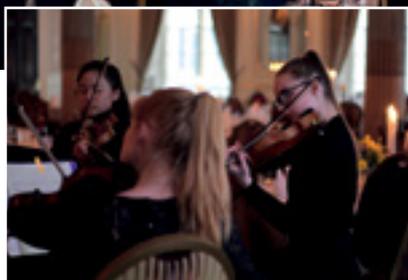




Community and Events Fundraising Update

Royal Hospital for Neuro-disability – GALA DINNER

On Wednesday 8 May 2019 over 200 people donned their finest suits and gowns to attend the Royal Hospital for Neuro-disability's very special Gala Dinner, which this year was held at the elegant Royal Automobile Club in Pall Mall, London.



Guests were welcomed to a stunning champagne reception and entertained by magnificent magicians.

A luxurious three course dinner was served, accompanied by live music from the extremely talented 'Strand Quartet', of Putney High School. The evening included a warm welcome from RHN Chairman Des Benjamin, followed by a talk from the RHN's Medical Director, Michael Marrinan.

Guests were then invited to bid on 12 exclusive auction prizes, including an overnight stay in Paris at the Mandarin Oriental Hotel, a private flight over Oxford and an exclusive tour of the Cabinet War Rooms. The auction made a grand total of £17,650. Overall, the evening made a fantastic £74,000, which will help fund the refurbishment of Evitt and Cathcart wards. Home to 32 long-term care residents, some of whom have been with us for over thirty years, the aim is to provide the comfortable and homely environment that residents deserve.

The RHN would like to thank all attendees and supporters who contributed to a wonderful evening, with a special thanks to Healthcare and Locum Recruitment, who generously supported the event.

We look forward to welcoming guests to our next Gala Dinner in 2020. If you are interested in attending or you have an auction prize you would like to donate, please contact events@rhn.org.uk.

LONDON MARATHON 2019

We want to say a massive thank you to all ten of our brave runners who took part in the iconic 26.2 mile London Marathon in April. We really appreciate all the hard work and dedication that comes with taking on this challenge.

So far the team have raised an amazing £24,000, and the money is still rolling in. These funds go towards much needed services and therapies for our patients and residents, including music therapy, community dance, and speech and language therapy.

We would also like to thank all of our volunteers who cheered on our runners on the day, and we are already looking forward to 2020!

Registration is now open for next year's marathon, so please do get in touch if you would like to join team RHN.



Community Fundraising



The RHN community never stops supporting the hospital. Deirdre, a resident of the RHN, fundraises on a regular basis with her collection tins. Wherever she goes, her tin goes. Deirdre's favourite fundraising activity is when she visits supermarkets and train stations, and gets to talk to the local community about the RHN. So far for 2019, Deirdre has raised an impressive £1,141.53.

Every month the RHN choir gets together and performs modern music at local train stations. At their latest performance they raised an amazing £522 in just 1.5 hours. The choir is made up of staff members from numerous departments at the hospital, and it is all done in their own time. If you would like to see them perform, you can join us at our annual Christmas Carol Concert on Thursday 5th December. See the back page for more details.

The RHN Celebrates International Nurses Day



Every year on May 12th, the anniversary of Florence Nightingale's birth, nurses around the world celebrate International Nurses Day, and our nurses were no exception. This year The Royal College of Nursing promoted the day as 'the UK's biggest nursing party' and staff across the RHN joined in with their own range of party activities, including plenty of international cuisine.

The importance of our nurses, to our patients and their families, cannot be overstated. Not only do they provide physical care for our patients, but their emotional and social wellbeing too. Nearly all of us will seek the care or advice of a nurse at some point, and for our patients the nurses that care for them will be doing so at a point of profound change in their lives, as they come to terms with their injury or illness and embark on a new life living with disability.

We would like to take this opportunity to offer a huge thank you to all our nurses, for their hard work, dedication and their commitment to providing the highest standards of care for every one of our patients and residents.



You're In Good Hands at the RHN

May was Hand Hygiene Month at the RHN, a month long campaign to raise awareness of the importance of hand hygiene in preventing the spread of infection.

Every year millions of patients around the world are affected by healthcare associated infections, most of which are preventable through good hand hygiene. For this reason hand gel dispensers are available throughout the RHN, for both staff and visitors to use, and our nurses and domestic staff were keen to use Hand Hygiene Month to promote their use with a fun and colourful campaign, as you can see from the photo below.

