

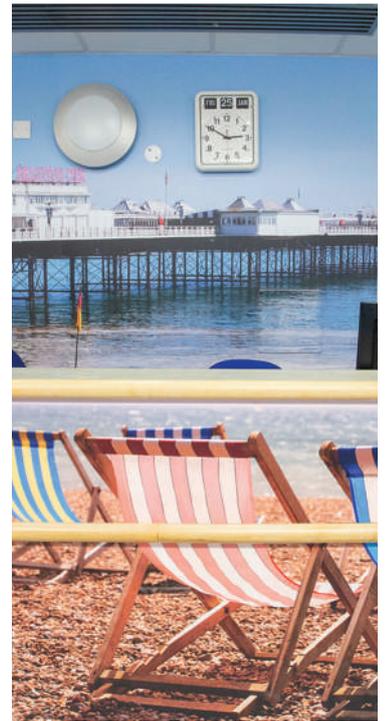
extrahelpings

Celebrating the volunteers, fundraisers and supporters who make a difference royalfreecharity.org

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Waves of wonder

There are many reasons why fundraisers are inspired to raise money, some of our supporters tell us how and why they decided to fundraise.



8 WEST BY THE SEASIDE

The Royal Free Charity has funded a new refurbishment to improve the care of dementia patients on 8 West. The ward has been decorated to transport patients and visitors to the seaside! It even includes a theatre space for live performances by actors, musicians and poets. The seaside theme was inspired by feedback from patients and relatives on the ward, and co-designed by Danielle Wilde, dementia lead, Chito Gabutin, 8 West ward manager and the multi-disciplinary team.

Previously a patient bay, the area has been converted into theatre space, complete with a red-curtain backdrop. The Royal Free Theatre will be used to provide patients with a weekly programme of activities while they are in hospital – it will also set the stage for the future of dementia care at the Royal Free London, where art and engagement will be a key focus. Danielle Wilde, said: “This ward marks the first step in

our journey towards integrating the arts into routine dementia care.”

Images of iconic British seaside towns line one side of the ward; beach huts signpost patient rooms and bays; and along another corridor, a reminiscent boardwalk mural has been created complete with an ice-cream van and gift shop. The imagery on the walls will be used to stimulate conversations and help patients, particularly those with dementia, to feel more relaxed during their stay on a busy acute hospital ward.

“The Royal Free Charity is delighted that these new facilities are being enjoyed already by our dementia patients. We are committed to support projects that benefit patients and thank our donors for their contributions. Looking forward to being involved in the future activities of 8 West.”

Dr Julio Grau

Director of Fundraising, Royal Free Charity



Our little fundraisers

LITTLE SANTA & SNOWMAN

7-year old Ben decided to buy gifts for children who are poorly and unfortunately had to spend Christmas in the hospital. He had already raised money for Royal Free Charity this summer when he completed his first 5k run and those funds were dedicated to the Helping Hand project at the Barnet Hospital.

This time Ben dressed as Santa and his little brother Jack (dressed as Snowman) tackled children's run first. Ben finished children's run in second place. However, they both continued with adult run and successfully completed 5k! All hard work paid off as we managed to buy nice gifts warped and ready to be handed over to children by Santa.



CHRISTMAS THANKS

Thank you to everyone who made last Christmas special for patients, children and staff spending Christmas in hospital. Thanks to your generous donations we managed to raise nearly £15,000.

CHRISTMAS HAMPERS

SRFN is a charity set up to support Royal Free nurses, this year they donated £300 pounds for hampers which were given out on the wards on Christmas day to working staff.



M&S SOUTHGATE – CHARITY OF THE YEAR

Our thanks go to the team at M&S Southgate who have supported dementia patients this year. Their support, through the dementia project, has helped transform ward 8 West at the Royal Free to create a dementia friendly environment providing stimulating seaside scapes and an area for performance acts and craft activities. The team have raised over £4,300 through their branch activities.

BALLET DANCE-A-THON

Budding ballerinas from The House of Ballet danced nonstop for an hour to support their local hospital. The girls raised £400 which will help provide games and activities for children in hospitals. The event took place in the Rec Club and the children loved the event and are looking forward to doing it again next year!

