

RUH extra!

Celebrating the extra-extraordinary work of our community

Winter/Spring 2024



RUHX Charity Celebrating 25 Years

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to Radiology

2024 is set to be our most exciting year yet

Happy New Year from everyone at RUHX. I am excited to share the latest edition of our magazine, RUHX Extra! for your information as a valued reader and supporter.

This year we're excited to be celebrating the 25th anniversary of being the official NHS charity of the RUH. We also look forward to sharing and celebrating with our supporters throughout 2024 the many important ways we've all helped the RUH in that time.

We are delighted that our magnificent new Dyson Cancer Centre will open this year in late spring. Thank you to over 11,000 generous supporters that contributed an extraordinary £10 million to help create this new healthcare facility for our community, who will benefit from the centre for many years to come. Our new Dyson Cancer Centre's great facilities will put Land, Sky and Water at the heart of it to create a truly holistic healing environment for patients and families that need care there. The opening will soon be upon us, and you'll find in this *RUHX Extra!* edition more information about the centre and what patients can expect.

We also share the story of one of our Consultant Colorectal Surgeons who has been trained in robotic surgery, the very busy 'Day in the Life' of one of our ICU Sisters, a round-up of medical research taking place in the RUH and the launch of our new My Thank You scheme – look out for it if you are visiting the RUH. It is an easy way to pass a personal thank you message to anyone who helped you here during your visit.

Finally, there is news of all our 2024 fundraising events on page 14. It's not long until clocks change, and winter turns to spring, and we have a great programme of fundraising events to join in with including firm favourites the Bath Half marathon and the Walk of Life in May.

Thank you for reading all about our latest projects and events in this special year for RUHX. Please get in touch if you'd like to find out how you can get involved, celebrate with us, and help us to achieve the next new RUHX project for the health of our community. You can email us at: hello@ruh.x.org.uk

Thank you and best wishes,

Rhyannon

Rhyannon Boyd
Head of RUHX



NHS
Royal United Hospitals Bath
NHS Foundation Trust

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Give the Gift of Thanks

This January, RUHX are launching **My Thank You**, a simple and direct way for patients and families to express their appreciation and gratitude to RUH staff for their dedicated service.



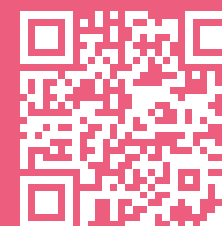
Messages That Matter

When a loved one is in hospital, the kindness and compassion of the RUH staff, teams and departments can make all the difference. Now, with **My Thank You**, patients and families can communicate to RUH staff just how much that care matters. The service is essential for several reasons:

- ✚ Provides important feedback for staff to see how and where their work mattered.
- ✚ Empowers patients to give thanks in their own way, in their own time.
- ✚ Gratitude can be therapeutic.
- ✚ Increases team motivation and staff morale.
- ✚ Connects families and patients with RUH staff.
- ✚ Connects patients and families to RUHX opportunities for volunteering and donations.

QR Amazing!

My Thank You is free and easy to use. Simply, scan the QR code below with your smartphone camera and follow the online instructions. The process takes less than two minutes. Your message is sent to the member of staff, or team, and received within one working day.



Scan and Smile

My Thank You posters, postcards and banners can be found in the waiting rooms of the Paediatric, Maternity, Gynaecology, Eye Unit and Breast Clinic departments...with more to come soon. Wherever you see the QR code, scan it and say thanks to the RUH. *It'll make our day.* ✚



The QR codes can be found all around the hospital

Forever Young

In 2024, RUHX celebrates a momentous anniversary – 25 years of being the official NHS charity of the RUH. *Wow!*

Over the course of the coming year, RUHX is taking a well-deserved trip down memory lane to celebrate its greatest memories and achievements and thank the community that helped make them happen. Let's stop to smell the roses and peer back in time at our first 10 unforgettable years.

A History of Care in the Community



The old RUH main entrance, before the Atrium construction in 1999

Our first-ever fundraising campaign raised £5 million to build a 21st-century atrium entrance. It became the beating heart of the RUH.

