

# RUH extra!

Celebrating the extra-extraordinary work of our community

Autumn/Winter 2024

Location A22  
Main Reception



## RUHX A Royal Opening Dyson Cancer Centre officially opened by Her Majesty the Queen

Image credit paulgillisphoto.com

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# Welcome

Wow, what a year! Full of milestones, achievements and tireless support from our community, our 25th year is one we'll never forget. There has been so much of which to be proud – and there's still so much more to do!

This autumn edition of the magazine celebrates not only this historic year, it celebrates our phenomenal fundraisers and supporters too, one of whom is extra extraordinary indeed. In September, Her Majesty the Queen officially opened the Dyson Cancer Centre to the delight of us all. It was an incredible moment. (Read all about it on page eight.) I have been privileged to spend time in the new facility and hear from the staff and the patients about how transformational it is. Everyone at RUHX is beyond grateful to the 11,000 supporters who made the dream to create our new cancer centre become a reality. Thank you.

While you're here, I personally would like to congratulate RUHX super-supporter Gary Cook and his team for winning the 2024 Pride of Britain West Region award in recognition for raising more than £300,000 to support cancer care services. It's always wonderful to hear personal success stories such as Gary's and learn how RUHX makes all the difference. Visit page 13 to read more about Gary's amazing achievements.

With autumn's arrival, we're now planning several exciting events for 2025 and beyond. We've been firewalking already – much more fun than it sounds – and we have the family-friendly Glow Run in October half-term. In November, trekkers set off for the Himalayas and there's a Christmas concert booked on December 10th too, which we know so many of you will proudly support. (Details of all of this and more can be found on page 14.)

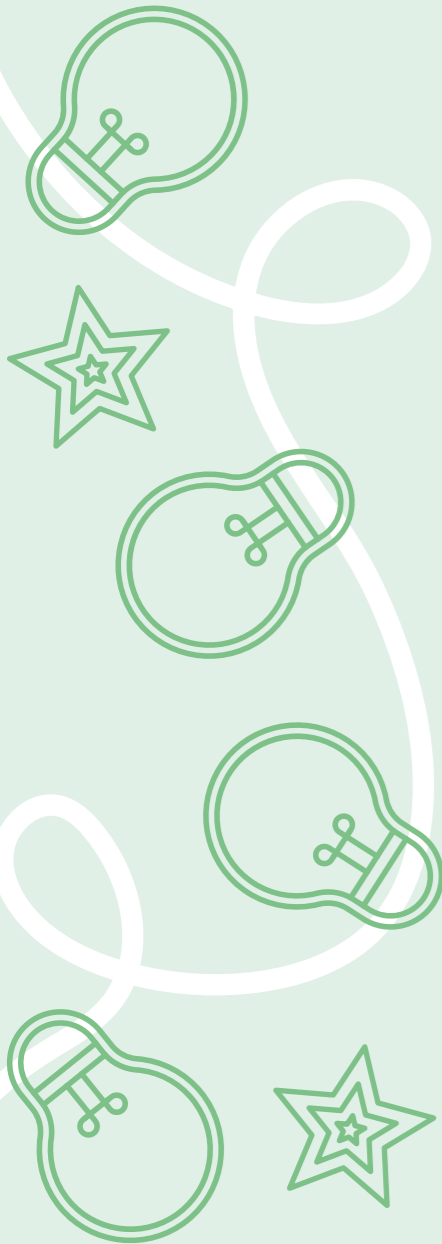
Finally, we spoke with Ros Helps to discuss her role as Lead Cancer Nurse at the RUH. Ros is an essential element in the new Dyson Cancer Centre and her 'Day in the Life' on page 12 is fascinating.

To all our readers, thank you for all your support in this extra special year for RUHX. If you would like to join us at any of our forthcoming projects and events, email: [hello@ruhx.org.uk](mailto:hello@ruhx.org.uk). You'll be glad you did – 2025 is shaping up to be even more extraordinary.

Thank you and best wishes,

*Rhyannon*

Rhyannon Boyd  
Associate Director, RUHX



**NHS**  
Royal United Hospitals Bath  
NHS Foundation Trust

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FUNDRAISING  
REGULATOR

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## HIPEC (Hyperthermic Intraperitoneal Chemotherapy)

Ovarian cancers that spread to the lining of the abdominal cavity can be difficult to treat. Now, thanks to RUHX and the Medlock Charitable Trust, a brand-new cutting-edge treatment option called HIPEC, or Hyperthermic Intraperitoneal Chemotherapy, is available for the first time. **This new service has the potential to be a great advance in ovary cancer care.** Currently, only the Royal Marsden, the Christie and a handful of other hospitals in the UK can offer this state-of-the-art service.

