ROH life

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The Royal Orthopaedic Hospital www.roh.nhs.uk 2024 Issue 4

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ROH hosts first Community Appointment Day

Over 250 physiotherapy patients from Birmingham and Solihull attended a recent Community Appointment Day (CAD) in our local area.

We worked together with the Queen Elizabeth (QE) Hospital, and College Green medical practice to invite patients on the physiotherapy waiting lists to the Community Appointment Day at local Cocks Moors Woods Leisure Centre.

The Community Appointment Day brought together a range of services; physiotherapy services from the three providers, groups from the local voluntary sector, and national charities such as Versus Arthritis, Healthwatch, Age UK and Public Health Services, all under one roof to support patients.

Hayley Jennings, Senior Physiotherapist at The Royal Orthopaedic Hospital said: "We invited patients from our physiotherapy waiting lists to visit us and access support, while they wait for their appointment. We tailored resources available on the day to the needs of our local patients waiting for treatment, and discussed their MSK (musculoskeletal) concerns. Therapy colleagues underwent specific personalised care training, to ensure conversations focussed on what matters to patients.

"Where necessary, patients were able to get an assessment by a physiotherapist, receive tailored advice in line with what really matters to them, guidance and exercises, and many were signposted to voluntary sector support in the 'community hub' if it was appropriate for them."

Nikki Mason, Head of Therapy Services at the ROH said: "It's been fantastic to work with our Birmingham and Solihull partners, the QE and College Green on this new and innovative approach. The knowledge gained by all colleagues will also provide support to future patients as they come through for treatment. We were delighted to see so many patients attend, and to hear so much positive feedback about the support they received."

Robin, a patient who attended the event said: "I received a text message inviting me today, while I wasn't sure what to expect from the day, I'm so glad I came! The welcome check in desk talked me through what was going to happen, and I spoke to a physiotherapist who really took their time. I didn't feel rushed at all and everyone I've spoken to has really listened to what I've had to say. I've downloaded an app and got some exercises to take home that should help, and I feel really good about the whole thing! All in all a great experience."

Talks and presentations were held in a studio as part of the day, where patients could drop in to hear free advice and information from ROH Pain Management Nurses and Versus Arthritis.

Scan the QR code to watch the video

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More pictures on page 2

Welcome to the issue

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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!

Welcome Matthew Hartland

We are pleased to welcome Matthew Hartland to the Trust, as he starts his role as Interim Chief Executive.

As interim CEO, Matthew will continue to lead the Trust in delivering a strong performance, high patient and staff satisfaction scores and fostering our values-based culture, which prioritises well-being and compassionate care.

Matthew said: "The ROH is a special hospital with an excellent reputation, and I'm excited to be here in this role to maintain and build on the excellent progress the Trust has made in recent years. I feel privileged to have the opportunity to continue this improvement here at ROH.

I'm looking forward to using my experience across the health sector to lead the Trust through this interim period, focusing on maintaining high-quality care and positive performance ultimately so patients can continue to receive life-changing care."

Share your story!

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

Pictures from ROH first Community Appointment Day

...Continued from front page

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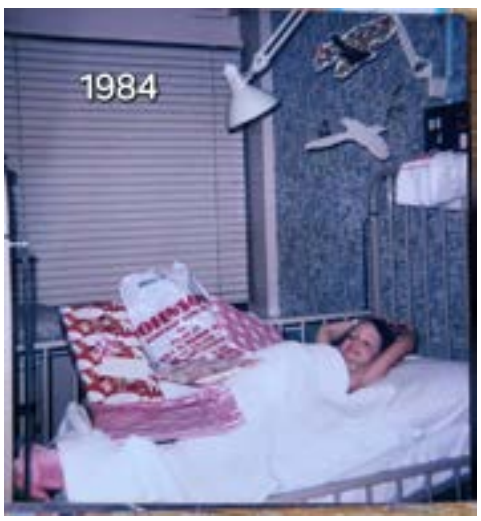
LESS PAIN
MORE INDEPENDENCE
LIFE-CHANGING CARE

ROH Patient story: Meet Tor

The Royal Orthopaedic Hospital (ROH) has been part of Tor's life since a very young age - she's been a patient here for just over 40 years. Her parents took her to her local GP when she was about 18 months old due to development issues with her leg and she was referred to the ROH.

