

extrahelpings

Celebrating the volunteers, fundraisers and supporters who make a difference



CANCER PAIN
PATIENTS FACING
OPERATIONS
INTENSIVE CARE
POST STROKE CARDIAC SURGERY
ANTE NATAL DIABETES LIVER FAILURE
HELP THE CHILD BIRTH OLD INJURIES STAFF
HEALING PROCESS HEAD INJURIES YOUNG'S
it's in our hands
MASSAGE THERAPY

FEATURES

How we make a difference

Hands across the world:
Massage therapy appeal

Fundraising news

Meet our marathon runners

Patient support groups

Q&A with Nurse Practitioner:
Tom Fernandez

Voluntary Services Department

St Peter's Trust

Plus

GET INVOLVED

LEAVING
A LEGACY

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



LEAVING A LEGACY

Remembering the Royal Free in your will

With a will you can ensure that the people and charity work 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 medical research and treatment at the Royal Free for generations to come. If you wish to support a particular department at the Royal Free our trustees will do everything they can to apply your legacy in accordance with your wishes. Making or amending a will is straightforward – please speak to your solicitor or call us on 020 7472 6677.

What type of gift should I leave?

- Cash gift
A fixed amount of money
- Percentage of your estate
A share of what is left in your estate – either in total, or after you have provided for others. This option is the most popular because you might not have to change the will later if your circumstances change



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extrahelpings is a celebration of fundraisers, volunteers, supporters and the difference they make to the lives of those who are sick and undergoing treatment. In this issue we are featuring the Massage Therapy Service, which transforms the hospital experience of our most vulnerable patients.

We are proud of every one of our fundraisers – and if you feel inspired by their stories and want to support the Royal Free Charity then we would love to hear from you.

Fundraising Manager
rf.fundraising@nhs.net

royalfreecharity.org/extrahelpings

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. Cancer research and mothers' exercise classes are just two of our current projects.



PLASTIC SURGERY RESEARCH TO FIGHT CANCER

Specialist Registrar Dr Christopher Davis, supervised by Consultant Plastic Surgeon, Prof Adriaan Grobbelaar, on a three-year research project.

The Royal Free is a world-leading centre for plastic surgery. Plastic surgical reconstruction involves moving tissue to reconstruct a defect – for example after removal of cancer, such as breast reconstruction after mastectomy. Reconstruction improves patients' quality of life and allows them to resume their typical lifestyle. However, the tissue used by surgeons provides reconstruction only, and offers no oncological benefit to protect against future cancer diagnoses. This is particularly important given the aggressive nature of some cancers with a high recurrence rate, and the ubiquity of other cancers such as breast cancer.

The research project aims to focus on the most aggressive cancers, and explore how reconstructive plastic surgery can be modified to kill cancer cells that return in the future. Dr Davis has learnt how to perform a microsurgical model of reconstructive surgery in the laboratory to investigate this

important area of medicine that uses gene therapy to allow the tissue to release therapeutic proteins.

Early results demonstrate successful treatment of residual cancer cells using the novel therapy of combined reconstruction and therapeutic protein release. We are grateful to the support of the Royal Free Charity and US-UK Fulbright Commission, and continue to seek further research funding to continue this work after promising early results, to ultimately benefit patients with all types of cancer necessitating reconstructive surgery.

'HEALTHY MOTHERS PRODUCE HEALTHY BABIES...'

...who become healthy adults; improving the health and welfare of mothers and their children is the surest way to a healthier nation'

Prof Al Aynsley-Green
National Director for Children
Young People & Maternity Services, 2004

In 2013 the Charity awarded a grant of £2,475 to provide studio space for antenatal and postnatal exercise classes for mothers who have had babies at the Royal Free. Each mother was invited to attend a six week course comprised of short talks on pregnancy related issues, and exercises to help with postural correction and increased strength.

The benefits of exercise during pregnancy and the postnatal period have been widely documented in research, including a better management of obesity and gestational diabetes, an easier labour and birth, and overall wellbeing.

One hundred percent of the mothers reported that the classes had definitely met their expectations, and were enjoyable and relevant. A participant told us, '[the class] provides a supportive environment, encouraging mums back to better health when they feel not at their best!'

