering team distributed hundreds of food boxes and care packages to staff throughout the hospital and continues to support patients by being a “relative for an hour” while there remains a no-visitor policy - a big thank you to all our tireless volunteers!

The Volunteer Service also runs the Charity-funded buggy service that was launched in 2016 on the RNOH Stanmore site.

The Charity is delighted that the buggy service team of 15 volunteers celebrated transporting its 100,000th passenger in October 2021!

BUILDING LONG-TERM RESILIENCE

The second wave of the pandemic put considerable pressure on frontline staff who quickly adapted to the longer hours and exceptionally stressful working conditions.

RNOH staff are still in need of extra support, time and space as they recover from the mental and physical exhaustion of working through the ongoing pandemic. Using a generous grant from NHS Charities Together, the RNOH Charity funded a new dedicated wellbeing post to expand the practical and psychological support on offer for all RNOH staff. The hospital’s first Staff Wellbeing Lead started in January 2021 and delivers crucial wellbeing support for staff including:

- giving crisis guidance,
- coordinating several peer support groups for returning staff and frontline workers,
- weekly interactive webinars,
- supporting staff to develop personal wellbeing practices,
- mental health training and mental health signposting for individuals,
- the design and implementation of an interim ‘long-Covid’ pathway (whilst staff wait to access long-Covid clinics).

The Wellbeing Lead created a new digital wellbeing platform that enables every staff member to have a personalised wellbeing/mental health plan and gives them access to important wellbeing information. The Charity is delighted by the fantastic feedback received and high participation levels from staff across the RNOH. After such significant, positive impact from the first pilot year, the Charity will continue to fund a second year of this crucial wellbeing programme. Please do get in touch if this is something you are interested in supporting.

“We are so grateful to the Charity and its supporters for funding our Staff Wellbeing Lead role. Our Wellbeing Lead has been critical to keeping our colleagues well, ensuring pathways of support are easily accessible, and encouraging the development of a culture of open and honest conversations about our wellbeing. We are keen to build on this in the future; providing more training for staff and managers to ensure all staff have meaningful and actionable personal wellbeing plans; continuing to provide touchpoints for staff to support their psychological wellbeing and provide more support to managers and their teams as we continue to navigate one of the most challenging periods within the NHS. All this support for staff translates to us being able to continue to provide excellent patient care and outcomes.”

- Laura Bevan, Chief People Officer

In September 2020, nearly half of healthcare workers (49.5%) reported feeling depressed or hopeless... this increased to nearly six in ten (57.5%) by January 2021.

2021 UK-Wide Survey commissioned by Barts Health NHS Trust



Above: Chloe Kitto, RNOH Staff Wellbeing Lead.

CREATING A WORLD-CLASS FACILITY

The Charity prioritises funding state-of-the-art equipment for the RNOH. In addition to funding the SPECT-CT, a £667,984 scanner that is particularly effective in the fight against cancer, we have also funded a number of other new additions to strengthen the hospital’s toolkit of cutting-edge equipment.

DIGITAL TRANSFORMATION

We are very grateful to the Garfield Weston Foundation for awarding a grant of £45,000 towards the £253,000 cost of a new digital pathology scanner for the Histopathology Department. Histopathologists

study and diagnose diseases in tissues and cells under a microscope. They play a crucial role in helping clinicians diagnose and manage a patient’s care. The digital pathology scanner will transform histopathology services, both at the RNOH and nationwide, and help NHS patients with life-threatening health conditions such as bone and soft tissue cancer.

Amongst other things, digital pathology will enable the RNOH to:

- improve the quality and accuracy of cancer diagnoses,
- put patients first by decreasing the turnaround time for reporting, leading to faster diagnosis,
- conduct novel medical research studies.



