

**Dan's Hip Resurfacing story page 8**

**MSK Academy: New Courses page 5**



**Day Case Pathway FAQs page 3**

## Hip disorder is no match for Kelli, with sights set on Paris Marathon



**Kelli (36), from Newquay, Cornwall was very active growing up – she's currently preparing for the Paris Marathon, where she thinks she'll be the youngest person with two hip replacements to race. But this was once a dream that didn't seem possible.**

Kelli was born on a farm and was always involved in sport growing up. From netball to cycling, she'd try it all. She was diagnosed at birth with hip dysplasia, a condition where there is a mismatch in the fit of the ball of the hip into the hip socket, meaning increased movement can occur. This can cause damage to the surrounding tissue and in very severe cases the ball can come out of the socket completely. *"I had to wear double nappies, which was common in those days as a way to correct it. But it didn't work and follow-up appointments failed to show this."*

Kelli always felt a deep gnawing feeling that something wasn't quite right with her hips. *"I remember whenever I had to climb over a gate my hip always felt loose, I'd have to hold my leg to make it more secure. I'd also feel a deep pain in my left hip joint, but getting a diagnosis was extremely difficult because I was always really sporty so my pain was often put down to that. When I was a bit older I started to get tears to my labrum, the ring of cartilage that follows the outside rim of the hip joint socket. It's a common issue for patients whose hip dysplasia went untreated."*

Kelli had another round of X-rays aged 18 which unfortunately showed her hips were severely arthritic and dysplastic. For the next 10 years she had several key-hole surgeries to tidy up the cartilage damage and numerous steroid injections to help with the pain. *"At around 27 I underwent major surgery to prevent having hip replacements, where a bone graft was used to create a shelf over my left hip. This was meant to help with weightbearing. While*

*in surgery they found I had a fracture of the pelvis and severe necrosis, where some of the tissue in the hip had died. After I recovered from surgery the functionality of my hips was there, but I was in severe pain as the intervention was too little too late – I needed hip replacements at this point.*

*"At this time I was moved to The Royal Orthopaedic Hospital in Birmingham, under the care of Mr Dunlop.*



*"Prior to [coming to The Royal Orthopaedic Hospital], I always felt things were decided for me. What I really liked about the ROH, it was always an open conversation. Nothing was rushed – this was really important – you had time to think about things, consider things, and have options. The main thing I was asked was what do I want, from treatment. For me it was two things. First it was pain. I couldn't function living with chronic pain – it was affecting everything, I was just miserable. I also wanted to be able to do sport. I remember him [Mr Dunlop] asking specifically what I*

**FOLLOW US ON SOCIAL MEDIA:**



/ROHNHSFT



@ROHNHSFT



@ROHNHSFT



/ROHBIRMINGHAM



FIND OUT MORE

**Story continues page 3**

# Welcome to the issue

**Email:**  
[ROH.comms@nhs.net](mailto:ROH.comms@nhs.net)  
 Tel: 0121 685 4329 | Internal: 55294

**Editorial Team**  
 Bethany Haller  
*Senior Communications Officer*  
 Yasmin Brown  
*Senior Communications Officer*  
 Pete Law  
*Graphics & Media Studio Manager*  
 Tremaine Johnson-Niles  
*Graphics & Media Assistant*  
 Falon Paris-Caines  
*Private Services Marketing & Communications Manager*  
 Stephanie Jenkins  
*Communications Manager*  
 Amos Mallard  
*Associate Director of Strategy and Communications*

**Welcome to this issue of ROH Life, our Trust newspaper for patients, visitors and colleagues at The Royal Orthopaedic Hospital NHS Foundation Trust (ROH).**

We want to feature the fantastic work and interesting stories from people across the Trust.

Whether you're a patient with a story to tell, or a member of staff who wants to share some great work, you can get in touch using the details on the left. We would love to hear from you and hopefully feature you in an upcoming issue!

## ROH Children and Young People service welcomes 'Good' CQC rating

**The CQC found the service had an inclusive approach where service users were involved in assessments of their needs and were protected and kept safe.**

The report highlighted how people working in the services are kind, caring and compassionate and leaders were visible, knowledgeable and supportive.

**Matthew Hartland, Chief Executive Officer at The Royal Orthopaedic Hospital, said:** "I'm delighted to confirm our Children and Young People service has achieved an overall 'Good' rating following the CQC

inspection, and congratulate everyone involved in achieving this outcome. Our priority is to deliver compassionate, patient-centred care that empowers our patients to regain their mobility, independence and quality of life.

"I also want to thank the dedication of our staff. This rating reflects the efforts of our staff in continuing to provide a safe and welcoming space for children and young people receiving care at The Royal Orthopaedic Hospital."

