

# #ExtraHelpings

ISSUE 2



## Meet the Volunteers who make the Royal Free special

Since the beginning 2014 the Volunteers have come under the Royal Free Charity umbrella. They are a dedicated group of people who give their time, skills and energy to help Royal Free patients and staff. Look out for them in their purple tops and friendly smiles! Read more about their work and how you can become a Volunteer pages 10-11.

**FUNDRAISING EVENTS**  
page 2

**OUR PARTNERS**  
Volunteers page 10  
St Peter's Trust page 12  
Recreation Club page 14

**LEGACY**  
Page 15

# WELCOME

This issue of #ExtraHelpings welcomes on board our amazing Royal Free Volunteers. It is these dedicated and friendly people who help us put the patients' needs first in a very visible way.

We also celebrate and thank those who dedicate time raising the funds which make an enormous impact on others.

Finally we remember those for whom in-memoriam donations have been made. Our thoughts are with their family and friends.

We hope that you are inspired by the stories featured and would love to hear from you if you have fundraising ideas or would like to talk about leaving a legacy.

**Diane Ryan**  
Fundraising Manager

# CONTENTS

- Fundraising News** [Page 3](#)
- London Marathon** [Page 4](#)
- Patient Support Groups** [Page 7](#)
- Making a Difference** [Page 8](#)
- Income and Expenditure** [Page 9](#)
- Our Partners - Voluntary Services** [Page 10](#)
- Our Partners - St Peter's Trust** [Page 12](#)
- Our Partners - RFC Rec Club** [Page 14](#)
- Leaving a Legacy** [Page 15](#)
- Support Us** [Page 16](#)

## COMING EVENTS

### Superhero Run 5k or 10k

**Date:** Sunday 18th May 2014  
**Location:** Regent's Park  
**Registration Fee:** £22 Registration Fee (Includes Superhero Outfit)  
**Fundraising Target:** £100  
**Booking:** [www.royalfreecharity.org](http://www.royalfreecharity.org)



### London 2 Brighton 100k

**Date:** Saturday 24th – Sunday 25th May 2014  
**Location:** Start in Richmond  
**Registration Fee:** £85  
**Fundraising Target:** £375  
**Booking:** [www.royalfreecharity.org](http://www.royalfreecharity.org)



### Humphrey Lyttelton Band Jazz Night

**Date:** Thursday 19th June 2014  
**Time:** 7:30pm  
**Location:** Peter Samuel Hall, Royal Free Hospital  
**Tickets:** £15 (Includes Refreshments)  
**Booking:** 020 7472 6761



### Skydive for FREE!

**Date:** Dates available throughout the year  
**Location:** Brackley Airfield, NN13 5NS  
**Registration Fee:** £70  
**Fundraising Target:** £395  
**Booking:** [www.royalfreecharity.org](http://www.royalfreecharity.org)



**For more events go to [www.royalfreecharity.org](http://www.royalfreecharity.org)**

# FUNDRAISING NEWS

## Coffee and Cake Evening raised £250 for HPB (Hepato-Pancreatico-Biliary) Research

Jenny says, 'In the summer of 2013 my sister-in-law Valerie was diagnosed with a spreading cancer of the gall bladder and referred to the Royal Free. It then seemed right that I should do my fundraiser specifically for the Royal Free and the HPB department. What I liked was that I could state where I would like the money raised to go, so it felt as if I was giving something back and helping research which is vital. So I got baking cakes and invited family and friends to enjoy them with tea and coffee. Around 20 people came along and we raised £250 which was fantastic, the most I ever raised from an event like this, clearly the personal touch makes a real difference.'



## Coffee Morning and Craft Sale raised £1000 for Amyloidosis Research

Sandra says, 'In October 2012 I was diagnosed with a variant of Amyloidosis, and in December 2013 I had a kidney transplant donated by my husband. Several friends arrange a large Coffee Morning and Craft Sale yearly in the Parish Church and this time we decided to support Amyloidosis Research. Local shops and businesses donated generous raffle prizes. Everyone baked delicious cakes for the ever popular cake stall and to accompany the coffee. The patchwork and quilting group sewed lovely gifts to sell. To raise awareness we printed small notices to put on each table with a brief explanation of Amyloidosis as most people had not heard of it. Everyone agreed it was a lovely morning and the total raised was £1000 which included some donations.'



## Team MacGregor raised £4,162.78 for the Quiet Cancer Therapy Appeal

Lyndsay says, 'Our Dad, Roddy MacGregor, died on his 50th birthday in May 2013 from neuroendocrine carcinoid cancer of the bowel and goblet cell carcinoid. He was a much loved and hardworking family man. He worked at Howden Compressors, Craigton for 34 years. His work colleagues wanted to raise some funds in Roddy's name and together, with us, his family, signed up for the Great Scottish Run. So, the training began, young and old, we pounded the Glasgow streets in preparation for the big day. We set up JustGiving pages and wherever we went, we carried our sponsorship sheets. People were so generous. Their donations far exceeded our expectations. On the 6 October, the Run began. We were all kitted out with t-shirts printed by Howden's. With Dad's photo on our backs, we could feel him willing us on. It was an emotional feeling to cross the finish line - what a wonderful day! Neuroendocrine carcinoid cancer is rare and often goes undiagnosed for several years as it does not present with typical symptoms. It was too late for our much missed Dad, but we desperately hope that further research into these rare cancers will one day help win the war against neuroendocrine tumours.'



