



Christmas Fundraising at the RHN

Thank you so much to everybody who joined us for our annual RHN Christmas Carol Concert at the Holy Trinity Church. The church, which is next door to the hospital, was a beautiful setting to enjoy an evening filled with joyful songs and Christmas cheer welcoming everyone to the start of the festive season.

We had a fantastic line up, including Gwen Dickey of Rose Royce, who got a standing ovation for her performance of **Wishing on a Star**, as well as Lance Ellington, the voice of the Strictly Come Dancing band, who gave an incredible performance of **This is the Moment** and **The Christmas Song**. The Royal Harmonics, Pitch Purple, and Putney High School Year 7 Choir also gave outstanding performances, sprinkling a magical Christmas spirit across the whole audience. We also listened to heartfelt readings from our sponsor, Nelson's CEO Claire Ferguson as well as RHN Chaplain Geoff Coyne.



Gwen Dickey

Members of the community, patients and RHN staff were greeted with freshly roasted chestnuts and enjoyed mince pies, mulled wine and chocolates during the interval. The fundraising team and other RHN staff members were all on



Pitch Purple

board spreading the Christmas cheer whilst selling Christmas cards, RHN merchandise and raffle tickets. We sold almost 300 raffle tickets with the lucky winners taking away a beauty lotions hamper, wine, and red wine, a luxury lavender gift set, a painting and more.



Lance Ellington

We are delighted to share with you that the concert raised an amazing £8,680 in support of the RHN music therapy service. Music therapy is used to help patients maintain and improve physical, cognitive and communication skills, as well as helping with emotional expression. Our music therapists encourage this using improvisation with instruments, song writing, singing, and shared listening.

As well as all of our supportive guests and performers, this evening would not have been possible without our long term supporter Nelsons, who so generously sponsored the concert once again which we thank them greatly for.

We also held our annual Christmas Fair in our grand Assembly Room with over 20 stalls selling Christmas gifts and treats, which raised an incredible £1,096. Many thanks to all our stall holders who filled the room with beautiful products, and to everyone who came along.

Over £1,000 was raised from various carol performances around Putney, East Putney and Southfields stations. We are extremely thankful to the Putney Choral Society, Thames Philharmonic Choir and our very own RHN Staff Choir for supporting the RHN and braving the cold evenings to raise vital funds for the hospital. Thank you so much again to everybody who has supported the RHN over the festive period.

Remembering Sally Lynch

Late last year we lost a much loved resident, Sally Lynch. Sally was a resident on Wolfson Ward, and will be familiar to many of you as the star of numerous fundraising appeals for the hospital.



Sally was born in Nairobi, Kenya in 1942, and returned to live in the UK with her mother and brother at the age of nine. She came from a family of artistic people but circumstances meant that she had little time to explore her own talents. She was always good at flower arranging and cake decorating which could be fitted into her

busy life. Having been undiagnosed with Huntington's disease for years and coping with all the struggles which that entailed, Sally flourished at the RHN and had the opportunity to try many things, which she did with great enthusiasm and made many, many friends along the way.

Sally was a keen member of the hospital Boccia team, the RHN Rollers, and she never missed the chance to indulge her creative side, with gardening, art and music among her regular activities. Sally also liked to stay mentally active and she took her position as the Wolfson Ward patient representative very seriously.

Sally also liked to make the most of her physiotherapy sessions, often staying in the gym for over an hour at a time. She went out on trips and enjoyed



some lovely days out, to the theatre, to Buckingham palace and Kew Gardens.

Sally was well loved by so many – whether it was the ward based staff, the wider group of staff throughout the hospital, other residents or the volunteers. Everybody knew her in Reed's, the hospital restaurant and whenever you bumped into her in the corridor she was always ready for a chat.



Despite having a very difficult condition that affected her in so many ways, Sally never complained and took every opportunity to get involved in the things she could with as much energy as possible.

Sally's children would like to thank everyone at the RHN for the care that was shown to their mother during the five years she lived at the hospital. As her daughter, Steph wrote, "With the treatment and loving care that she received from the staff at the hospital we were able to get our happy and fun-loving Mum back again.

Sally will be much missed at the RHN, and many staff, volunteers and patients joined Sally's family at her funeral at Holy Trinity Church in Putney.

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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Chaplaincy Appeal **with Asi**

Two years ago we introduced our supporters to **Asi Munisi**, the RHN's new Pastoral Support Worker. Asi joined the hospital's Chaplaincy team to provide extra support to the families and friends of our patients. Recently we caught up with her to ask how she's getting on.

Now that you've settled in to your role, can you tell us more about what you do?

