



A huge **THANK YOU** to all our marathon runners

Every year a brave team of staff, volunteers and relatives raise funds for the RHN by running the London Marathon. This year we had eighteen runners including Brain Injury Service Co-Ordinator, **Sophie O’Kane**, and RHN supporter and former staff member, **Oscar Leyenda**. This year’s London Marathon was the hottest on record, with temperatures reaching a sweltering 24 degrees centigrade, not that the heat put any of our runners off. They all made it safely to the Pall Mall finish line.

Donations are still rolling in but so far the team have raised over £28,000 to provide much needed services and therapies to our patients in the coming year.

We’d like to say a further huge thank you to all those who came to the cheer point on Tower Bridge to support all of our runners – a fabulous day was had by all!



Running For My Dad Anna’s story

People have lots of reasons for giving up their time to do events for us. One of this year’s marathon runners was Anna. This is what she told us about her reasons for supporting the RHN.

“Back in 1993 my dad came down with what we thought was flu and a headache. I was six years old, my younger brother was four and our baby sister was nearly

one. It was when the flu didn’t go away, that he was diagnosed with TB meningitis. TB is curable and so he was given medication but unfortunately it was too late to stop the damage it had done to his brain.

“While I was at school my weekends were spent making trips back and forth to the Royal Hospital for Neuro-disability

to visit my dad. He slowly lost nearly all movement, speech and much of his cognitive ability, a bit like as if he had had a severe stroke.

“Twenty-five years later and to me not much has changed as he has remained very stable. I remember when he used to put his thumb up for yes or clench his fist for no. I even have a distant memory of him writing his name in birthday cards with a little guidance, and when we had some very basic ways of communicating. This means of communication has now completely disappeared, but I still have my dad.

“The Royal Hospital for Neuro-disability has become my second home. They have provided so much care for him over the last 24 years which is largely down to the fundraising that they so heavily rely on. The London Marathon is something I’ve always wanted to do. When I had the opportunity to do this while also raising money for the hospital, I felt like I couldn’t say no!”



Anna with her dad, Ash

Art Room

UPDATE!



Derek is a frequent visitor to the Art Room and designed the RHN's corporate Christmas card last year.

Back in December we asked you to consider supporting our beautiful patient Art Room with a donation to our Christmas Appeal. Hundreds of you answered, and thanks to your generosity we were able to raise the £40,000 needed to run the Art Room for another 12 months.

Staffed by our occupational therapy art technicians, Lauren and Kristina, the Art Room is one of the most popular services at the RHN. Sessions range from one-to-one activities with a therapist to help patients improve their coordination, strength and dexterity, to group sessions, allowing patients to work on themed projects or to paint or draw for leisure.

Several of our group sessions involve patients from more than one ward, fostering contacts and new friendships across the whole hospital. The artworks that our patients produce can be found on display all around the building and on 10 May some of our patients' pieces also featured in 'Art On The Brain', an exhibition hosted by the RHN as part of the Wandsworth Arts Fringe festival.

In the coming months our patients will be involved in designing a new range of Christmas cards, ready for release later in the year. We hope you'll choose to support them by buying a pack, but in the meantime here are some of the projects patients have produced in the past few months.



Teresa also enjoys her visits to the Art Room and recently designed a set of flower pots as a Mother's Day gift



Papier maché cacti, created as a group project for patients from several wards



A decorative flower wreath, which patients from various wards worked on, and which now hangs on the Art Room door

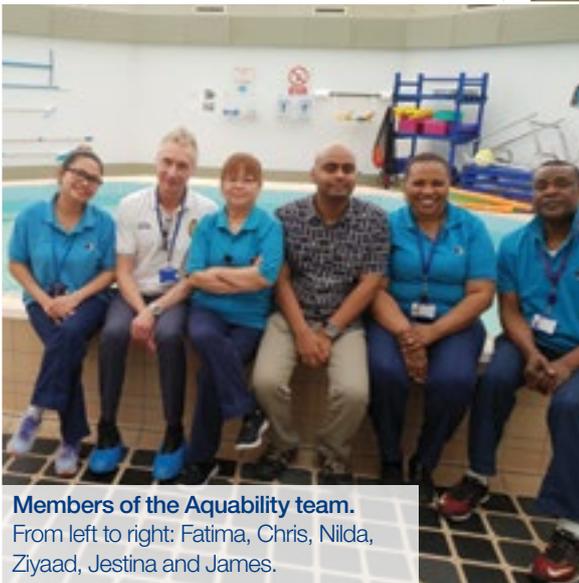


The blue elephant, a papier maché project created by Derek



A collaborative project on the theme of food, created by patients for the new hospital restaurant and proudly displayed by Lauren (L) and Kristina (R)

Meet the Aquability Team



Members of the Aquability team.
From left to right: Fatima, Chris, Nilda, Ziyaad, Jestina and James.