LIFE-CHANGING, LOW RADIATION EOS EDGE SCANNER

The RNOH Charity is delighted to have fully funded the cost of purchasing and installing the first ever EOSedge scanner in a UK NHS hospital. This incredible scanner will provide very low dose radiation scans with simultaneous frontal and lateral X-ray enhanced images. Many of the RNOH’s young patients require frequent imaging to monitor the progression of a complex musculoskeletal condition. EOS can effectively replace standard X-rays in these cases and thereby significantly

reduce any risks associated with radiation exposure over the child’s lifetime. EOS scans are extremely quick: the speed of the scan, coupled with the fact that patients can stand up, minimise the claustrophobia many people experience when lying in a CT or MRI scanner. We are really excited about the scanner, the difference we hope it will make to patients’ lives and very grateful, in particular, to two major donors.



Above: EOSedge scanner.
Left: A digital pathology lab. Credit: Gorodenkoff.

INVESTING IN MEDICAL RESEARCH



STANMORE CHILDREN'S ORTHOPAEDIC OUTCOME PROJECT (SCOOP)

This project is working to improve the short and longer-term health of children and young adults being treated for orthopaedic problems at the RNOH and nationwide.

Even after successful surgery or treatment, these young people are more likely to develop long-term diabetes, high blood pressure, heart disease and obesity because of the restrictions on their daily activity and adjusting to life post-surgery. Charitable funding of £148,483

provided for SCOOP will help remedy the current lack of information about the challenges that follow successful orthopaedic treatment. Body-worn activity monitors, mapping technology and questionnaires enable researchers to track the experience and clinical responses of our younger patients and develop crucial recommendations and strategies that will improve the outlook of young children and adults at the RNOH and beyond.

ANTIMICROBIAL PHARMACY RESEARCH PROJECT

We are pleased to have provided £24,157 in funding for a key research project that is looking at how antimicrobial prophylaxis can reduce infection rates post-surgery.

Primary Bone Tumours [PBT] are a rare group of malignancies that require surgery and often limb amputation. Deep infection occurs in 10% of PBT surgery cases, this is 10 to 20 times higher than in conventional hip and knee replacements. Infection is devastating and requires further surgery. Antimicrobial prophylaxis is considered the single most important

initial step to prevent postoperative infection. There is currently little information and no established criteria on how to best use antimicrobial regimens to treat PBTs and so prevent further infection, despite national and international guidelines recommending their use in surgery. The Charity is contributing towards research that will adapt antimicrobial use to the patient and their surgery, ensuring that we can carry out innovative and life-changing surgery and deliver better, consistent outcomes for our patients. The findings from the pilot project will also inform national and international practice of antimicrobial prophylactic regimes.

COLLABORATIVE CARE IN ORTHOPAEDIC REHABILITATION (CCOPER)

The Charity has awarded a grant of £92,463 for a project that is researching how to best provide mental health support for RNOH patients who present with physical ailments.

Despite its prevalence, mental health is poorly understood and frequently goes unrecognised in physical health settings. The CCOPER study aims to understand how the collaborative care method of providing support could be used for the first time during orthopaedic treatment, to improve service and clinical and patient-related outcomes.

Research projects are an essential part of ensuring the NHS, the RNOH and others continually provide the best care and improve outcomes for patients. We are proud that the RNOH is leading much of the pioneering orthopedic research in the UK. If you are interested in supporting the research projects we are funding, please contact the Charity.



Left and right: Young patients being cared for at the RNOH.

CELEBRATING BUTTERCUP DAY

The buttercup has been a symbol of hope and recovery for nearly 100 years at the RNOH. In 2021, to mark our annual Buttercup Day, we celebrated the emblem of the Buttercup through a digital, safely distanced day.

We shared many stories of recovery, support and pioneering breakthroughs that happen at the RNOH every day and fundraised through the selling of Clare Twomey’s hand-created ceramic Buttercup Collection. Each porcelain flower in the Buttercup Collection is unique, handmade in workshops with members of Clare’s studio, alongside staff and patients from the RNOH.

Sadly, we were not able to bring our supporters and staff together on Buttercup Day, but we wanted to mark the incredible hard work and resilience of the RNOH staff at both hospital sites. Specially arranged boxes of delicious doughnuts were delivered to ward staff and departments and a vintage ice-cream bike set up outside the Stanmore Building offering free ice-cream. It’s safe to say there was a very long, socially distanced queue!



