



SUMMER 2016



Welcome from Paul, our CEO

Welcome to the latest edition of our newsletter for patients and their families. Inside you'll read about Maria, an inspirational staff member who spent her annual leave travelling to Macedonia to help refugees. You'll also find out about John, a unique supporter who left behind a fantastic legacy. There are also several fundraising events that we would love for you to either get involved with, or spread the word about. All money raised from our fundraising events goes towards supporting the services, activities and support we offer to you, our patients and their families. Enjoy reading!

Extending a helping hand

Maria Lietor works at the RHN as a nurse on Chatsworth ward. In April she went on annual leave and spent time volunteering at the Macedonian border for Médecins Sans Frontières/Doctors Without Borders (MSF). She tells us about her experience there...

How long have you worked at the RHN?

For two years. I find it both challenging and very rewarding working with patients.

Why did you decide to volunteer?

My plan was to spend a month chilling in a small French island near Madagascar with friends. Instead, I changed destination to visit the Idomeni camp. At the RHN I help patients to have a better life, and this was an opportunity to do the same abroad, for war victims that need hope, opportunities and the right to have a better and dignified life.



What did you know about the situation before arriving?

The only thing I knew was that people are stuck there – running away from war and horror, with nothing, leaving their entire lives behind.

What was a defining moment of your trip?

Having helped hundreds of people who came to the ambulance where we were with all sort of symptoms, wounds or cancer. One morning playing with children, three special Air Forces planes flew very low over the camps and the expression of fear and horror in the children's faces, thinking they needed to hide because the next thing will be bombs, calling their mothers crying. That is like a slow motion image that I will not easily forget.

Did your experience working with patients at the RHN help you on your trip or vice versa? If so, how?

On my trip, I improved my teamwork skills, as it's amazing how volunteers



from all walks of life can work well together as a team.

The communication skills I've learnt at the RHN also helped me on my travels. I went from working with many patients who are non-verbal to working with people who couldn't speak English. In both cases you have to be creative with the way you communicate with patients to work out how best to help them.

What did you learn about life and people?

I learned that there are those out there helping others selflessly who can really make you believe in people.

Find out more at: <https://www.youcaring.com/andy-wilson-534225>

Fundraising news

Walk it!

The Thames Path Challenge takes place on 10-11 September. This is a 100km trek from Putney Bridge to Henley. Join 5,000 participants to walk, jog or run to your destination, with stop off points, refreshments and medical assistance provided.

Take on the 'Full Challenge' - 100km from Putney Bridge to Henley or either a half or a 25km quarter section.

Registration fees start from £39 per person and we suggest a minimum fundraising target of £250 for the shorter routes, or £395 for the longer routes. Spread the word to friends and family!



Take to the skies

Could you take part in the ultimate challenge to raise funds for the RHN?

Sign up for a tandem skydive on Saturday 17 September at Swindon Airfield for a colossal 120mph drop! Whether you are a novice or a first time thrill seeker this challenge requires no previous experience, just bags full of courage! All we ask is for a suggested target of just £395 and we provide you with ongoing support with your fundraising every step of the way.

For more information on all of these challenges, or if there's another challenge you want to take on to support the hospital, get in touch. You might want to host a street party or climb a mountain – the sky is the limit for your ideas. We are here to support you every step of the way.

For more information or to sign up to these events, please contact Lily on 020 8780 4560 or email events@rhn.org.uk

Come to our Summer Cinema

Join us for our first ever outdoor screening in our stunning gardens, with an afternoon viewing for families, and an evening showing for the adults, all generously sponsored by Russell-Cooke solicitors.

During the day children and parents alike can enjoy a showing of the 2015 film **Inside Out**, while enjoying popcorn, ice cream and a bouncy castle (although hopefully not all at once!)

In the evening the grown-ups can watch the classic film **Mrs Doubtfire**, and laugh your way through the evening. There will be a fully stocked bar, wood-fired pizza, popcorn and ice cream to complete your evening. Chair hire will be available on the day.

Tickets are available now from: <https://the-rhn-presents-summer-cinema.designmynight.com/>

Huge thanks again to our sponsors for making this new event possible.



Could you nominate the RHN as a charity of the year?

