

extrahelpings

ISSUE 6

Celebrating the volunteers, fundraisers and supporters who make a difference

FEATURES

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Plus

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**FREE WILL
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COMING EVENTS



GET INVOLVED

How you can help...

- Make a one-off or regular donation
- Join one of our fundraising events or create your own
- Sign up to the Charity lottery

The Charity office is located on the front concourse, Pond Street – please come and visit, or contact us.

Phone: 020 7472 6677

Email: rf.fundraising@nhs.net

Online: royalfreecharity.org

...and don't forget to follow us  [@RoyalFreeChty](https://twitter.com/RoyalFreeChty)

FREE WILL WRITING SERVICE

The Royal Free Charity has teamed up with two of the UK's leading charitable Will writing services, the National Free Wills Network and the Goodwill Partnership, to help our supporters write or update a simple Will free of charge.

We can arrange for you to have your will written by a local Law Society regulated solicitor at an office located within reach of your home, or to have your Will reviewed by a panel of Law Society regulated solicitors following a home visit from a trained Will writing professional.

Making a gift in your Will to the Royal Free Charity is a straightforward way to make a real difference for future patients.

You will be under no obligation, but we always appreciate any gift that you are able to give, no matter how big or small. If you would like to write or update a simple Will free of charge, please get in touch.

Fred Adams

Trusts and Legacies Manager

Phone: 020 7317 7772

Email: fred.adams@nhs.net

Alternatively visit our website for more resources and information including a list of local solicitors who will be able to advise and assist you with your Will. royalfreecharity.org/give/legacy-gift



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extrahelpings celebrates fundraisers, volunteers, supporters and the difference they make to the lives of those who are sick and vulnerable. In this issue we are featuring our four-legged volunteers who bring that extra touch to patients.

Each supporter brings a different element to our Charity family and we hope you enjoy reading their stories and feel inspired to add your own support, so that more patients can be helped in the future.

If you have your own story to share we would love to hear from you.

Diane Rya

Fundraising Manager
rf.fundraising@nhs.net

welcome



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find out more online
royalfreecharity.org

How we make a difference

The Royal Free Charity funds both the big and the small things that make a difference to patients and staff. Two examples of pioneering medical research funded by Royal Free Charity grants.



Experiments being performed on a liver kept viable using TROPS

PHD PROJECT TO TEST NEW TREATMENTS FOR LIVER CANCER

Mr Pulathis N Siriwardana and Professor Brian Davidson, Royal Free Hospital

Colorectal cancer is the third most common cancer in the UK. It can be operated on if diagnosed early, but in many cases the cancer has already spread to the liver when diagnosed, or soon after. The spread – or metastases – of the cancer to the liver can be cured by liver resection surgery, but often the cancer is too extensive for surgical treatment and only palliative chemotherapy is available.

We needed to develop a way to assess new therapies to treat colorectal liver metastases. The aim of the PhD project was to develop a novel experimental system (Tumour Research Organ Perfusion System, or TROPS), which could keep resected human liver cancers viable over a period of time, to allow researchers to study molecular changes in human cancers. The TROPS system is similar to the machines used to preserve organs for transplant.

Using TROPS we first of all discovered that not all colorectal liver metastases are the same. There are two very different appearances which we have shown to have dramatically different outcomes following liver resection surgery.

We also looked at the important surgical innovation of using lobar portal vein blockage pre-operatively to improve the outcome of surgery. We queried whether this procedure could affect the oxygen levels in the cancers and whether this could change their aggressiveness. In the world's first long term follow-up study we found that the procedure did influence the tumours' behaviour, but this did not seem to be facilitated by changes in tissue oxygen levels.

Another new treatment studied was Microwave Ablation. We used the TROPS system to investigate whether the current treatment protocols could be altered to improve the efficacy of treatment and we have had very exciting preliminary results which will be published shortly.

The work using TROPS has been recognised with honours in international and local conferences as well as publication in high impact factor journals.

GRANT FOR NOROVIRUS RESEARCH NURSE

Dr Laura Shallcross, UCL Research Department of Infection and Population Health

Norovirus outbreaks cause major disruption in hospitals and cost the NHS more than £100m per year. Although the so-called 'winter vomiting bug' is common, we do not know how norovirus spreads between people who are infected. We also think it can be spread by people who are infected but not unwell.

In the recent past we mainly used patient questionnaires to investigate outbreaks but this method only allowed a 'best guess'. New technology means we can obtain the genetic sequence of norovirus directly from samples taken from patients. Our aim is to use this information to better understand how the virus spreads in hospital and to try and reduce the impact on patients during outbreaks.