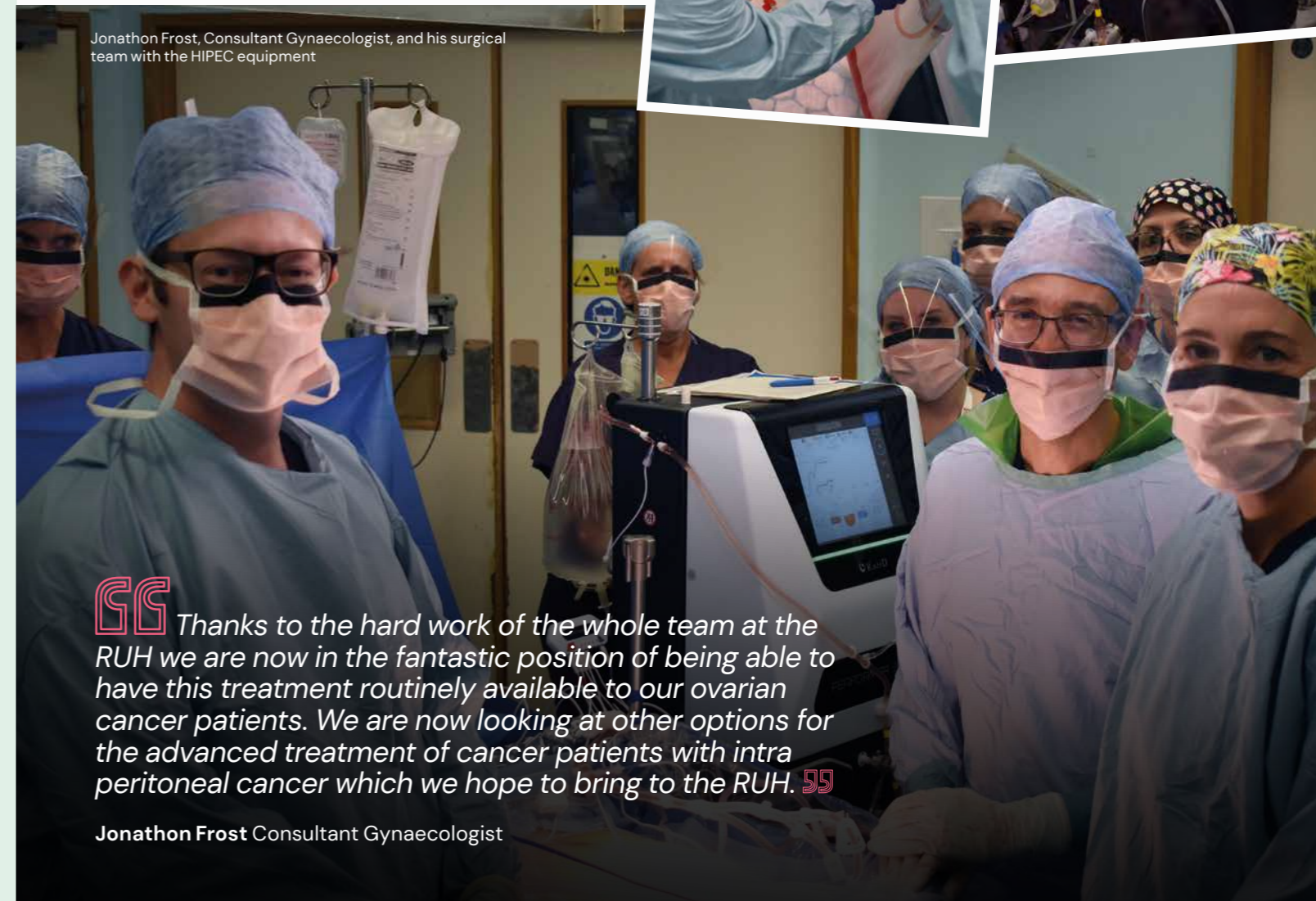
HIPEC is a two-step procedure that treats ovarian cancer during surgery. Put simply, the cancer is surgically removed, and then high doses of heated chemotherapy are pumped into the abdomen directly. The procedure can improve long-term outcomes and provide more treatment options for patients who have been diagnosed with inoperable or advanced stage cancer.

HIPEC significantly improves survival for patients with advanced ovarian cancer compared to other recent advances in ovarian cancer surgery and thanks to the Medlock Charitable Trust the machine purchased adds to the full range of gynaecological oncology services the RUH provides. ✂

The first operation using the HIPEC machine took place in September. The surgeon was Jonathan Frost (pictured with team), Consultant Gynaecological Oncologist and Specialty Cancer Lead for Gynaecological Oncology.