My role actually developed quite quickly after I started at the RHN. Originally my focus was on providing pastoral support to the friends and family members of our patients, but it's since expanded and I'm delighted to now be working with patients too. I have a core group of female patients that I visit every week, to offer them support with their spiritual needs. I might pray with them, or read to them. Often with patients who are non-communicative, spiritual support in terms of prayer can provide a sense of peace that is quite profound and rewarding to see and be part of.

As well as my patient group I continue to offer support to friends and family members, assist Geoff, the Chaplain, in preparing for the regular religious services we hold at the RHN and I'm also in the process of establishing a bible study group.



What is the most challenging aspect of your job?

I always struggle with admin! Being at my desk means I'm not out visiting the patients and that can be a source of frustration, but it has to be done. I'm responsible for keeping a log of all the songs we use during services, as that information has to be sent to the copyright authorities, and of course I keep records of all my patient visits too.

And what is the most rewarding part of your job?

It is the sense of peace and reassurance experienced by patients when you spend time talking about their faith with them. To be a part of that is immensely rewarding.

It's also fulfilling to know that you've helped a friend or family member with their cares and worries too. It's a real privilege to be trusted by family members to go on this emotional journey with them and support them through what can often be troubling times.

Recently I was over the moon to receive a request from a patient to conduct a birthday service for her. Everyone at the RHN loves Geoff, the Chaplain, and requests for birthday blessings are usually sent to him. To get my first one was a real joy!

Finally, can you tell us what difference the Chaplaincy team make to life at the RHN?

We provide pastoral and spiritual care and support to patients, their family and friends by giving them our time, to listen to their cares and fears. We're also here to support the RHN's staff. We provide religious services and prayer services for patients of all faiths, and our chapel is open to anyone who needs space and time for quiet reflection. We're also blessed with a great team of volunteers, many of whom are long serving members of the RHN community. They provide our patients with a real sense of security, continuity, friendship and love.



The support of our Chaplaincy team is hugely important to the entire RHN community. That's why we raise over £60,000 every year to ensure that we can continue to offer full time pastoral care to our patients, their families and our staff.

You can also play a role in this vital service by donating in support of our Chaplaincy team today. You can do this by donating on our website at www.rhn.org.uk/online-donation/

Community Fundraising

As a medical charity, the RHN relies heavily on voluntary donations to meet our annual target. Whilst thousands of you respond to our appeals every year with postal donations and gifts via our website, we also have a small army of volunteer fundraisers staging community events and tackling sporting challenges, all to raise money to support our patients.

Last year our community fundraisers raised £223,000 for the RHN. Here's a look at how they did it.

Sporting events



October, 2018 saw the staging of the first RHN charity football match at the Bank Of England Sports Centre in Wimbledon. The idea was first suggested by a patient's relative, who plays on an amateur team. RHN staff rose to the challenge and fielded a team of their own, but the experience of the opposing side showed on the day and they beat the RHN 5-0. Keen to regain some pride the



RHN team have agreed to a re-match in April. The first game raised an impressive £1,286 on the day and we hope the second game will be just as successful.



Choir performances



The RHN staff choir was founded in 2016 by members of the Music Therapy department. It now practices every Tuesday lunch time in the hospital art room, and regularly assembles at local train stations to serenade the commuters. This year the staff choir's performances were bolstered by the Thames Philharmonic Choir who sang Christmas carols at East Putney station in aid of the RHN. Aply assisted by champion fundraiser and RHN resident Deirdre, the two choirs raised over £1,500 for the RHN.



Table Sales and Bring and Buy



Table top sales have long been a part of RHN life. Not only do they raise money for the hospital, as every seller donates a portion of their profits, they also provide a valuable service to the RHN community, by offering a range of products for sale, from household linens to locally sourced honey. In 2018 the regular table top sales also included a number of clothing swaps and bake sales, organised by RHN staff. Altogether the various sales raised over £600 for the hospital.

Bridge at the RHN

Bridge tournaments have long been a feature of the RHN fundraising calendar and have attracted international stars of the game. In 2015 the RHN hosted the Night Of The Stars Pro Am tournament, which raised £51,000 for the RHN and three other national charities.



In 2018 our regular bridge tournament was held in March in the RHN's Assembly Room. Organised by members of the London Committee, the event raised over £3,000 for the RHN.

Challenge events



Challenge events are the most popular form of community fundraising at the RHN and in 2018 participants raised over £105,000 by running, cycling and hiking for the RHN. There are a huge variety of events for people to take part in. No matter what your level of fitness is, or how brave you're feeling, our Community Fundraising team will always have plenty of fundraising suggestions.