If you wish your dance group to hold a charity fundraiser please contact our team and we can provide you with a t-shirt and banners.



GAMES GIFTS

The Royal Free Charity are very happy to have received a very thoughtful donation from two fantastic construction companies who were working in Camden and like to support a local charity each year. This year we were lucky enough to be chosen.

Being in hospital can be unpleasant for anyone and children can find it especially difficult at Christmas so when James Coltman of Mullalley construction Darren from Charles Holden delivered us a brand new Playstation 4 and an Xbox among other lovely gifts for the children's ward we were overjoyed.

A lot of time and effort went into choosing items that will benefit the most amount of children in the hospital and James liaised closely with the charity and the ward to buy the most appropriate items needed for us, the toys will certainly put a smile on the faces of many children facing a tough Christmas, thank you guys you're the best!

Go Laura!



LAURA TAKES A FUNDRAISING LEAP

Over the last few months we have had lots of wonderful people helping us raise money for the charity and here is another fine example, one of our volunteers Laura who has been with us now for 6 months helping out on the wards and recently turned her hand to fundraising.

You may have seen Laura in the main entrance on a Wednesday where she has been collecting for the charity by playing music and welcoming people into the building by doing this she raised £408.11 in a few short weeks but this wasn't enough for Laura who decided to take the leap and do a skydive too!

She has raised £1,842 to date and there is no slowing her down because now Laura has decided carry on as a fundraising volunteer this time for a new sensory projector for the dementia ward!

You rock Laura. Keep it up!

EVERY LIFE MATTERS – SISOS

Every 3 days a medical professional takes their own life! Through the drive and vision of Carol and Maria in theatres at Chase Farm Hospital the first dedicated room for SISOS (Serious incident support of staff) has opened at Chase Farm. This is a safe space where staff are supported by trained listeners to help reduce the rate of isolation, distress and suicide. For staff, having the knowledge that there is somewhere safe to go and someone who will listen is a big step forward for mental health support. The charity are delighted to have enabled this room to be furnished with a calming woodland scene and comfortable furniture and lighting providing a supportive atmosphere along with listener training.



THANK YOU FOR HELPING MY MUMMY

“Earlier this year, Mummy Shivani and Niam Bhai were not very well, but Barnet hospital and Royal Free took great care of them and made them all better so they could go home.

My name is Mia and I was 3 in November. For my birthday, instead of presents wanted to help other babies like my brother and other mummies who may need to stay in ICU by raising some money for the hospital.

My Mummy had a rare pregnancy related illness called acute fatty liver (AFLP) and Niam was born 9 weeks premature. The amazing care from the doctors, nurses and midwives meant that they were both able to be treated and have made remarkable recoveries.

I really want to say thank you...

There is a machine called Accuvein, which allows the easy viewing of veins to help insert cannulas in children and those with hard to find veins. Mummy and Naim both had to have this done multiple times. With your help we raised £7,131 to buy this machine for the Intensive Care Unit at Barnet Hospital.”



CELEBRATING WITH THESE WONDERFUL CHILDREN

A Winter party for the Paediatric Oncology children from Barnet was arranged over the Christmas period. It was held in a local hall and we had Santa and his reindeer visit with presents for all the children, a DJ, Arts & crafts and lots of lovely food!



LITTLE GIFTS

Bibs and hats were given to babies born over the Christmas and New Year period at the Royal Free and Barnet Hospitals, just a small gift for the little miracles!



Tokyo and London!

OUR LONDON MARATHON RUNNERS

Ben Milan	Scleroderma
Isobel Smith	Scleroderma
Dave Thomas	The Physiotherapy department
Yoko Kijima	Massage therapy
Danielle Lewis	Renal
Carly Burnham	Helping hands
Alice MacFarlain	NETs (neuroendocrine tumours)
Tommy Omeara	Barnet palliative care
Caroline Wick	Barnet Cardiology
Ailsa Carmichael	Royal Free
Chris Lopez	Royal Free
Jamie Ashwell	Royal Free
Liam O Connor	Royal Free

The charity is very fortunate to have so many people running in the London Marathon for many of the different areas in the trust. This year one of our runners will be travelling all the way from Japan to raise money for the massage therapy team.

