



SPRING 2016



## Welcome from Paul, our CEO

Welcome to the latest edition of our newsletter for patients and their families. As you know, we who work for the RHN are here to offer you all the support that we can. One part of our organisation at the forefront of this is the Leisure and Family Services (LaFS) department and you can read about their great work, supported by many volunteers, in this edition. The LaFS department is one of the things we can provide because, as a charity, we are able to fundraise voluntary income.

In this edition you can read about some of the events going on this summer to raise funds, which are used to enhance the services and support we can provide for you, our patients and their families. I hope you enjoy reading about these and the inspirational story of our patient, Perry.

## LaFS – Enriching lives at the RHN

The Leisure and Family Services department (LaFS) continues to go from strength to strength...

The LaFS team includes; the office staff who support events, the new LAWS services, which support benefits and welfare; aquability, hairdressing, the massage therapists and our many volunteers. Celina Clarke, Leisure and Family Services Manager, says, "We all get along together; I think we are the team everyone wants to work in, and we have just recruited a new team administrator."



She adds, "We're pleased to say that we currently have 132 active volunteers – we're taking over the hospital! This means in the last 12 months we have been able to recruit, induct, train and retain 75 new volunteers, which is amazing."

Currently LaFS offer twelve group activities from Monday to Saturday and our volunteers also support church services, Compass computing and baking. Volunteers provide sessions on 10 of the 13 wards, and also work one-to-one with 33 different patients every week.

LaFS have volunteers in research, fundraising, psychology, HR, the x-ray department, music therapy, finance and with the art technicians.

The LaFS volunteers are busy creating a wish list detailing the ideal equipment the team feels would increase our department's engagement with our patients. The team also want to give staff and families a clear picture of how they may be able to help us achieve this.



In February, LaFS began its benefits and welfare programme, delivered in partnership with the Brain Injury Group – BIG. BIG partner organisations, such as solicitors, offer free information to patients, relatives and staff on a variety of legal issues. One provider, Nestor, also specialises in DWP benefits issues and the LaFS team can give referrals to this service.

The team also offer extra one-off events such as pamper days, which are free to all patients, relatives and staff. Finally, the team have also begun planning Founder's Day and which musical acts we would like to perform – watch this space!

# RHN free will scheme

The RHN free will scheme enables supporters of the RHN and their partners to make or amend a simple or joint will, for free. Anyone aged over 50 is welcome to register. We will only recommend qualified solicitors within a reasonable travelling distance of where you live.

## How it works

- Register onto the scheme by emailing Isabel, the Free Wills Manager at [ibarrett@rhn.org.uk](mailto:ibarrett@rhn.org.uk) or call **020 8780 4500** ext **5186**. If you're at the hospital, feel free to pop up to the fundraising office (take the stairs or lift by the Morris room).
- Within a week you will receive a list of local solicitors participating in the scheme.
- You then make the appointment directly with your chosen solicitor.
- After your will is written, the RHN will pick up the bill automatically. How you chose to write your will is up to you and there is no obligation to include the RHN, although of course, we hope you do.

## Could you volunteer?

The fundraising office is looking for volunteers to help with a range of activities within events and administration on Wednesday and Friday mornings. If you like to find out more contact Isabel using the above details.

## The Lavender Fund

The Lavender Fund offers a lasting tribute to those we love, and is a way to remember the special people in our lives. These names include past patients, volunteers and staff of the RHN and family members, whose loved ones have chosen to set up a tribute fund and plant a lavender bush in their memory in the grounds of the RHN. We remember the following people as part of the fund:

Adesh Murray Sellar ■ Antony Olley ■ Maud Riley ■ Avis June Smith  
Maureen Lesley O'Brien ■ Barbara Garnham ■ Megan Paton ■ Barbara Kelly  
Michael Lindsay ■ Catherine Ann Fitzgerald ■ Patricia Burston  
Christopher Bedford ■ Paul Loft ■ David John Fincham ■ Peggy Stannard  
David John Gillett ■ Peter Gow ■ Diana Merrick ■ Peter John Davies  
Eileen Dorothy Barrett ■ Peter Newton ■ Eileen McKay ■ Roger Smith  
France-Raoul Chateau ■ Rosemary Ann Shurrock ■ Ghulam Sarwar  
Sean Hamilton ■ Graham Boiling ■ Shirley Gill ■ Henry John Old  
Taranjit Kaur Chadha ■ Hugh Munro ■ Ted and Gladys Black ■ James Pirie  
Trevor George Kingham ■ Lesley Jean Hyams ■ Ved and Helena Aggarwal  
Lucy Jane Denniston and Winifred Warwick-Mayo ■ David Driver ■ Megan Walters.

**For more information about the Lavender fund, please contact Isabel.**



## Remembering Keturah Hain, MBE

RHN supporter Keturah Hain died last September, aged 94. For over forty years Keturah was a keen fundraiser in Surrey and her favourite charity was the RHN.

Keturah regularly held garden parties at her home, where she recruited many high profile guests to raise money for the hospital. Every year the names increased and higher sums were raised to help our patients.

Keturah not only raised money for the hospital, but regularly visited and was well acquainted with most of the residents – some of who would come to the garden parties for an afternoon out.

In the 70s, enough money was raised to build the Chatsworth ward which was opened by HM Queen Elizabeth. A room in the hospital was named after her – Hain.

Keturah continued her charity work, raising money for other various charities, as well as setting up the Princess Alice Hospice in Esher. In March 2000, she was awarded an MBE for services to the community of Cobham.

The charity that remained closest to her heart was the RHN, and even at Keturah's funeral service she raised money for the hospital. Thanks to the generous efforts of her family and friends, £1,200 was collected.

Thank you to Keturah and her family for all their support over the years.

# Perry's story...

**Perry is a patient who recently came out of a low awareness state after two years at the hospital. We meet Debby, his mum, to find out more...**

Perry is 28 years old and has previously served in Afghanistan as a soldier. In 2013, while working as a lorry driver, he was locking up his van at the end of a shift when the tailgate fell, hitting his head. The accident was devastating, resulting in a traumatic brain injury, which left him in a low awareness state for two years. During this time, he was cared for at the RHN. In August last year, Perry began to show signs of consciousness.

His mum Debby says, "When Perry had his accident it was a hurricane of emotions. For two years, we believed there was no hope. Then I began to notice his eyes moving as I talked and I began to think there was something there."

Then came the breakthrough. A therapist put a pen in Perry's hand, and he wrote the word 'Mum' for the first time since the accident. Debbie gets emotional when she recalls the moment. After months of tears and despair, Perry was responding.

Over the next few weeks, Perry fully emerged from his low awareness state

and was soon transferred from one of the RHN's long term care wards to a rehabilitation ward, where he began a programme of intensive rehabilitation.

Perry is now talking and using a phone to call, text and go online. He is looking forward to getting a tablet soon, with funds raised for the RHN.

Debby says, "Perry was depressed when he woke up, as he's used to being very active, but a change in his medication has helped him. His memory isn't the best but is improving. Perry is kinder since his accident, he's become more open and thankful, with less of a filter. He appreciates everyone who has looked after and supported him."

Debby says she is astounded by the progress her son has made. "His granddad has taught him to shave again



and he can brush his teeth. He is eating again, and he still loves his food! It has been great seeing him slowly achieving these milestones."

Perry makes full use of the facilities at the hospital, taking part in activities in the art room, writing music, gardening – and winning at skittles!

Debby says, "He loves winning – Perry won't be beaten. His goal now is to walk – and eventually work again. He has always loved to work and he is looking forward to gaining even more independence in the future. In May, he will move to the Queen Elizabeth Foundation for the next stage of his rehabilitation."



## Meet Katie Richards, Therapy Manager and RHN superstar

As patients and family members, you become familiar with many of our staff. Some you may see around but not meet formally. In this section, we meet a member of staff and find out a bit more about them.

