

RUH extra!

Celebrating the extra extraordinary work of our community

Summer 2022



RUHX
for a healthier
community

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Royal United Hospitals Bath
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Here Comes the Sun

Welcome to the summer issue of *RUHX Extra!* This edition is packed with updates, announcements, and good news from across our bustling community – all of which we can't wait to share with you.

We've had a busy few months since launching our new RUHX brand in the last issue and it's been lovely hearing positive feedback from our supporters and hospital staff. We'll be continuing to roll-out the latest brand updates in our hospital, our community and across our digital and social channels. Stay tuned.

In this issue, we're excited to launch our new patient-focused campaign – Robotic surgery that will transform complex surgery with its state-of-the-art technology. Hetty Dupays, Art and Design Manager at the award-winning 'Art at the Heart' shares an exciting update on the interior design plans coming together at the Dyson Cancer Centre, and the return of pARTicipate art workshops on the wards.

We recently celebrated the official opening of the Breast Unit Extension, and the continued funding for our Compassionate Companions service supporting patients in the last days of their life, thanks to our new partner, The Liz and Jack Daniel Foundation.

We are also thrilled to reveal that RUHX has a new ambassador, Kitty Dimpleby; she shares her story on why she's supporting our charity, and the RUH, loud and proud.

We'd Love To Hear Your Thoughts

We are always delighted to hear from our supporters, especially in regard to what our charity means to you – and any feedback you have if you've been treated at the RUH – so we can share it on our social media channels and maybe in the magazine too. If you're interested, get in touch: hello@ruh.org.uk or give us a call!

01225 825691

See you next issue... and have a great summer!

Best wishes,

Rhyannon

Rhyannon Boyd
Head of RUHX



NHS
Royal United Hospitals Bath
NHS Foundation Trust

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REGULATOR

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Where there's a Will, there's a way...

...TO
SUPPORT
RUHX!

Our super-popular RUH Will Month RETURNS this September!

This year, the campaign is even better – 100 per cent of the fees for professional services are donated directly to support RUH.

Today, more than 70 per cent of the UK population don't have an up-to-date Will. That's understandable, of course, the idea of writing a Will is a serious subject and one that requires much forward planning. But don't worry, you're not alone.

In collaboration with **RUH Will Month**, solicitor firms across our catchment area are donating their fees to our hospital in a bid to raise awareness about the importance in planning for the future.



Wills For All

It is recommended everyone over the age of 18 write a Will to best protect them from the uncertainties of the future. From losing a loved one to owning a business, having children to becoming unwell, a Will can prove invaluable. It can also help minimise any inheritance tax potentially payable on your estate, as well as ensure your assets pass to your loved ones.

Take Part In RUH Will Month

With RUH's Will Month as your companion, writing a Will has never been more straightforward. Our selection of local, and trusted, expert solicitors will guide you through the process and make certain that your instructions are recorded so those you care about are protected in accordance with your wishes.

However, the truly great thing about RUH Will Month is that, by taking part, you directly support the valuable work our charity does. Here's how...

All Fees Goes To Charity – That's Us!

The costs for a professional Will writing service are £195 for a standard single Will, or £295 for a standard Joint Will. **Until the end of September**, 100 per cent of all the solicitor fees are donated to RUHX so we can continue providing extra extraordinary care to everyone in Bath and beyond. With RUH Will Month, your Will not only provides a future for your family – but thousands of other families too.

Did you know that leaving a gift in your Will to a charity is exempt from inheritance tax? Leaving a gift in your Will is a great way to support our charity. To discuss further, please email [Jan Witt, Legacies and Tribute Manager at \[giftsinwills@ruh.org.uk\]\(mailto:giftsinwills@ruh.org.uk\)](mailto:Jan.Witt@legaciesandtribute.com) or call her directly on **01225 825819**.



At Mogers Drewett, we believe in supporting the communities in which we live and work. RUH Will Month is something our entire team is passionate about because the campaign not only raises awareness of the importance of writing a Will but also raises money for our local hospital that will benefit so many families in the years to come.

David Hill
Private Client Partner, Mogers Drewett



A revolution in robotic surgery technology is coming to the RUH.

Dream Machines



Did you know that the quality and precision of surgery is one of the most important factors in improving care for patients with cancer? It's true – and that's why alongside our new Dyson Cancer Centre, which opens next year, we're raising £2.3m for the new gold standard for complex cancer surgery: robotics.

The Future Is Now

Robotic surgery might sound like something from a futuristic science-fiction film. But, in fact, it's a highly advanced computer system that helps surgeons perform complex operations with greater precision, smaller incisions and increased magnification, and leads to faster patient recovery times and fewer risks.