Every year our supporters help us raise over £60,000 to provide free leisure sessions in the RHN's swimming pool.

These sessions allow patients to enjoy a dip in the pool for fun and relaxation. They can play pool-based games or simply lie back in the water and listen to their favourite music.

Time in the pool is hugely beneficial for many of our patients. It improves muscle tone and relieves stiffness, as well as improving quality of life, by providing an enjoyable activity in the pleasant surroundings of the pool. As the patient is free to choose what they want to do, it also increases their sense of independence. That's why Aquability is one of the most popular activities for patients at the RHN.

We have a dedicated team of RHN staff who run the service and accompany our patients while they're in the pool. Here's what they had to say about their experience.



Tell us about a typical day for the Aquability team?

We share the pool with the RHN's physiotherapy department. We run Aquability on Tuesdays, Wednesdays and Saturday mornings. We have seventeen staff working for Aquability on a rota system.

We have six patients per day. It is very busy because as soon as one person comes out, another one goes straight in. Patients are then showered, dressed and are assisted back in to their chairs to carry on with their daily routines. Between all the team members we have years of experience assisting different patients and residents in the pool, and with personal care before and after the sessions.

What's the atmosphere like on your team?

The team is dedicated and ambitious. We want to give patients a good experience and quality time for their sessions in the pool. We play different types of music to accommodate different patients' or residents' tastes and we try to tailor each session as much as possible to the patient's choice of activity.

How would you describe your team in one word?

Fun!

What is the main priority for your team over the next three months?

To get more patients and residents to use the service. Not every patient will be able to use the service but we want to make sure that as many as possible of those who can are given the opportunity to enjoy time in the pool. We are also working to get more family members to join their relatives in the pool.

You can help support the Aquability team with a donation to our Aquability appeal today.

Providing leisure sessions in the pool is entirely dependent on public support and donations. The money we raise helps to pay for equipment, fun and stimulating toys, and the upkeep of the pool itself. If you would like to give so that a patient can experience the benefits of time in the hospital pool please turn to the back page for more details on how to donate to our Aquability appeal.

Heritage Special

Introduction to the RHN Archive Service

by RHN Archivist, Chris Olver

25 February marked the anniversary of the death of the hospital's founder, Andrew Reed (1787-1862). Reed's legacy can still be felt throughout the RHN, through the artwork which adorns the building and the restaurant that bears his name. His influence is also reflected within the RHN's archive collection. Among the collection, you can find an account of the first meeting of the board which Reed attended on 31 July 1854, portraits and etchings and printed biographies and accounts of his life.

As the newly appointed archivist at the RHN, one of my ambitions is to illustrate his legacy through the promotion of the historical documents and artefacts that capture the outstanding heritage of the RHN.

I'm aware that many of you might not have visited an archive before or heard about what archivists do, so thought it best to introduce myself and my profession.

My name is Chris and I have been working in archives since 2008. I previously worked at King's College London, London School of Hygiene & Tropical Medicine, the Horniman Museum and the National Archives. Before I became an archivist, I studied history and completed my MA in History of Medicine at University College London in 2010. I have always been



The archive contains some unusual items, like this early walking frame.



The archive contains many photos, including portraits of some of the first patients and views of the grounds.



fascinated by history and health and being an archivist lets me combine these two passions.

An archivist is a trained record-keeping professional whose primary responsibility is to facilitate access to, and manage the ongoing preservation of, an institution's archives. The archive usually comprises of records identified for long-term preservation as they have a continuing value to an organisation, whether it be cultural value, like the handwritten letters sent by Florence Nightingale to the hospital secretary in 1861, or evidence of business decisions, such as the meeting minutes from the Hospital Committee, which span from 1854 to the present. Items stored in an archive can vary from documents, photographs, hardbound volumes, artefacts, videos and digital files - it is not just a repository for really old stuff, but usually all the material has a unique value.

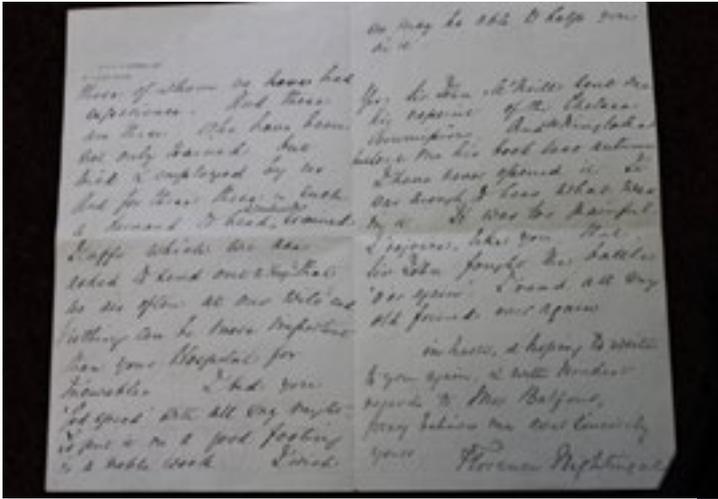
Over the course of the next year, I will be working to develop the archive service at the RHN with the long-term goal of making our archive records publicly available. This will involve evaluating what the archive currently holds and creating a database of the current items so they can be professionally managed and the descriptions can be publicly consulted. The service also needs to ensure that the archives are stored in a suitably safe and environmentally stable location, to ensure long-term preservation and prevent further deterioration of vulnerable items like old