Tor's condition is Maffucci syndrome, which is a disorder that affects the bones and skin. It is characterised by multiple enchondromas, which are benign enlargements of cartilage, bone deformities, and tangles of abnormal blood vessels. The abnormal growths associated with Maffucci syndrome can also become cancerous. Maffucci syndrome is progressive which means Tor has had many different surgeries over the years at the ROH and has seen much change over that time.



"I had my first surgery there at the age of 3, spent my 4th birthday on the children's ward. I spent a lot of my childhood on that ward. Even when it was hard, and I felt lonely, scared and in pain, I have some amazing memories. Everyone you met or who cared for you were so kind and patient. I remember the ward teachers making learning fun, and the painting on the ward windows and doors made me feel safe, made it feel fun somehow. We did have fun, we made the best of our difficult situations. We could only do that because the ROH was, and still is, such a special hospital. As a whole, people in the hospital are really friendly, lovely and helpful. It feels safe, like I can trust these people. I stayed elsewhere one year and I absolutely hated it. I was so scared there."

"I remember one stay at ROH being taken outside on our beds, or in wheelchairs through the big doors and getting fresh air on the balcony. We loved watching the squirrels playing and having fun and listening to the birds. I also loved being taken down to the fountain area, which we did often. It felt like a day out as a kid going down there. The hospital has changed so much over the years, but I still like to visit the remaining woodland area and reminisce."

Tor was the first person to have both femur and tibia lengthened at the same time. Previously the femur and tibia were lengthened during separate surgeries. This would have meant four surgeries for Tor as she had leg lengthening surgery at age 9 and age 13. She even featured in the local newspaper!

It's not always about the physical aspect of the condition but the mental. After a surgery called a scapulectomy Tor needed some additional support. She was referred to one of the Macmillan nurses at ROH for mindfulness meditation.

"Mental health is so important to me, and the impact disabilities have on our overall wellbeing. I'm so grateful to Carol Hughes, my Macmillan counsellor, who taught me mindfulness meditation, which has helped me in so many ways. From managing, and accepting my pain in a healthier way to learning more about myself and ways I can improve my overall wellbeing and mental state. The support was just amazing. I really struggled with my mental health as a teenager, Macmillan wasn't a very well-known thing at the time, at least for me so this kind of support just wasn't available. I have some pain connected to past trauma and understanding it and how it affects me has been really helpful."

Because Tor has been with the ROH for so many years, she's had a fair few consultants. When her consultant, Mr Rob Grimer was set to retire, she wondered who her new consultant would be. Mr Michael Parry, Consultant Orthopaedic Oncologist, had worked in the team alongside Mr Grimer and was a natural fit to take this on.

"I've lost count of all the surgeries over the years. Because it's a rare condition there's been a bit of trial and error, but I feel so fortunate my consultants do understand the condition. I have experienced the best care and have had dealings with several departments and couldn't have got through my surgeries or recovery without the input of those departments and their staff."

WAITING WELL FOR YOUR TREATMENT

For more information on waiting well for your treatment please visit the ROH website via the QR code:

ROH introduces six new Image Intensifiers

We're thrilled to introduce six new Image Intensifiers to replace old ones which were at the end of their life. The new Cios Flows are lightweight for easy manoeuvrability and have been optimised for the best image quality to aid our surgeons. The suite of image intensifiers are more versatile and have flat plate detectors in two sizes, including a larger one, to provide a larger field of view, ideal for spinal cases. The new image intensifiers also bring the added benefit of lower doses of radiation.

The ROH awarded Gold Level for commitment to patient safety

The Quality Data Provider Award received by the team demonstrates the high standards being met towards ensuring compliance with the National Joint Registry (NJR) and is a reflection of strong departmental efforts to achieve such status.

The NJR monitors the performance of hip, knee, ankle, elbow and shoulder joint replacement procedures to support work to improve the clinical outcomes for the benefit of patients, but also to provide feedback on surgical performance to orthopaedic clinicians and joint replacement implant manufacturers.

The registry collects high quality orthopaedic data in order to support patient safety, standards in quality of care, and overall value in joint replacement surgery. 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.

Wellbeing week 2024

Thank you to everyone for their support for wellbeing week!
Highlights included:

- **We took our Wellbeing Trolley to visit different departments**
- **Held information stands offering advice and signposting support for everyone from wellbeing information, financial support and advice, digital wellbeing to citizens advice**
- **We shared updates from our staff networks**
- **Opened our new wellbeing room in the High Dependency Unit for department staff**
- **Held a number of educational and relaxation sessions from CPR education to crafting.**

Thanks to all our staff at ROH and visitors for making the week a success!

