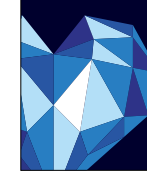


**ROH staff
spotlight page 7**

**How we're supporting
our Armed Forces
Community page 6**



page 4 -5

Richard and Nigel - Life after amputation

Richard and Nigel are an example of not letting your diagnosis get in the way of living your life. Both amputees after a diagnosis of bone cancer, they're proving there is life after amputation.

Richard came across Nigel's story on the Royal Orthopaedic Charity website, having shared a similar story when he was raising money for the charity a few years back. "Reading Nige's story, I realised that, apart from the obvious, we had other things in common including a shared passion for music and both playing in bands. Richard is the vocalist in his band The Amber Squad and Nigel plays the keyboard in his band Witcher after losing his arm meant he couldn't play the guitar anymore.

Richard and Nigel got in touch and exchanged messages of support, one handed solutions and phantom pain experiences. "Our conversation moved on to discuss hobbies past and present, families, favourite bands, gigs we had attended and artists we had seen etc."

"In May, my wife Lynn and I drove over to Worcester to meet Nige and his lovely wife Sarah. We went for coffee and cake and got on like the proverbial house on fire! The girls were chatting away like they had known each other for years and 3 hours whizzed by. Nige and I share a very positive outlook on life and both have a "let's just get on with it" attitude. We swapped numerous stories and experiences as fellow amputees, many of which were very humorous!"

Richard underwent a fore quarter amputation of his right arm and a re-construction under Mr Scott Evans in 2019. As his tumour had eroded into his underarm and chest, this meant it all needed to be removed, but a fore quarter amputation is disfiguring as the procedure involves the removal of the arm, scapula and clavicle. This effectively would have left Richard without a shoulder. Mr Evans suggested a rare procedure that had previously only been performed in Japan where the healthy arm from just above the elbow could be reattached to create a new shoulder. Richard opted for this 'funky version' and returned to work a month later where he slowly got back to enjoying the



Richard - Patient

things he loved – fishing and playing music.

Nigel's story is a little less linear – after noticing a lump in one of the tricep muscles in his arm, he was referred to the Royal Orthopaedic Hospital. In surgery Mr Evans removed the tumour and left the arm as Nigel



Nigel - Patient

was keen to continue with playing lead guitar in his band Witcher, and keep up with his love of driving and DIY. Unfortunately, the cancer returned 15 months later in his other tricep muscle, which meant he was going to lose his arm. Nigel wanted to keep his love for

music alive and taught himself how to play the keyboard. "It was obvious in order to continue my passion for music and playing in a band an instrument other than a guitar was needed, so taking up the keyboard enabled me to do both."

**FOLLOW US ON
SOCIAL MEDIA:**



/ROHNHSFT



@ROHNHSFT



@ROHNHSFT



/ROHBIRMINGHAM



FIND OUT MORE

**Story continues
on page 3**

Welcome to the issue

Email:
ROH.comms@nhs.net
Tel: 0121 685 4329 | Internal: 55294

Editorial Team

Stephanie Jenkins
Communications Manager
Bethany Haller
Senior Communications Officer
Yasmin Brown
Senior Communications Officer
Falon Paris-Caines
NOA Communications Manager
Pete Law
Graphics & Media Studio Manager
Tremaine Johnson-Niles
Graphics & Media Assistant
Amos Mallard
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!



Finance Team with accreditation certificate

Our finance team have achieved Level 2 accreditation in the Future Focused Finance Framework! The accreditation is designed to give recognition to NHS organisations that have the very best finance skills development culture and practices in place. Steve Washbourne, Chief Financial Officer, commented: "I am so proud of the team in achieving Level 2 Accreditation – not only

does it demonstrate the level of excellence and focus on improvement that we now have within the finance department, but it is also reflective of the relationships, partnerships, and collaborations we have across the Trust."

Jo Williams appointed interim CEO of the Shrewsbury and Telford NHS Trust



During her five-year tenure at ROH, Jo Williams has led the hospital to achieve strong performance and some of the highest patient and staff experience scores in the NHS. Her leadership has been marked by a commitment to fostering a positive, values-based culture that prioritises the well-being and support of staff, which she believes is essential to delivering safe, compassionate care.

In her new role at SaTH, Jo Williams will continue her dedication to improving patient care and supporting healthcare professionals. "I am honoured to take on this interim role at SaTH," said Jo Williams. "The Trust has been on a journey of improvement over the past four years, and I am keen to accelerate progress, working with local communities to ensure patients can access the high-quality services they deserve."

Professor Trevor Purt, interim Chair at The Shrewsbury and Telford Hospital, NHS Trust, said: "I am delighted to welcome Jo to SaTH as interim CEO, as we start the recruitment process for a new CEO. I would like to extend my thanks to colleagues at the Royal Orthopaedic Hospital for releasing Jo in September."

The Royal Orthopaedic Hospital will appoint an interim Chief Executive Officer during Jo Williams' tenure at SaTH, ensuring continuity of leadership and ongoing commitment to excellence in patient care.

The ROH remains proud of Jo's achievements and fully supports her as she steps into this new role, confident that she will bring the same level of success and positive impact to SaTH.

New Communication Toolkit for Patients

We're pleased to launch a new Communication Toolkit developed by the Learning Disability and Autism team. The toolkit is to be used to support communication and improve the patient experience. The toolkit can be used to start conversation, support understanding and ensuring the patient voice is heard.

Our Learning Disability and Autism team support patients to access our services and act to reduce barriers to good quality healthcare.

The team supports all staff to provide specialist care, advice and treatment in a way that suits you. This covers all children and adults who attend the ROH for outpatient appointments, therapy appointments or inpatient stays who have a learning disability or autism.

This communication toolkit was developed by the Learning Disability and Autism team with support and feedback from CASBA (Citizen Advocacy South Birmingham Area),

ROH patients and ROH staff. A huge thank you to the Royal Orthopaedic Charity who have supported and funded this resource.