A robotic surgery system is made up of a series of operation instruments mounted on mechanical arms. These arms are controlled from the surgeon's console, which displays a three-dimensional image of the area being operated on in real time. Unlike keyhole surgery, this technique gives surgeons complete manoeuvrable control and visibility.

After more than two decades in development, robotic surgery is now at the cutting edge of what surgery can achieve.

The Future Of Surgical Theatre

In the Royal College of Surgeons' 2018 Future of Surgery report, it concluded that robotics were the cornerstone of future surgical practice in the UK. As a charity that's driven to provide the most extra extraordinary care for our patients, it's now crystal-clear to see how this technology of tomorrow will benefit our staff and hospitals today:

- + **Attracts** the world's highest-quality surgeons
- + **Advances** RUH's position as a leading institution in robotics
- + **Reduces** muscle strain for surgeons and increases confidence in success rates
- + **Decreases** surgery wait times
- + **Increases** greater care for more patients, even those with complex issues.

Perfect Precision For Patients

Robotic surgery is incredibly beneficial for our patients, offering a wealth of advancements and innovation in surgical theatre:

- + **Improves** cancer-specific survival rates
- + **Removes** health inequalities, more suitable for a wider range of patients
- + **Reduces** operating times and delays
- + **Decreases** readmissions with lower risk of complications, pain and infection
- + **Accelerates** recovery times, halves the lengths of stay for some surgeries
- + **Preserves** a better quality of life, including continence and sexual function
- + **Replaces** more than 400 complex procedures across RUH.



Robotic surgery is really exciting and great for the RUH as it will put us at the forefront of surgical technology. Robotic surgery allows us to do much more complex surgery than you can do with standard open or keyhole surgery. The applications are very wide, any operation you can do with keyhole surgery, you can do better with a robot. The view is in three dimensions and as a surgeon it allows me to do the operation with much more precision. Everything flows from that, it's less traumatic and patients get better quicker and the results of their surgery are also much better. At the RUH we are an ambitious Trust and this is about bringing the future here, now.

Dr Marc Bullock
Consultant Colorectal and Minimally Invasive Surgeon

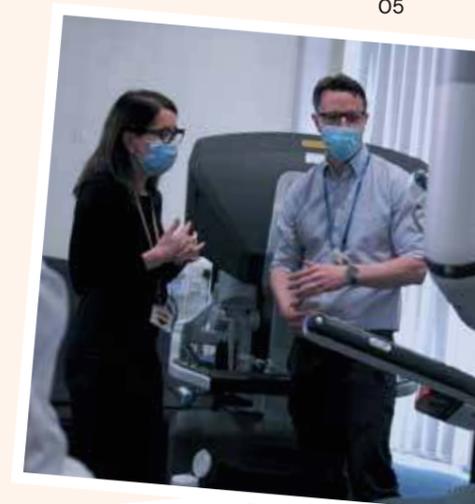
What's Next?

We're super-excited to join the ranks of the most innovative hospitals in the UK by bringing this revolutionary form of operations to the RUH. Robotic surgery will be employed for all but the most straightforward procedures in prostate, colorectal and gynaecological cancer surgery, and we can't wait to see what a difference it makes to both patient outcomes and the quality of their hospital experience.

If you want to stay one step ahead and learn more about our developments in RUH's robotic innovations, and advanced technologies, subscribe to our newsletter and be the first to hear all our latest news, breakthroughs and success stories.

To subscribe, visit ruhx.org.uk.

We need your support to save lives. To help us to continue providing the very best care for all our patients, please donate at ruhx.org.uk today.



Top right: Cara Charles-Barks, RUH CEO with Dr Marc Bullock

Middle right: The Da Vinci robot in action



Help us to reunite families quicker after surgery, donate today



Hetty Dupays, Art and Design Manager at RUH's award-winning Art and Design programme, Art at the Heart, is ready to lift the curtain on her team's latest work of art – the final plans of the interior design for the Dyson Cancer Centre, and the return of art workshops to the wards. We sat down for a cuppa and a chat with Hetty to catch up on all things arty...



Hetty Dupays



Bird Eaters in Olive Trees' by Mark Sands

A Room With A View

"Creating a nurturing and therapeutic environment centred on patient care and experience is at the heart of our interior design," says Hetty of her team's interior design, soon to be unveiled in the new Dyson Cancer Centre in 2023. "We have taken the powerful human instinct of biophilia – the desire to connect with nature – as the thematic inspiration for all the design you will see in the Centre." Working closely with IBI Architects, Art at the Heart's aims for the Centre's aesthetic is to present a coherent and complimentary collection of calming and uplifting interiors, make the most out of natural light, as well as include nature-themed artworks and installations. "They all play a really important role in assisting a patient's recovery," Hetty says.