## ROH signs up to Dying to Work charter to protect terminally ill staff

**The ROH has signed the Dying to Work charter, committing to protecting its own staff in the face of a life-limiting diagnosis.**

The charter is part of the Trades Union Congress (TUC) Dying to Work Campaign, seeking greater job security for terminally ill workers to ensure they cannot be dismissed as a result of their condition.

**"Our people are at the heart of what we do – we couldn't provide exceptional care to our patients without them – so it's really important we support our people through difficult times,"** explains **Matthew Hartland, CEO at The Royal Orthopaedic Hospital.** **"Receiving a terminal diagnosis is devastating, and staff facing this reality need to be supported and treated with dignity and respect."**

**Matthew adds:** "We've signed the Dying to Work charter to show our commitment to creating a working environment where colleagues facing terminal illnesses feel supported in making the right choice for them, whether that's continuing to work or leaving to spend time with their loved

ones without unnecessary worry of financial uncertainty."

One staff member highlighted the impact signing the charter will have as they face a life-changing illness themselves: **"Living with a terminal diagnosis brings enough uncertainty. Knowing that the ROH has signed the Dying to Work Charter alleviates one of my biggest fears – losing my family's financial security when we need stability the most. It means that when the time comes, I can focus on my health, my family, and making the most of my time, knowing I'll be treated with kindness and understanding."**



Inspected and rated

**Good**

Care Quality Commission

**Share your story!**

Did you have an amazing experience with the ROH? Scan the QR code or email us at [roh.comms@nhs.net](mailto:roh.comms@nhs.net)

**NHS**  
 The Royal Orthopaedic Hospital  
 NHS Foundation Trust

/ROHNSFT

@ROHNSFT

@ROHNSFT

/ROHBIRMINGHAM

**LESS PAIN**  
**MORE INDEPENDENCE**  
**LIFE-CHANGING CARE**

# Kelli's story continued...



*meant by that and I found it so hard to think, because it had been such a long time that I had set goals. After some thought I knew I wanted to be able to hike pain free. Even to do a 5k slow jog would be amazing, without being in pain. Going off on cycle rides. That's what I wanted."*

Kelli needed custom implants for both her hips due to narrow femurs, and eventually had her left hip replaced aged 30 in 2019. Her right hip was replaced in the summer of 2020, after a delay due to the COVID pandemic.

Setting small goals during recovery was essential for Kelli. **"The first few weeks was really mundane, as you can't do everything yourself, so setting micro wins for each day is really important. By day nine you're doing things you wouldn't have imagined on day three – the wins stack up and you start to realise the progress you're making."**

**"I remember the first time after surgery making a sandwich the way I wanted to, and then I remember the first time going out with my dog on a walk. That was emotional. Before then I'd take my dog on walks, thinking is there a bench there for me to sit down on? Mentally thinking that as a late 20-year-old is really tough, so being able to go for a walk by myself without needing a bench was an incredible feeling."**

Kelli puts much of her continued fitness levels down to strength training. **"A month ago when I came to speak to Mr Dunlop, he asked me how I have got to this point - I put it down to strength training. For the first few years I did a bit of this and that, catching up for lost time with lifting weights, but not lifting extensively. The last few years I've flipped it – now I strength train three times a week. Never in my life did I think I'd run like this and not get an injury. It's the strongest I've ever been."**

With the Paris Marathon taking place in April, Kelli is gradually preparing for the 26.2 mile race. **"One thing I always do is give myself extra time to reach a goal. I'm working towards being able to run a practice marathon in February, which gives me a few months to play with if I'm not where I need to be. I'm making sure to listen to my body, ensure I'm not fatiguing and just slowly build up to the full distance."**

**"I'm currently running three times a week – an easy run, a long run, and a tempo/speed run, and mixing in some cycling and using the cross trainer. I'm also taking advantage of where I live for my runs – I live in Cornwall and coastal runs are brilliant for training. Not only do you get a range of elevations, but the views are incredible and really help to boost your mood."**

Thinking back to her time before her hip replacements, Kelli can't believe how far she has come. **"I haven't touched a pain killer in 5 years – I just couldn't fathom I'd be where I am today, I was chasing pain killers and the impact was beyond just pain. I wasn't really living, I was living in the grey."**

We asked Kelli what's next for her, and the Paris Marathon is the first step. **"Next stop is the Paris Marathon, but I feel I'm just getting started. I love trail runs so much - I'm a country girl and love losing myself in the elements, so I have dreams of running an Ultra marathon. I'm currently booked for the Classic Quarter in Cornwall which is a 44-mile run in June, and maybe even an Ironman in the future but one step (literally) at a time."**

# Day Case Pathway - Frequently Asked Questions

**DAY CASE 23H STAY PATHWAY**

questions to help you prepare. If you have further questions, please contact your medical team.

**What does Ambulatory care mean?**  
 Your clinician and nursing team may refer to the Day Case pathway as Ambulatory care or 23 hour stay. This simply means you're receiving same day care and will likely be discharged in 23 hours.