We all know that washing our hands after visiting the bathroom, or during food preparation is good practice. Our hands are easily contaminated through day to day living, with dirt, viruses and bacteria, some of which can cause serious illnesses, such as food poisoning and flu. In a hospital like the RHN, where many of our patients are particularly vulnerable to disease, effective hand hygiene is even more vital to keeping everyone safe.



If you'd like to know more about the best way to wash your hands, the NHS have produced a guide to hand washing which you can view at www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/

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 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. For every purchase you make a small donation will be winging its way to the hospital.

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Better Communication With Patients: An RHN Research Appeal

Accidents and illnesses can happen to anyone, and with an increasing number of people living with severe and complex neuro-disability in the UK, the RHN's research team plays an important role in furthering our understanding of brain injury, and improving standards of care for patients coming to terms with disability.

One of the areas which our research team have chosen to look at is communication.

At the RHN we have a number of patients with communication difficulties, and we use a variety of Augmentative and Alternative Communication (AAC) methods to allow those patients to communicate with their carers, family and friends. These can range from simple letter or picture boards, to a dedicated computer based system. To ensure patients get the most out of their AAC equipment our specialist therapists assess their needs and abilities to find the most suitable solution for them.

'I woke up this morning and the first thing I thought as I started to navigate round the screen was how fantastic the eye gaze technology is. I never take it for granted just how fortunate I am to be able to use it.'

Providing patients with AAC is vital in a hospital setting, if it's their only method of communication. Patients need to have the ability to communicate with the nurses and doctors caring for them.

Patients with a communication disability are three times more likely to suffer an adverse event, such as drug errors, delays in treatment or inappropriate treatments whilst in a hospital setting. Miscommunication and misunderstanding

between patients and healthcare professionals can have serious consequences.

But with a range of AAC options available, making sure everyone involved in patient care knows how to communicate effectively can be a challenge.

'Nowadays I can email, text, watch the telly (and change the channel!), surf the net, answer my phone, and order the food shopping to be delivered all in the same day!'

For this reason, our research team have decided to launch a new study looking at how better to train our nurses and healthcare assistants in AAC, to reduce the time it takes to communicate, ease frustration and minimise the risk of miscommunication.

The research will take place over four years, and will involve not just input from healthcare professionals, but also from our patients, in order to build a better staff training programme for AAC. Effective communication between patients and their carers improves wellbeing and quality of life, which in turn increase life expectancy for patients living with neuro-disability.

'It meant I could talk to my Mum when she was dying.'

You can help our patients enjoy better communication by supporting this new research project with a donation. The RHN Research team are entirely funded by our supporters so anything you can spare will help us find new ways to improve the quality of life for patients with complex disabilities.

TRY AAC FOR YOURSELF

Row A	A	B	C	D		
Row E	E	F	G	H		
Row I	I	J	K	L	M	N
Row O	O	P	Q	R	S	T
Row U	U	V	W	X	Y	Z

Imagine what it would be like if you could no longer speak, if your only method of communication was moving your eyes. If you would like to try AAC for yourself, with a friend or family member, turn to pages 4-5 for our free pull out letter board and how-to guide.

How you can support our Research Team

The work of our research team doesn't just improve the quality of life for patients at the RHN. Through publishing their work and speaking about it at lectures and conferences our researchers help to improve the care of patients with brain injury right across the UK, setting the standard for other care providers to follow.

You can play a role in this exciting project by donating in support of our Research team today. You can do this by donating on our website at www.rhn.org.uk/online-donation or by filling out the donation slip at the back of this newsletter and returning it to us in the pre-paid envelope provided.

Alphabet communication chart



Royal Hospital for
Neuro-disability

Row A	A	B	C	D	
Row E	E	F	G	H	
Row I	I	J	K	L	N
Row O	O	P	Q	R	T
Row U	U	V	W	X	Z



How to use the alphabet chart for communication

1. Read the rows

Row A	A	B	C	D		
Row E	E	F	G	H		
Row I	I	J	K	L	M	N
Row O	O	P	Q	R	S	T
Row U	U	V	W	X	Y	Z

2. Read the columns

For the person who can NOT speak:

1. Show your partner how you'll say 'YES' and how you'll say 'NO'. This might be through raising your eyebrow, looking up, or blinking.
2. Your partner will read the rows: 'Row A, Row E,' and so on. When they get to the row containing the letter you want, you must indicate 'YES' to them.
3. Your partner will then read out loud the letters in that row. When they get to the letter you want, you must indicate 'YES' to them again.