A Natural Connection

From the tiles on the floor to the art on the walls, the colour of the rooms and halls to the courtyard spaces, the Centre's interior design will be imaginative as it is innovative. "We are using natural materials and patterns to maintain a connection with nature and create a relaxed and welcoming environment in this ultra high-tech building," continues Hetty. "And we're ensuring that everyone has the right access and facilities to support their needs, including a dementia and disability friendly environment."



The uplifting environment will create a better ambience for staff to treat their patients. Staff facilities will be treated with the same approach too, providing attractive 'break out' areas using featured wall coverings and changing exhibitions by local artists.

Hetty Dupays
Art and Design Manager
at Art at the Heart

A picture of health



Young patient with her art creation

Acclaimed Artists

The Ambient Room, situated in the Atrium, will offer an immersive experience of a Bluebell Wood, created by renowned photographer and film-maker, Chrystel Lebas. A five-metre-tall mural, 'Bird Eaters in Olive Trees', by Mark Sands, a specialist in the traditional style of 'chinoiserie', will also feature in the Atrium.

Another mural, 30-metres wide, by local artist Kate Bond, will span the length of the main Chemotherapy Treatment Room and unite in colour the six treatment rooms and bays. It is inspired by 'Green Heart Garden'.

At the heart of the Centre, in the ground floor courtyard, a well will bathe in natural light, with views to a luscious green space and a light installation called 'Time and Again' by Bruce Munro, a world-renowned artist and a long-time, loyal supporter of the RUH.

During this summer, Hetty and her team will continue to consult and engage with hospital staff, patients, stakeholders, and the local community to discuss the next wave of artists and art to feature at the Centre.

If you're a local artist, why not get in touch with Hetty, via artatruh.org

Art Sparks Creation

Much to the delight of its residents, pARTcipate art workshops have also returned to the Children and Older Patients wards after the pandemic. Artists Edwina Bridgeman and Charlotte Stowell have also recommenced their Artsparks workshop on the Children's Wards, either in the playroom or bedside. These sessions allow children to enjoy the freedom to produce their own artwork in a safe, supportive setting. "Our Artsparks workshops make such a difference to a child's experience in hospital," says Hetty. "Children often start workshops shy and unsure but leave with huge smiles and an enormous sense of achievement. This makes the whole ward a happier place!"

Another weekly workshop, Stitch in Time, provides an "art and reminiscence" workshop on the Older Patients Units (OPU's), led by Charlotte. Art-based activities with older patients offer a distraction from clinical routine while also offering opportunities to learn new skills. During the pandemic, Art at the Heart discovered alternative ways to engage with patients to alleviate boredom and feelings of isolation in their rooms by distributing arts, crafts, and activity packs for patients, young and old, to keep them busy...and creative! ✂



Without RUHX's incredible fundraising achievements and generosity of their donors, the commissioning programme for the Dyson Cancer Centre would not be possible. RUHX has also supported pARTicipate over many years and provides valuable match funding towards National Lottery grant applications, including the Arts Council England and Heritage Lottery.

Hetty Dupays

If you would like to support Art at the Heart, donate online at ruhx.org.uk, or complete the form on the back of this magazine. Thank you!

We Make a Difference

We are incredibly proud to support several exceptional projects that have had a huge positive impact for those most in need. These are our Top Five most recent successes from around the hospital...

- 1 Neonatal Intensive Care Unit**
Premature babies affected by jaundice get all the immediate help that they need with the latest superfast and effective healing technology. To date, our charity has provided six new devices, known as a 'BiliBlanket' – a portable phototherapy device used to treat jaundice in premature babies – to the Neonatal Intensive Care Unit. Now families can hold and feed their babies while receiving this critical phototherapy treatment. "This essential new equipment is vital for helping babies to recover quicker, so families can get home together faster." says Kirsty Flood, Lead Neonatal Nurse.
- 2 Breast Unit**
In May, we celebrated the official opening of the Breast Unit extension. It was a great day. To cut the ribbon, we welcomed former patient, Charly McNelis, and her daughter Phoebe. "I recall the diagnosis emotions: shock, confusion, being overwhelmed and struggling to process the information," Charly recalled. "The physical space that you are in while going through this makes a huge impact to a patient's well-being. That's why the new Breast Unit, with its openness – especially the outside courtyard – will hugely benefit anyone's mental ability to process the sudden and unexpected cancer curve ball which has invaded their lives. **It is a much needed space to breathe and think and run away to.**"
- 3 Children's Ward**
With the latest specialist sensory toys and virtual reality (VR) headsets, children undergoing stressful and scary medical procedures now have the tools they need to keep as calm and worry-free as possible. "These specialist toys and headsets will make a huge difference to the sensory facilities we are able to offer parents and families during their hospital stay," says Jo Powell, Lead Play Specialist on the Children's Ward. "The VR headsets are used during painful procedures as a preparation and distraction and greatly reduce a child's anxiety. They really do help."