Physiotherapist Tara Scott says, 'without this grant, we would have had to charge patients to come, which may have presented a barrier to attendance for some women.' The Charity has been pleased to continue the grant for 2014/15 to keep the classes running. Please contact Tara Scott in Physiotherapy Services for more information.



every £25
donated provides
a massage

hands across the world

The Complementary Massage Service at the Royal Free provides treatment that reduces the pain and anxiety of being in hospital, helping patients cope with their illness. Keith Hunt MBE has been spreading word of the Service as far afield as Japan.

Keith Hunt MBE and his team give more than 25,000 massages annually to patients at the Royal Free. He has just returned from speaking at conferences in Tokyo and Osaka on the use of massage in a hospital environment. Many of the therapists in attendance were nurses trained in giving massages who wanted to offer this complementary service in their own hospitals.

Massage therapy is about treating the person and not the illness, and for many patients it is the high point of their day. Complementing medical treatment, all patients with any condition can be considered for this therapy which eases pain and anxiety, lowers blood pressure, and promotes relaxation and healthy sleeping patterns.

An enjoyable way to support the Service – which is reliant on donations – is to come to our next fundraising event.

Royal Comedy
23 April 2015
Bloomsbury Theatre
Tickets £15 (over 16s only)
www.thebloomsbury.com

Due to popular demand, last year's sell-out event (TimeOut's Top 10 Comedy List for Feb 2014) Royal Comedy returns to the Bloomsbury Theatre.

Featuring British Comedy Award winner Aisling Bea, Peep Show star Isy Suttie, Superbob hero Brett Goldstein, XFM stud John Robins, Lou Sanders from Russell Howard's show and Grainne Maguire of Stewart Lee's Alternative Comedy Show. Plus a very special surprise guest. All MC'd by Mae Martin from Russell Howard's Good News.

You can also make a donation to the Massage Therapy Service.

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)

Fundraising news

There are many reasons why fundraisers are inspired to raise money for various departments in the Hospital – hear some of their stories which are improving patients' experiences.

THREE HIGHLAND AMIGOS

Getting out of breath for the New Breath Fund

Three young men decided to do the challenge of a lifetime and take on the 26 miles of the New York Marathon for the first time. Dougie and Gus lost their father, David, after an accidental fall, and along with their friend Martin wanted to raise money for stem cell research. David was being treated at the Royal Free by Prof Birchall and his team for a damaged windpipe and had been scheduled to be one of the first people in the world to get a new trachea engineered from his own stem cells.

Alongside training, the Three Highland Amigos organised various fundraising events including an ABBA themed 70s night! Karen, David's wife, said, 'friends, family and locals in our small community rallied round and we were more than overwhelmed by the response and support that was received, raising over £18,000 – out of such sadness, the goodness and generosity of people shines through. It helped make a tough year a little easier, doing something positive.'

David did not get to have the procedure, but the money raised in his name will go towards Prof Birchall's New Breath Fund, comprising groundbreaking research into regenerative organ transplants that will enable normal breathing for people with severe airway problems.



New York Marathon 2014

£18,362.24 raised

Regenerative Medicine Research



Richmond Half Marathon 2014 & Royal Parks Foundation Half Marathon 2014
£8,251.61 raised
Scleroderma Research

DO IT FOR DEBS

A running total of 500 miles

Over 35 runners for the Royal Free took part in the Richmond Half Marathon and four in the Royal Parks Foundation Half Marathon, collectively covering over 500 miles to raise money for research into scleroderma: an autoimmune disease that results in hard, thickened areas of skin and sometimes problems with internal organs and blood vessels. There is currently no cure.

Why did they do this? For Debbie, who has lived with scleroderma for 28 years. Her heart was the most affected by the disease and Debbie faced severe heart failure with the prospect of only months to live. Thankfully she had a successful heart transplant in 2014.

Debbie's son, Tom, and a horde of runners raised £16,503.22 in total, which was split in half between the Royal Brompton & Harefield Hospitals Charity, and the Royal Free Charity's fund for scleroderma research, led by Prof Denton.

In Debbie's words, the funds were raised 'to honour the gift of life.'



STU RECOVERS TO RACE AGAIN

Stuart ran the Cardiff Half Marathon in October, 15 months after leaving hospital and 12 months after finishing chemotherapy.

When Stuart went to hospital with a bad fever he didn't think it would eventually culminate in a diagnosis of Haemophagocytic Lymphohistiocytosis (HLH): a life-threatening immunodeficiency.

