

RUH extra!

Celebrating the extra-extraordinary work of our community

Autumn/Winter 2022



RUHX

**Warm up for Winter with RUHX's
extra special Christmas Appeal
for a healthier and happier community**

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Season's Greetings

Welcome to the Winter issue of *RUHX Extra!* This edition has the latest updates, great news and regular features from across our extra-extraordinary community.

2022 is almost at its end, I can't quite believe it! But what a year it has been. In the last 12 months, RUHX has completed its transformation to a new brand identity, launched a fantastic new website and increased our support to scores of outstanding projects. As always, it's all down to your committed and generous support – thank you.

For this issue, RUHX HQ slipped into the festive mood to launch our Christmas campaign. Sometimes it's the small things that can make the big difference and this year this is exactly what we want to do.

This year we couldn't have been prouder, and more excited, to oversee the NHS Charities Together Community Partners Programme. This has seen 13 local organisations receive vital support to help tackle health inequalities throughout our community. Read all about it on pages 6 & 7.

With 2023 just around the corner, we are also thrilled to announce our jammed-pack events calendar (see page 14) that we cannot wait to kickstart and tell the world about. As you know, we are always on the lookout for volunteers of all shapes and sizes to help us ensure we can raise as many donations as possible to contribute towards changing vulnerable people's lives for the better. We work better when we work together!

We celebrate a handful of our super-supporters, who have been super-busy organising their events and challenging themselves to raise a fantastic amount of money, on pages 15. An inspiration to us all, as I'm sure you'll agree.

That's it from me – see you in 2023!

Rhyannon

Rhyannon Boyd
Head of RUHX



NHS
Royal United Hospitals Bath
NHS Foundation Trust



RUHX is the working name
of RUH Charitable Fund.
Registered Charity No. 1058323

Royal United Hospitals Bath,
Combe Park, Bath, BA1 3NG

Information in this magazine as
correct at time of print

Design by honeststudio.co.uk

This magazine is printed on Edixion®
Offset paper, environmentally friendly,
FSC® MIX, EU Ecolabel, and by a
certified Carbon Balanced Printer,
Taylor Brothers (Bristol) Ltd.



www.carbonbalancedprinter.com
Registration No. C1892240

A Day in the Life

Nikkie Chapman, Consultant
Emergency Physician.



With winter settling in, we sat down on a cold, wet November day with a hot cup of tea for a chat with Consultant Emergency Physician, **Nikkie Jakeman**, and discussed what working in the Emergency department at the RUH is really like.

Over to you, Nikkie...

I have worked at the RUH, on and off, since 2003. I was appointed to the Consultant role in 2008 but worked here long before that as a Registrar, and before that as a teaching fellow many years ago. So, I know my way around! What kept me here for so long? The answer is simple: the people. So, what does a typical day involve? I get asked this all the time! People are fascinated by A&E. I always say, "It's rarely glamorous, but never boring!" A lot of my shifts are out of hours afternoons and evenings, or weekends. For the shifts when I oversee the department, I support the junior staff with their patients and work closely with the nurse co-ordinator to ensure the shift runs smoothly. This part of the role involves lots of shop floor leadership and supervision – effectively running around and answering all manner of questions! Other shifts can be based in high care and resources, working with the most critical patients in the department. I find these shifts less stressful than when I am the physician in charge of Emergency but, of course, they come with their own challenges

and difficulties. Sometimes harrowing decisions must be made. I also sometimes work in the paediatric department of Emergency, and that can be lovely. I get to spend time with children and their families and have lots of patient contact.



Over the course of 24 hours, I get to see a variety of patients. You never know what's going to happen from one shift to the next so there's no real routine. And I really like that."

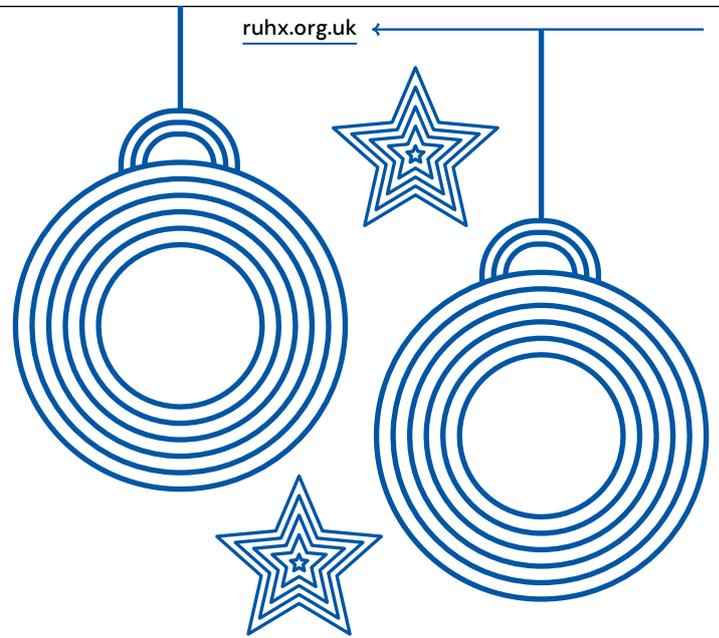
When it's a busiest, during the winter season, I make sure I take my own personal toolkit every day to ensure I remain happy and resilient – things that make me smile or distract me – so that I can always perform at my best. I make sure I take my holidays and that I have dedicated time away from work. In the department when it's super busy, we put in different procedures to help us manage the