With a grant from the Royal Free Charity we have been able to start this work by funding a Research Nurse to collect data and samples from infected patients.

our four-legged friends



Therapy dogs are themselves volunteers who work alongside their owners to support people. They are specially assessed pet dogs, who spend some of their free time visiting people in hospital, and their main role is to provide affection, support and comfort to people who need it.

Pets help us cope with feelings of isolation, anxiety and depression. Many of these conditions are present in long-term patients, particularly those on the elderly, dementia and stroke wards. The Royal Free Charity aims to help patients during their stay in hospital – and our visiting therapy dogs are part of that process. Whilst doctors and nursing staff care for a patient's medical needs, the Charity is in a position to help support their emotional needs. Visits from our therapy dog volunteers always bring a smile and result in an uplifting experience for both staff and patients. It completely changes the clinical atmosphere of a hospital to create a more homely and familiar feeling.

Many patients find that interacting with the dogs and having time to chat with their owners allows them to focus on the happy memories of their own pets. With dementia patients the emotion of interacting with a friendly animal can help them to recall past times. Moreover some patients are very unwell and find it hard to physically interact, but can be comforted by the presence of a dog or the feel of its head resting on their hand. The sense of companionship and unconditional love that an animal provides is very powerful and beneficial, and is shown to decrease heart rates, lower blood pressure and reduce anxiety.

This service is run in conjunction with the PAT (Pets as Therapy) Charity and our thanks go to them.

We hope that patients in different areas of the hospital will be able to benefit from our therapy pets as we expand this service.

If you would like to help provide this type of service please donate.

Online: royalfreecharity.org/volunteer



Fundraising news

There are many reasons why fundraisers are inspired to raise money for various departments in the Hospital – here we feature some of their stories.

Thank you to all of our fundraisers – by thinking of others despite your own losses and challenges you have made a difference to the lives of patients at the Royal Free. A particular thank you to the Barnet Pathology team for donning those scratchy Santa beards to do a fun run round Victoria Park, to the staff at M&S Southgate for your sponsored walk for Acute Children's Services, and to Suzanne Berenger for her success in organising a second Purple Bee Ball for Pancreatic Cancer Research.



You can fundraise for any department in the Royal Free and we will support you to achieve your target! Visit the website to see our featured events.

Online: royalfreecharity.org/events

CYCLE CUBA

£910 raised for Hepatitis C Research

Sarah told us why she took on a 250 mile cycle around Cuba to raise money for the Royal Free: 'My husband is seriously ill with advanced liver disease due to Hep C, which had been undiagnosed for thirty years. Because of the extent of his liver damage he would not be able to tolerate the usual treatment and the prognosis was not good – but miracles do happen! The Hepatology Team at the Royal Free gave him the opportunity to take part in a clinical drug trial which resulted in him being Hep C clear! There is still a long way to go but his liver is no longer being attacked by the virus. This is my chance to say thank you and to give something back, because without the care and support of the Hepatology Team, my husband may not have been here today.'



REMEMBERING BRIAN RAVEN

£1,155 raised for Liver Research

Vincent told us, 'sometimes in life, especially in its darker moments, there is the possibility to see a little bit of light. My younger brother died after receiving wonderful care at the Royal Free Hospital last year. He was in hospital for many weeks, and I had a chance to get to know staff and – although this might sound vague, I'm sure others will know what I mean – I got a real feel for the staff and the hospital community at Hampstead.

To be able to arrange a fundraising event after Brian's death gave me a purpose. As I'm sure others

who've known bereavement have felt – there is something you can do. The process of preparation and giving the recital became part of the support and healing for personal grief. My brother was a very fine musician, and I was able to give a recital of words and music remembering him. Lots of people came, and the interval, which turned out to be longer than planned, became a little reunion for family and friends. The CD of some of the words presented in the recital has become another way to raise money. If you'd like a copy please email vincentraven123@aol.com.

EQUIPMENT FOR DIALYSIS PATIENTS

£10,000 raised for Dialysis Equipment

Manoj raised funds in memory of his father Gordhan who was treated at the Royal Free, 'to continue the wonderful charitable work that Gordhan accomplished in his life.' Money raised was used to buy a Bioimpedance machine for the benefit of dialysis patients.