Above: A unique flower in the Buttercup Collection.
Right: Doughnuts being presented to a staff member on Buttercup Day.



Left: Staff are given a box of delicious doughnuts in recognition of their incredible hardwork and resilience.
Below: Staff enjoy a complimentary ice-cream!



A huge thank you to all of those who supported this year’s Buttercup Day and helped us raise over £14,000. Your involvement enables us to provide ongoing support to world-leading clinical teams, fund innovative research and provide state-of-the-art equipment; in addition to being able to celebrate the tireless dedication of the phenomenal people who work at the hospital. The RNOH staff are the true driving force behind every patient story, every breakthrough and pioneering procedure - thank you all.

Left: RNOH staff celebrating Buttercup Day.

INSPIRATIONAL ART

The Stanmore Building at the RNOH boasts a superb collection of artwork in the reception areas and on the hospital wards. This has made an enormous difference to the wellbeing of patients, visitors and staff who have found the environment both inspiring and uplifting.

Thanks to the incredible generosity of Iwan and Manuela Wirth, founders of internationally acclaimed art gallery Hauser & Wirth, and Director HRH Princess Eugenie, the reception areas of each ward have been transformed into galleries showcasing loaned works by renowned British artists.

In total 15 pieces have been installed on three floors, including works by Mark Wallinger, Martin Creed and Dame Phyllida Barlow. Three works by Mark Wallinger feature in the reception area of the London Irish Ward. All are from his Labyrinth series, commissioned to mark the 150th anniversary of the London Underground.

The RNOH Charity would like to extend heartfelt thanks to Hauser & Wirth and the Charity’s Patron Princess Eugenie for this wonderful enhancement to the hospital environment.



The Sir William Coxen Children and Young People’s Ward reception plays host to bright and colourful works by Martin Creed including Work No. 843. Emulsion on Wall.

“Studies show that art in healthcare environments has a number of positive therapeutic and medical outcomes for patients. These include a reduction in stress, depression and anxiety, reduced blood pressure, lowered pain intensity, and a reduced intake of medication.”

- Rosie Stolarski, CEO RNOH Charity



The Duke of Gloucester Ward reception displays a wonderful selection of paintings by Dame Phyllida Barlow, all using the medium of acrylic on watercolour paper.

“Art can have a very positive impact on the healing of patients, reducing stress and anxiety, pain and improving mental health.”

- HRH Princess Eugenie



Above right: Works by Dame Phyllida Barlow.
Far right: Three works by Mark Wallinger from his Labyrinth series.



OUR AMAZING FUNDRAISERS

A big thank you to all our supporters. Here are just some of their incredible fundraising endeavours...

DAVID HOLMES CRICKET CUP

Every year we are bowled over by the incredible generosity and dedication of RNOH Charity Ambassador David Holmes. David hosted the 12th annual David Holmes Cricket Cup last summer, raising a fantastic amount for the RNOH Charity. We're incredibly grateful to David for his relentless determination and continued support for the RNOH Charity.

Team Gryffindor took a stunning win with 148/8 from 18 overs, despite a star turn from Tom Felton who joined Team Slytherin as they battled to the end, taking 147/9 from 20 overs. Their sporting endeavours saw the cricket teams raise a phenomenal £4,993 for the Charity - thank you Gryffindor and Slytherin!

Monies raised from this year's David Holmes Cricket Cup have funded six recliner chairs for the Surgical Admissions and Procedure Unit. This day unit is right next to the theatre complex and supports patients being admitted for surgical, imaging and pain procedures who do not require overnight stays but do need to recover comfortably post-surgery. The recliner chairs will enable patients to receive vital treatments as they recover. Patients will be able to recline and lift their legs to optimise their circulation (if required). Ultimately this will mean a patient won't take up a precious bed or theatre space as the hospital moves towards a more dynamic setting of day treatments and procedures.



