

HOW CAN I HELP?

- Make a donation
- Set up a regular giving plan
- Join in a fundraising event
- Create your own event
- Join the charity lottery

The Charity office is located on the front concourse, Pond Street.

Please come and visit us or call 020 7472 6677

www.royalfreecharity.org



Scan QR for website link



If you wish to support the Royal Free Charity and receive our newsletter please complete this form and return it to: **FREEPOST ROYAL FREE CHARITY**

Please accept my *donation of £ _____ payable to **Royal Free Charity**

*I am a UK tax payer and wish this to be treated as a gift aid donation (please delete if not applicable)

Your signature _____ date _____

NAME (print please) _____

ADDRESS _____

POST CODE _____

TEL _____ Email _____

I wish to receive the Royal Free Charity newsletter and mailings

I wish to become a 'Friend' of the Royal Free Charity



Charity no 1060924



#ExtraHelpings

ISSUE 1



**Keith Hunt awarded MBE
for services to
Complementary Therapy
Massage**

Pink shirted silver-haired Keith Hunt MBE has been cutting a dash and spreading cheer for 46 years without a single day off sick, a fact he attributes to his passion for his job. In the Queen's Jubilee Birthday Honours List he was awarded an MBE for his ground breaking contribution to Royal Free patients' welfare with the complementary therapy unit he set up and runs.

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WELCOME

Welcome to the first edition of the Royal Free Charity newsletter #ExtraHelpings.

I see first-hand the impact that charitable donations have on The Royal Free. This publication celebrates the dedication of our supporters and highlights where the Charity has been able to improve the lives of patients and staff and our plans for the future.

Thank you to all those who dedicate time to raising funds which have an enormous impact for others and also to those who have given, with affection, in memory of friends and loved ones. I hope the stories inspire you to join us, whether it is through an event or becoming a Friend of the Royal Free.

Diane Ryan
Fundraising Manager

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Keith's team gives over 20,000 massages a year to in-patients, out-patients undergoing chemotherapy or radiotherapy, 5 year olds, teenagers with eating disorders, 100 year olds with dementia and those in the last few days of their lives. Any patient with any medical condition can be considered for his treatments and sometimes their family as well.

We caught up with him, at 6.05am, to ask what was on his wish-list.

'Greater provision for the labour ward,' he replied instantly 'There are least two difficult births a night, which we would love to help with but I am funding poor, and because of the economic work climate I have fewer voluntary staff. I only allocate female therapists to the labour ward and it saddens me that we can't offer maternity provision that they urgently need. For some women without family support giving birth can be terrifying.

One young girl had been unconscious when her premature baby was whisked off to UCH, she hadn't even glimpsed him and we were able to help her.'

Keith's team are supported by the Royal Free Charity. Many of his patients and their families have done extraordinary things to fundraise to ensure that others benefit from this amazing support in addition one of the massage therapists, Kimberley will be running 2014 London Marathon in support of the service. Why not encourage her with a donation and come and cheer her on, on the day!

If you want to help Keith and his team bring a smile to someone today you can support them through their on-line page www.justgiving.com/massagetherapy Text CALM77 £5 or £10 to 70070 or send a donation payable to 'Royal Free Charity Fund 270' FREEPOST ROYAL FREE CHARITY.

FUNDRAISING NEWS

Jazz Night for the Breast Cancer Unit

It was a full house who enjoyed a wonderful evening of Jazz provided by Bob Dwyer's Bix'n'Pieces Band. Other Jazz musicians and singers were welcomed and by the end of the evening sixteen fabulous Jazz players were on stage rounding off a great night!



Pam organised the evening in support of the Cancer Unit as a way of saying thank you for the care and treatment she has received and raised over £1,250.00.

Remember Gemma- Motown Night

It was a very emotional night held by friends and family of Gemma to support research into earlier diagnosis and treatment of Neuroendocrine tumours (NETs).



In her home town it was a 'sell out' Motown Night for Sally Miles, who lost her friend to 'Quiet Cancer', raising over £5000. Everyone dressed up and a great time was had by all and Sally has pledged to hold further events to help save the lives of others and support the Quiet Cancer Appeal.

Little super heroes make a BIG difference!

A big thank you to University College School Junior branch running team, teachers and parents joined together to take part in the Super Heroes run again this year. A great time was had by all and their fundraising helps us bring a smile to patients.