The role of Advanced Practice Physiotherapists in delivering specialist care

At the Royal Orthopaedic Hospital (ROH), Advanced Practice Physiotherapists deliver specialised care to support patients' recovery and health. They help manage patients using complex decision-making processes and triage clinics to help ease surgical waiting lists.

What is an Advanced Practice Physiotherapist?

An Advanced Practice Physiotherapist is a specialist practitioner that enables quality and integrated care by supporting with the management of highly complex patients, working in a multidisciplinary team of Orthopaedic Physicians, Consultants in sport and exercise medicine and orthopaedic surgeons.

Andy Emms, Consultant Physiotherapist for the Centre for Musculoskeletal Medicine at ROH, explains: "Advanced Practice Physiotherapists (APPs) have a range of roles, dependent on the organisation. At the ROH, APP teams are split into Spinal and Peripheral (arms and legs) providing specialist care for patients presenting with musculoskeletal pain."

Musculoskeletal pain is pain that affects the bones, joints, ligaments, skeletal muscles or tendons and can be temporary or chronic. Musculoskeletal pain can have a variety of causes. Some are obvious such as injury or overuse, while others are more difficult to understand and need a holistic approach.

Kim Osasuyi is an Advanced Practice Physiotherapist at the ROH. She explains more about her role: **"As an APP I act as a Physiotherapy Lead within a multidisciplinary team of specialists involved in the management of patients referred to the service using analytical skills and manual assessment techniques to determine a clinical diagnosis, as an autonomous practitioner. This involves formulating individual management and treatment plans for patients with spinal musculoskeletal pain and referring them on to the most appropriate service."**

Advanced Practice Physiotherapists support with easing surgical waiting lists through triage clinics. **Helen Williams, Advanced Practice Physiotherapist at the ROH, explains: "Patients are usually assessed at an APP triage clinic when they've been referred by their GP. This is where we carry out an initial assessment and ensure they are directed to the most appropriate treatment, which isn't always surgical. This means surgeons are freed up to focus on those patients who do need surgical intervention.**

"This is really important because there is such a demand in the NHS for patients with joint, bone and muscle pain. Some of these patients can be treated without the need for surgery, such as physiotherapy or injections for pain management, while others will need to be seen by a surgical consultant to discuss their options further. Because APPs are trained to a higher level, with a broad range of expertise alongside their specialism, we're able to provide a link between GPs and surgical consultants. We can also order investigations such as imaging and blood tests, to assist with diagnosis where necessary and make sure that patients are being directed to the best specialist to support them in reducing their pain and giving them more independence."

The role of an Advanced Practice Physiotherapist is usually a diagnostic role, but there are some specialisms that are more hands on. One APP at ROH, Ryan Pope, is a lower limb specialist who focuses on rehabilitation for patients. Based out of College Green, ROH's Physiotherapy Outpatient centre, Ryan delivers patient care alongside developing staff through supervising, mentoring and training. Ryan adds: **"I really enjoy this role because I'm able to provide specialist guidance in rehabilitation while supporting our staff to develop. You need to have a lot of experience in a variety of settings for these roles, and as we often see patients with multiple health conditions a broad experience can help in managing such complexities."**

"Because of my experience I'm also able to close the gap between the consultants and physios who sit in our triage clinics and after surgery. Understanding the impact of surgery on rehabilitation means I'm able to guide staff in their treatment recommendations more effectively to help ensure patients have the best outcomes."

Andy adds: "We are able to use our core Physiotherapy skills to guide patients through rehabilitation while having the advanced knowledge of when and how to perform investigations and tests, and when a surgical consultation is the right path for the patient. This only works through collaborative working across specialities. Surgery is not always the best option for many patients and it's great that the ROH can offer alternatives through the MSK team."

In the UK, Musculoskeletal problems affect over 20 million people. While this ranges from minor injuries to long-term health conditions, the impact on the NHS is huge. Providing more effective pathways for patients to access the right care for them and get them on the road to recovery is essential for reducing this demand and supporting a healthy population.

To learn more about Musculoskeletal Services at the Royal Orthopaedic Hospital, visit our website.