large volume of patients that we see, whether that's running additional shifts in the evening or working more closely with our ambulance colleagues. This winter there are some trials working more closely with our community partners so that's something new for this year. My favourite part of my day is working closely with all the specialities in the hospital, as well as the junior doctors and medical or nursing students. Every day is a learning experience, and to work with a multidisciplinary team helps me to continue to get better at the job I love. ✂



Sometimes it's chaos occurring at breakneck speed. Often it can be tranquil, serene even."

'Tis the Season to Give!



Support our patients and staff this Christmas

This year has been particularly challenging for many residents in our community. At RUHX, we work hard to ensure that every penny you donate puts the 'extra' in extraordinary care for everyone who needs it, whether that's funding innovative new technologies or collaborating with groups to tackle health inequalities. **Thanks to you we're supporting our staff to do what they do best: taking care of the people who take care of you.** We're helping more people to live healthier, happier lives, and reducing the pressure on our hospitals by working closely with community partners to ensure a positive future for Bath and beyond.

Deck the wards with tears of joy and send a gift to ensure extra-extraordinary care for those unable to be at home during Christmas

365 days a year, no matter the day, the time, or the situation, our wonderful RUH staff work tirelessly to provide exceptional care for you and your family. This doesn't change at Christmas. From life threatening admissions through the accident department, expectant mothers bringing new life into the world, to supporting those who have lost a loved one. **Our staff will be there for everyone.** Your support will help us provide staff and patients with small things making a big difference such as:

- + £10 could provide patients on our wards with small gifts
- + £15 could provide the children's ward with crafts, games and activities
- + £25 could go towards giving comfort and support to end-of-life patients.



Your generous gift will help secure funding to care for our patients, families and staff during this year's festive season.

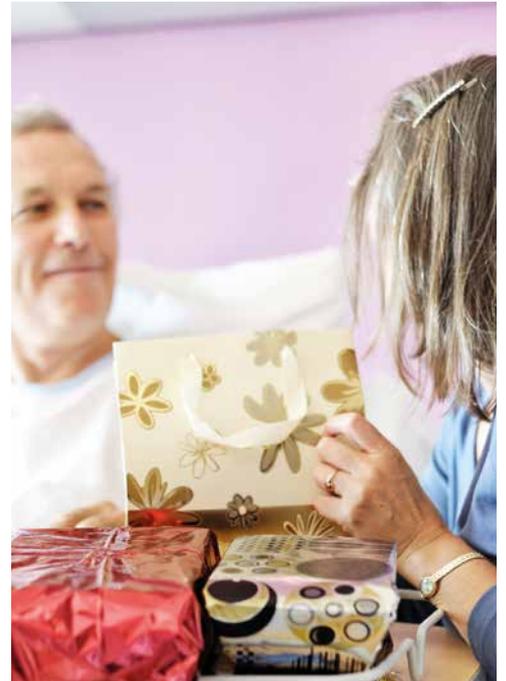
Make a one-off donation today at ruhx.org.uk. If you wish to donate a smaller monthly or quarterly donation, you can do that too. Simply visit our brand-new website to find out all the ways you can help us help your community. ☕

Your Christmas gift will support extra-extraordinary care at the RUH. This is how...



Caring for people nearing the end-of-life and supporting their families is one of the most important things that we do at the RUH. Not many of us express a wish for where we might die, many of us would wish to be at home if asked, but for many it is in hospital where they are cared for in the last days of life. Christmas is no exception. *We are privileged to work in partnership with Dorothy House Hospice* and have a team of Compassionate Companion volunteers, funded by the RUHX. These volunteers will be here to offer vital companionship and support to patients, and to give family members some respite during an emotionally and physically exhausting time. ☺☺

Helen Meehan, Lead Nurse Palliative Care/End of Life



Being a child in hospital at any time of the year can be especially difficult, but at Christmas it is truly harrowing. It's important that Father Christmas can still find the children even if they're not at home for Christmas Day. Although we don't have a chimney here in the children's ward, we've given him a magic key so he can deliver his parcels. *We look to get presents for each child, which can be tough when we have such a huge range of ages and abilities, as well as children who are nil-by-mouth or have additional needs. We have children and young people up to the age of 18 years and we don't always know until Christmas Eve who will be staying with us.* ☺☺

Jo Powell and Jenny Kirk, Health Play Specialists Team



When a patient is admitted to hospital, particularly the William Budd Ward, the impact on everyone around them is immense. Being away from their family and friends is challenging, especially at Christmas. We are very aware that patients may still wish to celebrate the festive period, so *we provide the small gifts that can make a big difference.* We support relatives with visiting and ensure that patients receive a present – our small way of giving even more at Christmas – and to ensure children feel extra-special. ☺☺

Mel Burcombe, Senior Sister,
William Budd Ward



A Community United

Good news doesn't come any greater than this...