Scan the QR code to hear Sally, our Learning Disability Liaison Nurse, explain more about the Communication Toolkit



WAITING WELL FOR YOUR TREATMENT

For more information about waiting well please visit the ROH website via the QR code or by clicking [here](#)



The Royal
Orthopaedic Hospital
NHS Foundation Trust



/ROHNHSFT



@ROHNHSFT



@ROHNHSFT



/ROHBIRMINGHAM

LESS PAIN
MORE INDEPENDENCE
LIFE-CHANGING CARE

Continued from front page...

Richard and Nigel share their thoughts on Life after amputation:

Nigel: "The advice I would give is to focus on the now, not to think too far ahead and take it one step at a time. Most importantly remain positive and for me personally keeping my sense of humour".

Richard: "Don't worry about the things that you can't do – there aren't that many! Relish taking on the challenges that an amputee faces and take positivity from overcoming them. I don't want to make light of it, but given time you will realise that losing an arm isn't the end of the world and the main thing is that you are still here to enjoy life!

Having someone to talk to who understands not just physically what it's like to go through cancer and live following amputation, but the emotional aspects too is incredibly valuable. Nigel commented: "Meeting up with Richard and Lynn was extremely beneficial and heartwarming to myself and Sarah. We had all shared the highs and lows of being on this journey and managed to come out the other side despite the many challenges."

Richard added: It was great to take up contact with Nige and to finally meet him. We have a lot more in common than just being amputees and share a positive attitude. We also discussed the stress and

worry that we have put our wives and family through, and agreed that their amazing support aided our recovery and rehabilitation. I think that our partners also enjoyed "comparing notes" when we met."



Nigel - Patient



Richard - Patient

Share your story!

Did you have an amazing experience with the ROH? Scan the QR code below or email us at roh.comms@nhs.net



Under the microscope

Researchers at the ROH explore novel bone cancer therapy

Bone tumours can be either primary (originated in the bone tissue) or secondary (originated in another tissue and metastasise to bone tissue). We have already proved in a previous study that primary bone cancer cells are four times more sensitive to gallium than normal cells. A team at the ROH and University of Birmingham is now exploring the use of gallium against bone metastases, cancer

that originated in another tissue before spreading to bone. The ultimate goal is to prove whether cells from bone metastases also have greater sensitivity to gallium so it could be used as an adjuvant medicine to control metastatic growth in the treatment of other types of cancer that usually metastasise to bone, such as breast, lung, and prostate cancer.

ROH has completed recruitment for the RACER Hip Trial

The trial is exploring the clinical effectiveness of robotic assisted hip replacement. The RACER Hip Trial, which began in 2021, has recruited a total of 391 patients for the study. 28% of those recruits are patients from the Royal Orthopaedic Hospital (ROH). This now completes recruitment and once all patients have had their surgery, the data will be assessed, and conclusions can be drawn. A big thank you to the efforts of Hannah Glover, Clinical Research Nurse, Sophie Rich, Study Coordinator, and the following consultants and surgeons: Professor Ed Davis, Mr Peter Wall, Mr Iosef

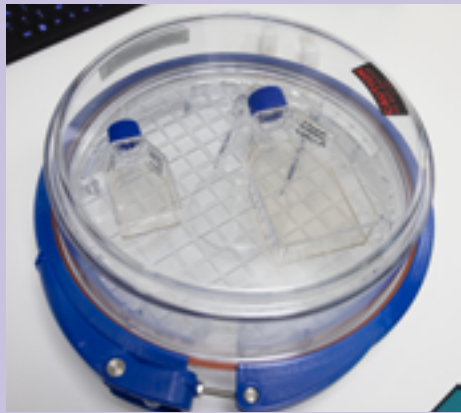
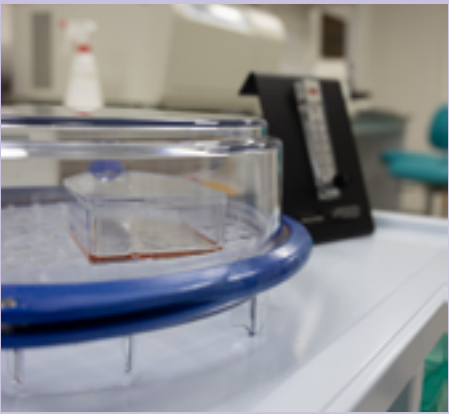
Pagkalos, Mr Shakir Hussain, and Mr Dia Giebaely.



(L-R) Hannah Glover, Peter Wall and Sophie Rich

The Dubrowsky Regenerative Medicine Laboratory installs new equipment for analysing tumours

A Hypoxia Incubator Chamber has been installed and is now fully operational at the Royal Orthopaedic Hospital's Dubrowsky Regenerative Medicine Laboratory, providing controlled hypoxic (poor in oxygen) conditions for cell cultures. Lucas Souza, Lab Manager, explains: "There is still much we don't know about cancer, but being able to create the same conditions that cancer cells are in will help in answering some of our questions. Now that we have a chamber that can mimic the hypoxic environment of a tumour we are able to utilise this in various experiments."



BLUE HEART AWARDS WINNERS 2024

Nurse of the Year



Helen Walton

Clinical Support Team Member of the Year



Maria Munoz Carlos

Outstanding Contribution to Patient Experience



Carol Hughes

Dedication to Learning



Alana Nash

ROC Award



Diane Olalla

Doctor / Clinician / Medic of the Year



Scott Evans

Corporate Services Team Member of the Year



Nasir Uddin

Innovation and Continuous improvement



Pre-Operative Assessment Clinic

Volunteer of the Year



Sophie Fitzpatrick

Secretarial / Administrative Team member of the Year



Beverly Ryan

AHP / Pharmacist / Healthcare Scientist of the Year



Leejon Jeffries

Support Service Team Member of the Year



Tracey Mitchell-Cooke

Clinical Team of the Year



Orthopaedic Oncology Surgeons

Non-Clinical Team of the Year



Medical Records

Governor's Award



Michelle Hubbard

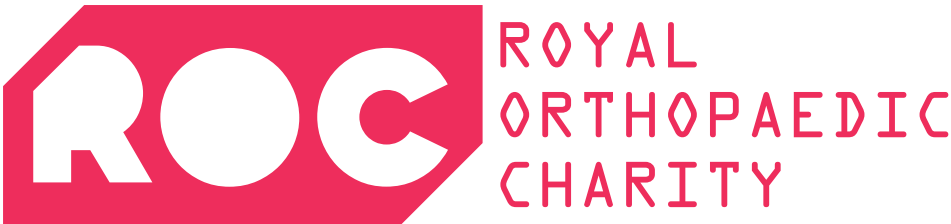
Blue Heart Award Winner



Ward 4

The Blue Heart Awards celebrate the 'heart of healthcare' and the incredible things that The Royal Orthopaedic Hospital team do everyday. It's an opportunity to recognise and celebrate an NHS hero.

