

CONNECTIONS

SPRING 2025

NEW IMAGING CENTRE | STARS SHINE FOR RNOH CHARITY | RESEARCH BREAKTHROUGHS



NEW IMAGING CENTRE OPENS AT STANMORE

We were thrilled to witness the opening of a revitalised scanning service at RNOH in 2024 with the launch of the new Imaging Centre in Stanmore. With state-of-the-art scanners generously funded by RNOH Charity key donors, the department now offers a HiRise scanner for feet, hips and knees, as well as the NHS' first EOSedge scanner, which can take multi-lateral images while the patient simply stands beside the machine.

With the closure of the hospital's previous PedCAT scanning service, the cutting-edge HiRise was vital for the hospital to continue to provide life-changing care to thousands of children and adults, and in a way that is already significantly improving the patient experience.

The addition of the HiRise not only re-introduced some imaging services at Stanmore, it also increased capacity, considerably reducing the burden on hospital services. Importantly, this advanced machine is cutting waiting times dramatically following a recent surge in demand.



Above: The HiRise scanner

The former PedCAT service completed 935 scans in 2024 and when it closed, the hospital was forced to turn patients away. As the HiRise became available, RNOH Trust Chief Executive Professor Paul Fish said: "Offering more than 8,000 appointments a year and providing fast, detailed 3D images, the HiRise will help a broad spectrum of our patients, supporting surgical teams across the hospital and researchers around the world. We are sincerely grateful for the incredibly generous donations from RNOH Charity's supporters."

Just along the corridor, the Imaging Centre offers patients access to the EOSedge scanner too. This machine was also fully funded by one of RNOH Charity's loyal donors and provides life-changing, low-radiation scans to produce enhanced front and side images at the same time. This is important because many of RNOH's young patients require frequent scans to monitor the progression of complex musculoskeletal conditions. EOS effectively replaces standard X-ray in these cases, significantly reducing any risks associated with radiation exposure over a lifetime. The machine also makes it easier for patients to complete their appointment as the simultaneous front and lateral imaging capability of the EOS means clinicians can see a complete picture with just one scan.

What's more, working conditions have improved with the changes and the centre is able to offer training opportunities for staff and student radiographers right

here at RNOH, a real boost because these scanners are only available in a few hospitals.

"The set-up is amazing," one radiographer said. Having all the scanners available within the centre, rather than relying on an external service in a van outside, has made life easier for patients who struggle with steps while wearing boots, face complex deformity or suffer from claustrophobia.

James Brennan, Imaging Operations Manager, said the opening of the new centre had vastly improved RNOH services. "Prior to the Imaging Centre opening, Imaging had just three X-ray rooms to service Outpatient and Inpatient X-rays, with three to four-hour delays in the department often the norm," he explains. "This was a terrible experience for our patients and staff, and not the excellence we strive for. With the opening of the Imaging Centre, which houses the specialist imaging equipment of the HiRise and EOS scanners, we can offer our patients and staff a much better experience.

"The HiRise is allowing us to 3D-image hips, knees, ankles and feet in a weight-bearing position, which is not possible with traditional CT, while the EOS allows us to capture whole spines on X-ray in seconds, as opposed to traditional X-ray which can take from 10 to 45 minutes, depending on the imaging positioning and patient needs.

"Not only is having the specialist imaging equipment a fantastic position to be in, with the Imaging Centre offering desperately needed capacity and relieving Outpatient X-ray, it also offers a clean, new environment to work and be treated in. This all contributes to making Imaging at RNOH a better place to work, helping us retain good staff who are trained in the additional requirements that imaging at RNOH needs to deliver for our patients. We will also be able to see and image more patients, faster than previously, meaning diagnosis and treatments are received earlier than if we did not have the Imaging Centre."



Above: The EOSedge scanner

"We wouldn't be where we are today without RNOH Charity. All Imaging staff would like to say thank you very much to the supporters who made these fantastic improvements possible."

- James Brennan, Imaging Operations Manager

RNOH Charity Chief Executive Rosie Stolarski said: "We are thrilled to have secured these advanced scanners at such a pivotal moment. This achievement was only possible thanks primarily to the unwavering generosity of four key supporters. These innovative tools are revolutionising the hospital's ability to deliver timely and precise care, ensuring life-changing benefits for countless patients in need."

ABSOLUTE RADIO LIVE RAISES THE ROOF FOR RNOH CHARITY

The London Palladium was filled with laughter and generosity in November 2024 as a star-studded comedy night delivered both entertainment and fundraising success. The event, hosted by Absolute Radio in aid of RNOH Charity, drew a packed crowd and featured some of the UK's most loved comedians, uniting for an unforgettable evening of humour and hope.