The Superhero run is an annual Royal Free Charity fundraising event taking place in May (registration includes a superhero outfit). This is ideal for children over 8 and their families to have fun and support the Royal Free. Many children attending local schools are Royal Free babies which makes them very special to us. Why not register and join us next year?

Neo-natal fundraising Music Night at Good Mixer

Having had his daughter cared for at the neonatal unit, John and his partner wanted to give something back to the hospital and so they arranged a live music night at the Good Mixer Pub in Camden and raised over £2,000.

Sisters' superhero walk

A long term outpatient at the Royal Free and her sister walked 8.2 miles from Tower Hill to the Royal Free on Thursday dressed as superheroes to raise money for the Royal Free Charity. Alice and Jessica Wood completed the walk to raise money for the National Association for Colitis and Crohn's Disease and the Royal Free Charity. Alice has had crohns disease since childhood and has been an outpatient at the Royal Free since 2003. The 8.2 mile walk which took just over three hours to complete was done with the girls dressed as Superman and Captain America. Jessica said: "Alice often thinks of herself as a superhero so we decided to dress for the occasion! The Royal Free means a lot to our family, the doctors and nurses are fantastic so we wanted to do something to say thank you and raise money for a good".



Marathon to Mountains

Brother and sister, Rob & Caroline, sadly lost their 'truly wonderful' father to neuroendocrine tumour (Quiet Cancer) last October. Each had their own way of remembering him and raising funds for the Quiet Cancer appeal supporting research into early diagnosis and advanced treatments.



Caroline ran the Edinburgh Marathon and Rob took on the 24 Peak challenge climbing 24 peaks, all above 2400ft, in 24 hours! Together they have raised over £2,000

<http://www.justgiving.com/Rob-Shepherd>
<http://www.justgiving.com/Caroline-Shepherd>

LONDON MARATHON 2013

Congratulations to our amazing runners who took on the London Marathon Challenge and raised funds for the Royal Free Charity and St Peter's Trust! Over £63,000 was raised through individual donations with additional £50,000 donated to runners by charitable trusts. Your amazing support enables us to fund research, purchase additional equipment and those little extras which make life easier for patients.

2013 Runners chosen areas of support included:

Breast Cancer research & Awareness, Cancer nursing, the Neuro-rehabilitation centre, Pancreatic Cancer Research, Kidney/Bladder & Prostate Research and the Physiotherapy unit.

London Marathon 2014

The draw for places through the Royal Free Charity ballot takes place at the end of June each year for the following year's marathon. Each successful runner is asked to raise a minimum of £1,250. Congratulations to those who were successful this year!

If you wish to run for the Royal Free Charity or St Peter's Trust please contact the Charity office. 020 7472 6761 or email: rfh.fundraising@nhs.net

We have many running opportunities throughout the year as well as the London Marathon. There are also marathons throughout the UK and overseas where, for a small registration fee, you can run and fundraise without any minimum requirement.



COMMUNITY AND EVENTS

Jazz Night

In support of the Royal Free Charity-Friends

The Humphrey Lyttelton Band

Compère:

Barry Cryer OBE

Wednesday
18th
September
2013 7.30pm

Peter Samuel Hall
Royal Free Hospital
Pond Street
NW3 2QG

Tickets £15
(Parking pass available with tickets)

Please join us for refreshments in the Atrium following the concert

Credit card booking:
020 7472 6677

For information phone the above number or email: rfh.fundraising@nhs.net

London to Paris Cycle ride 23 April-27 April 2014

If you have ever wanted to do an exhilarating challenge for charity here is your chance. Royal Free Charity are looking for adventurous volunteers to cycle from London to Paris connecting two of the world's most chic cities on one of the best cycling routes in Europe! Cycling through beautiful English villages and into stunning rural France you'll pass historical landmarks and famous battlefields from World War I until you reach Paris, undoubtedly one of the most magical places on earth. The sense of achievement you'll experience will be one you'll treasure forever. For those of you in search of the challenge of a lifetime simply give us a call at the office on 020 7472 6761 and we will send you a full information pack and everything you need to take part in this fantastic event. An unforgettable experience awaits you.

Registration fee payable now: £99

Minimum sponsorship level: £1,450



Skydive FREE! All year round

Imagine you are standing at the edge of an open doorway in an aircraft flying at 10,000 feet with the wind in your face and the engine sound in your ears. You lean out of the doorway and let go falling into the clouds at 120mph. You freefall harnessed to a professional parachute instructor for several thousand feet. As the parachute opens you begin your tranquil descent from a mile up in the air and are guided back to the drop zone where your tandem instructor will control your landing.

