

RUH extra!

Celebrating the extra extraordinary work of our community

Spring 2023



RUHX Helping Royal United Hospitals Bath do more

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Spring is in the Air

Welcome to the spring edition of *RUHX Extra!* This issue is action-packed with updates, announcements, and lots of lovely good news from across our caring and committed charity community.

Can you believe it? It's almost been one year since we launched our new brand and magazine, *RUHX Extra!* We've had a super-busy year that's for sure, but a brilliant one too. Things have only gotten busier in 2023, it seems; the whole team is on their toes and we've got all of you to thank for that. Keep it up! We're beyond chuffed to continually hear how much our patrons and partners, readers and fundraisers, have been enjoying *RUHX* as much as we enjoy turning up to work! Here's to another amazing twelve months. Together. Speaking of which, let's swing straight into spring...

In this issue, we've got that all-important update on our magnificent Dyson Cancer Centre (page 4). As you'll read, everything is still shaping up nicely. There's also big things happening on the wards with essential new staff and new fundraising purchases (see pages 6-7) and in our research projects round-up (pages 10 & 11) you'll agree with me that the future feels like it's even closer on the horizon, which is fantastic. We're really proud of RUH's research and development areas right now, they help drive real change and enhance patient care. We hope you feel the same.

I'm also extra-extra excited to announce the return of our now-beloved event, the Walk of Life, which takes place on 20 May (see page 3). This year's walk is going to be even bigger and better, I guarantee.

On top of all this we've also got a supremely busy events and volunteering calendar. If you're ready to challenge yourself and do something extra extraordinary for your local hospital this year, then we might just have the thing you're looking for. If you're feeling brave, check them all out on page 14.

Right, that's it from me. Enjoy spring and I'll see you in the next issue...

Best wishes,

Rhannon

Rhannon Boyd
Head of RUHX



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Do the Walk of Life

Our flagship and favourite
event – the Walk of Life
returns 20 May 2023!

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sponsored by



At RUHX we don't just talk the talk, we walk the walk. To prove it, our annual charity walk, our most cherished day on our social calendar, is back on blistering form (pun intended), bigger and better than ever before.

Walking on Sunshine

The **Walk of Life** is a chance for everyone to kickstart spring with an event that does a whole lot of good for the RUH. A 26.2-mile marathon and 10-mile option along the scenic Kennet & Avon Canal are available for those who want to get a wiggle on.

Founded in 2005 by Vanessa Kyte, who sadly passed away in 2007 seven years after first being diagnosed with breast cancer, which developed into secondary lung cancer and brain tumours, the Walk of Life continues Vanessa's – and her sister, Nicola's – passion for fundraising, growing it each year into the inspirational celebration that it is today. In Vanessa's honour, and the legacies of other cancer patients in the South West, thousands of walkers and wanderers, friends and family, patrons and partners, now come together in Bath to remember, and celebrate, the lives of those loved ones lost too soon.

This year, seasoned walk-of-lifer, Kate Crutcher, is beyond proud to take part in the event again. Kate has completed the walk every year since 2017 in honour of her husband, David, and, more

recently, her son, Colin. "It's been a joy to give back to the RUH for all the wonderful care my late husband received during his journey with cancer between 2005 and 2009," Kate told RUHX. "I lost my son to cancer in 2021, so it's even more poignant to do the walk now. I'm so pleased to say that this year my son's wife, Jayne, will be walking with me to raise funds for the RUH."

Kate, you're our hero, we can't wait to walk alongside you.



I'm 74 this year, but I'll keep walking the walk as long as I am able to. Just you try and stop me! **Kate Crutcher**



Kate Crutcher

A Walk to Remember

Orthopaedic practitioner, Baz Harding-Clark, will be returning to the canal paths this year for the third time with (hopefully) 15-strong staff from the RUH's Emergency Department. They'll be joining Baz on his mission to remember his beloved colleagues, Julie and Kelly. "Last year, after the death of Julie and Kelly, the Emergency Department team completed the Walk of Life in their memory. We felt that this was the most meaningful way to remember them. All along the canal, we were joined by family members who cheered us on and joined in celebrating their lives," Baz told RUHX. "A marathon-long walk may feel like a daunting distance, but it's not that long when you're with other people – the silly chats, the humour, the sunshine, and remembering those we loved, makes you cherish every step." **Baz Harding-Clark**



The walk was tough, but we were driven on to complete the challenge by remembering why we were taking part. For anyone thinking about it – just do it! **Baz Harding-Clark**

Sign up to the Walk of Life now:
ruhx.org.uk/events

Building the Future

The Dyson Cancer Centre remains on track to open in autumn 2023!