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

ROH holds celebration day for first cohort on the Preceptorship Programme

The multi-disciplinary Preceptorship Development Programme at ROH is a 12-month long programme for Newly Qualified and International NMC (nurses and nursing associates) and HCPC (physiotherapists, occupational therapists, radiographers, etc.) registered staff members. It is aligned with the gold standard National Preceptorship Framework for Nursing and is designed to provide structure, support and guidance in the first 12 months post registration. This is to enable staff to become integrated into their team and place of work, embed their knowledge in everyday practice and improve their confidence.

The programme at ROH, which was awarded the National Preceptorship Quality Mark in January 2024, supports staff for the entirety of their first year in the Trust.

Emma Steele, Deputy Chief Nurse, added: "The Preceptorship programme offers the structured support our staff need to transition their knowledge into everyday practice successfully and encourages a lifelong journey of reflection and the ability to self-identify continuing professional development needs. This commitment to ongoing learning not only supports our staff in their development, but it's also linked to improved recruitment and retention which in turn is important for delivering better, safe and effective care. I'm delighted to see this cohort successfully come to the end of their programme and look forward to seeing them continue to grow."

Preceptees attend monthly study days, covering a variety of topics: Wellbeing, managing risk, communication and leadership (amongst others).

Preceptees are supported by a Preceptor in their clinical area who regularly checks in with them and supports them as they complete their Preceptorship Workbook. This encourages Preceptees to reflect on their first year post-registration and achieve competencies specific to their job role.

The programme culminated in a celebration day to recognise the cohort's achievements with a celebratory lunch. Certificates and badges are presented to those who have fully completed the programme as well as "Silly Awards" certificates and Winning Team prizes.

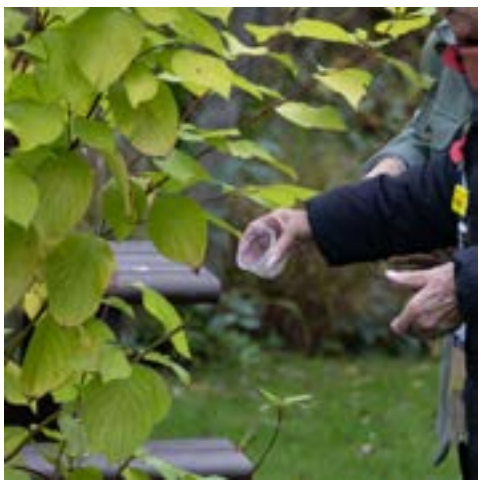
Debs Brennan, Clinical Educator, commented: **"This celebration day is the culmination of 18 months of hard work. The programme has been hugely successful, and feedback has been really positive. Our Preceptees have loved having a day each month to meet together, develop friendships, expand their knowledge and, importantly, have some fun! We're proud of all we have achieved this year – especially being awarded the National Preceptorship Quality Mark back in January, as well as the positive culture we have created in this learning space that has made preceptees feel valued and safe.**

I want to say a huge thank you to Sam Scone (Preceptorship lead) who was instrumental in the programme's creation and success as well as our Nurse Leaders, Clinical Area Managers and the rest of the Education Team, who have been hugely supportive of this programme.

We look forward to celebrating the success of future Preceptorship cohorts."

Lauretha Onyemalu, Senior Rotational Physiotherapist, commented: **"I am so glad to be among the first cohort of this programme. What a year gone so quick but it would not have been as awesome if I did not get the support needed from people who are passionate about building and sustaining an environment where people feel safe and supported. The Royal Orthopaedic Hospital Preceptorship Programme has helped me to settle in well. I can't forget the unwavering support I have received from each and every one of the Preceptorship Team, this has made me settled to a great extent after coming from another continent and culture entirely."**

Poppy sowing for Remembrance 2024



Colleagues across the ROH came together to mark Remembrance Week, to remember the service and sacrifice of the Armed Forces community from the United Kingdom and the Commonwealth.

Every year we remember the Armed Forces, and their families, from Britain and the Commonwealth, the vital role played by the emergency services and those who have lost their lives as a result of conflict or terrorism.

To mark Remembrance, a Banter and Brew session run by Stepway was held for veterans and their families. These sessions were set up as a dedicated space for veterans to relax, share stories, and receive support.

To round off the week, poppy seeds were sown by staff in the garden outside the Outpatient Department.