In partnership with Skyline events we have places for supporters to make a 10,000 ft tandem skydive to raise funds for research, equipment and facilities at the Royal Free Hospital.

Skydives take place throughout the year from a variety of airfields. To choose your own date and airfield please call the Skyline team 020 7424 5535.

Location: Brackley Airfield, Nr Oxford NN13 5NS

Booking form:
www.royalfreecharity.org

Registration fee: £70

Fundraising target: £395 (If you achieve this before the date of your skydive then you can skydive for FREE!)

ANNUAL REPORT FOR THE ROYAL FREE HOSPITAL CHARITY

2012/13 - A RECORD BREAKING YEAR FOR US.....

We would like to extend our thanks to everyone who has supported us inside and outside the hospital and remain immensely grateful for the support of our donors and fund raisers. This year we have been able to invest over five million pounds in cutting-edge research, state of the art equipment and patient and staff welfare and are proud of all of these initiatives. As a charity, free from commercial pressures, we feel that we have an obligation to identify research that could save lives and improve our patients' treatment in the future; in these testing times we view that as one of our most important roles.

Julia Palca (Chair) and **Chris Burghes** (Chief Executive)

LOOKING AHEAD

In the short term our objectives include investment in medical research, and funding for concomitant staff and equipment. This year we spent £145,000 on a new Environmental Scanning Electron Microscope for use in developing artificial organs in surgery and allocated £120,000 to support staff working on artificial organs for ENT surgery. We have also invested in £167,000 in a new Amyloidosis Gamma Camera to facilitate higher definition imaging offering a cheaper alternative to PET scanning where appropriate. We support pilot projects that we believe may change the face of medicine and as these initiatives become more robust and yield quantifiable results, they become better placed to attract investment from outside sources.

With regard to the medium term we have invested £150,000 into a new Wellbeing Centre to promote the hospital's health and wellbeing programme, aimed at preventing, rather than curing, illness. The programme will initially focus on maternity and physiotherapy. In addition the Royal Free Charity has undertaken to co-ordinate fund-raising in excess of 20 million pounds to build to fund and build a Global Centre for Research into the Immune System over the next five years in partnership with UCL. It will be the first Institute of its kind to open in Europe.



In the long-term we hope to become a dynamic and respected centre of excellence in the sister fields of immunology and transplants attracting and nurturing world-class professionals both to benefit our patients and our local community as well as advancing global medical research.

SHEDDING LIGHT ON BREAST CANCER

Mo Keshtger, Consultant Oncological Surgeon at the Royal Free Hospital and Reader in Cancer Surgery at UCL currently leads a team that is pioneering some of our most exciting techniques in the early detection, treatment and overall management of breast cancer.



Q: This year the Royal Free Charity has enabled your department to purchase PEM Breast Scanner. Could you tell us about this scanner?

The Royal Free has become the first hospital in the UK and only the fourth in the world to introduce a dedicated Breast PET (Mammi), which can be used to diagnose breast cancer in difficult cases, particularly in younger patients with dense breasts when cancer can be hard to detect. A small amount of radioactive glucose is injected and as cancerous cells process glucose much faster than normal cells, the high metabolic activity of cancerous cells shows up on the image as a bright spot. This scanner can also be key in diagnosing cancer when previous scans have proved inconclusive and in certain patients the technology can also be used to monitor their response to breast cancer treatment. Other benefits include improved comfort for patients; there is no breast compression involved and no risk of missing cancers close to the chest wall which is one of the limitations of mammography.

Q: The Charity has also invested £126,000 in the development of Photodynamic therapy (PDT) which this hospital is pioneering as a new approach to the treatment of breast cancer. Could you talk about the actual technique and your hopes for it?

Photodynamic therapy (PDT) is an exciting new way of producing localized tissue necrosis (cancer death) with light after prior administration of a photosensitizing agent. The drug is injected intravenously and the cancerous lump is then

illuminated with a long wavelength of visible red laser light. This is achieved by using a needle which is inserted through the skin, without the need for open surgery. The key feature of PDT is the nature of its biological effect on cells and blood vessels while retaining viability of the surrounding connective tissue which is not damaged by this treatment. As it does not carry the cumulative toxicity associated with treatments like radiotherapy, once a PDT area has healed, it can be treated again if necessary. As a cancer therapy PDT is particularly attractive because it is highly selective and specific.