Jonathan Frost, Consultant Gynaecologist, and his surgical team with the HIPEC equipment



“Thanks to the hard work of the whole team at the RUH we are now in the fantastic position of being able to have this treatment routinely available to our ovarian cancer patients. We are now looking at other options for the advanced treatment of cancer patients with intra peritoneal cancer which we hope to bring to the RUH.”

Jonathon Frost Consultant Gynaecologist





# Getting Better

**RUHX's silver anniversary – 25 years! – celebrations are in full swing. With each new year, the RUH's official charity is getting better, bigger and braver than ever before.**

Following on from our summer issue, let's meander further down memory lane again and arrive in the present.

After nine years of non-stop fundraising, architectural planning and administration, our construction partner Kier officially broke ground on the Dyson Cancer Centre, despite the supremely challenging COVID-19 restrictions.



Matron Caroline Gilleece hard at work



Aerial view of the Dyson Cancer Centre site

## The X Factor: Our Charity Rebrand

After 23 years of loyal service, in May 2022, Forever Friends was transformed into RUHX. We felt it was time to re-energise and modernise the brand with the sole aim to elevate awareness of the charity for future generations to discover. The 'X' means 'Extra' and relates to the extra extraordinary work the RUH does with your support.



In June 2023, the very first robotic surgery took place at RUH using the Da Vinci Xi surgical console. Its arrival reduces surgery wait times and achieves faster recovery times. Today, surgeons compare the Da Vinci Xi to having an extra safe pair of hands during operations.



The Da Vinci Xi – switched on!



RUHX Fundraiser – Stuart Gillett!

There have been several inspiring fundraisers supporting RUHX over the years, but Stuart Gillett (AKA 'The Deca Doctor') went above and beyond the call of duty. In September 2023, Stuart (an ENT cancer surgeon by day) completed the endurance competition the 'Deca-Ironman' in Mexico. The race includes a 24-mile swim, a 1120 mile cycle, and a 262 mile run! He did it all for RUHX.

Stuart raised more than £22,500, with all proceeds going towards purchasing AI system for the radiotherapy unit, software that will drastically reduce planning time for oncologists when creating chemotherapy treatments.

What an achievement. Same again next year, please!

2020

Due to the COVID-19 pandemic, 2020 was a huge challenge for the RUH, as it was for all NHS Trusts. What RUHX remembers most however is the incredible amount of care and compassion the amazing staff at RUH continued to share, in collaboration with the community and local businesses too. While RUHX provided NHS teams with 'Hospital Heroes' care packages, local restaurants – such as Nando's – delivered free food to feed NHS workers. RUH's Lansdown Restaurant provided essential help too, basic groceries such as bread and milk were available, a blessing for staff who struggled to shop around their work in the hospital.



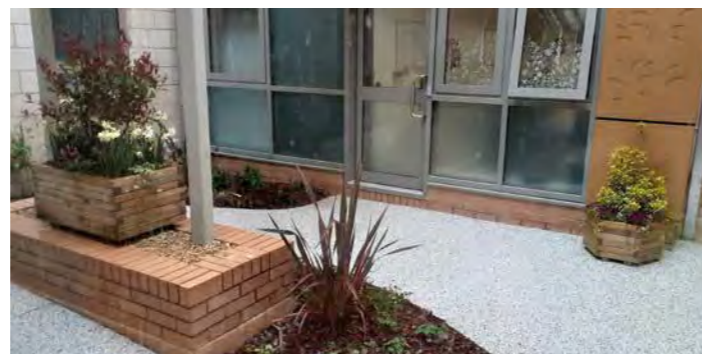
Baz Harding-Clark, Orthopaedic Practitioner in the Emergency Department, received a 'Hospital Heroes' care package

2021

Thanks to funds raised exclusively by our thousands of incredible supporters – more than £1 million! – the extension of the state-of-the-art Breast Unit was officially completed. The heartwarming opening ceremony in June 2022 included the ribbon-cutting by a former patient and her daughter. The extension included a greater size and number of treatment rooms as well as a peaceful courtyard garden where patients and staff can now relax, reflect and recover. The unit is now our pride and joy – all thanks to you!