### **What is your role at the RHN and how long have you worked here?**

I am the Therapy Manager for the Brain Injury Service which means I manage a great team of physiotherapists, clinical psychologists, occupational therapists, speech and language therapists, dietitians, social workers and music therapists. I've worked at the RHN since 2010, when I originally started as a dietitian.

### **How do you go the extra mile for the RHN?**

I just took part in the London Marathon

and will soon be part of Ride London. I feel extremely proud to don the RHN vest for both events and to raise as much money as possible! I have previously taken part in Row Hard, as well as climbing Kilimanjaro back in 2012, raising around £1,000 for the hospital.

### **What is your favourite part of your job?**

Seeing the amazing work that our therapy teams do with patients every day.

### **Describe the RHN in one word...**

Inspiring.



# Deirdre recognised at national awards

RHN resident, and avid fundraiser, Deirdre Tydd won the Judge's Outstanding Achievement award at the Charity Staff and Volunteer Awards in March.

These awards, run by the Charity Staff Foundation, celebrate outstanding dedication and achievements made by charity staff and volunteers across the UK.

Congratulations to Deirdre for this huge achievement.

## Fun at the RHN this summer

### Call for cyclists!

The Prudential Ride London mass cycling event sees tens of thousands of cyclists battle a challenging 100 mile distance from London to Surrey, and back again, on Sunday 31 July. As a charity, the RHN has 20 golden bond places available, with half of these currently assigned. Register today to secure your place.

Email [events@rhn.org.uk](mailto:events@rhn.org.uk) or call **020 8780 4560**.

### Are you a runner?

The RHN has places in countless races this spring, summer and autumn, ranging from 5k and 10k to marathon distance – or even further! Races vary in location from Wimbledon, to Clapham, Battersea and central London.

Visit our website or email [running@rhn.org.uk](mailto:running@rhn.org.uk) to find out more. All races are chip-timed, so you can challenge yourself to hit a new personal best! Fundraising targets vary from just £50 to £500.

### Get your street party hat on!

Sunday 12 June sees a UK-wide celebration of our Patron – Her Majesty the Queen – as we mark her 90th birthday, and also recognise her enduring support of more than 600 charities and organisations. In celebration, local councils are encouraging residents to celebrate by throwing truly British street parties, and we'd like you help to raise funds for the RHN by doing this, too!

Email [community@rhn.org.uk](mailto:community@rhn.org.uk) to request your free street party pack and get ready to plan a summer party to remember!

### Row Hard

Row Hard is our most popular event by far, and we anticipate 2016 to be another roaring success. This year's event takes place on Wednesday 13 July at City Hall, where we will welcome up to 36 teams of four participants to race head-to-head on rowing machines, raising vital funds for new wheelchairs at the RHN. Team entry costs £125 and includes all food and drink for four participants with prizes for the fastest teams and highest fundraisers! Email [rowhard@rhn.org.uk](mailto:rowhard@rhn.org.uk)

### And relax...

After a long hard summer, what you will really need is a laid back evening, under the stars, watching an iconic movie. Join us at our Summer Cinema on 3 September, sponsored by Russell Cooke, for an evening of old-fashioned outdoor relaxation. There will be a fully-stocked bar, pizza, popcorn and a great film. During the day we will show a children's film, with an ice cream van and a bouncy castle! Tickets will be available from July.

Call **020 8780 4565** or visit [www.rhn.org.uk/events](http://www.rhn.org.uk/events)

## Grow at our gardening group

The Leisure and Family Services team runs a weekly gardening group for patients. The group recently went on a day out to Kew Gardens.

Interested in joining?

Contact Adam Roach in the Leisure and Family Services team on [aroach@rhn.org.uk](mailto:aroach@rhn.org.uk) to find out more.

## More dates for your diary

<b>12 May</b>	Haberdashers gala dinner
<b>28-29 May</b>	London to Brighton Challenge
<b>30 May</b>	Bupa 10K
<b>18-19 June</b>	Open Garden Squares
<b>24 June</b>	Scottish reeling
<b>26 June</b>	Innovation Sports Wimbledon Common race
<b>27 June</b>	Ashcroft Fun Run – Wimbledon Common

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