

extrahelpings

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

SUPPORTER STORIES | NEWS | VOLUNTEER STORIES | IN MEMORIAM DONATIONS | EQUIPMENT | SERVICES | ST PETER'S TRUST | COMING EVENTS

Live, love, laugh

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



MUSIC NIGHT IN MEMORY OF MICK BROWNLEE

A fantastic £2,512.60 was raised by Doreen in memory of her husband, a former musician. The charity Music Night, held in The Dickens, Leigh-on-Sea saw the coming together of many friends and musicians in an old haunt to celebrate the life of Mick Brownlee and raise funds to support the Amyloidosis Centre at The Royal Free Hospital.

Doreen said "Bass guitarist, Dave Bronze who plays with many well known artists such as Eric Clapton and Tom Jones. Steve Weston, who is a brilliant blues singer and harmonica player, and Gary Brooker from Procol Harum band are all very good friends who gave their time for free, for a very good cause, and in memory of my dear husband and their very good friend".

CRYSTAL SUPPORT RAISES £1,000 FOR BARNET

The wonderful Ben and Kimberley from Blue Amber Crystals have a stall at Barnet Hospital once a month which staff and patients love browsing.

Each month a percentage of their takings is very generously donated to the Barnet Hospital Charity.



BRUNSWICK PARK SCHOOL

Brunswick Park School 'purple day' activities raised funds to purchase the materials required for Barnet & Southgate College to produce this mural. The mural is used as a distraction tool for children in one of the X-ray rooms at Barnet Hospital.

COMEDY NIGHT AT THE SHARD FOR MASSAGE THERAPY

Thanks to the generous support of a patient who funded the hire of the venue, a great night of Comedy was held at the Shard on the 3rd of November 2017. The night was made all the more special for the fabulous view! We were honoured to have had Lou Sanders hosting the

evening, and lots of laughs from Nish Kumar, Sarah Pascoe, Bret Goldstein amongst others. An incredible £4,100 was raised on this night in support of Massage Therapy.

See coming events for 2018 Comedy Night 2018 on royalfreecharity.org/events



EVEREST BASE CAMP CHALLENGE

A big thank you to the Joshi family who raised an incredible £3,338 for Barnet Hospital by completing the Everest Base Camp Challenge in December 2016. As a result of their support, the money raised went towards the purchase of a Vapotherm which enables children in paediatric A&E to be transferred from the A&E department for scans and X-rays without needing to be removed from a ventilation system. Well done on completing such a brilliant challenge!

LONDON MARATHON 2018

Collectively the London marathon runners raised £16,463!

A BIG thanks and congratulations go to our fabulous marathon runners who braved the heat to complete the London Marathon. This year was the most challenging conditions for all especially after training in snow and rain. We are in awe of them all!

Eoin said, "It was one of the best things I have done ever. To run in one's own city, to be cheered on by everyone (not least the Deptford bridge Royal Free gang) and to do it for a seriously good cause. I am very proud."

If you are successful in the ballot and get your own place for 2019 Marathon, we would love for you to run in aid of The Royal Free, Barnet or Chase Farm Hospitals!

Matt Connell ran the Brighton Marathon for his Mum who has been living with MS for over 40 years, and here's why...

MATT'S STORY

On Mother's Day this year she was admitted to the Intensive Care Unit at the Royal Free Hospital, having been diagnosed with a very nasty case of pneumonia. Initially she was able to breathe by herself, but by the Thursday she was becoming very weak and she had to be placed on a ventilator under heavy sedation. Her MS makes everything more complicated so we have no sense of when (or even if) she'll be able to come off it, but we've told to prepare for weeks, if not months, in intensive care. She can't talk (or eat or drink or move for that matter) and she's still under sedation but she's doing better than she was this time last week.

Every day my dad turns up at midday, and if there is a nurse we haven't had before, my dad shows them a photo of my mum dancing before she retired in 1976 and six months before she was diagnosed with MS, and he always tells them that she was his first girlfriend. (Gets me every time). From that point onwards, the nurses are putty in my dad's hands – they all love him.