The opening of RUH's state-of-the-art Dyson Cancer Centre is this year's biggest accomplishment, a moment for many that can't come quick enough. To celebrate its progress – and the fact that it remains on schedule to open to patients in autumn 2023 – let's dive into more detail with a lovely little update...



First look – the Atrium!



Wards will be spacious



The building will beam bright with natural light

A Revolution in Cancer Care

For those who have seen the site recently, there has been a huge amount of headway going on behind the hoarding to finish the interior structure. Construction partner Kier have been working closely with our hospital to ensure the building stays on schedule. "We're delighted to announce that external finishes will commence shortly, and we are finalising the planning for the equipping and clinical commissioning of the building through the autumn," James Wright, Project Manager told RUHX. "This includes complex relocation of specialist imaging equipment into the building from existing locations both on and off the existing RUH site. Right now, internal finishes are being applied and the external shell continues to develop with the cladding installation, the glazing completed to the atrium, and the scaffold removed in various locations revealing the beauty of this absolutely magnificent, and one-of-a-kind, building. We can't wait to unveil it and, most importantly, open the doors to patients."

Making a Difference Inside and Out

The Dyson Cancer Care will be a home away from home for our cancer patients with several departments boasting ground-breaking modern facilities, including oncology outpatients, a satellite pharmacy, clinical trials, radiotherapy, chemotherapy, acute inpatients, nuclear medicine, and medical physics. The Centre also include a Macmillan Wellbeing Hub that will provide a non-clinical, calming space where patients, families and carers can receive practical and emotional support whenever they need it.

The Dyson Cancer Centre will not only be an incredible monument to what can be accomplished when the RUH community works together, it will also transform the future of cancer treatment and become a beacon worldwide for the advanced care we can provide for cancer patients. ✂

“We are at a very exciting stage of the project as we move towards the completion of construction work in the summer.”

James Wright Construction Project Manager, Kier

Dyson Cancer Centre: By the Numbers

The building is as advanced as its purpose:

- ✦ 149,000 metres of data cables (that's the same distance from Bath to Slough – 93 miles!)
- ✦ 56,260 kilograms of glass
- ✦ 12,231 total metric tonnes of concrete
- ✦ 987 metres of underground drainage
- ✦ 911 construction members on site (the figure is expected to increase to 1500!)
- ✦ 290 metres square of high-tech solar panels
- ✦ 164 photovoltaic panels

You can continue to support cancer patients through our Robotic Surgery campaign on [page 8](#)

We are Family



This spring, every donation counts to make our NICU Special Care Appeal keep families together until they can go home together. Can you help us to complete this?

At RUHX, one of our most important jobs is to ensure families stay close during the most difficult of times while staying at our hospital.

We need to raise £60,000 to provide an additional four permanent pull-down beds at the cot side with fitted curtains for privacy to create eight separate bays, as well as a parent shower room. This will enable us to increase our capacity for a further eight parents to stay close to their baby in a safe, convenient and caring environment. We need your help.

NICU Special Care Appeal

In 2022, the RUH cared for more than 570 babies who were born premature or sick. Many of our most tiniest patients faced a hospital stay stretching beyond a few weeks (even months) and required round-the-clock specialist care to survive. This is a deeply distressing time for parents who naturally do not want to leave their newborn's side.

Currently, in our Dyson Neonatal Intensive Care Unit (NICU), there are four ensuite rooms available to parents. They are primarily allocated to babies that are getting ready to go home, to stay with their parents in preparation for discharge, or babies that have some care needs that are well enough to be cared for by their parents but require additional support from neonatal staff. In addition, we have four parent beds that can be set up next to the cot space. With just a total of 21 cots, however, this means that not all parents can stay, resulting in some parents having to either travel long distances daily or staying in local hotels to remain close to their baby. This can be extremely costly and is not a long-term or practical solution for many of our families.

"During Marley and Mabel's stay we were travelling 32 miles every day, which was exhausting alongside the emotional stress of our twins being here early," new mum Alice told us. "You never envisage having to leave your baby at the hospital and it was heart-breaking leaving the twins every night, especially for the first time. I was able to stay with the twins at the hospital for only nine out of the total 35 nights. On the nights I stayed, I had to leave NICU and go to the maternity ward if I wanted a shower or to brush my teeth; this was really daunting with so much going on. Having a new shower room, curtains, and beds will mean so much for new parents, knowing they can always be close to their babies."



Having more options to stay by your baby's side would have made all the difference to me and made the world a little less scary and stressful for my babies.