There has not been any study of use of PDT in primary breast cancer to our knowledge and this will be the first study of its kind in the world. If this proof of principle study is successful, the data generated will be used for a large clinical trial.

Q: What equipment or technique for your department would be next on your wish-list for funding from The Royal Free Charity?

We are entering an era of radiguided surgery and purchase of a tracking device called SurgicEye is on my wish-list. It would enable significant improvements in surgery for breast cancer and would be a useful tool for future clinical research.

Q: What for you is the most significant aspect of having charity funding in addition to the NHS?

The additional funding from the Royal Free Charity has been the life line of my clinical research without which I would not have been able to generate further major funding from other grant-giving bodies.

DONATIONS AND FUND RAISING



(Incoming)
SKYDIVING, ABSEILING, BIKING and HIKING



Fundraising Activities for the Royal Free Charity this year have been spectacular in their diversity. We salute everyone involved for their dedication, enthusiasm and ingenuity. Unfortunately we lack the space to thank people individually, so simply offer a snapshot below.

12 year old Emma Thomas abseiled with her father and others down a fourteen story building to raise money for the acute kidney unit. Will Taper and Tom Harvey spent 30 days cycling 2600 miles across America to raise money for Sclerodema research at the Royal Free. Richard Beauchamp bicycled over a thousand miles for the Quiet Cancer appeal. A local lunch in celebration of the

Queen's Jubilee included a coconut shy to amuse the children and raise money for the Royal Free Charity. Almost £10,000 was raised by those heroic individuals who ran this year's London marathon for us.



(Outgoing)
SLIPPERS, CHAIRS, MASSAGE and WORKSHOPS

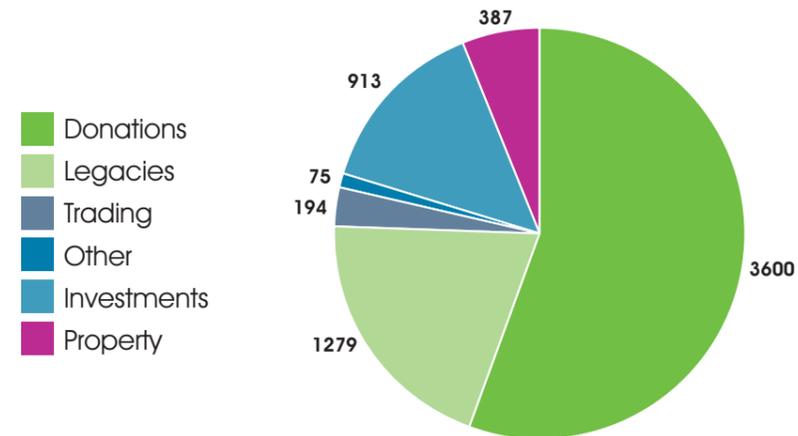
In addition to helping to fund research projects and equipment, the Royal Free Charity remains committed to supporting those smaller items and interventions that can have an impact on a patient's well-being, disproportionate often to the size of the spend.

One such example was our drive to fund more visitors' chairs for the oncology ward with a target of achieving four per bed. Additional chairs of the correct specification was not an expenditure that the NHS could accommodate and the Charity was keen to reduce the embarrassment and stress of both patients and staff, unable to make their visitors welcome as there were insufficient chairs for them.



INCOME AND EXPENDITURE

Charity Income (in £000s)



As this chart illustrates, the Royal Free Charity is heavily reliant on donations and legacies to continue carrying out the ambitious programmes within the hospital that will ensure that The Royal Free Hospital both maintains and supplements its overall services and care and stays at the forefront of medical developments.

