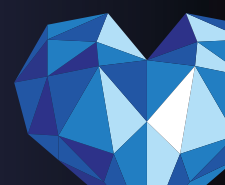


Cycle to help hip and knee pain
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Celebrating and recognising our amazing colleagues
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Over 750 Mako[®] robot joint replacements

The Royal Orthopaedic Hospital NHS Foundation Trust (ROH) celebrates a new milestone after successfully completing 750 robot-assisted surgeries using the Mako[®] robot.

Prof Ed Davis, Consultant Arthroplasty Surgeon and Clinical Service Lead for Arthroplasty, comments: "Reaching 750 robot-assisted surgeries with the MAKO[®] robot is a fantastic milestone and a reflection of our team's dedication to delivering cutting-edge care. However, this is part of a much longer journey. At the Royal Orthopaedic Hospital, we've been at the forefront of computer-assisted surgery for nearly two decades, and I've personally been performing technology-assisted hip and knee replacements throughout that time.

"We now have multiple robotic systems in place and continue to lead internationally—

not just in surgical delivery, but also in generating robust evidence to guide the future of robotic surgery. Our RACER trials, conducted in collaboration with Warwick Clinical Trials Unit and funded by over £3 million from the NIHR, represent two of the largest randomised controlled trials ever run in this field. This commitment to both innovation and high-quality research cements our role as global leaders in the evolution of orthopaedic robotics."

The advanced Stryker Mako[®] robotic-arm assisted surgery transforms the way joint replacement surgery is performed, enabling the Royal Orthopaedic Hospital's team of highly-trained surgeons to operate with even more accuracy.

A Stryker representative added: "750 patients have now benefitted from Mako[®] technology at ROH and Stryker have been

delighted to support these cases and work closely with the surgeons and teams involved to achieve this milestone.

Congratulations to all involved, and we look forward to celebrating the next milestone."

ROH has been pioneering care in the field of orthopaedics since its inception and was the first NHS hospital to offer this highly advanced robotic technology in the UK.

This technology provides patients with a personalised surgical experience based on their specific diagnosis and anatomy. Mako[®] uses 3D technology to allow surgeons to create each patient's surgical plan pre-operatively. During surgery, the plan can be confirmed and necessary adjustments made while guiding the robotic-arm to execute that plan.



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[/ROHBIRMINGHAM](https://www.youtube.com/ROHBIRMINGHAM)



FIND OUT MORE

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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!

ROH awarded Silver Thrive at Work Accreditation

The ROH, the Wellbeing Hospital, has renewed its commitment to supporting staff to thrive at work and has been recognised with a workplace wellbeing award.

The Trust has gained the Silver Thrive at Work Accreditation, a programme run by the West Midlands Combined Authority which celebrates organisations that create a workplace that promotes employee health and wellbeing. To achieve Silver accreditation, the ROH had to submit evidence and a number of staff were interviewed about how the Trust supports staff to manage their health and wellbeing.

The Thrive at Work Workplace Wellbeing Award is a standard of good practice and a quality mark of health and wellbeing in work.

Laura Tilley-Hood, Engagement and

Wellbeing Officer (lead on the Thrive at Work Programme) said:

"This is a great achievement for ROH and was made possible by colleagues across the trust, who helped to support by providing evidence, completing the survey and attending interviews. We will be using the results and the report to highlight the positive impact some of our health and wellbeing initiatives have had. We will also be looking at where there are any gaps and where we can make changes.

We are able to use the report, along with other metrics, to help shape our Wellbeing Strategy.

We are now looking at the next stage with Thrive at Work so we can continue to support colleagues with their physical and mental health and wellbeing."



Trust board news: Thank you, Tim! Welcome, Simon!

The Royal Orthopaedic Hospital NHS Foundation Trust (ROH) has announced that Chair Tim Pile completed his term on 30 June 2025, after more than a decade of service to the Trust.

sector, having led at senior levels of retail, manufacturing, business, and healthcare.



Simon Page commented, "I am delighted and feel privileged to be taking on the role of Chair this summer. It is an exciting time for the ROH as we implement an ambitious refreshed strategy and respond to broader NHS challenges. The Trust is in a strong position and supported by a highly talented and committed team."

