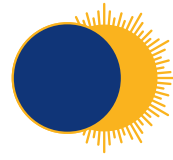




RHN **Supporter** NEWS



Royal Hospital for
Neuro-disability

Registered Charity No. 205907

NEWS FOR SUPPORTERS OF THE ROYAL HOSPITAL FOR NEURO-DISABILITY

SUMMER 2023



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RHN patients take over reception

The Royal Hospital for Neuro-disability is always open to welcoming volunteers, and our patients and residents are no exception.



A recent project introduced by speech and language therapists and occupational therapists as part of a pilot scheme encourages patients and residents to interact with staff and visitors outside of a clinical setting. With support from the RHN's Allied Health Professionals (AHPs), including speech and language therapists and occupational therapists, patients and residents are given the opportunity to work at the hospital's reception desk.

The experience gives patients the chance to practice their communication as part of their rehabilitation, rebuilding confidence and skills that may have been impacted following brain injury. Many of the ways patients receive therapy involves applying what they have been working on in non-clinical settings with people outside of their care team.

Recently admitted Drapers Ward patient, Gary, spent an hour at reception greeting visitors and staff, helping them with sign in and pointing them towards sanitising stations. He was also able to take in and return keys from relatives staying in visitor's accommodation, with a little help from his supporting therapist. Gary's communication passport was also on the desk in front of him to help himself and others achieve the most effective communication.

Every patient and resident at the RHN has their own individual communication passport, summarising how they are best able to communicate. Many patients and residents at the RHN are non-verbal or have difficulties with speaking, meaning that many use some form of Augmentative and Alternative Communication (AAC) to assist them in communicating their needs with staff and conversing with family and friends.

"I aspire to be like Teresa and Trudi"

Gary is not the first patient to take on a role at reception. Teresa and Trudi are both former patients at the RHN. Following their discharge, both women began volunteering at the hospital, eventually joining the RHN's reception team as members of staff.

Many more patients and residents are lined up to have weekly experience working on reception as part of the pilot scheme, with the hopes that it will further assist them in their rehabilitation journey, build their confidence and allow them to practice their communication in a real-life setting.

Having made remarkable progress in regaining his speech and cognitive memory following his injury, Gary is hopeful that he will be able to follow in the footsteps of Teresa and Trudi, be discharged from hospital and return to Stamford Bridge to watch his beloved football team, Chelsea FC.



Can you support one of our patients to be as active as possible?

Last summer we asked for your help to purchase the slings our patients need to get in and out of bed.

Every patient who is admitted to the RHN for a programme of rehabilitation is assessed by our multi-disciplinary team of therapists and clinicians in order to make the most of their recovery, and one of our main priorities is to get every patient out of bed and mobile as soon as possible, maximising their access to services like Music Therapy, Physiotherapy and Occupational Therapy.

To get a patient in and out of bed, every ward at the RHN uses a system of hoists and slings. The hoists can be mobile, or mounted to a ceiling track, like the one pictured, and every sling is individual to the patient, allowing our nurses and health care assistants to find the best one for the patient's weight and body size.

As you can imagine, with over 200 patients being lifted in and out of bed at least twice a day, the slings see a lot of wear and tear. Although they are made of reinforced fabric we do need to replace them regularly.

Each one costs between £120 for a basic sling and £160 for one that provides extra support to the patient's neck and head. Every patient has two slings, in case one gets damaged or soiled.

To make sure we have enough slings in stock we launched a £30,000 mobility appeal last year to ensure all our patients can be assisted in and out of bed safely.

So far your donations have helped raise £14,600 towards that target, but we are now running out of funds to purchase more slings and desperately need your help to finish raising the final amount.

A sling is such a simple piece of equipment, but it plays a fundamental role in every patient's recovery from brain injury, and in their future life too, as they adapt to living with their disability.

You can support every one of our patients, with a donation to our mobility appeal today. Just fill out the donation form on the back of the address label, enclosed with this newsletter, and return it in the pre-paid envelope provided.

Alternatively, you can donate online at www.rhn.org.uk/online-donation/

Thank you for all your support!