**What happens if I'm not ready to be discharged in 23 hours?**  
 If you're not safe to be discharged, then we will keep you in hospital. Most people recover better from home but if we need to keep an eye on you for a little longer we will do so.

How is pain relief managed for day case surgeries? You get exactly the same pain relief, regardless of if you stay in hospital or go home on the same day. You'll be given pain relief and we'll give you the information you need to safely take this medication at home before you are discharged.

**What happens if I have a problem when I am discharged?**  
 Before you are discharged we give you contact details for a ward team you can contact overnight, so if there are any concerns you'll have someone to speak to.

**DAY CASE 23H STAY PATHWAY**

**Will I get a visit from the ROCS?**  
 If you live within 25 miles of The Royal Orthopaedic Hospital you'll have the option of The Royal Orthopaedic Community Service (ROCS) coming to visit you the next day after discharge. A member of the ROCS team will visit you in hospital before you are discharged so you'll be able to ask them questions then too, and if you need help during working hours they'll be able to visit you in your home.

**I'm worried I'm not suitable for the Day Case Pathway – is it right for me?**  
 There is a criteria for this Pathway that your consultant will take you through. Not everyone is suitable and it's a decision made by both you and your medical team. You can rest assured that you won't be sent home if it's not the right thing for you.

**Is this a new pathway?**  
 This is a really well-known pathway across the NHS, and we've been doing this at the ROH for many years too. It's very proven, safe and routine.

**How quickly will I recover from my surgery?**  
 Everyone's recovery is different, but it can take 12-18 months to fully recover from a hip or knee op. You'll really be starting to notice healing between 6-12 weeks, depending on your level of fitness before the operation, and

the type of surgery you have had. The best thing you can do to help is move regularly, exercise regularly, and take your pain killers as you're advised.

**What about wellbeing, will I feel low in mood?**  
 It's very normal to feel low in mood after hip or knee surgery and your appetite may be reduced initially. You might find your sleep is different and can be disrupted in the early days of your recovery. It can take a while for your sleep to return to normal, but if this continues to be a problem, please contact your GP.

**When am I allowed to drive following surgery?**  
 You won't be able to drive for a while after your surgery, so some patients feel a little isolated if they're not able to leave the house confidently right after surgery, but things will improve. If you need help or you feel like things aren't improving, contact your GP.



# Call for Concern

Call for Concern enables patients, families and loved ones to access the Critical Care Outreach Team if:

- You are concerned that you, your relative or loved one's clinical condition has worsened.
- You have spoken to the nurse in charge of the patient's care, and you feel that your concerns have not been listened to.
- You would like help or advice.

Call for Concern  
Number: 07385116532

To find out more scan the QR code:

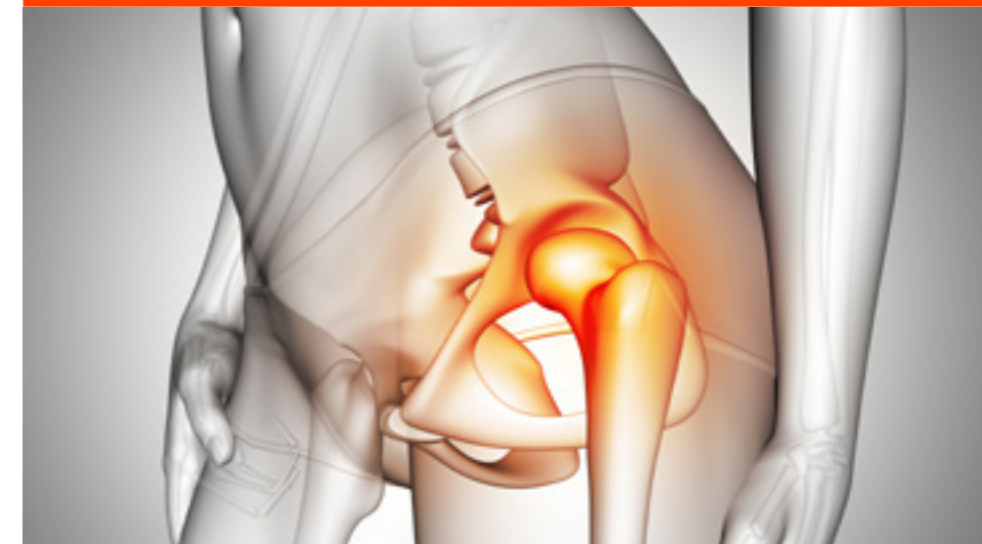


## MSK Academy: New Courses for 2026



The MSK Academy, launched by The Royal Orthopaedic Hospital, is dedicated to advancing expertise in musculoskeletal (MSK) health. Our mission is to equip healthcare professionals with the knowledge, skills and confidence to provide outstanding care for patients living with MSK conditions.