Proudly funded by:



BLUE HEART
AWARDS

Celebrating and supporting our Armed Forces Community



During June we held a number of events to commemorate those who have served in the Armed Forces, from our 80th Anniversary of the Normandy landings event to supporting Armed Forces Week and Reservists Day.



Armed Forces Week took place 24-28 June and is an annual week to show support to the men and women who make up the Armed Forces community; from currently serving troops to Service families, veterans and cadets. To celebrate the week we held a number of events

We started the month with commemorations for the 80th anniversary of the Normandy landings on 6 June 1944, also known as D-Day, to remember the service and sacrifice of all those involved, say thank you and recognise their courage.

The ROH Knit and Natter group decorated the Trust, which formed a colourful backdrop to celebrations, the Bluebird Belles vintage singers performed 1940s tunes for colleagues and patients, and fish and chips were on the menu (as they were never rationed during the war)! As part of D-day 80, Lamp Lights of Peace were lit in tribute to those that gave so much for our freedom. The light in the flame represented the 'light of peace' that emerged from the darkness of war.

As part of Armed Forces Week we hosted our first 'banter and brews' session together with the Stepway charity, open to patients and ROH staff. We held another meeting of

Armed Forces Community Connect, an informal group for staff and volunteers with an Armed Forces connection, as well as those interested in supporting the Armed Forces. The group provides a space to connect, share experiences and support one another.

ROH Veteran stories



Natalie Green

We also shared the stories of three staff members:

Natalie Green, ST7 Trauma and Orthopaedics Registrar

"I joined the Royal Navy while a Medical Student in 2009 through a medical cadetship. This pathway is open to anyone who has secured a place at Medical School. I completed

Medical School in Birmingham and then my two Foundation Years at the Queen Elizabeth hospital and Sandwell Hospital. I come from a military family with several generations in the Royal Navy and the Royal Marines, so I could really see from an early age how a career in the military can be fulfilling whilst still combining my ambition to be a doctor."

"I'm really proud to be a Veteran and break the mould of what it means to be a Veteran, but Veterans can be women, and younger too! And I'm so proud to be on this journey towards becoming an Orthopaedic Consultant. It's so important to see people who look like you in roles you aspire to, both in the military and in the NHS. For those young women at the beginning of their medical careers considering their speciality, I can't recommend enough keeping an open mind. If you are enthusiastic, keen and a hard-worker, a career in surgery and/or the military isn't off limits - it's all achievable."



Mental health help & support for UK armed forces veterans, reservists and families.



The Veterans Mental Health and Wellbeing Service

Phil's story



(L-R) Phil and Mr Yuvraj Agrawal

With a 28-year career as a firefighter, Phil had always led an active life playing Rugby, Football, Basketball and Golf. Like many who have a hands-on career and keen on sport, Phil experienced wear and tear in both his knees from arthritis. When asked why he chose to have a knee replacement, Phil explained "because it's changed my life. I'm still like a young man. I'm a 24 year old 67 year old. I feel there's nothing I can't do - I walk straight, I can go to the gym... If I hadn't had the surgeries I don't think I'd be anywhere near the person I am now."



Find out more about Phil's story by scanning the QR code or click [here](#).

ROH Staff spotlight



Dr. Jo Williams, Chief Executive of the Royal Orthopaedic Hospital NHS Foundation Trust has been awarded an honorary doctorate by Aston University in recognition of her outstanding contributions to healthcare leadership over nearly 25 years. Reflecting on this honour, Dr. Williams said, "This is a great honour. I have been fortunate to work with so many inspirational people during my career and I owe a debt of gratitude to all those who have supported me, mentored me and enabled me to lead. I'm very grateful to the team at Aston for their continued support, their expertise and their unwavering commitment to education and partnership."



Professor Gardner, a Consultant Spinal Surgeon and Research and Development Director at the Royal Orthopaedic Hospital (ROH), has been appointed as the first Professor of Clinical Practice in Orthopaedics by Aston University, in partnership with the ROH. will be tasked with developing an academic unit in musculoskeletal health and orthopaedics at Aston University, providing expert input into the shaping of courses, driving research and discovery in this important field and taking on some teaching responsibilities.



Congratulations to Jennifer Pearson, Head of Nursing for Division 2 at ROH, who was shortlisted for the prestigious Black Healthcare Awards, run by the Caribbean African Health Network CAHHN. This recognition is a testament to Jennifer's exceptional contributions to healthcare, demonstrating outstanding dedication and impact in the field of healthcare. Jennifer was shortlisted in the category Advanced Nurse and Specialist Nurse Practitioner.



The Royal Orthopaedic Hospital is pleased to announce the appointment of Jan Teo as Non-Executive Director, to the Trust Board, from April 2024. Jan has experience in people leadership, transformation and growth, with an absolute focus on doing the right things whilst managing business sustainability.



Prestigious travelling fellowship awarded to Mr Jonathan Stevenson, Orthopaedic Oncology and Arthroplasty Consultant at the Royal Orthopaedic Hospital. The American British Canadian Fellowship, which facilitates orthopaedic experts to travel to North America, saw Mr Stevenson visit centres of excellence across the region to share expertise in orthopaedic oncology.

