



## Community Fundraising Update

In our last edition we highlighted some of the fundraising events held by our community of dedicated staff, volunteers and supporters. Since then, many of you have turned out – sometimes in the freezing cold – to raise money for our patients. Here are a few of the events our community fundraisers have organised so far this year.

### Coombs Ward International Food Festival



Back in February, the staff from Coombs Ward – a specialist nursing ward for patients with Huntington's Disease – organised their own international food festival. With staff representing nearly a dozen countries, the event was truly packed with flavour, and included traditional dishes from the Philippines, Latvia, Bulgaria, Ghana, Uganda and more. The festival was held in the hospital's De Lancey Lowe Room, a popular day room for patients and their families, and was a roaring success, raising over £450 in a single afternoon.

### Annual London Committee Bridge Tournament

At the end of February, the RHN welcomed over 100 bridge players for their annual fundraising event in aid of the hospital. The committee have been supporting the RHN for over 60 years and this year the funds they raised will be directed towards the next phase in our planned ward refurbishments. The event raised an impressive £3,661 in just one afternoon and everyone at the RHN would like to say thank you to all those players who attended.



### Winter Walk



A chilly Saturday morning saw a brave group of 40 staff and supporters take part in our first ever Winter Walk across Wimbledon Common. Events like this not only raise important funds to support the work we do, but also build awareness of the RHN in the local community by getting local residents, schools and community groups involved. Walkers were sponsored to take part and raised an amazing £5,000 to support the various services and therapies we offer to our patients.



# ~ A day with Leisure and Family Services ~

Shawn Fernandes has worked at the Royal Hospital for Neuro-disability for nearly five years, after a member of his family was diagnosed with Huntingdon's Disease and admitted to our specialist nursing home. Impressed by the standard of care his relative received, Shawn decided to apply for a job at the RHN. He's currently the Administrator for the Leisure and Family Services (LaFS) team, having started as a hospital domestic.

We dropped in on Shawn and his team to ask them more about the services they provide.

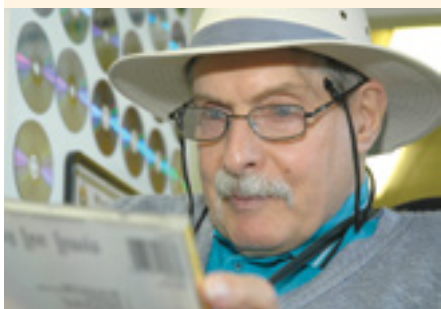
## Can you tell us a little most about what Leisure and Family Services (LaFS) do?

The motto of LaFS is 'Let us put a smile on your face.' We provide a huge range of leisure activities for our patients, from outings and holiday support to swimming, hairdressing and massage therapy. Some of the activities take place in the hospital grounds and some involve taking the patients to an external event, such as a theatre performance. We are fortunate to have a dedicated group of volunteers, nurse escorts and ambulance drivers who make all these activities possible.

LaFS also provides a range of services for patient families, including Legal and Welfare Services (LAWS).

## What is the most rewarding part of your job?

Many of our patients have severe cognitive impairment, so when you get a positive response to engaging them in an activity – a smile, a nod, or a laugh – that is hugely rewarding, as is involving patient families in what we do.



We are hugely grateful for all the positive feedback and suggestions we get.

## What is the most challenging aspect of your job?

Many of the activities we provide are volunteer run or led and we couldn't provide the services and activities we do without their support, so making sure we always have enough volunteers is one



of the biggest challenges we have. Some of our volunteers have been coming to the hospital every week for decades, but we always need

and appreciate new volunteers coming on board. Volunteering roles could involve helping in our art room, running the CD Library or assisting patients who want to attend religious services. Our volunteers also run ward-based activities such as reading to patients or playing board games.

## What are your plans for the future of Leisure and Family Services?

Every week, many of our patients benefit from a visit from one of our Pets as Therapy (PAT) dogs. It's well known and scientifically proven that interaction with a gentle, friendly pet has significant health benefits. We've also had great success with other one-off events involving



therapy animals and would love to offer our patients more interaction with animals on a regular basis.

Because travelling to concerts and external events can be challenging for some of our patients, being able to organise more live performances at the hospital is also a priority. We have spaces for live concerts, performing arts and lectures, and we would love to make use of these more regularly.

We are also open to other suggestions from professionals in fields like photography who are used to working with disability groups, and who could provide workshops and activities for our patients. Any help local businesses can give us – for example, for items like gardening materials – would also be hugely appreciated, as every activity we provide is funded by donations.