A New Century

RUHX began its lifelong dedication to charity fundraising back in 1999 as **The Forever Friends Appeal**. Big Ted, a cute and cuddly teddy bear, was the mascot.

At this time, the RUH embarked on a major redevelopment scheme to update the hospital's facilities. This project saw the launch of the official NHS charity of the RUH, which helped raised enough donations to equip the hospital with a much-needed atrium entrance. Since then, the charity has continued to support the development of the hospital with huge projects that continue to have significant impact on the Southwest community – and beyond.



We launched our hugely successful 'CT Scanner Campaign' to raise funds to purchase a second CT Scanner in the Radiography Department. This national campaign was voted the year's Best Direct Mail Campaign.



Rich, Jan, Tim and Annie at the 2005 Institute of Fundraising Awards

Following the RUHX's purchase of a fluoroscopy machine, which takes a special type of X-ray to enable a radiologist to examine different body parts in real time, the first Fluoroscopy Suite at the hospital was built.



The Fluoroscopy Department

Our Greatest Achievement: A New NICU in 2008

In our first 10 years, RUHX's most successful fundraising achievement was the launch of the 'Space to Grow' campaign in 2008. It helped fund the build of a next-generation Neonatal Intensive Care Unit. The NICU has since become a beacon for sustainable carbon-neutral healthcare buildings, winning several architectural design awards. With less noise and light at night, crucial for a baby's neonatal development, the NICU was a vast improvement on the previous unit. A comparative analysis between the former and new NICU environments found anxiety and depression among parents in the new space were greatly reduced.



The NICU's 'Space to Grow'

Our beloved 'Space to Grow' fundraising campaign's massive success ensured a more modern Neonatal Intensive Care Unit (NICU) could be built. The building's aim was to provide a safe, caring and compassionate space for babies, and their parents, at a time of urgent need.

1999

2000

2001

2002

2004

2005

2006

2007

2008

TV star Ross Kemp helped us launch 'Ted's Big Day Out', our first annual fundraiser, which ran until 2019. The day earned praise from thousands of participants who delighted in taking their favourite cuddly stuffed toys to work or school to support the RUH.



Eastenders' actor Ross Kemp in Ted's Truck

The Catheter Laboratory was installed in the Cardiology Department with funds raised by us. The laboratory ensured a variety of essential tests and procedures, including ablation, angiogram, angioplasty and the implantation of pacemakers, are carried out.



Essential Catheter Laboratory equipment in action

Significant investments were made for the vital refurbishment of the A&E department to guarantee faster and more efficient care and protection for patients and staff.



Our super new-and-improved A&E

The Children's Ward garden was re-developed into a happier outdoor space, proven to help a faster rehabilitation and recovery in young patients.



The Children's Garden

The **Walk of Life**, started its journey as March Miles, a fundraising campaign, and a long walk around the hospital's catchment area, founded by sisters Vanessa Kyte and Nicola Noble. The Walk of Life is now the RUHX's annual flagship fundraising event and continues to go from strength to strength.



Walk of Life founder Vanessa Kyte

A second CT Scanner was purchased for the Radiology Department, following a successful fundraising campaign. At the time, the sole CT Scanner at the hospital was the busiest in the country, scanning 1,000 patients a month, seven days a week. The new scanner meant the hospital could double the number of patient appointments and reduce waiting lists. It boasted then-state-of-art technology and led to a rapid diagnosis for patients. In short: it saved lives.



The brand-new CT scanner

RUH's Longest Serving Volunteer: Malcolm Pearce

Alongside the RUHX, **Malcolm Pearce** is also celebrating an important anniversary this year – 24 years of volunteering for our charity.

Thank you, Malcolm! *"I will keep volunteering as long as I can because it's so rewarding and I really do enjoy it. I've met so many people and make new friends every year. Part of the joy of volunteering is meeting the people who directly benefit from the charity's hard work. It's a privilege to meet them and hear their stories."* **Malcolm Pearce** RUHX Volunteer



Malcolm, with Molly and Anna from RUHX



Having our charity help fund the new NICU, the building resulted in a dramatically different and improved environment in which we can care for the premature and sick babies and their families that it looks after. On behalf of the babies, parents and staff, thank you for all your support.