Dr Andrew Davenport, Consultant Nephrologist at the Royal Free, explained that 'the survival rate for dialysis patients is actually less than for some common cancers, with the major reason being heart problems. Patients eat and drink between dialysis sessions which can cause fluid retention leading to heart and lung problems. If the fluid excess is taken away too quickly by the dialysis machine then patients suffer with low blood pressure and fatigue. In elderly people this can cause an increase in the rate of vascular dementia and leave patients feeling confused after dialysis.

It is therefore very important to be able to judge fluid status in dialysis patients and how fluid is removed during dialysis. Bioimpedance machines pass a series of small electrical currents through the body and can make measurements of body fluid. It provides essential information about fluid level and location, so that fluid is removed from the correct cells in a balanced way to keep the patient stable. The Bioimpedance machine can then be used again after dialysis to check the patient's fluid levels are balanced.'



PLAYING IT FORWARD

£3,150 raised for Neuroendocrine Tumour Research

Sarah shared her fundraising inspiration with us: 'Our amazing aunt was a huge-hearted, whirlwind ball of energy, giggles and commitment. Alongside a lifetime of nursing she devoted swathes of time to fundraising for charities that meant a lot to her; one regular recipient of these efforts was the Royal Free Charity. When she died suddenly we decided to continue some of her great work.

On the train home from the funeral, slightly tipsy and full of intent, we outlined plans for a charity event in our hometown of Rochester, Kent. Our goal was to raise at least £600 for the Royal Free. The next morning the task seemed daunting – venue, entertainment, ticket selling, promotion...how would we do it all? The answer was ultimately simple: do it with the same energy and commitment as our aunt would have done. The event would be called 'Play It Forward'. Within two months we had a venue, band, magician and DJ. With six weeks to go we hit our £600 target. In the end the night sold out – friends, family and welcome strangers came out to raise over £3,000.

We found that faced with the prospect of good entertainment and a bar people were more than happy to contribute to such a vital cause. The simple fact is that most people around you want to help and contribute to making a difference. 'Play It Forward' was one of the most empowering things we have experienced. If you are thinking of raising money for the Royal Free but don't know how, why not try putting on a small event for family, friends and the community. It's easier than you might think!



SANDRA'S 70TH AND A FASHION SHOW

£2,104 raised for Immunotherapy Research

Sandra told us, 'on the 12th December 2015 I celebrated my 70th birthday. At first I was not sure that I wanted a party, but after encouragement from my friends decided to throw a celebration to remember. I booked the venue, band and photographer, and then realised the one thing that I did not want or need were gifts. Whilst discussing this with a friend she happened to tell me about an acquaintance of hers who was undergoing pioneering treatment at the Royal Free with Dr Chao.' That acquaintance was Steve, whose fundraising ball and balloon release was featured in our last issue. On speaking to Steve, Sandra decided to ask her guests to donate to Dr Chao's research instead of buying her presents.

Dr Chao's research involves the development of a new immunotherapy drug. Immunotherapy is the biggest cancer breakthrough since Chemotherapy and works to encourage the immune system to fight back against cancer cells, shrinking them and in some cases eradicating them completely.

Shortly before Christmas Sandra was at a wedding where she happened to meet Steve, and she was inspired to raise more money for Dr Chao's research. Sandra says, 'I have now decided to hold a fashion show at the Haven restaurant in Whetstone N20 on Wednesday 25th May where Dr Chao will be present to tell us about his research and the progress he is making. Tickets will be £40 for a three course meal with wine.' Please contact the Royal Free Charity if you are interested in a ticket.

Meet our marathon runners

2016



Our runners are taking on the 42 km challenge of the Virgin London Marathon to raise funds for their chosen departments at the Royal Free, Barnet and Chase Farm Hospitals



Denise is running for the Royal Free Intensive Care Unit

Working in Intensive Care Unit I care for some of the sickest patients that come through our doors. Some patients remain in our care for weeks to months at a time and I want to raise funds to provide recreational equipment, such as TVs and radios, to help ease the burden of a lengthy stay.

Support my run:
tinyurl.com/denise-duffy



Mark is running for Liver Transplant Research
My wife's aunty recently received a liver transplant

at the Royal Free and was extremely well looked after. I want to run to say thank you, and with the money raised hopefully the Royal Free can save someone else's life!

Support my run:
justgiving.com/Mclements



Nic is running for Dementia Care at the Royal Free

As a physiotherapist I support the work on the HSEP (Health Services for Elderly Patients) wards where I encounter relatives of dementia patients who work tirelessly to care for the people they love, often with little thanks or support. They tend to be elderly and frail themselves, sleeping on chairs overnight because they don't want to leave their loved one. I will raise funds so that my team and I can transform two small rooms into a 'Carer's Oasis,' with homely decorations, magazines and reclining chairs. It will be a quiet, relaxing place for carers who are often in their darkest hour when they are on the ward.