Stuart was treated at the Royal Free with chemotherapy and had to endure what he described as a 'horrific routine' of daily procedures. His situation further deteriorated when he developed encephalitis, an infection of the brain, leading to multiple seizures and cardiac arrest. The care he received from the doctors and nurses on the wards ultimately saved his life.

Bed bound for over a hundred days, Stuart weighed as little as six stone. Walking was next to impossible but after intensive physiotherapy sessions he became able to climb a flight of stairs before returning home. Stuart said he was 'possibly as happy as I've ever been' on leaving hospital, and he began to run again half a year later.

He said, 'this run is a token of my sheer respect for the hospital and the care they have given me and my family,' and the money raised will go towards providing 'more quality care for people in a similar situation to myself.'

Cardiff Half Marathon 2014

£2,336.10 raised

Cancer Nursing



M&S SPONSORED WALK

The staff at the Marks & Spencer store in Southgate did a sponsored walk to raise money for the Royal Free Bereavement Services. This was done in memory of both a staff member's child and of the child of the staff member's friend. The bereavement officers at the Royal Free offer practical and emotional support to the families and friends of patients who have died within the Hospital's care. To date they have raised £7,219.65, which includes matched funding from Marks & Spencer.

Sponsored Walk

£7,219.65 raised

Bereavement Services



OFF WITH THEIR HAIR!

Anne and her daughter Helen were inspired to do a sponsored head shave to raise money for research into Neuroendocrine Tumours (NET). Between the two of them they raised over £2000!

Anne's husband, Paul, was diagnosed with this rare cancer and had surgery at the Royal Free to remove the tumour. The Hospital is a leading centre for NET research that seeks to benefit future generations of rarer cancer patients, as well as have an impact on common cancers.

Anne told us, 'I am pleased to say that my husband is making good progress. He has to have one more operation and then, all being well, he will be tumour free.'

Headshave

£2,174.22 raised

Neuroendocrine Tumour Research

There are so many who do so much for others that it is impossible to feature everyone's story, legacy and fundraising achievements. Thank you to each and every one of you for thinking of others – despite your own losses and challenges – and for making such a difference. A particular thank you to Lily for her sale of loom bands at school, the Michael Mulheron Annual Memorial Golf Day, Esther Edwards for her Arts & Crafts sale for NET patients, and Diane Thomas for diving into the Thames again!

You can fundraise for any department in the Royal Free and we will support you to achieve your target.

Phone: 020 7472 6761

Email: rf.fundraising@nhs.net

Meet our marathon runners

Some of them have faced a 42 km run before, while others are taking it on for the first time, but they are all running the Virgin London Marathon on 26th April 2015 to raise money for their chosen departments in the Royal Free – here is what they have to say...



Robyn Morris

Dialysis Units

I am taking part in the London Marathon to help raise money for the Dialysis Units in the Royal Free. I have worked for the Royal Free for three years and have a strong link to this area of the Nephrology Dept. I am also a keen runner and have always wanted to take part in the London Marathon.

Support my run:

uk.virginmoneygiving.com/RobynMorris



Joanne Morden

All Departments

I own my own business as a hair dresser and started running to get fit and relieve stress. The reason I chose the Royal Free is because they saved my uncle's life in 2014. This was around the same time I put in a ballot for the London Marathon. I wanted to have him watch me cross the finish line if my ballot was chosen, and I am excited because now my dream can become a reality.

Support my run:

justgiving.com/fundraising/JoanneMorden



Martina Spencer

Amyloidosis

Last year I turned 30, and after five years of

being a keen runner I decided it was time to achieve my goal of running the London Marathon. I have visited the Royal Free Amyloidosis department for health reasons and became aware of their great work and support given to patients, so I chose to raise money for this fund.

Support my run:

uk.virginmoneygiving.com/MartinaSpencer



Karimah Rodney

Paediatrics

I began working at the Royal Free in 2010 as a Paediatric Physician Assistant and absolutely loved all I learned!

I recently left, having spent four years in the role, and am now pursuing studies at King's College London. I initially had a place for the 2013 marathon, but was hit by a car off my bicycle, and was unable to participate. Now I am running to raise money for the Children's Ward.

Support my run:

uk.virginmoneygiving.com/KarimahRodney



*Support our runners
by donating to
their causes!*



Stephen Dingley

Massage Therapy

Whilst competing in other marathons, I took

the opportunity to raise money for various charities and thought that in honour of my 40th birthday, it would be great to run one more! My partner works for the Royal Free and her and I have experienced the amazing work that happens in massage therapy, first-hand. The treatment is truly a restorative and uplifting experience. All the stress wilts away and I believe this is a necessity for wellbeing and should not be considered a luxury.