Bernie Marden Former Medical Director, RUH

A Grand Opening

The RUH's Dyson Cancer Centre is on its way!

The long-awaited grand opening of the Dyson Cancer Centre is one of the biggest dates in the Southwest's 2024 calendar. Since first ground was broken in 2021, construction on the super-modern structure has pushed along at a steady pace, but a shortage of specialist skilled labour to complete much of the complex internal engineering this year has delayed its arrival. However, the RUHX is excited to announce that the Dyson Cancer Centre will now start welcoming patients in Spring 2024.

Spring into Action

Once open, the Centre will unite the majority of the RUH's cancer services, including research, under one state-of-the-art roof, providing oncology, chemotherapy and radiotherapy services and a 22-bed inpatient ward, as well as a Macmillan Wellbeing Hub. The Centre, with its 'Land, Water, Sky' theme, will provide a nurturing and therapeutic environment, and make extensive use of natural light and external spaces, and include artworks and exhibits from local artists and designers, the most illuminating of which is a beautiful, botanical lightbox installation created from a biodiverse palette of local flora gathered from the celebrated garden at Hauser & Wirth Somerset in Bruton, near Bath. This beautiful and bespoke artwork will sit in the eyeline of all patients who visit the Radiotherapy Department.

The £50m Dyson Cancer Centre is backed by more than £40m in government funding and supported in part by a £4m donation from The James Dyson Foundation to create a cancer services hub for half a million people in the Southwest of England. A further £1m was donated by the Medlock Charitable Trust, £1m by Macmillan Cancer Care and a further £5m was also raised by RUHX, thanks to the kindness and compassion of thousands of supporters. ✂



iRobot

This issue's prestigious guest is **Consultant Colorectal Surgeon James Wood**. James tells us of his experiences of being trained to use the new cutting-edge surgical robot – the Da Vinci XI.

Over to you, James...

As a Colorectal and General Surgeon, I perform surgery for bowel cancer, non-cancerous conditions of the bowel and colon, proctology, inflammatory bowel disease and treating early pre-cancerous lesions. I also take my turn on call for general surgical emergencies, such as appendicitis, incarcerated hernias, gut problems and twisted or blocked bowels. I also perform colonoscopy tests.

Prior to using the Da Vinci XI robot for surgery, laparoscopic or 'keyhole' surgery had become well established around the world and has become the norm or the default surgery for colorectal surgery. **The transition to robotic surgery now is similar to the move to keyhole surgery from open surgery over the last ten or twenty years. It's a very exciting time for robotic surgery.**

Intuitive, the company who produce the Da Vinci XI, helped to train me in robotic surgery through a number of steps. The advantage of this robot is that it has a console where you can do several technical simulation exercises, the machine scores you on dexterity, efficiency of movement, time to complete a task and you have to score 95 per cent+ on them. The estimated total training time is 40 hours. It's a bit like learning any skill, such as the piano, you wouldn't just sit down and do 40 hours of piano practise – after half an hour you go away and come back later. I would fit my simulation training around other duties or when I was on call at the weekend.

Extra Pair of Hands

Intuitive also has instruction and tutorial videos you must watch and then complete an online test. I also did an "observation day" at another hospital that uses the robot, where I watched a trained surgeon during operations. I also went on an intense two-day course. I took one of our Registrars who was learning to be a robotic bedside assistant.

We both got the chance to work and test the robot in a surgery simulation, which was as daunting and thrilling as you can imagine. After this training I did my first operation the following week – two right hemi colectomies – for tumours in the colon. I have done eight operations now. A representative from Intuitive is always on hand for your first few operating days, to give technical support, and that is really useful as they know the robot so well!

“For me, an advantage of using the robot is the view and access. An analogy I often use is that keyhole surgery is like operating with chopsticks whereas with the robot it's like operating with your own hands. The robot combines the advantage of keyhole surgery with small incisions and the dexterity that I would have with my hands if I were doing open surgery.”

James Wood
Consultant Colorectal Surgeon



James Wood, Consultant Colorectal Surgeon

Another advantage of robotic surgery is the ultra-high-definition view, I can see the finer detail of the minute structures I'm operating on. It helps me to be more precise as the area I'm operating on is magnified on the robot's console screen. The robot gives me an extra instrument, rather like having an extra pair of hands. I can get a much better view of what I'm trying to do which is especially good when I'm doing surgery in confined areas of the body.