The level of care is astonishing. There is a specialist nurse at my mum's bedside literally 24 hours a day. From straining to understand what she is trying to say with more patience than me or my dad can muster, or whispering in her ear to explain every tiny change of medication, whether she's awake or not. Mum's had nurses from London, the

Philippines, Nigeria, Devon, Iran, Birmingham, Nepal, Ireland, New Zealand, Manchester and lots of other places I've forgotten, and without exception they have been phenomenal. The same goes for the physios, the pharmacists, the OTs, and the lovely volunteers who make us cups of tea in the hospital charity's ace new hub for carers affected by long term conditions.

Throughout it all she has received wonderful care from the NHS, and most of it has been at the Royal Free. Mum is doing brilliantly, and I'm sure she would say that her progress is in no small part down to the boost she got from hearing about the messages of support that she's had. Once she's out of intensive care the rest of the brilliant Royal Free machine can kick into gear and she can start getting some intensive physio, OT, speech & language and neurology input. She's a bit fed up after five weeks without being able to eat, drink, or speak so we're hoping to be able to toast my marathon result (3 hours 54 minutes, chuffed to bits!) with a glass of whisky within a couple of weeks.

Leanne Winston time 5:59:52

Mailis Burton time 4:15:38

Brid Dinneen time 4:10:51

Saul Charalambos time 4:59:30

Zoe Young time 4:45:42

Michael Ayeni time 4:26:29

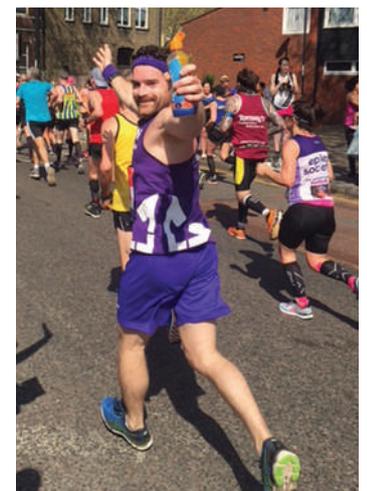
Eoin Dinneen time 3:36:25

David Conway time 3:56:32

Clare Troy time 5:48:28

Adam Pearce time 5:12:35

Kelsea Godiff time 6:04:29



SUPPORTER STORIES



MOONLIGHT WALK FOR NETS

When Ber Flynn was diagnosed with a neuroendocrine tumour (NET) almost a year ago, she chose, with close friends and family, to donate any funds raised to the NET centre at the Royal Free to show thanks to the amazing the doctors, nurses and support staff. Together they raised £6,500!

Ber said, "We had so

much fun training for this walk and enjoyed many a weekend exploring London while clocking up the kilometers. During a difficult time, this kept us all active, gave us a purpose and a goal and most importantly brought us closer together as we bonded over walking blisters (and the odd glass of wine).

The event itself was fantastic. Walking through the streets of London on a balmy Saturday night and hearing

the cheers of encouragement from people enjoying a pint on their night out kept us going and crossing that finish line as the sun was rising was a truly fantastic feeling. Thank you to all who donated. Your support on this journey means everything."

Thank you to the friends and family that joined Ber on the walk – Kay, Rosarie, Jacks, Norma, Laura, Karen, Treasa, Hillary, Julie, Liam, Eda, Alda, Komal.

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



CROSSING OF EIGHT LONDON BRIDGES FOR MASSAGE THERAPY

On the 29th of October, Nicola Walsh-Jones and five of her friends brilliantly raised £1,820 by walking eight bridges of London. Nicola says, "I had my transplant in January 2017 after being on the liver transplant waiting list for 4 months. I was admitted at the end of December after becoming very poorly. I was on 9N ward for one week before I received my liver transplant, in ICU for 2 weeks and back on the ward for a further 3 weeks.

Being clinically referred for massage therapy was a huge part of my recovery in hospital. I had over 20 litres of swelling in my body and the leg massages helped circulate and break down the swelling which enabled me to be able to walk again using a frame.

I knew while in hospital that as soon as I was recovered and strong enough, I wanted to give something back to the Massage Therapy department to help other sick patients in the hospital."

