



Royal National Orthopaedic Hospital



NHS Trust

Fundraising Winter 2011 newsletter



Royal backing

Their Royal Highnesses The Duke of York and Princess Eugenie officially announced their support of the RNOH Charity's Redevelopment Appeal during their visit to Stanmore on 2 June.

Princess Eugenie and her father visited the derelict Zachary Merton building, which will soon be transformed into Princess Eugenie House, the new family accommodation centre. It will provide families the opportunity to stay together on site while their child is an inpatient at the RNOH. Work is expected to begin on this building in summer 2012.

Patients on Coxen ward and the adolescent unit were encouraged by kind words from Princess Eugenie and the Duke of York. The princess spent time with individual patients, talking openly about how she was treated for scoliosis and her experience at the RNOH.

The visit ended with both the Duke of York and Princess Eugenie being interviewed for the Redevelopment Appeal

DVD. An edited excerpt from the interview follows:

"I first came to the RNOH when I was 12 years old, after being diagnosed with scoliosis. My surgeons put metal rods in my back and neck, and eight-inch screws along my spine, which have now fused together and keep me straight. I remember feeling a bit overwhelmed, and a bit frightened, on the morning of the operation. Apart from that, though, my time at the hospital was a happy experience, I think mainly because everyone was so friendly.

It's because of what the RNOH has done for me that I'm so enthusiastic about supporting its Redevelopment Appeal. I'm living proof of the ways in which the hospital can change people's lives."



The RNOH Redevelopment Appeal is committed to raising £15 million over a period of five years. For more information about our Appeal, contact the fundraising office on 020 8909 5362 or email fundraising@rnoh.nhs.uk



We need to raise £3.5 million for our new family accommodation. If you would like to support this project please call 020 8909 5362 or email fundraising@rnoh.nhs.uk



Princess Eugenie House

The RNOH is a national centre of excellence for the treatment of children and adolescents with orthopaedic conditions. Surgery is performed to correct congenital limb abnormalities, treat bone tumours, and correct spinal deformities. World-class medical treatment, nursing, and support services are provided to enable children and adolescents to improve their physical abilities, education and emotional wellbeing.

Throughout a young patient's treatment, families are supported and are fully involved in all aspects of their child's care. Each year over 7,000 children and young people are treated at the RNOH.

Staying in hospital can be unsettling and disruptive for a child and their family, and we strive to create an environment that makes each child, and their loved ones, feel as comfortable and at ease as possible.

The first major project within the RNOH's Redevelopment Appeal is the construction of a state-of-the-art, 24-bedroom house for the families of children undergoing treatment at the hospital. In beautiful, landscaped gardens, Princess Eugenie House will provide a comfortable home away from home for our young patients' loved ones.

The building will be superior to our current family accommodation in many ways:

- It will consist of 6 'family-sized' suites with baths, and 6 double suites with showers. Many of the suites will have balconies.
- The development will contain a self-catering kitchen, which will be open at all times, and other essential services such as a linen and laundry room.
- All the rooms have been designed to be as large as possible. Families can choose to be alone in their rooms, or gather with others in the spacious communal sitting and eating areas.
- The building is designed to admit as much light as possible, with large windows looking on to landscaped gardens. Our aim is to create as many areas as possible for recreation, either privately or communally.
- The therapeutic value of green space is well established. As such, the House's natural surroundings will be beneficial to its residents, providing a welcome respite from the ward environment during what for many of them will be a very stressful time.

Buttercup Walkers Defy the Weather

On 12 June, patients, friends, family and staff descended on the RNOH for this year's Buttercup Walk, and they certainly did not let the weather dampen their spirits. Despite the incessant rain we still had an amazing turnout, with nearly 400 people attending the event.

Peter Calder, our Buttercup Walk Chairman, opened the event and thanked the Lydia Orange Quintet for appearing once again to entertain the crowds. The marquee was filled with stalls and games for all ages whilst outside our two caterers were kept busy serving up delicious food and drinks for all.