Support my run:
justgiving.com/Nic-Lyne



Kate is running for Barnet Hospital Dementia Care

Having worked for 15 years at Barnet Hospital as Clinical Site Manager I have seen a steady increase of patients over 80 years old admitted, often diagnosed with dementia. Recently, one of our HSEP (Health Services for Elderly Patients) wards was refurbished, creating a calmer and more welcoming environment. The success has been huge in helping patients with dementia to feel reassured and less agitated. I will raise funds to help continue this development across the remaining HSEP wards.

Support my run:
justgiving.com/Kate-Rock2y



Niamh is running for the Royal Free Intensive Care Unit

My great friend Suzie is a physio at the Royal Free Intensive Care Unit and I can only admire her and the entire unit for their amazing work. I previously ran the London Marathon with Suzie and could not have done it without her. She is incredibly supportive and encouraging and I would love this opportunity to not only run with her again but to fundraise in recognition of the work done by her and the others in ICU.

Support my run:
justgiving.com/niamh-coughlan1



Dario is running for the Ian Charleson Day Centre
The Ian Charleson Day Centre is a world class HIV Clinic at Royal Free.

This department has supported people close to me who are living with HIV, and it provides excellent care for the people who rely on it. I would just like to do what I can to support this work.

Support my run:
tinyurl.com/dario-motta



donating to their causes!



Joshua is running for Barnet Hospital Children's Ward

I used to work regularly with Voluntary Services Supervisor at Barnet, Beverly Smith, helping to run children's school holiday camps. Now that I am in full time work and can no longer volunteer, I would like to contribute to the children's ward at Barnet Hospital.

Support my run:

justgiving.com/Joshua-Conners



David is running for the Chaplaincy Service

The chaplaincy team of staff and volunteers provides 24/7 spiritual, pastoral and religious care for patients, families and staff across all services. Our chaplaincy / faith centres are in need of some physical improvements to meet the needs of a wide variety of faiths and beliefs. I am running to raise the profile of the care and support we offer and to raise funds to develop our hospital centres as places of inclusive welcome.

Support my run:

justgiving.com/David-Rushton7



Alastair is running for Kidney Patient Welfare at the Royal Free

I want to support excellent patient care in the kidney unit.

Support my run:

tinyurl.com/alastair-machell



Susan is running for Liver Research

I have been a Hepatology outpatient at the Royal Free for the last two years and have received excellent treatment for a genetic condition called haemochromatosis, and would like to give something back in return.

Support my run:

justgiving.com/Susan-Oliver4



Andrew is running for Cancer Research

My good friend Guy Tentori was looked after by the Royal Free for many years. I am running the marathon for a second time in his memory.

Support my run:

tinyurl.com/andrew-royce



Karimah is running for the Royal Free Paediatrics Ward

I worked at the Royal Free Children's Ward for four years as a Paediatric Physician's Assistant and absolutely loved my time there.

Support my run:

tinyurl.com/karimah-rodney

I want to run in 2017!
 Our ballot for the 2017 London Marathon opens on 25th April 2016.
 Online: royalfreecharity.org/events
 Registration Fee: £100
 Fundraising Target: £1,250



Mary is running for Kidney Research
 I will be raising money

for the Nephrology department to support research into the treatment of chronic kidney disease and to improve dialysis support at satellite sites. I was diagnosed in spring 2015 with IGA Nephropathy, which is a chronic kidney disease. I am at the First Stage and am being treated by the Royal Free to prolong the life of my kidneys and hopefully avoid dialysis. Raising money for this cause helps me to fight against my own disease and support others who are further down their own journeys.

Support my run:

justgiving.com/Mary-Niven-Bowling

...and running for St Peter's Trust for Kidney, Bladder & Prostate research (see pages 12-13)



Sue
 Working as a Clinical Nurse Specialist in Urinary Diversions at

UCLH, I very much value the work of St Peter's Trust with regard to research and education. I see the benefits first-hand, reflected in improved patient outcomes for our urology patients.

Support my run:

justgiving.com/sue-fell2



Dan
 I am a Consultant Urological Surgeon at UCLH. I am also a trustee

for St Peter's Trust and received a research grant from them 14 years ago. I have run the London Marathon five times and the New York once and I am very excited about running again.