Official Opening Ceremony, June 2022



The extended Breast Unit's new courtyard

2022

2022 (continued)

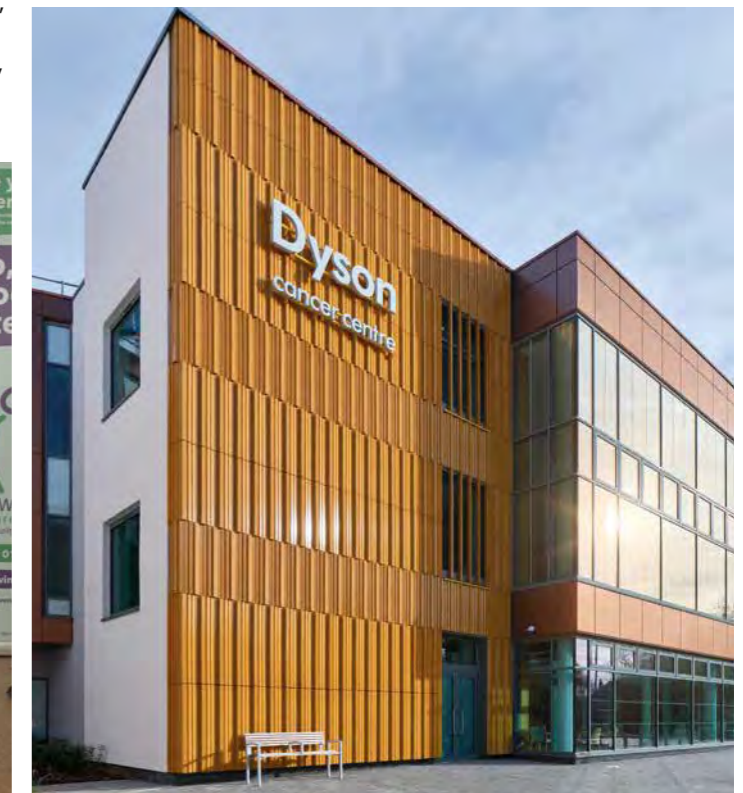
In October 2022, RUHX launched the Community Partnerships Programme. It united 13 organisations to benefit from more than £400,000 raised by the NHS Charities Together Covid-19 Appeal. Our objective was to reduce health inequalities worsened by the coronavirus pandemic and to support the local community in Bath and the wider hospital catchment area. The partnership included all of these charities: Age UK, Alzheimer's Support, Bath City Farm, Care Home Volunteers, Cross Point, Ipsum, Root Connections, Off the Record, Sporting Family Change, Swindon Carers Centre, We Hear You, Wiltshire Council and Wiltshire Mind.



The launch of RUHX's Community Partnerships Programme

2023

In April 2024, the Dyson Cancer Centre doors opened for patients and the public. The official royal opening took place in September and was attended by Her Majesty the Queen. Many of the Centre's staff spoke with Her Majesty and highlighted the importance the Centre will make to hundreds of thousands of peoples' lives. It was an unforgettable day.



Twelve years in the making, the Dyson Cancer Centre is now open

2024



# Back to Health

With the Dyson Cancer Centre up and running, it's time to focus again on the other new and improved features at the RUH from the last few months – all thanks to you, our amazing supporters.



Sensory journals help soothe newborns – and their parents

### Sensory Journals

A premature baby in a Neonatal Unit is a scary time for new parents. **Sensory journals are a tried-and-tested guide to help the parents understand how a baby is communicating with them throughout this period.** They suggest soothing sensory experiences and techniques to use and can also be a record of the baby's development, a feature parents will cherish long after they leave the Neonatal Unit.

So far, the RUHX has invested more than £1,000 for 100 'My Sensory Beginnings' journals – enough for an initial 10-month supply. We wish to provide the unit with more journals, with your help of course.

### Paediatric Sofa Beds

A paediatric cancer diagnosis is hard enough for any family, but if a child also requires inpatient chemotherapy treatment and isolation to protect their immune system, the news is doubly devastating. **To ensure no child ever feels alone, we've committed to replace the four double sofa beds in the isolation cubicles in Paediatric Oncology.** This will ensure parents never have to leave their child and still get a comfortable place to sleep, sit, talk and play – essential for the whole family. "Paediatric sofa beds give exhausted parents a chance to have a good night's sleep," said Dr Polly Bates. "Though we are grateful to the current sofa beds for their loyal service, they are now worn beyond repair."

The Paediatric Oncology already has one sofa bed in place and parent feedback has been extremely positive. We need three more. ✂



Parents can stay closer to their children for longer with paediatric sofa beds

# One Year On...

The first 12 months of the Da Vinci Xi Surgical Robot have been an overwhelming, transformational success. **Ellen Nelissen** and **Marc Bullock**, RUH surgeons who operate the system, spoke with us about just how revelatory the robot really is...