With an electrifying atmosphere, the night began with a heartfelt introduction by our Charity Ambassador, Matt Forde, who shared our mission and highlighted the transformative impact of the funds being raised. Matt explained how he experienced first-hand what RNOH Charity can do to help patients after his stay at RNOH following a devastating sarcoma diagnosis in 2023. The audience was reminded of the importance of the cause, which aims to enhance the patient experience by uplifting the facilities at RNOH, fund medical research and improve the environment for everyone who comes to the hospital.

The comedy line-up did not disappoint. Household names from Matt himself, who co-hosted the event with Jon Richardson, to Dara O'Briain, Josh Widdicombe, Glenn Moore, Suzi Ruffell, Judi Love and Phil Wang took to the stage, delivering performances that ranged from side-splitting anecdotes to sharp observational humour, and weaving in their own medical experiences to eyebrow-raising effect. Each received thunderous applause as the crowd relished the chance to see so many top acts on one stage and all to help RNOH.

Patient Keith and his family watched the show from the Royal Box after he won the RNOH Charity raffle to secure the exclusive seats. "I don't usually win anything! It has cheered me up so much," a delighted Keith said, adding that they all thoroughly enjoyed the show.

By the end of the night, the event had raised thousands of pounds and we would like to express our profound gratitude to the performers, Absolute Radio, and of course the audience, all of whom made the evening such a roaring success.

The consensus was clear: it was a night to remember, where comedy and compassion came together to make lasting change.



Above: Royal Box raffle winner Keith and guests



“This time last year, I was in hospital recovering from spinal surgery to remove cancer. Last night, Jon Richardson and I hosted Absolute Radio Live at the London Palladium. It was to raise money for RNOH Charity, the charity that helped me in my darkest hour. Life, eh?”

- Matt Forde, Charity Ambassador

A BRIGHTER FUTURE AT THE SPINAL CORD INJURY CENTRE



The fundraising campaign to completely refurbish the outdated day-room at the RNOH Spinal Cord Injury Centre has reached its goal, marking a significant milestone for both the hospital and its patients.

Thanks to the generosity of our donors and the tireless dedication of Charity Ambassador David Holmes to hit the target, work on the much-needed renovation began in April. The transformation promises to deliver a welcoming, modern space, tailored to the needs of spinal cord injury patients.

The day-room is a vital area within the Spinal Cord Injury Centre, serving as a hub for patients to socialise with their loved ones during their rehabilitation. For many, it offers an opportunity to step away from the clinical environment, reconnect with family and friends, and find comfort in a warm, communal setting. Upgrades include new seating designed for individuals

with limited mobility, bright and uplifting décor, and advanced facilities to ensure inclusivity for all: from a quick coffee with friends to a movie night where every patient and their visitors can hang out.

For patients recuperating after complex spinal surgery, this refresh represents more than just a change in environment. It creates a sanctuary that fosters positivity and helps strengthen the bonds between patients and their families, which is critical to recovery and mental well-being.

We would like to extend heartfelt thanks to everyone who made this project possible. Their generosity has laid the foundation for a brighter future for spinal cord injury patients, offering them a place to feel supported, empowered and connected on their path to wellness.

FIRST NHS LYRA GAIT TRAINER FOR RNOH

We were thrilled to announce in September 2024 that fundraising of £150,000 had been achieved to purchase a Lyra Gait Trainer for RNOH. A first for the NHS, this remarkable device supports and guides spinal cord injury patients, enabling them to complete up to 20 times more walking practice than before and bringing hope of a better recovery. The Lyra made an immediate difference to staff and patients.

Patient Keith is from West Sussex and was one of the first to try it. Keith came to RNOH with a spinal tumour in 2024. Surgery was a success but Keith couldn't walk after such a major operation so it was crucial to get him moving again in the short time the body has to retrain the nerves.



Above: Patient Keith uses the Lyra Gait Trainer

Traditionally, physiotherapists hold up and manipulate the body during rehab after spinal cord injury, which takes several people and can't be maintained for long periods. However, the Lyra has changed that for people like Keith. It could have taken months but Keith completed 100 steps the first time he tried the Lyra and 200 the next, just five weeks after his operation and thanks to RNOH Charity. Already, 15 staff have been trained to use the machine, with 10 patients benefiting within just a few weeks.

Keith says: "The service they provide here is beyond belief. To those who supported this initiative, I can't thank you enough." He has now returned home, living independently far sooner than expected.

With specialists from other organisations coming to Stanmore to see the Lyra in action and take learnings from it, your fundraising is having an impact across the country. RNOH Lead Physiotherapist Benita Hexter adds: "We are so pleased to receive this to help those with spinal cord injury. The results are remarkable. We hope to demonstrate the impact of robot-assisted gait training and inspire the NHS to find ways to make more such opportunities available. We'd like to send our sincere thanks to all the RNOH Charity supporters who helped make this a reality for everyone who needs it, now and in the future."