Yoko is a seasoned runner who regularly runs over 250 kilometres a month and this year as well as running the London marathon she will also be taking part in the Tokyo marathon too, we don't know where she gets her energy from!

Fancy joining one of our events – challenge yourself and raise money for the Royal Free Charity!



Read more about our marathon runners and their stories here:

royalfreecharity.org/get-involved/marathon

The ballot for 2020 charity places will open in May.



A visit from London Essentials

LONDON ESSENTIALS SERENADE ELDERLY CARE WARDS

We were very privileged to have The London Essentials to entertain our patients on the elderly care wards.

The London Essentials performed completely acoustically, requiring no amplification or stage, preferring instead to mingle with the patients- serenading, flattering and surprising staff, visitors and patients as they passed through the bays. What a treat for everyone on wards 8 West and 10 North!

The group's audacious repertoire ranged from Rat Pack swing through 60s rock n' roll and 80s classics to current chart music, giving hits from across the decades using their distinctive five-part vocal harmonies.

Thanks so much for the visit and we look forward very much to their return.



CONGRATULATIONS TO ELAINE

To our wonderful volunteer Elaine Harris who was nominated by Royal Free staff for a special world class care award.

Elaine has been volunteering at the Royal Free for 8 years. Most of you will have seen Elaine at the front of the hospital directing, assisting and escorting anxious or confused patients and visitors to where they need to be – always with a smile, nothing is ever too much trouble.

Our world class care awards celebrate staff who are actively promoting, championing and consistently delivering the trust's values.



NEW VOLUNTEER DAVID

David is our newest fundraising volunteer despite having a very busy week at college David finds the time to come and play music in the main entrance every Wednesday to raise money for the charity.

To date David has raised £810 so we would like to thank him very much for all this hard work and effort keep it up!

Thinking about volunteering? Find out how you can at royalfreecharity.org/volunteer



PURPLE DAY FUNDRAISERS

Fundraising volunteers enable our monthly 'Purple Day' at Chase Farm Hospital to go with a swing! Jazz duo Duopoly create a welcoming atmosphere with their music and the stalls of salt lamps, Usbourne books and jewellery provide an opportunity for staff and patients to support the hospital at the same time as buying gifts and treats. The Chase Farm Charity Purple Day, named after our brand colour, takes place on the last Thursday of each month in the Chase Farm Hospital atrium.

IN MEMORIAM

DONATIONS

Our thanks go out to the friends and family who have supported the hospitals in memory of their loved ones.

Agnes Balint
Colin Bishop
Kevin Bousfield
Noreen Chaplin
Peter Chapman
Jack Chiakli
Leslie Cousins
Joanne Davidson
Maureen Drane
Robert Farmer

Kieron Flynn
Cyril Frost
Joan Gillman
Samuel Hanciles
Bhikiben Maisuria
David McKay
Keith Noble
Martin D Parker
Kiran Patel
Joyce Samy
Sergio Saralli
Peter Thorne
Stanley Trevatt
Winifred Turbott
Maisie Wright

TERRY RUSSELL

Mary Russell lost her husband and in his memory her family and friends have raised £3,900 to purchase an Accuvein machine for Mulberry Ward which is where her husband was looked after. Some of them came into Mulberry Ward to present a cheque to the staff and to say thank you for all of their hard work. The cheque was presented in memory of Terry Russell.



NICOLA WHITEHILL

I recently celebrated 20 years of being a patient at the Scleroderma Unit at The Royal Free Hospital. My extensive experience of living with scleroderma has enabled me to see first-hand how the Scleroderma Unit has developed and grown.

The patient care given by this world-renowned centre is simply exceptional. The clinical trial unit is also very proactive, and provides me with immense hope that the causes of and a cure for scleroderma will be eventually discovered, hopefully during my lifetime.