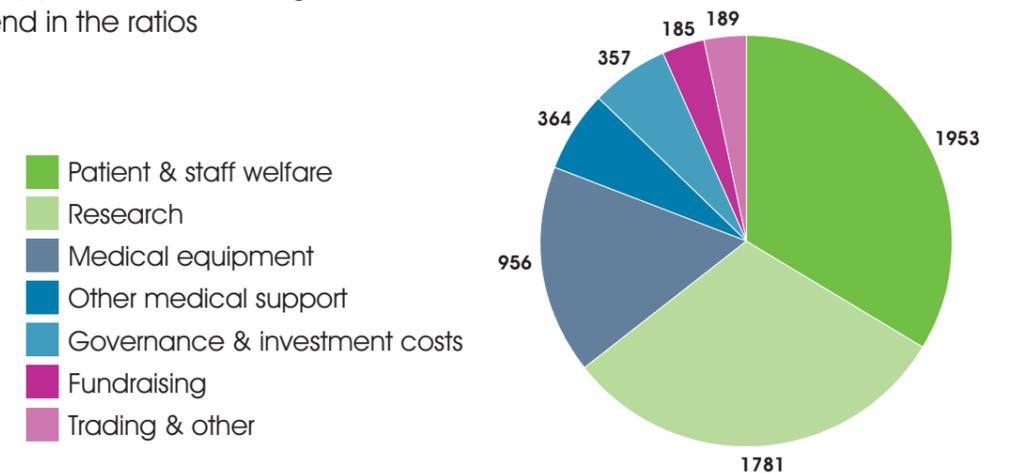
Income source 2011/12	£000s
Donations	3600
Legacies	1279
Trading	194
Other	75
Investments	913
Property	387

Charitable expenditure 2011/12	£000s
Patient & staff welfare	1953
Research	1781
Medical equipment	956
Other medical support	364
Governance & investment costs	357
Fundraising	185
Trading & other	189



Patient and staff welfare, research, medical equipment and related support receive funding relative to our overall spend in the ratios illustrated above.

Charity Expenditure (in £000s)



KEY SUCCESSES

The Royal Free Charity funds both the big and small things which make a difference to patients and staff. The diversity of our support is shown in this shortlist of some of the projects we have funded recently.

- Purchase of the Laparoscopic Nephrectomy Module for the medical simulation centre to enhance training of clinical staff.
- £167,000 to support building and refurbishment works to accommodate the installation of a new state of the art CT-gamma scanner in the National Amyloidosis Centre and refurbishment of associated labs and patients facilities.
- Creation of a parents' room on the children's ward to enable parents to relax but remain close by their child.
- Support for the Staff Achievement Awards which were presented in December 2012
- £145,586 to support the establishment of a tissue biobank as part of a flagship UCLP project. The samples will be available for any high quality research into new disease markers and therapeutic targets using "gene array" and "proteomics" technologies.
- Assistance with setting up the 'Fit-at-the-Free' (FATF) programme for staff to improve health, fitness and wellbeing.
- Funding of the massage therapy sessions for staff in addition to funding massage therapists to provide therapy sessions for patients. Massage therapy reduces stress and anxiety and for many patients is a relief from focusing on their illness.
- £100,000 sponsorship towards and involvement in the Xtreme Everest research project which is looking into the effect of low oxygen levels on the body. The results are part of a long term research project with the aim of improving the care of patients suffering from low oxygen levels, most common in those in intensive care.



PATIENT SUPPORT GROUPS

The Charity funds various patient support groups which are specific to different areas. Currently they include:

Primary Immunodeficiency (PID) support group

The Group was formed to represent the interests of patients with Primary Immunodeficiency (PID) who are managed by the UCL Centre for adult PID at the Royal Free Hospital (RFH) in Hampstead, London. For further information and to become a member please visit the PID support group website <http://pidpatients.org/>

Reclaiming Your Life!

For some people who live with a long-term health condition it can feel like the condition takes over their lives. It can impact on relationships, social life, work life as well as how people think and feel about themselves. This can leave people feeling like their life has been hijacked and can lead to feelings of frustration, sadness, despair and hopelessness. This group aims to help you to develop tools to make it easier to cope with living with your condition. It also aims to provide ideas and strategies for making positive changes in your life. To become a member please call **Fay Dawes 020 7472 6677** or email fay.dawes@nhs.net.

The 'Acute Foot' Support Group

This group is for Royal Free patients who have diabetic foot complications. It provides patients and their carers with support through sharing their experiences with each other and opportunities to discuss their condition and their concerns with the multidisciplinary foot team in less formal settings. This group meet once every two months alongside the foot clinic and includes talks from consultants (podiatry, diabetes and vascular) and demonstrations of methods involved in managing acute foot conditions. To become a member please call **Fay Dawes 020 7472 6677** or email fay.dawes@nhs.net.