Inspired by the summer of sport

Have you been an avid watcher of this year's Olympics? Keen to dive into a new sport after seeing the experts put on a fantastic show? The immense feeling of joy when taking up a new sport can be quickly dashed if injury gets in the way, so it's really important to know how to avoid injuring yourself early on. Here are some orthopaedic tips from Dr. Vinay Ketkar to help you stay safe and minimise the risk of injury:

Warm-up and cool down
Before diving into your chosen activity, take the time to warm up your muscles and joints with dynamic stretches and movements. Dynamic stretching is an active form of stretching where your muscles and joints move through your full range of motion helping increase blood flow and flexibility, reducing the risk of strains and sprains.
Don't forget to cool down after your activity with gentle stretches to aid in muscle recovery and prevent stiffness.

The importance of proper technique
Whether you're kicking a football or swinging a racket, using proper technique is essential for preventing injuries. Take the time to learn and practice the correct form for the activity you are participating in, especially for activities that involve repetitive motions or high impact on joints.

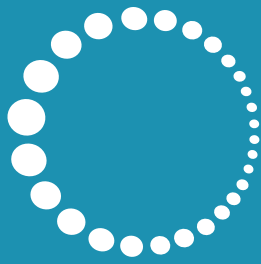
Gradual progression
Gradually increase the intensity and duration of your activities over time to allow your body to adapt and strengthen slowly. Sudden spikes in activity level can increase the risk of overuse injuries such as tendonitis or stress fractures.

Cross-training
Incorporate variety into your workout routine by cross-training with activities that target different muscle groups and movement patterns. This helps prevent overuse injuries and promotes overall fitness and athleticism.

Listen to your body
Pay attention to any signs of discomfort or pain during and after physical activity. Ignoring these warning signs can lead to further injury and prolonged recovery time. If you experience persistent pain or swelling, it's essential to seek medical attention promptly to prevent the condition from worsening.

Proper equipment
Ensure that you have the appropriate gear and equipment for your chosen activity, including supportive footwear, protective padding, and safety gear. Investing in quality equipment that fits properly can help prevent accidents and injuries on the field or trail.

Sleep, nutrition and hydration
Last but definitely not least make sure you have a healthy diet with plenty of vitamins and protein and ensure you are well hydrated and get adequate rest and sleep in between training sessions.



NATIONAL ORTHOPAEDIC ALLIANCE

As a founding member organisation of the National Orthopaedic Alliance (NOA), ROH is part of a multi-disciplinary network of orthopaedic providers leading on collaboration in orthopaedics. We play a key role in the alliance's success.

NOA benefits for ROH staff

All colleagues at ROH can attend NOA webinars, workshops, meetings, and events for free! Get the latest updates and find out about other member benefits on the NOA website: www.nationalorthopaedicalliance.co.uk

Find out more

Visit: www.nationalorthopaedicalliance.co.uk

Follow the NOA on socials:

@NOAOrthopaedics

Website members' area: register to the members' area of the NOA website to access even more resources and information.

Register here: bit.ly/NOAMembersArea

Sign up: You can register to receive the NOA newsletter here: bit.ly/NOAMemberNewsletter

Get in touch

Email: info.noa@nhs.net

Keep up to date



Visit our website



Follow us on Twitter



Follow us on LinkedIn



Follow us on Youtube

NOA launches strategic networks to help shape future of orthopaedics

NOA has launched four strategic networks aimed at driving innovation, improving performance, and shaping the future of orthopaedics across the country. The new networks focus on Workforce, Pathways, Research & Innovation, and Performance & Productivity.

The groups are a key part of NOA's new strategy, dedicated to optimising patient care, empowering orthopaedic professionals, and influencing national healthcare policy. Two of the network Chairs are from ROH. Here's what they had to say:

- **Pathways Network** Chair, Jennifer Pearson, Head of Nursing Division 2 at ROH, said, "I am thrilled to lead the Pathways Network and collaborate with colleagues across the NOA membership. Together, we aim to optimise patient pathways, reduce inefficiencies, and enhance the overall patient experience in orthopaedic care."
- **Research & Innovation Network** Chair, Matt Revell, Executive Medical Director and Consultant Orthopaedic Surgeon at ROH, said, "It is my pleasure to lead the

Research & Innovation Network which will focus on early access to innovation and breakthrough technologies, leveraging AI, fostering innovation, and driving impactful research to advance orthopaedic practices and outcomes." Matt is joined by Research & Innovation Network Vice Chair, Irrum Afzal – Research & Outcomes Manager, South West London Elective Orthopaedic Centre

Other network Chairs include, Paul Kavanagh Fields, Chief Nurse at Robert Jones and Agnes Hunt Orthopaedic Hospital who chairs the Workforce Network and John Bateson, Deputy Director of Strategy & Improvement at the Royal National Orthopaedic Hospital (Chair) along with Steph Wilson – Performance Insight and Improvement Manager at The Robert Jones & Agnes Hunt Orthopaedic Hospital (Vice Chair) of the Performance & Productivity Network.

For more information about the NOA networks and how to get involved, email info.noa@nhs.net.

Upcoming NOA meetings and events:

- 26 September 2024 – NOA Research & Innovation Network Meeting (virtual)
- 27 September 2024 – Transformation in Orthopaedics Meeting (virtual)
- 1 October 2024 – NOA Performance & Productivity Network Meeting (virtual)
- 30 October 2024 - NOA Workforce Network Meeting (virtual)
- 15 May 2025 – NOA Annual Members' Conference, Birmingham

Sarcoma service

During Sarcoma Awareness Month in July, the BSS proudly unveiled a new website, dedicated to enhancing sarcoma care across Birmingham and Solihull.

The site, developed collaboratively by The Royal Orthopaedic Hospital (ROH), University Hospitals Birmingham (UHB), and Birmingham Women's and Children's Hospital (BWC) was funded by the West Midlands Cancer Alliance.

It is designed to streamline the sarcoma referral process and provide comprehensive resources for patients and healthcare professionals.