Operating is different with the robot compared to open surgery too. I'm sitting down at the console, un-scrubbed. The advantage I think, to my patients so far, is that they have recovered very quickly after robotic surgery, faster than standard keyhole surgery, and have experienced a quicker return of gut function. So far the operations have all gone very well. ✂



Da Vinci XI Console



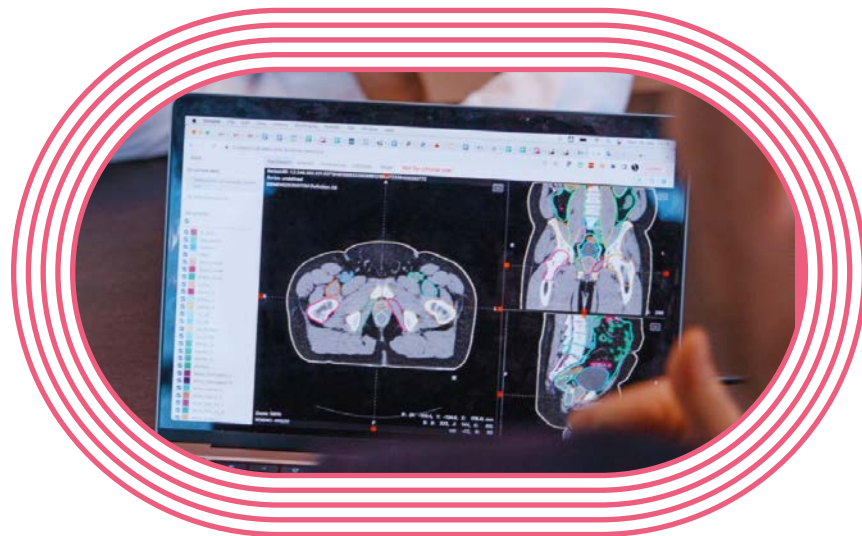
James Wood at the Da Vinci XI Console

The exciting life-saving capability of Artificial Intelligence (AI) is no longer on the horizon. It's here. And RUH is keen to embrace it.

Say Hi... To AI

In collaboration with Bath Cancer Unit Support Group and RUHX, the Radiology department now has cutting edge AI auto-contouring technology, all thanks to the continuing generosity of donors who raised the necessary £152,000 for the software and licenses.

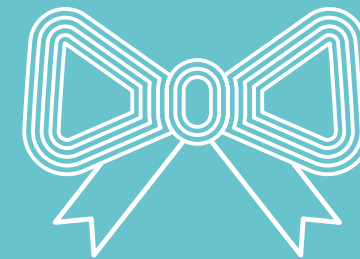
Auto-contouring, a super-smart AI algorithm that can automatically identify healthy and cancerous tissues in medical images, such as CT or MRI, provides clinical oncologists with a precise contour of organs. **The more accurate the contours, the more targeted the radiation therapy.** With AI technology completing this routine task faster and more efficiently than yesterday's procedures, oncologists can get straight to work devising accurate treatment plans and spending more time with their patients and offer even more essential emotional support. Time well spent. Money well spent. ✂



Turn to Page 15 to read all about Stuart Gillett's Deca-Ironman challenge. Stuart's incredible devotion to changing people's lives helped raise funds that made this AI technology purchase possible!

“The unique characteristics of a patient's cancerous tumour is identified by AI Auto-contouring software and will ensure a more precise radiation therapy and improved patient outcome.”

Gifts That Keep On Giving



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

As ever, several important updates to keep the RUHX community up to speed with all your great donations turned to good deeds. Let's jump right in...

AccuVein Scanner

Doing a blood test or fitting a cannula in the vein of young children can be very difficult. Their veins are very small and can be difficult to see or feel. This is even more difficult when the child is unwell. The AccuVein scanner uses special near infrared light to show where veins that are not visible to the naked eye are. This means less painful needle pokes for our young patients. **Thanks to the RUHX donations we received this season, the Children's Ward now has one AccuVein 5000 and a hands-free stand available.** And if that wasn't enough good news, after every blood test, brave children are allowed to pick a treat from our Treasure Chest, which are all donated by the public via an Amazon wish list.