This year's event was bigger than ever before, with a longer walk route, and to top it all our celebrity guest was Dan Roche - better known as Ben from BBC's *Outnumbered*. He really enjoyed the day, got drenched on the mega slide, and happily chatted to many of the younger walkers.

The walk began at noon with an array of umbrellas cascading onto the route at the sound of the claxon heralded by Dan Roche, and loud cheers from the walkers' supporters. All entrants were determined to complete the walk and there was a real sense of camaraderie and friendly team spirit. On completion of the walk the finishers were awarded with stickers, certificates and much-needed water and fruit. It was wonderful to see so many people of all ages and abilities taking part despite the rain, in order to raise money to enable us to continue improving patient care within the hospital.

One walker said "I wouldn't miss this for the world", and another: "we are just so grateful for the treatment our daughter has received." These sorts of comment show the dedication and commitment our former patients have to the RNOH and the Buttercup Walk itself.

We have been overwhelmed by the support of our walkers, their families and friends. To date we have received over £30,000 in donations and sponsorship.

Money from last year's Buttercup fund has been allocated to various projects, including the purchase of two new 'scoliosis chairs' for the X-ray department. These chairs will allow patients with scoliosis to be X-rayed in a seated position, allowing for clearer images to be taken whilst also being far more comfortable for the patient.

We would like to thank everyone who took part in the walk or came along to support the day. A special thank you to all the volunteers who kindly gave up their Sunday and took the time to help, - we could not have done this without you!



Buttercup
Walk

Next year will be the 10th Buttercup Walk, and we would like to make it incredibly extra-special; hopefully there will be a royal presence at the event. We are also considering the possibility of renaming the day. If you would like to be involved in our survey please email fundraising@rnoh.nhs.uk with your preferred name option:

A) Buttercup Walk B) Buttercup Fun Day C) Buttercup Day D) Other – Any other suggestions?

We look forward to hearing your suggestions and seeing you on 24 June 2012 for our 10th Buttercup Walk.

Occasionally you hear about ordinary people going to extraordinary lengths to support causes which are close to their hearts – that's Sammy Eldridge, an RNOH patient whose recent fundraising efforts have raised £60,000 to fund our new Acute Therapy Gym and Children's Therapy Gym. She is a very special individual who has been an inspiration to us all. We are so grateful for her support. This is her story:

Sammy's Story

"My first diagnosis came in 2005, when, after lots of pain, and consultations from local GPs, chiropractors and walk-in centres, a physio at the Runnymede Hospital spotted a problem she could not fix and referred me for scans. After a few biopsies I was diagnosed with bone cancer in the sacrum, and booked in for a removal operation at Ashford Hospital. Luckily for me, the surgeon there consulted a specialist at Stanmore and decided that it was actually a very complicated tumour, attached to many different nerves. I was then passed on to a renowned specialist, Professor Tim Briggs, at the RNOH.

When we arrived at the Stanmore site our hearts sank, as we saw buildings dating back to before the Second World War and clearly in need of more than a bit of TLC. But once we got on to the ward and met the nurses, we realised it was not going to be as we first thought. Everything, from the nurses to the top specialists, was outstanding, and above and beyond our expectations. Nothing seemed to be too much for any of the staff, who even popped in on days off to check that everything was OK. It was a slow and difficult recovery but I do not believe I would have made it through as well as I did without their special care and help. There seemed to be a real pride in working for the RNOH, which created a very special atmosphere, and made me as a patient feel valued and in very safe hands.

My life has always been active and healthy. When I was younger I was a competitive swimmer, training very hard before and after school for up to 14 hours a week. This discipline of exercise stuck with me, and led to me working as a swimming instructor – which I've done for the past ten years - and devoting lots of my spare time to keeping fit. This is the reason I decided to raise money for the RNOH's new Acute Therapy Gym and Children's Gym, which will be constructed in the near future as part of the redevelopment of the Stanmore site. I wanted to help others like me get back on their feet and improve their quality of life through exercise.