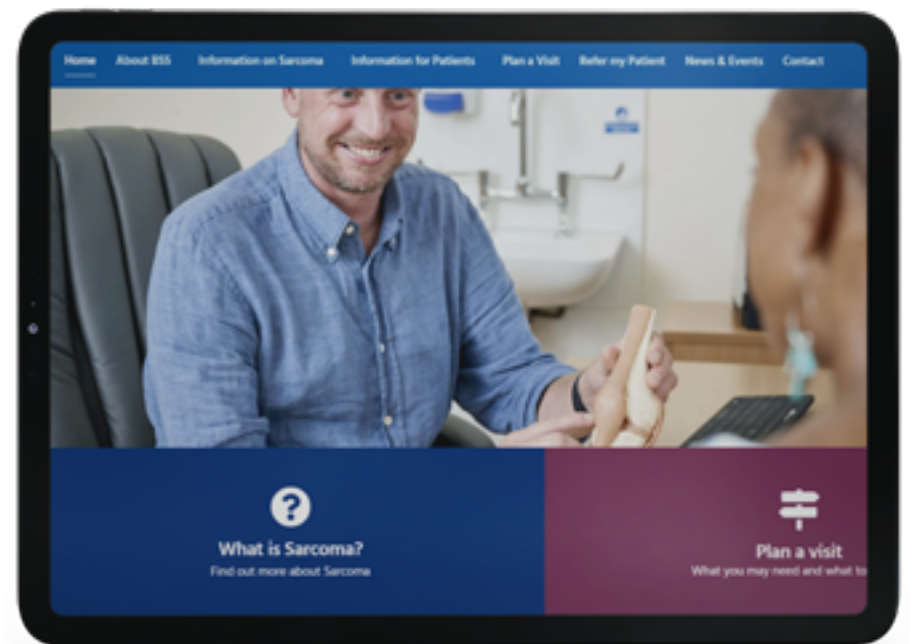
The new website offers a centralised hub for sarcoma-related information across Birmingham and Solihull, simplifying the journey for patients and their families.

Key features include:

- A streamlined referral system for healthcare professionals.
- Information on sarcoma types, treatments, and support services.
- The latest news and updates on sarcoma-related activities across ROH, UHB and BWC

Guy Morris, Consultant Orthopaedic Surgeon at ROH said "Our aim with this new website is to make navigating a sarcoma diagnosis and referral process as simple as possible. By centralising all the essential information and resources, we want to empower patients and healthcare professionals with the knowledge and support they need."

Explore the new website at www.birminghamssarcomaservice.nhs.uk to discover these features and more.



Coming to clinic



Diagnostics



Treatments and procedures



Post op / after treatment



Birmingham Sarcoma Service

PIFU (patient initiated follow up)

Take control
of your
follow-up
appointment

Talk with your
clinician about
whether PIFU is
right for you

We're changing the way we deliver outpatient care to better suit you. We're putting you in control and giving you more choice over how and when you access your care so it's easier and more convenient to receive specialist care in a way that better suits your lifestyle and preferences. Many patients with long term conditions, or following hospital treatment, do not always need follow-up appointments at routine intervals. Instead, some patients will be offered 'patient initiated follow-up' appointments (PIFU for short). This is where you can arrange a follow-up appointment as and

when you need it, for instance when your symptoms flare up or if your circumstances change. This means you avoid unnecessary appointments, saving you time, money and stress and means better access to follow-up care when you do need it. If PIFU is available and suitable for you, the healthcare professional responsible for your care will discuss this option with you and if you are happy, they will ask you to arrange your appointments in this way in future. If you think PIFU might work for you, ask us about it at your next appointment with us.

With patient initiated follow-up (PIFU) you can request a follow-up appointment if and when you feel you need one



Check out our exhibition about different cultures at the ROH. Scan QR code for more



Refurbishment in the Oncology department

Phase 1 of the Oncology Unit refurbishments are now complete! The expansion and refurbishment of the unit provides a modern and functional dedicated space for all Oncology staff including spaces for the Macmillan, Medical secretarial, Patient Liaison and Multidisciplinary administration teams.

Alongside improving productivity and staff wellbeing through better designed office space, the revamped space for each team will also provide a better experience for patients calling into the department, and dedicated areas for sensitive conversations with patients.

There is now a new Multidisciplinary (MDT) room equipped with bespoke audio-visual solutions to support remote access – from colleagues all around the world if needed.

The new MDT room will be available for all Multidisciplinary teams at the ROH to use, and take advantage of the high-tech equipment. Microphones and speakers in the ceilings and a suite of TV screens means a range of patient information from scans to notes can be displayed clearly for all participants, as well as ensuring all those attending MDTs including experts joining remotely can be seen and heard. This brings a real benefit for

patients across the Trust as teams will be able to make the most out of the MDT meetings and enable more thorough discussions for clearer outcomes.

Janet Davies, Estates Capital Project Manager, said: "This expansion has been a vision for the Trust over the last two years and follows a series of major estate upgrades across the hospital. We've seen the expansion of our estate with ROH at College Green, refurbishment of the 3T MRI scanner, Café Royale redesign and refurbishment, expansion of PV solar panels on POAC, Oncology and the main outpatient buildings, the refurbishment of the old pharmacy building for the facilities team and the refurbishment of the porter's lodge. A huge amount of collaboration and effort has gone into making these projects happen so a big thank you to all those involved."

Phase 2 work will see the creation of a dedicated space for the Appointment and Validation teams. Site wide refurbishments continue with upcoming projects including the boiler replacement scheme in the Knowledge Hub and male changing facilities in theatres so watch this space!

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





Our amazing charity!

Sweet Success! Children & Young People's Department Cake Sale

On Monday 5th August, ROC proudly supported the Children and Young People's Department (CYPD) with a 'cake-tacular' fundraiser!

This delightful event was organised with the goal of raising funds to purchase gifts for young patients over the 2024 Christmas period, to bring a touch of joy and a welcome distraction during their hospital appointments.



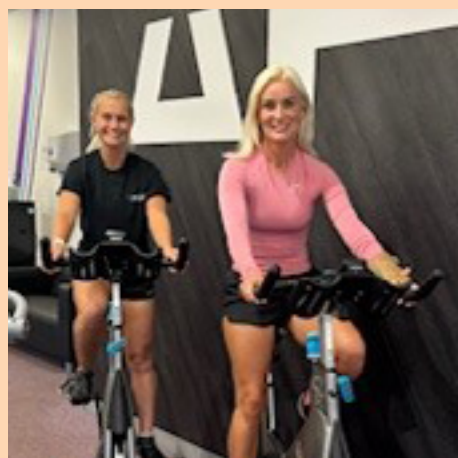
Thanks to the generous support of our hospital staff and wider community, the cake sale was a tremendous success! We were delighted with the donations, ranging from elegant afternoon tea boxes to yummy brownies and a mouth-watering selection of cakes including chocolate, vanilla, red velvet, carrot and more! Thanks to these delicious treats, we raised an impressive total of £385!