Gallstone patient support group

This is a group which enables patient to patient support, research involvement information and opportunities. This group provides information to gallstone patients and their families to promote healthy lifestyles and well-being and to enhance patient participation in the prioritisation, design and monitoring of research activities relating to gallstone. If you or any of your family suffer from gallstones please complete a surgery card available in the gallstone clinic to become a member or call **Fay Dawes 020 7472 6677** or email fay.dawes@nhs.net.

If you would like to be involved with or benefit from the support of one of our groups please contact the Charity office. 020 7472 6677

OUR PARTNERS...

ST PETER'S TRUST FOR KIDNEY, BLADDER & PROSTATE RESEARCH

(ROYAL FREE CHARITY FUND NUMBER 543)



A message from Peter Worth ...

It is a year since St Peter's Trust was incorporated into the Royal Free Charity. Our thanks go to Sue Maridaki for her help and expertise in winding up the office and continuing, on an ad hoc basis, to assist the Medical Advisory Committee in the grant round process.

We are as keen as ever to keep in contact with our supporters to let them know that the Trust's work goes on under the new arrangements and that we could not continue without their help. We are currently updating the St Peter's Trust website,

which will give details of what the Trust is doing and will help to disseminate widely our plans for the present and the future.

As you can see, we also have our own pages in the Royal Free Charity newsletter to let everyone know about our amazing fundraisers and to report on the research projects we are supporting.

A grant round is being held and you can read more about this under our research update on the next page of this newsletter.

We hope that the Trust's supporters will continue to raise money for this important research.

Thank you, Peter Worth.



Darts Ladies raise £250,000!

Since 1988 the Ladies Kidney research Darts League from Basildon have been fundraising in support of St Peter's Trust. In August Sue and Peter were invited to a presentation evening where they received a cheque for £7,500 as well as experiencing the enthusiasm of the group.



Legacies

Legacies have been the main source of income this year and we are grateful to those who remembered us: Roy Hutchinson, Miss Renshaw, Lesley Coombes and Ann Marie Drummond. Our thanks also go to the friends and family of Kevin Lodge for their in memoriam donations.

Congratulations!

Two of the researchers that we have recently supported have obtained substantive academic appointments at UCL; Dr Stephen Walsh as Senior Lecturer in Experimental Medicine and Nephrology and Dr Joanne Marks (pictured right) as Lecturer in Epithelial Physiology (linked to Nephrology). We congratulate them and wish them every success in their future careers.



Research Update

The purpose of the Trust is to fund research and educational projects in nephro-urology at the UCL School of Life and Medical Sciences at its associated hospitals, and there are a number of developments currently taking place that we are keen to support. We have been unable to make any awards in the past eighteen months because of concerns about the financial situation and then the subsequent administrative changes for the Trust, but the finances have now improved and we are pleased to announce that a grant round for the year 2013 is underway, with some £200,000 available to award. **So there will be new projects starting this Spring.** A number of applications have been received, including proposed research on topics such as understanding the relationship between vasculitis and renal disease; understanding how the digestive tract interacts with the kidneys to maintain certain levels of phosphate in the body, thus preventing cardiovascular disease; understanding the mechanism of salt and water retention that causes hypertension in transplant patients in the hope that this could lead to more rational and effective treatments for this disorder in the population as a whole; and further work on identifying and correcting the action of the genes that cause inherited kidney disease. The Committee is also considering a proposal from Prof Emberton for the establishment of a St Peter's Trust Visiting Professorship in Urology through which an internationally renowned urologist would be invited each year to visit the St Peter's Urology Centre at UCLH to expose the urologists in training and other staff of the centre to new ideas being developed

elsewhere, innovative treatment methods, and opportunities for collaborative research. Decisions will be made by the end of March and details of the grants awarded will be posted on the Trust's website.

In addition, the MAC has agreed to grant £16,775 to Prof Peter Rich, Professor of Bioenergetics at UCL, to provide spectrometer equipment for the establishment of a novel biomarker database for research on renal stones, in collaboration with Prof Unwin in nephrology and the urological staff. Also £3,508 has been granted to Dr Edward Stern, a newly appointed Clinical Lecturer in Renal Medicine and Transplantation at the Royal Free site, to visit Yale School of Medicine in the USA for training in mass spectrometry and proteomics analysis by the leading international research team in the field of biomarkers for acute kidney injury. Kidneys are starved of oxygen during transplantation, leading to the risk of damage and reduced long term function. Dr Stern and his colleagues think they can reduce this damage by introducing an alternative treatment protocol, incorporating new technology to guide intravenous fluid and drug administration during the operation. He will use the techniques learnt at Yale to compare the results from the new protocol with the current standard treatment.