EMILY AND LEAH BERNSTEIN TWO PEAKS

Two years ago, Leah was diagnosed with scoliosis, requiring her to wear a full back brace for 23 hours a day and requiring regular scans to track progress. During treatment, Leah had several EOS scans which significantly reduced her exposure to radiation and the associated risks that come from multiple X-rays. Leah was unable to receive her EOS scans at the RNOH, as the hospital did not have its own EOSedge scanner at that time. We are delighted that the £3,525 raised through Emily and Leah's incredible hiking efforts has directly contributed towards the RNOH's EOSedge scanner project, reducing the need for X-rays for so many young patients. What an incredible achievement!



EUROCLEAR DONATION

Thanks to a recommendation from a Charity supporter to their employer, Euroclear generously awarded the Charity a grant of £8,000 to support the RNOH's Volunteer Service. This service is funded entirely by the Charity and greatly transforms the experience of all RNOH patients as they are supported and transported by volunteers around the hospital site.



THREE FRIENDS AND THREE BIKES

The Walton Wheelers, led by RNOH staff member Amanda Denton and two of her friends, Katherine Deaney and Nicola Armstrong, took on the 100-Mile Challenge this summer. After an entire weekend cycling through the English countryside the 3-strong team managed to complete a rigorous 107 miles of pedalling! The Walton Wheelers’ fundraising efforts supported the purchase of a paediatric rehabilitation bike for use by children who have undergone limb salvage surgery. A massive thank you to the Walton Wheelers, their friends and family - your support means that the Charity can provide a rehabilitation bike that is accessible, enjoyable and age appropriate for our young patients!



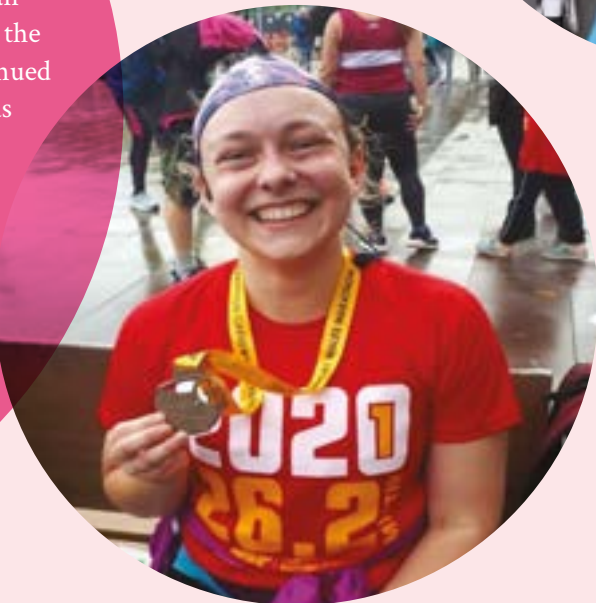
DYLAN FAMILY FUNDRAISING

Dylan, age 10, was referred to the RNOH last year after he felt intense pain in his ankle whilst out playing with some friends in a park. He was diagnosed with a Unicameral Bone Cyst. Two complex operations, some bone grafts, and an additional tibia fracture later, we are delighted that this incredibly brave boy is on the mend and well on his way back to jogging around! We want to say a huge thank you to Dylan and his family for raising an outstanding £2,000 to support the RNOH Charity!



JASMIN AND MYLA FIELDS 100-MILE CHALLENGE

Myla and her mum, Jasmin, walked, cycled and scooted their way to completing the 100-Mile Challenge all within the month of June - raising £2,005 for the Charity during Scoliosis Awareness Month! An amazing achievement considering Myla is just 8 years old! Myla has been treated at the RNOH since February 2021 and currently has to wear a brace for 23 hours a day. The family have been doing an incredible job advocating for and raising awareness about its early indicators: “Early detection, early correction.”



PHILLIPA NEWPORT MARATHON

15 years ago Phillipa had major spinal surgery at the RNOH. If her condition remained untreated, she would have been left struggling to walk and breathe. Last October, Phillipa ran the Newport marathon to say thank you and to raise £988 for the RNOH Charity, commenting: “The RNOH Charity funds continued improvements to the hospital buildings and equipment; this has allowed the hospital to move from the portacabins which were commonplace during my stay to a state-of-the-art building filled with specialist equipment, a great deal of which would be beyond the limitations of NHS funding. There is very little else which could possibly motivate me to drag myself through a second marathon (!), but any support you are able to give will help improve patients’ lives and will make every step worthwhile.”