Support my run:

tinyurl.com/st-peters-trust

Patient support groups

Supported by the Royal Free Charity



These groups are set up by clinicians at the Royal Free to support patients by creating a space to share experiences and give advice on lifestyle and wellbeing, and to enable collaboration between patients and clinicians to isolate areas for research.

ACUTE FOOT GROUP

Meetings will focus on patients' day to day experiences of different types of treatment, discussing current research into diabetic foot care and fundraising for the support group. Meetings are facilitated by members of the multidisciplinary Acute Foot team. Funds are available for transport to this event.

Contact: Richard Leigh

Email: richardleigh1@nhs.net

Phone: 020 7830 2749

GALLSTONE GROUP

This group brings patients, carers and clinicians together to identify priorities for research in non-alcohol related liver and gallbladder disorders. This will result in better research and better outcomes for patients with gallstones.

Contact: Kurinchi Gurusamy

Email: kurinchi.gurusamy@nhs.net

Phone: 020 7794 0500 ext 33943

NEUROENDOCRINE TUMOURS GROUP

The aim of this group is to enable patients living with this rare cancer, and their carers, to share experiences. The group is led by one of the Clinical Nurse Specialists in the team.

Next meetings:

Fri 22nd April 2016 at Pax Lodge at 16:30

Fri 9th September 2016 in the Atrium at 16:30

Contact: Jorge Garcia-Hernandez

Email: jorge.garcia-hernandez@nhs.net

PRIMARY IMMUNODEFICIENCY (PID)

This group aims to support, inform and represent all patients of the Royal Free with a PID, as well as fundraise for PID research and agree on the distribution of the funds raised.

Online: pidpatients.org

Email: chanell.pritchard@nhs.net

Massage therapy

The Massage Therapy Service at the Royal Free complements medical treatment, providing therapy that eases pain and anxiety, lowers blood pressure, and promotes relaxation and healthy sleeping patterns. All patients with any condition can be considered for this treatment, and for many it is the highlight of their day.

A MESSAGE FROM KEITH

Massage can reduce a patient's blood pressure



An important part of our role as complementary massage therapists is to calm very nervous patients during active treatments on the ward.

Therapist Nickie was asked to see a patient about to go through a liver transplant. His name was Ahmed, a 44 year old man from Luton. Ahmed was very sceptical about massage but agreed to have it through the encouragement of his wife. When his blood pressure calmed as Nickie worked with him, Ahmed realised it did make a difference.

'Nickie has been keeping me going,' he said, 'we had to make sure that I was strong enough for the transplant and the massage made me feel so much better. As well as the massage, it was the things that Nickie was saying that helped me. I always feel better whenever I see her.'

After his successful transplant Ahmed always comes to see Nickie before his clinic appointment so that he can feel calm when seeing his consultant.

We need your support to continue helping patients like Ahmed, as the massage service is reliant on donations.

Yours in touch,
Keith Hunt MBE



FUNDRAISING NEWS

Santa Run

£235 raised

Regular fundraiser Stephen did the Santa Run in December 2015. Stephen has now raised over £1,750 for the massage therapy service.

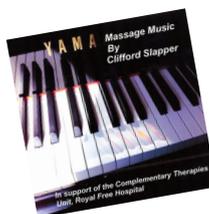
Claire Maxwell-Hudson workshop

£585 raised

Clare Maxwell-Hudson ran a free session for the Royal Free massage therapists and those in attendance donated to the massage therapy fund.

'Clare Maxwell-Hudson is considered to be one of the most interesting and practical authorities and writers on massage alive today. She has achieved international recognition for her contribution to the health sciences.' positivehealth.com

Contact us at rf.fundraising@nhs.net if you want to organise a fundraising event



MASSAGE MUSIC BY CLIFF SLAPPER

£175 raised in sales

The seven tracks were composed for the massage therapy service to use during massage sessions. CDs are £7 and available to buy from the massage therapy clinic.

You can also make a donation.

Text: CALM77 £5 (or any amount) to 70070

Online: justgiving.com/MassageTherapy

Cheque: Send a cheque payable to Royal Free Charity Fund 270 to FREEPOST ROYAL FREE CHARITY (no additional address or stamp needed)

Voluntary Services Department

Our volunteers come from a variety of social, cultural and religious backgrounds and have many different reasons for giving their time, energy and skills. They help improve the patient experience and work to support the Royal Free staff, making the hospital a more welcoming place for patients and visitors.