The Trust thanks Tim Pile for his dedicated service and welcomes Simon Page to his new role.

Tim has overseen significant achievements and has supported strong progress in delivering the Trust's strategic goals, serving the Trust diligently and being a true advocate for the ROH.

Tim said, "It has been a true privilege to serve the Royal Orthopaedic Hospital over the past 13 years. I have been continually inspired by the dedication, expertise, and compassion shown by our staff, and I leave with immense pride in what we have achieved together. The ROH holds a special place in my heart, and I have every confidence that the Trust will continue to go from strength to strength under Simon's stewardship. I wish him, and everyone at the ROH, every success for the future."

Tim joined the Trust's Board in 2012 as a Non-Executive Director, later serving as Vice Chair and Senior Independent Director, and was appointed Chair in 2021. During his tenure, he has played a pivotal role in strengthening the Trust's strategic direction and building partnerships within the Birmingham and Solihull Integrated Care System (BSol ICS).

The Council of Governors has confirmed the appointment of Simon Page as the new Chair from 1 July 2025. Simon is currently a Non-Executive Director at ROH and brings wide-ranging leadership experience and a deep understanding of both the ROH and the broader health landscape. He has a wealth of experience in both the NHS and the private



10 years on: Grace's Scoliosis Story



To mark the 10th anniversary of her life-changing spinal fusion surgery at the Royal Orthopaedic Hospital, Grace Winterburn ran the Birmingham Half Marathon and led a fundraising campaign for the Royal Orthopaedic Charity.

is curved limiting breathing, heart function and digestion. Grace underwent the procedure when she was 11 years old.

The 12-hour procedure left Grace with two titanium rods and 23 screws in her spine. Despite having this metalwork in her spine, Grace is proving that people with scoliosis can lead full and active lives.



Grace Winterburn, now 21, raised an impressive £7,500 alongside her family for the charity, which supports patients at Birmingham's Royal Orthopaedic Hospital.

Spinal fusion surgery is carried out in patients with severe scoliosis, where the spine



She explained how she felt as she was about to begin the Birmingham Half Marathon: *"On the starting line I felt so nervous. I wanted to make sure I just absorbed it all. There were so many people on the starting line who felt the same but for me, this was kind of my victory lap, celebrating what my body can do. I just want other people who have scoliosis to know that you are strong and you can do hard things."*



The funds raised will be split between both the paediatric outpatient care and spinal services at the Royal Orthopaedic Hospital. Both departments which directly supported Grace as a child. Elaine Bunn, Fundraising Officer at the Royal Orthopaedic Charity, added: *"We'll be working directly with the teams to make sure Grace's donation is invested in the areas she cares most about. Grace will be involved every step of the way."*

Grace talks more about her diagnosis, her preparations for her first half marathon and how the day unfolded:



WAITING WELL FOR YOUR TREATMENT



Move Well



Live Well



Stop Smoking



Mental Health



Manage your weight



Better Sleep

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



BLUE HEART AWARDS WINNERS 2025

Nurse of the Year



Rebecca Smith

Clinical Support Team
Member of the Year



Ecaterina Balogh

Outstanding Contribution
to Patient Experience



Manpreet Sidhu

Dedication to Learning



Elson Alencar*

ROC Supporter
of the Year



Health Hacks

Doctor / Clinician /
Medic of the Year



David Dunlop

Corporate Services Team
Member of the Year



Rachel Winchurch

Innovation and Continuous
improvement



Community Appointment Day
Project Group

Volunteer of the Year



David Cartmell

Secretarial / Administrative Team member of the Year



Rachel Harris

AHP / Pharmacist / Healthcare Scientist of the Year



Phil Bell

Support Service Team Member of the Year



Brian Crisp*

Clinical Team of the Year



Recovery

Non-Clinical Team of the Year



Catering

Governor's Award



Nickisha Patel

Blue Heart Award Winner



Alison Newman

The Blue Heart Awards celebrate the 'heart of healthcare' and the incredible things that The Royal Orthopaedic Hospital team do everyday.

*The winners of these awards were not available for photography.

Proudly funded by:



BLUE HEART AWARDS

Under the Microscope

A new research study has opened with Entelo Bio. The biotechnology company is looking to develop medicines that will delay and improve muscle wasting (sarcopenia) and will be using tissue samples provided by the Royal Orthopaedic Hospital to support their research.