ROYAL PARKS HALF MARATHON

In October 2021, a small team of RNOH staff braved the autumnal weather to take on a half-marathon and raise funds for the Charity. The whole team valiantly undertook a pre-event training schedule in preparation for the 13-mile run, with each staff member raising well over what was expected in sponsorship money for the Charity.

We are delighted that every member of the RNOH staff team completed the course! A big thank you to Prof Hart, Carl Gibbs, Rachel Murphy and Jetro Siozon for taking on this challenge and raising funds to support the work of the RNOH.



WORLD-CLASS SUPPORT AND FUNDING IN 2021

Our mission is to strengthen and support the people, research and infrastructure that make the RNOH one of the world’s best orthopaedic hospitals. We are delighted to have awarded over £1.7million in grants during 2021.

Through the Charity’s funding and support we have further strengthened the RNOH’s teams of clinicians and researchers to access the latest equipment, deliver rehabilitation and pursue ground-breaking research that is changing the face of how we treat complex orthopaedic conditions.



CREATING A WORLD-CLASS FACILITY

Following the success of our significant contribution to the Stanmore Building, the Charity has continued to be a key funder of cutting-edge equipment in order to provide the best facilities for patients and staff. This has included:

- EOSedge Scanner **£750,000**

ENHANCING THE PATIENT EXPERIENCE

In 2021, the Charity awarded £384,519 in grants to improve the experience of patients treated at the RNOH sites. This has seen us provide equipment and fund a volunteer service which gives daily support to patients across the hospital including:

- Patient support **£4,165**
- Patient packs **£16,562**
- Making an animated video for children living with an external fixator **£5,000**
- Occupational therapy patient equipment **£5,000**
- Post-surgery recliner chairs **£4,892**
- Rehabilitation paediatric bike **£4,365**
- Volunteer Service **£344,535**

TOTAL = £384,519

PAEDIATRIC PHYSIO BIKE

We are delighted to have funded a specialist paediatric physio bike. The bike is uniquely able to help children who have had sarcoma or lower limb deformity undertake crucial post-operative rehabilitation. Other regular physio bikes and rehabilitation equipment do not provide the appropriate support or allow the variety of access options and positions that a child needs to physically engage in the rehabilitation.



Left: The Stanmore Building.
Right: A young sarcoma patient using the specialist physio bike.

IMPROVING THE STAFF EXPERIENCE

We work closely with the RNOH to improve staff morale, staff retention and patient satisfaction. Over the past eighteen months the Charity has funded the development of a robust programme to create collaborative team working and prioritise the mental wellbeing of all staff as they deal with the additional pressures from the pandemic. This has included:

- Staff support **£17,398**
- Membership of the 'Enjoying Work Collaborative' for the Spinal Cord Injury Centre **£5,160**
- Staff educational travel scholarships **£5,000**
- Staff Wellbeing Lead **£60,000**
- Wellbeing Hub **£44,000**

TOTAL = £131,558

The Wellbeing Hub will be an onsite space that provides a physical area in which staff can take time out from what can be extremely demanding jobs. The space will be away from clinical noise, have minimal tech and be fitted with comfortable soft furnishings and hot drinks stations to enable and encourage mindfulness and psychological resilience in a quiet environment. This space will be a welcome antidote to the norm, to support relaxation and the feeling of an escape from work.



Right: We are delighted to support the wellbeing of all staff at the RNOH.

Top photo taken by Lucy Davies, RNOH staff member. Bottom two photos taken by Jack Lo, RNOH staff member.

INVESTING IN MEDICAL RESEARCH

The RNOH has long been a centre of excellence for orthopaedic research and education in the UK. The Charity is proud to help provide the best facilities for musculoskeletal specialists and researchers, in so doing, strengthening the RNOH's world-leading position. Last year we supported several pioneering research projects, including:

- Stanmore Children's Orthopaedic Outcome Project (SCOOP) **£148,483**

The RNOH Charity is also delighted to be supporting the ground-breaking research into muscle-health and the Exercise for Science, led by Professor Alister Hart, Consultant Orthopaedic Surgeon and Professor of Orthopaedic Surgery.