“Robotic surgery allows us to do much more complex surgery than you can do with standard open or keyhole surgery. It's less traumatic, patients get better quicker, and the results of their surgery are also much better. **After its first 12 months, we are seeing data that visibly shows the benefits of using the Da Vinci Xi surgical console.** This includes being able to provide more complex surgery for patients once deemed unfit for the procedure, fewer major complications, faster discharge from hospital, less ileus (when the bowel ceases to function post-op, delaying recovery) and a better quality of surgery performance. There are additional benefits I know from first-hand experience too, but have yet to look at the data of but include less post-operative pain and less bleeding”

**Marc Bullock** Consultant, Colorectal & Minimally Invasive Surgeon

“Over the past year, we've completed 75 robotic Gynaecological surgeries at the RUH, and the patient benefits are there for us all to see: less pain, earlier discharge and quicker recovery. What we've noticed more than anything however is the robot really shines when it comes to the more complicated procedures, the cases where the patients' needs aren't so standard.

Learning to use the robot has certainly been a teachable moment for everyone though. We're still in the process of finding out its true potential. The surgeon is just one member of a large team, so as soon as the whole theatre team, from nurses to anaesthetists, become more experienced, we'll be able to operate on more patients.

A standout example that I have experienced this year was collaborating with a urology consultant to treat a woman with recurrent ovarian cancer. Normally, they would have a laparotomy with a recovery time of 6-8 weeks, instead she had a robotic assisted procedure whereby I removed the cancer including a part of the ureter and bladder and my colleague reimplanted the ureter back into the bladder. For me this stood out as it was collaborative working across different specialties with an excellent outcome for the patient. **Before the Da Vinci Xi, the recovery of this type of surgery was 6-8 weeks. Now it's just 2-4 weeks.**

**Ellen Nelissen** Consultant, Gynaecological Oncology



The Da Vinci Xi Robot has transformed patient care at the RUH – and it's all thanks to you, our RUHX supporters!

The Da Vinci Xi surgical robot console was purchased for £2.3 million with funds raised by RUHX's amazing supporters. Its arrival bought with it new surgical expertise, faster recovery times, shorter in-patient stays and, most importantly, better clinical outcomes for patients.

**Point and click here to see the Da Vinci Xi in operation.**





# A Royal Welcome

## On September 3, Her Majesty the Queen officially opened the Dyson Cancer Centre. The local community came to celebrate this momentous occasion 12 years in the making.

### The Grand Tour

Upon her arrival, Her Majesty was whisked away on a guided tour of the new purpose-built centre, which brings together for the first time several of the RUH's cancer services under one roof, including oncology, chemotherapy and radiotherapy services, research team and nuclear medicine and physics teams, as well as a 22-bed inpatient ward and a dedicated pharmacy,

During the one-hour tour, Her Majesty met with staff and patients in the Medlock Day Care Unit, which provides specialist non-surgical treatments for people with cancer, including chemotherapy and other anti-cancer treatments. She then visited the William Budd Ward and

its courtyard, a nurturing, natural space that invites inpatients to spend time outdoors.

Her Majesty said, "everybody I've met – whether it's the patients, the families or the nursing staff and the helpers – all seem to be over the moon about it."

### Marking the Moment

Following the tour, Her Majesty unveiled a plaque to commemorate the occasion and spoke a few kind words. "Can I congratulate all of you on this wonderful centre," she said. "It's got a very welcoming atmosphere and you can see that it actually raises people's spirits in a very difficult time. It is very special, so thank you very much for asking me to open it."

Her Majesty was then presented with a posy by Riya Gowda, a pupil from a local school whose father is a consultant oncologist at the Centre.



*It's been a real pleasure to welcome Her Majesty the Queen to the RUH today. The Dyson Cancer Centre is a wonderful building which supports us to provide the highest quality of cancer care for our community.*

**Cara Charles-Barks**  
RUH Chief Executive

Local school pupil, Riya Gowda, presents Her Majesty with a posy



During the Queen's visit to the Dyson Cancer Centre for the official opening ceremony, staff shared with Her Majesty the most important features of the extraordinary new facility – and how it helps them better care for patients. This is what they had to say...



*A dedicated new room allows us to perform bone marrow transplants in a quiet, private and safe space. Previously we performed this procedure on the day unit with just a curtain to provide privacy and dignity. The new room is so much better for the patients, their loved ones and staff.*

**Dr Sarah Wexler** Consultant Haematologist



*The new facilities are much more accessible for patients, especially those who are limited physically. They can now be dropped off for appointments and treatment much more easily, which significantly reduces stress at an already difficult time.*

**Dr Rebecca Bowen** Medical Oncologist



Her Majesty the Queen met staff, patients and dignitaries as shown on the pictures above.



*A new facility fit for purpose gives our patients a greater confidence throughout treatment and recovery. A better, more efficient and bigger working environment is important in keeping up morale and staff retention too.*

**Professor Mark Beresford** Consultant Oncologist



Open since April 2024, the Dyson Cancer Centre now has more than 275 staff caring for around 350 patients – every day.