MAKING BONE TUMOUR SURGERY SAFER

RNOH is leading a ground-breaking project to improve the use of antibiotics in bone tumour surgery. These procedures often involve replacing bones with new pieces, known as endoprosthetics. This helps patients avoid amputation and regain function, usually very successfully. However, at around 10%, the infection rate for these major procedures is up to 20 times higher than in standard hip and knee replacements.

Infection is devastating for patients, the researchers say, requiring more time in hospital and the risk of additional surgery, impacting day-to-day life at school and work, and causing long-lasting complications.

To combat this, a team of experts is working to find the best plans for these operations, including the right treatment, dose and timing. Part of the investigations include a process known as phage therapy, designed to fight antibiotic-resistant infections using bacteriophages, viruses that specifically target and destroy bacteria. It's a concept that goes back to techniques originally deployed during the First World War and which could now have a huge impact on modern-day medicine.

RNOH Charity funding means researchers can test new methods for analysing bone samples to measure drug levels at surgical sites. This could pave the way for better, personalised use of antibiotics in bone tumour surgery and other conditions, improving safety and reducing infections.

An article on the use of phage therapy at RNOH was published in *The Telegraph* in late 2024. Science Correspondent Joe Pinkstone highlighted the potential

to save the NHS millions of pounds over time and the crucial role played by RNOH staff in furthering its use.

The article focused on the successful treatment at RNOH of a patient with a severe bacterial infection, using phage therapy. This innovative approach not only improved the patient's quality of life but also demonstrated the cost-effective alternative to traditional antibiotics that the researchers are addressing.

FAR-REACHING IMPACT

The team says managing infected hip replacements costs a hospital between at least £20,000 and £60,000 each time. Conservative estimates put deep surgical site infection at over £390,000 per case. Optimising procedures will therefore make clear savings across the NHS.

The research should help fight the overuse of antibiotics too, a major cause of drug resistance, by promoting smarter, more targeted use. The results may also contribute knowledge that shapes future protocols and global guidelines, ensuring operations are safer worldwide.

By creating a model for studying antibiotics in surgery, this project has the potential to improve care for patients everywhere and it is thanks to RNOH Charity supporters that the next step in this important journey can be taken.



PERSONALISED 3D-PRINTING FOR HIP IMPLANT PRECISION

You might have seen last year's edition of *Connections* that looked at another charity-backed research project on the use of 3D-printed patient-specific implants (3D PSI) for joint replacement surgery. That study continues, with significant findings already reported.

The aim of the project, funded by generous donations from the Rosetrees Trust, Stoneygate Trust and Arthroplasty for Arthritis Charity, is to better understand the use of 3D PSI for the positioning of implants in hip replacement to make sure the parts are fitted with absolute precision, which is crucial for the best results. The researchers have already reached significant milestones:

Published research: The *Journal of Orthopaedic Research* has published one of the team's studies highlighting the variability of the proximal femoral canal in different people. This refers to the upper part of the hollow inside the thigh bone (femur) near the hip joint, where the bone is shaped to fit a hip replacement – we're all different and the findings aim to improve surgical outcomes by enhancing personalised pre-operative planning.

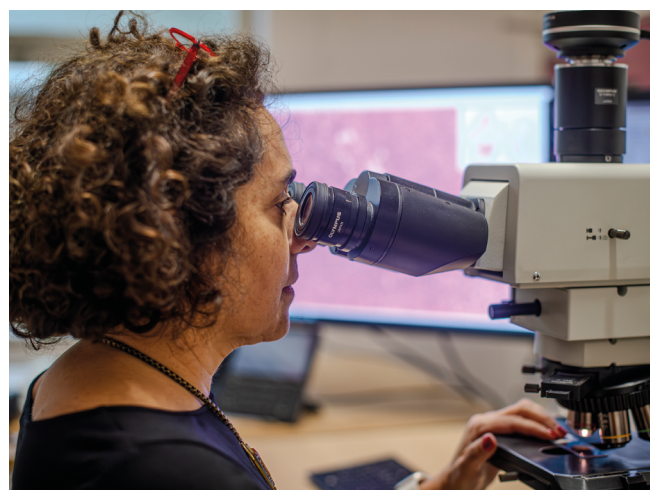
Top: Artificial hip joint

Right: An RNOH researcher at work

TV feature: RNOH Consultant Orthopaedic Surgeon Professor Alister Hart, who is leading the research, was featured on Channel 5's *Wonders of the Human Body*, showcasing pioneering hip replacement surgery using PSI.

International presentation: The team has presented research findings at prestigious meetings in Berlin and Rome, furthering global discussion on surgical planning advancements.