I know that I am a lucky scleroderma patient, due to a relatively early diagnosis and the treatment plan provided by the Scleroderma Unit. Since first hearing those life-changing words 'You have scleroderma', I have thought about my mortality daily, and about what my wishes would be in looking after my loved ones when I am no longer here.

As a patient, I am immensely grateful for the work and

support of the Royal Free Scleroderma Unit, and I decided I that would like to support the work of the Unit when I am no longer here by leaving a gift in my Will. And so I recently acted to make my Will, so that I can have peace of mind that all of my wishes will be followed.

I contacted the Royal Free Charity who sent me a very easy to read booklet about making my Will and about their independent free Will making service. Within a month of enquiring, I attended an appointment with a Law Society approved solicitor to write my Will, ensuring all my wishes will be respected. I was extremely impressed with the professionalism of the Charity's free Will writing service.

If you would like to receive a copy of the Royal Free Charity's guide to making a Will, or would like information about their free Will writing service contact them direct:

Fred Adams

Legacies Manager

Tel: 020 7317 7772

Email: rf.legacies@nhs.net

Interactive Sensory Projector Appeal

HELP RAISE £7,300



Supporting elderly and dementia patients

The sensory interactive projector encourages individual participation regardless of age or abilities. Once you start to look at and interact with these beautiful images you will be totally involved in a different and beautiful world that will give you a sense of peace and distraction from the busy hospital environment.

Reduces stress and anxiety • Stimulates senses and encourages communication

Half hour sessions of different scenes, games activities and music

royalfreecharity.org/donate



Freeze

NEW OVARIAN PROGRAMME

A new ovarian tissue freezing programme, designed to help women and girls about to be treated for cancer to preserve their fertility, has been launched at the RFL. The service, which is the first in the UK to be fully funded by the NHS, will enable specialists in cancer and blood disorders to refer patients to the RFL ahead of their cancer treatments for ovarian tissue freezing and later implantation to restore their fertility and/or prevent early menopause. The new service will be offered to patients within the North Central London Clinical Commissioning Group (Islington, Camden, Enfield, Haringey and Barnet) but is planned to expand across the UK soon.

Paul Hardiman, consultant in obstetrics and gynaecology at the Royal Free London and senior lecturer at the Institute for Women's Health at UCL, said "We are very grateful for the support from the Royal Free Charity over the past seven years which funded Natalie Getreu, a PhD student, who played an important role in enabling us to bring this to patients."

Silence is golden

THE SILENT SAW

Our Barnet Hospital practitioners, or 'plaster techs', are celebrating the sound of silence after the recent delivery of a special saw. The 'silent' saw helps young children, older people with dementia, as well as people with learning disabilities to feel less anxious when they are having their plaster cast removed.

Marlon Ferro, an orthopaedic practitioner at Barnet Hospital said: "Sometimes when children are having a cast removed

they can become quite distressed by the sound of the saw which is very loud. This is quieter, and also much lighter and more mobile so we can also use it on the wards."

Jane Markus, senior orthopaedic practitioner, agreed. "This new saw is really great. It can be a very frightening experience for young children having a plaster cast removed; even though it doesn't hurt, it's the noise that can scare them," she explained.

Thanks to a donation

from Barnet Hospital Charity, patients are able to benefit from the quiet saw as well as an iPad and headphones which help to distract them while their casts are removed.

Steve Shaw, Barnet Hospital's Chief Executive said: "It's often the small, simple things that make a huge difference to children and other patients. This will undoubtedly make it a more pleasant and less frightening experience for them"



DEPARTURE LOUNGE

Thanks to Barnet College for providing the finishing touch to the departure lounge. Patients can now enjoy the Island scene and spot the hidden creatures whilst waiting for their transportation. This follows on from the successful mural created by the college for the children's xray room at Barnet Hospital.



ITU CAN'T STOP SAYING THANK YOU

"Carla and the Barnet Hospital Charity have transformed the lives of our patients, their relatives and our staff.