*To now have comfortable and convenient accommodation for relatives and carers is a great relief. It enables them to get critical rest and still remain near to their loved ones who are ill or nearing end of life.*

**Caroline Gilleece** Matron





# The Season For Giving

Unlike most workplaces, the RUH remains open throughout Christmas with our teams sharing the gift of giving with patients who are unfortunate enough to be in the hospital at this time. Here, we share three Christmas stories from our hard-working staff about the extraordinary work they provide during the festive season.

"You know it's Christmas time when you step into the Children's Ward in December. As we receive hundreds of presents and donations from ex-patient families, local companies and RUHX Usually, my colleague Jo and I become present-wrapping experts in the build up to Christmas. We also like to do lots of festive activities and involve the children when we can, such as decorate the ward and patient rooms with mini-Christmas trees and lights, hang stockings for patients, make decorations and tree ornaments, send letters to the North Pole via a post box in the ward playroom, host Christmas music sessions, invite therapy dogs for visits (in fancy dress, of course) and receive much-loved visits from the local Theatre Royal pantomime cast in character – little things, but they make a big difference at Christmas. On the Day itself, catering provides a proper roast dinner and doctors dress up as Santa too – anything we can think of to go above and beyond clinical care to try and make the hospital as happy an environment as we can for the young patients as you know it means a lot to them and their families."



Paediatrics Play Specialist, Lily Webster

“We do everything we can to make sure the children with us can still have a wonderful Christmas no matter what they are facing.”

**Lily Webster**  
Paediatrics Play Specialist

Narinder, Lead Chaplain of the RUH's Spiritual Care Centre, shines extra bright on Christmas Day. No matter where you are in the RUH, Narinder and her team are filled with season's greetings, their morning multi-faith service is available to all staff, patients, and visitors. The Centre also has several Wi-Fi-enabled devices, such as iPads and iPhones, that allow patients to connect with their families so they don't feel isolated.

“The staff can call home too. And on this special day, anyone who wants to video call their loved ones can easily do so now.”

**Narinder Tegally** Lead Chaplain



Lead Chaplain, Narinder Tegally



Family Liaison Team, Mims, Liz and Jo

“Some patients don't have family to visit them at Christmas, especially when many find themselves in the hospital unexpectedly without spare clothes or toiletries, and often without the support of family or friends. When this happens, the Family Liaison Team steps up. From supplying clothes and underwear to toiletries and audiobooks, or simply holding a patient's hand when they feel most alone, we do what we can to make patients feel at home. Every Christmas, we deliver patients' cards, take them to carol services and music performances and reassure them that they've got a friend.”

**Mims, Liz and Jo** Family Liaison Officers

## Merry Christmas

We're singing the praises for those who don't stop at Christmas!

At the RUH staff work on Christmas day caring for our patients. Show your support for those who care for us year round, by donating to RUHX this Christmas.

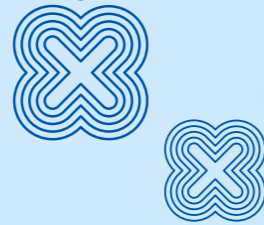
Go to our website by scanning the QR code.





# A Day in the Life

Ros Helps  
Lead Cancer Nurse



The (wonderfully named) Ros Helps took time out of her busy day to tell RUHX about her role as RUH's Lead Cancer Nurse.

## Over to you, Ros...

I have worked at the RUH since 1997 – so 27 years! No day is the same and the variety is the thing I love most about my role as a lead cancer nurse at the RUH. My day-to-day is usually based around strategic meetings where we discuss development of cancer services across the Trust, or meetings with individual teams looking at quality improvement measures. Having been a cancer nurse for so long, and knowing the challenges it brings, my role now is an opportunity for me to use my experience to positively influence the nursing workforce to elevate the quality of a patient's experience. I'm a real champion of role development, so I want to push the boundaries of what nurses can achieve while obviously remaining mindful and respectful of the challenges being a cancer nurse brings too. Not only are nurses beyond busy every day, the needs of the patients are so great that the delivery of quality care is challenging on a daily basis. **To help, I run clinical supervision sessions with a fantastic psychologist that actively encourage nurses to open up about the struggles and difficulties they have.**

There might have been an incident or outcome that they found challenging, or they just need to get something off their chest – and talking to somebody who wasn't involved in the incident can be productive for them to work out how they might do things differently next time, or how practices/procedures can change to better help them.

“The new Dyson Cancer Centre is beautiful. The environment, the space, the experience for the patient and the people that work there is just so much more improved by the Centre. It's gorgeous!”

