



~ Christmas Fundraising at the RHN ~

On Thursday 5 December 2019, the RHN held its annual Christmas Carol Concert at the Holy Trinity Church in Putney. The evening was a great success, selling over 160 tickets. With the church situated next door to the hospital the event welcomed patients, RHN staff and members of the public for an evening full of musical performances, humorous readings and a whole lot of festive fun and joy.

There was a fantastic range of performers, including the RHN's very own staff choir, who invited the audience to sing along to 'All You Need Is Love', Reed's School from Surrey who share the RHN's founder Andrew Reed, and Alfie Memet who is currently studying songwriting and is passionate about performing for the RHN due to his uncle being a resident at the hospital. We also heard performances from Pitch Purple 2020, The Royal Harmonics and Thames Philharmonic Choir.

We were delighted to be joined by actress Julie Dawn Cole who starred in Willy Wonka and the Chocolate Factory as Veruca Salt, and who recounted a comical reading of The 12 Days of Christmas. Guests were also highly amused by TV star Ron Cook who gave a hilarious version of a Yorkshire Nativity Play.

We also listened to heartfelt readings from Claire Ferguson, CEO of Nelsons – one of our main supporters – as well as as well as RHN Chaplain Geoff Coyne. Guests were treated to complimentary mince pies and mulled wine during the interval. Excitement built when the raffle was announced at the end of the night with prizes such as luxury Nelsons Hampers, handbags, Headmaster cut and blow dry voucher and a handmade Christmas wreath up for grabs.

We are delighted to share with you that the concert raised an amazing £9,500 going towards the RHN's music therapy service. At the RHN, 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, songwriting, 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 supported the concert once again which we thank them greatly for.



We also held our Christmas Fair at the RHN in the grand Assembly Room at the end of November, with over 20 stalls selling Christmas decorations and gifts. Thank you so much to everyone who held their stall at the event and also visited the fair. We opened up the hospital to the public for the day and it was lovely to see the amount of support the RHN received. With mulled wine and mince pies, a Christmas raffle and festive music, the event raised an amazing £1,250. The Merlin School choir joined us on the day and performed Christmas Carols for our patients and the RHN community. We are already looking forward to the next Christmas Fair taking place on Wednesday 2 December, do save the date!



A huge thank you to our very own RHN Choir who not only performed at our Christmas Carol Concert, but went that extra mile by raising an amazing £315 in under two hours by carol singing at Putney Bridge Station. We would also like to thank Thames Philharmonic Choir for supporting the hospital through performing and braving the icy cold evenings busking at East Putney Station this festive season.



Supporting the RHN through your business

Corporate partnerships are crucial to the RHN's work, as the money raised helps directly fund specialist services, and develop advances in care that will make a vital difference to people living with neuro-disabilities. It also builds relationships with businesses and spreads awareness of the RHN's work.

Building a corporate partnership with the RHN benefits companies in many ways:

- ◆ Acknowledged on RHN social media, news and website
- ◆ Branding opportunities including company logo on associated event literature
- ◆ Team corporate social responsibility (CSR) days at the RHN including gardening and painting benefiting patients
- ◆ Use of the RHN's historic Victorian ballrooms and meeting spaces at no charge
- ◆ Company CEO or director opportunity to speak at event they are supporting
- ◆ Complimentary event tickets or table at the RHN Gala Dinner

Nelsons, who are one of the UK's leading and longest established manufacturer of natural healthcare products, are currently an RHN corporate partner. Nelsons sponsors the RHN's Christmas Carol Concert, which is held to raise money for the music therapy service.

By supporting the event Nelsons get complimentary tickets to the evening and the opportunity for CEO Claire Ferguson to give a festive reading. Branding opportunities include acknowledgment on the RHN website, company banner displays at the event venue, and the company logo featured on the promotion and event programme, which also includes a full page Nelsons advert.

We asked Barbara Neate, Head of Corporate Communications at Nelsons, why they chose to support the RHN, and what Nelsons employees get from the partnership.

