



## Compass Room UPDATE

Over the past year we've been running a variety of campaigns to raise money for our **Compass Assistive Technology Service**. Compass provides a range of devices and systems which can be used by patients with limited mobility or speech and language problems. Our computers allow patients to communicate face to face, play games, shop online and stay in touch with family and friends via email and social media. This all works towards a patient's therapy goals, as well as improving their overall wellbeing.

We also provide a range of technology solutions for patients undergoing rehabilitation after a brain injury, and thanks to your support over the past twelve months, the team have been able to purchase some new systems to be used in conjunction with Physiotherapy, Occupational Therapy, and Speech and Language Therapy.



Magic Carpet

The **Magic Carpet** system allows a variety of games and brightly coloured moving images to be projected on to a table surface. By using the brand new, table mounted arm support, which our therapists also purchased with your help, patients can interact with the images they see, playing with fish, sweeping away leaves or flipping the pages of a picture book. These are all simple movements, but as part of an overall therapy plan they can help improve a patient's upper limb strength. The Magic Carpet was originally designed for children, but the system offers so much benefit to our patients that our therapy team are now working with the developers to come up with a wider range of engaging games and applications for adult users.

Complementing the activities on the Magic Carpet, the Compass team have also installed **Saebo VR**. This system using existing hardware and a programme created by an occupational therapist to improve a patient's upper body strength and coordination with



Saebo VR

a series of everyday tasks, all carried out in a virtual reality environment. With help from a physiotherapist, patients can earn points carrying out activities such as shopping, cooking, washing the dog and gardening. Both the Magic Carpet and the Saebo VR system are fully portable so they can be used with patients who find it challenging to leave their ward.

Finally, your support has provided our Speech and Language team the opportunity to introduce our patients to the **Theravox** system. This system uses a microphone in place of a game controller or keyboard, and patients control the actions of the on-screen characters using their voice. Through regular practice with the system, patients who have suffered a loss of voice due to a brain injury can regain some of their vocal abilities.

In the near future the team also hope to launch a new portable system called **RITA**, for use on our wards. RITA has been designed to be used on small



Theravox

handheld computers and allows patients to play games, watch films and take part in personal projects such as building scrap books of photos and other memories.

Every member of the **Compass team** would like to say a big thank you to all our supporters who've donated to the service over the last year. Without your help, we wouldn't be able to provide all these amazing therapy solutions to our patients. As technology continues to evolve and more accessible programmes for people with disabilities become available, we hope you'll continue to support our Assistive Technology service in the future.



The Compass team

# Meet Our Trustee: James Gemmell

James Gemmell has been a Trustee and Treasurer at the RHN since 2010. We spoke to him during the recent RHN Festival when he took part in a Question and Answer session with hospital staff.



**Q** How did you get involved with the RHN?

**A** I was approached by the then Chairman just as I was about to complete a ten year stint as Treasurer of The School of Pharmacy at the University of London. The RHN Chairman had graduated there and he was previously on the board of the school of pharmacy at the same time.

**Q** What do you find most rewarding about your role at the RHN?

**A** Making sure that our patients and residents are well looked after. To do that RHN must have a sound financial base. That has been particularly challenging in recent years because most of our patients are funded by the NHS. The financial pressures affecting the NHS have mirrored some of the many challenges we have faced at the RHN.

**Q** What do you think are the main challenges facing the charity sector in the near future?

**A** Charities need to deliver real benefit to their beneficiaries. Much larger charities get extensive publicity for the good that they do. At the RHN we must plan to deliver a quality of research which produces even better care and outcomes for patients and residents. Integrated research and medical and nursing is the oxygen that delivers the publicity that successful fundraising relies upon.

Recent changes in Data Protection Regulations have had the side effect of making it more difficult to stay in touch with all the very generous donors who support the hospital. Our donors provide the significant "extras" not funded by the NHS that patients enjoy at the RHN such as music therapy, external visits and also major ward refurbishments.

**Q** What would be your advice to someone who is considering becoming a charity Trustee?

**A** Be prepared to join a team which brings many different talents to the board table and to take time to properly understand what that charity does and how it might do it better. Charity trusteeship is demanding but can be very rewarding. Expect the demands but do not expect rewards. You do your work for the benefit of the people the charity serves. The real reward is seeing that benefit being delivered.

## 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 [www.smile.amazon.co.uk](http://www.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.

**amazon**smile

Already love Amazon? How about using **AmazonSmile!** The same great Amazon you love but with .05% of the profits being automatically donated to us!

# Music Therapy special

Being an independent medical charity means the RHN can provide a range of additional therapies and services to our patients and residents. One of the most popular is Music Therapy. It's entirely funded by donation and can make a real difference to a patient recovering from brain injury as you'll see below.