### Young Adult Hip Study Day



**Are you an early career physiotherapist?**  
New from the MSK Academy at The Royal Orthopaedic Hospital, the Young Adult Hip Study Day is a one-day practical course for MSK Physiotherapists.  
Designed to enhance your assessment, diagnostic reasoning, and rehabilitation planning for young adult hip presentations, the study day provides immersive, CPD-certified, and hands-on sessions to help early career physiotherapists gain the clinical confidence to manage complex hip conditions from first presentation through to rehabilitation and return-to-sport.  
The course is delivered by Consultant Physiotherapists, Orthopaedic Consultants, Specialist MSK Physiotherapists and MSK Radiology Experts.

Sign up today:



### Hand and Wrist Study Day



**The MSK Academy is pleased to announce its new Hand and Wrist Study Day, a practical course for orthopaedic surgical trainees ST3-ST6.**  
This concentrated one-day course covers core hand and wrist examination techniques, trauma and elective pathways and is designed to provide immediately applicable, assessment-ready skills.  
What you'll learn:  
• Confident, reproducible examination skills  
• Practical skills competence  
• Clear clinical algorithms for trauma & elective conditions

Find out more and book:



# 3 tips for upper back pain

Do you suffer from pain in your upper back? Upper back pain is really common, especially in people who do a lot of sitting in their day. Callum, a Physiotherapist from The Royal Orthopaedic Hospital, shares some exercises to help manage it.

The first exercise, upper back extension over a chair, is great if you spend a lot of time leaning forward over a desk. The muscles at the front get really, really tight and the muscles at your back get a bit long and loose. This stretch helps counteract this muscle strain.

The second exercise, upper back twist, is really good for opening up the joints that sit right on top of your back.

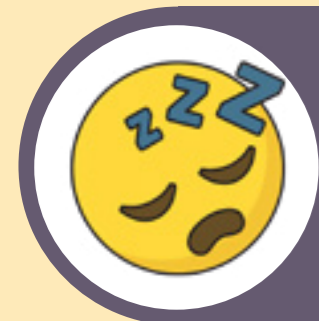
Finally, the third exercise, wall push-ups, strengthen all the muscles that sit at the top of the back and around your shoulder blade.



## Waiting Well for your treatment



Keeping your weight at a healthy level can help improve hip and knee pain symptoms, and helps keep you healthy before surgery. Find support to manage your weight and get healthier



Getting a good night's sleep is important for overall health, especially before surgery.

- Improve your immune system.
- Allow your body to repair damaged tissue.
- Help maintain a healthy weight.

Find support to manage your sleep and get healthier.



### Get involved, become a member...

The role of a member is flexible; you can get involved as much or as little as you like, whether it's filling in an online survey, sharing your ideas, coming to events or volunteering. Your involvement helps connect us with our community and your feedback can help us improve the care we give. Find out more and sign up:

[www.roh.nhs.uk/about-us/membership](http://www.roh.nhs.uk/about-us/membership)



LESS PAIN  
MORE INDEPENDENCE  
LIFE-CHANGING CARE

**NHS**  
The Royal  
Orthopaedic Hospital  
NHS Foundation Trust



What are my options?

What are the benefits and risks to each of the options?

How do I get support to help me make the decision that's right for me?

### Get the most out of your appointment

# Ask 3 questions...

Make the most out of your appointment with your healthcare professional by asking these three questions.

*It's ok to ask questions, we're here to help*



[www.roh.nhs.uk/3qs](http://www.roh.nhs.uk/3qs)

# Life-Changing Surgery — Dan's Hip Resurfacing at The Woodlands Suite



after, I was looked after really well. It was very painful after the surgery, but the service was absolutely excellent."

Despite the initial post surgery pain, Dan commented, "The difference in the underlying pain was clear. While I knew I still had to recover from surgery, I felt a million times better."

#### Recovery and Progress

Recovery has been careful and steady. "The initial period is extremely painful — that's surgical pain, not the underlying hip pain," he said. "As you recover and the surgical pain goes away, the difference you feel is honestly life-changing because you're not living with the underlying osteoarthritic pain." By seven weeks post-surgery, he was already walking around the house without crutches and sleeping better at night.

Dan's Consultant Surgeon Mr Hussain said, "Osteoarthritis can be truly life limiting, especially for someone as active as Dan. At The Woodlands Suite, we specialise in joint preserving techniques like hip resurfacing, and we wanted to give him a solution that would support both his mobility and his quality of life. It's been wonderful to see how well he has responded to the surgery — his progress has been excellent, and the whole team is delighted for him."

#### Looking Forward

Dan is excited to return to work and to be part of his church worship team again. "I am excited to be able to play guitar again at church and actually stand up and be a part of the worship team which I haven't been able to do since early last year."

