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Wes Streeting visits the Royal Orthopaedic Hospital

The Secretary of State for Health and Social Care, Wes Streeting, visited the Royal Orthopaedic Hospital in November. He came to see how the Trust's work on helping patients with musculoskeletal problems is helping to reduce the electives care waiting list, through innovations in orthopaedics in operating theatres, such as the use of robotics, and research.

This includes the Royal Orthopaedic Hospital's MSK Academy through which it will empower healthcare professionals to

provide exceptional patient care for those with musculoskeletal conditions.

The Secretary of State for Health and Social Care, Wes Streeting, said:

"It has been inspiring to see this truly great example of patient care at the Royal Orthopaedic Hospital, which is helping give people back their mobility, independence, and quality of life.

"We want to take the best to the rest and centres like this show how we can combine innovation, skilled staff, and smart

management to achieve that.

"The work done here reminds us what a difference the NHS can make in people's lives.

"This government is committed to putting patients first. The message is simple: we're turning the corner. Waiting lists are falling, value for money is improving, and the NHS is delivering for patients once again."

Danielle Oum, Chair of NHS Birmingham and Solihull Integrated Care Board (ICB) and NHS Black Country ICB, said: "We were pleased to welcome the Secretary of State and

share how we are working hard to improve access to planned care for local people.

"Elective services play a crucial role in helping patients stay well and independent, particularly through the winter months when demand for NHS services is high.

"While we know there is more to do, close partnership working is helping our system reduce waiting times and make the best use of available capacity."



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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!

National Cancer Patient Experience Survey

The NHS wants to make sure patients have a good experience of care. Getting feedback from patients helps us improve and give patients what they need.

The National Cancer Patient Experience Survey (NCPES) asks cancer patients (16 years and older) about their experiences of care. Their feedback helps us to improve cancer services across England.

If you had treatment for cancer in the hospital as an inpatient or day-case and left hospital between April and June 2025, you may be invited to take part in the survey. If you are invited, you will get a letter with more information. Please take part and share your experiences of cancer care.

You may get other surveys about your cancer care, but we hope you will also take part in the NCPES. Your answers will help the

NHS make cancer care better.

The NHS and cancer charities use the results to find out what is working well and what needs to improve. National and local NHS teams can then work with patients to make changes.

For more information, visit www.ncpes.co.uk. or scan the QR code.



Share your story!

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



What is the role of a Pharmacy Technician?



Pharmacy Technicians are responsible for the preparation, supply and administration of medicines. They are key members of the pharmacy department at ROH and play a vital role in helping patients get the best outcome from their medicines. We asked Daniel Randle, Lead Pharmacy Technician – Dispensary & Education, to tell us about his role and why it's a great career choice for those looking to work in pharmacy.

What does a typical day look like for a pharmacy technician?

A typical technician's day often starts with checking and preparing medication orders for our wards and departments, ensuring everything is safe, accurate, and ready when patients need it. Liaising with the ward teams to maintain our timely discharges.

We also support stock management, check prescriptions, and collaborate with the wider multidisciplinary team to make sure patients receive the best possible care.

At the Royal Orthopaedic Hospital, we work closely with nurses, doctors, and pharmacists, so communication and teamwork are a big part of every day.

What are the key responsibilities of a pharmacy technician?

Pharmacy technicians play a vital role in making sure medicines are used safely and effectively. We're responsible for dispensing and checking prescriptions, managing medicine supplies, and maintaining accurate records.

Many of us are also involved in training, quality improvement, and supporting clinical services — helping to make sure the right medicines reach the right patients, at the right time.

Here at the ROH the technicians are one of the driving forces for digitalisation. We have a large involvement in the implementation and management of digital systems such as PICS (ePMA), Omnicell, Assa Abloy, Hanwell

and the dispensing robot.

What qualifications do you need to become a pharmacy technician?

To become a registered pharmacy technician, you need to complete a GPhC-accredited qualification, which includes both academic study and practical training. This involves the Level 3 Diploma in the Principles and Practice for Pharmacy Technicians, alongside work-based experience in a pharmacy setting.

Once qualified, you register with the General Pharmaceutical Council (GPhC) and commit to ongoing professional development throughout your career.