Support my run:

justgiving.com/MassageTherapy

**David Lutman**

Intensive Care Unit (ICU)

This is my first marathon and I wanted to run in order to challenge myself! I am running for the Royal Free ICU because I have a friend who works there, and I know she and her colleagues do an amazing and very difficult job. I wanted to raise money for the Unit to show my appreciation for their hard work.

Support my run:uk.virginmoneygiving.com/DLutman**I want to run in 2016!**

For a chance to enter the 2016 London Marathon for the Royal Free Charity please email for a ballot form that needs to be completed and returned by 30th June 2015.

Email: rf.fundraising@nhs.net

Registration Fee: £100

Fundraising Target: £1,250

**Steph Jones**

Scleroderma

I consider myself a generally fit person and have always enjoyed taking on challenges so this year I've entered into the London Marathon. I have chosen to raise money for the Royal Free Rheumatology Dept because my very close friend passed away from Scleroderma in 2013 at 27 years old. She received treatment at the Royal Free and always spoke highly of the care she received there.

Support my run:uk.virginmoneygiving.com/StephJones2015**Maarten Freeriks**

Quiet Cancer Appeal

I will be running the London Marathon in memory of my girlfriend Katherine's father, Prof Rob Potter, who died last year after a five year battle against oesophageal neuroendocrine cancer. Neuroendocrine tumours are known to be very difficult to diagnose and the Quiet Cancer Therapy Appeal is conducting valuable research in order to further understand this branch of the disease and develop new therapies and treatment.

Support my run:www.justgiving.com/MaartenFreeriks**Natalie Jamieson**

Neurological Rehabilitation Centre (NRC)

I began running seriously about six years ago but I had previously never signed up to a full marathon because I was unsure I would be able to complete the challenge. I have chosen to raise money for the Royal Free NRC because, having worked for the Hospital for eight years, I know first-hand where funding is needed.

Support my run:www.justgiving.com/Natalie-Jamieson1**Toby Cowan**

Intensive Care Unit (ICU)

I am raising money for the Royal Free ICU because they saved my sister's life. Forty-eight hours after slipping outside her flat, my sister Caroline became increasingly unwell and was taken to A&E at the Royal Free. She was in hospital for 21 days, 14 of which were in ICU. The Royal Free staff managed to treat Caroline's illness to complete recovery with great, around-the-clock care.

Support my run:justgiving.com/Toby-Cowan**Sue Fell**

I work as a Urinary Diversion Clinical Nurse Specialist at UCLH.

This will be my sixth London Marathon raising money for St Peter's Trust and I am looking forward to it. As a CNS working in the field of Urology, I have witnessed the benefits of research projects funded by St Peter's Trust which now forms part of the Royal Free Charity.

Support my run:uk.virginmoneygiving.com/SueFell**Dan Wood**

I am a Consultant Urological Surgeon at UCLH, and am also a trustee for the St Peter's Trust, having received my first ever research grant from them 14 years ago. I have run the London Marathon five times and the New York Marathon once and am very excited about running again.

Support my run:uk.virginmoneygiving.com/DanRunsAgain

Patient support groups

Supported by the Royal Free Charity

These groups are set up by clinicians at the Royal Free to support patients and concentrate medical areas for further research.

LIVER GROUP

The Royal Free Charity Liver Patients' Support Group will be re-launched at an event on Tuesday 24th March in the Atrium at the Royal Free.

The Royal Free Charity Liver Patients' Support Group represents the interests of patients with liver disease who are managed by the Royal Free London NHS Foundation Trust. Its purpose is to support, inform and represent patients with liver disease. The group also raises funds for research into liver disease and to improve the patient experience. For example, funds help to deliver an inpatient massage service, and provide additional equipment, such as an ice machine and mobile ultrasound machine.

The clinical team, made up of specialised doctors, surgeons, transplant coordinators and clinical nurse specialists, provide medical support first and foremost, but are also keen to assist patients with managing their lifestyle to ensure their wellbeing. As active members of the Royal Free Charity Liver Patients' Support Group, the clinical team strives to educate patients about liver disease and help them manage their long term medical condition.

Contact the Charity to find out more.