Thanks to our three key funders, the project is on track, running smoothly and gaining widespread recognition. Watch this space for further updates!



VOLUNTEER SERVICE CELEBRATES 10 YEARS

The Volunteer Service at RNOH celebrates its 10th anniversary in 2025! Funded by almost £1m from RNOH Charity, the service has been an important part of hospital life since it began.

RNOH volunteers help out in many corners of the hospital, as well as providing the much-loved Pets As Therapy (PAT) Dog team and running the walking aid recycling project.

OUTSTANDING SERVICE RECOGNITION

To say thank you for their long-standing participation, RNOH Charity was proud to nominate two stalwart members of the Volunteer Service, Alistair Todd and Keith Reeve, to attend The Princess of Wales' Carol Service at Westminster Abbey on 6 December 2024. The Service was intended to thank those who have been there for others during life's challenging times, showing empathy, love and kindness.



Above: Keith Reeve and Alistair Todd at Westminster Abbey

Alistair began volunteering at RNOH in June 1998 and joined the patient buggy service in 2017, carrying out a weekly driving stint. He hung up his driver's boots at the end of 2024 and now works a regular steward shift in Outpatients at Stanmore.

Keith's experience of RNOH began when he was a patient between 1968 and 1979. He feels the hospital is "very much part of my DNA" and has volunteered in several roles.

"I'm proud of being a small part of what is a wonderful hospital and will hopefully be able to continue to contribute for the benefit of our patients, visitors, volunteers and staff for many more years."

- Keith Reeve

RNOH Charity Chief Executive Rosie Stolarski has known Alistair and Keith for many years. She says: "These two incredible individuals embody the true meaning of the RNOH community and we congratulate them both on their wonderful achievements for the benefit of everyone at RNOH across the years."

RUN OF SUCCESS FOR THE DAVID HOLMES CRICKET CUP

We were bowled over in the summer when the 15th Annual David Holmes Cricket Cup raised more than £9,000 for RNOH Charity!

This annual event took place on a wonderful day with family and friends for all who went along. The Harry Potter-themed competition saw Gryffindor claim the top spot this time, putting them in front overall with eight wins to Slytherin's seven. Everyone is looking forward to seeing what happens at next year's match!

Thank you to RNOH Charity Ambassador David Holmes and Amy Stares for organising, and for everyone's support. The proceeds from the event made significant headway in the drive to complete fundraising for the day-room refurbishment at the Spinal Cord Injury Centre, where David was treated after an accident in 2009. With this contribution and others from our very kind supporters, the much-anticipated renovation work is now underway. Find out more on page 6.



BIG SUCCESS IN OUR FIRST BIG GIVE CHALLENGE!

Last Christmas, we gave it our all and went for a huge £25,000 target in our first Big Give Christmas Challenge. Not only did our supporters turn out in magnificent fashion, making fundraising videos, telling friends and family, pledging donations and remembering to donate through the Big Give website for one week only, but we completed our drive before the deadline and raised every penny!

Amongst many kind donations, we also received a large contribution from our Ambassador, David Holmes, who was keen to help us reach the goal and receive the doubled funding. Thank you all so much. We hope to take part in the 2025 challenge so please watch out for news.



MICHELLE'S LEGACY

In 2024, we received the sad news that RNOH patient and Charity supporter Michelle Kerr had passed away.

Michelle was a prominent figure in the music world and secured the backing of many rock and metal bands in her fundraising drive for RNOH Charity. In a tribute, *Music Week* described her as "a beloved music publicist" and "a titan of the UK alternative scene".

As well as leaving a gift in her will to RNOH Charity, Michelle fundraised to enable the purchase of the current SPECT-CT scanner at Stanmore, raising several thousand pounds towards this much-needed machine and changing the future for the better for many other people. We are most grateful for her support.

THANK YOU TO OUR AMAZING

This year has seen more extraordinary endeavours from our wonderful community fundraisers. They've wheeled, run, walked and even played cricket for us! As always, we are incredibly grateful to each and every supporter. **THANK YOU.** To celebrate, here are just a few of the activities they've been up to!

RUNNING RYANS!

Ryan Tattan (below) took on the 2024 Manchester Marathon, raising over £2,000! Ryan chose to support the Charity after his grandmother, Margaret, was treated at RNOH. Ryan Davenport (right) took on the 2024 London Marathon and raised a fantastic £1,126! Ryan discovered he had an abnormal growth on his sacrum, at the base of the spine, when he was just 11 and underwent treatment at RNOH. Our thanks go to them both and indeed to all of our amazing marathon runners.



TEAM GCP'S ULTRA CHALLENGE

Congratulations to the Research and Innovation team at RNOH, who took on the Chiltern 50 for us and raised more than £750!