Find out more about volunteering:

Visit: Voluntary Services Department office
(next to the Royal Free Charity office on the front concourse, Pond Street)

Online: royalfreecharity.org/volunteer

Phone: 0207 830 2306 extension 34093

Email: elaine.donnellon@nhs.net or
gill.hyatt@nhs.net

HAMPER TO HOME SCHEME

The Voluntary Services Department is involved in running a 'Hamper to Home' scheme, collecting food and toiletries to distribute to elderly and vulnerable inpatients that are due to be discharged from the Royal Free and have been identified as having no food at home.

To collect the food, we asked customers shopping at Budgens, Belsize Park to consider buying an extra item with their shopping. If they were happy to do so, we handed them a list of non-perishable food items and toiletries to choose from, made up of items that we identified as most needed. We now manage eight food collections per year to help sustain the 'Hamper to Home' scheme.

We strongly believe that providing a 'Hamper to Home' for these patients will help with their transition from hospital to home, ensuring that they will not go hungry or be without the basics, such as tea, sugar, soup, pasta and tinned meat or fish. The aim is to get enough food to last each patient one to two days at home. The hospital, ward staff and transport providers work with us to identify those who can benefit, and they also distribute the food and toiletries upon a patient's discharge.

This is made possible with the kind help of Budgens owner Andrew Thornton and his team. In addition the Royal Free Charity Volunteers have organised this scheme in conjunction with Interfaith Charities Mitzvah Day 365 and Sadaqa Day, coming together to help local communities with good deeds.

If you would like to donate items or volunteer on a food collection day, please contact the Voluntary Services Department or the Royal Free Charity.

Elaine Donnellon

Voluntary Services Manager



5 minute interview

PAT dog volunteer Eugenia, owner of Coco



FUNDRAISING VOLUNTEERS

We provide opportunities for fundraising volunteers within the hospital and community. We would like to say thank you to all our fundraising volunteers who have raised hundreds of pounds from our Charity stand in the hospital, selling raffle tickets, promoting events and engaging with visitors. This additional support benefitted, amongst others, the Children's Ward, the Massage Therapy Service and the Friends Fund. As a fundraising volunteer you do not have to commit to a minimum number of hours.

VOLUNTEERING IS GOOD FOR YOUR HEALTH!

The term 'helper's high' was first used in 1979 when psychologists studied the physical and mental benefits of altruism. When a person acts with selfless kindness the brain can produce dopamine, a chemical associated with positive thinking, endorphins, which make you feel good, and oxytocin, a hormone that reduces blood pressure. Volunteering can also help you develop self-confidence and a sense of purpose and well-being. It is personally rewarding when patients, staff and visitors acknowledge the support you provide.

ARE YOU INTERESTED IN VOLUNTEERING?

Here at the Royal Free we highly value the time and commitment donated by all of our volunteers. To become a volunteer you must be at least 16 years old and you must commit to either 6 or 12 months of voluntary work, 4 to 6 consecutive hours a week. Please note these restrictions do not apply to fundraising volunteers. There is a variety of roles available and appropriate induction, training and support will be provided. Get in touch in person, via email, on the phone or through our website.

How did you become a Pets as Therapy (PAT) dog volunteer?

I used to volunteer with my church and visit people in their homes who were unable to go out and about. I visited an elderly man called Colin and used to take my puppy Coco round to visit him to cheer him up. It was a highlight of the week and made him so happy that it encouraged me to get Coco assessed as a therapy dog. I wanted to share the joy that Coco brings with patients who are sick and away from home.

What inspired you to volunteer at the Royal Free Hospital?

I am very comfortable volunteering in a hospital as I am a clinical nutritionist and have worked in hospital in Mexico and volunteered in a hospital in the US. Coco and I started volunteering here in February 2015.

What does your role as a PAT dog volunteer entail?

I take Coco up to Ward 10-North where there are elderly patients and ask them if they would like to pet her as I chat to them. Coco can bring happiness to people – staff as well as patients – who love Coco's company. I find that petting Coco distracts patients and takes them out of themselves. We visited a man last week and Coco sat on a chair next to him. The patient engaged in conversation – it really cheered him up and Coco looked up at the man and seemed to understand the conversation perfectly well!

Do you enjoy this role?

Very much, as everyone on 10-North is friendly and welcoming, as are the staff in the Voluntary Services office. Patients truly enjoy having Coco visit them as it helps them forget for a short while about their illness and being away from home.

St Peter's Trust for Kidney, Bladder & Prostate research

part of the Royal Free Charity, under dedicated Fund 543

St Peter's Trust funds projects aimed at the translation of advances in the understanding of Kidney, Bladder & Prostate diseases into changes to the way that patients are cared for. The Trust, established in 1970, took its name from St Peter's Hospital in London, founded in the 19th century for the diagnosis and treatment of urinary tract disease.