## Photo Sale raised over £750 for Cancer Ward

Lisa says, 'My primary reason for raising funds was to make the relative's lounge in the cancer ward a warm and useful room for patients and their families. Patients could leave their bedside to 'hang' with or without family there, families could wait together when clinical care was being given without having to leave and then return back to the patient quickly. Many times patients and their families used this space to hear very difficult news or hope-giving updates. My father, who has been involved in photography for many years, donated his time and talent by matting and framing his and a few of my favourite current photographic pieces. The day of the sale ended up being a beautiful experience. I sold most of the artwork and really enjoyed talking with the folks coming in and out of the hospital.'



## Lauren, Debbie and Emily's Santa Run raised £795 for the Charity's Christmas Appeal

Lauren says, 'We are three good friends who run together on the Heath a few times a week and also like to jump in the ladies pond after our run. The Santa Run seemed like a great opportunity to see in the festive season, dress up in a Santa suit and raise money for the Royal Free charity all at the same time. It was truly a day to remember. The sun was shining, Victoria Park was swarming with Santas of all ages, shapes and sizes and we were carried round the course by plenty of cheering supporters. We spent a hilarious fun filled and memorable morning together and will definitely be repeating the experience again. We cannot recommend it highly enough!'



# MEET OUR MARATHON RUNNERS...

Virgin London Marathon

13 April 2014

42.195km (26.2 miles)



From left: Kirstie Brady, Chris Burghes, Komal Hirani, Sandile Rahube, Suzanne Murray, Martin Brady



From left: Kimberley Pledger, Sandile Rahube, Komal Hirani, Tara Campbell, Suzanne Murray

## Michelle Babbs is raising funds for... **Neurorehabilitation Centre**

I am running the London Marathon to raise money for the Neurological Rehab Centre in Edgware. This centre does great work with individuals with long-term neurological conditions, such as Multiple Sclerosis and Parkinson's Disease. Their work improves the quality of life for these individuals and helps stop them from having to go into hospital. I have never run a marathon before but am training nearly every day so will hopefully finish it on the day!

[www.justgiving.com/Michelle-Babbs1](http://www.justgiving.com/Michelle-Babbs1)



## Kirstie & Martin Brady... are raising funds in memory of **Martin Perry**

We are running for The Royal Free Charity in memory of Kirstie's Dad, Martin Perry (Pes), who sadly passed away in June 2013 after a battle with cancer. Dad received excellent treatment during his long stay at the Royal Free. We can never thank the staff on 11 South enough for everything they did for my Dad. I decided I would like to give something back and am running the Marathon for them, to help raise money to help them help others like my Dad and fund new cancer treatments and pioneering research.

[uk.virginmoneygiving.com/KirstieBrady](http://uk.virginmoneygiving.com/KirstieBrady)

## Tara Campbell is raising funds for... **Intensive Care Unit**

I am running for the Intensive Care Unit at the Royal Free where patients and their families are going through some of the toughest times of their lives. This is my first marathon and I would love to hold it off for when I might be 'fitter' or with 'more spare time', however, I have learnt from working in ICU that life is too short to put things off. I am running for those who can't.

[www.justgiving.com/Tara-Campbell1](http://www.justgiving.com/Tara-Campbell1)



## Sophie Collier is raising funds for... **UCL Institute of Immunity and Transplantation**

I am proud to work at the Royal Free Hospital and am raising money for the Institute of Immunity and Transplantation. I see many patients with infections who will directly benefit from the research work of this institute. These patients include those with diabetic foot infections, urine infections after a kidney transplant or pneumonia after chemotherapy. Helping these patients' immune systems fight these infections will become more and more important as we run out of antibiotic treatment options.

[www.justgiving.com/Sophie-Collier4](http://www.justgiving.com/Sophie-Collier4)



## Lucy Dagher is raising funds for... **Liver Transplant Department**

I am a Venezuelan Doctor; I did my training in liver diseases at the Royal Free Hospital. Running in the London Marathon for Royal Free Charity is my best way to say thanks very much and show my enormous gratitude to the Royal Free Transplant Unit team and especially to Prof Andrew Burroughs for his endless mentorship. Be sure that also every pound that you donate to Royal Free Charity will help more liver patients, and every mile that I run will be worth effort to do (especially because I never run a marathon before!)