"Nelsons is firmly committed to inspiring people to lead healthier and happier lives. So supporting the RHN is a natural fit as the work the hospital does has an enormous impact on the quality of patients' lives ensuring they continue to benefit from the much needed specialist therapies and services they offer. Nelsons has always been keen to give back to the community so to have such an association linked so closely to what we stand for is something that we are really delighted to be able to support. For us it's not just about making a financial donation but also an opportunity for our employees to get involved and feel inspired by the fantastic work that the RHN does every day of the year."

As well as event sponsorship, Nelsons have also funded one of the RHN's ambulances, which made over 480 trips in its first year. By donating this generous gift Nelsons were able to include their logo on the sides and back of the ambulance. Ambulances are always in high demand as they are used not only for patient medical appointments, but also to transport patients to leisure activities. Due to the severity of our patients' illnesses, constant medical care is required which is why public transport or your typical vehicle is unfortunately not possible, and is why Nelsons' donation is life changing.



The Aramark team at the RHN Gala Dinner 2019

Every year we raise over £3 million to provide much needed therapies and services to our patients. If you would like your business to support the RHN there are various ways to do so. Nominate the hospital as your company's Charity Of The Year, sponsor a fundraising event, such as our annual Gala Dinner, or field a team for a sporting challenge or volunteering opportunity. **For more information and to discuss the options available please call 020 8780 4565 or email corporate@rhn.org.uk.**

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've signed up, remember to access Amazon via the Smile page, and for every purchase you make a small donation will wing its way to the hospital.



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

An appeal for our Wheelchair Loan Store with Alvin Chundee

The Royal Hospital for Neuro-disability is the oldest independent charity hospital in the UK, caring for over 200 patients at any one time. Of those patients 98% will require a wheelchair during their stay. To meet this demand our Wheelchair and Postural Management Department operate a wheelchair loan service, and aim to assess and provide each patient with a custom seating solution within 48 hours of their admission. It's a challenging but crucial task, as having a suitable wheelchair means patients can access all the other therapies and services the RHN provides. We caught up with Wheelchair and Postural Management Technician, Alvin Chundee, to find out more about his team's role.



Alvin, how did you get involved in building wheelchairs for RHN patients?

I was already working at the RHN in various departments, when a post became free in the Wheelchair and Postural Management Department. I thought the role sounded interesting, so I applied for the post, and was lucky enough to get it. Wheelchair loan equipment became one of the areas that I specialised in, and I've been working in the department for about 15 years now.

Tell us more about your team.

The wheelchair and postural management service is a small team in comparison with some other departments in the hospital. We have six members in our team, and between us we have over 140 years' experience designing and building wheelchairs and other types of postural management devices. These include special seating solutions, such as matrix and carved foam.

How has wheelchair and seating technology changed since you started working at the RHN?

The basic design for a wheelchair has not seen many changes over the years, but the materials used, in both the seating and the frame, are changing, especially with the influx in research funding in those areas. One of those products, which we use frequently at the RHN, is matrix. Matrix is made of a number of plastic and metal parts that combined makes a matrix sheet, this sheet can then be made into a custom seat that matches a patient's unique postural needs.

Sadly though, more sophisticated materials, like matrix, do mean the cost of building and maintaining a wheelchair is quite high. This is always a problem for loan equipment, especially when you have a small budget. We always try to stock the latest products though, and with our expert team, we have the opportunity to tailor these products to fit the needs of our clients.

What would a typical day be like in the Wheelchair and Postural Management Service?

Delivering an in depth loan service for my patients. On average I'm working with 40 patients at a time, across three wards. We provide a continuous assessment process for these patients, in collaboration with our Physiotherapy and Occupational Therapy teams, so that any changes in a patient's posture or mobility requirements is provided for in the design of their chair. Wheelchairs see a significant amount of wear and tear over their life time, so the team are also available to deal with any repairs that need to be made.

What do you find most challenging about your role?

Finding a solution to a patient's complex postural needs can be challenging. Each one of our patients has a unique set of needs,

which we have to accommodate using the loan stock available to us. Fortunately, with so many years of experience in the department, we are able to provide seating solutions for some of the most profoundly disabled adults in the country, and I'm extremely proud of the work we do.

What do you find most rewarding about working at the RHN?

Seeing clients accessing the hospital and broader environment is very rewarding. Thanks to their wheelchair, our patients are able to engage in their rehabilitation, attending sessions in the gym, the art room and the music room. A wheelchair also provides a sense of independence our patients wouldn't otherwise have. They can attend social events like film screenings and gardening groups, and enjoy days out with their family.