Peter Worth's retirement dinner

As reported in the last issue, Peter Worth has retired from St Peter's Trust after fourteen years as Chairman and, latterly, Chair of the Medical Advisory Committee (MAC). Members of the MAC, together with some of the previous trustees, decided to hold a dinner for Peter and his wife, Judy, to say goodbye and thank him for all he has done to keep the Trust active.

The event was held at the Brasserie Max in the Covent Garden Hotel and much enjoyed by those attending. This particular venue was chosen because the hotel occupies the building that previously housed the Institute of Urology and Shaftesbury Hospital! It was fascinating to walk through a place that held so many memories for so many of us.

It was also an opportunity to welcome our new MAC Chairman, Professor Christopher Woodhouse, who presented Peter with a further remembrance of times past: a port decanter and glasses from the Dean's office used for the entertainment of evening colleagues. Janet Wolfenden had saved the set from destruction and it seemed very appropriate to pass it on to Peter with a suitable bottle from which to fill it.

Legacies & regular giving

We are grateful to have received three legacies totaling £10,000, and thank to everyone who gives on a regular basis – it is our life blood. Without legacies and regular giving income, we would be unable to continue funding our vital research.

The £1,000 Markovits Prize

This year the Markovits prize was awarded to Mr Sachin Malde at the annual St Peter's dinner in October 2015. The prize is given annually to a urologist in training who has deserved extra recognition by his department for the work he has achieved during the year over and above the routine chores. This might be some research, innovation, outstanding audit, leadership of peers or major general contributions to the urology service.

The London Marathon 2016

Dan Wood, Consultant Urologist, and Sue Fell, Clinical Nurse Specialist in Urology, at UCLH, are once again running the London Marathon for us in May this year and we are most grateful to them for their stalwart efforts – see page 07.

Support St Peter's Trust by donating

Phone: 020 7472 6761 quoting Fund no 543

Online: royalfreecharity.org/stpeterstrust

Cheque: Payable to Royal Free Charity Fund 543 and sent to FREEPOST ROYAL FREE CHARITY (no additional address or stamp should be added)

RESEARCH UPDATE

The grant round for 2017 projects is now underway and the allocations will be decided by May 2016. This year £100,000 is available and it is already apparent that, as always, there will be strong competition for support for both urology and nephrology projects. Further income is needed if we are to maintain this level of research funding in future years and we would be most grateful for any support you can provide.

The awards are made by the Trust's Medical Advisory Committee and this year we are pleased to welcome two new members: Mr Suks Minhas, Consultant Urologist and Andrologist at UCLH and Dr John Connolly, Consultant Nephrologist at the Royal Free.

KIDNEY FUNCTION

Investigating the function and identity of enteric phosphatonins

Dr Joanne Marks, Dr Ted Debnam,
Dr Lina Mossa-Al Hashimi

Hardening of the arteries and stiffening of the heart are common in patients with renal disease leading to morbidity and premature death. This research was designed to find whether different regions of the intestine release a factor that determines how the kidney handles excess phosphate in the body and to identify its molecular structure.

Unfortunately, no factors were identified. Furthermore, linked studies failed to confirm the theory that the intestine signalled to the kidney that excess phosphate was being absorbed from food and therefore more needed to be excreted. Any research may produce a negative result and this is not to be considered a failure or a waste of money. All research depends on investigating a hypothesis to see if it is true or false. This one was false. It is most important to publish negative results and to give them the same credit as positive ones, as has been done with this grant. If this is not done money will be wasted in the investigation of the same hypothesis in the future.

In her final report Dr Joanne Marks says: 'The St Peter's Trust has supported me throughout my career and I strongly believe that without this support I would not have been appointed as a lecturer at University College, London. This current grant funding has enabled me to start establishing my own independent research group.'

Publications:

- 1 Grace J Lee and Joanne Marks. Intestinal phosphate transport: a therapeutic target in chronic kidney disease and beyond? *Pediatric Nephrology* 2014 Epub ahead of print

- 2 Lina Mossa-Al Hashimi, David Fidler, Frederick W.K. Tam, Edward Debnam, Robert Unwin and Joanne Marks. P2X7 regulates GLUT2-mediated glucose transport in the mouse small intestine *Proc Physiol Soc*, 2013, 30, PC30.