[www.justgiving.com/Lucy-Dagher](http://www.justgiving.com/Lucy-Dagher)

## Simon Fox is raising funds for... **St Peter's Trust For Kidney, Bladder and Prostate Research**

I am 51 years old, married to Sarah and we have four beautiful daughters, Isobel, Isla, Lucy and Emily. We have a small furniture business, AfricanTrackwoods, manufacturing furniture from old railway sleepers and live in Harare Zimbabwe. I have enjoyed running most of my life and last year ran two Ultra-Marathons, namely the Two Oceans Ultra-Marathon (56 km) in Cape Town and the Comrades Marathon (89 km) in Durban. I did also run a few marathons during my training last year. My mother in law, Ann Hall, lost her husband Richard to cancer last year. I thought it would be appropriate to raise money and awareness for a Charity that researches this, and also to remember Richard.

[www.justgiving.com/Simon-Fox8](http://www.justgiving.com/Simon-Fox8)



## Komal Hirani is raising funds for... **Ophthalmology Department**

I am an orthoptist and I work in the department of Ophthalmology. This is the first marathon I'm running and the training has definitely been a challenge. Prior to this, the furthest I've run is 10km. Training has been enjoyable on the whole. I've been working in the Trust for just over 6 years. So I saw running the marathon as a great opportunity to give something back. I work with a great bunch of people on four sites and I hope the funds raised will make a difference to my team and the patients we treat!

[www.justgiving.com/Komal-Hirani1](http://www.justgiving.com/Komal-Hirani1)

## Suzanne Murray is raising funds for... **Intensive Care Unit**

Our new ICU provides first class treatment to patients when they are at their sickest. As a physiotherapist I feel really privileged to be able to help start them on their road to recovery and their fight to restart their lives. And so I'm taking on the marathon to raise money for my patients, not for fancy machines with bells and whistles but for the smaller more personal things – tellies, radios, talking books etc. anything to make the patient more comfortable – it's called intensive CARE after all.

[www.justgiving.com/suzannemurray23](http://www.justgiving.com/suzannemurray23)

Twitter: @floozeicle



## Greg O'Toole is raising funds for... **Reconstructive Surgery Research & Education**

I ran my first London marathon in 1989 and I'm looking forward very much to running it again this year, 25 years later. As a surgeon, my main speciality interest relates to issues of congenital facial deformity, in particular surgical reconstruction for children born with an absent ear. Research into how best to treat these children is vital. I am delighted to be able to support such work, by running the London Marathon 2014 for Reconstructive Surgery research through the Royal Free Charity.

[www.justgiving.com/GregOToole](http://www.justgiving.com/GregOToole)



## Kimberley Pledger is raising funds for... **Complementary Massage Service**

I first ran the London Marathon to fundraise for the Royal Free massage service in 2012 and was thrilled to win another Golden Bond place to run in 2014. I have been part of the massage therapy team since 2010 and feel passionately about the importance of the service within the hospital. Massage therapy helps patients to feel themselves again at a time when their bodies are not their own. The service relies entirely on donations and has pioneered the use of massage in other hospitals around the UK so I'm very proud to run to support the service.

[www.justgiving.com/massagetherapy](http://www.justgiving.com/massagetherapy)

Twitter: @KimbersP



## Sandile Rahube is raising funds for... **Breast Cancer Research**

In 2005 I lost my mother to breast cancer. She was diagnosed with stage III and survived two years after surgery. I'm raising funds for breast cancer research which will benefit Royal Free cancer patients. I'm helping to save lives and that's an incredible thing.

[www.justgiving.com/Sandile](http://www.justgiving.com/Sandile)



## Jo Woollard is raising funds for... **Alzheimer's and Podiatry**

I am running the London Marathon in 2014 in memory of my lovely Nanna, who suffered with Alzheimer's disease in her later life. One of the worst aspects of this condition is that it causes the person to lose the ability to recognise their loved ones, which we certainly experienced as a family. Secondly, it will contribute towards the research undertaken in a fantastic department (the one which I currently work); Podiatry. Vascular and Diabetic foot disease is under-reported in the media, however it can cause major lower limb amputation and premature death. I also have promised my 5 year old nephew I will wear an outfit of his choice if I raise £3000 before the day!

[www.justgiving.com/Jo-Woollard](http://www.justgiving.com/Jo-Woollard)

Twitter: @JoWoollard



## I want to run in 2015!

If you would like the chance to run the Virgin London Marathon in 2015 for the Royal Free Charity please email [rfh.fundraising@nhs.net](mailto:rfh.fundraising@nhs.net)

From 14th April 2014 we will send you a ballot application form. This will need to be completed and returned by 30th June 2014. The draw will take place 1st July 2014 and all successful candidates will be notified. Runners up will be notified and added to a waiting list. If you are successful £100 registration fee is required to secure your place and your fundraising target is £1,250.



# PATIENT SUPPORT GROUPS

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

## Acute Foot Patient Support Group

Meets at 4.00pm with tea and coffee provided. The group provides help and information and plans for future meetings include inviting consultants from various relevant areas of the hospital to give a talk. Suggested areas are podiatry, diabetes, and vascular. Patients are also helped with demonstrations of methods involved in managing their conditions.