New Mum, Alice



Alice in NICU, with her twins, Marley and Mabel

A Tribute to Lori

In 2022, Helen and Mark Robertson sadly lost their daughter, Lori. She had just qualified as a paediatric nurse and was excited to accept a position in the

Dyson Centre for Neonatal Care. Since Lori's passing, Helen and Mark have been fundraising in Lori's memory to support our NICU. Through such fantastic events as a Charity Disco and Challenge Northavon Charity Walk, Helen, Mark, and their family and friends have been able to raise a truly incredible £24,000 towards our NICU Special Care Appeal.

Helen, Mark – everyone at RUHX and the RUH are so grateful to your support. Thank you. ✂



Lori Robertson, who passed away in 2022



Pull down bed

Our NICU Special Care Appeal requires a total of £60,000 to enhance our facilities so parents stay closer to their newborn babies. Donate what you can: ruhx.org.uk

We Make a Difference

This season's roundup of all things new and improved at the RUH – thanks to you!

We have several incredible updates to share about the new and exciting additions we've made at our hospital. If you want to know how your kind donations make all the difference, keep reading...

1

Locum Psychologist: Dr Amanda Laffan

We're delighted to announce that we've been able to fund a locum psychologist to provide vital psychology services to cancer patients, as well as manage patients through the impact of diagnosis and subsequent treatment. Welcome to the role, Dr Amanda Laffan, Specialist Clinical Psychologist!

Dr Laffan, who works with patients in advance of and during their treatment for cancer, which can be psychologically and physically very difficult, temporarily relieves Dr Mike Osborn, Consultant Macmillan Clinical Psychologist, to focus more of his time supporting hospital staff with their mental health. "The legacy of COVID means we are dealing with already fatigued staff with excessive workloads. Our staff can be stubborn about keeping going... but they can't just work harder. They need help. This role is a valuable piece of funding and we couldn't be more grateful."

2

Breast Unit Ultrasound Room

A third ultrasound room has now been added to the recently expanded Breast Unit. This ultrasound will provide more than 30,000 additional scans every year. "The generous provision of the new ultrasound suite will make a significant positive impact for our patients and department," Dr Richard Sutton told RUHX. "Accurate and timely investigations are vital to allow our team to rapidly establish the correct diagnosis and ultrasound scanning is pivotal to this process. With ever more patients being referred to our department it's extremely helpful to have extra resources and to meet this rising challenge."

We are currently investing in extra training for our staff to be able to undertake breast ultrasound scan investigations, so having an additional suite for this purpose will be invaluable. We cannot thank you enough for your generous support with this project."

3

A New MRI DVD Player

Younger patients who require an MRI scan are now able to relax and, most importantly, stay still thanks to a specialised newly installed MRI DVD player. The effects have been felt immediately – the children love it.

Having an MRI can be scary, noisy and stressful, but if superhero patients can be distracted with a movie of their choice (the favourite seems to be anything Pixar!) it can avoid the need for general anaesthetics, which require a specialised staff, and can be complicated and unnecessary. This second specialised DVD player will allow even more MRI scans to be carried out more effectively on young children. And every MRI matters.

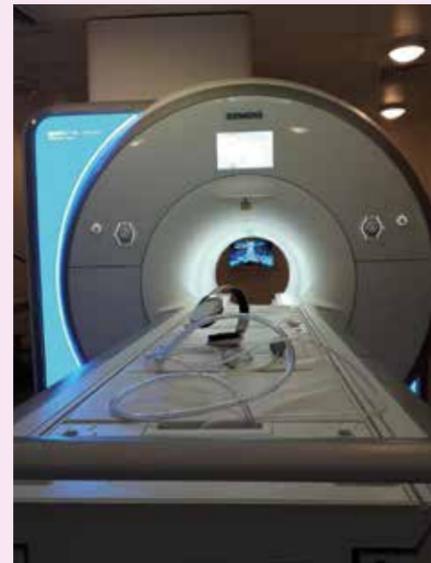
"Thanks to RUHX we now have two rooms with this advanced technology, giving us greater flexibility on where we scan young children, offering more appointments and reducing waiting times." Di Pressdee, Team Leader Radiographer for CT and MRI.



Dr Amanda Laffan, Specialist Clinical Psychologist, with Dr Mike Osborn, Consultant Macmillan Clinical Psychologist



New ultrasound room in Breast Unit



A game-changing MRI DVD Player

4

Virtual Glaucoma Clinic

Since funding was received thanks to a local lady who left a gift in her Will, the Eye Unit has been able to see and assess an additional 1,250 patients in their **Virtual Glaucoma Clinic**, a state-of-the-art testing facility. The aftermath of COVID-19 led to a backlog of Eye Unit patients waiting to be seen. Thanks to the Virtual Glaucoma Clinic, technicians can see more patients in a timely manner and collect data for clinicians to detect any sight-threatening eye diseases earlier. Dr Helen Broadbent, Optometrist Consultant told RUHX "With an ageing population and a rising number of outpatient appointments required, technological advances in ophthalmology, such as virtual clinics, that enhance treatment capacity is essential."