We would like to thank the following businesses for their support: Becketts Farm, The Barn at Berryfields, Starbucks Northfield, Sophie's Spoonful of Sugar, and a special shoutout to our fantastic ROH staff for their homemade bakes: Suzanne Pugh, Suzanne Leach, Anette McDonagh, Sarah Broadhurst and Marie Squire.

A special thank you goes to Marie Squire, one of our ROCstars (Charity Ambassador), who led the initiative with incredible enthusiasm. Marie's hard work, combined with the support of our amazing donors, made this event a 'treat' to remember.

Kerry's Story

Huge congratulations and heartfelt thank you to Kerry for taking part in a 12 hour 'spinathon', so far raising over £2,000 for ROC, giving back to the hospital that helped transform her life. She completed the challenge at Anytime Fitness in Malvern.



Kerry

Kerry has always been a fitness enthusiast, engaging in activities like horse riding, running over the Malvern hills and attending spinning and body attack classes. In December 2022, she experienced pain in her left wrist, initially linking it to a sprain from a gym session. However, an X-ray in February 2023, revealed a tumour in her left distal radius, leading to an emergency referral to Worcester Hospital and then to The Royal Orthopaedic Hospital. A biopsy diagnosed her with an aggressive Giant cell tumour. Kerry underwent her first surgery in July 2023, where her radius bone was replaced with a temporary custom metal plate. In February 2024, she had a nine-hour surgery to graft her vascularised fibula into her arm. Kerry's recovery has been challenging for her, involving intense hydrotherapy and physiotherapy, but she is now walking again. The success of the graft will be determined over the next 6-9 months with regular scans and consultations.

Within her Just Giving page, Kerry shares: "The Oncology surgeons, the plastic surgeon team and staff at the hospital have been incredible. The pressure they work under dealing with the most awful illnesses, they deserve a medal! So much of this hard work and dedication to saving lives goes unseen." **It's not too late to sponsor Kerry, you can do so by visiting her page on: <https://www.justgiving.com/page/kerry-papps>**

Become a ROCstar!



(L-R) Georgia Meyrick & Marie Squire

ROC is delighted to announce the addition of two new Charity Ambassadors this month: 'Georgia Meyrick, Education & Training Administrator' and 'Marie Squire, CYP OPD Administrator'. Georgia is enthusiastic about launching her ROCstar role with a Charity Run and is currently setting up her fundraising page. Meanwhile, Marie's hard work and enthusiasm has proven successful by securing donations for the CYP cake sale that recently took place.

We are looking for keen members of the community to become Charity ambassadors for ROC, our very own ROCstars!

Anyone can apply, you need a keen interest in fundraising, a passion for the hospital and making a difference.

If you would like to get involved or get some more information, visit <https://rohcharity.org/fundraise/rocstars/>

Check out our shop!

Check out the online shop to purchase ROC products with all profits supporting The Royal Orthopaedic Hospital. www.rohcharity.org/shop



WWW.ROHCHARITY.ORG

0121 685 4379

roc@nhs.net



Registered Charity Number:
1078046

Leave a little Thank You

Check out our new thank you campaign, designed to both spread awareness of Royal Orthopaedic Charity and spread love and cheer to staff across the Royal Orthopaedic Hospital.

The campaign is simple, patients can 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!

Donations are completely optional in this campaign.

To take part or find out more, visit <https://rohcharity.org/say-thank-you/>

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

FOLLOW US ON
SOCIAL MEDIA:



/FUNDROH



@FUNDROH



@FUNDROH

CHECK OUT OUR WEBSITE:

WWW.ROHCHARITY.ORG

ROC Highlights

ROC hosted its annual Summer Fete on Thursday 25th July to commemorate the 76th Anniversary of the NHS. Special thanks to the Children and Young People Department who supplied amazing bunting, created by 100+ young patients.

In commemoration of the 80th anniversary of D-Day, ROC collaborated with a local school, where the students put together themed bunting to adorn ROH halls,



promoting remembrance. For young patients in the Children and Young People's Outpatient Department, ROC offered engaging activities, that included history sheets and an



opportunity to express their thoughts through drawing. The hospital hosted a special performance led by the talented 'Bluebird Belles', professional vintage singers, funded by the Charity, and a special fish and chips lunch



for veterans and members of the armed forces community at the ROH.

Funding from ROC has enabled a new Patient Information System to be installed at the Royal Orthopaedic Hospital, improving



patient experience. The new device provides information to keep patients up to date about their stay, giving access to log into the streaming services they subscribe to, and different ways to communicate with hospital staff and loved ones at home. The display is accessible, and options can be tailored to suit a patient's age, language, disability, or any learning difficulties, creating an inclusive experience for all patients.

Come and read more about it here: <https://rohcharity.org/patientinformation/>

Health Hacks School visit - Phase 3 18th & 19th September



In May, Bournville Village Primary School pioneered ROC's first-ever Health Hacks Workshop. The 1 hour workshop, tailored for Year 4 pupils aged 8-9, aimed to promote positive musculoskeletal (MSK) health, to prevent orthopaedic conditions and empower families with essential health and wellbeing skills.

Each class workshop was led by a team consisting of a Birmingham Orthopaedic Teaching Programme (BOTP) doctor, physiotherapist and a ROC team member, ensuring expert guidance and an inclusive approach from both medical and therapy perspectives.

The Health Hacks workshop is just the beginning of a comprehensive initiative with multiple phases. Following the workshop, for phase 2, children were invited to undertake a community research task. This has been an excellent opportunity for parent(s) / carer(s) to get involved and engage with their children's learning outside the classroom and encourage healthy lifestyles. ROC revisited the school two weeks later to discuss the pupils' findings and experiences.