Online: liversupportgroup.royalfreecharity.org



GALLSTONE GROUP

We have set up a James Lind Alliance (JLA) – Priority Setting Partnership (PSP) which brings patients, carers and clinicians together to identify and prioritise for research the most important treatment uncertainties in non-alcohol related liver and gallbladder disorders. This will result in better research and better outcomes for patients with gallstones. The funds are being used to involve patients and provide payment to the JLA adviser who will guide the process. We hope to have an idea of research priorities by late summer.

Contact: Kurinchi Gurusamy

Email: kurinchi.gurusamy@nhs.net

Phone: 020 7794 0500 ext 33943

NEUROENDOCRINE TUMOURS GROUP

The Royal Free NET department with the support of the Royal Free Charity have launched their patient and carers support group. Its aim 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.

Contact: Jorge Garcia-Hernandez

Email: jorge.garcia-hernandez@nhs.net

ACUTE FOOT GROUP

Meetings will focus on patients' day-to-day experiences of different types of treatment, discussing current research in diabetic foot and fundraising for the patient group. Meetings will be facilitated by members of the multidisciplinary acute foot team. Funds are available for transport to this event.

Contact: Richard Leigh

Email: richardleigh1@nhs.net

Q&A: Tom Fernandez

Tom Fernandez has worked at the Ian Charleson Day Centre (ICDC) at the Royal Free for over 24 years. The ICDC was the UK's first dedicated clinic for HIV patients and remains one of the best respected in the country.



What are your chief duties as a Nurse Practitioner?

Most of my duties are clinical so I am at the coal-face of providing services to patients. This can be challenging as HIV is a complex illness that affects people in different ways at different times. I try to understand patients' symptoms, problems or concerns, which can be physical, psychological, social or emotional.

It is vital to communicate with and truly listen to patients. I also use my experience in health promotion, treatment advice, physical assessment and prescribing – addressing patients' needs backed-up by a highly skilled team of professionals.

What should people hearing about the ICDC for the first time know?
The most important thing is that all these advances in treatment and care mean nothing, if someone does not know they

have HIV. It has never been easier to get tested as we have a daily walk-in service that is fast, free and confidential. After a chat and a simple finger-prick the results come back within one minute. Anyone testing positive will have immediate access to our full range of support, treatment and care.

What changes have you seen in HIV treatment?
When I first started, it was a very difficult time for people with HIV as there was no effective way of halting the disease progression – only measures to slow things and to treat infections and symptoms. So unquestionably the biggest change has been the introduction of effective anti-viral treatment which, taken daily, can control the virus and allow the immune system to

regenerate. The majority of our patients are on anti-HIV therapy and I am delighted to say that most of them have the virus completely under control.

More recently, the other significant change has been the discovery of treatment, not only for wellbeing, but to reduce the risk of onward transmission, reassuring patients that starting treatment can protect their partners.

What have you found most satisfying about working in the ICDC?

I can hardly believe that next year marks 25 years!

It has been such a satisfying journey and a fantastic career for me. I feel privileged to work in an area where there have been such advances in treatment and care, which continue to improve. This, and the fact that we forge long term relationships with patients, makes it very satisfying to see patients get better with treatment, to see someone for whom a diagnosis was devastating get back into their stride and manage their illness as just another aspect of life.

Ultimately, knowing you are offering a good service and personally can make a difference in someone's life is really important to me and is definitely the best motivation.

What does the future hold for patients at the ICDC?

Along with clinical duties I am also involved in the ICDC's wide ranging research that addresses such questions as:

When is the best time to start treatment?
Are there genetic factors that affect our response to HIV and its treatment? What do patients want for a HIV service of the future?

Read the extended interview in the News section of our website.

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 Hospital staff, making the Royal Free a more welcoming place for patients and visitors.



'REACH OUT FOR DEMENTIA' SCHEME

The Voluntary Services Department has identified dementia patients as one of its priorities. A quarter of those admitted to the Royal Free have a dementia diagnosis and we seek to provide volunteer companionship for as many of these inpatients as possible. We currently have 30 active dementia companions and recruitment is ongoing for this popular role – one in four prospective volunteers apply to be part of our 'Reach out for Dementia' Scheme, for which specialist training is provided by Dementia Lead Becky Lambert.

Dementia companions listen, talk and read with patients, provide company at meal times, play ward based games – and so on. Helping a patient complete 'eight important things about me' is a way in which volunteers can assist with memory. By collecting information from family members, friends, ward staff – and from the patients themselves – volunteers can ensure each interaction is person centred and stimulates recollection. All volunteers record appropriate information and complete feedback forms kept in a safe file, enabling the next dementia companion to be better placed to achieve a positive intervention.