ROYAL PARKS HALF MARATHON

Huge thanks to our Royal Parks runners Cat Godfrey, Ann Mulroy, Ng Mei Po Kasie, Jetro Siozon and patient Jamilla Blake, who together raised over £2,500! Go, #TeamRNOH! Jamilla was also chosen by Royal Parks as one of their Inspire stories!

FUNDRAISERS

DIANE'S 50-KM WALK

RNOH's Involvement and Volunteering Lead, Diane Young, took on the ultimate challenge with a 50-km walk. Well done to Diane and friends. We're very proud of you and hope your feet are better now!

BEN'S FAMILY CAUSE

In April, Ben Calder took on the London Marathon, raising more than £1,500! Ben is the son of RNOH Consultant Peter Calder, who has worked closely with RNOH Charity for many years, and took on the challenge to help the hospital through a cause that is close to the family's heart.



DANCING SUCCESS

Patient Jodie Gallagher underwent surgery to correct scoliosis at RNOH after her dance teacher noticed a curve in her spine. In 2024, Jodie and her family organised a fun night of dancing to raise funds for us, achieving more than £4,000!

ACORN LAWN TENNIS CLUB

Not far from the hospital in Stanmore, Acorn Lawn Tennis Club had some smashing fun, raising £1,700! The club has been holding a handicap doubles charity tournament for 17 years and we were honoured to have been one of the beneficiaries this time, nominated by two of RNOH's volunteer patient buggy drivers, Jeff and Dennis.



SUPER-ROO!

Very big Spidey congratulations to RNOH patient Reuben Goodman and his league of #TeamRNOH superhe-ROOs! Together they romped home in the Superhero Series Triathlon, bringing in more than £3,400!



LONDON LANDMARKS

RNOH Intensive Care Unit staff member Monika Koltermiak took on her fourth half marathon in support of RNOH Charity. Monika, who joined the hospital in June 2018, said: "I love running and to do it for RNOH Charity is to do something amazing."



COOPER'S MINI MILE

Five-year-old Cooper took part in the London Mini Mile in April, smashing his personal best and raising more than £500! Cooper and his family chose to support RNOH after a friend was treated in the Spinal Cord Injury Centre.

GREAT BRISTOL HALF

Scoliosis patient Beth Hill completed this half marathon at the end of May, raising over £1,000 for RNOH Charity!



BUTTERCUP BREAKTIME 2025

Last year, we launched our brand new initiative, Buttercup Breaktime. Over the spring and summer months, a number of our supporters hosted their own breaktime, including our fantastic Therapies team at RNOH in Stanmore.

This June and July, we will be asking you to support us once again! Whether you choose to organise a coffee morning, bake sale or an afternoon tea from home, at work or in your local community, the funds you raise would help us do so much.

You can register and download your free Buttercup Breaktime pack with all you need to decorate your event and collect donations from your guests at the link in the QR code:



Click [here](#) or search online for: BUTTERCUP BREAKTIME REGISTER



MAKING A DIFFERENCE

We are delighted to have awarded more than £2 million in grants during 2023 and 2024 but it wouldn't have been possible without your support. Here are the highlights of some of our active grants:

INVESTING IN CLINICAL RESEARCH

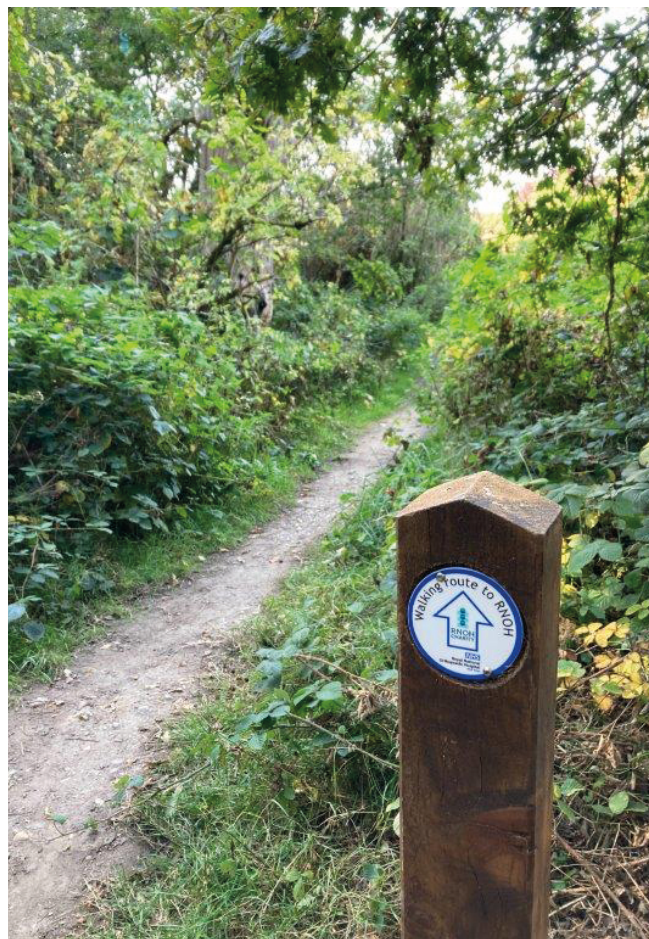
- Optimising antimicrobial use for disease prevention in bone tumour surgery
- 3D-printed patient-specific instruments for joint replacement implants
- Exercise for Science investigations
- Collaborative Care in Orthopaedic Rehabilitation for mental healthcare
- Stanmore Children's Orthopaedic Outcomes Project
- Institute of Healthcare Engineering Summer Studentships