Climb any mountain

THEO CLIMBS KILIMANJARO FOR THE ROYAL FREE CHARITY!

A massive thank you to Theo Hyman who raised over £4,000 for the charity! Theo raised the money by scaling the highest mountain in Africa, Mount Kilimanjaro in February 2018.

The money raised helped to purchase an Accuvein machine for the Neonatal ward at the Royal Free Hospital. The Accuvein machine allows the easy viewing of veins to help insert cannulas in children and those with hard to find veins.

"Our son Ethan was looked after so well at the Royal Free Neonatal Unit during his first week on this Earth, and I wanted to give something back to them. The unit are in need of funds for specialist lifesaving machines. I hoped to raise as much money as possible for a very special hospital unit that cares for the most fragile and precious things in our lives" **Theo Hyman**





Woof, woof, weyhey

ST AGNES' CATHOLIC SCHOOL PURPLE DAY FUNDRAISER

We would like to thank St Agnes RC primary school who raised an impressive £278 by holding a purple day in May.

The charity visited the school at the start of the term and the children decided they would like all the money from the purple day to go to fund the therapy dogs.

We feel they might have been swayed in this decision as Maggie Sutton and Charlie came to the presentation and look at those big brown eyes, who could say no to Charlie?

Therapy dogs are specially vetted and trained dogs who visit patients to help reduce stress and anxiety and help them cope with their condition. Charlie is one of thirteen therapy dogs who visit the Royal Free Hospitals. He also visits his local school so that children can read to him to help build their confidence.



RADIOGRAPHERS FUNDRAISE AT TESCO

Kelsea and Saul spent the day at Tesco Borehamwood meeting customers and raising £777.07 in aid of the radiology department at Barnet Hospital. The two were part of the Royal Free Charity team running the London Marathon.

Fiorina

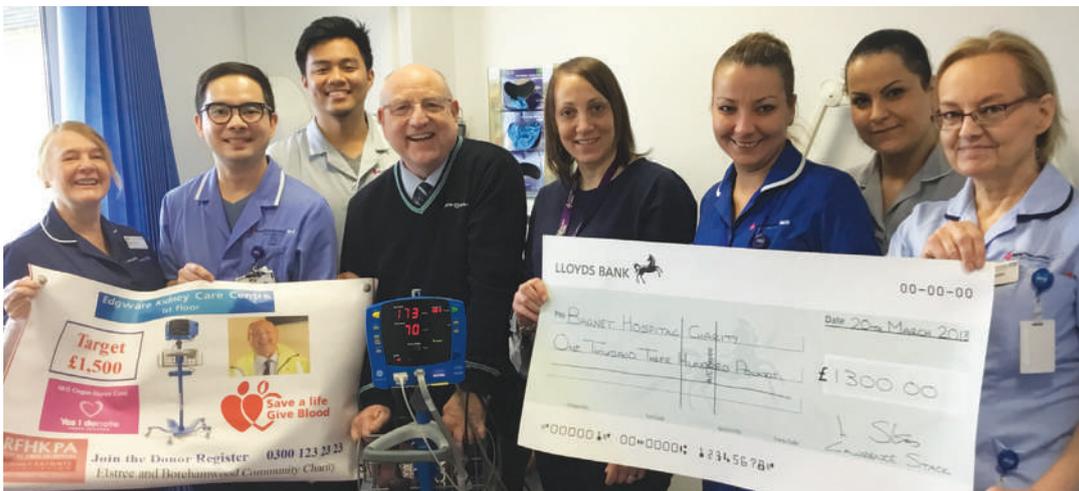
PANCREATIC CANCER PATIENT SUPPORT GROUP AND RESEARCH FUNDING

Support from the Elliot family enabled the Fiorina fund to support the setup of a pancreatic cancer patients support group. The group meet off site and allow patients and their carers to meet other and share their experiences as well as talks from clinicians and dieticians. The dedicated fundraising by the family and other supporters of the Fiorina Fund have also enabled advanced research projects to be undertaken helping to fund early diagnostic tests and advanced treatments. Since 2010 £210,000 has been raised.



FROM OUR HEART TO YOURS!