To anyone facing similar challenges, Dan's message is: "Don't give up! Hip resurfacing is a major procedure, and it is going to be painful — but it is really worth doing because the payoff is so awesome compared to the pain you had before."

For more than two years Dan, 43, had been living with severe pain caused by osteoarthritis — a condition where the cartilage in a joint breaks down, causing bones to rub together leading to stiffness, inflammation, and difficulty with movement.

His left hip had deteriorated severely, and the symptoms began to take over his daily

life. Dan has a physically active career, and the constant pain, fatigue, and disturbed sleep were making it hard to manage even simple activities.

"For the last two years I have been living with a lot of pain particularly in my left hip," he said. "Getting in and out of cars, sleeping at night, doing exercise — everything had become painful. I thought I was just getting

old, but an X ray confirmed there was a problem that needed resolving."

With the pain worsening, Dan was facing ill health retirement from a career he loves — this was before he found The Woodlands Suite, Private Care at The Royal Orthopaedic Hospital.

#### Choosing Surgery

After an initial private consultation with Consultant Orthopaedic Surgeon, Mr Shakir Hussain, Dan finally felt he had a path forward. Mr Hussain talked him through the available options, and together they agreed that hip resurfacing was the right approach.

"Mr Hussain really understood not just the surgical and medical impact but the affect the pain was having on my life. That made a huge difference."

Dan added: "The main factor that made me choose to go ahead with the surgery was the fact that it was available to me, and that Mr Hussain talked me through all the different options. I also really wanted my life back."

#### Hospital Experience

From that first phone call through to post-operative care, Dan said his experience at The Woodlands Suite was "superb all the way". On the day of surgery, the team worked to ensure everything ran smoothly, and he felt well supported throughout. His Consultant Surgeon was Mr Shakir Hussain and his Consultant Anaesthetist was Dr Mani Chandran.

"The team has been fantastic," he said. "Before surgery, I was settled into my room and made aware of what was happening, and



We are recognised by a range of insurers at The Woodlands Suite



0121 812 3900

rohprivatecare.co.uk



## ROH awarded NJR for commitment to patient safety

The ROH celebrated being named as a Gold National Joint Registry (NJR) Quality Data Provider after successfully completing a national data quality audit programme.



The NJR collects and monitors high-quality orthopaedic data on the performance of hip, knee, ankle, elbow and shoulder joint replacement in order to support patient safety, standards in quality of care, and overall value in joint replacement surgery, as well as to provide feedback on surgical performance to orthopaedic clinicians and joint replacement implant manufacturers. The 'NJR Quality Data Provider' certificate scheme was introduced to offer hospitals a blueprint for reaching high-quality standards relating to patient safety and to reward those who have met the registry's high targets in the achievement of the quality of the data collected.

## Listen up.

Hey... Did you know BHBNradio is available 24/7 online and on our Radio App?

Download our app. Search 'BHBNradio'

#### Week Day Automation

Midday - The Golden Hour – Hits from the 50s – 80s  
22:00 - Soul Train – Pete Bayliss  
Midnight - Late Night Love Songs

#### Monday

10:00 - Monday morning show – Maisy Down  
16:00 - Good Vibrations – Jo Connop  
19:00 - Queen Elizabeth Hospital Requests – Sharon Hetherington

#### Tuesday

10:00 - Monday morning show – Joy Bourne  
15:00 - Back to the 80s – Rich Pemberton  
17:00 - Tuesday Tea Time Show – Phil Matthews  
19:00 - Request and Dedications from Solihull Hospital – Bob Harvey

#### Wednesday

10:00 - Monday morning show – Rich Pemberton  
14:00 - BHBN New Country  
18:00 - Words and Music – Brian Henderson  
19:00 - Royal Orthopaedic Requests – Jess Kempster

#### Thursday

10:00 - Thursday morning show – David Horton  
16:00 - Back to the 60s – Pete Bayliss

18:00 - Thursday Tea Time Show – Chris Friday  
20:00 - Thursday Evening Show – Leon Lewis

#### Friday

10:00 - Friday morning show – Paul Stanley  
14:00 - Back to the 70s – David Moore  
18:00 - Thank BHBN It's Friday – David Elliott  
20:00 - Friday Evening Show – Suzie B

#### Saturday

09:00 - BHBN Gold – Colin Monnaf  
11:00 - Music Box – Peter Bayliss  
14:00 - Stephanie – On Saturday – Stephanie Flynn  
18:00 - Saturday Disco – Dale Hobson or Shaz Hill

#### Sunday

09:00 - The Lazy Sunday Show – Michael McMahon  
11:00 - On This Day – Where Music Meets History – Aasiya  
14:00 - The Sunday Afternoon Edition – Andy Caddick

#### Sunday

16:00 - Requests and Dedications – Shaz Hill  
18:00 - Asian Mix – Natasha Patel  
20:00 - Sunday Evening Show – Paul Stanley  
22:00 - The BHBN New Country Short  
23:00 - Classic Collection

#### Programmes and presenters can be subject to change.

BHBN Thanks it's sponsors.