Lots of companies and employers choose their next charity around this time of year, and we would be delighted to be put forward. Whether it's a bank, law firm, estate agent, school, college or sports club, we'd love to be considered.

Please let us know if you do, so we can keep our ears open. Email corporate@rhn.org.uk

Remembering our supporters – The boy who never grew up

Earlier this year we were informed that a supporter, Mr John Bourne, wished to donate a huge collection of stamps to the RHN. John had been suffering from skin cancer which had progressed and was very unwell and being cared for at his local hospice. We were told the collection was so large that we would need an ambulance to collect it, and indeed we did just that, collecting hundreds of books of treasured and lovingly-collected stamps.

John was born in Romford, Kent. In 1943, aged just 16, he was called up to the war effort and served in Germany as an Intelligence Officer. After the war, he returned to Romford and began life as a teacher. During this time John maintained a keen interest in trains, volunteering at Kent and Sussex Railways.

He continued to teach until retirement, focusing on helping children with behavioural difficulties. John also set up a scheme in collaboration with the local toy shops where he and his pupils would fix broken toys.

After retiring John continued to volunteer for the railway, eventually becoming station master at Northiam railway, a position he held until the age of 80. Close friends and neighbours, Keith and Cynthia, fondly recall seeing John for the first time while moving into their house, standing in his bedroom wearing his station master uniform and hat, working on his own miniature railway. In Keith's words, John was 'the boy who never grew up.' Indeed, this was not John's only hobby. Not only did he collect stamps but he also collected tin toys, enjoyed model-making and built his very own fully equipped cinema with well over 500 film reels.

John passed away on Monday 11 April this year. His ashes will be scattered at Kent and East Sussex railways.



Recently we have heard that John also included the RHN in his will as a residual beneficiary. This means that after all bequests/gifts have been dispersed to family and friends then the RHN will receive the remaining amount. Leaving a residual gift in your will is the best way to ensure friends and family are taken care of, while still supporting the cause closest to your heart.

We never did get chance to ask John why he had chosen to support us, but we would love to have known. If you are considering or already have included the RHN in your will, then please do let us know what inspired you to do this. Perhaps your story will inspire someone else to do the same and help us to provide essential care for years to come.

For more information about our free wills scheme, contact Isabel Barrett at ibarrett@rhn.org.uk or 020 8780 4557.



Row Hard was truly oar-some!

We had another successful Row Hard event in July the Events team did a great job organising the teams and the evening.

There was a brilliant atmosphere and all the teams had a great time. The event raised more than £10,000!

The group of 'miming couplets' won the fancy dress but they had stiff competition from Harry Potter and the Lego family!

You can see photos from all of our events on our Facebook page at facebook.com/RHNUK

Please help spread the word about upcoming events by liking and sharing our posts with your friends. You can also follow us on Twitter and Instagram, just search for 'RHNUK'.





Founder's Day

In June we celebrated Founder's Day, when the hospital community gathered for an afternoon of music and activities. For the first time we invited members of the public to come and join the celebrations.

Wandsworth's mayor, Cllr Richard Field, and Douglas Reed, great-great-great grandson of founder Andrew Reed attended and they are pictured with our Chairman Des Benjamin (left) and Chief Executive Paul Allen (right).

Guests were entertained by Sounds of Soul by Echoes, Darren James, a Michael Buble tribute act, and classical duo Orpheus Papafilippou and Rimantas Vingras.



Dates for your diary

Saturday 3 September	Summer Cinema at the RHN, 2pm Inside Out, 7.30pm Mrs Doubtfire
Sunday 4 September	Parallel London, the first disability-led push/run/walk, at the Olympic Park
Saturday–Sunday 10 and 11 September	Thames Path Challenge, 25km, 44km or 100km
Sunday 9 October	Clapham Common 5k, 10k, half marathon
Sunday 23 October	Battersea Park 5k, 10k, half marathon
Thursday 1 December	RHN Christmas Fair
Thursday 8 December	Christmas Carols for the RHN, Holy Trinity Church

Contribute to the next Family newsletter

Do you want to be in the next Family newsletter? Contact Internal Communications Manager Lynsey Rose on lrose@rhn.org.uk to get your story included. We can highlight an inspiring patient or family story or the great work of our clinical staff.

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