Volunteer Debra told us, 'everyone wants to feel valued and important. As a dementia companion I get a chance to make a patient living with dementia feel special, just by spending time with them. I have heard some beautiful stories about first loves, and I have sat quietly just holding a hand. You learn to adjust the conversation based on the person's behaviour. In return, you become more patient, confident and adaptable. It feels good to have a positive impact on another person's life.'

Find out more about volunteering:

Visit: Voluntary Services Department office (next to the Royal Free Charity office on the front concourse, Pond Street)
Phone: 0207 830 2306 extension 34093
Email: elaine.donnellon@nhs.net or gill.hyatt@nhs.net

"The impact of the specialist dementia volunteers has increased steadily since the project implementation in early 2014. The volunteers provide essential personable and social interaction to patients on the wards, focused around the individual person rather than their medical situation. For patients with dementia it is especially important for them to see a friendly face whose intentions are purely to instill positive emotions and interactive activity. The patients seen by volunteers appear to relax within their healthcare setting and often report looking forward to 'the people in purple' visiting. There is still a little way to go in helping staff to identify patients who would benefit from the volunteers visits, however with further publicity and by seeing the calming and enhancing impact they have on this patient group, the scheme will continue to expand and develop."

Becky Lambert

Dementia Lead

ARE YOU INTERESTED IN VOLUNTEERING?

The definition of volunteering is:

Unpaid work that benefits others, to whom one owes no obligation.

It can be very fulfilling to do work that is motivated by good will rather than money, and 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 17 years and 6 months old, and you must commit to either 6 or 12 months of voluntary work, 4 to 6 consecutive hours a week. There is a variety of roles available and appropriate induction, training and support will be provided.



PUPPY LOVE: PAT DOGS

We are happy to have some new furry friends under our banner. The Voluntary Services Dept has begun working with the charity 'Pets as Therapy' (PAT) to provide visits to patients on the wards by volunteers and their dogs – and we have a variety of pooches for all tastes!

Some inpatients can feel isolated, anxious or depressed, particularly if they are here for a long stay. A visit from a dog can bring the everyday life outside a little closer, 'normalising' a hospital stay. The dogs can bring happy associations – the constant companionship and unconditional love of an animal can often be one of the most missed aspects of a long-term inpatient's life. In particular, patients with dementia often let the barriers down when their regular PAT dog is visiting.

Research has proven these visits can produce positive outcomes: 'the presence of and interaction with animals decreases heart rate and blood pressure and reduces anxiety.'

(AJCC AMERICAN JOURNAL OF CRITICAL CARE, November 2007, Volume 16, No. 6)

'In the last few months we have had the 'Pets as Therapy' dogs visiting the ward to see patients. This has been a big hit with our patients – and staff!'

Sister Jillian Bradley

HSEP Wards, 9 North



5 minute interview

*PAT dog
volunteer
Lisa, owner
of Marley*



What do you and Marley do on the wards?

As soon as I get up to my ward, I check with the nursing staff which patients would benefit from a visit from Marley. Then I chat to the patient, asking them to tell Marley to sit – and he obeys of course! – or to give him a treat. Some patients just want to talk to Marley and I sit quietly; it is wonderful to watch.

How do the patients respond to Marley?

They become animated and their facial expression changes. Sometimes when a dementia patient starts stroking Marley, it is as if for a moment their memory comes back – memories of their own dogs or a family member's. At times there have been patients who did not want to say hello to Marley, but after a while, after watching him interact with other patients on their ward, changed their mind and did want to stroke him and give him a treat.

What was your motivation for volunteering at the Royal Free?

My passion has always been working with people, and being there for patients. I know how Marley lifts my spirit and makes me feel calm and I wanted to share this with people who have various needs. Just being with a patient, hearing their stories, and for them to stroke and be quiet at times with Marley creates a space of relaxation. It is amazing how many patients have said that they find animals more compassionate than humans.

What do you do in your spare time?

I run creative dance and drama classes for children, working in schools in London. I am also a movement therapist and yoga teacher.

Is there anything you would like to add?

I feel very grateful to be able to come with Marley to the Royal Free and meet patients and staff. I have had many special moments with the patients. Once I visited an elderly lady who as soon as she saw Marley became very animated and would not stop talking. The doctors and therapists came and watched the interaction as they had never seen her like that before.