For further information, please contact Fay Dawes, 020 7472 6677 or email [fay.dawes@nhs.net](mailto:fay.dawes@nhs.net)

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## The Reclaiming your life Patient Support Group

The group works closely with the Wellness Centre at the Royal Free. Its original vision was to create a new approach to supporting patients with the psychosocial challenges of living with serious physical illness. The group also aims to provide patients with a toolkit of skills that they could use to negotiate the challenges arising from their condition. There is a waiting list for this group.

For further information, please contact Fay Dawes, 020 7472 6677 or email [fay.dawes@nhs.net](mailto:fay.dawes@nhs.net)

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## The NET (Neuroendocrine Tumour) Patient Support Group

The Royal Free Hospital NET department, with the support of the Royal Free Charity, are launching their patient and carers support group. Its aim is to enable patients and carers living with this rare cancer to share their experience. The group is led by one of the Clinical Nurse Specialists in the team.

For further information, please contact Jorge at [Jorge.garcia-hernandez@nhs.net](mailto:Jorge.garcia-hernandez@nhs.net)

# MAKING A DIFFERENCE

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.

## Dementia Patient Support

The Charity has given a grant of £1,800 to the Health Services for Elderly People wards to provide a food and clothes bank for Dementia patients as they leave hospital. This is part of the My Discharge project.

Becky Lambert, Dementia Lead at the NHS Trust, says:

*'A large number of patients admitted to the Health Care of the Elderly wards have dementia and experience levels of confusion while on the ward. They are often brought in in an emergency, with no belongings and many have no families or friends to provide them with the basics such as clothes or toiletries.'*

*'Having received a grant from the Royal Free Charity for provision of clothing and basic toiletries, we can now ensure that every patient is discharged home wearing a new set of clothes rather than hospital pyjamas. They also receive their own toiletries such as toothbrush, razor, shampoo and moisturiser.'*

*'It has been essential in helping to maintain patient dignity on the ward and on discharge and providing a sense of normality in what can be a very distracting and distressing environment.'*

## Meet & Greet at Main Entrance

In March 2013 the Charity funded 3 kiosk support officers – 'meeters and greeters' – to support the introduction of the self-service kiosks in the main entrance. In June 2013, the Trustees agreed to continue to fund these officers for a further 6 months. The purpose of the meeters and greeters was to help patients get used to the new kiosks as the system is rolled out through the Trust.

Jackie Robinson, Assistant Operations Manager, says:

*'Staff were scheduled to work Monday to Friday from 9.00am to 3.30pm and their responsibility was to encourage and support patients to use kiosks to check in for their outpatient appointments. They could also help patients update any personal information that was incorrect. The team also supported mobile clinical assistants which are a type of mobile laptop. The assistants worked on particularly busy clinics and approached queuing patients to encourage them to use the kiosks. This had the added benefit of reducing queues and congestion within these clinics.'*

*'Staff were based in the main concourse area at the Pond Street area and not confined to a desk. Patients and visitors have been greeted with a visible presence as they enter the building; this is in line with trust principles of providing World Class Care. We are pleased that so many positive comments have been made about the team, who have also been able to support patients with a variety of queries, from simple way-finding to helping with appointment queries, transport issues and other matters.'*

## Music to Aid Recovery

The Guildhall School of Music & Drama Leadership Programme in collaboration with the Worshipful Company of Cordwainers, the Royal Free Charity and the Royal Free London NHS Foundation Trust Physiotherapy department have been using music as a tool to ease pain by providing a distraction, improve their general mood and well-being and encourage recovery which all supports the healing process. Simple warm up vocals are used to engage the lungs and breathing. The music students play live music, and patients are encouraged to participate and reflecting the rhythm and energy of their music. The result is a fun, engaging and energizing atmosphere for all involved.

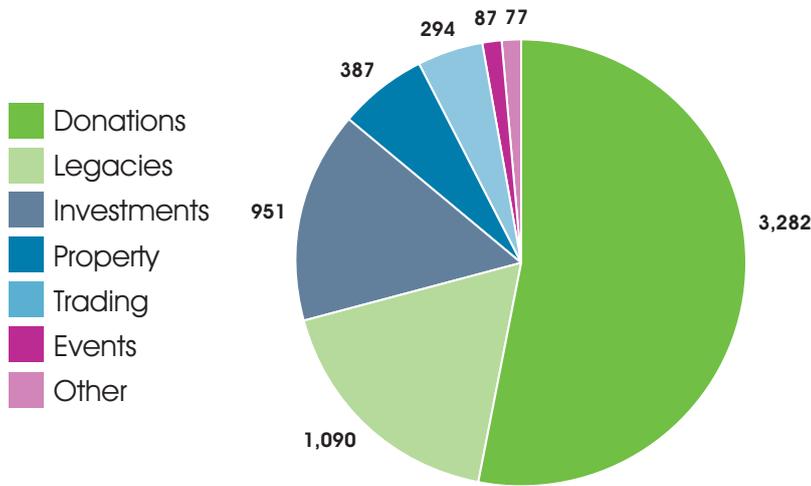
This collaboration has had an impact on both patients and staff...