Where can a career as a pharmacy technician take you?

There are so many opportunities! Pharmacy technicians can specialise in areas like clinical services, medicines management, aseptic preparation, procurement, education, and training, or even move into leadership roles.

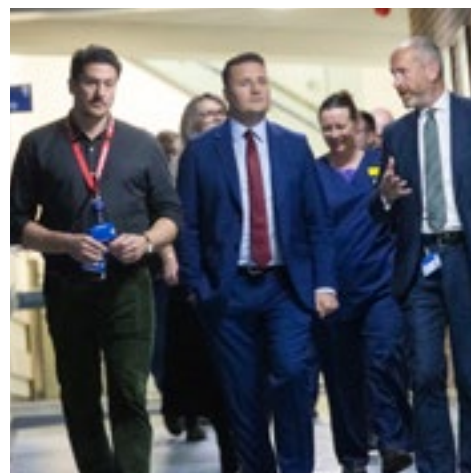
At ROH, our pharmacy technicians are involved in both ward-based and dispensary work, and some progress into advanced roles supporting clinical teams directly on the wards. It's a role that can really grow and develop with you. We've recently implemented a new role for an antimicrobial stewardship technician who has made great progress with 'allergy de-labelling'.

What do you enjoy most about your role?

For me, it's the variety of the role and the sense of making a real difference. Every day, I get to work alongside amazing colleagues and contribute to patient care in a tangible way.

There's a real team spirit in the ROH pharmacy — everyone supports each other, and we all share the same goal: making sure our patients receive safe and effective treatment. Seeing the impact of that work is incredibly rewarding.

Photos from Wes Streeting visit:



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Week Day Automation

Midday - The Golden Hour – Hits from the 50s – 80s

22:00 - Soul Train – Pete Bayliss

Midnight - Late Night Love Songs

Monday

10:00 - Monday morning show – Maisy Down

16:00 - Good Vibrations – Jo Connop

19:00 - Queen Elizabeth Hospital Requests – Sharon Hetherington

20:00 - Monday Evening Show – Dale Hobson

Tuesday

10:00 - Monday morning show – Joy Bourne

15:00 - Back to the 80s – Rich Pemberton

17:00 - Tuesday Tea Time Show – Phil Matthews

19:00 - Request and Dedications from Solihull Hospital – Bob Harvey

20:00 - Tuesday Evening Show – Paul Millington

Wednesday

10:00 - Wednesday morning show – Rich Pemberton

14:00 - BHBN New Country

18:00 - Words and Music – Brian Henderson

19:00 - Royal Orthopaedic Requests – Jess Kempster

20:00 - Wednesday Evening Show – Doug Jackson

Thursday

10:00 - Thursday morning show – David Horton

16:00 - Back to the 60s – Pete Bayliss

18:00 - Thursday Tea Time Show – Chris Friday

20:00 - Thursday Evening Show – Leon Lewis

Friday

10:00 - Friday morning show – Paul Stanley

14:00 - Back to the 70s – David Moore

18:00 - Thank BHBN It's Friday – David Elliott

20:00 - Friday Evening Show – Suzie B

Saturday

09:00 - BHBN Gold – Colin Monnaf

11:00 - Music Box – Peter Bayliss

14:00 - Stephanie – On Saturday – Stephanie Flynn

18:00 - Saturday Disco – Dale Hobson or Shaz Hill

20:00 - Saturday Evening Show – Phil Matthews

22:00 - Reggae Selection

Sunday

09:00 - The Lazy Sunday Show – Michael McMahon

11:00 - On This Day – Where Music Meets History – Aasiya

14:00 - The Sunday Afternoon Edition – Andy Caddick

16:00 - Requests and Dedications – Shaz Hill

18:00 - Asian Mix – Natasha Patel

20:00 - Sunday Evening Show – Paul Stanley

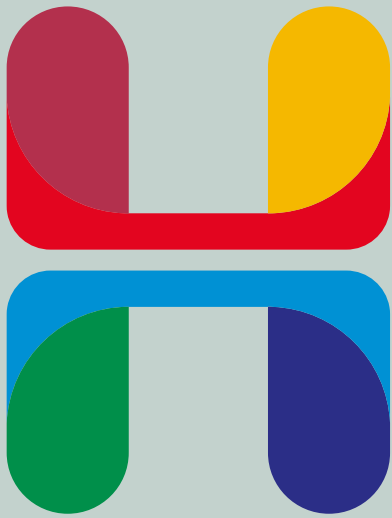
22:00 - The BHBN New Country Short

23:00 - Classic Collection

Programmes and presenters can be subject to change.