How does the Wheelchair Loan Service make a difference to a patient with brain injury?

This service gives each individual the right to access medical devices to aid in managing their posture. Without the loan service, access to the other therapies and services we provide at the RHN would be more difficult. For patients who may have spent many months confined to an intensive care bed before arriving here, their wheelchair can be their first step on the road to recovery. Getting a patient seated for the first time since their brain injury can be a huge psychological boost for them, which is why we endeavour to seat each new patient in their own loan wheelchair within 48 hours of admission. It's a vital part of their stay at the Royal Hospital for Neuro-disability.

The wheelchair loan service is not paid for by the NHS, which means we have to raise £12,000 every year to repair and replace parts, and to make sure the RHN provides the most up to date seating solutions for our patients.

You can help support the work of the Wheelchair and Postural Management Team today by making a donation towards our Wheelchair Loan store.

Your generosity will ensure that every patient arriving at the RHN will get the seating solution they need to start their journey to recovery. For more information on how to donate please see the back page.

A year in the Art Room

Our Occupational Therapy Art Service is based in our beautiful ground floor art room and provides a leisure activity for patients as well as an enjoyable way for them to meet their rehabilitation goals.

Art sessions are on a one-to-one basis in the art room and can improve or maintain physical and cognitive ability. A patient who is referred to Occupational Therapy Art usually begins by choosing an art project that is meaningful to them in some way. By breaking down the steps required to create their project, a patient can work on specific physical movements and cognitive skills. This might include improving upper limb strength by working in clay, or improving attention by focusing on an art activity in a busy group session.

In previous years patients have designed Christmas wrapping paper, created ceramic sculptures for the gardens and built models of the solar system. In 2019 our patients completed a variety of art projects, individually and in groups. Here's a look back at some of their work.

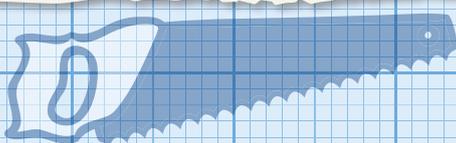
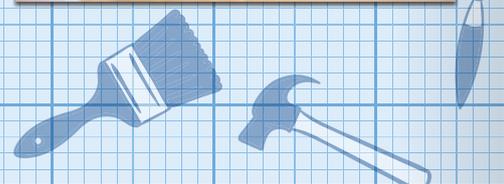
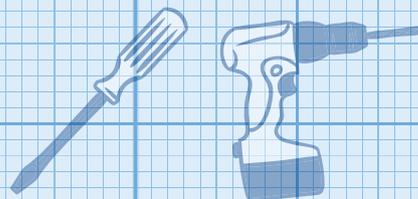


One of the largest group projects undertaken in 2019 was a music video, made in collaboration with the Music Therapy Team and the RHN staff choir. As well as writing the lyrics for the song, patients were involved in the set design for the video, including painting a mural to feature as the film's backdrop.

They also produced several props, including these brightly painted pot plants, and some hand drawn signs to go along with the lyrics.



Last year also saw the launch of the first woodwork class in the art room. Two groups of five patients from across the hospital were given the chance to test their carpentry talents by building and painting these handy caddies. Assistance was provided by the RHN's team of dedicated volunteers, who created the pre-cut shapes for each box. For those patients with families, these caddies have become practical handmade gifts for their loved ones.



The art room is fortunate enough to have its own pottery kiln, and ceramic work is particularly popular with many of our patients. Patients from Devonshire ward were involved in a group project to create ornaments based on sea life, which they were able to model and paint. Individual clay projects also included mosaic work and a collection of brightly coloured decorations for a ceiling mobile.



For many patients their art projects are deeply personal, and designed with a specific loved one in mind. Karen has been a patient on Drapers Ward, one of our rehabilitation wards, since June. Her ceramic trinket boxes were created for her two daughters and have been painted to complement their bedrooms. Her latest project is a decorated egg box for her daughter's 'Hatchimals', a collectible range of egg shaped toys. She's decorating the box with pictures snipped from magazines using a pair of specially adapted scissors.