Melanie, Senior Optometry Technician, with a patient

5

Midwifery Cultural Competency Training

In the UK, Black mothers are four times more likely to die during childbirth and have more than twice the risk of stillbirth. Asian mothers are more than twice as likely to die in childbirth and have a more than 59 per cent increased risk of losing their baby after birth. Thirty midwives have benefited from **Cultural Competency Training** to better understand how important racism and inequality can affect new parents, their families and the health of their babies. "Each of us working in healthcare have an opportunity to increase health equality, reduce any harm and make lives better," Sarang Thacker, Inclusion Midwife told RUHX. "I know my colleagues care deeply and want to create an even safer environment for all. This training has made a very positive change in how we care for all new-borns in the future."

Leaving a Legacy of Care: Beryl Morgan

The Midwifery Cultural Competency Training was made possible by the late Beryl Morgan who devoted her life to nursing. She continues her legacy of care by leaving a gift of £1,000 in her Will to RUHX, touching the lives of even more patients with the kind of charity that can make big changes. Beryl

recently passed away, aged 96, after living a magnificent life caring for others. A former Nursing Officer in the Army, Beryl went on to become a Matron and Divisional Nursing Officer in Bath. There, she was responsible for 10 local hospitals including Chippenham, Trowbridge and Bradford on Avon.

In her spare time, Beryl was an active member of Soroptimist International. She made her Will clear that her legacy gift be used to benefit student nurses and midwives to further their development.

Gifts in Wills, great or small, are important to RUHX. They help to give every patient the extra extraordinary care they deserve while supporting our nurses to continue to make long-term changes needed to influence the next generation of nurses.

If you're interested in leaving a gift in your Will, get in touch with our Legacy team and they will guide you through the process, please email: giftsinwills@ruhx.org.uk



Sarang Thacker, Inclusion Midwife



Beryl Morgan, in her earlier nursing career

The Davinci Code

Welcome to the robotic revolution, where surgery is state-of-the-art as standard.

Robotic surgery is the fastest, safest, and most precise form of surgery used today. It allows surgeons to see up close and in ultra-high definition the area they'll be operating on, using a monitor to televise real-time 3D images. Surgeons operate by controlling a series of precision instruments mounted on robotic arms. Unlike keyhole surgery, robotic surgery gives ensures surgeons retain full manoeuvrable control and visibility.

The DaVinci Xi Robot

Following extensive research, the RUH selected the DaVinci Xi Robotic surgery system. (Don't worry, it's as cool as it sounds.) The DaVinci is the most widely trusted and least invasive surgery technology in the world and is unmatched in its improvement of cancer-specific survival rates. More than a mere robot, the system is considered an extension of the surgeon, a state-of-the-art instrument that allows surgeons to perform complex procedures safer, faster and with a far greater range of motion far beyond the human hand and wrist. The DaVinci turns the surgeon into an artist, and the surgery into a masterpiece, hence the name – and now the RUH is planning to have one!

A Robot With a Human Touch

The DaVinci Xi system not only enables surgeons to perform intricate surgery, it also has a revolutionary 'Dual Console'. "One of the key advantages of the DaVinci Xi system is the Dual Console, which allows consultant surgeons and trainee surgeons to sit alongside one other and operate on patients in tandem, maximising training opportunities for surgeons of the future, whilst maintaining quality and minimising surgical risk," Dr Marc Bullock, Consultant Colorectal and Minimally Invasive Surgeon told RUHX. "It's a game-changer for the hospital."

Perfect Precision: Benefits of the DaVinci Xi

- ✦ Speeds up recovery time
- ✦ Incredible 360° visibility
- ✦ Improves cancer-specific survival rates
- ✦ Suitable for a wider range of patients, including those with higher BMIs
- ✦ Decreases the likelihood of readmission
- ✦ Lower risk of pain, complications or infection
- ✦ Preserves quality of life post-surgery

Surgeons with DaVinci Xi Robot



A surgeon using the DaVinci Xi console

Your Donations Make the Difference

According to the Royal College of Surgeons, robotics is the future of surgical practice. When we open our super-modern Dyson Cancer Centre in autumn 2023, we want the RUH to become one of the UK's leading hospitals for cancer care.