In the third phase, pupils will have the opportunity to visit the Royal Orthopaedic Hospital. There, they will embark on a guided tour, interact with healthcare professionals, and participate in a session in the lecture theatre. The event will feature various healthcare specialists sharing insights into their roles, offering valuable career exposure to the young participants. Additionally, the children will present their research findings, further reinforcing their learning.

Phase 3 is scheduled for Wednesday 18th and Thursday 19th September, allowing the pupils to share how they got on with their community task.

We invite all colleagues to support this exciting initiative by contributing to our 1 hour Health Hacks workshops in new schools or offering a short 10 minute presentation during school visits in the hospital's Lecture Theatre. Your involvement will play an important role in educating and inspiring the next generation about good health and wellbeing practices and you'll also receive a certificate recognising your valuable contribution.



ROC Upcoming Events and Fundraisers

London Halloween Walk

London Halloween Walk is set for Saturday 26th October 2024 - Why not treat yourself to a hair-raising hike around some of the City's scary streets and historic haunts? Choose your distance, with 25km and 10km options, gather your bravest guys & ghouls to make up a team – or go it alone if you dare and meet up with other chilling challengers.

Don't forget to dress to distress!

There's ghostly looped routes, with zombie rest stops, and if you manage to get back in one piece there's a macabre medal, a glass of the Devil's fizz, some horrific hot food & drink – and a souvenir bobble hat to ward off the spirits as you head off home.

Great Birmingham Run

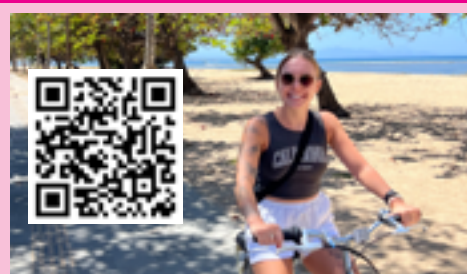
Great Birmingham Run is set to take place on Sunday 4th May 2025 or how about a FUNdraising challenge, take part in a Half Marathon & 10K. The AJ Bell Great Birmingham

Run is the Midlands' biggest and best running event. Thousands of Brummies pound the streets every year to rise to the challenge of either the Birmingham Half Marathon or the 10K, with plenty of participants raising cash for good causes.

Worcester City Run

Worcester City Run 2024 is set to take place on 15th September - Georgia Meyrick, an ROH colleague and ROCstar, will be fundraising for ROC by participating in the event. Georgia, who joined ROH in February 2024, recently became a Charity Ambassador for ROC and is kicking off her new role with a 10km charity run.

You can sponsor Georgia and wish her luck at: <https://www.justgiving.com/page/georgia-meyrick-1722869788753> or via the QR code. Email: roc@nhs.net to express your interest in any of the above.

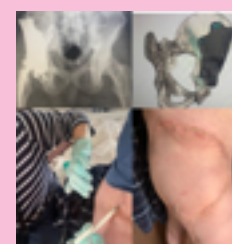


Gareth's Fundraiser

Gareth is fundraising to support ROC after being diagnosed with a rare cancer, grade 2 chondrosarcoma, which affects only around 200 people in the UK each year.

Thanks to the expertise of Professor Lee Jeys and his team, Gareth underwent a successful hemi-pelvectomy with a custom 3D printed prosthetic, enabling his ongoing recovery. Grateful for the exceptional care he received, Gareth is dedicated to raising funds to help others benefit from the hospital's outstanding work.

To learn more and support Gareth, visit his JustGiving page: <https://www.justgiving.com/page/gareth-thomas-chondrosarcoma> or via the QR code.



Tea Break Brain Teaser

Quiz Challenge

- 1. What event has taken place almost every year at Olney, Bucks, since the 15th century?
- 2. What type of star becomes a black hole when it burns out and collapses into itself?
- 3. Guam is a territory of which country?
- 4. Which English artist was famous for her humorous paintings of large naked ladies?
- 5. Which Hollywood actor married Demi Moore in 1987?



Demi Moore – see Question 5

- 6. What does AONB stand for?
- 7. Who built a golden calf as an idol for the Israelites while Moses was on Mount Sinai receiving the Ten Commandments?
- 8. Tennis player Stefanos Tsitsipas comes from which country?
- 9. Hugh Grant plays the cad Daniel Cleaver in which British film series?
- 10. What was the name of Britain's first pirate radio station, which broadcast off the Essex coast?

Two-Timer Crossword

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

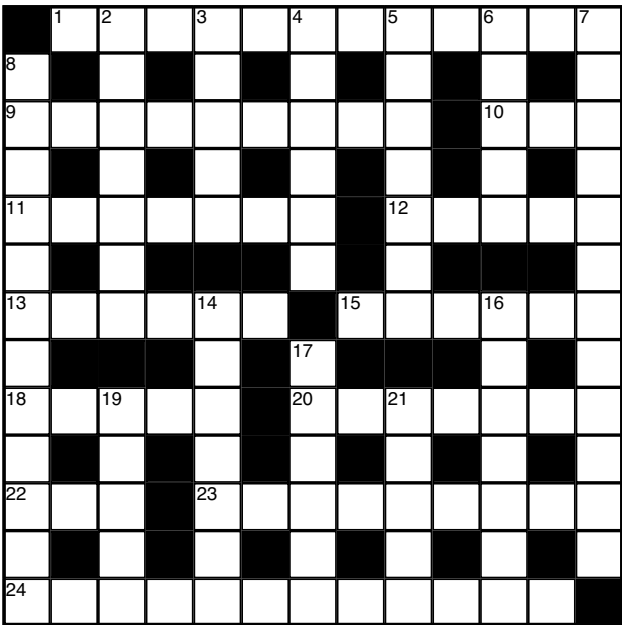
CRYPTIC CLUES

Across

- 1. Philip had ale brewing in American city (12)
- 9. Score one more in the game (5-2-2)
- 10. In Toledo consulted a physician (3)
- 11. Wild South American city's holding out perhaps (7)
- 12. Remove the mail perhaps (5)
- 13. Being a separate thing (6)
- 15. Forces modification to a mode of painting (6)
- 18. Copper can jump the queue (3,2)
- 20. Possibly Ann has included old shout of praise (7)
- 22. Decided to include fish (3)
- 23. Out of time again on the spur of the moment (9)
- 24. What you will soon do if you are not prepared to run (3,3,2,4)