Our patients have benefited from receiving radios, televisions and Christmas presents through to receiving equipment such as end tidal carbon dioxide monitors, an accuvein machine, reclining chairs and the latest fund raising endeavour is to provide the Unit with a Criticool machine.

With the help of the charity, our patient's relatives now have a tranquil waiting room as well as a separate quiet room where relatives can find privacy and solace. We also have two chair beds for our relatives to stay near their loved ones at all times.

The ITU staff are now equipped with a Critical Care team named hoody, thermos flask and water bottle when they join the team courtesy of the Charity. Our staff facilities have been transformed – our staff room is now both comfortable and stylish and our staff kitchen is well equipped and practical. We have been able to send staff to conferences and team building away days.

Carla and the Barnet Hospital charity have enabled us to deliver world class care to our patients and their loved ones and provide our staff with fantastic facilities to demonstrate how much they are appreciated. I cannot thank Carla and the Barnet Charity enough."

Deborah Kirby

Matron, ITU, Barnet Hospital



Loving the hoodies

NEW TEAM TOPS

Gynaecology & Surgical Willow Ward at Barnet love their new team hoodies. Ward Manager Liz Pollard said: "We have recently successfully recruited into our vacancies and I wanted to do something to create a new bond and improve team morale.

Following a discussion with our Matron Lucinda Wessell, she suggested I contact Carla to see if there was anything the Charity could do to help us. The idea of a hoodie was discussed and before I knew it, we were in possession of our new "Willow Team Hoodie".

The hoodie has had a positive impact on my team. It has created a sense of belonging and we have included all regular members of the ward team, such as: Ward Receptionist, Flow Co-Ordinator, Domestic Staff and Pharmacist. Happy staff create a happy environment and this has a very positive impact on patient care. I would like to say a big thank you to Carla and the Charity for helping my team to have a sense of belonging and for helping us smile again."



REMINISCENCE PACKS

Dementia patients visiting urgent care at the new Chase Farm Hospital will be able to benefit from the reminiscence packs instigated by the nursing and reception staff. It has been a team effort to design ideas to make waiting more comfortable for patients attending Urgent Care. Thanks to the Royal Free Charity these ideas are becoming a reality and helping to reduce anxiety and will provide a conversation piece for all.

SHOPS



Come and see our shops

Our high street charity shops sell a fantastic range of high quality donated items including clothing, shoes, fashion accessories, homeware, toys, books and an amazing array of other treasures all at bargain prices.

CHARITY SHOPS: LOCATIONS, OPENING HOURS & CONTACTS

Enfield 9 Church Street, EN2 6AF | Tel: 020 8363 5141 | Mon-Sat 9.30am – 5.30pm, Sun 10.30 – 4.30

Borehamwood 100 Shenley Road, WD6 1EB | Tel: 020 8207 4827 | Mon-Sat 9.00am – 5.00pm

Potters Bar 55 Darkes Lane, EN6 1BJ | Tel: 01707 658 779 | Mon-Sat 9.00am – 5.00pm

Southgate 40 Chase Side, N14 5PA | Tel: 020 8882 9031 | Mon-Sat 9.30am – 5.00pm, Sun 11 – 4

East Barnet 237 East Barnet Road, East Barnet EN4 8SS | Tel: 020 8440 3681 | Mon-Sat 9.00am – 5.00pm

Thank you for the massages!



AFTER 52 FANTASTIC YEARS AT THE ROYAL FREE, KEITH IS RETIRING.

He began his working career at Gray's Inn Rd in the Finance department and from there he went to manage the Recreation club. During this time Keith completed his massage training in order to help the children participating in the Transplant Games – He recognised the huge benefits of massage and slowly with support from Dame Carol Black introduced it into a limited clinical environment - The very beginnings of what we all now recognise as the Complementary Therapy Service. The team is ever expanding by taking on more qualified therapists, to cover more sites and treat more patients and staff and is now supported by the Royal Free Charity – what a tremendous success! Recently, just 10 days following her liver transplant, one of the now 2000 plus successful transplants carried out at the hospital, one of our lovely patients, Denise Morrison, visited us to say thank you for all the care and support we had given her.