Marks and Spencer, Southgate, raised funds to purchase a Cardiac monitor for the children's ward at the Royal Free. Gina and Antonella were the driving force behind all the fundraising activities. They challenged staff and customers to join in a sponsored walk and in store fundraising in memory of Andreas Georgiou, Gina's son.



KIDNEY PATIENT SUPPORTS EDGWARE UNIT

Lawrence Stack, a kidney transplant patient, celebrated a year of fundraising activities which concluded in achieving the £1,300 target enabling Edgware Kidney Unit to purchase a blood pressure machine.

The presentation of the machine took place 20 March at Edgware with members of the Kidney unit and Barnet Hospital Charity. Thanks go from the Charity and Kidney unit to Lawrence and all the community supporters who made this possible.



Fifth shop opens soon

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)

Our fifth shop opens 9 July 2018 237 East Barnet Road, Barnet, Herts. EN4 8SS

Criticool Appeal for Barnet Hospital ICU

HELP RAISE £14,000

CRITICOOL is a modern type of machine delivering treatment which helps improve our patients' chances of survival and a positive medical outcome after quite common illnesses. The treatment is particularly beneficial in cases of cardiac arrest and arterial blockage by a clot, as in the case of a stroke. The CRITICOOL connects to specialist cooling blankets which are wrapped around the patient lowering the core body temperature.

Gradually we are finding more clinical evidence that cooling a patient's body is an ideal treatment. This is because the treatment is not based on medications or unpleasant, complicated and expensive procedures.

royalfreecharity.org/donate

Charity no. 1165672



Orange is the safest colour

KNITTING GROUP KNIT FOR SAFETY

In early February, the volunteer team was approached by one of the midwives at the Trust regarding a new initiative they were hoping to pilot across the hospitals. They wanted to give certain babies orange hats, to help identify them as at risk to the staff, and wanted to know if our volunteer knitting group would be interested. Several of our volunteers agreed to help, and over the last few months have knitted almost 100 baby hats. Margaret Joyce, Margaret Makanda and Jean Prentice, along with our other knitting volunteers, have been thrilled to take part in this life saving initiative.

“It’s nice knowing that we’re doing something positive for babies who need a bit of extra care from the hospital” – Margaret Joyce.

Orange hats mean the babies are needing extra monitoring and feeding support or the first 12 hours after birth.

DISCHARGE RUNNER

Our most recently developed volunteer role is that of Discharge Runner. Volunteers help in assisting the Discharge Team. This is proving to be very successful, many new applicants are showing an interest in the role and the volunteer help being provided is proving to be hugely impactful.

Volunteer Tricia Oates who initially trailed the role explains, “My role is to help in the discharge lounge where patients come off the wards ready to go home. We make them comfortable with refreshments and a chat as they wait for arrangements to be made for their discharge. I might be sent to the pharmacy or a ward to collect prescriptions which I need to record and be authorised by a professional. I’ve been trained to push a wheelchair so I am able to collect patients from a ward and bring them to the lounge.

This is such a valuable role as it can speed up the time the patient has to wait to be discharged. Caroline Cahill and her discharge team are extremely efficient and welcoming, I feel that I belong in the team and that I’m really making a difference”.



LIVE MUSIC PROGRAMME

The Live Music programme at the Royal Free is a new initiative that aims to successfully incorporate live music into daily hospital activity, with the hope of easing the patient experience and making today feel better.

Since January 2018, the charity has coordinated 43 performances from 24 musicians. There is a huge range in the type of music performed in communal areas and on the wards, encompassing a wide assortment of musical style, culture and genre, such as a harpist and double bassist duo, a brass band quintet and classical musicians from the Royal Academy. There has been an overwhelming positive response from patients and NHS staff, with one patient stating that she was now so happy to have been admitted to hospital after listening to a performance from an aspiring opera singer.

The majority of our artists have now committed to performing regularly, which will enable us to continue bringing music to individuals who are in need of it most. Although music is the main focus of the Arts in Hospitals programme, new collaborations have enabled the Charity to integrate other performing arts, such as dance, which were piloted in spring 2018. As we continue to grow the programme, we are excited about new initiatives to improve patient experience across the Royal Free Trust.