So, in July 2011, with the help of some of my friends, I organised a family day out at my local cricket club, which centred around a 3km sponsored run. The event ended up raising over £35,000. At around the same time, my amazing friends Sam Bennett and Ben Blanco collected



over £4,500 in sponsorship money by taking part in a series of long distance runs, including the 2011 London Marathon and the 16-mile Kingston Breakfast Run. And most recently, in September, 120 of my work colleagues from Everyone Active each did 8 triathlons in one day; in doing so they raised, between them, more than £17,000.

The RNOH means so much to me, as I have spent a lot of time there and experienced first-hand the fantastic work they do. It has been a wonderful feeling to be able to give something back."



If reading Sammy's story, has inspired you, why not do the same. Call the fundraising office to find out how to organise your own event.



The Asics British 10k London Run

Among the 25,000 runners lining up at the start of the 11th British Asics 10k run in July were nine very special individuals all with one thing in common - they were all raising funds for the Royal National Orthopaedic Hospital. Katie Vincent, our top fundraiser, raising an incredible £1200, ran alongside fellow RNOH supporter Debra Wilton. Both told how much they had thoroughly enjoyed the day:

"The atmosphere was electric, people were so friendly, the weather was amazing, crowds cheering, we are absolutely chuffed that we were able to complete this along with 25,000 competitors. It took us 73 minutes. My dad has undergone surgery at the hospital and spent around 7 weeks at the RNOH before being transferred to a rehabilitation centre. All patients receive excellent, amazing treatment and the work the Hospital does is truly inspirational and staggering."

We are thrilled that the money raised by all our runners has nearly reached £5,000. We are extremely proud of them, particularly Hemant Tailor who raised an amazing £1,130 and ran the whole way dressed as Superman! Here is his account of the day:

"The day began quite cool and at the start of the race the temperature was perfect. However as the race went on, the sun was higher in the sky, it got extremely hot. The suit just made things worse!

A lot of people had turned up to watch the event and the crowds along the whole route made the atmosphere electric. The Superman

suit went down really well with the children - every time I'd run by they would all jump up and down in excitement shouting, "look, it's SUPERMAN, GO SUPERMAN!" I couldn't help but smile and wave. Overall I had a fantastic time and a lot of fun.

In 2008 my mother had an accident on her way to work which left her severely disabled and, since then, she has been getting support/treatment from the doctors at the RNOH. I did the run to say a big thank you to all the staff at the RNOH for all their hard work and support. The level of care that she had received while being as an inpatient in 2010, and continues to receive as an outpatient, is outstanding. You guys are the real superheroes!"

Next year will be particularly special being the year of the Olympics, so places will be limited. If this has given you the nudge you need to take part, please speak to us early so we can guarantee you a place.

Thank you to all our wonderful runners and their sponsors. The money raised will help give our staff exactly what they need to treat, for example, a child with a life-threatening condition, an adult traumatised by a life-altering accident, or an elderly person desperate for a hip replacement.



London Virgin Triathlon 2012



How would you like the opportunity to take part in the biggest mass participation triathlon in the world? The RNOH Charity is pleased to announce that we now have 10 places up for grabs in the 2012 London Virgin Triathlon, which will be held in September; it will be the first sporting event held

after the Olympics so interest is high. If the thought of doing a whole triathlon is slightly off-putting, why not team up with one or two of your friends and take part as a relay group, with one person taking each stage? There are a number of options available to you with regards to distances, so do get in touch for more information. We ask for a registration fee of £50 with minimum sponsorship of £500. We can offer you plenty of support; we'll provide a fundraising pack full of ideas and, of course a t-shirt so you can show the world who you are raising money for! Please email fundraising@rnoh.nhs.uk for more details.

Rachael makes it to the top!