For the person who CAN speak:

1. Ask your partner to show you how they'll say 'YES' and how they'll say 'NO' – this might be an eyebrow raise, looking up, or a blink.
2. Hold the chart where your partner can see it, and have a pen and paper ready so you can keep track of all the letters they're giving you.
3. Point to and read out loud the beginning of each row ('is it row A, row E,' and so on), until they say yes to the row containing the letter they want.
4. Once the row is selected, read along it, starting with the first letter, until they indicate that you've got to the letter they want ('is it E, F, G,' etc).



Chaplain's Corner



RHN Chaplain, Geoff Coyne

This month sees the beginning of autumn and with autumn comes the reminder that not all things are permanent. Spring brought the budding of new life in nature, and summer brought that life to a fullness and richness, and we see that in the profusions of summer flowering. And now many of the flowers die and leaves fall from the trees. The emptier gardens and bare branches remind us that there is an impermanence about much of life and that much around us is of a fleeting nature.

And that is our experience in our own lives – there is change – people we love or respect come and go in our lives for many different reasons, routines change, circumstances change and nothing remains the same.

As I reflect on this I see a positive lesson and it is summed up by a Jewish rabbi and writer who suggests that when we contemplate the changes that come with autumn we grow more appreciative of all the beauties that have surrounded us through the summer.

And that is a good lesson for our lives. Recognising that we live with change and impermanence lets us be appreciative of all that we have in the here and now. Whether that be, to name but a few, a loving family, caring friends, supportive colleagues, a measure of health, strength and mobility, food on the table, music, sports and hobbies, a source of income and so much more. Autumn is a wonderful reminder to appreciate every moment of each day.



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
Graham Phillips*

*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 Brocklehurst
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 House London

Sunday 22 September 11am

Enjoy free access to the former Georgian villa, now known as the Royal Hospital for Neuro-disability.

Your visit will include:

- Guided tour on the hour, every hour from 11am until 3pm
- The buildings history
- Access to a range of our historic archive, including patient intake books dated between 1854- 1970, medical case books and the Chaplain's journals

If you would like to join us, please do let us know by contacting the events team at events@rhn.org.uk or call **020 8780 4560**

Managing Behaviours that Challenge in Brain Injured Individuals: The Positive Behaviour Support Approach.

Thursday 12 September 8.45am – 4.30pm

This one-day course is open to anyone working with individuals with a brain injury who may wish to increase their skills and knowledge of managing behaviours that challenge. It offers a theoretical and practical introduction to the positive behaviour support approach, which has been found to be highly effective and rewarding for those clinicians applying the methods in a range of settings.

Cost: £95

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

Dates for your diary

Summer Stroll

15 September

Join us for our sponsored 5kms walk through Wimbledon Common, starting and finishing at the RHN. Along the route there will be a treasure hunt quiz where you have the chance to win prizes. There is a £10 registration fee, along with a fundraising target of £100 for an individual, £250 for a family, and £500 for a group of six or more. The registration fee includes snacks, drinks and a bag.

Tough Mudder

5 October

Take on the world's best 5kms obstacle and mud run in various locations and dates. You will receive an RHN running vest to rock on the day, and celebrate afterwards with street food and craft cold beer. To sign up, head to the Tough Mudder website, and don't forget to let us know.

Thank you Evening

9 October

As a supporter of the RHN, we would like to invite you to our Thank You Evening where we celebrate you. Whether you have taken on a challenge, donated, or volunteered your time, we want to say a MASSIVE thank you.

Christmas Fair

27 November

Join us in the grand Assembly room, as we kick off the festive season with our Christmas Fair. You will find all your stocking filler needs, festive food and drink, and for the chance to win a prize for the best Christmas jumper, all under one roof!

Christmas Carol Concert

5 December

Start your festive season with an evening of musical performances from some professionals, sing some favourite cheerful carols and indulge in delicious mince pies and mulled wine which are included in the ticket price. It'll be sure to put you in the festive spirit with all the proceeds going towards the Music Therapy service at the RHN. Taking place next door to the RHN at the Holy Trinity Church in Putney, tickets will be on sale from October. Contact events@rhn.org.uk for more information.

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 appeal to support the work of the Research Team.



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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!**