Generous donors, like you, have already helped RUHX reach two-thirds of £2.3 million target and we couldn't be more grateful. But to give our patients access to the best technology we need an additional £800,000 in donations to RUHX.

Your donations make all the difference to bring this life-changing technology to our hospital. We can't do it alone. But we can do it together.

Your donations go direct to providing:

- ✦ Buying and installing the DaVinci Xi Robot
- ✦ Equipment and training simulators
- ✦ Upgrades to our sterilising equipment
- ✦ Specialist surgeon training
- ✦ Providing the best care for over 400 patients every year

In Focus: Gynaecological Cancer Surgery

This June, Dr Ellen Nelissen will be joining the RUH team as Gynaecological Oncology Consultant. Ellen is a robotic surgery expert. "I hope one of my main jobs at the RUH will be to teach our surgeons how to make the transition to become a robotic surgeon," Ellen told RUHX. "They'll need to know how to attach the robot and what to do in an emergency, and I'll also be involved in teaching other key members of the surgical team, including scrub nurses and the anaesthetic team."

Every year, 150 women with cancer of the reproductive tract will benefit from robotic surgery. "Robotic surgery is mainly used to do a hysterectomy and remove tubes and sometimes ovaries for women with endometrial cancer, a cancer arising from the lining of the womb," Ellen continued. "Depending on each individual, we can do Sentinel lymph node biopsies. This is where you take a biopsy of the first draining lymph node, rather than removing all the lymph nodes. This has better outcomes with less side effects for the patient, such as lymphoedema.

There is ongoing research to see whether robotic surgery can be used to treat ovarian cancer but, if so, this would be a huge improvement as these women are left with a large incision in the abdominal wall. Where we perform operations using the DaVinci robot, patients recover much quicker. They're able to go home after a day, instead of a week. If you compare robotic surgery to open surgery, there is less pain after surgery, and usually less blood loss as well. They are usually back to normal after 2 to 4 weeks depending on their previous fitness, but with open surgery, this is more likely to be 6 to 8 weeks. With open surgery, I would say on average, women lose 500mls of blood, whereas with robotic surgery this is usually less than 50ml – so a lot less! Just incredible machines." ✂

“As the RUH is getting the Da Vinci training robotic system, I'll be involved in the very important task of training surgeons how to use the robot. Initially, the system will be mainly used for cancer cases, but the robot will soon become a good tool to use in other complex gynaecological surgery.”

Dr Ellen Nelissen Gynaecological Oncology Consultant Dr Ellen Nelissen

Support our campaign by donating today, visit ruhx.org.uk



This spring's snapshot of the RUH's research projects committed to diving deep into oodles of data.

Research Rundup

Thanks to the continued good work of RUHX, we've been able to fund many dynamic and essential research projects over the past twelve months. These studies have asked and answered important medical questions and undertaken critical research that will be of valuable assistance to provide important services for our patients. Let's take a closer look...

Pain Speciality Data Platform

Last year, RUHX awarded £40,000 to Dr Jenny Lewis and Dr Jeremy Gauntlett-Gilbert for their research into "Developing and Management of an Integrated **Pain Speciality Data Platform**". Their project posits that many chronic and rare pain conditions such as Complex Regional Pain Syndrome (CRPS), and pain conditions in children, are still poorly understood. To learn more about these conditions, and what works in treatment, large research databases or 'registries' require to be established, where rich clinical data is captured about patients who use their services.

Historically, specialist RUH pain services have highly significant collections of such data, and dozens of research papers have been published that have moved the field of pain rehabilitation forward. However, 'pen and paper' data collection methods using questionnaires require serious digitalisation. Funding for Jenny and Jeremy's project will allow their team to migrate the process to a digital system and to online platforms where patients, often children and young adults, these days, feel most at home.

The project will unite all the specialist services with similar data collection methods together to create the nation's singular resource database of clinical data on children and young adults with several rare pain conditions. In addition to the data digitalisation, the funding will enable the purchase of a number of tablets that will also allow patients to complete online questionnaires while attending hospital for treatment, as well as a secure website that will allow patients to complete and submit questionnaires on their own devices. This fresh approach to research will improve patient treatment and greatly reduce the administration time required for data collection.



We are so grateful to RUHX for funding this new digital chronic pain platform. It enables a large and complicated project to be undertaken that will fully integrate our whole pain speciality into the digital age.

Dr Jeremy Gauntlett-Gilbert



Dr Jenny Lewis



Dr Jeremy Gauntlett-Gilbert

Giant Cell Arteritis

In other wonderful research news, RUHX has awarded clinical fellow in Rheumatology, Dr Ben Mulhearn, £10,000 for his project, entitled "Has the Incidence of **Giant Cell Arteritis** in England and Northern Ireland been Influenced by the COVID-19 pandemic?"