BHBN Thanks it's sponsors.

Our ROH HERO Award Winners



A look back at our HERO Award Winners

The HERO Award is more than recognition; it's a celebration of the people who uplift our culture, strengthen our mission, and embody our values in everything they do. It honours those quiet champions, bold innovators, and everyday role models.



H - Honouring

E - Excellence at the

R - Royal

O - Orthopaedic



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



Return to Villa Park for longtime fan after knee surgery at the Royal Orthopaedic Hospital

Arthritis affects people differently. For Aston Villa fan Stephen Leavy, arthritis came on quick, but its impact was strong. "It caught me unawares. Didn't know I had anything at all like arthritis. I was walking with the dog and basically my knee just gave way, fell on the floor. Completely unable to stop myself and I was just quite surprised and so was the dog!"

Stephen normally walked his dog, a springer spaniel, a few times a day so was used to going out regularly for long walks.

Stephen's condition deteriorated rapidly and found he could no longer walk his dog on his own, go out to the pub to meet his friends, enjoy his garden or catch a game at Villa Park where he'd been a season ticket holder for over thirty years.

He was referred into the physiotherapy department at the Royal Orthopaedic Hospital and then on to consultant orthopaedic surgeon, Mr Sidhu. Stephen ended up having a unicompartament knee replacement, also known as a partial knee replacement.

Stephen was discharged and back in his own home the day after surgery. *"It was very good. I mean, getting home, I knew someone was at home who was going to look after me very well. Being on my own I wouldn't have been safe, so knowing someone was there was really good. I really liked that someone visited me at home from the Royal Orthopaedic Community Service the next day to work out how I was and going through all my medications."*

Patients are given a handbook before their joint replacement as part of the Royal Orthopaedic Hospital's JointCare pathway. The handbook supports patients as they prepare for surgery, and for their recovery too. **Stephen adds:** *"I would say, get ready. Once you're set, you should start doing the exercises you're given. Pay attention to all the information and advice you're given and read the knee replacement handbook. I do think reading the handbook and doing the exercises it*

recommended made my healing quite fast. I remember it was the fourth week after and I'd already managed to get rid of the crutches and just needed my walking stick. I used a small exercise bike beforehand quite a lot, watching the TV while I did this which I think really prepared me for the surgery, making sure I was as strong as can be for the recovery.

I really enjoyed the physio, the team at the ROH gave us an hour a week for a month and it was very reassuring. They measure how the knee moves, and every time I went it got better and better. It's a group session which was nice for motivation for everyone. I followed all the advice given to me - before the operation I'd wake up and be in my bed for half an hour doing the exercises they gave us."

Stephen's recovery has gone really well and he's now able to return to Villa Park for matches. He comments on looking forward to getting back to watch his favourite team in person and getting back to living his life fully:

"I'm a season ticket owner, have been for over 30 years, so I would go all the time. I have to get the train to Aston and then walk to the park, so I've just not been able to get to any games before the surgery. Unfortunately my dog passed away so we don't have our walks to look forward to, but it's been nice to be strong enough to go on holiday and take life easy-walking, enjoying the woods and beaches and getting back to my garden and flowers."



Celebrating the class of 2025

We celebrated with our learners who have completed qualifications or apprenticeships during 2025 across a wide range of Level 3 – Level 7 Qualifications. Everyone has worked so hard to complete their qualifications alongside working in their busy roles.

- Business Administration Level 3 Apprenticeship
- Team Leader Level 3 (2024/25 cohort)
- NHS Edward Jenner Leadership award
- Operations Manager Level 5
- Lead Practitioner in Health Level 4
- Data Analyst Level 4
- CIPR Internal Communications Specialist Level 5
- Chartered Manager Level 6
- Operating Department Practitioner Level 6
- NHS Mary Seacole Leadership award
- Senior Leader Level 7 Apprenticeship. a number of colleagues who have
- CIPD Advanced Diploma in People Management Level 7

- MSc Digital and Technology Specialist Software Engineer Level 7
- This event follows recent celebrations with our colleagues who have completed their Care Certificate and Developing Leaders.