Left: Lucas enjoying a sensory toy
Top right: View of the Breast Unit's courtyard garden
Middle: A NICU baby receiving phototherapy treatment
Bottom right: Senior Sister Melanie Burcombe and Junior Sister Rachel Burridge, William Budd Ward
Opposite: Patient Doreen Bowers



- 4 RUH X-RAY FC – New Football Kit!**
Since 2015, RUH X-ray FC has been the hospital's go-to goal-scoring multidisciplinary football team. Every Monday, a team of hospital staff get together, play football and kickstart the work week energised by exercise. "We started as a Radiology department kick-about, but soon it expanded so players from other departments could join in. I'm sure I wasn't the only person who walked around the hospital on night shifts while doing portable x-rays recruiting players to join the team!" says Dan Bath, Radiographer. "Today, we play matches against other hospitals and local teams. Having the opportunity to play football is so important for physical and mental health. As a team we welcome everybody, and it's been great to get to know people I perhaps might not otherwise talk to around the hospital."

Thanks to our charity, the team has a brand new new football kit, allowing the players to not just play like a team, but look like one too! "The new kit may even help us score more goals!" says Dan. Let's hope so!

Working in a hospital can be hard. The last few years have been especially difficult. RUH X-ray FC offers 90 minutes away from the stress of work, where you can concentrate on the game and have a laugh with colleagues and friends. Come join the team! And thanks for the kit, RUHX!

Dan Bath
Radiographer

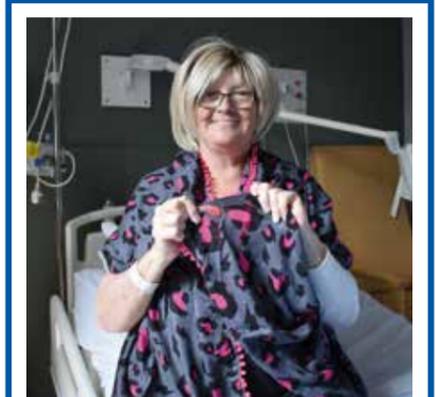


- 5 William Budd Ward**
Patients on the William Budd Ward are now benefitting from two specialised chairs, secured by RUHX donations, to aid comfort during intensive chemotherapy, radiotherapy and/or stem cell transplantation treatments. "These chairs may seem like a small thing, but they bring an incredible sense of normality for our patients, just being able to get out of their beds and sit upright makes a huge difference," says Melanie Burcombe, Senior Sister. "We've also received a new sleeper chair that can fully recline and be placed next to the patient's bed. Their loved ones can now sleep in comfort overnight. I can't begin to tell you what a reassurance this has been."

The Rest Of The Impact Round-Up
Two local community groups, the **Bath Inner Wheel Club** and **Townswomen's Guild**, have members who were treated on William Budd Ward and wanted to give back – they raised a fantastic amount of money through bake and craft sales! Also, members of the **Bath Myeloma Support Group**, who have a connection to the ward, gifted a contribution through a range of fundraising activities too. Thank you to both!

The Friends of Huck charity, in memory of Mark Hucklebridge, has been supporting RUH Cancer Services through RUHX for several years. When Huck (as he was known) was diagnosed with terminal cancer in 2010, with the help of his friends and family, he set up 'Friends of Huck'. During lockdown, the Ward's day room was fully renovated

with new furniture and fittings by his family. Today, it is a much more welcoming space for patients. Recently, Friends of Huck have also funded a Patient Transfer Scale, allowing patients who physically can't move, or those with spinal cord compressions, to be weighed easily and accurately for precise medication dosage. "It may seem like a simple piece of kit, but this does ensure our patients are getting the most effective treatment quickly," says Senior Sister Melanie Burcombe.



Melanie reached out to the British fashion brand, **Scamp & Dude**, who donated over £3,000 worth of top-notch scarfs to the ward as part of their charity initiative. "I'm so touched to receive this gorgeous scarf from Scamp & Dude," says Doreen, who is being treated for leukaemia on the ward. "It's such a lovely gesture from the staff, it made me quite emotional! They've all been so amazing; I can't thank them enough for keeping me positive."

A Friend at the End

The Compassionate Companions Service has the best news to share!

We are pleased to announce that thanks to more than £100k in funding, our charity can continue to support the Compassionate Companions Service... and be a friend to patients in their final days.