## 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](https://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.

**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!

# LAFS in the Garden

**Gardens are great for sensory stimulation, and one of the most popular activities our LaFS team run is the patient gardening group. Our patients and residents, with the support of a dedicated group of volunteers, have made our beautiful gardens accessible and full of colour all year round.**



There are two gardening groups at the RHN, each meeting once a week. In total nine patients take part, representing Chatsworth, Cathcart and Evitt wards. They are assisted in group and individual activities by ten volunteers and sessions can focus on small activities like planting seeds and bulbs, to tending and harvesting vegetables and season-specific activities such as making Christmas wreaths. Patients also grow indoor plants which they can then sell at our annual Founder's Day celebration.



## Appeal for Leisure and Family Services

The patient gardening group is one of a number of activities provided by our Leisure and Family Services (LAFS) team. The range of activities and services they provide contribute hugely to the sense of community at the RHN. That's why we raise over £220,000 every year to ensure that we can continue to offer a full range of activities, services and entertainment to our patients and their families.

You can also play a role in this vital service by donating in support of our Leisure and Family Services team today. You can do this by donating on our website at [www.rhn.org.uk/online-donation](http://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.

Thank you



For patients whose mobility has become restricted through injury or disease, getting out in to the garden is hugely important and our patient gardening group is always keen to meet, even in bad weather. It gives them the opportunity to enjoy fresh air, physical activity and time to socialise with volunteers and friends from other wards. Gardening offers a substantial improvement to the quality of life for disabled patients and residents, who find the opportunity to grow their own produce and flowers hugely rewarding.

# The RHN Goes Green!

The RHN has been part of the local community for over 160 years. As an organisation we are committed to being a good neighbour to those residents and businesses in our area. We also recognise that, along with everyone else, we have a responsibility to reduce the impact we have on the environment by reducing the amount of non-renewable resources we consume.

The past two years have seen a number of schemes and projects introduced at the RHN to help the organisation, our staff and patients do their bit for the environment. From second-hand clothing sales to solar panels, not only is the RHN going green, we're cutting our costs and raising money for our patients too. You can check out some of the projects we've introduced so far below.



## Plastic and Paper Recycling

The recycling of waste paper and cardboard has been part of RHN life for many years, but 2019 has seen the scheme expanded to include waste plastic and metal too. The hospital's dedicated Facilities team now collect a range of recyclable waste products from wards and offices across the RHN site, substantially reducing the amount of waste we send to landfill. We have also sought to promote sustainability through our relationships with our business partners. Visitors to the RHN's restaurant, Reed's, will have noticed that plastic cutlery, drinking cups and straws have all been phased out. The installation of new water fountains and the promotion of reusable water bottles have also proven to be popular ways for staff to save money and reduce the amount of plastic waste they produce.



## Solar Panels



Two years ago the RHN made the switch to a new energy supplier, which so far has resulted in a cost saving of £21,000 on our energy bills, but this year we've gone even further. February saw the installation of the first solar panels on the RHN site. These panels will be providing power to Chatsworth, Wolfson and Wellesley wards, reducing the amount of energy the hospital consumes from the National Grid. Not only will this help reduce the hospital's carbon footprint, by providing a source of renewable energy, but it is also expected to increase our energy savings by a further £6,500 per year.

## Electronic Patients Records

Electronic patient records (EPRs) have been around in one form or another since the birth of modern computing in the 1960s, but while many other industries and public sectors embraced electronic record keeping many years ago the health service has not been as quick to embrace change. The RHN's IT department are passionate about changing that situation and since 2017 all pre-admission records for our patients have been processed electronically. This has been a resounding success and we are now in the process of rolling out electronic record keeping to other aspects of patient care.

Whilst the primary goal of EPRs is to make healthcare safer and more efficient, a secondary benefit to the hospital has been a reduction in the amount of paper we consume. Switching some monthly reports from a paper to an electronic format in 2018 has so far saved the hospital £6,000 per year in print costs and reduced our paper consumption considerably. With the World Wildlife Fund estimating we use one million tonnes of paper around the world every day, the RHN is proud to be doing what we can to reduce that figure.



## Wheelchair Recycling



Our Seating and Postural Management team build over 150 patient wheelchairs every year and maintain a store of parts from wheels to frames, head rests and

foot plates. While some of the materials they use, such as the foam for the seating, can't be re-used for hygiene reasons, some parts can be recycled and the team endeavour to reuse as much as they can. In partnership with other charities, we have also been able to refurbish some of our patient-propelled chairs for donation to patients in countries where access to mobility equipment is expensive.