Jane Bevan, NJR Lead & Clinical Audit Facilitator and Veteran, said: "Remembrance honours those who serve to defend our democratic freedoms and way of life. It's important to take this moment to pause and reflect, and pay tribute to those who have served and sacrificed in defence for our nation."

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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

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

Keep up to date

Follow us on LinkedIn

Visit our website

Follow us on Youtube

Find out more

Visit: www.nationalorthopaedicalliance.co.uk

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

Registration Open for National Orthopaedic Alliance Conference 2025

ROH is proud to be a member of the National Orthopaedic Alliance (NOA), a multidisciplinary organisation championing collaboration in orthopaedics.

The NOA invites colleagues at ROH to attend the NOA Annual Members' Conference and Awards 2025—an opportunity to connect with peers, celebrate excellence, and explore innovations shaping the future of orthopaedic care.

Why Attend?

- Gain insights from leading experts in orthopaedics and musculoskeletal (MSK) health.
- Discover innovations through cutting-edge practices and initiatives.
- Celebrate excellence with the finalists and winners of the NOA Excellence in Orthopaedics Awards.

What to Expect

- Keynote addresses from prominent figures in orthopaedics and MSK health.
- Finalist presentations from the NOA Excellence in Orthopaedics Awards.
- Sessions led by NOA strategic networks.

Registration Deadline is 1 May 2025. Scan the QR code for full details and to secure your place.

Don't miss this opportunity to engage with the best in orthopaedics and celebrate the outstanding contributions of the specialty.

PIFU (patient initiated follow up)

Take control of your follow-up appointment

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.

Talk with your clinician about whether PIFU is right for you

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

MANY CULTURES ONE ROH EXHIBITION

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

Daycase surgery at ROH

Did you know that if you have a hip and knee replacement at the Royal Orthopaedic Hospital, you could be eligible for Daycase surgery?

Day surgery, sometimes called day case surgery, is a surgical procedure that does not involve an overnight stay in hospital. The patient is admitted on the day of surgery, and usually goes home on the same day, a few hours after the procedure, once they have recovered sufficiently. Your suitability for day surgery will have been discussed with you during your Outpatient Consultation and during the Pre-Operative Assessment Appointment.

At ROH, day case surgery forms part of our JointCare pathway. The pathway is for all hip and knee replacement patients and is based on the 'wellness' model, a concept that focuses more on what patients can do, rather than what they can't, emphasising early mobilisation, group therapy sessions and recovery. Patients are encouraged and empowered to play an active part in their own preparation and recovery, working in partnership with our clinicians. The pathway develops a robust patient and family education system, meaning patients are more likely to quickly regain their independence.

Mr Akash Sharma, Consultant knee surgeon at ROH is the Day Case Clinical Lead. He highlights some of the benefits of Day Case Surgery.

"We always discuss with patients during their outpatient clinic appointment whether Day Case would be a suitable option for them, and their recovery. Some of the benefits for those that are eligible include being back to the comfort of their own home the same day and a reduced risk of cross infection. It also means increased productivity, with patients getting back to their daily lives sooner, and supports efforts to reduce waiting times."

JOINTCARE

CONTINUOUS IMPROVEMENT WEEK

We recently celebrated Continuous Improvement Week at ROH, a week focused on celebrating quality improvement projects at the Trust and promoting how staff can get involved with their own improvement ideas, all in an effort to enhance the hospital, from patient care to overall organisational performance. We held learning sessions where staff could find out more about the Plan, Do, Study, Act (PDSA) method, we invited another hospital to come and talk about their improvement journey, and we ran a Bitesize Quality, Service Improvement & Redesign training session to equip staff with the tools to go out and lead their own improvement projects. We also launched ROC a Big Idea, a chance for staff to pitch their creatives ideas to enhance patient care and improve our hospital's services, and be in with a chance to receive charity funds to deliver the project.

Our amazing charity!

ROC A BIG IDEA

ROC a big idea and bid for £5,000!

As part of Continuous Improvement Week 2024, the Royal Orthopaedic Charity (ROC) launched a new initiative called 'ROC a big idea'.

This initiative gives colleagues the opportunity to team up and pitch ideas to bid for charity funds (up to £5,000) that can be spent to enhance patient care and improve our hospital's services.

We want colleagues to get creative with their ideas, and their pitches. With options to present ideas as a talk, video, presentation, song, or any format that gets the need/ message across!

How do staff get involved?