Although Keith will be hanging up his 'pink t-shirt' it will soon be replaced by a 'purple' one as he is returning to join the Voluntary team. Nickie, who has worked with Keith for 14 years is very honoured to be taking over the day to day running of the service and along with the team will ensure that the service continues with the same ethos although, she says the t-shirt is too big to fill!

Since the massage service started in 1994, the massage therapy team have provided 387,591 massages for patients and members of staff across all sites of the trust. A huge thank you for all of their hard work throughout the years!

royalfreecharity.org/do/patient-support



NAVIGATING THE TWILIGHT – TRAINING WITH A DIFFERENCE!

More than 25% of everyone in hospital has a diagnosis of dementia, one in four of all hospital beds across the NHS system. Many people with dementia live in altered realities and our efforts should be directed at making their reality feel safe wherever it happens to exist, 'navigating the twilight' between fact and their reality.

These innovative workshops, funded by The Royal Free Charity, were a result of collaboration between The Royal Free Charity, Chickenshed UK, and The group dementia lead at The Royal Free NHS Foundation Trust.

The workshops included the use of improvisation and body language, and word play-one word stories. The team ran through practical body language techniques which aid active listening and a calming approach to non-verbal communication, and acted real life situations

A total number of sixty six participants attended two, three hour workshops, and after attending the workshops 100% of participants who completed evaluation forms said that they would recommend the workshop to colleagues, 77% reported an increase in confidence when caring for someone with a dementia diagnosis. Participants said they found the training to be a wonderful experience. They really enjoyed it as it developed their knowledge regarding people living with dementia and how it really feels.

royalfreecharity.org/do/workshops-and-activities





St Peter's Chair in Nephrology

Robert Unwin's retirement was marked by a Festschrift at the Royal Free in November 2018. Colleagues from all corners of the country and the world came to present their current research. The St Peter's Trust sponsored a lecture given by Peter Aronson, Professor of Nephrology at Yale. Another key note address was given by Dr Julie Ingelfinger, deputy editor of the New England Journal of Medicine, who was the St Peter's Visiting Professor.

At the following dinner we reported the appointment of Danny Gale as the third holder of the prestigious St Peter's Chair of Nephrology. He has now been confirmed by the University as tenured Associate Professor.

We are also supporting his post with the St Peter's Trust Prize Studentship in Nephrology.

A recent move in the training of Clinician Scientists has been to offer PhD programmes to medical students at the end of their 4th year of training. The students are selected by competitive interview and supported through a three year research project, culminating in a PhD. They then return to clinical training.

The St Peter's scholar will be fully supported by the Trust with a stipend, University fees and a fund for additional expenses such as bench costs, publication and conference charges. Dr Gale will supervise the research within the Centre for Nephrology at UCL.

The first winner will start the research project in September of this year. A new award will be made every three years. However, if funds can be raised, the prize could be awarded in alternate years or even more often. The MB-PhD programme is a very exciting move to ensure the best possible training for the next generation of Clinician Scientists.



Grants in 2019

The Trust only exists to fund research in Urology and Nephrology. If we have no money, we cannot give any grants!

There are two very important sources of funds: from our very loyal and generous regular donors and from 'one off' donations in a legacy or from spontaneous generosity.

In the last issue, we highlighted the wonderful annual contributions of the Basildon Ladies Darts League. However, we also have a large number of very kind people who give us a regular donation, usually by standing order.

These regular donors are really our 'life blood'. This is not only because of the money that they give, important as that is, but because of their emotional and practical support. We are not a 'popular' Charity that attracts A-List celebrities to our cause. Discussion of urinary and bladder issues is not usual at social gatherings!

Our 'regulars' help to spread the word of the very common problematic conditions on which we fund research. This encourages others to join the ranks of our supporters. Some become 'regulars' some 'one-offs' and, occasionally but very importantly, some remember us in their wills.

2018 was a good year for our income. In March 2019, our medical committee will meet to award about £250,000 in grants. We have had some excellent applications and it will be difficult to choose between them.