## Anti-cancer project ready to SPARK THE MIDLANDS

A team at the ROH has secured a place on the SPARK THE MIDLANDS programme for its project developing a minimally invasive anti-cancer and bone regenerative injectable paste, using the cancer-killing properties of gallium.



SPARK THE MIDLANDS is a collaboration between Aston University, the West Midlands Health Tech Innovation Accelerator (WMHTIA) and Forging Ahead and aims to provide academic support to advance healthcare research discoveries in the region.

The team from the ROH includes Dr Lucas Souza, Professor Adrian Gardner, and Mr Jonathan Stevenson alongside Professor Richard Martin and Dr Eirini Theodosiou from Aston University. Together, they will use the SPARK programme to secure a clear pathway for the cancer-killing paste to be taken from the lab, into clinics and hospitals. If proved effective through clinical trials, the paste - a gallium-doped bioglass - could be used to treat patients with primary and metastatic bone cancer.

Dr Lucas Souza, Research Laboratory Manager at The Royal Orthopaedic Hospital, comments: "Where the global success rate for new ideas making it to clinical trials is less than 5%, SPARK has recorded a project success rate of 62%. Thanks to this programme, the ROH will have the support to develop a regional pipeline for the translation of ideas for orthopaedic and bone cancer applications to NHS-approved medical use."



Ever wondered how our pharmacy team get the right medicines to the right patients? Come behind the counter to find out!

Our on-site Pharmacy provides a full service to the ROH, making sure medicines are used safely, effectively and efficiently.

Our pharmacists are available on the wards throughout a patients stay if they have any queries about their medicines. The ROH Pharmacy also supports education and training, and works with research teams.

You can find the pharmacy on the ground floor, near Ward 1.





# Our amazing charity!

## Oncology appeal raises over £20,000

Thanks to your generosity, over £23,000 has been raised so far to improve the experience of patients receiving cancer care at The Royal Orthopaedic Hospital.

ROC's mission is to refurbish five patient side rooms, creating spaces that feel warm, calming, and supportive — a real home-from-home for those staying during surgery or ongoing treatment.

Many patients spend weeks, sometimes months, on the ward. ROC aims to ensure their surroundings not only meet medical needs,

but also boost comfort, dignity, and emotional wellbeing through the added extras the NHS are unable to provide.

This includes adding thoughtful touches such as calming artwork, adjustable lighting, and more comfortable furniture to make a challenging time a little easier.

Find out more about this meaningful project, visit <https://rohcharity.org/oncology-appeal/>



## Great Birmingham Run We need you!

Run for ROC – Take on the Challenge!

- Date: 3rd May 2026
- Free Spaces available: 10k and Half Marathon

Join #TeamROH for the AJ Bell Great Birmingham Run! Choose the 10K or half marathon, enjoy en-route entertainment, and cross a finish line that feels like a party—all while raising money for patients and staff at the Royal Orthopaedic Hospital.

How to get started:

- Email [roc@nhs.net](mailto:roc@nhs.net) to register your interest.
- Complete a short sign-up form.
- We'll cover your entry fee and help set up your fundraising page.
- Start fundraising and let us help promote your page!



# How your support helps

## Have you received hydrotherapy at ROH?

We're looking for patients to submit their views on the current hydrotherapy centre at the hospital.

Your views could help shape care at ROH. To get involved visit [www.rohcharity.org](http://www.rohcharity.org)



## Give a Regular Gift

ROC is dedicated to supporting world-class care, life-changing treatments, and a welcoming environment for the patients and families who rely on the Royal Orthopaedic Hospital.

But we can't do it alone. A regular gift of just £5 a month, is a powerful way to ensure that ROC can continue making a difference now and in the future.

Your regular gift helps us to ensure that our patients, families and staff continue to benefit from ROC funded projects including the refurbishment of clinical spaces, our Arts in Health programme and special provision for children and young people. Monthly donations also allow us to plan ahead to secure the future of our hospital. Sign up now at [www.rohcharity.org](http://www.rohcharity.org)



## Patient & Fundraiser Story

In November 2024, Martha was diagnosed with a rare Giant Cell Tumour on her pelvis after months of intermittent back pain initially attributed to a slipped disc. An MRI revealed the tumour, leading to an emergency referral to The Royal Orthopaedic Hospital and several anxious weeks awaiting biopsy results. Fortunately, the tumour was confirmed as benign.

Martha began monthly treatment at ROH, which helped manage the tumour with minimal impact on her day-to-day life. She remained under the care of specialist consultants while preparing for a bespoke operation planned for September 2025. Her family felt incredibly grateful the tumour was discovered before causing permanent damage.