RUHX is extra, extra excited to announce that our NHS Charities Together Community Partnerships programme has officially launched! Today, *right now*, grants worth a total of more than £400,000 are now winding their way to organisations throughout Bath and North East Somerset (BANES), Swindon and Wiltshire. These funds will work hard to help heal health inequalities and greatly increase support for communities and families severely affected by Covid-19.

With a little help from RUHX's friends, such as local NHS charities and organisations, Brighter Futures at Great Western Hospitals, Stars Appeal at Salisbury District Hospital, Headlight at Avon and Wiltshire Mental Health Partnership Trust, we've united with BSW Partnerships to allocate grants to 13 charities and community projects. Let's take a closer look at where this financial hope will provide the most help...

Alzheimer's Support, Wiltshire

A new **specialist Dementia Adviser** will increase referrals of elderly dementia patients faced with social isolation and loneliness. The advisor will remain in touch with families across Wiltshire, providing all the confidential advice and information required to help families understand more about dementia and to make more informed decisions about future care, treatment and support.

Bath City Farm

Bath's City Farm is a beloved hub of the local community that works closely with local GP surgeries and social prescribers. The Charities Together Community Partnership grant will work to expand current assistance supporting individuals living with mental health concerns to 20 participants each week.



Nathan, at Bath City Farm. Credit: Simon Taylor.

Age UK, Bath and North East Somerset

A new **Digital Inclusion Project Manager (DIPM)** will lead the way with AGE UK's digital inclusion activities and raise awareness around available online services, such as prescriptions and technology skills support. The DIPM's role will be to motivate and inspire elderly people to go online and interact and engage securely in the digital realm.

Care Home Volunteers

Research shows that a high per cent of elderly care home residents can become lonely, isolated and despondent, with many receiving few to no outside visitors. Thankfully, there is help. **Care Home Volunteers** is an organisation that recruits, trains and supports volunteers to ensure care home residents have access to companionship and social contact. With the Partnership Grant, the company will be able to **increase the number of volunteers** to assist residents across a full range of conditions – with a focus on those with dementia – to ensure no elderly resident is left behind.

Crosspoint, Westbury

Operated entirely by volunteers, **Crosspoint**, in Westbury, is an incredible charity that supports the most vulnerable and isolated individuals in the area. With vital grant funds at their fingertips, their centre will be used as a **dedicated space** for 'Social Prescribing Link Workers' from the local GP surgery to better support the needs of disadvantaged, deprived and isolated citizens.

Ipsium, Swindon

Ipsium's central focus is to assist financially disadvantaged and vulnerable individuals experiencing poor mental health, deprivation, and stigma. New grant funds will go towards increasing counselling services, in particular **training eight new counsellors** to further support adults, teenagers and individuals with learning difficulties who have been severely impacted by Covid-19.

Off The Record, Bath

With support already set for more than 2,000 young adults across state schools in Bath and North East Somerset, **Off The Record** is dedicated to continuing its conversations with youngsters from low socio-economic backgrounds, and improving their emotional health and wellbeing. With the new grant funds, Off The Record will stay on track to expand their Community Listening Project and **provide mental health support to an additional 200 young people aged 11-25.**



Young adults, Off The Record.

Root Connections, Somerset

Somerset's Root Connections community market garden, and hostel for rural homeless, rough sleepers and vulnerable adults is an inspiring social impact space. Their garden offers residents **a safe place to help aid recovery, restoration, relapse prevention** and the chance to learn new skills. All monies received will go towards increasing social and therapeutic horticulture sessions that vastly improves physical health and social and mental wellbeing.



Volunteers in a safe space, Roots Connection.

Swindon Carers Centre

Carers need to be taken care of too. With the Swindon Carers Centre's vital Befriending Service, grant monies will **increase support for elderly and isolated unpaid carers** to improve their health by providing a friendly support network of compassionate companions. The service prioritises assistance to carers living in Swindon's most deprived areas, and those struggling to cope with the increased pressures of their caring role following the fallout of the pandemic.



The Befriending Service in action, Swindon Carers Centre.

Sporting Family Change Foundation, BANES

BANES's much-loved **Recovery Phase Exercise Programme** for the local community's vulnerable individuals helps improve mental health with providing support group activities that reduce social isolation and assist excess weight loss and advancement of physical health.