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

part of the Royal Free Charity, under dedicated Fund 543

Thanks to the continuing generosity of our supporters, we are delighted to report that St Peter's Trust (SPT) has been able to advertise a grant round in 2015 with an overall sum of £200,000 available to provide funding for new research projects. £44,000 of this was gratefully received from the legacy of Alma Francis. The list of awards will be announced in May.

BUPA LONDON 10K 25th May 2015

If you are interested in running for SPT, please apply to the Royal Free Charity office by the end of March.



The Ladies Kidney Research Darts

League from Basildon, well known to our readers, have supported us for almost 40 years, raising well over a quarter of a million pounds in aid of research. Penny Harvey, the League's secretary for many years now, presents us with a substantial cheque every year at their annual prize giving evening. They hold auctions, clairvoyant evenings, country and western line dancing, summer fairs, raffles – they are a formidable force in the fundraising field!



The Chadwell Crew and Sue McBride are fervent supporters of our work. Sue's daughter, Gemma has renal failure and is on home dialysis and Sue is her carer. Gemma had a transplant eight years ago – Gemma's dad gave her his kidney – but sadly she got pancreatitis which damaged it. She is currently on the transplant list and has two potential donors which go into the transplant pool every three months but so far no luck. She also has a mechanical valve fitted in her heart, had two major heart surgeries and spent most of her young years in Great Ormond Street Hospital, which became the McBrides' second home. Nevertheless, Sue says 'Gemma is the happiest person that anyone would wish to meet – she never complains and just gets on with life, and because the girls see how ill Gemma is, it makes us all realise how VERY important your research is.'

We are incredibly grateful to all the wonderful ladies in the League for their magnificent efforts and we look forward to seeing them all again later this year.



From left: Eileen West with her colleagues Judith Susser, UCL Urology research nurse, and Edward Loveless, Nurse Tutor, (who sadly passed away in May 2013)

Miss Eileen West

It is with sadness that we report the death of Eileen West on the 19th December 2014. Eileen was Matron of the St Peter's Group of Hospitals for Urology & Nephrology when they were sited in Covent Garden. She held the post from 1975 to 1992, retiring when the Group moved to new premises. Eileen worked tirelessly on behalf of the Hospitals, their patients and staff during a period that saw many changes and advances in the provision of patient care. After her retirement she continued to support through her work with the Friends of St Peter's Hospitals and SPT. She was also chief compiler and author of the History of St Peter's Group (copies available from our office). Eileen is remembered with great affection and respect. Her family very kindly suggested that donations in memory of Eileen be sent to SPT.

Support St Peter's Trust by donating

Phone: 020 7472 6761 quoting Fund no 543

Online: stpeterstrust.org.uk

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

UCL CENTRE FOR NEPHROLOGY

The Centre for Nephrology at the Royal Free (RFH) has developed into the largest academic renal unit in the country. RFH is now the sixth biggest NHS Trust within England and the Renal Medicine department, in conjunction with Urology and Renal Cancer, provides care of excellence to a significant proportion of patients. In addition, there are strong links to Paediatric Nephrology at Great Ormond Street Hospital as we feel that real progress in medicine can only be made if we acknowledge that we need to care for and study patients throughout life.

SPT has been instrumental in developing our international competitiveness and excellence by providing significant support since the inception of the UCL Centre for Nephrology in 2006. Our Centre continues to expand and in 2015 we want to strengthen our links to Paediatric Nephrology even further by another professorial appointment. We aim to invest more in Genetics as new sequencing technologies have the potential to transform the NHS. RFH and the Centre for Nephrology are participating in the world leading 100,000 Genome Initiative supported by the UK government. UK-wide leadership for interpretation of data from renal patients in this ambitious project will be provided by us within RFH, and we aim to continue to translate findings from genetic research into clinical practice. Our ambition is to establish the UCL Centre for Nephrology as a world-leading Centre for the diagnosis, study and management of patients with genetic kidney diseases.

St Peter's Trust funded projects will be of great help in developing these initiatives and encouraging a new generation of clinicians, scientists and clinical academics to collaborate in finding new ways to combat renal disease.