film stock. Lastly, the archive service will establish a reader service to allow the supervised access to the RHN collection to professional researchers, staff members and the general public.

Through this newsletter I hope to keep you up-to-date with progress about the archives and also share any interesting finds I see in the store. If you have any items, such as old photos or maps of the hospital, letters or other items associated with the hospital that you would like to donate to the archive please email the fundraising team at fundraising@rhn.org.uk



One of the original hospital lifts



Left: One of several letters received by the hospital board from Florence Nightingale.

Below: Summer fêtes have been a fixture of the RHN's social calendar for many years.



Heritage appeal update

Many of you will have responded to one of our recent appeals, raising money to restore the beautiful stained glass windows of our Victorian Assembly Room.

We are very excited to tell you that as a result of your generosity, we have been able to raise over £77,000 towards our target of £108,000. We are continuing to fundraise for the remainder of the cost, but in the meantime the money you have helped us raise so far allows us to begin work on the replacement of the frames and the plain glass sections of the windows. This means that as soon as the appeal target is reached the decorated sections of glass can be completed and added to the frames.



This photo shows the Assembly Room's original stained glass windows



Photos from different periods show how the colour scheme of the room changed over time.

The appeal to restore the Assembly Room windows is just part of a wider project to restore the whole room to its former glory. Our archive contains a number of photos of the Assembly Room from various periods in its history, some of which you can see here. Our challenge for the future of this room will be to identify the various colour schemes and decorations used over the years and select a style that will not only be appealing and user friendly for today's patients but also honour the RHN's heritage as one of our great Victorian institutions.



Small portions of damage to the current paintwork suggest that some fixtures in the room were once painted bright blue



Surviving examples of stained glass from the stairwells above the Assembly Room give us some idea what the original windows would have looked like'

Support the RHN with Amazon Smile – If you like to shop on Amazon, you can now support the RHN by signing up to Amazon Smile. Just go to <http://smile.amazon.co.uk> and search for the Royal Hospital for Neuro-disability in their list of supported charities. Once you're signed up, remember to access Amazon via the Smile page and for every purchase you make a small donation will be winging its way to the hospital.

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Chaplain's Corner

RHN Chaplain, Geoff Coyne is on leave this month so Chaplain's Corner has been written by Asi Munisi, RHN Pastoral Support Worker.

When the days start getting longer and the temperature increases into double figures, we know that summer is here – a time when many take time out to unwind, engage in a variety of outdoor activities, spend time with family or even embark on that DIY project. Summer also gives us a chance to rest, reflect on the year so far and to be refreshed after many months of cold weather.

If you're lucky enough to get a break this summer, either by going away or spending a few days at home, you can look forward to a period of rest, to recharge your batteries.

With everyone living such busy lives it's important to remember the benefits of a period of down time. So as we look forward to summer and the chance to take a break, we can be assured of being rejuvenated physically, emotionally and spiritually.

With the end of the academic year, summer also offers the opportunity for us to stop and reflect on the past few months, as we're reminded to be thankful for what we have, but also to consider what our plans are for the months ahead.

Whenever we pause to reflect on work, a

relationship or our life in general, we can consider how to get the most out of it, learn from any pitfalls and to improve on what might already be working. So let's make time to pause and to reflect.

Finally, nothing is as refreshing as a cold drink on a hot summer's day – and just as our bodies needs refreshing, so does our mind and spirit.

As we take time out this summer, we can be refreshed by the long warm days, and the opportunities they bring to socialise, or enjoy the outdoors. Summer can bring a sense of hope, strength and purpose for what may lie ahead.

So whatever you get round to doing this summer, do make time to rest, reflect and be refreshed.



Lavender Remembrance Fund

Below are the names of past patients, volunteers and staff at the RHN, whose loved ones have chosen to set up a tribute fund and plant a lavender bush in their memory. The tribute lavender beds can be found in the RHN gardens. Please feel free to visit the hospital and take a look.