Giant cell arteritis (GCA) is a serious autoimmune disease that causes inflammation of the arteries. It affects older people and can cause significant health problems, including visual loss. The precise cause of GCA is currently unknown, however, it is thought that environmental factors, such as infections, may trigger the immune system to behave abnormally, causing damage and inflammation to the blood vessels.

During the COVID-19 pandemic, the RUH saw more cases of GCA than normal. It was noticed that there were increased numbers of GCA cases when rates of COVID-19 infection were higher. These findings could be evidence that infections, such as viruses, can activate the immune system in an abnormal way causing disease.

Dr Mulhearn's study aims to find out if COVID-19 infection leads to an increased risk of developing GCA and, if so, discover the time delay between COVID-19 infection and diagnosis with GCA. The research project will also investigate if the COVID-19 vaccine rollout reduced this risk. Any knowledge discovered will help to diagnose GCA earlier, which will lead to improvements in patient care in the future.

"This study is progressing nicely," Dr Mulhearn told RUHX. "We have one preliminary publication highlighting the relationship between how much time there was between getting COVID-19 and GCA symptoms on a local population level in Bath. The funding has also allowed us access to a national database that holds information on thousands of patients visiting their doctor and for what reasons. This is all held anonymously but is a rich source of information."



It's been challenging to split my time between clinical and research due to NHS pressures, but I'm reducing my hours from August to progress this project further.

Dr Ben Mulhearn



Dr Ben Mulhearn

LoCATE

Established originally by Professor Esther Crawley, the **Long COVID Services for Adolescents (LoCATE)** is a qualitative research project now supported by Bristol medical student, Olivia Taylor.

Long COVID clinics are held by the RUH Chronic Fatigue Service and were introduced to support the many children that have ongoing symptoms after a COVID-19 infection. The aim of this vital study is to evaluate how children, young people and clinicians (providers and referrers) feel about their experience of Long COVID clinics.

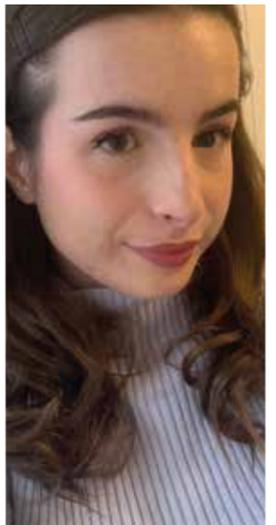
Long COVID can be disabling and is relatively common in children and young people. It is defined as symptoms of COVID-19 that persist longer than four weeks following infection. It is not known how many children experiencing symptoms of Long COVID will access NHS services and there is no evidence on whether these services are offering treatments that are acceptable for children and young people with Long COVID.

This LoCATE study will evaluate how patients who have attended long COVID clinics regard their service experience. Moreover, the study will gather insight from the clinicians who provide the services to see what aspects are working well and what aspects require improvement. "We have conducted a focus group with clinicians from the Bath Long COVID service," Olivia told RUHX of her work to date. "We have also organised a PPI (patient and public involvement group) with participants who have completed interviews so far. This helps us obtain ideas on how to further improve recruitment of young people into the study – every bit of data we can get our hands on is crucial." ❄



We are very grateful for RUHX's funding of £1,340 towards our LoCATE study, which allows us to compensate our participants with £20 vouchers for a 30–45 minute interview. We believe this has increased our recruitment into the study.

Olivia Taylor



Olivia Taylor

Research is a valuable part of NHS healthcare, and crucial to drive real change and enhance the care, happiness and wellbeing of our patients, here at the RUH and beyond. The more we learn, the more we can help. Donate to research today:
ruh.org.uk

The Place to Be

This summer, the RUH has its mind set on creating a **Wellbeing Garden**, a tranquil and calming outdoor space vital for patients and staff in search of a well-deserved serene state of mind. To make this idea blossom, however, we need your help...

Ever since the aftermath of the COVID-19 pandemic there has been a devastating drop in patients, practitioners and medical professionals' mental health with a significant toll taken on their daily lives. Today, more of us suffer from stress, anxiety, depression and long-term health conditions than ever before.

At the RUH, we must ensure the emotional wellbeing of staff and patients and all visitors to our hospital and assist them to enjoy as healthy and happy a life as possible. The best way to achieve this is an English Garden that all can enjoy! The benefits of spending time in nature are now widely known scientific facts, scores of recent studies have shown that gardens and gardening have an incredible, and unparalleled, immediate and long-term effect on mental health and recovery.