## Our story by patient relative Sue

"I have a very personal reason for supporting the RHN's Music Therapy service. Just over a year ago my partner, Dudley, had a cardiac arrest resulting in significant brain damage.

From last October until just recently he was a patient at the Royal Hospital for Neuro-disability. It specialises in caring for adults who have become disabled following a brain injury caused by an accident or fall, or through a health event such as a stroke or heart attack. Balancing traditional practice with specialist therapies and life-changing technologies they work to improve the quality of life of everyone in their care.



Playing an instrument can help patients with a brain injury recover lost motor skills

The hospital's charitable status allows them to raise money for services and technologies not usually offered at traditional hospitals, such as aqua therapy, assistive technology, gardening, art sessions and music therapy.

Music plays an important role in all our lives. We use music to relax, to remember and to alter our mood. The Music Therapy service at the Royal Hospital helps to maintain and improve physical, cognitive and communication skills as well as helping with emotional expression and relation to others. Dudley benefited greatly from the group sessions on his ward, the live entertainment in the Assembly Room each Saturday, and the music club every Tuesday. All paid for by charitable donation."

## Nenna's story in her own words

### Nenna's story – in her own words

"I was admitted to the RHN in December 2017. I had suffered a cardiac arrest in June 2017, which resulted in a brain injury and a tremor in my voice. I was recommended music therapy to strengthen my voice and encourage me to express myself.

When I first came, although I was learning to speak again, I had not mastered the technique to try and speak without trembling a lot. My therapist taught me a breathing technique and I realised the more I took in breaths, the more I could speak. The lower my pitch, the more people understood me.

Learning to play the harmonica really stood out for me. I had never played before. My therapist taught me how to play, breathing in and out. When I started I could play for three beats. By the time we finished all the therapy sessions, I could reach eight beats. My therapist was really impressed!

I also wrote two songs. It helped me come to terms with my experience because as of today I have been in hospital for a year and ten days, and I



The music therapy room is equipped with a wide range of traditional and modern instruments

have lots of emotions running through me that I couldn't express because I couldn't write. So with the music, it helped me release some of my emotions and the more I wrote the songs, the better I felt. I would recommend music therapy to anyone in my position. In the mornings I sing prayers. When I sing I have learned to control my voice and I sing with less tremor."



The Music Therapy team at RHN

**The Music Therapy team at the RHN are always busy. They hold nearly a thousand patient group and individual sessions every quarter. They assist brain injured patients and residents in recovering a huge variety of skills and abilities, from speaking to fingertip control and hand eye coordination. They also help patients come to terms with their disability. Music composition and song writing are just two ways in which patients can express the feelings of frustration and grief that so often accompany a brain injury.**

**This year we need to raise £182,000 to provide the benefits of music therapy to our patients. It's benefits can be profound, but we receive no NHS funding, so rely on the generosity of supporters like you. If you would like to support music therapy at the RHN please turn to the back page for more details.**



# RHN Festival

SPECIAL

Garden fetes have been a part of the social calendar at the RHN for decades.

For the past two years staff, patients and visitors have been able to enjoy an entire week of fun and learning as part of the RHN Festival. This year the festival was held 18 – 21 of June and began with the official opening of our new reception area. Long term residents Georgie and Sally attended many of the events. Here's their report on some of the great activities they got to enjoy.



## MONDAY

Everyone was up early to see the new reception being opened. The new colour scheme looks very nice and the desk is much bigger now.

Over lunch there was the chance to play music with the Music Therapy team and some of the staff held a knitting and mending workshop. In the afternoon the Art Room held an open day, where anyone could go along to paint and draw. The staff Sports Day happened in the garden, and some of the staff bravely volunteered to hold the targets for the patients water bomb competition.



## TUESDAY

Tuesday was a busy day. We had breakfast with all the ward managers and then went for a sing-along with the choir. In the De Lancey Lowe Room the Estates Team ran a workshop on how to save money on energy bills and after that there was a lecture on the history of the hospital. After tea the patients played a Boccia match against a team of hospital staff. The patient's team plays in a London League so of course, we won.



## THURSDAY



Another busy day. After breakfast we got to hear from the Chief Executive Paul about refurbishment plans at the hospital. Straight after that there was a clothes swap, and the Compass Team had their open day to show off their new equipment for helping patients to use their arms again. Over lunch the Pitch Purple A Capella choir from Putney High School came to sing for us and we all enjoyed free pancakes in the garden. In the afternoon the RHN Bake Off competition was judged and everyone who came along got a slice of cake!