Above: A patient with a nurse in The Stanmore Building, where equipment was supplied by RNOH Charity for every bedside

ENHANCING THE PATIENT EXPERIENCE

- Renovation of the SCIC day-room
- Ultrasound device dedicated to the SCIC
- Decoration of the link corridor from wards to theatre
- Continued loan of artwork from gallery Hauser & Wirth, curated by HRH Princess Eugenie (*below*)
- The Volunteer Service and patient buggy
- Contribution towards Horatio's Garden
- Family accommodation block refurbishment
- Walking route roundels to RNOH from Stanmore station (*right*)



CREATING A WORLD-CLASS FACILITY

- The NHS' first Lyra Gait Trainer
- HiRise scanner
- The NHS' first EOSedge scanner and installation
- Centenary Theatres Complex equipment
- Occupational therapy patient equipment



SUPPORTING STAFF WELLBEING

- Staff celebrations, including International Nurses' Day and the RNOH Staff Achievement Awards
- Staff Wellbeing Lead
- Travel scholarships

WHAT'S NEXT...

The mission of RNOH Charity is to support the people, research and infrastructure that make RNOH a leading orthopaedic hospital. In 2025, we remain dedicated to funding state-of-the-art equipment and ground-breaking studies, enhancing the patient environment and ensuring RNOH nurses, doctors and research teams can provide the very best care and life-saving treatments. We are also fundraising for several key projects in children's care and surgical technology, which we are exploring in more detail here.



DEVELOPING SERVICES FOR CHILDREN

We are working hard to secure enough funding to help children who come to RNOH seeking treatment for a variety of conditions. In order to enhance their experience, the hospital needs a new halo traction wheelchair and an ECHO machine.

PAEDIATRIC ECHO MACHINE

Regular monitoring of a patient's heart is essential throughout all kinds of treatment. We are fundraising this year to help RNOH buy an ECHO machine (*opposite*) dedicated to children's care.

An echocardiogram, or ECHO, is a scan used to look at the heart and nearby blood vessels using ultrasound. Checks are required in a variety of scenarios, including pre-operative assessment where the medical team needs a detailed understanding of a patient's heart health before proceeding with surgery. An ECHO also helps doctors to manage conditions with overlapping cardiac and musculoskeletal components and to look after the patient once surgery is over.

At the moment, children under the care of RNOH must travel to the Royal Brompton Hospital for assessment before their operation. Having an ECHO machine specifically designed for children at our hospital will mean they can be monitored on-site, allowing more convenient, cost-effective and faster care in one place.

HALO TRACTION WHEELCHAIR

A paediatric halo traction wheelchair (*right*) provides critical support for young patients undergoing treatment for severe spinal conditions, such as scoliosis.

These specialised wheelchairs are important because they allow children in halo traction – where the spine is gradually stretched before surgery using a framework around the head – to remain relatively mobile and

engaged in daily life while undergoing treatment, which can take some weeks.

The tailored nature of the wheelchair, to accommodate the traction apparatus, makes these items more expensive than standard models but they are very helpful in the treatment of complex orthopaedic conditions. Fundraising towards this specialist equipment will further RNOH's commitment to improving quality of life and outcomes for children.



ROBOTIC FOCUS

Robotic technology is increasing learning and surgical success in neuro-musculoskeletal treatment. One of the key targets for RNOH Charity this year is providing more of this kind of equipment for the hospital, with an initial focus on new technology for spinal and neurosurgery.

A robotic microscope (*below*) is one example of the kind of high-tech tools that enhance the physician's ability to see fine details during delicate procedures like spinal

surgery. It provides clearer magnification and enhanced precision. The robot also improves comfort for the medics because it can be operated remotely, reducing the need for surgeons to stay in awkward positions for long periods.

If fundraising is successful, technology like this would increase access to cutting-edge tools, giving RNOH surgeons the superpowers of even more control for advanced procedures and easier recoveries.