We are most grateful to all our of donors both for their contributions and for their other support. It very much helps us to know that there are lots of people in the wide world who are pleased with the work that we do.

Find out more about St Peter's Trust, read our news here

royalfreecharity.org/charities/st-peters-trust

IN MEMORIAM

We would like to extend our thanks and condolences to the family and friends who have supported St Peter's Trust in memory of their loved ones:

Stanley Fell
Mrs Sheth
Arthur Castle

And those who generously left us a legacy in their will:

Rozanna Briggs
Alma Francis
Jean Redpath

LONDON MARATHON

Sadly we do not have any runners this year, but if you are thinking of running in 2020, please apply via the Royal Free Charity website – stating that you would like to run for St Peter's Trust. Applications open in April 2019.

About the trust



St Peter's Trust provides initial 'pump-priming' grants for urological and nephrological (kidney/renal) research, supporting both laboratory science and clinical developments. Such grants enable the researchers to test their theories, obtain the preliminary data and establish the potential value of their ideas so that applications can then, where appropriate, be made to the Government funded Research Councils and the major medical research charities, or commercial organisations.

In the last ten years the Trust has raised some £3,500,000 in grants for research projects and more than 60 projects have been funded.

In 1990 the Trust also achieved its target

of raising £1 million as an endowment to establish the post of Professor of Nephrology at UCL (the first in Britain) and funding was also received for a 5-year Senior Research Fellowship. These posts have contributed significantly to advances in the diagnosis and treatment of kidney disease.

Currently the Trust is funding research being undertaken on various aspects of kidney, bladder and prostate disease. But the work is constantly evolving and more money is needed to take the ideas further and translate the scientific concepts into clinical practice. Read more

At present much of the research we support involves the study of genetic disorders - that is, any disorder caused wholly or partly by faults in the inherited material in a person's cells. It is now suspected that many diseases of the kidney and other organs result from gene malfunctions. If these faulty genes can be identified the aim then is to try and devise suitable interventions. More funds need to be raised to enable this work to continue.

You can help us find cures for future generations. Support our work at royalfreecharity.org/st-peters-trust

COMING EVENTS

Join our events

For more events information and to book:

Online: royalfreecharity.org/events

Email: rf.fundraising@nhs.net

Phone: 020 7472 6761

WALK FOR WARDS

Come and join us for a 5k walk in the beautiful Trent Park, Enfield. This is your opportunity to say thank you to our wonderful medical teams and support the hospital or the ward that may have looked after you or your loved one at The Royal Free, Barnet Hospital or Chase Farm Hospital.

Date: Sunday 16 June 2019

Venue: Trent Park country Park
Cockfosters Rd, Enfield EN4 0PS
(Nearest tube station is Cockfosters which is a 10 minute walk to the start point).

Time: Registration from 10.00am
Start 11.00am.

Registration fee: £7 per adult
(includes free T-shirt) max 2 children
free per adult.

PURPLE DAY

On the Last Thursday of every month there is a special day at Chase Farm Hospital.

A day where the Charity and our love of the colour Purple is celebrated.

Purple Day celebrates and raises funds for our hospital, with live music and stalls so come down to Chase Farm Atrium and show your support!

GET INVOLVED

Are you looking for a way to give back or to say 'thank-you', or have you heard about one of our events and want to sign up? You can donate, join an event, volunteer your time or fundraise for us.

We have a diary of events which include walks, cycles, fun runs, marathons, skydives, comedy nights etc. For more events information visit:

royalfreecharity.org/events



Video Laryngoscope Appeal for Barnet ED

HELP RAISE £7,500

In emergency settings, some patients need urgent help to breathe and a breathing tube needs to be inserted in their windpipe (endotracheal intubation). A laryngoscope is used to give visualization of the vocal cords and help the introduction of the breathing tube, but a video laryngoscope makes intubation easier and safer as its display provides a clear real-time view of a patient's airway.

We would like to purchase this for the ED department at Barnet Hospital to improve the safety of the sickest of patients arriving in the resuscitation room

Dr E Witt, ED

You can make a difference today!

royalfreecharity.org/donate

Charity no. 1165672