1. Make a team: Collaborate with 1 or more colleagues
2. Get creative: Come up with a great idea
3. Prepare your pitch: Contact ROC for a template you can use for your pitch (or feel free to get creative!)
4. Submit your pitch: Submit your idea via **https://shorturl.at/xs7tE or scaning the QR code below!**
5. Face the Dragon's Den: Present and share your idea in a Dragon's Den style 10-minute pitch (don't worry, our dragons are lovely and supportive)

What is the timeline?

- Launch: During Continuous Improvement Week 2024
- Submitting your idea: Submissions close on 31st January 2025
- Dragon's Den style pitch: February 2025

Improving diversity within Resuscitation Training

The Resuscitation Council (UK) recently published a document highlighting differences in the way that cardiac arrests are managed, emphasising that some factors can impact an individual's likelihood of receiving CPR and defibrillation within the community.

These factors may include socio-economic status, gender, and ethnicity. As such, the ROH Resuscitation Lead, Phil, felt strongly that the training manikins should better represent the diversity of the people we serve.

Phil presented a proposal to ROC to revamp the Trust's collection of training manikins - including a request for a manikin that realistically represented an elderly Afro-Caribbean individual.

"I am grateful for the generous support received from ROC and the board, as they recognised the importance of this initiative and promptly approved the request. This new high-fidelity manikin introduces an invaluable layer of realism to our simulation training, going beyond resuscitation scenarios alone. It will contribute to improved training across various clinical settings, enhancing our preparedness and responsiveness to diverse patient needs."

To Phil's great satisfaction, the manikin was delivered just in time for 'International Restart a Heart Day' in October, where Phil and his team introduced the manikins to staff and visitors. The day included a bit of fun as they collected name suggestions for the manikin.

"We are delighted to announce that the chosen name is Derek, selected due to its popularity among several contributors rather than any specific individual association. Congratulations to Tracey, Logistics and Sterile Services Manager in Theatres, who won a small box of chocolates for her contribution to the naming process.

"This experience has been truly empowering. I encourage anyone with an idea or innovation aimed at improving patient care to reach out to ROC for support."

Community Appointment Day

ROC recently supported the Physiotherapy Community Appointment Day, awarding just under £5k for Physiotherapy and Project teams to purchase items to ensure the day ran smoothly.

ROC was delighted to support with:

- Hire of the leisure centre as a venue, and dividers to ensure patient privacy and comfort
- Signage and printing costs of wayfinding so patients could be confident in navigating the space
- Printing costs of the 'passport' that helped patients on their journey around the Community Appointment Day
- T-shirts for colleagues, so they could be easily identified by patients and visitors
- Specialist training for Physiotherapy colleagues before the event
- Food at lunchtime for colleagues so they could be well fed and provide the best support for patients!

Read how the day went on the front page!

Become a ROCstar!

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 the charity website or get in touch via: roc@nhs.net.

Check out our shop!

As colder weather approaches, ROC is excited to announce that once again we will be offering hoodies available for staff to purchase.
Hoodies are £20 each.
To place an order for your hoodies, please email roc@nhs.net with your size and quantity you'd like to order.

Leave a little
Thank You

Check out our 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, by scanning the QR code.

FOLLOW US ON SOCIAL MEDIA:

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CHECK OUT OUR WEBSITE:
WWW.ROHCHARITY.ORG

How your support helps

Health Hacks

In the final phase of this programme, local school pupils visited the Royal Orthopaedic Hospital for an engaging, hands-on session with healthcare professionals.

The day began in the Lecture Theatre, where a Paediatric Nurse and Youth Worker, joined by ROC's mascot Rocy, introduced the children to a fun session of chair yoga. The team shared what to expect when visiting the hospital's Children and Young People's Department, providing valuable insights into patient care.

Next, the Theatre team transformed the pupils into Operating Department Practitioners (OPD' s) for the day. The pupils dressed in theatre PPE including hats and masks as they learnt about the tools used in surgeries and how knee and hip replacements are performed. They even got to handle the real implants used in operations.

Occupational Therapists (OTs) demonstrated how they assist patients in adjusting to life after surgeries or other life-impacting conditions. Pupils and teachers used adaptive equipment to put on a pair of giant pants, providing a fun yet educational moment that illustrated the challenges patients can face in their daily lives.

The talks included an engaging session led by an Infection Prevention Control Nurse, who emphasised the importance of good hygiene practices in preventing infections in the hospital and in daily life, followed by a short, fun quiz.