We Hear You Cancer Counselling, Frome

We Hear You offers a community of counselling for individuals and families living with cancer and other life-threatening conditions. Grant monies will help **secure the cost of an additional counsellor** who can provide ten essential sessions of one-to-one counselling for residents of Wiltshire who need listening to the most.

Wiltshire Council

With charity partners Healthwatch Wiltshire & Spurgeons by its side, Wiltshire Council will put the grant monies to good use and provide **a team of advisory teachers, multilingual teaching assistants and Traveller Specialists** to work closely with minority ethnic and traveller communities in school, and beyond, to signpost key medical services and deliver activities to increase mental health and wellbeing.

Wiltshire Mind

MIND is an essential independent local Mental Health Charity based in Melksham that provides counselling services and peer support to residents and families in the county's most deprived areas. Working in collaboration with GP practices, new grant monies will increase the urgent training and hiring of skilled counsellors – for adults and children – to offer mental health support for Wiltshire's most vulnerable minds.

We Make a Difference

RUHX is a close-knit family of collaborators and partners, each of whom contribute to our collective success. As we head into a particularly long, cold and dark winter for society's most vulnerable, we're honoured to shine a spotlight on the six incredible RUH success stories that have become a bright beacon of hope for those who need it the most.

1 Lung Ultrasound

What a nifty portable hand-held device a Lung Ultrasound is! It allows staff to assess critically ill patients quickly and easily by diagnosing any potential life-threatening lung conditions, thus vastly reducing the need for a ventilator. "The Lung Ultrasound is advancing the practice of physio in ICU," said Caroline Ficke, Physiotherapy Team Leader for Critical Care. "It gives fast real-time feedback without the need for X-rays or scans. And, being a hand-held device, it has the added benefit of being pocket-sized, wireless, and more readily accessible than our machines on wheels. My hope is that the Lung Ultrasound will soon become part of routine practice."



Physiotherapy Team Leader for Critical Care, Caroline Ficke, with the Lung Ultrasound.

2 Baby Dolls of Colour

Representation matters. And our hospital prides itself on being fully inclusive. We are, therefore, delighted to introduce baby dolls of colour into the Neonatal Intensive Care Unit. "It's important to us that all families feel welcome and involved in their baby's care, said Claire Ashton, Junior Sister. "With baby dolls of colour, we can ensure that all our families are looked after properly and feel represented and included. The dolls help us teach new families how to handle the baby by using the doll as practice first, and how to position them for breastfeeding, so they feel assured and happy holding their own new-borns."



Junior Nurse Claire Ashton, with a baby doll.

3 Phagiaflex & Biozoon Flavoured Air

Patients with severe swallowing issues because of critical illness can now receive improved therapy thanks to a new bit of kit called a Phagiaflex. It helps promote recovery of swallow function through exercise. "The Phagiaflex has helped two patients so far to return to eating and drinking safely again," said Catherine Cawley, Clinical Specialist Speech and Language Therapist. "Having a structured exercise programme supports patients to stay motivated. And as a therapist, it is a privilege to be able to offer the best equipment available."

Alongside the Phagiaflex, the RUH now also provides Biozoon Flavoured Air – an innovative system that transforms liquids into flavoursome foam bubbles that, when placed in a patient's mouth via a spoon, disappear without the need for swallowing, thus eliminating the distress of coughing or choking. "The Biozoon provides an essential comfort for our palliative patients and their families," Catherine added. "It really is amazing."



Catherine Cawley and Amy Watkins, Clinical Specialist Speech and Language Therapists, with Phagiaflex and Biozoon Flavoured Air.

4

Audio Players for Dementia Patients

Dementia patient support is increasing every day, a fact we're very proud to say. This month, we've purchased five new specialised audio players that can be used to play books, TV shows and plays. "We are very grateful," said Jason Ovens, Head of Library and Knowledge Services. "The audio players help patients have a better experience while they are with us. Being in hospital can be a lonely and boring experience and can lead to patients displaying challenging behaviours but being able to listen to a much-loved audiobook, radio show, podcast or favourite TV series can make the down time feel less distressing. They're specialised too so they're easy to use and can help keep dementia patients calm and occupied."



Jason Ovens, Head of Library and Knowledge Services, with colleague, Kate, and an audio player.

5

Indirect Calorimeter

The Indirect Calorimeter is state-of-the-art non-invasive technology that provides a simple and easy method of precise measurement in spontaneously breathing patients, as well as those supported on a ventilator. The accurate measurement of a patients' energy needs is essential to optimise nutritional support and to ensure they are receiving the right amount of food. "Indirect calorimeters are the gold standard in intensive care, and we are lucky to be the first hospital in the South West to have one," said Grace Owen, Intensive Care Dietician. "On intensive care we need to ensure that patients are not overfed as it may affect their ventilation or cause them to have high blood sugars. However, as patients are not using their muscles and are likely to be very sick, we also need to make sure they have enough calories and protein to maintain strength. The Indirect Calorimeter will improve nutritional provision during critical illness and rehabilitation and help patients return to their pre-illness level of function hopefully much quicker." ❌



An indirect calorimeter hard at work helping a patient in need.