Sarah Potter, Paediatric Senior Sister, Emergency Department, with an AccuVein Scanner

Rotork Wellbeing Hampers

In 2023, RUHX had the privilege of being chosen for the **Rotork Community Challenge**, sponsored by the Bath-based FTSE 250 business Rotork PLC, and involves local charities setting challenges for Bath University's Marketing students. For this year's challenge, RUHX enlisted the students to help produce our yearly Christmas hampers for all the RUH staff. These wellbeing hampers contained several relaxation products, such as bath salts, and teas and coffees, to remind staff to relax and rejuvenate whenever possible during Christmas. The hampers were handed out on December 6, and whispers on the wards tell us that they were well received!



Air Glove

Chemotherapy Air gloves

RUHX were delighted to be presented with an incredible cheque for £8,000 from the Trustees of The Friends of Huck to provide support for RUH Cancer Services. The gift was raised in tribute to Mark Hucklebridge, who lost his six-year fight to bowel, liver, and lung cancer in 2017. The donation has purchased an Air glove air warming system that will enhance the care of patients treated on the Oncology and Haematology ward. Air gloves aid medical staff with cannulation for those patients who have fragile, hidden, or damaged veins after extended courses of treatment, such as chemotherapy. The glove simply warms the patient's arm in a safe and painless way by gently widening the blood vessels and encouraging veins to appear. This will aid patient comfort and experience, while saving time. "We know our patients will be very grateful, and our team on the ward are very excited to start using the air glove," said Senior Sister Mel Burcombe. "We cannot thank the Friends of Huck enough for their generosity."

The incredible support towards RUHX over the years from the Friends of Huck has been extremely important to our hospital and has helped the staff give every patient treated and cared for on the William Budd ward the extra-extraordinary care they deserve. Since this donation, Friends of Huck also held an event on October 14, 2023, to celebrate Mark's birthday and raised a further £4,000 for cancer services. ✂



RUH staff with Christmas wellbeing hamper provided by RUHX

Season of Good Will

Our annual Will writing scheme in September was a triumph. A massive thank you to everyone who signed up!

Your participation with **RUHX Will Month** meant we achieved:

- ✚ £20,000 raised – *incredible!*
- ✚ 70 completed single and double Wills.
- ✚ A professional will writing service provided at a reduced cost.
- ✚ Peace of mind for families so that their wishes will be followed, avoiding difficult decisions and legal complications in the future.
- ✚ Securing life changing future income for RUHX through pledged Gifts in Wills.

The success of RUHX Will Month could not have happened without the generous support of our local trusted solicitors and legal partners, who gave their professional time and support for free. Their participation has helped secure a happier and healthier future for our local community and beyond.

Thank you to the following:

AMES KENT
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rwk goodman

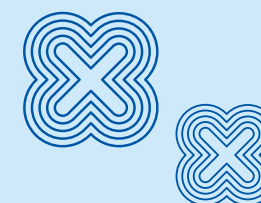
WARDS
SOLICITORS



A Day in the Life

Junior Sister in the
Intensive Therapy Unit

In December, we interrupted Betty Muyang's well-deserved tea break to learn all about her day as a Junior Sister in the Intensive Therapy Unit (ITU).



Over to you, Betty...

I have been a Junior Sister in the Intensive Care Unit at RUH for more than 10 years. I juggle it with being a mum to my 11-year-old son. So, yes, the days can get very busy! But it's an honour to be a nurse at RUH caring for the sickest patients in intensive care. Like all the nurses on the unit, we just want the best for the patients and so we bring a lot of empathy and compassion to the hospital every day. We do the best for our patients to make them better. It's hard work, with good days and bad, but it's always a privilege to support our patients through hard times.