## WEDNESDAY – FOUNDER'S DAY!

The 20th of June is the anniversary of the founding of the hospital. We had a big marquee in the garden and lots of stalls selling books, plants and ice creams.



The RHN choir opened the show with a performance and they were followed by the Black Hat Band who did lots of pop songs. In the afternoon we were visited by the Chelsea Ballet Company who danced for the patients and their families.



## FRIDAY

The last day of the Festival. The Occupational Therapy Team held a cake decorating workshop for patients and their families in the Cook's Table, our special Occupational Therapy Kitchen. After lunch we got to enjoy a classical concert from the Manresa youth orchestra.



We had a wonderful week of things to do all over the hospital and we can't wait to see what next year's festival will bring.



# Chaplain's Corner



RHN Chaplain, Geoff Coyne

This morning when I was in the garden I looked at all my tubs of summer flowers and it was clear that some are beginning to go over. Summer is coming to an end. The change of the season and the evidence that some flowers are not going to last much longer is always a reminder that in this world there is change.

But there are some things that don't change and that includes the core values at the heart of our RHN community. The values we live by today, such as seeing the whole person, willingness to learn, delivery on promises, honesty and integrity were the values that our founder Andrew Reed encouraged when the hospital started and they are still with us today.

Taking a wider view of the world; whilst some values may change over time

there are some core values that don't such as peace, kindness, honesty, hard work, perseverance. They are still relevant to the same degree as from old times and they will still remain relevant after we die.

Such values are essential to building a good community and if we are going to keep our core RHN values intact then these constant values need to be at the centre of all we do. Whatever communities we are part of – RHN, friendship circles, families they will be strong communities if these constant values are there.

“Open your arms to change but don't let go of your values.” said the 14th Dalai Lama. This tells us that these good values are not supposed to change. They are constant.



## 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](mailto:ibarrett@rhn.org.uk)

# Upcoming lectures and courses

## Music Therapy and Neuro-disability

Thursday 11 October 9am – 4.30pm

This one-day course is open to anyone working with individuals with an acquired brain injury and neurodegenerative diseases, who want to increase their clinical skills and knowledge. The focus of the day will be primarily on joint clinical work where there is a partnership involving music therapy and its associated techniques. Joint work has been found to be beneficial for patients to achieve their goals/potential.

We welcome music therapists who have experience, or are interested, in joint working and clinicians who have experience working with music therapists, or would like to learn more about music therapy in the field. Students are also welcome.

Cost: **£120**

Email: [institute@rhn.org.uk](mailto:institute@rhn.org.uk)

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

Full programme and registration form: [www.rhn.org.uk/events/mt-jointworking/](http://www.rhn.org.uk/events/mt-jointworking/)

## Locked-In Syndrome Study Day

Tuesday 20 November 9am – 4.30pm

Locked-In Syndrome is a rare and life-changing neurological state which leaves people with extremely limited physical movement but normal levels of awareness.

Treating this client group can be extremely challenging due to the complexity of physical, sensory, communicative and psychological aspects of the condition.

Speakers for this event will be members of RHN's highly specialist clinical team but we will also have two special guests:

- Dr Richard Bennett – An RHN resident with locked-in syndrome who is also a research scientist, DJ and blogger.
- Dr Leandro Sanz – Research Scientist at the Coma Science Group, Liège, Belgium.

Cost: **£120**

Email: [institute@rhn.org.uk](mailto:institute@rhn.org.uk)

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

Full programme and registration form: [www.rhn.org.uk/events/lis/](http://www.rhn.org.uk/events/lis/)

# Dates for your diary

## 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.



## Christmas Fair

28 November

Pop in to our Christmas Fair in our grand Assembly Room anytime between 11am and 4pm.

You'll be sure to find all of your Christmas stocking filler needs under one roof. From books and toys to jewellery and bags, there's a little something for everyone.



## Carol Concert

6 December

Start your festive season with an evening of traditional carols, heart-warming readings, musical performances, mince pies and mulled wine at our annual carol concert. It'll be sure to put you in the festive spirit.

Taking place next door to the RHN at the Holy Trinity Church, tickets will be on sale from October.



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

Follow us: [twitter.com/rhnuk](https://twitter.com/rhnuk) [facebook.com/rhnuk](https://facebook.com/rhnuk) [instagram.com/rhnuk](https://instagram.com/rhnuk)



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

The Royal Hospital for Neuro-disability's music therapy appeal.

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

**£15** will buy sheet music and recordings for patients to learn and enjoy

**£30** will pay for replacement instruments such as recorders and tambourines

**£80** will pay for one therapy session for an individual patient

*giftaid it*

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](http://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!