Adeh Murray Sellar

Anne Prosser

Antony Olley

Avis June Smith

Barbara Garnham

Barbara Kelly

Catherine Ann Fitzgerald

Christopher Bedford

David Driver

David John Fincham

David John Gillett

Diana Merrick

Eileen Dorothy Barrett

Eileen McKay

France-Raoul Chateau

Ghulam Sarwar

Graham Boiling

Henry John Old

Hugh Munro

James Pirie

Kamaljit Toor

Lesley Jean Hyams

Lucy Jane Denniston

Margaret Deller

Maud Riley

Maureen Lesley O'Brien

Megan Paton

Megan Walters

Michael Lindsay

Neale Gordon-Wilson

Patricia Burston

Paul Loft

Peggy Stannard

Peter Gow

Peter John Davies

Peter Newton

Roger Smith

Rosemary Ann Shurrock

Sean Hamilton

Shirley Gill

Taranjit Kaur Chadha

Ted & Gladys Black

Trevor George Kingham

Ved & Helena Aggarwal

Winifred Warwick-Mayo

Lavender Funds are a way of celebrating the life of a loved one while helping others in need of our specialist care and support. After setting up a fund you will also have the opportunity to plant a special memorial lavender in our peaceful garden.

For more information please contact Isabel Barrett in Fundraising on 020 8780 4557 or ibarrett@rhn.org.uk

Upcoming Open Lectures

Speech and Language Therapy Career Day

Tuesday 17 July 9am – 4.30pm

This is an information day for potential speech and language therapy (SLT) students run by specialist speech and language therapists from the Royal Hospital for Neuro-disability. The day consists of seminars and workshops to give an insight into how we treat adults with communication and swallowing difficulties following brain injury. We will give you information to help you decide if SLT is the career for you and guidance in the application process.

Cost: **£25**

Email: institute@rhn.org.uk

Tel: **020 8780 4500 ext. 5140**

Book online: www.sltascareer.eventbrite.co.uk

Managing behaviours that challenge in brain injured individuals: the positive behaviour support approach

Tuesday 11 September 9am – 4.30pm

This one-day course is open to anyone working with brain injured individuals who may wish to increase their skills and knowledge of managing challenging behaviours.

It offers a theoretical and practical introduction to the positive behaviour support approach, which is highly effective and rewarding for those clinicians applying the methods in a range of settings.

Cost: **£95**

Email: institute@rhn.org.uk

Tel: **020 8780 4500 ext. 5140**

Dates for your diary

Virgin Sport London 10km

15 July

Lace up and experience the city's most iconic landmarks for a very British 10k. Not only is this the ultimate foot tour of London, this flat and fast 10k through London's famed sites will have music at every kilometer – you'll be pounding your feet to the beat. Sign up with us for just £20, the suggested fundraising target is £250.



Prudential RideLondon-Surrey 100

29 July

Grab one of our guaranteed places and join 26,000 other cyclists taking on a 100 mile route, made famous by the world's best cyclists at the 2012 Olympics. Starting at the Queen Elizabeth II Olympic Park, you'll cycle through central London on closed roads and take in the sights of the capital before heading out to the beautiful Surrey countryside for some leg-testing climbs. Join team RHN for a £50 registration fee, with a fundraising target of £500. If you secured a ballot place then we'd still love for you to join our team.



Royal Parks Foundation Half Marathon

14 October

Join us for this stunning central London run which takes in four of London's Royal Parks as well as world-famous landmarks including Buckingham Palace, the London Eye and the Royal Albert Hall. Set yourself a fantastic autumn challenge and join us on 14 October for just £25 registration fee and a fundraising target of £350.



If you would like further information on any of these events then please visit www.rhn.org.uk or contact the events team by email events@rhn.org.uk or call us on **020 8780 4560**.

Follow us: twitter.com/rhnuk facebook.com/rhnuk instagram.com/rhnuk

Please click [here](#) if you'd like to support

The Royal Hospital for Neuro-disability's Aquability appeal.



Here's some examples of how your money could be spent.

£25 will buy new toys and play equipment for the pool

£70 will cover the cost of single Aquability session for one patient

£100 will help fund the upkeep of the pool and changing rooms

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Don't forget to let us know whether or not you're a UK tax payer. We can reclaim the tax on your donation and any future donations, to make your donation **25% more, at no cost to you!**

Donate online: www.rhn.org.uk/support-us/donate Or call: **020 8780 4568**

You can also donate by post, sending your gift to: **Royal Hospital for Neuro-disability, FREEPOST, London SW15 3SW**. Using a stamp will save RHN money. When sending a donation by post, we would appreciate it if you could include your address and email details so that we can continue to keep you updated on our work.

If this project is fully funded by the time we receive your donation, your gift will be used for the general benefit of patients at the RHN.



Thank you for your support!