Originally set up in 2019 as a partnership between RUHX, RUH's Palliative Care Team and **Dorothy House Hospice Care**, the Compassionate Companions service has received the funding required to continue for an additional three years. In June, trustees from **The Liz and Jack Daniel Foundation** were invited to our hospital to learn more about the impact this important service will continue to have, thanks to their substantial donation.

No One Should Die Alone

"The Compassionate Companions Service makes an exceptional difference to patient care," says Helen Meehan, Lead Nurse, Palliative Care and End of Life Team. "Sometimes it is the little things, the small acts of kindness, the holding of a hand, the words of comfort, and being present that give so much support to those nearing end of life and to their loved ones. It also gives families the chance for some respite during what is an emotionally and physically exhausting time."



Caring for those nearing end of life is one of the most important things that we do in hospitals, and we only get one chance to get it right. We are so grateful to The Liz and Jack Daniel Foundation for their wonderful funding that has enabled us to continue this invaluable service. 99

Helen Meehan, Lead Nurse, Palliative Care and End of Life Team

Community Comes Together

The companions service can only operate thanks to the coming together of several community-inspired partnerships. "We are so proud to be working collaboratively with our Palliative Care Team and Dorothy House Hospice Care to provide this incredibly important service, and we are so grateful to our charity, RUHX, and The Liz and Jack Daniel Foundation for enabling this integral service to continue," says Cara Charles-Barks, Chief Executive of the RUH. "It's due to the kindness and

generosity and the coming together of community that we can support our patients and their families during the most difficult time."

A Legacy Of Kindness

The Liz and Jack Daniel Foundation have donated the funding required to ensure the service continues until 2025. It will do a lot of good for a lot of good people. "We are delighted to be able to fully fund such an important project in our first year as a Trust," says Milo Popperwell, trustee for the Foundation. "Death is often something we don't want to think about, but we all must face. By providing the funding for this service we hope to offer reassurance to patients and their loved ones that there will be a Compassionate Companion there to hold their hand and provide support in their final days. I know that both Liz and Jack would be so pleased to be a part of something so special." X

Below: The team coming together for the Compassionate Companions celebration event.



A Day in the Life

Heidi Morris, Compassionate Companion, Dorothy House Hospice Care.



Following the amazing announcement that RUHX and partner, The Liz and Jack Daniel Foundation, have secured funding of this service for a further three years, we asked Heidi to share with us why she joined the Compassionate Companions service... and what a typical day might involve.

Over to you, Heidi...

"I've been a Compassionate Companions volunteer for two years now. I decided to get involved with the service after losing my husband. On the RUH website I discovered somebody talking about the volunteer companions service and thought it would be something I'd be interested in now I have experience with a loved one's passing. I felt confident that I could offer companionship – a friend at the end.

Every Sunday, a co-ordinator from Dorothy House Hospice Care contacts me and sends me a brief about a patient who requires a companion, the brief lists any hobbies and interests that they may enjoy. I read it and learn a bit more about the person before we meet and prepare some gifts or items I might take with me. On the day of companionship, I'll sit with the patient for a two-hour session. I hold their hand, listen, talk, or caress their forehead. The most important thing is to just comfort them and reassure them. I'll talk to them about their hobbies or an interest. If they are a keen gardener or they like flowers, I'll take some flowers in for them,

or a read from a particular book, or poem. Also, if they tell me they like a certain music, I'll play it to them. I've had requests before for Elton John and Elvis Presley.



In the patient's last 24-48 hours, they have somebody with them who just listens and holds them, so they don't feel so frightened or alone. It's as meaningful for me as I hope it is for the patient. I feel privileged to be able to sit with someone and just be there for them in that moment and nowhere else. 99

After every shift, I report back to the co-ordinators at Dorothy House. This report is passed onto the companion who's going to go and sit with the patient next, so a sense of continuity can happen. A lot of people don't know about the Compassionate Companions service yet, but it is incredible for the patients who

haven't any family, or if the family are not local and don't want their loved one to die alone, this service is always there for them. I know through personal experience how meaningful friendship at the end can be.

I always tell people who are interested in becoming a Compassionate Companion to simply get in touch with the volunteer co-ordinators at Dorothy House Hospice Care in Winsley. They're all brilliant. They'll invite you along for a two-day induction course, for starters. They have speakers in, like me, who answer any questions for the new companions starting. The co-ordinators are always there to help and make you feel at ease and regularly keep in contact with you to make sure you're OK too, which is lovely. Becoming a Compassionate Companion has become one of the greatest privileges of my life. I can't recommend it highly enough." X

If you would like to volunteer as a Compassionate Companion, please get in touch: volunteer@dorothyhouse-hospice.org.uk or visit dorothyhouse.org.uk.