Heart to Heart

Welcome to Super Rehab, a pioneering research programme that tackles heart disease head on.



Right now, the RUHX is supporting research into an innovative lifestyle intervention, known as Super Rehab, and how it potentially could become an effective new treatment option for patients living with heart disease. Join us now, as we get to the heart of the matter...



Andy, with his personal trainer, James, at Combe Grove Gym.

Super Rehab will save lives, reduce hospital procedures, and cut costs for the NHS. It could revolutionise how patients with heart disease treat, manage and navigate their diagnosis. The initiative is a one-to-one support programme that offers much more than just advice to follow; it provides a bespoke diet and exercise programme personalised to an individual, in tandem with a support network to ensure the changes required are practical, realistic and easily workable in a daily routine. "We are delighted to be working with the team from the RUH in this new collaboration," said Dr Dylan Thompson, Professor of Human Physiology at the University of Bath and Co-Director of the University's Centre for Nutrition, Exercise and Metabolism. "The potential of Super Rehab to directly benefit patients and make a difference to current treatment and care pathways is very exciting."

State of the Art Hearts

The research is starting with two studies, one for coronary heart disease and one for atrial fibrillation, involving just under 100 patients across both studies. Currently, patients are offered Super Rehab in addition to standard treatments, and the research team is collaborating with researchers at Oxford University to track the impact using the state-of-the-art heart imaging techniques and industry partners for heart rhythm monitoring, alongside blood tests and fitness tests. "There has been an evolution in technology over the last 10 years that allows us to treat more and more complex illnesses and make a difference to our patients," said Dr Ali Khavandi, Consultant Cardiologist. "Now, we have the exciting opportunity to focus back a few steps and look at what we can

do to prevent patients from getting to this stage in the first place, by looking at how dietary and lifestyle changes, such as getting more exercise, can improve, or even reverse, chronic illness."

Super news, indeed!

As ever, this good news would not be possible without the kindness of strangers and close friends of the RUHX. "We are proud to fund this Super Rehab research," said Rhyannon Boyd, Head of RUHX. "Working to find new and better ways to prevent heart disease and deepen our understanding of illnesses and improve treatment for all is what we work towards every day. Our £300,000 funding has enabled the RUH team to establish a relationship with other academic institutions, including the Universities of Bath, Bristol and Oxford, so that they can collaborate closely on their first study and deliver an extra-extraordinary success!"

Andy, a patient participating in the Super Rehab research, spoke to RUHX about the programme: "Despite being quite apprehensive at first, mainly due to having a rather sedentary lifestyle for too many years, I've found the programme provides a clear incentive to improve my health and wellbeing. The structure, guidance, support, monitoring, and feedback generates reassurance, which in turn leads to self-motivation and a desire to progress. If the programme helps mitigate the risk of heart disease and avoid invasive surgery, it could be a very worthwhile additional form of treatment. It has been life changing for me – and it could be for others too."

For regular updates on Super Rehab's progress, visit ruh.nhs.co.uk 

2022: A Year of Challenges

Rhyannon Boyd, Head of RUHX, reflects on a year where staff participation in charity events unexpectedly increased (including her own wild outdoor swim!) and how RUHX staff also participated in their own fundraising activities for fantastic causes close to their hearts.

"2022's highlight has been seeing people from all walks of life participate in the Walk of Life, the Bath Half Marathon, and many other essential charity events. With Covid-19 and the current economic climate causing huge strain on families, financially and emotionally, it's been wonderful to see charity events remain a beacon of hope. Despite having much less time and money to give, people have still found it in their hearts to go the extra distance. And that's been inspiring to witness. Whether you've put on your running shoes or walking boots, or taken part in a skydive, you've helped RUHX improve the health and happiness of everyone in Bath and beyond. So, thank you! I also want to say thank you to my team at the RUHX, many (if not all) have given their body, mind (and, in some instances, their soul!) to some incredible charity events. It gives me hope for what 2023 has in store.

Rhyannon's Wild Windermere Swim

2022 was also the year I challenged myself to give more. To do more. For others. I love outdoor swimming so, in 2020, after being inspired by the kindness of others, I challenged myself to swim 26 miles in a month – a mile a day, give or take. I did it! However, this then compelled me to challenge myself again. This time to swim 11 miles – the entire length of Lake Windermere – without stopping. That's the same distance as swimming halfway to France, just so we're clear how far it is!

I set the date to complete the challenge by September 2022, with all monies raised going direct to RUHX. As head of the charity, I knew the donations would be well-spent on extremely worthwhile causes.