Dr John Connolly (Clinical Lead) and Prof Robert Kleta (Academic Lead)

PROSTATE CANCER

The Prostate Research Group in UCL is going from strength to strength. It is currently led by Professor Mark Emberton and Mr Hashim Ahmed with about 20 research staff. Over the last three years, we have conducted almost 20 phase I and II clinical studies having recruited almost 1,000 men to these trials. This is an extraordinary achievement and represents an input of one third of all cases in the north east

cancer network's trial recruitment in the past year. Our grant income now totals approximately £12M in active grants.

We are evaluating new ways of diagnosing prostate cancer using urine and blood biomarkers, multi-parametric MRI, multi-parametric ultrasound to developing new devices that might transform the diagnostic pathway for men with a suspicion of prostate cancer or those already diagnosed with it. For instance, a new image fusion device called SmartTarget project might be an exemplar story of bench to bedside commercialisation that we have led with the engineering faculty at UCL.

Our raison d'être – the minimally invasive treatment of prostate cancer – has also seen tremendous growth. We have led the field using High Intensity Focused Ultrasound (HIFU) therapy and cryotherapy with over 600 men treated focally over the last five years. The early and medium term results are very encouraging and other centres are now starting to adopt it in Harlow, Southampton and Basingstoke. Much of this was achieved through the seed-corn funding endeavours of SPT. We are also evaluating an astonishing array of new treatment modalities like irreversible electroporation, radio frequency ablation, magnetic nanoparticles, water vapour and injectable toxins that aim to discreetly treat cancers. We are also now looking at how comparative trials can be delivered more efficiently and with greater equity using a novel (and controversial) trial design – something funded by SPT!

COLLABORATIVE RESEARCH

Prof Robert Unwin, the St. Peter's Trust Professor of Nephrology, has recently embarked on a two-year secondment from UCL to work with the research and development section of the pharmaceutical company AstraZeneca in Sweden. This collaboration will enable him to play a significant part in the development of new medicines and other treatments for patients with kidney disease, whilst maintaining regular contact with the Department of Nephrology at the UCL School of Medical and Life Sciences and holding a monthly clinic.



and finally



barnet hospital
charity

chase farm
charity

BETTER TOGETHER

In July 2014 The Royal Free, Barnet Hospital and Chase Farm Hospital became one large Foundation Trust. With that came the opportunity to bring the benefits Royal Free patients have through the Royal Free Charity to Barnet and Chase Farm. 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 and art and music. Barnet Hospital Charity and Chase Farm Charity are part of the Royal Free Charity and will begin to provide similar support, starting with massage therapy in April.

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.

Ronald W Amos, Richard M Aransibia, Mary Austin, Leslie Bailey, John Barrister, Michael H Beaven, Gerry Birchall, Martin Birchall, Robert A Brown, Robert Brown, Mary Carberry, Dulcie A Chaplin, Paul A Chinnery, Susan M Coggins, Fiorina Elliott, Giorgio de Filippo, Matthew J Hallinan, David Hamilton, John E Hawkins, Margaret Headland, Janet Hicks, James A Hunter, Alan G Jones, Shan Jones, Jacques Kornbrot, Lionel C Kreeger, Paddy Lacey, Anna Linkin, Alan Love, Isabel de Madariaga, Anne Mawdsley, Eileen McCarthy, Deborah L McVay, David Mills, Henry Montagu, Stephen Newman, Lenny Penny, Rob B Potter, Christopher H Reeves, Vic Russell, Joseph C Scannell, William Trigg, Peter Turrell, Michael Varley, Hilary M Voss, Richard J Wakefield, Eileen West, Anne White, Darren Williams, Paul S 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.
Phone: 020 7830 2848
Online: recclub.royalfreecharity.org

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: 17th May 2015

Location: Regent's Park, London

Is it a bird? Is it a plane? No it's you dressed as Catwoman running 5K or 10K to raise money for your chosen department in the hospital. Invite Thor and the 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: 19th September 2015

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. Booking for this date closes 12th June.

Fundraising target: £395

Registration fee: £70

Prudential Ride London

Date: 2nd August 2015

Location: to Surrey and back again

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.

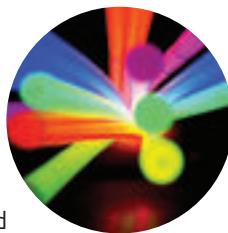
Fundraising target: £500

Registration fee: £20

Thank you

...to everyone who donated to the Sensory Equipment Appeal featured last issue – we hit the £5,000 target!

The Children's Ward have bought the specialist play equipment needed to improve the experience of younger and disabled patients who come into the Royal Free.



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