Next, the pupils presented their posters, created to showcase their experiences during the community task (Health Hacks Phase 2) and to inspire others to make healthier choices. They proudly shared the positive changes they implemented, how these changes made them

feel, and the support they received from their families. For instance, one child described how he and his dad now run together weekly, which leaves him feeling happy and energised.

Following the interactive sessions in the Lecture Theatre, the pupils embarked on an exciting tour with a visit to the Hydrotherapy Pool, where they observed and felt the temperature of the patient pool and learned how it aids in recovery. They also explored the sensory clinic rooms in the Children and Young People's Department, which features an enchanting under-the-sea theme, and they enjoyed exploring the waiting area filled with interactive games. The tour also included a stop at the X-ray Department, where the children saw an X-ray machine, learnt how X-rays are performed and discovered the important role of a radiographer.

The hospital visit concluded with a special appearance from ROC's mascot, Rocy, who handed out goody bags to all the pupils. Upon leaving, one child shared, "Thank you for the best day ever!"

Thank you to ROC fundraisers

Over the last few months, we have been overwhelmed by the incredible support from our fundraisers. Together, they have collectively raised an impressive total of over £15k across eight unique events.

These events included the Great Birmingham Run Half Marathon, Isle of Wight Ultra Challenge, a Spinathon and the Willis Family Fun Day just to name a few. Each event, whether it was large or small in scale, has a huge impact and reflects the dedication and commitment of our fundraisers contributing significantly to ROC's mission.

We want to take a heartfelt moment to express our gratitude to every individual who has dedicated time, energy, and passion to fundraising for ROC.

Your efforts are not only inspiring but have made a true difference in advancing the programmes and support we offer. Every step you ran, every mile you cycled, and every event you organised has created a lasting impact.

Your dedication goes beyond fundraising, it raises vital awareness for our charity, giving hope to those who rely on ROC's support.

To read more about our wonderful fundraisers and their incredible efforts, please visit: **www.rohcharity.org/news**

ROC
ROYAL ORTHOPAEDIC CHARITY

WWW.ROHCHARITY.ORG

0121 685 4379

roc@nhs.net

Registered Charity Number: 1078046

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Tea Break Brain Teaser

Quiz Challenge

1. Which European capital city has been the home for four winners of the Nobel Prize for Literature?
2. The first atomic bomb test was held in 1945 in which US state?
3. In the novel Oliver Twist, what was the name of Bill Sikes's dog?
4. What H is the name of a hit musical and the surname of a F1 racing car driver?
5. Which British army regiment is known as The Blues?

GETTY IMAGES

David Beckham – see Question 9

6. Zhonghua Renmin Gongheguo is the long form of which country's name?
7. In which battle did King William III defeat King James II in 1690?
8. House of Commons votes are cast as aye or no. What terms are used in the House of Lords?
9. In 2007, David Beckham joined which US soccer team?
10. Stayin' Alive was a hit song for which band?

Two-Timer Crossword

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

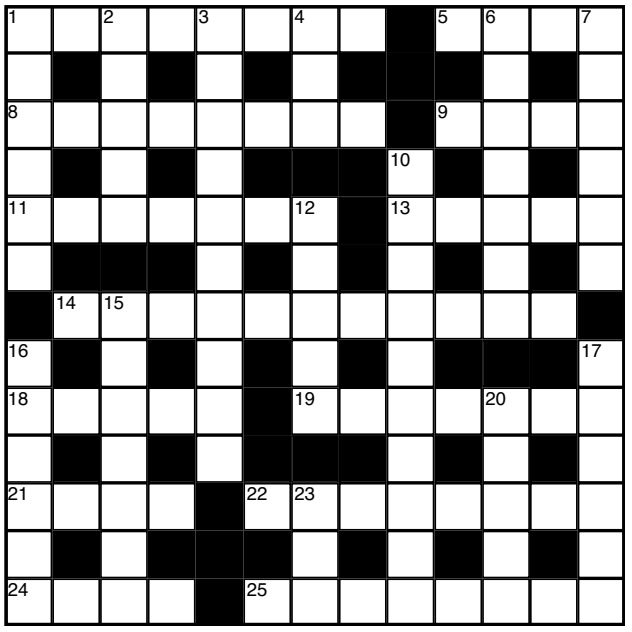
CRYPTIC CLUES

Across

1. Number of Muses embrace many times over (8)
5. Roasting equipment found in hospital (4)
8. Kept from viewers but shown at the cinema (8)
9. Bitterness of Georgia with two apprentices (4)
11. Slips away when pals see new way (7)
13. Not an area of fresh air? (5)
14. Fruity boiled sweet? (4-7)
18. Forty of the Romans said to do better (5)
19. Dramatic performance by writer in young child's enclosure! (7)
21. Stupidly love two notes (4)
22. Status isn't temporary (8)
24. Travelled from the highway, we hear (4)
25. Passage of power? (8)