patients. I often spend a lot of my time with the nurses at bedsides just supporting the patients, ensuring their needs are met and they're safe. Sometimes it could be that most patients are stable but I could have just one patient who needs two to three nurses to look after them around the clock and that can dictate the movements of my whole shift. The other factor I consider with each shift is staffing levels. Luckily, we have office managers and senior sisters who will manage staffing issues, but intensive care is a complex unit with patients that demand more of a nurse's time, so the whole day can be a bit of a juggling act.

come through the critical time, are awake and we can interact with them and find their personality, it truly makes all the hard work and worry worthwhile. It brings a smile to my face to know that the person that was so unwell is now awake and able to interact. You build a rapport with them and the families. 99



I see the person, not just the patient. 99

Love What You Do

On a typical day, I start my shift at 7:30 am. After a handover and safety brief, I take charge of the unit co-ordinating the team and care for the patients. It could be quiet or busy depending on how many patients we have. We could have three patients one day and the next day we are full, and this dictates how the shift goes!

We work in a multi-disciplinary team and we have a constant stream of doctors, consultants and therapists on the ward coming to see the

I love looking after rehab patients when they get a bit better but they're not quite ready to leave intensive care, there is a tremendous sense of achievement for us as a team when patients are well enough to leave ICU. Many patients come back and visit us and say hello. That's when you see the transformation and sometimes I don't even recognise them! That's a very rewarding feeling that never fades.



The best thing about my job is my time with my patients. Some patients can be so unwell that they are sedated and on a ventilator. When patients have

Food for the Soul

I work in a great team, we work hard, but we also like to have a lot of fun. Every International Food Day (October 16), the cooking group we started in the ITU as part of our equality and diversity contribution invites staff to bring in dishes unique to their country. The team of international nurses who work at the RUH come from parts of the world I have not even heard of, so International Food Day is a time to celebrate everyone's heritage. It's an incredible way to feel close to the people you see every day and thank them. Anybody's welcome to bring in whatever they want, multiple dishes or just one dish. It's a great day. This year, I made a chilli peanut dish! 99

All Together Now

Our Community Partnerships Programme (CPP) continues to make a difference all over the Southwest. This is your chance to find out how.

Launched in October 2022, the CPP unites 13 organisations to benefit from more than £400,000 of funds raised by the NHS Charities Together COVID-19 Appeal. The continuing objective of the programme is to reduce health inequalities worsened by the coronavirus pandemic, and to support our local NHS community.

The RUHX is already seeing a huge improvement of care across these organisations thanks to the essential funds. Round of applause to all involved...

Age UK

Recruited six new Digital Champion volunteers as part of their Digital Champion Programme 2022-2026. These IT-experts deliver 48 hours of volunteer support for older people to improve their digital and online skills, as well as loaning technology to the elderly without access.

Alzheimer's Support

A dedicated Alzheimer's Support Dementia Adviser is now working alongside the Southwest Memory Service in Wiltshire. This allows them to take referrals of people with dementia and provide them with much-needed post-diagnostic advice and support.

Bath City Farm

The Farm's Roots to Health Programme is now able to provide community mental health support to more than 150 people facing ongoing mental health and wellbeing challenges and other complex neurological issues.

Care Home Volunteers

The Community Partnerships Programme funded Care Home Volunteers' co-ordinator to recruit and match volunteers with the best elderly resident with whom they may share interests. They operate

throughout Swindon, Wiltshire and Bath and Northeast Somerset and volunteers give an hour each week to a local care home and spend time with elderly people struggling with loneliness.

Cross Point

Cross Point Westbury kindly provided the use of their premises at the White Horse Health Centre, Westbury, for the newly appointed Social Prescriber Link Worker whose role is to connect people in need to community-based support, including activities and services that meet practical, social, and emotional needs that affect their health and wellbeing.

Ipsium

Swindon-based charity Ipsium have trained an additional 12 counsellor psychotherapists. This enables 36 extra one-on-one sessions per week, as well as an additional six hours of therapeutic creative arts and 12 hours of therapeutic music counselling.

Root Connections

Somerset's Root Connections are now providing essential and additional weekly Support and Counselling sessions in new locations, such as Radstock, Keynsham and Bath.

Off the Record

Off the Record Bath and North East Somerset now offers more listening and counselling support to young people. These include wellbeing group workshops, creative therapies, LGBTQ+ networks and stress management, and a whole lot more.

