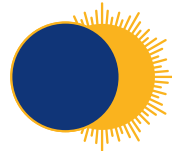




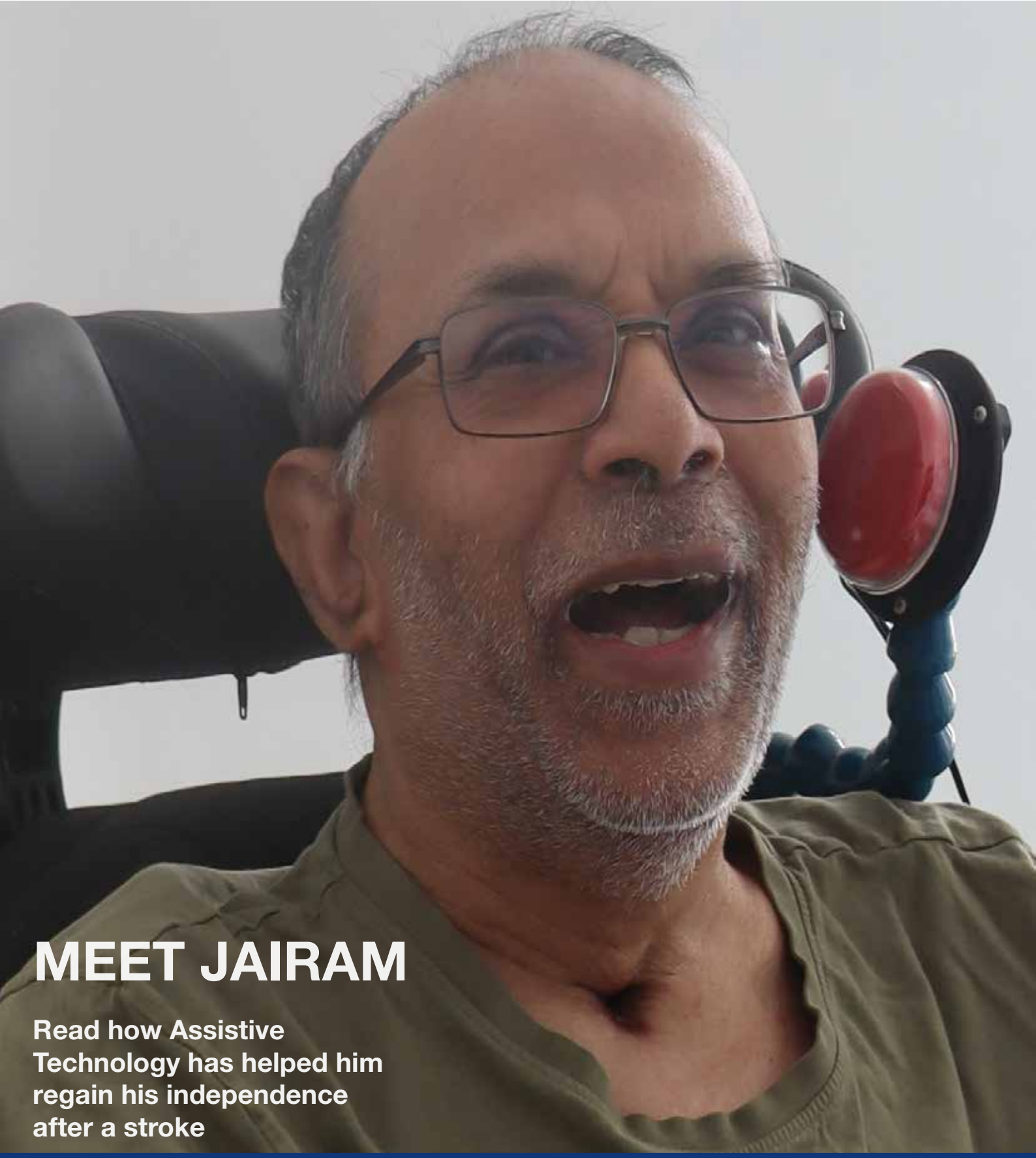
RHN Supporter NEWS



Royal Hospital for
Neuro-disability

Registered Charity No. 205907

NEWS FOR SUPPORTERS OF THE ROYAL HOSPITAL FOR NEURO-DISABILITY 2024 ISSUE 2



MEET JAIRAM

Read how Assistive
Technology has helped him
regain his independence
after a stroke



RHN Patients Get Counting for the RSPB Big Garden Birdwatch

On January 28th the RHN took part in the RSPB Big Garden Birdwatch, the world's largest garden wildlife survey. The event supports the Royal Society for the Protection of Birds by tracking increases and declines in garden bird numbers. The survey originally began in 1979, and an incredible 172 million birds have been counted so far.

