



RHN Supporter



Royal Hospital for
Neuro-disability

Registered Charity No. 205907

NEWS



NEWS FOR SUPPORTERS OF THE ROYAL HOSPITAL FOR NEURO-DISABILITY

SPRING 2023



RHN Volunteers Programme Thrives After COVID-19



During the COVID-19 lockdowns many of our volunteers were unable to visit the RHN, and the activities and companionship they offered to our patients and residents were not available. Now that the pandemic restrictions have eased our volunteering programme has gone from strength to strength. We spoke to Volunteer Coordinator, Emma Cartwright to find out more.

How long have you been the volunteer coordinator at the RHN?

I started in September 2019, only six months before the first lockdown. My goal was to increase the number of volunteers the RHN had, and in those six months we went from 53 volunteers to 92, but with the first lockdown in March 2020 a lot of the activities those volunteers were taking part in were paused and access to the hospital was restricted.

What impact did the COVID-19 pandemic have on the volunteer programme?

Despite the restrictions, there were areas in which our volunteers could help. For instance, public transport restrictions meant some of our nurses and other ward staff were struggling to get home from work, so we set up a minibus service to take staff to the local train station. That was supported by eight fantastic volunteers. We had another two volunteers who assisted with our PPE logistics and some volunteers were also able to help remotely with the RHN's Archive project.

How well have volunteer numbers recovered since the lockdown restrictions were eased?

We now have 128 active volunteers, including 12 students from the local ARK Academy and undergraduates from a number of universities. As well as young adult volunteers, people also choose to volunteer when they retire. They get involved in patient activities, such as art, patient gardening, sport and live music events as well as other roles, such as helping with fundraising and manning our reception desk over Christmas.

Our volunteer programme forms part of the RHN's Leisure and Family Services (LaFS) team, which is entirely funded by voluntary donations. Those donations provide all the equipment and materials used in volunteer run activities as well as covering the costs of film screenings, live entertainment, day trips and our very popular patient hair salon. **If you would like to support all the activities LaFS provide please donate to our LaFS appeal today. Details of how to do so are on the address slip that came with this newsletter.**

The RHN celebrates the end of its National Lottery Heritage Fund project

In Autumn 2022, our significant heritage project drew to a close. The project consisted of a grant of £69,700 from The National Lottery Heritage Fund to create a public engagement programme for a new disability history archive to promote the study and understanding of the unique role that the RHN has played in the care and treatment of people with chronic disabilities. The grant began in December 2019 and was extended to October 2022 because many activities had to be cancelled and some of the project aims had to be re-designed due to Covid-19.

Despite the unavoidable setbacks, the project was a resounding success as it has provided first-time access to the historical records of the RHN through an intensive schedule of conservation, cataloguing, digitisation and outreach events. With records dating back to the hospital's inception in 1854, and with such notable contributors as Florence Nightingale and Charles Dickens, our new archive service will ensure that our collections are protected, maintained, and publicly available.

There were many achievements, and these are just a few of the highlights of the project:

- Uploading over 16,000 entries on our new archive catalogue
- Digitising over 2,000 individual items
- Professionally conserving almost 50 bound volumes
- Recording over 50 oral history interviews
- Holding 7 historical talks and 5 heritage open days
- Welcoming approximately 500 visitors to our outdoor exhibition

The RHN is exceptionally grateful to the National Lottery Heritage Fund for the very generous grant and for making our new archive service a reality. We would like to thank the 14 project volunteers who kindly offered their time, skills and insight. We would also like to acknowledge all the other organisations and individuals who have supported the project through to its successful conclusion.



One of the panels from the outdoor exhibition



The RHN archive collections before and after conservation, repackaging and cataloguing work



Celebrating Christmas at the RHN



Christmas Carol Concert

On Wednesday 7th December 2022, the RHN held its magical Christmas Carol Concert for the first time since the start of the pandemic. The evening was a great success, welcoming over 200 guests including RHN patients, staff and members of the public.

There was a fantastic range of performers including the RHN's very own Staff Choir. For one of their songs, RHN Speech and Language Therapist Sophie invited the audience to join her as she used sign language to 'White Christmas'.

We were also lucky enough to hear Christmas performances from Ark Putney Academy, Wimbledon Music Hub A Cappella and String Ensemble, Andrew Forbes Lane, Thames Philharmonic Choir, The Royal Harmonics and Hotham Community Choir.

Guests were treated to complimentary mince pies and mulled wine during the interval and excitement built as the raffle was announced at the end of the night.

We are delighted to share with you that the concert raised an amazing £8,010 for the RHN's 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.

Thank you to everyone who attended and to Healthcare and Locum Recruitment for sponsoring this event.



Let it Snow

Large luminous snowflakes and twinkling stars transformed the hospital into a magical winter wonderland over the festive period.

This was our second year of the display to help raise awareness and vital funds for our charity's much-needed Leisure and Family Services, which provides a rich programme of recreational and social activities for people cared for at the hospital.

Most long-term patients at the RHN are wheelchair bound and dependent on others for daily needs. Without organised, specially adapted leisure provision, many find it difficult to participate in activities they enjoy and to discover new interests.

Raising money through our 'Let it Snow' campaign helps our charity fund its Leisure and Family Services as well as patient outings.