RESTORING STANMORE'S HIDDEN GEM

Not many people realise that RNOH's Stanmore site has a remarkable four-acre natural area, complete with orchards, grasslands and a lake. Currently inaccessible, the hospital would like to rejuvenate this hidden gem, transforming it into a vibrant space for all to enjoy.

With sufficient funding, the project will restore this beautiful environment, delivering social and therapeutic

benefits to hospital visitors and the wider community. Plans include accessible pathways leading to raised beds for therapeutic gardening, a revitalised orchard with native fruit trees, enhanced habitats for wildlife and tranquil nature trails. Educational signage, along with art, horticulture and science sessions, will enrich the experience, fostering relaxation and connection with nature along the road to recovery.



ARE YOU UP FOR A CHALLENGE?

PARIS MARATHON

13 APRIL 2025

The Schneider Electric Marathon de Paris is one of the biggest marathons in the world and perfectly combines a personal challenge with the chance to discover one of the world's greatest cities.

INFLATABLE RUN

26 APRIL 2025, ST ALBANS

Get ready to bounce your way through the world's BIGGEST and most EPIC inflatable 5k family-friendly obstacle course!



LONDON TO AMSTERDAM CYCLE

15 - 17 MAY 2025

Ride the amazing London to Amsterdam Cycle Challenge and join the team for a wonderful adventure. Take in four countries from the Kent countryside to the towns and landscape of Northern France, Belgium and The Netherlands.

HEMEL HEMPSTEAD 10K

18 MAY 2025

Join us for the BRAND NEW Hemel Hempstead 10k and join thousands of runners chasing a personal best.

HACKNEY HALF

18 MAY 2025, LONDON

Dash through 13.1 miles of East London with vibrant street art, music and entertainment following you each step of the way.



TOUGH MUDDER UK

VARIOUS DATES, MAY - SEPTEMBER 2025

HENLEY ON THAMES / SOUTH

GLOUCESTERSHIRE / WEST SUSSEX

Tough Mudder creates hardcore obstacle courses designed to test your all-round strength, stamina and mental grit.

SUPERHERO TRI, POWERED BY MARVEL

16 AUGUST 2025,

DORNEY LAKE, WINDSOR

The UK's only disability sports series. We're putting a call out to our own community of superheroes to grab your capes and join our super fundraising teams!



JOIN #TEAMRNOH THIS YEAR!

THE BIG HALF

7 SEPTEMBER 2025, LONDON

An incredible opportunity to run part of the iconic London Marathon route.



GREAT NORTH RUN

7 SEPTEMBER 2025, NEWCASTLE

The AJ Bell Great North Run is the world's biggest and best half marathon, with 60,000 runners taking on the route each year.

ROYAL PARKS HALF MARATHON

12 OCTOBER 2025, LONDON

This stunning half marathon takes in the capital's world-famous landmarks on closed roads and through four of London's eight Royal Parks!



AMSTERDAM MARATHON

19 OCTOBER 2025

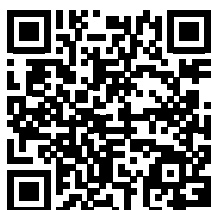
This event begins and ends in the Olympic Stadium and provides a scenic course that is flat and fast-paced. Runners will follow the route along the Amstel River and through the Rijksmuseum and Vondelpark.



RNOH CHRISTMAS JUMPER DAY

11 DECEMBER 2025,
AT HOME OR WORK

Save the date! This Christmas, gather your friends, family or work colleagues to don your most festive attire!



To confirm your place, or find out about the other challenges we have available, visit our website: www.rnohcharity.org/challenge-events/index or contact the team directly on: rnoh.charity@nhs.net

Of course, challenges can be anything you like! Whether you're a runner, a baker or a party-maker, our friendly fundraising team are here to help you get started.

MAKING THE IMPOSSIBLE POSSIBLE

RNOH has been doing the impossible for over 100 years, rebuilding people's lives when they face complex orthopaedic conditions or injury.

They're doing things that no other hospital can. That's what makes this hospital extraordinary. But being extraordinary needs extra investment.

We need your support so that we can continue to strengthen the vital work of RNOH and keep improving the patient experience by providing extra services and facilities that are beyond the reach of the hospital's NHS budget.

“They literally rebuild people's lives. I wouldn't be here living the life I am without them”

- Caitlin

Donate here:



www.rnohcharity.org/donate/donate-online

YOU CAN MAKE A DIFFERENCE...



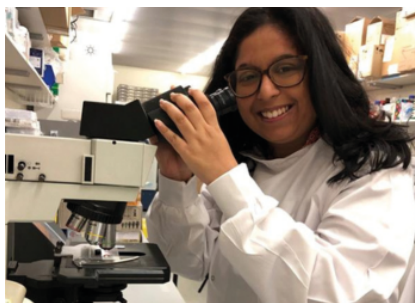
£25 IMPROVING THE PATIENT EXPERIENCE

£25 could help us continue providing the best possible treatment and care for RNOH patients like Caitlin.