A New Friend

Kitty Dimpleby, a writer and journalist based in Bath, has been a cheerleader for RUH for years. Now, she's RUHX's latest ambassador, and keen to support our charity for even more years to come.

Hi Kitty, tell us all about your experiences with RUH...

Hello, I was born in London in 1980, a premature, sick baby with a plethora of problems. From a spinal defect to a condition called Hirschsprung's Disease, which meant that I needed surgery at just a few hours old. Doctors weren't sure I'd survive, let alone go on to live a full life. But I did ... and I do!

My family moved to Bath when I was nine months old and, other than a stint away at university and living in London, I have lived here ever since. I always knew Bath would be the place I would raise my own family so my husband and I bought our first home together here in 2008.



Courtesy of Lezli + Rose



When you live somewhere this long, and have the health problems I do, it's inevitable the hospital nearest to your house will become a home away from home. I'm so grateful it's the Royal United Hospital Bath!

While most of the care for my childhood issues has been elsewhere when it comes to emergencies the staff at the RUH have been there for me at every stage. From treating a suspected fractured arm when I was a teen, to most recently in May this year, when a flare up of my condition meant I spent the weekend as an inpatient. I've lost count of the number of hours and days I've spent in the RUH, as a patient or visiting people I love.

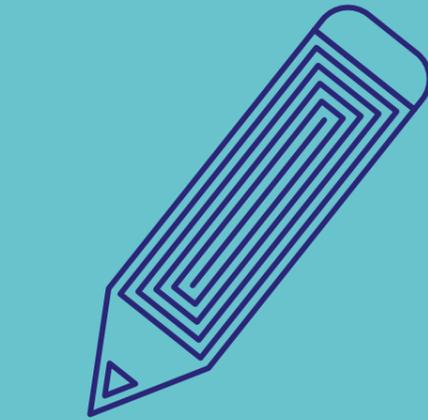
Following successful IVF, I had two extremely complicated pregnancies, which meant I was in and out of the hospital. Chloe, now nine, arrived early, both our lives in danger due to pre-eclampsia. It was one of the most terrifying times of my life but had the happiest of endings thanks to the incredible Maternity Team who worked through the day and night to keep us both safe. Max, now six, had a similarly dramatic entrance to the world and, once again, the care we both received was exemplary.

Every time I've been to the RUH I've been treated with utter professionalism and kindness, by people willing to go above and beyond the call of duty: From surgeon to nurse, anaesthetist to physiotherapist, counsellor to porter, radiologist to health care assistant. They've wiped my tears, cleaned up my mess, held my hand and cared with compassion and great skill. I owe these NHS staff everything I hold dear and the life I love.

My children both took their first breath in the RUH and, earlier this year, my beloved grandmother took her last. The hospital has been there for my whole family and I'm so grateful.

Every one of us, or someone we love, will undoubtedly need their local hospital at some stage in their life, you don't have to have the problems I do for that to be true. Most of us fear it, associating hospitals with pain and loss, which is understandable. But our hospital is also the heart of our community – and something we should be very proud of. As a community we must do what we can to support it, and them. So, I'm beyond thrilled and honoured to have been asked to be an ambassador for RUHX and can now actively show how grateful I am for everything the RUH has done for me. ✂

If you would like to represent RUHX and become an ambassador, we'd love to hear from you. Get Involved: partnerships@ruhx.org.uk



Summer Appeal

Can you help us improve patient care this sunny season?

We're seeking out superheroes to save the day and help raise £70,000 for a new and urgent Echocardiography Machine and £20,000 to purchase a specialised MRI DVD player.

For our younger patients, having an MRI can be noisy, scary, and stressful. It is obviously crucial they lie still, and that's just not realistic. While RUH Play Specialists can help prepare (and distract) children for MRI scans using Lego, for younger children often the only option is a general anaesthetic. This can be deeply worrying for parents, carers, and of course, the patient. Giving a child a general anaesthetic requires a large team of specialist staff, especially when it is an emergency. It should be avoided when at all possible.

Two years ago, Time is Precious funded a specialist DVD player in one of our three MRI scanners. It was a huge success!

Our donation aim for this season is to be able to offer patients as young as four-years-old a successful MRI without the need for a general anaesthetic. Your kind donations will help us achieve this goal and allow us to install a second DVD player.

Of course, we can't just buy any DVD player. It must be a highly specialised bit of kit, which is expensive. The DVD player must work in a strong magnetic field and not interfere with the electric signals produced by the MRI. We noticed in a trial with the first DVD player that a much higher percentage of children were able to concentrate on their movie and lie still, and seem to take their mind off the noisy machine.