- Patients become jovial and chatty during the sessions saying it takes their mind off their hard physio work
- Staff appreciate the uniqueness offered in their daily routines



# INCOME AND EXPENDITURE

Charity Income (in £000s)



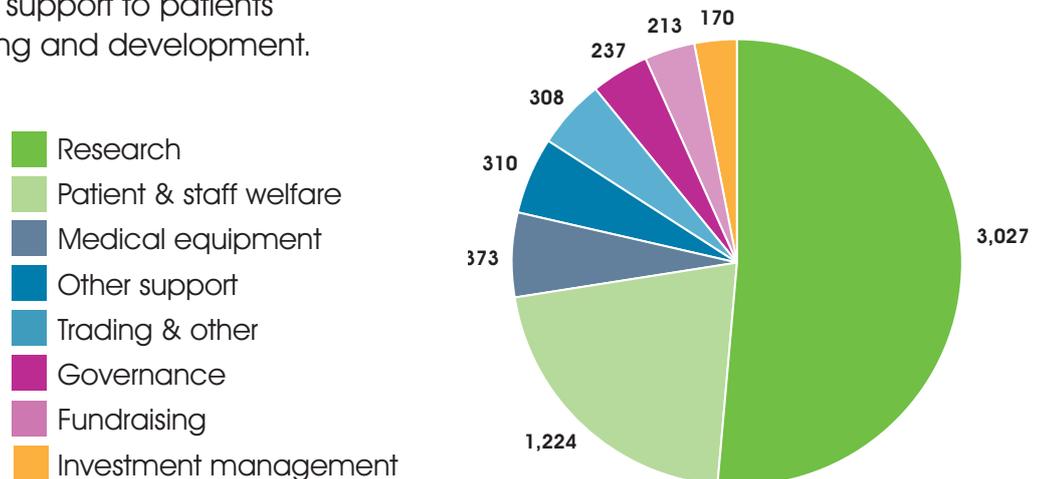
As this chart illustrates, the Royal Free Charity is heavily reliant on donations and legacies to continue carrying out the ambitious programmes within the hospital that will ensure that The Royal Free Hospital both maintains and supplements its overall services and care and stays at the forefront of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

Income source 2012/13	£000s
Donations	3,282
Legacies	1,090
Investments	951
Property	387
Trading	294
Events	87
Other	77
<b>Total</b>	<b>6,168</b>

Expenditure 2012/13	£000s
Research	3,027
Patient & staff welfare	1,224
Medical equipment	373
Other support	310
Trading & other	308
Governance	237
Fundraising	213
Investment management	170
<b>Total</b>	<b>5,862</b>

This chart shows that just over half of the Charity's expenditure in 2012/13 related to research. The second largest area was direct support to patients and staff, particularly staff training and development.

Expenditure (in £000s)



# OUR PARTNERS...

## VOLUNTARY SERVICES DEPARTMENT

### Meet the Team...

We are the Voluntary Services Department team. (From left): Sharon Howarth, Receptionist/administrator; Elaine Donnellon, Voluntary Services Manager; Gill Hyatt, Volunteer Coordinator.



We currently have 361 volunteers who work across the week, weekend and evenings, in a variety of roles.

### What roles do our volunteers do?

Our volunteers work unpaid in a variety of roles including on the enquiry desks, generic ward helpers, Macmillan support, qualified massage volunteers, qualified hairdressers, meet and greet, shop trolley, dementia companions, general companions, patient feeders, oncology cocktails, basic admin support and many more roles.

### We have been asked by staff... why do they volunteer?

Here are just a few reasons our volunteers volunteer:

- They are passionate about their local hospital and the NHS
- They are ex inpatients or current outpatients and want to give something back
- Those who have lost loved ones and feel grateful for the care their loved ones received here
- They wish to gain experience to decide if a career in health or medicine is for them
- They wish to improve confidence skills and/or their CV
- Positive use of time

### What do our volunteers do when they are not volunteering?

Our volunteers are also:

TV producers, students, trainee doctors, retired GPs, business owners, parents, carers, retirees, ex patients, current outpatients, current RFL staff, retired trust staff, hairdressers, nannies, flight attendants, sculptors, artists, graduates, seeking work and many, many more.

### Launch of our 'Reach out to Dementia' Scheme

We have identified dementia patients as one of our priorities and have worked in partnership with the new Dementia Lead, Becky Lambert, who has trained over 80 of our volunteers in basic and more advanced dementia awareness. The scheme will be launched on the Freenet Dementia Portal where referral forms are available for staff. This scheme is designed to provide support for patients with dementia, on the hospital ward. The volunteers are all trained in caring for patients with dementia and can offer time to sit with, talk to and provide ward based activities to encourage cognitive stimulation and social interaction. Volunteers try to ensure their interaction is person centred and relevant to the individual. Any information from family, friends and staff that may encourage this would be welcome.