Adrian Gardner, Consultant Spine Surgeon and Research and Development Director, has successfully secured funding for a qualitative piece of work around decision making in adult spinal deformity surgery from a combined award from Scoliosis Support and Research and the British Scoliosis Society.

A new clinical trial led by the ROH explores whether radiotherapy is needed following surgery for pathological fractures in metastatic bone cancer patients. This is being undertaken as part of the PORTRAIT trial (Post Operative Radiotherapy in Surgically Treated Bone Metastases), a multi-centre study funded by the National

Institute for Health and Care Research (NIHR). The PORTRAIT trial is sponsored by the Royal Orthopaedic Hospital and is led by Chief Investigator Mr Jonathan Stevenson, Orthopaedic Oncology Consultant.

Mental Health Text Service Launches in Birmingham and Solihull



NHS
Birmingham and Solihull
Mental Health
NHS Foundation Trust

You don't have to talk out loud to be heard - we're holding space for you

Text 'Space' to 85258

Free, confidential, 24/7

in partnership with **shout**

New 24/7 Mental Health Text Service Launches for Birmingham and Solihull
Free, confidential support is now just a text away.

A new, round-the-clock mental health text messaging service has launched, offering immediate support to people of all ages across Birmingham and Solihull. The all-age service is a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust and Shout, the UK's first 24/7 text support service powered by the charity Mental Health Innovations.

How it works:

Anyone of any age with a mobile phone who is experiencing anxiety, stress, loneliness, depression, or other mental health challenges can text 'Space' to 85258 to start a free, confidential conversation with a trained mental health professional.

- Text 'Space' to 85258
- Receive four quick automated messages

- Get connected to a trained mental health professional who will listen, support, and guide you
- The service is anonymous, free to use, and won't appear on your phone bill.

No app, registration, or mobile data is required—just a simple text message.

A safe space when you need it most

This new service is designed to be especially helpful for those who may not feel ready to speak on the phone or in person. It offers a discreet, accessible first step toward getting help, whether you're in crisis or just need someone to talk to.

In addition to in-the-moment support, texters can be signposted to a range of local services, including:

- Talking Therapies
- Crisis Cafés
- NHS 111 Option 2

Day case (23 hour) surgery at the ROH

NHS
The Royal
Orthopaedic Hospital
NHS Foundation Trust

DAY CASE 23H STAY PATHWAY



At the beginning of August, we opened a dedicated 'ambulatory unit' – a ward for patients who are on a day case/ 23h stay pathway for primary hip and knee surgery.

'Day case' means you will have your joint replaced and go home on the day of surgery, or early the day after.

All primary hip and knee arthroplasty surgeries who meet the criteria, will be put on the Day Case surgery pathway, unless you opt out.

Clinicians will identify if patients are suitable for this pathway, and will discuss with patients during their outpatient appointment.

The benefits of day case surgery:

- Promotes early mobility and faster recovery
- Means you can recover in the comfort of your own home
- Reduces the risks of infection and blood clots.

How to prepare

- Read the patient information we give to you. You can choose to have it as a digital app, or as a handbook.
- Consider who will pick you up after your day case surgery.
- Consider who can stay with you at home to support you for the first day or two after your surgery.

Want to ask a question? We are happy to help. Please contact your medical team.

Share your story!

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



LESS PAIN
MORE INDEPENDENCE
LIFE-CHANGING CARE

NHS
The Royal
Orthopaedic Hospital
NHS Foundation Trust

What are my options?

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

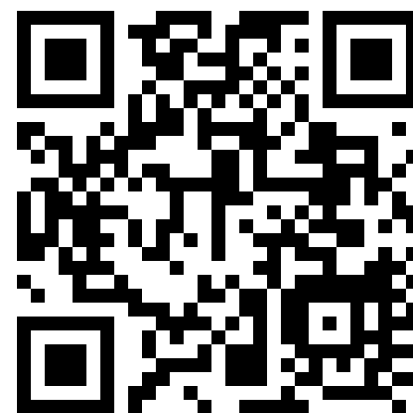
How do I get support to help me make the decision that's right for me?