Down

- 2. Leaflet from worker on strike? (7)
- 3. Chance to follow the game (5)
- 4. Loathe coming from French exam (6)
- 5. Scots long to upset our listlessness (7)
- 6. Hardy sort of water monster (5)
- 7. Taken in and made comfortable (12)
- 8. Responding too violently concerning catering arrangements (12)



QUICK CLUES

Across

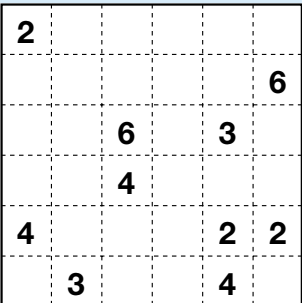
- 1. Pennsylvania city (12)
- 9. Blackjack (5-2-2)
- 10. One of the Seven Dwarfs (3)
- 11. Unrestrained (7)
- 12. Take away weapons (5)
- 13. Existence (6)
- 15. Mural (6)
- 18. Interrupt (3,2)
- 20. Exclamation of adoration (7)
- 22. Aquatic creature (3)
- 23. Without preparation (9)
- 24. Become short of breath (3,3,2,4)

Down

- 2. Prepared statement (7)
- 3. Bingo (5)
- 4. Hate (6)
- 5. Lethargy (7)
- 6. Mythical Greek creature (5)
- 7. Had room for (12)
- 8. Contrive gear (anag.) (12)
- 14. Rear part of a vehicle (7)
- 16. Gathering for those departing (4-3)
- 17. Slum area (6)
- 19. English river (5)
- 21. Recapitulate (3,2)

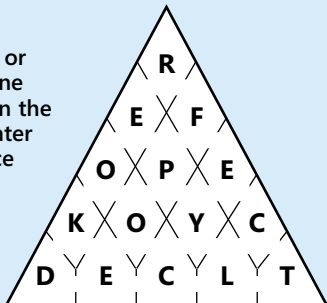
BOX CLEVER

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.



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 Philadelphia; 9 Uno; 10 Doctor; 11 Tango; 12 Ann; 13 Fish; 15 Mural; 18 Queue; 20 Shout; 22 Fish; 23 Moment; 24 Run.

Down: 2 Strike; 3 Game; 4 Exam; 5 Listless; 6 Monster; 7 Comfortable; 8 Catering.

BOX CLEVER:

Grid filled with boxes of various sizes corresponding to the numbers 2, 6, 3, 4, 2, 2, 3, 4.

WORD PYRAMID:

Word: REFLECTED

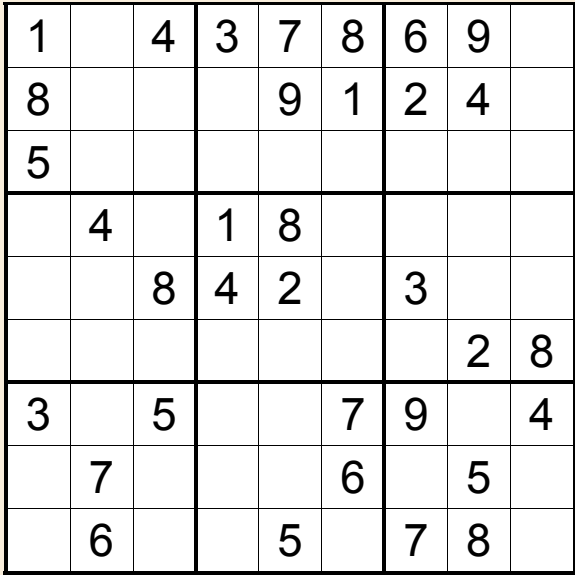
QUICK CLUES:

Across: 1 Philadelphia; 9 Blackjack; 10 Dwarf; 11 Unrestrained; 12 Weapons; 13 Existence; 15 Mural; 18 Interrupt; 20 Adoration; 22 Creature; 23 Preparation; 24 Breathless.

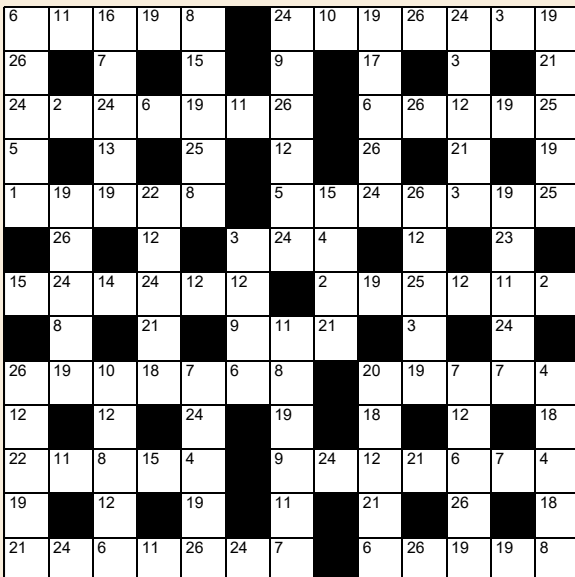
Down: 2 Statement; 3 Bingo; 4 Hate; 5 Lethargy; 6 Centaur; 7 Room; 8 Contrive; 14 Vehicle; 16 Departing; 17 Slum; 19 River; 21 Recapitulate.

SUDOKU

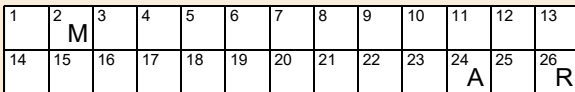
Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.



CROSS CODE



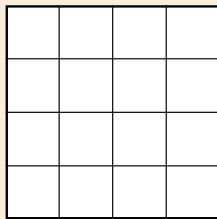
ABCDEF GHIJ KLMNOP QRSTUV WXYZ



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

FLOODED LARGER LOO



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.