From my experience swimming a mile a day, I know that every training milestone is essential to helping you succeed on the day of the event. Some days I didn't want to get in the water, especially when it is raining and cold, which I knew it would be. And on other days, I felt unstoppable.

On the day of my 11-mile swim across Lake Windermere, I was nervous, but determined to do it. Now, I love swimming, but after the first mile in the

water, I wondered if I would make it to the end because the wind and waves were against me. I had to keep thinking "Just keep swimming!", taking inspiration all the way from *Finding Nemo's* Dory. Thankfully, the last half-mile was calm, and I completed the challenge to loud cheers just as the sun was setting. Like so many of the runners I spoke to at the Bath Half finish, I'm not sure I enjoyed all my swim, but I was very proud that I completed it, and the funds I raised on the day will help provide extra extraordinary care for RUH patients for years to come. And that's all that matters. Of course, I now have to think of something extra-extra-ordinary to do next! Any ideas?"

Alongside Rhyannon's remarkable swim, several other members of RUHX staff completed charity challenges in 2022 too, not only for RUHX, but for other charities too..

Name: Anna, Marketing and Communications Coordinator
Charity Challenge: Trekking Mount Blanc for Ovarian Cancer

"I have always loved the mountains, whether that's skiing or hiking, but this trek really stood out to me as one I wanted to do. Along with my friend, Jo, we trekked the Tour de Mont Blanc for more than four days across France, Italy and Switzerland, carrying our belongings in backpacks and sleeping in refuges in the mountains. Every blister was worth it. We raised lots of charitable funds in memory of my wonderful, much cherished sister while having the experience of a lifetime."

Name: Molly, Events and Community Coordinator
Charity Challenge: Skydived for RUHX

"Wow, what an incredible out-of-this-world rush! The feeling of freefalling through the air at 13,500ft is simply like no other. As soon as the parachute opened I had a chance to take in the fantastic views high above the beautiful Wiltshire countryside. My instructor pointed out all the landmarks, and I was even allowed to take control of the parachute. If you are considering this once in a lifetime opportunity, DO IT!" ✂

Name: Sally, Marketing and Communications Manager
Charity Challenge: Ran the Bristol Half Marathon

"I'm a fundraiser at heart, so I felt compelled to run the Bristol Half Marathon in 2022 for a small, peer-led charity in Bristol called *Mothers For Mothers*. They provide perinatal mental health support. I'm grateful for their service after I gave birth to my daughter, Margot. My husband decided to join me on this run, and I was grateful to have him by my side and help get me over the finish line!"



Rhyannon at the edge of Lake Windermere.



Anna, and friend, Jo, on Mont Blanc



Molly skydiving high above Wiltshire!



Sally and Mark Hearn-Smith running the Bristol Half Marathon.

The best is yet to come

Even more extraordinary care is still to come from our brilliant Breast Unit...

With our brand-new Breast Unit expansion up and running, the department was quick to deliver on its promises of super-improved facilities, state-of-the-art equipment, and innovative ways of working for cancer patients, all thanks to the generous donations from our followers and friends who love the work we love to do.

Donations Save Lives

Due to workforce shortages in the Breast Radiology department and an increased number of referrals, we noticed some patients were facing long and anxious waits to confirm a cancer diagnosis. Thanks to a **generous anonymous donor** and additional funding from the Friends of RUH, we've been able to fund a two-year trainee Consultant Radiographer role to address the long-term workforce challenges in this specialist area and create an additional ultrasound clinic room with a new ultrasound machine, which will **provide more than 30,000 additional scans every year**. Amazing!

Our Mission for 2023

Alongside the Breast Unit expansion, our ambition for the next 12 months is to pilot an innovative approach to breast cancer care. We aim to provide patients with their breast scan on the same day of their first appointment, and within two weeks of a referral from their GP.

Just What the Doctor Ordered

"I want to say a big thank you from the bottom of my heart for the generosity of everyone," said Richard Sutton, Consultant Surgeon, explaining the **impact of the £1m investment** RUHX has made in the last 12 months. "It will make a massive difference to patients, ensuring they get the extra-extraordinary care they deserve."

The RUH's Breast Unit, originally built in the early 2000s, was one of the first integrated units in the country. In those early days, we treated around 175 cases of breast cancer a year, with patients remaining in hospital for a week post-surgery. Today, with the Breast Unit expansion, **we treat more than 500 patients every year** and see many thousands more in our Outpatient Clinic. Often, patients frequently are sent home on the same day as their operation. Our expanded, state-of-the-art Breast Unit can now provide all the care our patients need with minimal invasion and intrusion. "In 2021, I saw patients in tiny rooms barely more than a cupboard, often at the most critical time of their life, when I would be giving them a life changing diagnosis," said Dr Sutton. "In a consultation, patients will only remember three things: *when and where* you tell them they have breast cancer is often the only thing that they will remember."