Get the most out of your appointment

Ask 3 questions...

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

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



www.roh.nhs.uk/3qs

Embedding the NHS People Promise at the ROH

Our ambition is to provide an outstanding level of care to our patients and communities. To achieve this we need to be an outstanding place to work as well.

We want our culture to be positive, compassionate, and inclusive – and we all have our part to play. Studies show there are links between the experience of NHS staff and patient satisfaction levels – as well as more positive outcomes from treatment. To support in making the ROH an outstanding place to work, last year we introduced a new role, a People Promise Manager, focused on embedding the NHS People Promise at the Trust.

The People Promise is an NHS initiative focused on 7 promises that we must all make to each other – to work together to improve the experience of working in the NHS for everyone. The ROH is a People Promise exemplar site and over the past 12 months the People Promise team has been working closely with colleagues to improve their experience, alongside NHS England and NHS Improvement's People Directorate.

Sharon Malhi, Chief People Officer at the Royal Orthopaedic Hospital, comments: "The NHS People Promise work is crucial because it directly supports the health, wellbeing, motivation, and retention of NHS staff who are the backbone of the health service. It's been wonderful to see the ROH fully embrace and adopt the People Promise. Our colleagues have demonstrated significant drive and passion in creating positive changes for staff and patients

which reflects a collective commitment to enhancing the workplace environment and patient care."

As part of our People Promise work, we elevated our Me as a Manager programme and appraisals framework with a specific focus on ensuring employees have clarity both in their role and how they fit into the bigger picture as a team member at the Trust. Both approaches are grounded in making sure staff have a voice, and feel safe to share that voice. We also carried out a handful of schemes focused on improving specific areas of the Trust, including civility and respect and our flexible working scheme. Feedback from staff in our recent staff survey demonstrated a strong team culture, a dedication to learning, and a compassionate approach to patient care – evidence that these initiatives are working.

Sharon continues: "The programme's development involved diverse project groups comprising staff from various departments, including clinical and non-clinical areas such as nursing, medicine, corporate services, patient safety, quality improvement, Freedom to Speak Up, patient complaints and more. This cross-functional, collaborative approach to implementing the People Promise ensured initiatives were co-designed, relevant, and sustainable."

We will continue to roll-out our People Promise initiatives with a focus on making the ROH an outstanding place to work, centred on inclusivity and wellbeing for all.

People Promise



The Royal Orthopaedic Hospital Strategy (2023-2028) 2025 Mid-Term Review

The NHS faces ongoing challenges in funding, waiting lists, and the need for both immediate efficiency and long-term transformation. The ROH must adapt accordingly, aligning its strategy with national priorities. Scan the QR code to view our strategy:



ROH reaccredited as Elective Surgical Hub

The Royal Orthopaedic Hospital has been reaccredited as a Getting it Right First Time (GIRFT) Elective Surgical Hub.

GIRFT is a national programme designed to improve care within the NHS. Elective Surgical Hubs are an important part of the NHS plan to increase capacity and to offer hundreds of thousands more patients' quicker access to common procedures.

Marie Peplow, Executive Chief Operating Officer at the Royal Orthopaedic Hospital, Senior Responsible Officer for the accreditation programme commented: "Thank you to everyone who helped during the reaccreditation for their dedication and hard

work – this is a significant achievement for the Royal Orthopaedic Hospital. Accreditation is a marker of exceptional quality, and it helps our teams treat more people and do more of what we do best for our patients."

The GIRFT accreditation team, led by Professor Tim Briggs, commented on the pride and passion shown by the team for continuing to improve the service we offer at the ROH. Elective Surgical Hubs bring together skills and expertise of staff under one roof – helping to reduce waiting times.

You can read more about them here: gettingitrightfirsttime.co.uk

- EXCELLENT LEVEL OF STAFF AND PATIENT SATISFACTION
- EXCELLENT SENIOR LEVEL SUPPORT AT THE ROH



ACCREDITED SURGICAL HUB



gettingitrightfirsttime.co.uk

@NHSGIRFT

Birmingham hospital trials new cycling programme to help patients with hip and knee pain



CHAIN, cycling against hip pain, promotes the self-management of hip osteoarthritis symptoms through lifestyle change. The programme, originally developed in Bournemouth, is based on the latest National Institute for Health and Care Excellence (NICE) guidelines for the treatment of osteoarthritis, which recommend exercise (local muscle strengthening and aerobic training), education and weight loss where

necessary. Participants in the programme receive education from a physiotherapist on how to manage their arthritis alongside a low-impact indoor cycling session.