The Queen's Green Canopy at the RHN



The Queen's Green Canopy (QGC) is a nationwide tree planting initiative created to mark the Platinum Jubilee. Fifteen trees, consisting of Rowen, Hazel and Crab Apples, were planted at the RHN by staff, patients and families in honour of our late patron Her Majesty Queen Elizabeth II as well as in celebration of new beginnings and in memory of those we have lost.

Grace Wood (below, right) tells us why she and her family chose to plant a tree.



“Our children were very young at the time their dad (Liam) was admitted to the RHN. It was tricky to get them into the habit of having to come to a special place to see him - there was a lot of coaxing involved!

Any progress with Liam's brain injury is very slow, but there are small gains every now and then, which means that there is scope for more interaction and interesting activities with the children, so, when I heard about the tree project I requested to be involved straight away.

Sustainability is at the forefront of conversation all the time, especially in school where the boys have been planting bulbs in the garden. Planting this tree together has helped us open up the conversation with their dad and show him what they have been doing at school. Watching our tree grow alongside the boys will be a really wholesome experience for us as a family.”

Ann Page (right, centre) was an RHN Patient Representative and mother to long term resident Simon Page, who sadly died in 2020. Ann tells us why she chose to plant a tree in memory of Simon.

“Simon loved the countryside, all animals and forests. He enjoyed spending time in the gardens at RHN and also appreciated visits to places such as Richmond Park, Barnes Wetland Centre and Wisley Gardens. He was a resident at the RHN for 31 years and his sister Sara and I felt that planting a tree which could be enjoyed by residents and staff in the future would be a fitting memorial and would have had Simon's full approval.”

All QGC trees have been plotted on the QGC interactive map at www.queensgreencanopy.org. We thank all those who took part in this lovely project!



The Hygiene Bank Donates to the RHN



Back in February the RHN's fundraising team were contacted by volunteers from the Wimbledon branch of the Hygiene Bank, who wanted to arrange a donation of toiletries to those patients who have no friends or family outside the hospital who can provide items for them.

The Hygiene Bank is a grassroots, people-powered charity and social movement which seeks to alleviate the psychological and social impacts of hygiene poverty. Volunteers from the Wimbledon branch had heard about our fundraising campaign to provide toiletry items and clothing to patients who arrive at the RHN with nothing, and offered us over 55kgs of toiletry items, including shower gels, toothpaste, shampoos and body lotions, all packed in to individual sets for men and women. All the items in the sets are donated by members of the community at designated Hygiene Bank drop off points.



"The bare essentials like a toothbrush, deodorant, shampoo and body wash help a patient feel more like the person they were before their brain injury. It is disheartening to see that some patients don't have anything, because their families live too far away to visit, or they have no family."

-Laura, RHN Matron.

RHN ward managers nominated the patients most in need of their own toiletry items, including patients whose only family live overseas and residents with no family at all. Sets were then dropped off to the wards by members of our Leisure and Family Services team.

These sets will make a huge difference to patients who have no other way of accessing every day toiletry items, improving their psychological wellbeing and self-esteem. It also means that the funds we raise for these patients will go further; allowing us to purchase other items such as clothing and small electricals, like hairdryers and shavers.

If you would like to find out more about the Hygiene Bank and their work in your local area please visit www.thehygienebank.com

Be part of the hospital's future with a gift in your will



Have your will written or updated for FREE by a local registered solicitor via The National Free Wills Network.

Register here:

www.rhn.org.uk/support-us/free-will-writing-service
or contact Isabel Barrett, Head of Legacies
020 8780 4557 / ibarrett@rhn.org.uk

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 -

Lake District Challenge - 10 & 11 June 2023

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 2023

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.



Gala Dinner - 28 September 2023

Join us at the RHN for our annual gala dinner. Guests will enjoy a sparkling drinks reception followed by an indulgent three course meal complemented with wine, live entertainment and an auction.

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 Mobility Appeal.



Royal Hospital for Neuro-disability

I'm sending my gift of:

- £40** will cover the extra cost of a sling with added head and neck support.
- £60** will cover half the cost of a basic sling.
- £120** I would like to purchase one basic sling for a patient.
- £** _____ 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.