The following activities are offered:

- Providing companionship
- Completing '8 important things about me'
- Talking with patients
- Reading to patients
- Assisting with menu completion
- Playing ward based games
- Basic beauty treatments e.g painting nails and a qualified hairdresser service.
- Reminiscence



Stephanie, Volunteer Hairdresser; Becky, Dementia Lead

To find out more please contact Dementia Lead Becky Lambert on bleep 4045 or via email [Becky.Lambert@nhs.net](mailto:Becky.Lambert@nhs.net)



### Partnership of Volunteers with Camden Baby Feeding Team

We work in partnership with Camden's Baby Feeding team, whose trained peer support volunteers work with the 5 South maternity ward and provide a free service for our new mums. Their team are funded by the NHS and work for the Early Years Services for Camden Council. Our Volunteer Coordinator, Gill Hyatt, has been integral in ensuring we have good communication with Camden Baby Feeding and has coordinated the work to ensure we have effective partnership work.

Peer supporters learn how to support a mother however she chooses to feed her baby. They do not give advice or tell mums what to do. They offer suggestions which are based on the best information available from the Department of Health. Zainab, Amal and Simi (pictured) recently completed the accredited training course and started volunteering in 2014.

The most important thing about our peer supporters is that they are all mums who have breastfed their babies, and want to help other local mums with feeding their babies. If you are interested in finding out more about the service or are interested in becoming a volunteer for the service please contact Sally or Jane on 020 7974 8961, or email [babyfeeding@camden.gov.uk](mailto:babyfeeding@camden.gov.uk)

### How to Volunteer

Are you interested in volunteering? The application process is very simple; if you would like to volunteer and/or find out more information about the roles volunteers do, or to see if you are eligible to apply, please contact [elaine.donnellon@nhs.net](mailto:elaine.donnellon@nhs.net) or [gill.hyatt@nhs.net](mailto:gill.hyatt@nhs.net) on extension **34093** or call **020 7830 2306** for an informal chat.

We are currently keen to recruit more trust staff as volunteers; we already have 8 trust staff volunteering with us.

### Why do RFL trust staff volunteer?

Trust staff may want to volunteer to gain experience of working on a ward, to have contact with patients; some do so to gain a different perspective and improve their understanding, or broaden their knowledge of the hospital and learn new skills.

60

SECOND INTERVIEW WITH VOLUNTEER

### BEVERLEY ORTON



**Q1 How long have you been a volunteer at RFL?**

I've been a volunteer here since 2006 and I'm here one day a week.

**Q2 What do you do here?**

I work in the patient and staff library on the LG floor, it's run entirely by Royal Free Charity volunteers.

**Q3 What was your motive for volunteering?**

I'd just retired a year before and I wanted to do something stimulating and totally different to my past job. It's also because I love books. This is also my local hospital.

**Q4 Do you still have the same motives as when you started?**

All I can say is if I left, I would really miss it and if I'm away for a few weeks I really miss it. I really like working in a hospital environment.

**Q5 What do you get out of volunteering here?**

A sense of enjoyment from talking to patients and staff about books and there is a sense of family amongst the volunteers.

**Q6 What did you do before you volunteered here?**

I worked for Japan Airlines for 35 years. I've also been involved in volunteering since I was 18 years old in a variety of capacities.

**Q7 What do you enjoy the most out of your volunteer placement here?**

Talking to the patients I meet and sharing our love of literature. I also love the stir-fry and the restaurant staff are very welcoming.

# OUR PARTNERS...

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

(ROYAL FREE CHARITY FUND NUMBER 543) [www.stpeterstrust.org.uk](http://www.stpeterstrust.org.uk)



### A Message from the Chairman of the Trust's Advisory Committee

St Peter's Trust was established in 1970 to fund research and educational projects in urology and nephrology, originally at the St Peter's Hospitals and Institute of Urology in Covent Garden. After several relocations the Trust now continues its work in association with the UCL School of Life and Medical Sciences and its partner NHS urology and nephrology departments. Throughout this time the research has continued and many advances in diagnosis and treatment have been introduced, with great benefit to the patients. As a result, the Trust has continued to receive legacies and donations from patients and their families and contacts who have been very grateful for the expert and innovative

treatments provided at these world class centres.

Such funding is currently providing support for ten research projects (details on our website at [www.stpeterstrust.org.uk](http://www.stpeterstrust.org.uk)) and I am very pleased to report that a further £139,118 from legacies and donations has been received in the financial year 2013/14. This will enable us to award more research grants in 2014.

Technological advances continue, and the very talented and committed researchers that the Trust supports show great expertise and ingenuity in harnessing them for further ways of understanding and treating kidney, bladder and prostate disorders. Our supporters have also shown many and varied ways of raising funds and their generosity is greatly appreciated. I hope they will wish to continue raising money for this important research.