Our residents from Hunter Ward had a lovely time going out in the fresh air with bird seed in hand. With the help of staff, they recorded: a total of:

- | | |
|---------------|-------------------|
| 15 magpies | 10 greenfinches |
| 3 goldfinches | 2 blackbirds |
| 2 chaffinches | 2 crows |
| 2 seagulls | 1 house sparrow |
| 1 woodpigeon | 1 long-tailed tit |



We would like to say a big thank you to our local Wetland Centre in Barnes who kindly made the day complete by donating a variety of bird-themed decorations, which we used to decorate the ward.



Homemade Bird Boxes

If you'd like to purchase a memorial plaque for one of our homemade bird boxes; which are being installed throughout the site over the next month, drop us a line at ibarrett@rhn.org.uk or call **020 8780 4557**.

Plaques cost just £30

Looking for an alternative corporate team building experience?

We are offering an active day for up to 10 people at a time to build a range of insect hotels which will be placed throughout the hospital gardens. The day will start with a tour of the building, followed by the building task, a well-deserved lunch and finally a fundraising challenge. For more details contact the Events Manager on **020 8780 4565** or celton@rhn.org.uk

Reimagining communication, rekindling independence: Jairam's Story...

Imagine losing the ability to speak, to control your limbs, to express yourself. This is the reality for many patients at the Royal Hospital for Neuro-disability (RHN), suffering the aftermath of strokes, brain injuries, and other neurological conditions. But thanks to the work of the **Compass Assistive Technology Service**, hope is rekindled, and communication is reimagined.

Sixty-six year old Jairam arrived at RHN after a stroke left him partially "locked-in." Unable to speak or move freely, his world shrunk dramatically, but he was determined to regain his independence, with help from our specialist team of Assistive Technologists.



The Compass team became Jairam's lifeline. They assessed his needs and provided him with tools that transformed his life:

- **A communication device:** Through eye-gaze technology, Jairam can now express himself clearly, engaging in conversations, requesting assistance, and even reminiscing about cherished memories.
- **Computer access:** Using specialised hand and eye-controlled switches, Jairam can not only play games and engage in leisure activities but also participate in rehabilitation exercises, improving limb movement and control.
- **Wheelchair control:** With customised head switches, Jairam can steer his wheelchair, regaining a sense of agency and mobility.

Jairam's story is just one example of the life-changing impact of the Compass service. Every day, they empower patients and residents to regain their voices, reconnect with loved ones, and participate actively in their lives.

But the Compass service needs your support.

Funding for assistive technology, ongoing staff training, and customised solutions is crucial to keep this vital program running. This year we need to raise £88,000 to cover the costs of the Compass Assistive Technology Service.

Your donation, big or small, can make a world of difference.

Here's how your contribution can help:

- **£50:** Provides customised software for a patient's communication device.
- **£100:** Would pay for one therapy session for a patient like Jairam.
- **£150:** Helps provide the switches used for computer access or wheelchair control.



With your help, we can unlock the potential of patients like Jairam, empowering them to reclaim their lives and reconnect with the world.

Please donate today and be a champion for communication, independence, and hope.

Please visit our website to donate at www.rhn.org.uk/support-us/donate or post your donation using the slip that came with this newsletter.

From the RHN Archive:

The history of nurses uniforms

If you grew up in the first half of the 20th century, your idea of what a nurse's uniform should look like is probably quite different to how nurses dress today. Our hospital archive contains lots of images from almost 200 years of nursing, showing how nurse's uniforms have evolved over the decades.

1800's:

Florence Nightingale opened her first nursing school in the 1860's and for the first time consideration was given to the practical aspects of a nurse's uniform.

Before the 19th century nuns took care of the sick and injured, so the construction of their clothing strongly influenced the development of the first nurse's uniforms. Uniforms were known for their 'fever proof dress' that was floor length, collared and in dark colours. Nurse's hair was tied back and tucked into oversized cotton caps.