VOLUNTEER STORIES



VOLUNTEERS RECOGNISED BY ENFIELD COUNCIL FOR 100 HOURS OF VOLUNTEERING

Congratulations to all of our wonderful Chase Farm volunteers who received recognition from the Enfield Council and the Mayor of Enfield for completing 100 hours of volunteering last year.



DAFFODILS DONATED BY THE QUEEN.

Staff, volunteers and patients at the Royal Free, Barnet & Chase Farm Hospitals were pleased to receive the traditional gift of daffodils from Her Majesty Queen Elizabeth to signify the start of spring.

The flowers are sent from the Queen's Sandringham estate around the same time every year to hospitals across London – a tradition that goes back 30 years.

David Sloman, group chief executive said: "We are honoured to have once again received this generous spring gift. The daffodils help to brighten the day for both our patients and staff, and can help to add a ray of sunshine across our hospitals."

IN MEMORIAM DONATIONS

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

Kevin Anderson	Frank W Langley
Frederick Angell	Ruth Lathbury
Helen Anscomb	Anne G Lawson
Tony Balmer	Elio Marcangelo
Sue Barker	Monica Martin-Halls
John Baxter	Madeline McPherson
Beryl Bommer	Nirmala C Mehta
June Brady	Chris Moynihan
John Bray	Stephen Oakley
Vivien Casey	Gemma L Peasey
Barbara Cox	Colin Potten
Stephen J Crosby	Haydn Rayner
Nora Dervan	Margarita Reilly
Kevin M Doyle	James Sadler
Muriel P Drury	Graham Steel
Bill Elliot	Alan Stevens
Martin Fenlon	Nia Thomas
Valerie M Fisk	Eileen Tighe
Gwyneth Fitz	Alan Tomkins
Elaine Garrish	Florence Tomczyk
Ivor Gill	Brenda Troy
Leon Gold	James Turner
John Golding	J Turners
Bernard Griffiths	Caroline M Ward
Elsie M Grout	Roderick Ward
Ian Guild	Trisha Warnes
John Hardie	David Webster
Kath Hartle	Antony West
David Howe	Gareth Williams
Jai C Jain	Terry Winston
Phil John	

Ultrasound Scanner Appeal for Royal Free Hospital

HELP RAISE £28,000

The advanced Ultrasound scanner allows clinicians to get a fast, clear image for cardiac and abdominal conditions.

In the acute care environment, reducing the time to make an accurate diagnosis is a critical need. Having an Ultrasound scanner in the A&E will have a direct impact on the speed of patient diagnosis and the treatment plan.

Currently A&E patients needing to be scanned have to be moved to other areas within the hospital. This scanner will speed up the diagnosis and treatment times.

royalfreecharity.org/donate

Charity no. 1165672

Gift of music for patients in MSSU



“The charity provided us with a grant in order to purchase radios for our ward (Medical Short Stay Unit). It has been so accommodating giving our patients the gift of music, it really puts them into a good mood and remind them of home, music is so essential in enjoying life in a different environment and we are grateful to the charity for enabling us to make our patients experience in hospital that much better.”

Gavin
MSSU Ward Administrator
Barnet Hospital



ACCUVEIN MACHINE BOUGHT FOR PAEDIATRIC OUTPATIENTS AT BARNET

If you have ever had a blood test you will know of the challenges and discomfort of finding a vein. If you are a child, or someone with small veins, the challenge is even greater. The Accuvein means there are less puncture wounds, therefore reduced pain, and reduced sights of infection. It also reduces stress and anxiety, plus the kids love it!