## Pre-loved Sales

The modern take on the jumble sale has proven hugely popular with staff, patients and visitors. Each sale provides supporters with the chance to reduce the amount of waste they produce by selling their second hand items to raise money for the RHN. From pre-loved clothing to unwanted Christmas gifts, these sales are a great way to do something positive for the environment, while supporting our patients at the same time. And they don't have to be held at the RHN. Any organisation, such as a school, community group or church can support the RHN with a pre-loved sale of their own. Just contact [events@rhn.org.uk](mailto:events@rhn.org.uk) if you would like to get involved.



# Chaplain's Corner



RHN Chaplain, Geoff Coyne

George Gershwin famously wrote "Summertime and the livin' is easy." These words open his opera Porgy and Bess and were written in the 1930s. They come out of a different age when people slowed down their way of life in the summer or took longer holidays. And certainly for the holiday period communication with the rest of the normal world simply came to a stop.

That kind of life has long since disappeared in our culture and society. The pace of our life has sped up and the phrase that now so easily trips off our tongue is '24/7'. This speaks of the busyness of our lives – not just at work, but for the whole of our day and the whole of our week. Added to that, communication is instant and we now have access to more information in seconds than our ancestors could ever accumulate in the course of their entire lives. And as the pace of life has increased and so have our stress levels.

Most of us would not want to undo all the achievements of technology and modern culture. But most of us need to at least try from time to time to step back from all the frenzy that it brings and slow down and make the effort to regain a sense of perspective on life. Moments of quiet, reflection, and peace can be both restoring and transforming.

Summertime is here and it can be an occasion to take time out to reflect – not just on what we do, but on who we are and who we have in our lives. While the world around us tries to put the emphasis on summer as a time of recreation, adventure, and busyness, we must try to make it, in part, a time of slowing down and reflecting and re-discovering.



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

# Upcoming lectures and courses

## 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](mailto:institute@rhn.org.uk) if you wish to attend.**

## Open Garden Squares Weekend

Saturday 8 June and Sunday 9 June from 11am

This is a rare opportunity to have a tour around our beautiful grounds, see some of our specialist gardens for disabled people and visit otherwise closed gardens in the area.

There will be tours on the hour from 11am until 3pm, starting at the main gate.

Our site is completely accessible for wheelchair users. There will also be tea and cakes for sale, and a free goody bag for every visitor.

**Please go to [www.opensquares.org](http://www.opensquares.org) for more information and to buy your ticket.**

# Dates for your diary

## Tri - Hard

Wednesday 12 June

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 of three, 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 fundraisers with pride knowing you have helped 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.

## Chelsea Chamber Choir

Sunday 30 June

Join the Chelsea Chamber Choir at Christ Church Chelsea for an evening of sacred and profane music. Conducted by Oliver Lallemand and featuring the music of William Cornysh and Christopher Tye, the concert will begin at 5pm and includes a one hour interval for refreshments. All money raised on the night will be donated to the Royal Hospital for Neuro-disability.

## Peak District Challenge

13-14 July

Join 3,000 other trekkers taking part in this new event through the Peak District, where there will be a 'Base Camp' hub set up in idyllic Bakewell, which will include a full range of camping options, car parking, and extensive hospitality and welfare services across the weekend – so get involved as an individual or as a team.

This event is supported with rest stops, trek masters, food, drink and first aid along the route, finishing with a medal, t-shirt and a glass of fizz to celebrate! You can sign up to do a quarter, half or full challenge. Please contact our events team for more details.

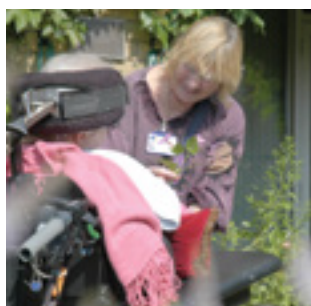
## Prudential Ride London-Surrey 100

Sunday 4 August

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 £15 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.

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**.

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

The Royal Hospital for Neuro-disability's Leisure and Family Services appeal.

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

**£20** will provide books and newspapers for ward-based reading sessions

**£30** will support the patient gardening group with seeds and tools

**£50** will help maintain family accommodation for relatives visiting from overseas

*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/online-donation/](http://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!**