Deputy Chief Nurse, Emma Steele, presents at Nursing Live. Emma was recently invited to present at Nursing Live, a two-day event of professional development, peer-to-peer collaboration and activities focused on wellbeing.

Emma presented on developing a successful Service Accreditation Programme at The Royal Orthopaedic Hospital in Birmingham, an important tool for the Trust to support service improvement, celebrating outstanding practice and improving the patient experience.



Standing tall and walking in confidence – Casey and Mikaela’s scoliosis journey



When 17-year-old (now 18) student, Casey, from Lichfield first noticed her shoulder blade sticking out with discomfort, she knew something wasn't right, and alerted her parents. Her sister, Mikaela, 16 (now 17), also a student, experienced similar issues. A visit to the doctor and x-ray results confirmed that both sisters had scoliosis – a three-dimensional curvature of the spine. They were referred for treatment and required spinal surgery.

"The hardest thing before surgery," Casey remembers, "was sitting up for a long period during exams — it was a struggle." Her sister, Mikaela added, "my shoulder blade just wouldn't sit comfortably on a chair."

The family opted for private healthcare, and their consultant introduced them to The Woodlands Suite – Private Care at The Royal Orthopaedic Hospital in Birmingham. What felt overwhelming at first soon became manageable.

The Royal Orthopaedic Hospital offers

dual consultant operating for complex spinal deformity, where two Consultant Surgeons work together to deliver the safest and best possible outcome for patients. This is performed in combination with skilled specialised Anaesthetic Consultants. All of this made it possible for Casey and Mikaela to have their surgeries on the same day.

"It was so fast once we went private with The Woodlands Suite," the girls' mum, Kerry, explained. "The team was able to accommodate both girls together – from their pre-op appointments to their surgery date. It was unusual to have siblings undergo spinal surgery on the same day — but it made such a difference to us."

From the start, The Woodlands Suite team went out of their way to make the experience less daunting. "They treated us royally and even nicknamed us 'The Scolio Sisters' during our hospital stay," Casey remembers with a smile.

Consultant surgeons, Mr Jones and

Mr McKay performed the surgeries, and Consultant Anaesthetist, Dr Da Silva provided peri-operative medical care and optimised post-operative pain control. The Woodlands Suite prides itself on attention to detail, not just in the lead up to surgery, but post-surgery. "I asked if the consultants ever had a day off!"

On their scars, Casey admitted, "I thought I would feel insecure about the scar, but I actually embrace it." Their mum added, "They have lovely, neat scars now — and they wear them with pride." With the physical changes came a boost in confidence. "My confidence, especially in how my clothes fit, has grown



Kerry recalled "The level of care and attention made us feel completely reassured."

The girls' consultant anaesthetist, Dr Da Silva, left a lasting impression. "He was brilliant," Kerry shared. "He explained everything so clearly, step by step, and kept coming back to check on the girls. You could see how much he cared, not just about the procedure, but about making sure they felt safe and understood."

Recovery was quicker than the family expected. Older sister, Casey, was back at sixth form college in just two weeks, even sitting A-level exams just eight weeks after surgery. Both sisters noticed positive changes post-surgery. "I have fewer aches, and I'm much taller now. I grew 3 inches after surgery!" said Casey. "Our clothes fit so much better now," added Mikaela.

massively. Also, at the gym – I can do a lot more now without feeling uncomfortable." Looking to the future Casey is "excited to attend university and just live life more normally" and Mikaela is "looking forward to getting an apprenticeship."

Their mum summed up the family's experience at The Woodlands Suite with gratitude saying, "Our consultant surgeons were amazing, the consultant anaesthetist was brilliant, and all members of staff, from the porters to the ward team went above and beyond. The aftercare was outstanding. We honestly couldn't have asked for more than what we received at The Woodlands Suite at The Royal Orthopaedic Hospital."