- 3 Lina Mossa-Al Hashimi, Grace J Lee, Edward Debnam, Robert Unwin and Joanne Marks. In preparation. No evidence for the proposed signaling axis by which intestinal phosphate rapidly modulates renal phosphate reabsorption.

- 4 Lina Mossa-Al Hashimi, David Fidler, Frederick W.K. Tam, Edward Debnam, Robert Unwin and Joanne Marks. In preparation. In vivo evidence that P2X7 receptor regulates GLUT2-mediated glucose transport in the mouse small intestine.

BLADDER FUNCTION

Predicting a successful outcome with sacral neuromodulation testing: are urodynamic parameters during filling cystometry prognostic?

Miss J.Jenks, Nurse Practitioner in Urology, with Miss T. Greenwell, Consultant Urologist.

Urge urinary incontinence (over-active bladder) is a distressing, unpleasant and socially disruptive condition. The treatment often used is known as sacral neuromodulation and involves an implant. This can be effective in reducing the frequency and magnitude of the symptoms. The study aims to see if the use of urodynamic testing (measuring how the bladder and urethra are performing their job of storing and releasing urine) before deciding on the choice of treatment can establish whether or not sacral neuromodulation is likely to give a successful outcome for the patient being treated. The study is ongoing and is achieving consistent results.

and finally



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BETTER TOGETHER

United with Barnet Hospital Charity and Chase Farm Charity, the Royal Free Charity brings benefits and opportunities to all three hospital sites. We provide the big differences, such as cutting edge research and pioneering equipment, as well as the little touches, such as massage therapy, trained patient support volunteers, personal emergency packs for patients admitted through A&E and improvements to the hospital environment through art and music. To find out more about the charitable work at Barnet or Chase Farm visit our website.

IN MEMORIAM DONATIONS

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

Gunther Apsitis, Francis (Frank) Blake, Albert Busby, Karen Castella, David Chandler, Pam Cook, Sukhdev Dlay, Terry Duggan, Fiorina Elliott, J Hywel Francis, Victor Garnett, Mario Georgiou, Richard Gillman, Hazel Hall, Costas Harris, Audrey Harris, Karen Hart, Alan Howard, Daphne Hubbard, Anthony Huber, Jill and Les John, Graham Johnson, Alison Jones, Annette Kliman, Kurt Knopf, Anthony Lavington, Sylvia Littlechild, Alan Love, Clive Madigan, Peter Mendelsohn, Nadia Millett, David Mills, Wei Ming, Ronald Nudd, John Peel, Molly Power, Shayfoor Rahman, Brian Raven, Gopal Roy, John Sheedy, Parmod Sood, Derek Taylor, Diane Thomas, Peter Titcombe, Ann Tuerena, Frank Widdowson, Sheila Willis, Ed Willis, Paul Wright

THE ROYAL FREE RECREATION CLUB

The Rec Club on Fleet Road is open to patients, staff and the community. It has a fitness room, sports hall, swimming pool, studios and a treatment room as well as offering a range of classes. See online for more information or to hire a room for classes or private events.

Online: royalfreecharity.org/recclub
Phone: 020 7830 2848

COMING EVENTS

For more events information and to book:

Online: royalfreecharity.org/events

Email: rf.fundraising@nhs.net

Phone: 020 7472 6761

Superhero Run

Date: Sun 15th May 2016

Location: Regent's Park, London

Is it a bird? Is it a plane? No it's YOU dressed as Catwoman running 5 or 10K to raise money for your chosen department in the Hospital. Invite Thor and Green Lantern to get a team going.

Fundraising target: £100

Registration fee: £22 (including Superhero suit, but feel free to bring your own)

Skydive

Date: Sat 18th June 2016, Sat 30th July 2016, other dates available

Location: Brackley Airfield

Got the guts to jump out of a plane? Your friends would pay to see that! Take the chance to raise money for the Hospital.

Fundraising target: £395

Registration fee: £70

Prudential Ride London-Surrey 100

Date: Sun 31st July 2016

Location: London to Surrey

Got legs like Hoy and sideburns like Wiggo? Then 100 miles on the bike is an irresistible challenge as well as a great way to show support for your chosen department in the Hospital.

Fundraising target: £500

Registration fee: £30

London Marathon 2017 Ballot

Date: Mon 25th April – Fri 28th October 2016

Location: London

Get your name in the hat! If you're successful:

Fundraising target: £1,250

Registration fee: £100



...to everyone who donated to the Friends Appeal featured last issue – we raised **£4,700!**

To receive this newsletter regularly email rf.fundraising@nhs.net