This picture from the 1890s and shows the clothing style of the time.



1930's:

Uniforms had not changed much since the 1890's, however nurses at the RHN and other hospitals now had a rulebook, with a list to follow of very strict rules they were expected to live by. Some were practical, such as; "nurses are strictly forbidden... to interfere with any electrical or other fittings" and some related to their presentation; "nurses are to take pride in their personal appearance, strict cleanliness and tidiness is required."

Lucy Begg, Matron at RHN, pictured in her uniform in the 1930's

1940's:

In 1948 the NHS was founded and as part of that process a new standard uniform was developed, consisting of a short sleeved blue gown and a white apron with a red cross on it. Having previously lived in the hospital itself, nurses at the RHN now had their own separate accommodation, and were able to enjoy a more relaxed approach to their free time.



1960's:

In the 60's washing machines made uniforms easier to clean. Nurses were also able to take their uniforms home to clean as they now had washing machines at home too.

This new level of convenience contrasts with this image from 1908, showing hospital laundry workers washing and ironing uniforms by hand.

1970's:

In the 1970's a more familiar style of nurse's uniform developed. The cap was either fully scrapped or was made using paper. This was a time when nurse's uniforms were made with comfort in mind.



1980's-1990's:

During the 1980's the normal cotton aprons were replaced with plastic aprons for infection control purposes, and outerwear like cardigans became less common. In the 1990's surgical scrubs saw a rise in popularity, but were still not the main choice of clothing.

Present day:

Today our nurses have a number of uniform options, including knee length dresses, tunics and trousers, or scrubs. They are available in a range of colours, representing different specialisms or sectors within the NHS.



These images show some of the uniform options available today, as well as options from the past, being tried out by some of our current nurses.

Nurses uniforms have completely changed over the last two centuries, from large gowns and 'fever proof dresses' to coloured scrubs and machine washable fabrics, reflecting not just improvements in hygiene practices, but also technological change and changes in fashion.

About the Author



Hello, I am Karis, I am 17 years old and I have been working at the RHN for 18 months as the Events and Community Fundraising Apprentice. I decided straight after my GCSE's I wanted to leave school and get an apprenticeship. After a long time of looking I finally found one I really enjoyed and was passionate, I applied for it and here I am, I love working at the RHN and have learnt so much!

Lavender Tribute Fund

Below are the names of people whose loved ones have chosen to set up a tribute fund and plant a lavender bush here on the hospital grounds in their memory.

Anne Prosser
Antony Olley
Avis June Smith
Barbara & Adeh Murray Sellar
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
Edith McCarthy
Eileen Dorothy Barrett
Eileen McKay
Emma Berrisford
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 tribute funds help us to provide specialist care and support to our current patients, whilst the memorial lavender beds provide a permanent special place for loved ones to visit and remember.

To set up a fund please contact Isabel Barrett in Fundraising on 020 8780 4557 or at ibarrett@rhn.org.uk

- Dates for your Diary -

Ford Ride London-Essex 100 & 60 - Sunday 26 May

A unique opportunity to ride 100 miles on traffic-free roads through the heart of London and neighbouring Essex. Starting and finishing in the centre of the capital, with 100 miles of rolling roads through some of Essex's most beautiful countryside and villages in between. If 100 miles isn't your thing, why not take on the challenge of 60 miles instead!



RHN Summer Fete - Saturday 22 June

Join us at the Royal Hospital for Neuro-disability to enjoy a fun day out, with everything you would expect from a Summer Fete including face painting, arts & crafts, children's games, live music and plenty of food and drink!

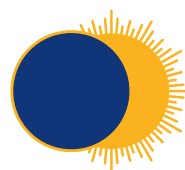
RHN River Walk - Saturday 22 June

Grab your friends, family, and dogs to take part in the RHN's 5.5 mile charity walk. Enjoy the incredible sights along the Thames and cross the finish line right into our Summer Fete!



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**.

Yes! I want to donate to the Compass Service appeal at The Royal Hospital for Neuro-disability.



Royal Hospital for Neuro-disability

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

I'm sending my gift of:

£50 £100 £150

£ _____ 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.



Registered charity No. 205907