The development and validation of novel software tools for 3D-MRI measurements of muscle health.

Funded by Rosetrees Trust

3D MRI MUSCLE HEALTH RESEARCH

Exercise for Science "NHS Couch to 5K" running research in muscle health of sedentary individuals.

Funded by Arthroplasty for Arthritis Charity

Research into the health of the walking muscle in patients before and after hip replacement.

Funded by The Maurice Hatter Foundation

WHAT NEXT? FUTURE FOCUSED

We are very proud to have awarded over £1.7million in grants during 2021 to strengthen and develop the work and impact of the RNOH. Following the Trust’s announcement of its visionary plans, now more than ever our fundraising ambitions are vitally important. We aim to raise over £4 million from fundraising income in three years to strengthen and support the ambitious plans of the RNOH and to build on the foundations laid out during 2021.

We will focus on developing the hospital’s infrastructure and aim to raise sustainable unrestricted income over the coming years to deliver our key strategic objectives of:

- 1. Enhancing the patient experience.
- 2. Improving the staff experience.
- 3. Creating a world-class facility.
- 4. Investing in medical research.



PRINCESS EUGENIE HOUSE

We are excited to be supporting the creation of Princess Eugenie House, a pioneering development that will transform patient recovery and rehabilitation after treatment. The new facility will offer unparalleled rehabilitation services in England and include an Independent Living Unit, a specialist Veteran Rehabilitation Centre and a pioneering ‘patient hotel’ offering rehabilitation services for all NHS patients including a unit for military veterans and reservists. The RNOH is one of only nine accredited Veteran Aware Hospital ‘Murrison’ centres in the UK. The proposed Veterans Unit will offer advanced prosthetics to service personnel who have lost limbs in conflict, providing crucial world-class care and rehabilitation for our military patients who have psychological as well as physical challenges.

Left: Maisy Provan, rehabilitation clinician and Senior Physiotherapist at the Veterans Rehabilitation Project and member of the British Army Reserves.

Right: Clinicians at the RNOH, photo taken by Jack Lo, RNOH staff member.

INDEPENDENT LIVING UNIT

The Independent Living Unit will play an integral role in the rehabilitation of patients who have suffered a life-changing injury such as spinal cord damage. It will enable our medical staff to replicate all potential ‘home situations’ within the relative safety of the hospital grounds. Patients will be able to practise and train in self-care and domestic tasks, such as washing, dressing, eating, drinking, and housekeeping. This will significantly improve their quality of life, and their ability to live independently, after they are discharged and return home.

Estimated project cost - £1.1 million

RESEARCH PROJECTS

We are delighted to increase our support for the world-leading research projects that take place at the hospital. Funding these research projects allows the clinicians at the RNOH to carry on pushing the boundaries of what is possible, developing better treatments and supporting more patients, benefitting not just RNOH patients, but patients nationwide.

Estimated project cost - £300,000 per year



Right: Clinical staff at the RNOH, photo taken by Dilroshi Rodrigo, RNOH staff member.

Below: Clinical staff at the RNOH, photo taken by Jack Lo, RNOH staff member.

PRIORITISING STAFF WELFARE

Over the past eighteen months, the Charity has funded a Wellbeing Lead and has laid the foundations for a culture that prioritises and comprehensively supports the wellbeing of all RNOH staff. Looking to the future, the Charity will continue to support the Wellbeing Programme as it looks to expand on the opportunities afforded by the digital wellbeing platform. The programme will not only prioritise individual support on site, but marks the beginning of a digital opportunity, one that can support staff working both on and off site.