Down

1. Senior members were more inquisitive (6)
2. A lady and not a mother (5)
3. Releases plenty for advertising offer (4,6)
4. Dishonest disposition (3)
6. Philosopher gets on in the squad (7)
7. One who counts and recounts (6)
10. Shoemaker now carried off (10)
12. Bad time for wild plums (5)
15. Found a brew of cold tea (7)
16. One who joins in the heat? (6)
17. Some come upon a German ass (6)
20. Worked steadily in more than one layer? (5)
23. Eight out of ten will leave it (3)



QUICK CLUES

Across

1. Elfin nod (anag) (8)
5. Eject saliva (4)
8. Protected (8)
9. Bile (4)
11. Passes by (7)
13. Atmospheric gas (5)
14. English national dish (4-7)
18. Distinguish oneself (5)
19. Protective area for baby (7)
21. Display adoration (4)
22. Reputation (8)
24. Cycled (4)
25. Communicating gallery (8)

Down

1. More curious (6)
2. ----- Major, former PM's wife (5)
3. Donated trial specimen (4,6)
4. Falsehood (3)
6. Body of soldiers (7)
7. Bank clerk (6)
10. Leather worker (10)
12. Depression (5)
15. Situated (7)
16. Metal bonder (6)
17. Orange (anag.) (6)
20. Travel route regularly (5)
23. Pair (3)

SUDOKU

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

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

CROSS CODE

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

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10 O	11	12	13
14 N	15	16	17	18	19 T	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.

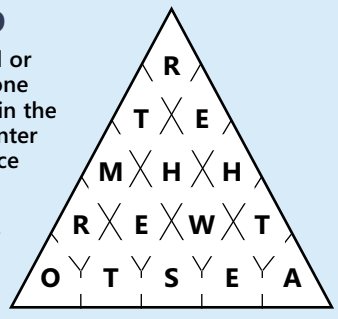
BOX CLEVER

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.

		4			
5					
	3			6	
		4		2	5
	3			4	

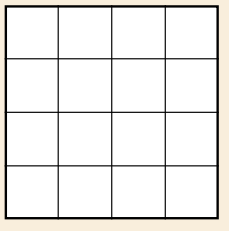
WORD PYRAMID

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.



MAGIC SQUARE

VIEW PRIME STREETS



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.

SOLUTIONS

TWO-TIMER CROSSWORD:
Across – 1 Ninefold; 5 Spit; 8 Screened; 9 Gall; 11 Elapses; 13 Ozone; 14 Plum-pudding; 18 Excel; 19 Playpen; 21 Dote; 22 Standing; 24 Rode; 25 Corridor.
Down – 1 Nosier; 2 Norma; 3 Free sample; 4 Lie; 6 Platoon; 7 Teller; 10 Cordwainer; 12 Slump; 15 Located; 16 Welder; 17 Onager; 20 Plied; 23 Two.
WORD PYRAMID: Weather the storm.
MAGIC SQUARE: west; ever; semi; trip.

CROSS CODE:

1 S	2 D	3 F	4 L	5 A	6 I	7 P	8 G	9 M	10 O	11 Z	12 H	13 E	
14 N	15 Q	16 Y	17 B	18 J	19 T	20 W	21 V	22 R	23 K	24 C	25 X	26 U	

QUIZ CHALLENGE: 1 Dublin (Veats, Shaw, Beckett and Heaney); 2 New Mexico; 3 Bulleye; 4 Hamilton (Lewis); 5 The Royal Horse Guards; 6 China; 7 The Battle of the Boyne; 8 Content or not content; 9 Los Angeles Galaxy; 10 Bee Gees.

BOX CLEVER:

1	2	4	3	6	5
5	3	2	6	4	1
6	4	1	5	2	3
2	6	3	1	5	4
3	5	6	4	1	2
4	1	5	2	3	6

SUDOKU:

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

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