Reflecting on the girls' case, consultant surgeon, Mr Jones said, "It was a unique and rewarding experience to perform complex spinal surgery for scoliosis on two sisters on the same day – not my average shift! Our aim was not only to correct the curvature of the spine but also to restore confidence and quality of life — seeing Casey and Mikaela recover side by side was truly special."

For Casey, Mikaela and their family, the experience at The Woodlands Suite has been a journey marked by care, compassion, and confidence. From start to finish, the hospital team gave them not just straighter spines, but the confidence to stand taller, in every sense of the word.



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?**

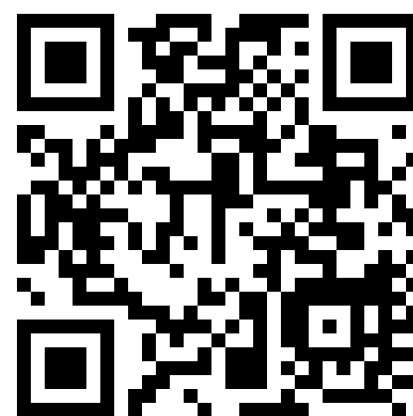
**How do I get support to help
me make the decision that's
right for me?**

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.

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www.roh.nhs.uk/3qs

NHS Confederation Director visits the Royal Orthopaedic Hospital

The Royal Orthopaedic Hospital (ROH) was delighted to welcome Rory Deighton, Director of the Acute Network at the NHS Confederation, on a visit to the Trust.



Mr Deighton was hosted by Matthew Hartland, Chief Executive of the Royal Orthopaedic Hospital, who guided him on a tour showcasing the breadth of innovation and expertise at the specialist Trust.

The visit included stops at Outpatients, where Mr Deighton met consultants and gained insight into the hospital's specialist clinical services, and Theatres, where the team shared their success in achieving GIRFT (Getting It Right First Time) accreditation.

He also visited the Dubrowsky Regenerative Medicine Laboratory to learn more about the pioneering orthopaedic research being carried out on site, and the Knowledge Hub, home to the Trust's new MSK Academy.



Speaking about the visit, Matthew Hartland said: "It was a pleasure to welcome Rory to the Royal Orthopaedic Hospital. We are proud to showcase the work of our teams, from world-class research to innovation in education and patient care. It was a great opportunity to highlight the value specialist Trusts bring to the NHS."

The visit provided a valuable opportunity for the NHS Confederation to see first-hand the role specialist providers like ROH play in delivering high-quality care and advancing musculoskeletal medicine, as well as the unique challenges they face.

Rory Deighton commented: "I was hugely impressed by the work of the Royal Orthopaedic Hospital. The Trust is an excellent example of how specialist providers drive innovation, deliver outstanding care, and contribute to the wider health system. Visits like this help us understand how best to support specialist Trusts in the future."

The Royal Orthopaedic Hospital, based in Birmingham, is one of only a handful of specialist orthopaedic centres in the UK and is recognised nationally and internationally for its expertise in orthopaedic care, research, and education.

ROH launches academy to train future joint pain experts



The Royal Orthopaedic Hospital NHS Foundation Trust (ROH) in Birmingham has launched the MSK Academy to empower healthcare professionals with the expertise and skills in musculoskeletal (MSK) conditions to provide exceptional patient care.



Uzo Ehiogu, MSK Academy Clinical Lead comments: "MSK conditions are highly prevalent in this country – chronic joint pain affects nearly 9 million people in the UK and MSK conditions account for over a quarter of GP consultations.

"For the NHS to help bring these numbers down we need to arm first contact practitioners and GPs with the knowledge to prevent MSK conditions from worsening, aid early decision making in the patient pathway and support staff across the entire patient journey in providing the best patient care. We're really excited to be launching the MSK Academy to help tackle these challenges and support healthcare professionals across the region."

The MSK Academy will provide virtual and face to face learning opportunities for those who have an interest in musculoskeletal healthcare. It will deliver training to support early career practitioners in Allied Healthcare, nursing, GP trainees and surgical trainees at ROH and externally.

The MSK Academy will do this by harnessing

ROH's existing education, library and research services alongside further leveraging its partnerships with industry and universities.