PHOTODYNAMIC EYE

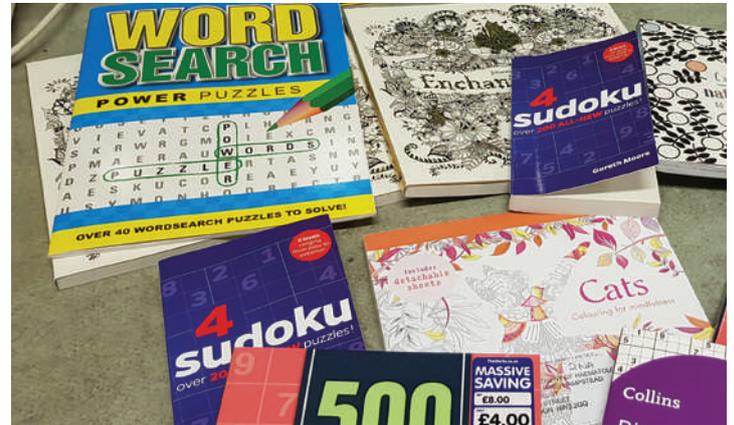
The Photodynamic Eye was funded by Barnet District Cancer Link and the Patricia Madden Trust. This supports breast cancer patients and

others who suffer from post-surgical swelling. The photodynamic eye highlights dye injected into patients to identify blood clots which can then be treated.



VAPOTHERM BOUGHT FOR BARNET A&E

The Vapotherm machine enables children in paediatric A&E to be transferred from the A&E department for scans and X-rays without needing to be removed from a ventilation system. There are risks with removing a ventilator from sick children, and this mobile machine enables a continuity of care during an assessment.



DISTRACTION ACTIVITIES FOR CANCER PATIENTS

The Royal free Charity funded a project, to increase enjoyment and patient comfort in 2NA chemotherapy suit, during treatment and on waiting area de-stress minimise boredom, create positive atmosphere and improve patient experience. They ran a survey that showed patients would like to have some activity during their treatment period. “Cancer can be a frightening experience for

most patients and their family. Stress and emotional upset can have negative impact causing not to adhere with treatment. We are now able to provide those required items to enable patient to engage and do various activities, such as adult colouring books, crosswords, magazine and Sudoku. We are also in a process of ordering some tablet so that patient uses it for reading and other activity.”

Helen Kibrom
Senior Staff Nurse 2 North A



Support Hub – an oasis of calm!

The Support Hub provides a friendly welcoming environment to people diagnosed with Long-term conditions and their carers. It offers welfare and benefits advice, resources on local and national services, and a programme of wellbeing talks and workshops. Topics range from physical activity and healthy eating to relaxation and budgeting. The

centre is staffed by a full time manager and a welfare benefits advisor, together with a team of trained volunteers. The volunteer's offers those affected by long-term health conditions a friendly ear to talk about whatever's on their mind and provide up-to-date information on further support if needed.

Occasionally young people are

affected by long term conditions which can leave them isolated. Our door is open to all patients and we aim to provide everyone with support network opportunities.

The Support Hub is located at the Royal Free Hospital, lower ground floor.

royalfreecharity.org/do/support-hub



Massage therapy is a complimentary therapy provided by the Charity to support patients to help them cope with their condition. Massage is particularly helpful to patients with on-going treatments, such as chemotherapy, dialysis and those recovering from strokes. Patients in Intensive Care who are long term are often referred to the massage therapy team to assist with their recovery as they are often processing life

Record breaking figures of care through massage therapy

changing experiences.

April 2017 – March 2018, saw the massage team providing 34,780 treatments! These included visits to the Dementia patients, where hand massages are often the only non-clinical contact they may have had in years.

Nadine at Barnet Hospital had a very busy year including our new services in Galaxy children's ward and Starlight neonatal ward, with a total of 5,045 treatments. Massage therapy was offered to parents to help them cope with children with cancer and premature births, and support given to enable them to provide massages for their own children.

The dialysis units of Tottenham Hale, Edgware and Barnet have had Teres, Kris and Nadine on overdrive with a total of 6,359 treatments. Dialysis patients are in the units three times a week and massage therapy provides a welcome support and distraction around treatment.

Supporting the staff who treat the patients brings a welcome smile and helps them deal with the daily stresses. These have increased to 3,236 during 2017/2018.

