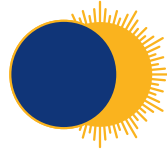


RHN Supporter NEWS



Royal Hospital for Neuro-disability

Registered Charity No. 205907

NEWS FOR SUPPORTERS OF THE ROYAL HOSPITAL FOR NEURO-DISABILITY

WINTER 2022



Art Room Appeal

– with Ruks



Ruks was living in south London and working as a support worker for people recovering from strokes when she suffered a devastating stroke herself. She's only 34 years old.

When she arrived at the RHN for rehabilitation she was completely unable to move or speak and we provided her with a special eye gaze computer that allows her to communicate with her carers and therapists by blinking at a computer screen.



An intensive programme of physiotherapy and occupational therapy was created for Ruks and during her sessions in the hospital's art room she decided to fulfil a lifelong ambition to design her own shoes.

With help from Occupational Therapy Art Assistant, Krystyna, Ruks is decorating a pair of white Crocs in a ripple design of rainbow colours, using a combination of paints and marker pens. Her project has become so popular that Ruks now has commissions to decorate two more pairs of shoes.

Thanks to her programme of rehabilitation and the dedication and enthusiasm of her team of therapists, Ruks has been able to regain some movement in both her wrists. Her pride in her shoe design project is obvious and the interest in it has been a real boost to her self-esteem.

Ruks will continue with her therapy in the art room, along with many other patients, whose work you can glimpse below, and that's all thanks to the generosity of our supporters.

The RHN's art room is entirely funded by donation and provides therapeutic and recreational art sessions on a one to one and group basis for any patients who want to take part. Projects can range from painting and drawing to model making, fabric printing and ceramic work. Patients create pieces for their own enjoyment, or as gifts to give to friends and family.

If you would like to support our patients with a donation to the art room, please visit www.rhn.org.uk/online-donation Or call 020 8780 4568

Thank you for all your support!



RHN Art Room Retrospective 2022.

The Art Room at The Royal Hospital for Neuro-disability is a beautiful, calm space where patients can spend time away from the clinical environment, making new friends and enjoying themselves, whilst at the same time working towards their therapy goals.

Sessions in the art room run throughout the week. They can be one to one, between a single patient and therapist, or recreational group sessions. Patients might have years of artistic experience, or none at all, but often the projects they create are deeply meaningful to them, or fulfil a lifelong ambition to learn a particular technique.

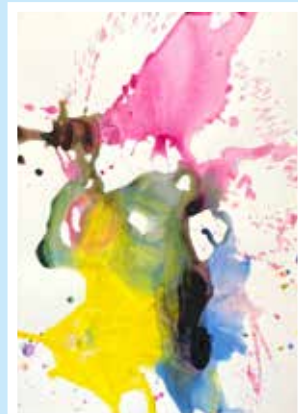
Here are some of the projects our patients have created over the last year.



Water jug by Abdulaziz

Abdulaziz is 32 years old with Motor Neurone Disease. He decided to combine buff clay with terracotta to make the gorgeous natural effect of this jug. It was hand-coiled with hand-over-hand support from Art Room Technician, Briar. It took nine weeks to complete.

Water balloon triptych by Wendy



Wendy is a patient in our Brain Injury Service and is currently staying on Drapers Ward. On the hottest day of the year the art room was open for a group session but only Wendy braved the heat. Art Room Technician, Briar mounted cartridge paper onto boards and put pins through the paper. Wendy created a triptych of images by throwing paint filled balloons at the pins. Each balloon was colour matched to the paint inside. Messy but fun!

Van Gogh study by Antonia

Antonia is 31 years old and has been a resident at the RHN for just over two years. As a result of CNS Neuro-Inflammatory Syndrome she receives full-time care on Hunter Ward, which is part of our specialist nursing home. Antonia loves taking part in activities around the hospital and is currently attending recreational art sessions in the art room, where she is producing an incredible study of Van Gogh's Starry Night.



The RHN Staff Choir enjoys a summer of success

The RHN Staff Choir braved the summer heatwave this year to entertain commuters and raise money for the RHN. Throughout August they performed at local railway and tube stations, raising £600 for the benefit of our patients and residents.

They plan to put on more performances during the festive season too, so if you live or work in South London, please keep an eye out for them.



The RHN joins The Queen's Green Canopy

This year the RHN is taking part in 'The Queen's Green Canopy' (QGC) - a tree planting initiative marking Her Majesty's Platinum Jubilee in 2022. We invite you to plant a tree at the RHN in memory of a loved one, or in celebration of the birth of a new one.

We have a limited number of trees saplings available, which have been kindly donated by the Woodland Trust. The planting sessions will begin in November 2022 and you will be welcome to bring family and friends to attend a special planting ceremony.

We request a small annual donation to contribute to their maintenance and you will be able to plot their location on the QGC interactive map.

Visit www.queensgreencanopy.org to find out more about the project.