## Running for RUHX

Being part of a team that focuses on patient care is a real privilege and it is where I get the most job satisfaction. One of the things that I'm massively involved in currently is working with the Macmillan Wellbeing Hub team and seeing the personalised care and wrap-around support they provide for a patient, and its positive emotional impact on families.

Of course, being a lead cancer nurse isn't all roses, it does have its stressful and chaotic moments, especially days when I'm in uniform on the ward. One of the things I do to stay sane (I'm a mum of two teenagers, after all!) is keep fit and active – I love to run.

**I regularly run the Bath half marathon for RUHX, which I love. The combination of running, raising money and supporting RUHX is absolutely brilliant. I always have a smile on my face the whole time, even though it's exhausting!**

“Dealing with patients who are vulnerable, anxious and going through a difficult time can take a lot out of the nurses and their ability to constantly deliver that care, so I run clinical supervision sessions to try and help them.”

# What A Year That Was!

2024 has been an unforgettable year for RUHX's fundraising events. Our inspiring supporters have been a busy bunch – baking, walking, metal detecting and firewalking – all to raise funds for their beloved RUH. Here's our highlights from this summer...

## Firewalking

On Friday 13 September, 17 extraordinary firewalkers bravely faced the hot coals with their feet to conquer their fears at the Lansdown Cricket Club grounds. The embers, reaching more than 1,200 degrees Fahrenheit, burned bright red, but nothing could stop brave Team RUHX on their quest to raise more than £5,000. They did so with ease, naturally. Well done, and a massive thank you to everyone who took part – and we hope your feet are OK!



Our brave firewalkers face the red hot coals

## Rodney Cook Memorial Rally

What an amazing weekend this was! More than 1,000 metal detectorists – from as far away as the U.S. and Belgium – gathered near Holt, for three days from August 30 for the annual Rodney Cook Memorial Rally (RCMR). Now in its sixth year, the RCMR is now a huge fundraising event in itself, but it is also one of the biggest metal detecting festivals in Europe. To date, more than £300,000 has been raised for RUHX and Brighter Futures, the charity of the Great Western Hospital, Swindon. An additional £100,000 is expected from this year's event too.

The staff who cared for my father at the RUH were quite simply incredible, caring, and wonderful people,” Gary Cook, founder of the RCMR, told RUHX. “I felt compelled to raise money for RUHX to repay that kindness. I would like to thank everyone involved in the organisation and running of the event, everyone who has supported us and those that attend, please accept my heartfelt gratitude. My goal is to get to £1 million raised. I won't stop until I have done that.

## Pride of Britain 2024

Following the fundraising success of 2024's Rodney Cook Memorial Rally, RUHX is delighted to announce that Gary Cook won the prestigious 2024 Pride of Britain, West Region award. The honour is a fantastic way to celebrate the nation's unsung heroes. It couldn't be more timely – in 2024, Pride of Britain celebrates its 25th anniversary too, the same silver anniversary year as RUHX. Learning of the honour, Gary said: “This award is for all of the Rodney Cook Memorial Rally event team. It's truly a team effort and all my mates who help do it in their own free time to help the charities we support.”

In October 2024, Gary will represent the Rodney Cook Memorial Rally at the Pride of Britain award ceremony at Grosvenor House, London, an event hosted by Carole Vorderman and broadcast on ITV. Well done Gary, you deserve it!



Gary Cook and wife, Lisa, with the Pride of Britain West Region award



Gary, interviewed by ITV West news, at RCMR 2024



Gary, briefing metal detectorists on day two of the RCMR



Detectorists roam the fields

## Community Open Day

Thank you to everyone who made the RUH's inaugural Community Open Day so extraordinary! We spoke with many members of the local community, connected with external partners and made many new friends. We even learnt more about what happens on the wards from RUH staff. As expected, the Bath RUH Fundraising Group's cakes sold out fast and the Warminster & District Fundraising Group's raffle was a hit.

Thank you to our amazing volunteers that helped steward on the day and congratulations to everyone who made the RUH's first Community Open Day such a huge success. See you there next year. 🌱



Team RUHX set up at the stall in the Lansdown Restaurant foyer



# Events and Volunteering

2024 has been our busiest ever year – and we’ve still got lots more to share with you. Get your diary out and let’s sync our social calendars...

## Walk of Life, May 17, 2025

Our flagship event – the Walk of Life – is back and for the first time in the walk’s history, there is now three walking distance options from which to choose: 10 miles, 16 miles, or the marathon 26.2 miles. If you walk in with us in support of the RUH, you’ll join hundreds of hot-steppers pacing the beautiful Kennet and Avon Canal together and revelling in a selection of fun activities to boot: a group warm-up at the starting line, a communal lunchtime BBQ, regular refreshment stops and a big finish-line photos and party. The walk is an event not to be missed – so don’t!