Sporting Family Change

Bath's Sporting Family Change now promise three fortnightly sessions of football, walking and gym workouts for adults.

Swindon Careers Centre

Swindon Careers Centre's new support worker, Becky, has responded to 1,571 calls from

610 carers struggling to cope with their caring responsibilities. Her role is essential – and now possible thanks to the Community Partnerships Programme.

We Hear You

Frome-based We Hear You's Cancer Counselling now provides 10 sessions of free, professional counselling each week to people affected or bereaved by cancer or other life-threatening conditions.

Wiltshire Council

Working alongside its charity partners, Spurgeons and Health Watch Wiltshire, Wiltshire Council now delivers four sessions of outreach work to families with Eastern European heritage.

Wiltshire Mind

Working proactively with a local doctors' surgery, Wiltshire Mind now delivers an adult counselling service with all available sessions fully-booked.

The impact of the Community Partnerships Programme has been beyond our wildest dreams, and we wouldn't have been able to do it without NHS Charities Together and our RUHX community. We can't wait to see what these charities do next. Watch this space.



Somerset's Root Connections

Research and Rescue

In 2023, RUHX funded vital research into Complex Regional Pain Syndrome (CRPS). The findings, published in the *European Journal of Pain* are a step closer towards a sense of relief.

One Small Step

Complex Regional Pain Syndrome, a complex, disabling pain condition, changes the lives of its sufferers. After several years of expert clinical research at the RUH, and thanks to the essential funding provided by RUHX, a breakthrough has finally been made. "For years, there was an established assumption that those who participate in rehabilitation soon after developing CRPS have better clinical outcomes," says Dr Jenny Lewis, Senior Occupational Therapist, National CRPS Service and Associate Professor in Clinical Research, University of the West of England (UWE), whose team led the research. "This widely held belief has guided international CRPS management and clinical practice, yet no one has put this to the test. Until now."

Together with a group of physiotherapy students based at UWE, Jenny and her research team analysed data from a large group of RUH patients with CRPS who attended a functional rehabilitation programme. They tracked the patients' progress over an extended period and discovered – strikingly – that patients with CRPS for a year or more did better in rehabilitation (and demonstrated the ability to maintain their gains at three months), unlike their counterparts with early CRPS of under a year in duration. That's the opposite of the commonly held assumption – remarkable! "This suggests that people with CRPS can benefit from rehabilitation regardless of how long they have had the condition," reveals Jenny.



The findings of our research into CRPS are the first to challenge the established assumptions of the condition and raise further important questions about why there is this difference...and emphasises the need for future investigation.

Dr Jenny Lewis

Senior Occupational Therapist, National CRPS Service and Associate Professor in Clinical Research, UWE

One Giant Leap

News of the research's early success has proved, finally, that there is a potentially promising future ahead for CRPS patients. However, more study, and research is required. And that demands continued funding. "We need to focus on improving early CRPS follow-up outcomes," says Jenny. "While early intervention remains important, our findings emphasise the value of adopting a more nuanced and individual approach to rehabilitation. The duration of pain might not be the sole determinant of treatment success and other factors should be considered when tailoring interventions for those with CRPS." In short: we've got a long way to go yet.

Download the *European Journal of Pain*, 2023 to learn more about the research results. Visit: <https://doi.org/10.1002/ejp.219>

To learn more about RUHX's funding into CRPS, and to donate towards the research, please visit ruh.x.org.uk. Your donations make all the difference.



Dr Jenny Lewis, Senior Occupational Therapist, National CRPS Service and Associate Professor in Clinical Research, University of the West of England



This research serves as a crucial milestone in better understanding and treating CRPS ultimately to enhance the lives of people living with this condition.

Dr Jenny Lewis

Senior Occupational Therapist, National CRPS Service and Associate Professor in Clinical Research, UWE

Please give a gift today

Your details

Full name

Address

Postcode

Telephone No.

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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)

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Start date / Expiry date /

3 Digit security code

Issue No. (if applicable)

I would like my donation to go to:

RUHX supports many extraordinary projects around the RUH where our donations are used. If you have a specific purposes for your donation please let us know in the box below.

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!