To thank ROH for Martha's exceptional care and to raise awareness of living with a chronic condition, her partner, Ben completed a challenge of running 4 miles every 4 hours for 48 hours while carrying 10kg.

Ben raised over £1,600 for ROC, an incredible amount for a wonderful cause.

Would you like to give back by fundraising? Simply email [roc@nhs.net](mailto:roc@nhs.net) we'd love to chat with you!



## Leave a little Thank You

Have you received outstanding care? Why not write a note of thanks to a team, individual, department or service within the hospital and ROC will make sure it is delivered directly to them! Pick up a card in our main outpatients or fill one out online! To take part or find out more, by scanning the QR code.



[WWW.ROHCHARITY.ORG](http://WWW.ROHCHARITY.ORG)

0121 685 4379

[roc@nhs.net](mailto:roc@nhs.net)



Donate to the work of the Royal Orthopaedic Charity by scanning the QR code

Registered Charity Number: 1078046

FOLLOW US ON SOCIAL MEDIA:



/FUNDROH

@FUNDROH

@FUNDROH

CHECK OUT OUR WEBSITE:

[WWW.ROHCHARITY.ORG](http://WWW.ROHCHARITY.ORG)

# Tea Break Brain Teaser

## Quiz Challenge

- Which author wrote the trilogy entitled His Dark Materials?
- Where would you find a ferrule in a snooker game?
- What was the name of Elvis Presley's original vocal backing group?
- What was the only major naval battle of the First World War?
- Phil Spencer presented the show Location, Location, Location with which other property enthusiast?



Phil Spencer – see Question 5

- Which former Grand Prix motor racing team had cars with an orange livery?
- A klystron is used in which scientific apparatus?
- What L is a small, rough-skinned tropical fruit native to southeastern China?
- Which air chief marshal was in overall command of UK air defences during the Battle of Britain?
- In 2017, which film won the Best Picture Oscar?

## Two-Timer Crossword

Can't solve one – then try the other!  
Two sets of clues both leading to the same answers

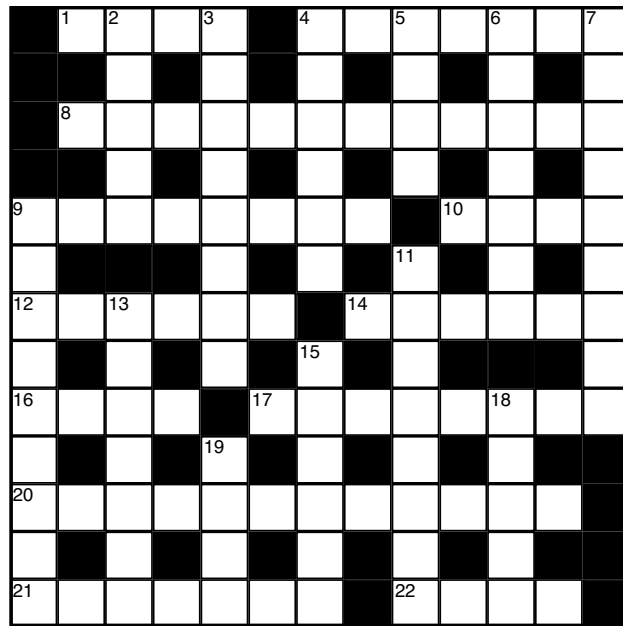
### CRYPTIC CLUES

#### Across

- Relief for a former railway (4)
- Not easy to find a short answer in this political report? (7)
- An Iberian tear-jerker? (7,5)
- This trick is not what it appears to be (8)
- Healing ointment coming from lab before end of term (4)
- Headwear that beats all the others? (6)
- I'd returned with garment to take off (6)
- Freshly made cheese (4)
- Debugged? (8)
- How guests are welcomed by having weapons ready? (4,4,4)
- Broke arm and turned tail, it's all to do with marriage (7)
- Right rower gives a loud cry (4)

#### Down

- Two trainees about to copy part of a coat (5)
- Threatening the left (8)
- Cathy's so pleased to include an aromatic plant (6)
- No approval for a secluded retreat (4)
- Enliven a Northern Ireland companion (7)
- Mandy tried desperately but had no right, having been blown up with high explosive (9)



- Abreast of current affairs? (2,3,4)
- Una and Doris unearthed a prehistoric animal (8)
- Pound sign in endless decorative design on a dish (7)
- Priest brewed ale for show (6)
- A doctor in Salvation Army dance (5)
- In retrospect Tom accepts the ring? That's debatable (4)

### QUICK CLUES

#### Across

- Aid to the poor (4)
- Parliamentary record (7)
- Pungent vegetable (7,5)
- Deceptive appearance (8)
- Aromatic substance (4)
- Tall hat (inf.) (6)
- Disrobe (6)
- Dutch dairy product (4)
- Removed lice (8)
- Cordially (4,4,4)
- Conjugal (7)
- Bellow (4)