To reserve a tree contact Isabel Barrett at ibarrett@rhn.org.uk or 020 8780 4557.



Foam trial gives patients a taste of normality



What taste would you miss if you could never have it again? For many of our patients, life after brain injury means life without the taste of their favourite food and drink due to how unwell it makes them. But now, a trial of a new system, which turns drinks into flavoured foam, has allowed some patients to experience a sense of taste once again.

Patients with severe dysphagia (difficulty swallowing) have nutrition and hydration given to them via a tube directly into their stomach. They may also have to take medication that reduces the amount of saliva they produce as even this could present a hazard to the lungs when it isn't swallowed. While their bodies are well nourished and hydrated, the lack of tastes and mealtime engagement can have a big impact on their quality of life. Eating and drinking are vital forms of human social interaction and personal enjoyment. They also allow us to express choice and the personal preferences which form part of our character.

For these reasons, our Speech and Language Therapy team have been trialling a new technology which allows patients with severe dysphagia to experience taste again with very minimal risk. Fourteen RHN patients took part in the trial, which involved adding a soya based powder to a variety of drinks and aerating it with a small air pump, to produce a foam. The foam could then be placed on the patient's tongue, allowing them to experience the flavour of the original drink.

"It gives me hope that I might be able to drink again in the future."

In fact, nine of the original fourteen patients have continued with the flavoured foams as part of their daily routine, including one patient who is now able to enjoy the sensations of an evening out in the pub with friends.

"I'm really happy when I taste. It gives me flavours I had forgotten."

For these patients, flavoured foam has played a part in enhancing their quality of life and expanding their social horizons. Our Speech and Language Therapy team hope to carry out further research into the potential uses for this technology, including whether or not it can help patients recover some of their ability to swallow, and whether flavoured foams can be created safely from other ingredients, such as soup.



The average time the trial participants had spent as nil by mouth patients was one year and seven months, so for several of them the experience of flavour for the first time after so long was profound.



Zoe, Erin & Taryn, members of the RHN Speech and Language Therapy Team.

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.

amazonsmile

Already love Amazon? How about using **AmazonSmile!** The same great Amazon you love but with .05% of the profits being automatically donated to 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
David Richard Perry
Diana Merrick
Edith Kitty Roper
Eileen Dorothy Barrett
Eileen McKay
France-Raoul Chateau
Gabrielle Orchard
Ghulam Sarwar
Graham Boiling*

*Graham Phillips
Henry John Old
Hugh Munro
James Pirie
Jean Ann Stowe
Jonathan Panaguiton
Kamaljit Toor
Lesley Jean Hyams
Lucy Jane Denniston
Margaret Deller
Mark Goodfellow
Marvin Couson
Maud Riley
Maureen Lesley O'Brien
Megan Paton
Megan Walters
Michael Brocklehurst
Michael Lindsay
Neale Gordon-Wilson
Omar Hayat Shaikh*

*Patricia Burston
Paul Loft
Peggy Stannard
Peter Gow
Peter John Davies
Peter Newton
Roger Smith
Rosemary Ann Shurrock
Sean Hamilton
Shirley Gill
Sirima Suansiri
Stephen John Mitchell
Stuart - Copping
Taranjit Kaur Chadha
Ted & Gladys Black
Tom McClure
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 at ibarrett@rhn.org.uk

- Dates for your Diary -

Let it Snow for the RHN - 17 November

Shining snowflakes will be lighting up the RHN once more this Christmas. We need your help to spread cheer to our patients. Donate or sponsor a snowflake to support our much needed Leisure and Family Services for patients who depend on others for daily leisure.

Christmas Fair - 3 December

With over 25 stalls, find all your Christmas gifts at the RHN 11am-4pm. Enjoy delicious mulled wine and mince pies whilst you shop. Free entry and parking.

Christmas Carol Concert - 7 December

Join us for our most popular event of the year full of entertainment putting you in the festive spirit. Enjoy free mulled wine and mince pies whilst raising money for the RHN's Music Therapy service. Tickets now on sale.

Top Corporate Supporters of the Year

Companies who donate, sponsor events or fundraise £5,000+ over a year will be positioned on our supporters' plaque within the main reception. Benefits also include recognition on RHN social media, website, onsite e-screens and newsletter.

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**.



Please click [here](#) if you'd like to support The Royal Hospital for Neuro-disability's Art Room Appeal.

I'm sending my gift of:

- £20** will provide a box of cartridge paper for patients wishing to paint and draw
- £50** will provide the materials and equipment for a patient wishing to create a ceramics project
- £100** will pay for a patient to have a one to one session with a therapist in the art room.
- £** _____ my preferred amount today.

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!



Royal Hospital for Neuro-disability



Thank you for your support!

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.

You can change the way we contact you or stop our communication to you by calling **020 8780 4568** or emailing fundraising@rhn.org.uk

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.