## Kenya Trek, February 20–March 1, 2026

Our great big, exciting adventure in 2026 takes us to the African continent to trek Kenya’s Great Rift Valley. There, you will hike Hell’s Gate National Park, summit Mount Longonot (an extinct volcano) and spot spectacular wildlife. After the trek, a game drive and safari, elephant orphanage and giraffe park await. To find out more, visit [www.ruhx.org.uk/events](http://www.ruhx.org.uk/events) and sign up to our next information evening on 15th October.

## Events Calendar

### December 10, 2024

Christmas Concert

### March 16, 2025

Bath Half Marathon

### May 17, 2025

Walk of Life

### Summer 2025

Events to be announced soon!

### Feb 20 – March 1, 2026

Kenya Trek



Walk of Life



Kenya Trek



Christmas Concert



Bath Half Marathon



RUHX volunteers

To see our full events calendar, visit [ruhx.org.co.uk/events](http://ruhx.org.co.uk/events)

## Volunteering Opportunities

- ✦ Glow Run: October 25, 2024
- ✦ Christmas Concert: December 10, 2024
- ✦ Bath Half Marathon: March 16, 2025
- ✦ Walk of Life: 17th May, 2025

## We Need Volunteers Like YOU!

We’re always on the lookout for extraordinary volunteers to join #TeamRUHX at our next events, or support upcoming projects that require additional assistance – and it couldn’t be easier to sign up. Whether you can spare an hour or a full day, we will find a volunteering role that is just right for you. If you’d like to find out more about volunteering opportunities, or how you can join a RUHX Fundraising Group (or start your own!) get in touch today: [fundraising@ruhx.org.uk](mailto:fundraising@ruhx.org.uk)

# RUHX Superheroes!

Our event organising superstars have been busy this past few months putting the fun into fundraising. This celebratory shout-out is the least we can do to say THANK YOU for all your hard work...

## Julia Timbrell and Angela Cornell

Julia and Angela have been supporting RUH’s Breast Unit for several years now with their beloved ‘Coffee & Cake’ mornings. The annual event always unites the local community and so far a staggering £6,500 has been raised for the hospital. We’ve learnt the hard way that if you want a slice of the action you must arrive early – Julia and Angela’s baked goods sell like hot cakes! “We thought we’d over done the number of cakes this year but none were left at the end of the day,” the pair proudly told RUHX. Julia and Angela – we appreciate your hard work. (And the cakes, of course.) Thank you!

“Thank you to all the cake makers, to the walkers and Union Chapel Rendezvous who diverted their routes and plans to join us. We can do our best to set up a venue but what really makes a great day is everyone turning up, joining in and making it such fun. We are grateful to everyone for their kindness.”

## Julia Timbrell



Julia Timbrell and Angela Cornell



Lauren, with her father and fiancé

## Lauren O'Neill

Lauren O’Neill and her “Grampy” Roger have been raising money for the Heather Timbrell Tribute Fund since the passing of Lauren’s beloved “Nanny”, Heather, in November 2015. Heather, an incredible fundraiser for RUH, received 14-months of treatment at the hospital. She was so grateful to the hospital she asked people to donate funds instead of flowers at her funeral service. Since her passing, Lauren has raised more than £3,000 with her annual 15-mile memorial walks in celebration of Heather. Their most recent walk, on September 3, 2024, was another success, raising more than £300. In April 2025, Lauren is getting married and intends to continue her fundraising journey with the help of loved ones on the big day itself. Lauren, Heather would be proud of your achievements in her honour. Thank you.



Cakes for sale!

## Shane Ibbitson

Shane has dedicated so much of her time and energy to fundraise for cancer services. From pub quizzes to head shaving, bake sales to coffee mornings. But she’s not finished yet! Her next big adventure? Abseiling down cheddar gorge.

“Fundraising for the RUH is important to me because I’ve been a patient at the hospital since I was just three months old,” Shane told RUHX. “I’ve had to have 22 operations due to my complex health conditions. I still visit consultants and the orthopaedic outpatients department regularly too. I am indebted to the staff of RUH for my life.” Your continued support is awe-inspiring, Shane. Thank you so much. (And keep it up!) ✂



Shane abseiling down Cheddar Gorge

Will you be joining our ever-growing list of VIP RUHX Superheroes? To tell us your incredible charitable events ahead of the Spring issue visit [ruhx.org.uk](http://ruhx.org.uk)



# 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)

## Your donation:

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!