Estimated project cost - £100,000 per year



STATE-OF-THE-ART EQUIPMENT

The RNOH treats some of the most complex and unique orthopaedic cases in the UK, helping patients who have nowhere else to go. These cases require intricate levels of detail, as surgeons pioneer and perform complex and often novel treatments. Detailed imaging plays a crucial role in equipping surgeons with the meticulous understanding they need to deliver the best possible outcome for a patient. Over the past eighteen months, the Charity has prioritised funding state-of-the-art equipment. In the coming years, we look to further strengthen our surgeons’ toolkit, by funding equipment that not only provides exceptional detail, but that also prioritises patient safety and comfort.

Our mission as a Charity is to support the, ground-breaking care and treatment that takes place at the RNOH. Where NHS funding for the RNOH has its limits, the pioneering care and treatment it provides are greatly enhanced with the support of the Charity. As a Charity we, in turn, need your support to realise our mission to support and fund this care and treatment. It is your support that makes our mission a reality.

Estimated project cost - £500,000



Above: The Stanmore Building, photo taken by Vijayaraghavan Ramesh, RNOH staff member.

FUNDRAISE FOR US

Are you passionate about the work of the RNOH? Do you want to do something to strengthen the hospital's world-class service still further? Take on an amazing challenge and support the RNOH at the same time!

By participating in one of our challenge events, you'll help fund projects that transform the lives of RNOH patients. Whatever you choose to do, the RNOH Charity team will be there to support you.



RNOH 100 MILE CHALLENGE
#100MILESFORTHERNOH

Due to the success of this challenge, we have kept it open into 2022! So, we are inviting you to enjoy the outdoors and take part in our 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. Please get in touch for more information.



RIDE LONDON IS BACK!

The world's greatest festival of cycling returns with a new format, exciting new routes and a new partnership with Essex County Council. We are delighted that the RNOH Charity has been awarded a limited number of places in this year's Ride London event!

Event date: 29 May 2022
Start and finish points: London
Distance: 100 miles
Registration fee: £50
Minimum sponsorship commitment: £500

Interested in taking on this 100-Mile Cycle Challenge to raise awareness and vital funds for the Charity? Do register your interest as soon as possible by getting in touch.

For further information, contact us at:
rnoh.charity@nhs.net

THIS FORM IS INVALID.
PLEASE VISIT
WWW.RNOHCHARITY.ORG
FOR AN UPDATED VERSION.



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 No. _____ please make cheques payable to RNOH Charity

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

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

Card No. _____

Security code _____ 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, Bank ending 059, sort code 20-58-51

Bank name & address _____

Sort code _____ No. _____

Commencing ____/____/____ Date ____/____/____ ☐ Until further notice

Signature _____ Date ____/____/____

THIS FORM IS INVALID.
PLEASE VISIT
WWW.RNOHCHARITY.ORG
FOR AN UPDATED VERSION.



Make my gift go even further

By allowing us to claim Gift Aid on your donation, you can increase the amount it's worth to the Charity by 25% - and it won't cost you a penny more.

☐ Yes – I would like the RNOH Charity to treat this donation, all subsequent donations and any donations I have made over the past four years, as Gift Aid donations.

Please notify the Charity if you: (1) want to cancel this declaration (2) change your name or home address (3) no longer pay sufficient Income and/or Capital Gains tax to qualify for Gift Aid. 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 and Customs to adjust your tax code.

Donor / Tax payer's full name:

Date: / /

I would like to designate my donation towards the following:

☐ Where most needed

☐ Other (please specify)



Donating made easy:

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

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 £10. If, however, you require a receipt for your records, please get in touch.

Please send me information on the following:

☐ 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

Please tick the box if you are happy for us to keep in touch with you via: ☐ Email ☐ Phone

In ticking the boxes above you are agreeing for the RNOH Charity to send you news and updates, including fundraising appeals. For more information on how we look after your data, please see our Privacy and Data Protection Policy on our website. If for any reason you would like to change the way you hear from us or would prefer us not to contact you in this way, please do get in touch with us by email: rnoh.charity@nhs.net, by phone: 020 8909 5362 or by post using the address noted below.

Please return your donation form to: FREEPOST PLUS RTLG-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 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 numerous 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 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 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






Strengthening and supporting the RNOH to create the best patient experience.

www.rnohcharity.org



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