"I was sad at first when I became ill, but I realised I had to get better. The staff at the RHN are the best people to get better with, and art has been good for my recovery. By doing small tasks in a repetitive way you improve over time, but you have to be patient."

Karen

Every year our supporters donate over £50,000 to provide our patients with access to the art room, keeping it stocked with a wide range of art materials, maintaining the equipment and funding the one-to-one and group sessions that patients like Karen find so rewarding. We couldn't provide this service without your generosity, so from all the patients, staff and volunteers we'd like to say a huge THANK YOU for all your support.



Chaplain's Corner



RHN Chaplain, Geoff Coyne

I came across a quote about spring recently – “The promise of spring’s arrival is enough to get anyone through the bitter winter.”

Winter can be considered a bitter time. It is very cold, there is very little colour in nature, it is dark more hours than it is light. Winter can feel tough to survive. What keeps us going is the knowledge that spring will arrive and so whatever the bleakness and bitterness of winter, spring is on the way with its time of new life and hope.

And the more I ponder on it the more I think it points to a lesson for life. For we all go through those times of “winter”, of bleakness and bitterness in our lives. Whether it is a problem in the family, a period of illness, a bereavement, difficulties at work – to name some. And life can really feel hard and dark.

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, there is a future after the “winter”. This may come because we have a faith perspective but it may come because others get alongside us and support us and encourage us.

And sometimes when we go through the “winter” in our lives we discover the things which matter and the things which do not matter. We discover the meaning of such things as friendship, love, family and faith.



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 Lecture: Music Therapy Case Studies in Neuro-disability

Thursday 23 April 4.30 – 5.30pm

Join our music therapy team who will present several case studies with differing clinical presentations, including patients who have had a brain injury, Huntington's disease and locked in syndrome.

There will be an explanation of methods within music therapy, including neurologic music therapy techniques followed by a Q&A session regarding the clinical material.

Cost: **FREE**

This lecture is free but spaces are limited so please email institute@rhn.org.uk if you wish to attend

In Conversation with RHN Nurses

Thursday 2 July 4.30 – 5.30pm

Facilitated by Clare McGregor, Head of Nursing, RHN

Join us for an informal Q&A session with some of the nursing team 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**

This lecture is free but spaces are limited so please email institute@rhn.org.uk if you wish to attend

Dates for your diary

Winter Walk Saturday 8 February

Take a Winter Walk with us on this sponsored five-mile walk through the leafy woodlands of Wimbledon Common, starting and finishing at the hospital with snacks, drinks and a hot bap. Registration for an individual is £10 with a fundraising target of £100. A family registration is £25 with a target of £300. We hope you will join us.



Brighton Marathon Sunday 19 April

Take on the coastal views of the Brighton seafront and run 26.2 miles. Join Team RHN with a registration fee of £30 and a fundraising target of £500. If running isn't your thing, join us as we cheer on our London Marathon runners at Tower Bridge on Sunday 26 April. Look out for our Team RHN t-shirts, banners and flags.



Gala Dinner Thursday 7 May

Our Gala Dinner has fast become an annual highlight of the year for the hospital, and this year promises to be just as spectacular, taking place in the stunning Royal Automobile Club in Pall Mall, London. Tables seat 10 guests for £1,500 and includes a champagne reception, a three-course dinner, entertainment and a live auction. Sponsorship opportunities are currently available.



Open Garden Square Weekend Sunday 7 June

Make the most of this rare opportunity as we open our gardens to the public, 10.30am – 4pm, with guided tours at 11am, 12pm, 2pm and 3pm. There will also be an archive display of the hospital, including letters from Florence Nightingale, fundraising appeals written by Charles Dickens and historic patient records.



Prudential RideLondon Surrey 100 Sunday 16 August

Cycle 100 miles in support of our patients and residents and take on the world famous Olympic route through London's closed roads. There is a £15 registration fee which includes a charity cycling jersey and a fundraising target of £500. Know someone else who wants to take part? Make the most of our two for £20 sign up offer!



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/rhnuuk facebook.com/rhnuuk instagram.com/rhnuuk

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

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

- £25** will provide padding for a set of wheelchair footplates
- £50** will provide cushioned seating for a standard wheelchair
- £120** will cover all the cost of a wheelchair head support

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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!