#### Down

- Collar extension (5)
- Menacing (8)
- Herb (6)
- Corner, recess (4)
- Give life to (7)
- Blew up (9)
- Fully aware (2,3,4)
- Extinct reptile (8)
- Circular disk (7)
- Divulge (6)
- Brazilian dance (5)
- Open to argument (4)

## SUDOKU

Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

	1	5	4					7
8	3					6	2	
				1		9		
		6	7	4	1			
				2			7	
	4		3			2	1	
			9			7		2
		2		8		5	4	
6								3

## CROSS CODE

22	1	12	11	23	17	19	6		7	21	17	26
1		21		19		25		13		3		10
17	9	21	20	16	15	25		25	20	12	7	25
2		3		4		5	25	24		26		12
	15	25	7	7	25	3		25	15	25	19	26
16			17		11	25	3	3		12		20
18	16	1	20	26	10		12	7	7	1	9	25
18		19		24	16	20	9		16			7
17	9	12	6	25		16	21	25	19	25	5	
11		24		19	17	4		8		12		1
25	8	12	11	26		4	20	17	5	6	25	7
20		20		14		25		7		3		25
7	25	25	23		4	20	16	26	10	25	20	7

### ABCDEFGHIJKLMN OPQRSTUVWXYZ

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

Each number in the grid represents a letter. You have three letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares. As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the alphabetical list of letters as you identify them.

## MAGIC SQUARE

### ENSURE TRUE HEIGHT


Using all 16 letters of the sentence above, form four words each of four letters which, when placed correctly in the grid, will form a magic square in which the words can be read both horizontally and vertically.

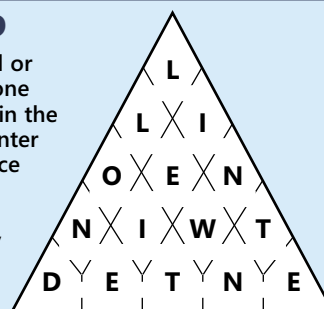
## BOX CLEVER

Fill the 6x6 grid with as many boxes as there are numbers printed. Each box must be either square or rectangular and must contain just one of the numbers. The numbers show how many squares there should be in each box.

	5				
			2	3	
		9			
4		3			4
			6		

## WORD PYRAMID

Spell out a 15-letter word or phrase by moving from one chamber to another within the pyramid. You may only enter each of the chambers once and may only proceed through openings in the walls. The first letter may appear in any of the chambers.



## SOLUTIONS

**TWO-TIMER CROSSWORD:** Across – 1 Alms; 4 Hansard; 8 Spanish onion; 9 Illusion; 10 Balm; 12 Topper; 14 Dives; 16 Edam; 17 Deloused; 20 With open arms; 21 Mantel; 22 Roar; 23 Lapel; 3 Sinsister; 4 Hyslop; 5 Nook; 6 Animare; 7 Dynamited; 9 In the swim; 11 Dinosaur; 13 Platter; 15 Reveal; 18 Samba; 19 Moot. Down – 2 Laps; 3 Sinsister; 4 Hyslop; 5 Nook; 6 Deloused; 20 With open arms; 21 Mantel; 22 Roar; 23 Lapel; 3 Sinsister; 4 Hyslop; 5 Nook; 6 Animare; 7 Dynamited; 9 In the swim; 11 Dinosaur; 13 Platter; 15 Reveal; 18 Samba; 19 Moot.

**QUICK CHALLENGE:** 1 Phillip Pullman; 2 Near the end of a cue; 3 The Jordanaires; 4 Jutland; 5 Kirstie Allsopp; 6 Arrows; 7 Dowding; 10 Moonlight.

**CROSS CODE:** U Z L B D G S X M H C A J

**BOX CLEVER:** 5, 2, 3, 9, 4, 3, 4, 6

**SUDOKU:** 6 5 9 2 7 4 1 8 3; 3 7 2 1 8 6 5 4 9; 4 8 1 9 3 5 7 6 2; 7 4 8 3 6 9 2 1 5; 1 9 3 6 2 8 4 7 5; 5 2 6 7 4 1 3 9 8; 2 6 7 8 1 3 9 5 4; 8 3 4 5 9 7 6 2 1; 9 1 5 4 6 2 8 3 7

**MAGIC SQUARE:** 3 7 2 1 8 6 5 4 9; 4 8 1 9 3 5 7 6 2; 7 4 8 3 6 9 2 1 5; 1 9 3 6 2 8 4 7 5; 5 2 6 7 4 1 3 9 8; 2 6 7 8 1 3 9 5 4; 8 3 4 5 9 7 6 2 1; 9 1 5 4 6 2 8 3 7