To read more about massage therapy and how a patient is referred visit:

royalfreecharity.org/do/complementary-therapy-massage



Diamond wedding donation

A big thank you to Jean and John Lewis for their very generous donation of £500. They recently celebrated their Diamond Wedding anniversary and decided they didn't want any presents. However, Jean said if anyone wanted to make a small donation to St Peter's Trust, she would be grateful. "Without the care, attention and wonderful treatment I have always received over the years from you all at 'St Peters' I would not be here today". We all wish Jean and John many more happy years together. Congratulations!

THE LADIES KIDNEY RESEARCH DARTS LEAGUE

The darts team held their annual prize giving in August 2017 and presented St Peter's Trust with a wonderful cheque for £5,500. The Chair of the Medical Advisory Committee, Professor Christopher Woodhouse and his wife, Anna, accompanied Sue Maridaki to present the prizes and meet with the ladies. As always it was a really fun event, with a musical quiz and a raffle. Thanks to Anna's extensive knowledge of popular music, our team won the quiz! It was a great opportunity to keep in touch with the 'girls' who play darts and fundraise unstintingly to support the work of the Trust. Thank you ladies!

MAJOR DONATION

We are most grateful to all of our donors, regular or occasional. Some like to remain anonymous and so we can only say thank you for a donation of £200,000. This will allow a special project to be funded alongside our annual research grant round.

REGULAR GIVING

Thank you to everyone who gives to St Peter's Trust on a regular basis, be it weekly, monthly or annually. It is our life blood. If you would like to make a regular donation, however small, please either go to our website: stpeterstrust.org.uk or telephone the Royal Free Charity office (tel: 0207 472 6677) and ask for a regular giving form. If you are a taxpayer and sign a Gift Aid form, the government will add 25% on top of this. THANK YOU!

THE LONDON MARATHON 2017

Very sadly, Sue Fell, Clinical Nurse Specialist in Urology, at UCLH, was unable to run for us this year – we wish her a speedy recovery. If you would like to run for St Peter's Trust, please go to the Royal Free Charity website for application details and be sure to state that you want to run for St Peter's Trust! royalfreecharity.org

THE ST PETER'S DINNER

The Department of Urology at UCLH has a departmental dinner each year. For the last 2 years they have run a small charity auction to raise some money for the St Peter's Trust, which has so far raised over £2,000 by selling lots such as dinner cooked by one of the consultants, a rowing experience and tickets to The Monaco Boat Show (kindly donated). We are appreciative for this contribution to our fund.

Also at the dinner, the annual Markovits prize of £1,000 was presented to Mr Vimo Arumahan. The prize is given 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.



VISITING PROFESSOR

The Department of Urology at UCLH were delighted to host a second Visiting Professor in November 2017. This year Hadley Wood from the Cleveland Clinic visited the department.

Dr Wood gave a range of academic lectures and seminars, visited different aspects of the department and ran an excellent Journal Club. She spent an evening with the trainees in the department allowing them to meet with her and learn from her experience. The following night the consultant staff held a dinner for Dr Wood. The department greatly enjoyed the visit from Dr Wood and are grateful to both her and the Trust for supporting the visit.

Research reports

DR HORIA STANESCU

Together with Prof Robert Kleita, Dr Stanescu has led an international team to unravel the genetic mechanism behind the kidney disease known as membranous nephropathy. This is the leading cause of the nephrotic syndrome in adults, in which the kidney leaks so much protein through the kidneys that the protein in the blood becomes very low and patients developing swelling of their limbs (oedema). They had previously shown that two particular genes were required and now by comparing British European patients with a large population of healthy European people they have discovered that a variant in one of the genes PLA2R1 is found in most of the cases. This precise genetic information will allow specific drugs to be developed, which will switch off the disease and prevent recurrence.

DR STEPHEN WALSH – FELICE LEUNG (THREE-YEAR PHD)

Cyclosporine and tacrolimus are both drugs called calcineurin inhibitors and over the past 30 years they have become the first choice drug (immunosuppressant) to prevent rejection following kidney transplantation. Although very effective, they do have side effects and one is high blood pressure (hypertension). The hypertension is thought to be caused by the kidneys and in particular by changes in the transport of salt (NaCl) and calcium by the tubular cells of the kidney. The enzymes and other molecules responsible for this have been investigated in a single cell model, using a frog egg (oocyte) as that single cell. The detailed knowledge obtained by Leung and her colleagues at a molecular level will allow specific drugs to be developed that can prevent this side effect. This work extends the previous studies supported by the St Peter's Trust and published in the highly rated Nature Medicine (2011 Oct 2;17(10):1304-9) 'The calcineurin inhibitor tacrolimus activates the renal sodium chloride cotransporter to cause hypertension'.