The programme takes place at Cocks Moors Leisure Centre in Kings Heath and is run by a ROH physiotherapist and a fitness instructor from the leisure centre.

To find out more about the programme, speak to your consultant about whether CHAIN may be suitable for you.

The HERO Awards



A fantastic way to celebrate contribution and recognise your amazing colleagues

The HERO Award is designed to recognise contribution to our work, culture, values and mission. It can be applied for at any time and nominations can be made by anyone. A HERO Award can be given to any colleague or volunteer.



Want to nominate one of our colleagues for their amazing service? Scan the QR code:



H - Honouring

E - Excellence at the

R - Royal

O - Orthopaedic



Strategic alliance to enhance orthopaedic care

Two of the leading specialist hospitals in the UK and internationally have formally entered into a strategic alliance designed to improve orthopaedic and musculoskeletal (MSK) services for patients across the UK.

The Royal Orthopaedic Hospital NHS Foundation Trust (ROH) and the Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust (RJAH) have jointly signed a Memorandum of Understanding to set out the terms of their alliance.

This new partnership builds on a strong foundation of collaboration and shared values, with both organisations recognised nationally and internationally for their specialist expertise

in elective orthopaedics.

Through this alliance, ROH and RJAH, two organisations striving to deliver exceptional care, will work together more closely to:

- Strengthen the delivery and sustainability of specialist services;
- Share learning, research, and innovation to improve patient outcomes;
- Support staff development through joint workforce planning;
- Maximise capacity and efficiency for the benefit of NHS patients.

Matthew Hartland, Chief Executive of ROH, added:

"This alliance is a bold step forward in

shaping the future of specialist orthopaedic care. By combining our strengths, we are not just improving services, we are setting a new standard for collaboration, innovation, and patient-centred excellence. Together, we will deliver more resilient, responsive, and world-class care for the people we serve."

Stacey-Lea Keegan, Chief Executive of RJAH, said:

"We are excited to be working even more closely with our colleagues at ROH. This alliance will help us tackle shared challenges and unlock new opportunities to deliver world-class care. In different departments right across the hospital, I already see great

examples of where close collaboration with ROH is generating ideas and raising standards to the benefit of our patients. Through this strategic alliance, we will take that further."

While both organisations will continue to operate independently, the alliance provides a flexible and focused framework for deeper collaboration on areas of mutual benefit. This includes the acceleration of elective care reform, improved health equity, and expanded research partnerships.

The Strategic Alliance reflects a shared vision to deliver consistent, high-quality orthopaedic care, closer to home for the communities we serve.

Get involved, become a member...

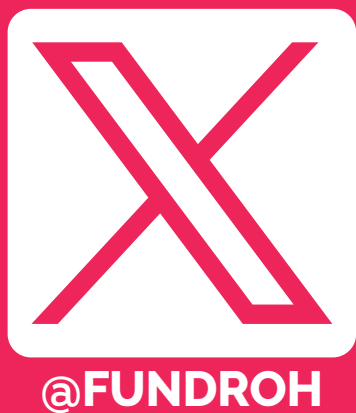
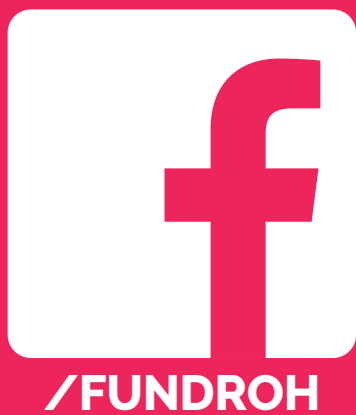
The role of a member is flexible; you can get involved as much or as little as you like, whether it's filling in an online survey, sharing your ideas, coming to events or volunteering. Your involvement helps connect us with our community and your feedback can help us improve the care we give. Find out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





Our amazing charity!