In order to ensure our garden dream becomes a reality, we need your help to raise an additional £50,000 to create this specially designed outdoor space on hospital grounds that offers serenity as standard. With your donations, we can create a retreat that aids rest, recovery and relaxing all under one all-natural roof.

Be Here Now

Working in close collaboration with our colleagues across the Emergency Department, the Wellbeing Garden will showcase the importance of the Great Outdoors for positive mental health and physical wellbeing. We know how profoundly busy and hard all of our 5,000 members of staff work, so this inviting and inspiring garden will offer a much-needed peaceful reset, a snoozy sanctuary away from their stressful life-saving and care-giving duties.

Unwind the Mind, Body and Soul

The garden will be open for patients, carers and visitors too. The hospital aims for the space to play an important role in the recovery and recuperation of patients and the wider community. When necessary, patients will

prescribe themselves greenery as the best course of medicine and connect with nature – and take part in scheduled outdoor activities and events – to help positively inflate their mental state when required.

The Wellbeing Garden, to be situated in an easily accessible location near the Lansdown restaurant on the Combe site, has plans that include: a pond with bespoke integrated seating; insect houses; fruit, vegetable and herb planters and boxes; flowers and plants with calming properties; wildlife spotting... and several areas where staff and patients can simply lie back, unwind the mind and watch nature blossom and bloom. ✂

This wonderful Wellbeing Garden will be accessible for all, so we would love as many patrons as possible to help us make sure it happens. We're halfway to completing our campaign goal. With £50,000 more to go, a donation today will make all the difference to patients and staff tomorrow. RUHX needs your support. Give today at: ruhx.org.uk

Illustrative design of how our Wellbeing Garden could look – wow!



Research supports the benefits of being outdoors on our physical, cognitive and psychological health and wellbeing. Many of our patients spend a significant amount of time in hospital. RUH's neuro rehab team fully supports and encourages the Wellbeing Garden for our patients and the all-round benefits to help their rehabilitation. 99

Pete Bishop-Ponte, Clinical Specialist
Neuro Trauma Physiotherapist



A Day in the Life

Eleanor Cheetham,
Occupational Therapist.

Newly qualified Occupational Therapist, Eleanor Cheetham shares with what life is like working at the RUH and the importance of her essential role.

Over to you, Eleanor...

"Occupational therapists work in lots of different areas around the RUH, including palliative care, chronic pain and fatigue, rheumatology, paediatrics, wards and in community-based teams. My role is really varied and inspiring. I work with patients following surgery, though not exclusively, as I work with people with a wide range of medical conditions, to focus upon their abilities to engage in what we call Occupations. These are everything that a patient can do – these can range from getting dressed, brushing your teeth, paying your bills, to participating in hobbies and going back to work. My job is to think about how when somebody's in hospital, for whatever reason, this might impact their ability to do the things that they want to be able to do.

A key part of my practice is considering a patient's environment and routine, in order to support with rehabilitation in the hospital but also to consider what may help once someone is in their own environment. That could be thinking about different ways of engaging in an activity, such as pacing and energy conservation techniques, rehabilitation, or the provision of equipment that will support in enabling somebody to do their occupation.



My role is to help people overcome challenges the patients face in relation to engaging in day-to-day activities. 99

Teamwork Makes the Dream Work

On a typical day I'll visit surgical wards and see which patients might be referred for therapy. I'll then prioritise tasks depending on the needs of the patients. I work closely with physiotherapists as part of the surgical therapy team, but then also the wider MDT (multidisciplinary team), including nurses, doctors and the extended therapy team to determine the right therapy plan for that individual. We also liaise with the community teams to ensure the support is there for the individual once they return home.

It's important to build up a rapport with the patient and find out what's important to them, plan for what they might want to achieve, their goals in hospital and help with a plan for going home. I'll assess their current level of function and ability in relation to engaging in ADL's (Activities of Daily Living) while in hospital, their



mobility and learn as much as I can about their home environment.

Another big part of my role is supporting patients who are near the end of their life in getting home from hospital, working closely with the palliative care team and community services as well as the individual's family. My role teaches me skills to ensure patients have the appropriate supportive equipment to meet their needs, supporting their wishes and making sure they are comfortable, and assessing the level of care they need at home." ✂



The best thing about my job is getting to know a patient, relishing our conversations, so I can discover what's important to them and help them the best I can to support and enable their independence so they can do whatever they like to do. Whatever matters to the patient, matters to me. 99

Swing into spring with RUHX

Your indispensable guide to this year's must-do events and volunteering. Feel free to do them all!