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

royalfreecharity.org/charities/st-peters-trust

Research update

The grant round for 2018 projects is now underway and the allocations will be announced shortly. Full details will be available on the website. The awards are made by the Trust's Medical Advisory Committee and this year we are pleased to welcome Miss Tamsin Greenwell, Consultant Urologist at UCLH to the committee.

FUNDRAISING LUNCH

Widow of Alan Love, reaches fundraising target of £5,000 for the St. Peter's Trust, by raising £5,173.28 for kidney bladder and prostate research

A highly successful fundraising lunch was held in April by the Social Responsibilities Committee at Christ Church, Southgate in aid of the St. Peter's Trust. The event was organised by Barbara Clarke-Love in memory of her late husband, Alan Love, who died of cancer in May 2014 after receiving exceptional care at the Royal Free Hospital.

The Church organises regular lunches to support worthy causes, particularly where there is a direct connection with a member of the Church. An excellent meal was enjoyed by over 90 people and they raised £735 through attendance, donations and a large raffle. To date the SRC has raised £1,735 for the Royal Free Charity.

The Vicar of Christ Church, Reverend Dr. Chrichton Limbert, paid tribute to the committee that organised the event and praised the team for its very hard work in preparing and running such a successful event. Reverend Limbert also said the Church was delighted to be able to support Barbara in her efforts to give something back to the Royal Free for the love and care that she and Alan received. Barbara Clarke-Love is incredibly grateful for the wonderful care given by Dr Maria Vilarino-Varela. Barbara hopes that the money raised by her will help the vital kidney, bladder and prostate research, so that many others may benefit in the future.

The photograph shows Raymond Ellis who attended the charity lunch, his family winning the raffle hamper! Raymond had been receiving dialysis for five years. Two days after this photograph was taken Raymond underwent a successful kidney transplant. All made possible by research!



COMING EVENTS

Join the Big 7 Tea



NHS70: CELEBRATING 70 YEARS OF THE NHS WITH TEA AND CAKE

The NHS is turning 70 in 2018. It's the perfect opportunity to celebrate the achievements of one of the nation's most loved institutions, to appreciate the vital role the service plays in our lives, and to recognise and thank the extraordinary NHS staff – the everyday heroes – who are always there to greet, advise and care for us.

We can all play a role in supporting the NHS in this special birthday year, by volunteering, raising money for your local hospital, or by taking steps to look after our own health and using services wisely.

Why not organise your own tea party in aid of your local hospital?

royalfreecharity.org/events/view/big7tea

COMEDY NIGHT AT THE SHARD

Date: 18 October 2018, 7.30pm

Tickets: £35, from Charity office

Phone: 020 7472 6761

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

Online: royalfreecharity.org/events

Email: rf.fundraising@nhs.net

Phone: 020 7472 6761

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.



AccuVein Appeal for Chase Farm Hospital

HELP RAISE £3,900

The AccuVein machine allows the easy viewing of veins to help insert cannulas in children and those with hard-to-find veins. This is one of the most exciting new products in recent times. AccuVein is the most effective way to find veins up to 10mm depth in the most difficult patients. It is already in use in over 4000 hospitals worldwide and is starting to be recognised within UK hospitals. It can be used in many specialties from neonatal care units to cancer units, operating theatres, bariatric surgery centres and phlebotomy labs as well as clinics.

With your support we can provide additional Accuvein machines for the Royal Free, Barnet and Chase Farm Hospitals. If, as a parent, you have ever needed your child to have a blood test or cannula inserted you will know how distressing it is when several attempts have to be made due to their small veins. This is painful, stressful and upsetting for all. Having an Accuvein machine in each department helps all patients and parents benefit.

You can make a difference today!

royalfreecharity.org/donate