However, our work here isn't finished. There is more that needed to be done to deliver an even better cancer patient experience for your local community. With your help, we can deliver even more extra-extraordinary care.



Dr Richard Sutton, with Breast Unit staff.



New Breast Ultrasound Room.



We now have fantastic, spacious, and homely, consultation rooms, so patients can be joined by a loved one or carer – a simple transformation that vastly softens what can be a traumatic experience. It makes all the difference.



Jessica's Story



It's never too young to get breast cancer.

A timely reminder to regularly check for cancer and see a doctor if you're unsure.

This summer, Jessica Parsons, 36, a mum of two from Bath, found a cancerous lump while breastfeeding her daughter, Inés. She was diagnosed with a rare type of breast cancer – metaplastic squamous cell carcinoma – which account for less than two per cent of breast cancers. Jessica is currently receiving care at RUH's Breast Unit, following six rounds of chemotherapy. "I knew that your breasts could change after birth, and one did feel a bit different. I thought it could be a blocked milk duct. But, after two days, I visited my GP and was promptly referred to the RUH."



To be told I had cancer was a massive shock. I never thought of myself as untouchable, but I was young, fit, and lived a healthy life. Once I'd started to come to terms with the news, I felt determined to stay positive and take things one day at a time.

Jessica will now undergo a mastectomy at the RUH this winter before radiotherapy treatment in the new year. "The care I've received at the RUH has been exceptional. I feel like I can really trust the team caring for me, which makes a difficult situation feel so much easier. I set up my Instagram account to share updates about how I am and spread the word that it's important to check

yourself regularly – and that includes men too. It's uncommon to have breast cancer when you're under 40, but I'm proof that it can happen. I know it can feel scary, but it's better to know sooner... rather than too late."

Check For Changes

One in five breast cancers is in women before they reach the menopause, said RUH's Consultant Surgeon, Jamie McIntosh. "We have seen the number of younger women being diagnosed increase in the last 10 years. That's why it's important to be aware of any changes. This includes lumps but also, especially in younger women, things such as changes to skin texture, change in breast shape or a feeling of thickening rather than a distinct lump."

Thanks to the amazing donations the RUH receives, as well as continued improvements and advancements in the field, funding and global research into breast cancer, the good news is that there is good news – early detection and diagnosis and treatment development is increasing, with many new treatments that are specifically targeted to the type of breast cancer a patient has becoming widely available. Dr McIntosh said it best: "For many people finding a lump won't mean they have cancer, but if it does our team at the RUH Breast Unit is here to look after you every step of the way."



Jessica, after her chemo treatment, with baby Inés.

For more information on checking for lumps, and breast changes, early breast cancer detection, visit coppafeel.org

Be Here Now

Events and Volunteering Schedule 2022-23

Walk of Life: 20 May, 2023

Our annual Walk of Life will return in Spring 2023, so you've got plenty of time to prepare for the challenge of a lifetime, and lots of fun to boot! The Walk of Life is 26.2 miles – the length of a marathon! – from Devizes to Bath, along the pathways of the picturesque Avon & Kennet Canal. This is the postcard spring event to put a spring back in your step, especially if you walk, talk and gawp with your friends, family, solo or dog by your side.



Bath Half Runner.

Get Festive Fundraising

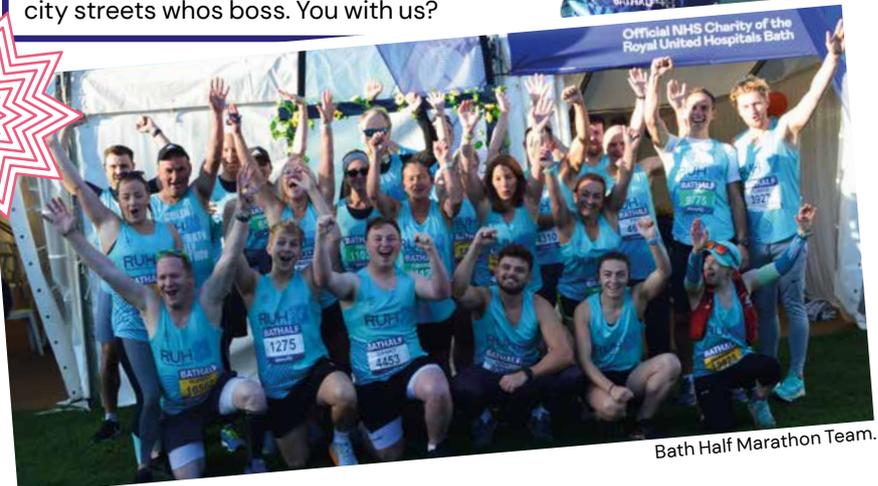
Calling all bakers and makers, dancers and singers, musicians, magicians, baristas and gamers! Could you turn your passion into something extra extraordinary this Christmas? No matter what your talent is, we can help you raise funds for the RUH this winter. Start your ho-ho-holiday fundraising today.