Our events and volunteering includes a little bit of fun for everyone. In tandem with the fundraising support, we're always on the lookout for kind and enthusiastic people just like you to help us ensure our essential events happen without a hitch. Let's find out more...

The Alps Trek: 14-18 June 2023 / 6-10 September 2023

From waterfalls to glaciers to stunning mountain views, our amazing three-day trek Alps Trek kicks off on 14 June 2023 and again on 6 September 2023. Make forever memories along this long and winding road that covers 46-kilometres of breath-taking beauty as it bends through the iconic Mont Blanc region in France, Italy and Switzerland. To miss it is to miss out.



The Alps Trek

Events Calendar 2023

MAY

13-14: Jurassic Coast Challenge
20: Walk of Life / Walk of Fun

JUNE

14-18: Alps Trek
24-25: Cotswold Way Challenge

JULY

Skydive – choose your own date!



Skydive

AUGUST

12: Tough Mudder South West

SEPTEMBER

6-10: Alps Trek
8-10: 24 Peaks Challenge
10: Great North Run

OCTOBER

4-8: Camino de Santiago
15: Bath Half Marathon

DECEMBER

2: Polar Plunge



Polar Plunge



Bath Half Marathon

Be a RUHX Volunteer!

Getting more involved with RUHX in 2023 is as easy as 1, 2, 3. We're always on the lookout for new volunteers to help carry out our cause! Whether you want to help at our upcoming events such as Walk of Life or join a Fundraising group –

or even start volunteering at the H.U.G.S charity shop in Bath – every little thing you can do to help, helps a lot.

To find out more, email: fundraising@ruhx.org.uk

For more details on each event and to sign up today go to: ruhx.org.uk

RUHX Superheroes!

It's that time to say a thousand THANK YOU'S to our superstar super-supporters.

RUHX's fundraising community continues to make us proud... and put a smile on our face! For the last three months they have done an extra-special job raising essential funds to improve patient care at our hospital – and beyond.

The Helen Straker Charity

Every year, the Helen Straker Charity holds several fundraising events in memory of Helen, who sadly passed away with cancer in 2013. In her last years, Helen fought hard to give everyone access to the best possible cancer care and end of life care. 2022 was the biggest and most brilliant year yet, with events that included a Golf Day at Manor House Golf Club; an alternative Ascot Ladies Day at Bath Racecourse; a black-tie ball for 250 guests at The Pavilion, Bath; and 'The Tractor Boys Lunch' in December with celebrity guest speaker Mike Tindall. Much fun was had. The events raised a phenomenal £200,000 for RUHX and Dorothy House. This epic donation will be shared between RUHX's Robotic Surgery Campaign (see pages 8 & 9) and Dorothy House Hospice, Winsley. Since the charity's inception in 2002 by Helen's husband, Gordon, they've raised a whopping £900,000. For 2023, they are aiming to exceed £1million.

Rachael Tucker-Smith

New Year's Eve is a time for new beginnings. However, for two of our amazing supporters, it also meant a time for new haircuts...

In September 2022, Rachael Tucker-Smith was told to prepare for the worst after her sister, Hannah, was admitted to the ICU and placed on a ventilator. With her family, and the staff of RUH, by her side for days, all they could do was care for one another and hope. Thankfully, Hannah made a remarkable recovery. To say thank you to the extraordinary ICU staff that worked tirelessly to care for her sister, Rachael, and her sister-in-law, Sharon, raised more than £3,000 for the ICU department by promising to shave off all their hair at the stroke of midnight 2023!

Rachael, Sharon – thank you for your extra-extraordinary fundraising. We've got to say, you rock short hair!

River's Memorial Ball

In 2018, Rhian and her husband, Matt, had a little girl they named River Emilia Ridgway. Tragically, River was born sleeping. Every year since, Rhian has thrown a black-tie Memorial Ball to remember their daughter and to raise funds for the RUH's Forget Me Not suite, following the exceptional care Rhian, Matt and River received at the most difficult of times. Last year's ball was Rhian's biggest yet raising a remarkable £4,386. The Forget Me Not team plan to use these generous funds to update furniture in the suite and to expand memory making options to include making 3D casts of babies' feet.

Rhian said: "We feel passionate about improving the Forget Me Not Suite so that families experiencing the same heartbreak as we did have a comfortable safe space to spend time with their babies before saying a final goodbye." Planning is underway for this year's ball, and we wish Rhian and Matt all the very best. ✂



Gordon and Nikki Straker



Rachael and Sharon, before and after their head shave!



Rhian and Matt Ridgway

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 Wellbeing Garden
 Robotic Surgery NICU Special Care Appeal
 Research

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!