Thank you, Peter Worth.

## DONATIONS

### London Marathon 13 April 2014

Yes, it's that time of year again and we have a supporter coming especially all the way from Africa to run on behalf of the Trust! Simon Fox is an experienced long distance runner, having participated in marathons in the heat of Durban and Cape Town, but this will be his first London Marathon. We are delighted that he has agreed to support us in this way. Please sponsor the effort he is making on our behalf. (For more info on Simon and how to donate, see Page 5).

**We are very grateful to the five pupils of Angmering School,** who have donated the takings they made from sales on their stand at a school event. They did so because one of the group members has suffered from cancer in her family and, as they say in their letter, 'we raised £25.55 for your charity because we all hope it helps in the finding of a cure.' The Trust certainly seconds that wish!

- **The Ladies Kidney Research Darts League**
- **from Basildon** continues to do us proud,
- and in September last year their Chadwell
- Crew arranged for a local band, Filthy
- Gorgeous, to entertain a hall full of people.
- They report that both the music and the
- atmosphere were great, and they managed
- to raise the impressive sum of £747 for St
- Peter's Trust. An evening with a medium and
- fancy dress line dancing are now being
- planned! Their generosity and loyalty in
- raising funds for the Trust year after year are
- greatly appreciated. Last year the League
- presented St Peter's Trust with a cheque for
- £6,700 bringing their grand total raised since
- 1978 to £253,253!! No mean feat.

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](http://www.stpeterstrust.org.uk) 'How You Can Help', where you will find a donation form and a gift aid form. Alternatively you can telephone the Royal Free Charity office 020 7472 6761 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.

## RESEARCH UPDATE

Two pieces of equipment funded by the Trust in 2013 are already producing valuable information.

### **Spectroscopy equipment to develop a novel biomarker database in research on renal stones and other kidney diseases:**

Prof Peter Rich tells us that, thanks to the Trust, a bench top infrared 'vibrational' spectroscope has been installed in the kidney and urology unit at the Royal Free Hospital, and ward nurses Faith and Cameron are recording infrared spectra of patients' urine samples. These can be obtained quickly and without need for any sample preparation. A database of urine readings related to specific clinical conditions will be built up over a three

year period. More than 140 have been collected so far and spectra from patients with a variety of disease states show some promising differences. As the database is built and advanced analytical methods are applied, the researchers hope to find diagnostic markers that indicate particular disease states, and the effectiveness of treatments, from this non-invasive procedure.

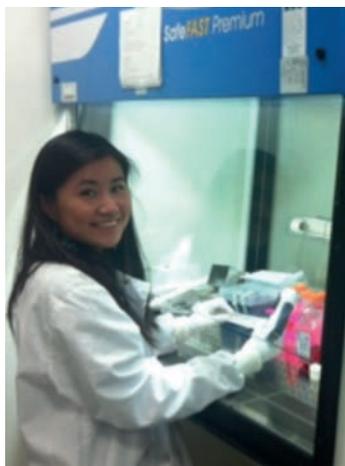


The bench top spectrometer in operation

### **Genetic Investigation of Kidney Disease**

Dr Daniel Gale reports that a grant from the Trust provided essential laboratory equipment that is used for storing and growing cells, as well as for amplifying genes and detecting proteins in patients with kidney disease. The research has proceeded well, and in 25 out of 60 families with previously unexplained inherited kidney disease the gene responsible has now been identified. This has allowed a firm diagnosis to be made for these patients and for genetic testing to be performed in other family members to find out if they have the same disease.

The researchers are now studying a new change in a gene identified in one of the families that they think causes a problem breaking down certain types of fatty acids. Work being done at the moment aims to find out how this problem causes kidney disease and if it can be corrected. Future work aims to find the gene changes responsible for disease in the remaining families and to understand how these changes cause kidney problems.

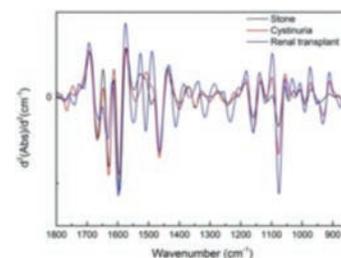


Research student, Clara Lei, using the tissue culture hood bought with funds from St Peter's Trust

## EXCHANGING IDEAS

### **Visiting Professorship in Urology**

3 examples of spectra of urine samples from patients with different conditions



As a new venture, the Trust has decided to fund an annual Visiting Professorship in Urology, through which an internationally renowned urologist is invited to visit the St Peter's Urology Centre at University College London Hospital to meet with the urologists in training and other staff of the Centre to discuss innovative treatment methods and opportunities for collaborative research.