We are still accepting donations towards this life enhancing service. If you can, please show your support by scanning the QR code.



Thank you to everyone who has donated so far and to our Snowflake Sponsors Allcool, Bespoke Detection Services, Floyd Slaski Architects, Green Financial, JF Jones Construction and Totality Services.

Please contact events@rhn.org.uk for more information or visit our website.



Christmas Fair

Christmas decorations, gifts and games were just some of the goodies being sold at the annual RHN Christmas Fair on Saturday 3rd December. With over 20 different stalls, the RHN's grand Assembly Room was buzzing with Christmas shoppers and joy. With mulled wine, mince pies, a Christmas raffle and festive music, the event raised over £1,000 for our medical charity. Do keep an eye out on our website for next year's date!

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.

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Meet RHN Patient, Oz!

Oz has been a resident at the RHN for fourteen months now and has been working with our Occupational Therapy Team to record his life story as a youth worker in London. A short excerpt of his work so far is below.

I am resident at the RHN. My name is Oz Khan, and I have spent a lifetime in play work and youth work. Leaving school with no qualification, I made my name in sport and youth work, by playing sports with children. I was play leader in Vauxhall Park for 3 years from 1976 - 1979. Then I started working as sessional youth worker with Phipps Bridge in Mitcham.

I had my two daughters, Carly and Jody in 1979 & 1982 and became a full-time parent. My girlfriend was a qualified Nursery Nurse. We were two young parents with little money, living on council estates. We had no money for disposable nappies so we were washing, bathing and cleaning every morning and night. Both of us were involved in all the child care. I played and made Carly the greatest sports girl, while Jody learnt to, roller skate, cycle, swim and skip by the time they were 5 years old.

I had to wait until I was 26 years old to apply to Universities and went to the Polytechnic Of North London on a 4 year Double Degree Course in Applied Social Sciences and Certificate Qualification in Social Work (CQSW). After that I worked on full-time projects in Wandsworth for 30 years.

I was the greatest face to face youth worker and I created my own scheme in Asian youth projects which gave me the space to mount a challenge to everyone in power. And I took my own project assistance to the Youth Service and as the Chair Of Merton Anti-racist Group. The 24 page project document I created was adopted by Open University as a reader.



I was diagnosed with Huntington's Disease and since June 2022 I have lived at the Royal Hospital for Neuro-disability. This has been the toughest challenge of my life as it means I can no longer do the things I loved most.

In Youth Work and play work we went for a couple of pints after work. I enjoyed that and music videos which were always on in Youth Work sessions and at play scheme. I was very active and involved in making certain that all the children did a variety of sports. I taught football, table tennis, badminton, squash and running.

This is what I have been absent from. I realise that those days have gone. For an active person like me, life now is filled with difficulties, but there are things that I still love doing such as watching music videos, and I can still enjoy watching sport on TV. I do get to have a glass of lager every night and listen to the radio. I would really like to work on my writing in the evenings too.

How your company could support patients like Oz

Oz would like to start his own blog, but really needs access to a computer in his room, so that he can write in the evenings, when the hospital's computer room is closed.

If your organisation would like to support Oz and other patients like him with a donation of laptops please email our fundraising team fundraising@rhn.org.uk

** Fundraising update **

In our last newsletter we featured a retrospective of patient art work from 2022 and asked you to support the work of our patient art room. Thanks to your generosity we were able to raise **£11,694** to pay for the art materials and equipment our patients and residents use every day, including during our Christmas decoration workshops, run by Art Room Technicians, Krystyna (L) and Briar (R), with assistance from LaFS Activities Coordinator, Suzy (Centre).



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 -

Party for Putney - 21 April 2023

Join us at the RHN for a cabaret evening with stars of opera and West End shows! Support and celebrate with us at this fabulous evening with an incredible line up of music, entertainment, food and wine. All proceeds from the evening will be donated to the RHN.

London Marathon - 23 April 2023

Join team RHN and run 26.2 miles in the world famous London Marathon. Take one of our charity spots and help make a difference to those living with life changing brain injuries. Registration deadline Tuesday 7 March 2023.

RideLondon-Essex 100 - 28 May 2023

RideLondon is a unique opportunity to ride 100 miles on traffic-free roads through the heart of London and neighbouring counties. Registration deadline Thursday 27 April 2023.

Lake District Challenge - 10 & 11 June

Enjoy some of England's finest countryside at your own pace. Choose from a 100km, 50km, 25km or 10km loop. On the route discover the scenic nature reserves, lakes, forests, hills & fells, Ambleside and other stunning views.

Thames Bridges Trek - 9 September

Join our RHN Team as we venture 25km across the Capital taking in unrivalled views of the skyline from its best vantage points. Setting out from Putney Bridge, it's East towards the City, zig-zagging over 16 historic bridges. 25km later, it's a finish line celebration in Southwark past the majestic Tower Bridge.

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 Leisure and Family Services Appeal.



Royal Hospital for Neuro-disability

I'm sending my gift of:

- £20** could purchase gardening tools and equipment for patient gardening groups.
- £50** could support the running of the patient hair salon.
- £100** could support the provision of disability sports and games equipment.
- £** _____ 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!



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.