"I wanted a challenge that would push me both physically and mentally, and colleagues at work mentioned Kilimanjaro. The highest freestanding mountain in the world, Kilimanjaro is also the highest mountain on the African continent at 5896m. The trek was organised by Discover Adventure who took care of everything from flights, the food and guides we needed whilst on the mountain and also provided a trip Leader from the UK. They were absolutely fantastic, so much so that I have booked to do another adventure with them next year! They made everyone feel safe, relaxed and dealt with any individual problems we were experiencing from trekking at high altitude whilst at the same time making it fun and enjoyable. The Machame route is a less used route up Kilimanjaro and camping gives you a feeling of wilderness with great views of the mountain and surrounding scenery as you ascend passing

through forest, moorland and up to the highest point, Uhuru Peak. Upon reaching the summit, most people are experiencing some form of altitude sickness but the sense of achievement is well worth it!

My fundraising was for the Royal National Orthopaedic Hospital in Stanmore, where my colleague from Everyone Active, Sammy Eldridge, is currently undergoing treatment for cancer."





Staff corner

"I have been working at the RNOH for two years and I am currently the Acting Radiology Manager. My job is divided into two parts - managerial and clinical. I enjoy all aspects of my work and feel privileged to work alongside my Radiologist and Radiographers as well as my clinical and clerical support teams.

Two years ago the RNOH had no Digital Radiology (DR) X-Ray rooms. The waiting times for outpatients varied between 45 minutes and 1.5 hours. This caused frustration for both the patients and consultants. Our first DR X-Ray room, which was installed in November 2009, was funded by Jim Marshall. The new machine decreased our waiting times dramatically.

The RNOH Charity has recently funded our second DR X-Ray room which has reduced our waiting times even further, now our average waiting time is 27 minutes. The implementation of the DR X-Ray rooms have increased patient throughput, better quality imaging with a lower radiation dose.

It has been a huge success for all our patients here at the RNOH. In addition the new DR machine has had a positive impact on morale amongst the radiology staff."

NEWS UPDATE

Christmas Raffle

Our Christmas Raffle is being held on 14 December this year. If you would like to be in with a chance of winning one of the fabulous prizes listed below, all you need to do is contact the fundraising office and ask for some tickets. The price of tickets is £1 each or £5 for a book of 5.

- iPod touch 32GB - 4th Generation, generously donated by Clarke Nicholls Marcel
- Dunhill cufflinks, key ring and leather key case wallet
- Two tickets to see 'We Will Rock You' at the Dominion Theatre
- A chocolate making workshop for two people, generously donated by British Independent Utilities
- A portable massager kindly donated by the London Upright MRI Centre
- A £50 John Lewis voucher
- A 1 hour facial at The Beauty Lounge
- A trio of suitcases donated by John Lewis
- A 6-month subscription to Hello magazine
- A frosted heart Christmas decoration from Field House Design

Discover Adventure

Ever dreamt about trekking the Great Wall of China? How about visiting the jungles of Borneo? What about sailing round the Channel Islands? If any of these have tempted your inner adventurer, why not pay a quick visit to www.discoveradventure.com and take a look at

the array of trips you could do to raise money for the RNOH Charity. Perhaps you've always wanted to do something to raise funds but the idea of running a race or jumping out of a plane isn't quite you. At Discover Adventure there is something for everyone. Be it a day or a week in length, each trip is manned by an experienced crew, who are there to help you every step of the way. If you do choose to participate on behalf of the RNOH Charity, we can provide you with fundraising support.



we need your help

If you would like to participate in a run, walk, organise an event in aid of the RNOH, or would just like to make a donation to the Hospital, please contact us. **Fundraising Department**, The RNOH Charity, Royal National Orthopaedic Hospital, Brockley Hill, Stanmore, Middlesex, HA7 4LP.

Tel: 020 8909 5468/5362 **email:** fundraising@rnoh.nhs.uk **web:** www.rnoh.nhs.uk

The RNOH Charity Number 226955