Prof Francesco Montorsi of the University Vita e Salute San Raffaele Milan, was invited to become the first Visiting Professor, in July 2013, and his visit proved to be a resounding success. Routine work was stopped for a day so that all the urology clinicians could attend the plenary session when research papers were presented and Prof Montorsi gave four talks on various aspects of his studies of prostate cancer and of erectile dysfunction linked to heart disease. He was reported to have been very impressed with the high quality and diversity of the research portfolio presented to him by his hosts, and the junior clinical staff also felt they gained a lot from spending an evening with the editor-in-chief of the journal 'European Urology.' Mark Emberton, Professor of Interventional Oncology, Division of Surgery and Interventional Science at UCL/UCLH, says that there has been quite a buzz following the visit and plans are now underway for welcoming the 2014 Visiting Professor.

### **The 2nd UCL Nephrology Day**

The UCL Centre for Nephrology was created by the merging of the kidney research laboratories with the clinical service, reflecting the ethos that ideas for innovative therapies are derived from treating patients and patients should benefit as directly as possible from research breakthroughs. The Centre has a unique breadth of clinical and research expertise covering many aspects of kidney disease. Renal research at the Royal Free was highlighted at the 2nd Annual UCL Nephrology Day in September 2013 which was attended by more than 120 participants. The proceedings were opened by Professor Anthony Schapira. A series of talks by local, national and international experts reflected the wide range of the Centre's clinical and basic research programme covering glomerular disease, tubular disease, kidney stones, acute kidney injury, renal genetics, chronic kidney disease, cardiovascular disease and modalities of renal replacement therapy. The renal cancer initiative recently established at the Royal Free was also introduced. Two plenary speakers from Yale University Medical School highlighted the close collaboration being established between UCL and Yale. The St Peter's Trust has played a central role funding research into a variety of kidney diseases and, in particular, in supporting new young investigators as they establish careers in kidney research.

# OUR PARTNERS...

## THE ROYAL FREE RECREATION CLUB

[recclub.royalfreecharity.org](http://recclub.royalfreecharity.org)

Royal Free Recreation Club  
Fleet Road, Hampstead  
London NW3 2QG  
**Telephone: 020 7830 2848**

### Public transport

Nearest Over-ground Station – Hampstead Heath  
Nearest Underground Station – Belsize Park (Northern Line)  
Local Bus Routes – C11, 24, 46, 168

The Rec Club is open to patients, staff and the community. It has a range of classes including Zumba and ballet and is also host to local running clubs. Please check out the website for full class details and prices.

### 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 cardiovascular 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 13m x 6m and heated to 28°C (82°F) 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

By making a Will you can ensure that your wishes, and the people and causes you care about, are provided for after you have gone. Leaving a gift to the Royal Free Charity in your Will means you can shape the future of the Royal Free and ensure we are always here for the patients that need us.

Is there a particular area of the Royal Free Hospital you feel most affinity with? The Trustees of the Royal Free Charity will ensure that your legacy is applied 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 on 020 7472 6677 for advice.

We are most grateful for the £1,000 we received from the late Martyn Graham Rogers. Martyn came to the Royal Free Lysosomal Storage Disorders Unit shortly before his death to thank and say goodbye to the staff working at The Gaucher's Unit for the treatment and care he received for his condition over the years. This Unit is one of only six specialist units for lysosomal storage disorders\* (LSDs) throughout the UK. Martyn truly appreciated the support he received and his kind donation will help improve the patient experience for others suffering from Gaucher's disease.

\* Lysosomal storage disorders are inherited disorders caused by a deficiency of specific enzymes that are required for the breakdown of complex carbohydrates known as glycosaminoglycans. If one of these enzymes is not present in sufficient quantities, the normal breakdown of those carbohydrates is incomplete or blocked. The carbohydrate residues accumulate in the lysosomes of the cell, disrupting the cell's normal function, giving rise to the clinical manifestations of LSDs.

## 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.

Alistair Anderson, Soterakis Antoniou, Richard M Aransibia, Keith Atkins, Anthony Barnes, Lynda Barrett Choate, Robert A Brown, Jeffrey Bryer, Steven Burdon, Eric Clapham, Christopher Coles, Jimmy Creighton, Alex Delicado, Pat Dixon, Fiorina Elliott, John Faherty, Tom Gorringe, Salvi Hagopian, David Hamilton, Denis W Hardy, Philip Hawkins, Josie Henry, George Hollingsworth, Keith J Hunt, Hemlata Nathwani, Roddy MacGregor, Amarjit Mali, Kim A McDonald, Deborah L McVay, Peter 'Condor' Mockridge, Michael Mulheron, James M Neal, Stephen Newman, Frank Nolan, Nikos Papadakis, Barbara Pemberton, Robert J Prankard, Don Prideaux, Eddie Quinlan, Stephen Redfarn, Marie Richter, Gip Shaw, Ruby Smith, Ann M Watts, Mary Wilkerson, Iris V Wilson, L G Wiltshire, Iris Wood.

# 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**



Follow us on Twitter  
@RoyalFreeCharity



Scan QR for  
website link

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

Please come and visit us or call 020 7472 6677

[www.royalfreecharity.org](http://www.royalfreecharity.org)



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)

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I wish to receive the Royal Free Charity newsletter and mailings

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