To achieve our donation goal, we must raise £20,000. These vital funds will go towards continuing to give extra extraordinary care for children, as well as increase MRI appointments, reduce wait times for essential scans and the need for general anaesthetics.

Echocardiography Machine

Our Summer Appeal drive to raise £90,000 is also urgently seeking donations to purchase a life-saving Echocardiography Machine for our Critical Care Unit.

Patients who enter our Critical Care ward have life-threatening injuries. They require vital, time-sensitive medical assessment and examination – and there's no better device than the Echo Machine. This exceptional piece of equipment is a scanner that provides high-definition images of a patient's heart and eliminates the need for invasive procedures. *It's essential for critical care.* It also has a special probe that can be used to monitor patients during surgical procedures.

Currently, our Critical Care Team do not have their own Echo machine. But they could, with your help. Your donation will allow them to scan our patient's heart faster, and alert them to any urgent life-threatening issues, such as a blockage, fluid around the heart, or an infection, such as Sepsis. The quicker they can act, the more lives they can save.

Your gift will go direct to patients in Critical Care, the Emergency Department, Cardiac, and Surgery, and give them the life-saving scans and exceptional care they need to recover faster, better, and safer.



Courtesy of Time is Precious



Dr Mark Sheils, Consultant in Anaesthesia & Intensive Care Medicine

Eight Reasons ECG's are Exceptional:

- ✦ **Reduce** the need for invasive procedures
- ✦ **Speed up** diagnosis and treatment time
- ✦ **Decrease** greatly the risk of infection
- ✦ **Produce HD** images, instantly available to the cardiology specialists via Wi-Fi
- ✦ **Provide** visuals of the heart in real-time during open surgery
- ✦ **Monitor** a patient's heart and ensure the patient is responding to treatment
- ✦ **Decrease** pressure on the Cardiac team and cardiology waiting lists by having an additional service that is available 24 hours a day
- ✦ **Streamline** surgical pre-op appointments by providing the service on the same day, reducing surgical wait times (a result of COVID-19)

We need to raise £70,000 so that the Critical Care Team have their own Echo machine. To make this happen, donate at ruhx.org.uk today. ✂

Your donation makes all the difference.



Events and Volunteering

There are so many amazing events to look forward to for the rest of 2022. Come run, walk, volunteer and cheer, all in support of our RUH. See you there!



The Walk of Life was such an amazing day. We met so many people walking for different reasons: to remember a loved one, to challenge themselves, or just to say thanks for amazing care received at the RUH. The sunshine even came out for us! Everyone did fantastically on the day, and we hope that memories were made for life.

Karlie Evans
RUHX Events and Community Manager

Bath Half Marathon: 16 October 2022

There's still plenty of time to join in the fun at the Bath Half Marathon!

This 13-mile route is a fast, flat, traffic-free course, straddling both sides of the beautiful River Avon, a perfect path for beating previous personal bests!

Each year #TeamRUHX is one of the biggest teams of local runners, all pacing and racing towards the same goal. Join us, and we'll give you all the support you'll need to cross the finishing line. We have a limited number of free charity places available, when you pledge to raise a minimum of £200.

Give us a run for your money, and sign up for fun today: ruhx.org.uk



The Half Marathon is the highlight of Bath's busy social calendar and your chance to make a real difference to RUH and the local community.

Outfield Festival Volunteers: 28 August 2022

Be a volunteer

We're seeking cheery volunteers to fill the shoes of stewards and help run our fundraising stall at this year's Outfield Festival, Midsomer Norton, 28 August 2022. We have two shifts available, so you'll have plenty of time to enjoy the live music (Headliners: Scouting for Girls!) and festival activities when off-duty.

Volunteer team

Join our team

We couldn't do what we do without volunteers like you. We're always on the lookout for passionate people who can help us in ways great and small, far and wide, to support our events and projects. If you'd like to join our Volunteer Team, get in touch, and find out more about how you can help us continue to be the best. Get involved: fundraising@ruhx.org.uk



Bath Half Marathon: 16 October 2022

Bath Half cheer squad

Calling the loudest voices in Bath and beyond – WE NEED YOU! Come and help us support #TeamRUHX for motivation at the Bath Half Marathon, 16 October 2022. All you'll need to do is make some noise to support our team of runners. Are you in? Get involved: fundraising@ruhx.org.uk



Walk of Life – A Big Thank You!

On 21 May, 245 walkers took to the Kennet and Avon Canal for our annual Walk of Life event, kindly sponsored by Savills. Together, our wonderful wanderers racked up a staggering 4,344 miles during the day – the same distance from Bath to Barbados! – and raised more than £40,000 for our hospital.