FOLLOW US ON SOCIAL MEDIA:



Art for Health

The Royal Orthopaedic Charity supports the ROH's Chronic Pain Art for Health programme, providing creative therapy to patients living with chronic pain.



Just £700 funds one week of the programme, helping 20 patients per class - that's only £35 per patient, per week!



Would you like to help support next year's sessions?
Visit www.rohcharity.org/artsinhealth or call us on 0121 684 4379 we'd love to hear from you!



Leaving a lasting gift

Ian Wilkinson reached out to the Royal Orthopaedic Charity (ROC) in early 2025 to inform us his late father Sid Wilkinson, had left us a generous gift in his Will.

Sid had undergone several hip operations at The Royal Orthopaedic Hospital and was always grateful for the care he and his family received. Wanting to make a lasting difference, the Wilkinson family chose to fund a bespoke sensory wall for the Children and Young People's Outpatient Department.

Installed in June, the wall is already helping to create a calmer, more supportive environment - especially for children with autism, ADHD, and other neurodiverse needs.



"Even though we miss him terribly, it's lovely to know that Dad leaves behind a legacy that will be enjoyed by many children for years to come." Ian said.

To learn more about legacy giving and how you can support the future of care at ROH, visit:

www.rohcharity.org/legacy



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

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



CHECK OUT OUR WEBSITE:

WWW.ROHCHARITY.ORG

How your support helps

Theatre Reception Renovation

The Theatres team at the Royal Orthopaedic Hospital have a vital role in delivering exceptional patient care, making up around a quarter of the hospital's workforce. Recognising the importance of staff wellbeing, the Royal Orthopaedic Charity (ROC) recently funded the redesign of the theatre reception area by transforming it into a brighter, more welcoming space for staff and visitors alike.

One team member shared:

"It lifts our mood, reminds us of sunny days, and brings a real sense of brightness. It's made a big difference."

This is the first step in a wider programme to support and uplift our Theatres team by helping create a more positive and inspiring working environment.

Find out more about how ROC makes an impact at ROH, by visiting: www.rohcharity.org/ourwork/impact/



Patient Story – Meet Joel

After a serious rugby injury, Joel was rushed to A&E where scans revealed a fractured neck and lower back. He was later diagnosed with Fibrous Dysplasia, a rare bone disorder, and referred to The Royal Orthopaedic Hospital (ROH) for specialist spinal surgery.



Under the care of Consultant Spinal Surgeon Mr. Hughes, Joel underwent complex surgery to stabilise his neck. Thanks to the expert treatment and care at ROH, he made a strong recovery and felt inspired to give back.

In May 2025, Joel ran the AJ Bell Great Birmingham Half Marathon with friends and family, raising over £4,500 for the Royal Orthopaedic Charity (ROC). His incredible



efforts will help fund specialist equipment, research, and recovery support for future patients.

"The care I received at ROH was outstanding. I couldn't have asked for better support during a really difficult time."

Corporate Fundraising

Is your business looking to make a difference? By partnering with the Royal Orthopaedic Charity, your organisation can help transform lives through outstanding patient care, pioneering research, and vital support services.

As a small charity, every donation, fundraiser, and corporate partnership makes a meaningful difference. Your support matters and helps us do more for patients every day.

Whether it's through sponsorship, staff fundraising, matched giving, or choosing us as your Charity of the Year, your support can have a lasting impact on thousands of patients and families.

We'll work closely with your team to create a partnership that aligns with your values and delivers real value for your staff, customers, and community.

To find out more, contact us:

roc@nhs.net
0121 685 4379
www.rohcharity.org



Team ROC takes on Snowdon

This August, an inspiring team of 11 individuals made up of dedicated staff, brave patients, and passionate community supporters will be taking on Snowdon's highest peak in support of ROC!

Setting off at 3am on 31st August 2025, Team ROC will hike through the early hours to catch a breathtaking sunrise from the summit all while raising vital funds for a fantastic cause.

With over £1,000 already raised, they're well on their way to smashing their fundraising target!

Want to support them or learn more? Visit: www.rohcharity.org/rocs-snowdon-sunrise-2



WWW.ROHCHARITY.ORG

0121 685 4379

roc@nhs.net



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

Registered Charity Number: 1078046