RUH Fundraising Group.

Bath Half Marathon: 15 October, 2023

The historic city's iconic Bath Half will kickstart itself all over again in October. Are you ready? Sign up now to join #TeamRUHX, the largest (and loudest!) local Cheer Squad this side of the country, and you'll be loudly, and fully, supported by our events team to help reach your fundraising goal. Let's show those mean city streets whos boss. You with us?



Bath Half Marathon Team.

For more information on any of the events above, search ruh.x.org.uk, or contact us to get involved today: fundraising@ruh.x.org.uk

Join Us!

Joining one of RUHX's local fundraising groups, or starting your own, is a great way to raise money for our charity at the same time as meeting new people and having lots of fun. Yes, that's right, we put the fun in fundraising!

Our wonderful, dedicated, and hard-working community of

volunteers who organise scores of charity events to raise funds and awareness in the local community across our region wake up in the morning with total job satisfaction.

Our existing fundraising groups cover Bath, Warminster and Chippenham:

- Bath RUH Fundraising Group
- Warminster & District RUH Fundraising Group
- Your Local RUH Cancer Care Fundraising Group (Chippenham)

Come find the fun with us and let's do some good.

RUHX Superheroes!

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

This summer and autumn even more RUHX superheroes donned their capes and cowls to travel the extra mile to help those who need it the most. As ever, we remain humbled and honoured that these heroes continue to do good in our name and keep the faith. A massive round of applause goes to...

Heather and Alan Shepherd

The Shepherds have supported the RUHX for more than a decade, but their latest charity fundraiser was the biggest and best event – so far! They invited 70 (!) friends and family over to their Wiltshire house for a proper home-cooked breakfast in their garden. Delicious.

Heather and Alan began fundraising for the RUHX shortly after Alan's father died from cancer. Since then, the Shepherds have spoken highly of the superb treatment he received at the RUH. In 2010, when Heather's best friend also died from cancer, the husband-and-wife team devised the concept of their 10/10 Challenge. The aim of this fundraiser, held on 10/10/2010 was simple: raise £10,000 during their tenth year of running their pub, The Bell, in Lacock, Wiltshire.

With a little help from their friends, family, and loyal customers, the Shepherds easily smashed their target, raising more than £40,000 in that first year. Every year since, their fundraising has gathered momentum and the couple are close to breaking a century! "We're nearly at our first £100,000 – which, of course, goes to provide equipment for patients with cancer at the RUH Bath," said Heather. "We are staggered by the generosity of friends and family who dig deep and continue to support us. People seem to enjoy our events and so we will continue – it's something to look forward to every year and helps a great charity do important work."

Heather, Alan – thank you.

Rodney Cook Memorial Rally

In September, more than 1,000 metal detectorists from around the world joined forces for the fourth Rodney Cook Memorial Charity Detecting Weekender and collectively combed more than 500 acres of fields in East Wiltshire for charity. They raised a whopping £50,000 for RUHX!

Established in 2018 by Gary Cook, in memory of his dad, Rodney Cook, who died at RUH after receiving treatment for cancer, the Rodney Cook Memorial Rally has become something of a local festival and camping event, complete with hog roast, music entertainment, and of course, lots of metal detecting! "The RUH staff who cared for my dad were quite simply incredible, caring and wonderful people," said Gary. "I felt compelled to do something to raise funds for RUHX to repay their kindness."

The RUHX team attended the two-day event and enjoyed amazing food, fun, and meeting many lovely people. Sadly, found no rare treasures! Maybe next year?

All the RUHX team wish to say an extra-extraordinary thanks to Gary and his team for organising such an outstanding event. See you in the fields in 2023!



Heather and Alan Shepherd.



Gary Cook, with RUHX's Molly.



Sarah Emery.

Sarah Emery

In 2019, a Melksham teacher Sarah Emery set herself a monumental challenge: run the iconic London Marathon and raise money for the RUH. Three years, 635 training miles, countless pairs of trainers, and one global pandemic later, Sarah finally achieved her goal. Well done, Sarah!

After a close family member was treated on the William Budd Ward in 2019, and witnessing first-hand the care and kindness they received, Sarah felt moved enough to, well, start moving herself! She began marathon training and, ever since, there has been no stopping her. "I have always wanted to run London and secured a place for the RUHX charity in 2020. I was well into training when the event was cancelled because of the pandemic. The longest event I have ever run in so far is a half marathon, so the full distance is going to be a big challenge!" Sarah said before the marathon.

On October 2, 2022, Sarah made her family, and the RUHX, proud when she completed the race, and raised an amazing £3,896. Her run will help pay for a bladder scanner to be purchased for the William Budd ward. Sarah, you are an absolutely fantastic inspiration to us all. Thank you. 🦸

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.

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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 Christmas Appeal
 Robotic Surgery

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

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Thank you!