Every step counted towards ensuring RUHX can go further to improve the health, happiness and wellbeing for patients and staff in Bath and beyond!

If you are interested in the Walk of Life 2023, get in touch: fundraising@ruhx.org.uk to register. Your feet will thank you!

RUHX Superheroes!

Time to shine a bright celebratory spotlight on our extra extraordinary super supporters.

RUHX's fundraising community goes beyond the bounds of brilliance. Using their imagination, innovation, and inspiration, our dedicated donateers go the extra mile to bring home the bacon vital to improving our hospital patient care. A big thank you to all!

Castle Combe Charity Circuit Day

On 26 May 2022, our super supporters ensured **Castle Combe's Charity Circuit Day** was an action-packed, fast-paced occasion. As drivers chased their need for speed on a national motor-racing circuit, passengers buckled up for thrilling rides in one of the many amazing cars on offer, from Ferraris and Porsches to a surprisingly fast Volvo estate.

Since 2014, Christopher Darwin, a retired Royal Navy pilot, and his rally driver wife Heather, have organised this annual event for us and this year amassed a whopping £5,250! To date, these cherished race days have raised a magnificent £65,500, and we are extremely grateful. "These days makes me feel useful in my retirement," Christopher says of his beloved RUH fundraisers.

Thank you so much to Castle Combe Circuit, the drivers, and, most importantly, the passengers and bystanders who generously donated. A huge thank you to Christopher and his fundraising team for another superb fundraiser and a memorable day on the track. See you next year!



Thalia Race, The Frostbite Fundraiser!

After seeing the wonderful care her great-niece Kitty received while in NICU last year, **Thalia Race** knew she wanted to help others who found themselves in a similar situation.



As challenges go, the 'Frostbite Challenge' is one of the more daring – 12 outdoor swims in extremely cold conditions! Thalia, we take our hats, gloves and scarves off to you (anything we can offer to warm you up after such a chilly activity!)

Thalia's accomplishment raised an incredible £1,590 for our NICU. After matching this, we purchased a 'BiliBlanket' – a portable phototherapy device used to treat jaundice in premature babies; a blanket that makes all the difference for newborns and their worried parents.

After Thalia's Frostbite Challenge, she praised the NICU staff, writing "the support my family received during their hospital stay is just one of the many 'miracles' that the NICU perform everyday". We couldn't have said it better ourselves!

A Day At The Races

We are incredibly lucky, and grateful, to have local business **MJ Church** as one of our corporate partners at RUHX. Paula, Mike, Jess, and the team, have supported our charity for several years.

Every year, they organise a race day at Bath Racecourse in support of Cancer Services at the RUH. This is a cause very close to the hearts of the MJ Church team, as a loved colleague, family member and huge supporter of RUHX, Mark Hucklebridge, sadly passed away from cancer in 2017. We had the privilege of getting to know Mark during his years of fundraising for us and we remain appreciative for the continued support of Mark's charity, known as Friends of Huck.



This year, MJ Church amassed £60,000, making their total raised to date for us to more than £250,000. We would like to thank everyone at MJ Church. We are extremely grateful for your continued support and ability to inspire others to work with us too! ✨

Left: Courtesy of EDP Photo News UK

Right: One of the races at MJ Church's race day.

Middle: Thalia training in an ice bath!

Please give a gift today

Your details

Full name

 Address

 Postcode
 Telephone No.
 Email

We do not sell personal data to any third parties. Your personal details are held on our internal database, which allows us to contact you about the work of RUHX. If you are happy for us to send you information please tick how we may contact you.

By post By email By telephone

I would like my gift to go even further:

For every £1 you give we can claim an additional 25p of tax at no extra cost to you.

giftaid it

YES, I am a UK Tax payer and would like RUHX to reclaim the tax on all qualifying donations I have made for the past 4 years as well as any future donations until I notify them otherwise. (Please tick).

I understand that if I pay less income tax and/or Capital Gains tax in a tax year than the amount of Gift Aid claimed on all of my donations in that tax year it is my responsibility to pay any difference.

Your method of payment

I enclose a cheque / postal order / charity voucher made payable to RUH Charitable Fund

To the value of £

OR please debit my Visa / Mastercard / Maestro / Delta Card for the above amount (Delete cards as appropriate)

Card No.

Start date / Expiry date /

3 Digit security code

Issue No. (if applicable)

I would like my donation to go to:

Most Urgent Need Echocardiography Machine
 Robotic Surgery MRI DVD Player

Campaign / Hospital area / Department / Ward:

To enable us to claim Gift Aid on your donation, please ensure you have completed your name and address details above.

Please return form to:

RUHX, Royal United Hospital, Combe Park, Bath BA1 3NG

Signed

Date

/



Thank you!