Community events can be held at the RHN, your school, or place of worship. You could even fundraise in your back garden. If you would like to organise a community fundraising event for the RHN or sign up for a sporting challenge this year please call our Community Fundraising Team on 0208 780 4565 or email them at events@rhn.org.uk

Chaplain's Corner



RHN Chaplain, Geoff Coyne

My favourite Thomas Hardy poem is called "The Darkling Thrush". The poem contains a description of the bleakness of winter as observed by Hardy

"I leant upon a coppice gate, When Frost was spectre-gray, And Winter's dregs made desolate The weakening eye of day. ...The ancient pulse of germ and birth Was shrunken hard and dry, And every spirit upon earth Seemed fervorless as I."

And there is no doubt that winter can be a bleak time – it's cold, the landscape seems desolate and lifeless and the days seem grey.

What I love about this poem is that it has hope that better is to come. For Hardy writes

"At once a voice arose among The bleak twigs overhead, In a full-hearted evensong Of joy illimited. And we learn that An aged thrush, frail, gaunt and small, With blast-beruffled plume, Had chosen thus to fling his soul Upon the growing gloom."

And the poem ends by telling us that the thrush knew of a hope ahead, hence the joy of his song. For me, I like to believe that the thrush knew there was hope because spring was on the way with its new life, new energy, new opportunities, new starts. All these give hope.

And so this poem can act as a parable. We all have those times of 'winter', in our lives. It can seem bleak and grey because of hard things going on in our lives, maybe an illness, a bereavement, a difficult or uncertain time at work or problems in the family.

But there is in each one of us a sense that we can go on because we know that there is a 'spring' ahead, there is hope ahead. This may come because we dig deep inside of us and find hidden resources, or because we have a faith perspective or because others get alongside us and support us and encourage us.



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 lectures and courses

Open Lecture: Ward Leadership – What Would Florence Nightingale Say Now?

Tuesday 12 February 4.30 – 5.30pm

Presented by Dr Emily McWhirter, Director of Nursing, Royal Hospital for Neuro-disability

Emily is the Director of Nursing at the Royal Hospital for Neuro-disability. Her PhD centred on nursing leadership and in particular the complex role of the Ward Manager. During this open lecture Emily will track the history of ward leadership, discussing its traditional identity alongside the demands of the modern day role.

Focusing on patient safety, patient experience and the provision of compassionate care, the lecture will explore the role and ask what Florence Nightingale would think of it now.

Cost: **Free**

Spaces are limited so please email institute@rhn.org.uk if you wish to attend.

In Conversation With Putney Nurses

Wednesday 5 June 4.30 – 5.30pm

Facilitated by Suzie Adam, Head of Nursing, Royal Hospital for Neuro-disability

Join us for an informal Q&A session with some of the nursing team here at the RHN.

- What's it like working with our patients and residents day to day?
- What is it like to work in such a specialist environment?
- How does being a charity make us special?

Plus much more.

Cost: **Free**

Spaces are limited so please email institute@rhn.org.uk if you wish to attend.

Dates for your diary

Tri - Hard

Wednesday 27 March

Work Hard, Play Hard, TRI HARD! Enter a team of three to be crowned the RHN's 2019 Tri-Hard Champions! Welcoming up to 30 teams each participant must row, cycle and ski in relay, at speed, on fitness machines. Take home the gold at one of London's newest competitive fundraiser with pride knowing you have helped raise vital funds for patients and residents with complex brain injuries at the RHN. Team entries cost just £135, including food and drink with a team target to fundraise £500!



London Virgin Marathon

Sunday 28 April

Join Team RHN as we take on the biggest running event of the year, joining 40,000 other runners on the 26.2 mile route, taking in some of London's most famous landmarks. Whether you enter using one of our guaranteed spaces or you were lucky enough to receive your own ballot place, you can be a part of our team and help us raise much needed funds for our patients. With support from our fundraising team every step of the way, what's stopping you?



Gala Dinner

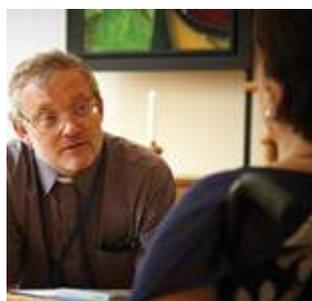
Wednesday 8 May

For 2019, the RHN's annual flagship event will be taking place at one of the world's foremost private members' club, the Royal Automobile Club on Pall Mall. With its classic architecture including marble fireplaces, chandeliers, mirrored panels and iconic car displays, the event is set to be as spectacular as ever. After a champagne reception guests will enjoy an indulgent three course meal complemented by wine, live entertainment and auction. Tables seat ten guests for £1,250.



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 Chaplaincy appeal.

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

£20 will support the Chaplaincy Team in providing ward-based support to patients

£30 will provide pastoral support to the family members of RHN patients

£50 will provide a weekly schedule of multi-faith services at the RHN

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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/online-donation/ 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!**