£50 STATE-OF-THE-ART EQUIPMENT

£50 could help us ensure RNOH's world-leading clinicians have innovative equipment.



£100 PIONEERING RESEARCH

£100 could help fund ground-breaking research into bone cancer treatment.

DID YOU KNOW?

As well as one-off donations, there is also the option to give on a regular basis. Regular gifts can be given monthly, quarterly or yearly. Regular givers are incredibly important to RNOH Charity as they allow us to plan for, and ensure, a lasting impact. A monthly gift from you will support RNOH to help create the best patient experience for every adult and child – now and into the future.



RNOH Charity strengthens and supports the people, research and infrastructure that make RNOH one of the world's best orthopaedic hospitals. We can do the impossible. But we can't do it without you.

Title	First name	Surname
Home address		
Postcode	Date	
Email	Telephone	
I wish to donate (amount) £	Cheque <input type="checkbox"/> Please make cheques payable to RNOH Charity	

You can also donate on our website: rnohcharity.org/donate/donate-online

Please debit my:	<input type="checkbox"/> Visa	<input type="checkbox"/> Mastercard	<input type="checkbox"/> Maestro	<input type="checkbox"/> CAF card
Card No.				
Security code	Expiry date / /	Issue No.		
Signature	<input type="checkbox"/> Please post a copy of my card receipt			

A particularly valuable and effective form of support is to make a regular donation.
If you would like to help in this way, please complete the 'Standing Order' section of the form below.

I wish to make a:	<input type="checkbox"/> Monthly	<input type="checkbox"/> Quarterly	<input type="checkbox"/> Annual	Payment of (amount) £
To Royal National Orthopaedic Hospital Charity: account number 53406059 - sort code 20-58-51				
Bank name & address		Account name		
		Sort code		
		Account No.		
Start date / /	End date / /	<input type="checkbox"/> Until further notice		
Signature			Date / /	

To add Gift Aid to your donation, please complete the declaration statement overleaf.



Use Gift Aid and you can make your donation worth even more. For every £1 you give to RNOH Charity, we can reclaim the tax you pay for the current tax year and receive an extra 25p from HM Revenue & Customs.

To Gift Aid your donation(s), you must tick the box below:

I want to Gift Aid my donation of £_____ and any donations I make in the future or have made in the past four years to RNOH Charity.

I confirm that I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

Please sign and date below:

Signature	Date	/	/
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Please return your form to the Charity at rnoh.charity@nhs.net or to the address below.

Please notify the Charity if you:

- want to cancel this declaration
- change your name or home address
- no longer pay sufficient tax on your income and/or capital gains

Additional information:

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue & Customs to adjust your tax code.

Please tick the boxes if you are happy for us to keep in touch with you via:

Email Telephone Post

By ticking the boxes above, you agree RNOH Charity may send you news and updates, including fundraising appeals.

Your privacy is important to us. If you would like to find out more about how we use your information and communicate with you, you can see full details in our Privacy Policy (www.rnohcharity.org/rnoh/privacy-policy). Alternatively, you can call us on 020 8909 5362 to chat to a member of our team. If you no longer wish to receive communications from RNOH Charity, please email rnoh.charity@nhs.net and let us know.

LEAVE A GIFT IN YOUR WILL

Since RNOH Charity was established in 1997, we have funded numerous essential projects at the hospital. Our achievements would not have been possible without gifts left in people's wills. These gifts account for around a quarter of all the donations we receive and help to fund vital projects, enabling RNOH to provide innovative treatments and care, and helping more people like Matt lead healthier, fuller lives.

MAKING THE MOST OF OUR FREE WILL-WRITING SERVICE

Thanks to RNOH Charity's partnership with Farewill, we are able to offer a free will-writing service so you can write or update your will free of charge.

Farewill is the largest will-writer in the UK. Its award-winning, online service includes specialist checking to make sure your wishes are clear.

With Farewill, you can now write your will online, for free, in as little as 30 minutes. To write your will for free with Farewill, simply visit: farewill.com/rnohcharity-newsletter

Farewill's online journey makes writing a will quick and easy. However if you have any questions, you can call Farewill on 020 8050 2686; please note you must tell the Customer Support team you are an RNOH Charity supporter.



“RNOH is one of the best orthopaedic hospitals in the world. From spinal surgery to prosthetics for veterans, their work needs extra support – beyond the NHS budget that they get. My recovery might not have gone the way it did without the support of that charity – it saved my life and it may well save yours one day.”




- RNOH Charity Ambassador Matt Forde



IMPOSSIBLE

We can do the impossible. But we can't do it without you.

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RNOH
CHARITY

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REGULATOR

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