Arranging a grant round and assessing the applications is a complex and time consuming exercise but it is fundamental to the Trust's work and most rewarding to be instrumental in providing the pump-priming funds that help to turn research initiatives into cures for disease.

If you would like to make a donation please either send a cheque made out to Royal Free Charity Fund No. 543 (the Trust's dedicated fund!) to: FREEPOST, ROYAL FREE CHARITY (no stamp required) or look on our website: www.stpeterstrust.org.uk (select 'What you can do') where you will find a donation form and a gift aid form. Alternatively you can telephone the Royal Free Charity office 020 7472 6677 and make a donation over the phone quoting Fund No. 543.

All your generous donations will be dedicated to St Peter's Trust research programmes.

Thank you.

OUR PARTNERS...

THE ROYAL FREE RECREATION CLUB

<http://recclub.royalfreecharity.org/index.aspx>

The RFC Recreation Club was opened on the 4th December 1978. The club went through a redevelopment and was re-opened on the 9th May 2000 by his Royal Highness The Duke of York, KG.

From August 2011 the club entered a new era formally becoming a part of the Royal Free Charity. This move is intended to increase available resources and the services the club provides. The recreation club is now known as the RFC Recreation Club Ltd and is wholly owned by the charity.

Although closely linked with the hospital, the club has been entirely self-financing and any profits are ploughed back into the club to improve facilities and to keep membership fees and prices as low as possible.

Fitness Room

A large range of weight resistance machines can be found in the fitness room which also has a free weights area plus a full range of cardio – vascular equipment i.e. treadmills, steppers, rowing machines, cross trainers and fitness bikes. New equipment includes kettlebells, swiss balls, medicine balls and a multi station boxing frame. Personal training sessions and gym inductions are also available with our fully trained staff.

Sports Hall

The four-court sports hall is large enough to cater for a wide range of sporting activities. The hall is equipped for badminton, 5-a-side football, volleyball and netball.

We also have a table tennis table situated in a room off the sports hall.

Swimming Pool

At 13mx6m and heated to 28 degrees celsius (82 degrees fahrenheit) the pool is ideal for many things from a casual swim before work, to a cool down after a hard workout in the fitness room. In the interests of hygiene we ask everyone to shower before entering the pool. There is no lifeguard on duty as the pool is unsupervised! It is also compulsory to wear swimming hats.

Studios

The club has two exercise studios providing around 25 classes each week, ranging from aerobics to Pilates and yoga. For most classes you contact the teacher to book places and pay the teacher directly. Non-members are welcome to attend the classes but must pay a guest fee at reception.

Treatment Room

We have a treatment room where therapeutic massage, reflexology, chiropody and osteopathy professionals practice at inexpensive prices. Bookings can be made directly with the therapists.



LEAVING YOUR LEGACY

Remembering the Royal Free in your Will

We are most grateful for the incredibly generous gift we recently received in the will of the late Glenys Phillip. She wanted to help the endocrinology team at the Royal Free continue their great work. With this we will be able to fulfil her wishes and fund £305,000 of vital endocrinology research and equipment.

Is there a particular area of the Royal Free Hospital you feel most affinity with? The trustees will do everything they can to apply your legacy as you wish.

Making or amending a Will is relatively straightforward and ensures your wishes become reality. Please speak to your solicitor or call us and speak to our Legacy Manager on 020 7472 6677.

You can make sure that your wishes, and the people and causes you care about, are provided for after you have gone. Remembering the Royal Free Charity in your will means you can shape the future of the Royal Free, be part of pioneering medical breakthroughs and ensure we are always here for the patients that need us.

What type of gift should I leave?

There are two main ways you can choose from to leave a gift to the Royal Free Charity in your Will:

- A cash gift: You can choose to give a fixed amount of money
- A percentage of your estate: *You can choose to leave a share of what is left in your estate, in total or after you have provided for others.*

Leaving a percentage is the option most people prefer, because it means that you might not have to change your Will later if your circumstances change.

IN MEMORIAM DONATIONS

Donations have been received by the families of the following patients in their memory. Our thanks go to them all.

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