The Royal Orthopaedic Hospital hosts the Birmingham Orthopaedic Training Programme, one of the largest and most successful orthopaedic training programmes in the UK for trainee orthopaedic surgeons, and works in partnership with local universities to deliver undergraduate training for nurses, physiotherapists and medical students in Birmingham.

The ROH works in partnership with the University of Birmingham (UoB) and Aston Medical School (AMS) to support their medical student education. Each year up to 480 UoB fourth-year medical students and 120 AMS third-year medical students complete a musculoskeletal placement at the Royal Orthopaedic Hospital. The 120 AMS medical students also complete a peri operative medicine placement at the ROH and all students get to experience Patient Simulated Training.

For more information about the MSK Academy at the Royal Orthopaedic Hospital visit <https://mskacademy.co.uk/> or scan the QR code.



Getting your bloods taken at hospital

Phlebotomy is the practice of drawing blood for diagnosing and monitoring patients. It allows healthcare professionals to gain vital information about your health, enabling them to diagnose diseases, monitor conditions, and develop effective treatment plans. The main role of a phlebotomist is taking bloods safely and making the patient as comfortable as possible. Donna has been a phlebotomist for 14 years. She shares more about her role and her top tips for making your blood test as easy as possible.

We help you feel relaxed as we may be the first medical professional you see during your outpatient appointment. We ensure you understand what happens during a blood test and we help to reassure you throughout. While the main role of a phlebotomist is to take blood samples, there are also other lesser-known duties we handle such as collecting urine samples for detection and diagnosis of medical conditions. My interest in phlebotomy stems from my passion for healthcare as well as

diagnosing and treating patients. I'm drawn to the ability to directly contribute to patient care and help individuals get the treatment they need.

If you're worried about getting a blood test, here are my tips:

- 1. Comfortable clothing and keep yourself warm.** Wear loose/stretchable long sleeves or if you're wearing a jumper, make sure to have a vest underneath so the jumper can be removed. It's important to keep your body warm before a blood draw as this can make your veins more visible and easier to access.
- 2. Hydrate.** Veins may be hard to find due to dehydration and other conditions or past injuries but drinking water can help by improving blood flow, making your veins more accessible.
- 3. Communication.** Inform the phlebotomist if you have any conditions that affect blood flow or if you have previously experienced

problems following blood collection. This way the phlebotomist can offer you a glass of water, encourage you to massage your arm and to clench your hand.

- 4. Take a deep breath.** Stress and anxiety may make veins difficult to spot because the blood vessels in the skin narrow. This makes it difficult to take blood. Deep breathing decreases stress, increases calm and relieves pain. It also helps to dilate (widen) your veins which makes it easier to take blood.
- 5. Consider distracting yourself.** Many patients have a fear of needles or blood, which can make the process stressful for both the patient and the phlebotomist. If deep breathing isn't your thing, try distracting yourself by scrolling through your phone or looking at something else. Listening to music by using headphones can help distract you from the procedure and provide a sense of calm. We welcome loved ones to sit beside them for comfort. If you are alone, we always have our

compassionate nurses to talk while holding your hands for diversion.

- 6. Inform your phlebotomist if you are allergic to nursing tape or alcohol wipes so we can use soap and water as disinfectant.** We advise you to monitor the puncture site for any signs of infection, such as redness, swelling, or pain. Call NHS 111 for advice if you cannot contact your GP.



New cycling trial for hip pain

The Royal Orthopaedic Hospital (ROH) has introduced CHAIN (Cycling against Hip Pain), a new cycling programme to support patients with hip pain from osteoarthritis.

Dawn, a patient on the CHAIN programme, commented: "I absolutely



loved it. I don't normally do exercise and it made me push myself to somewhere I didn't know I could go. Because you're stretching more you don't really feel the pain. I'm now looking to find a cycling class closer to home in West Bromwich."

CHAIN was initially developed by Bournemouth University's Orthopaedic Research Institute and promotes the self-management of osteoarthritis symptoms through lifestyle change. It is based on the latest National Institute for Health and Care Excellence (NICE) guidelines for the treatment of osteoarthritis which recommends exercise (specifically muscle strengthening and cardiovascular training), education and weight loss where necessary.

CHAIN is an 8-week programme and takes place at Cocks Moors Woods Leisure Centre in Kings Heath – close to The Royal Orthopaedic Hospital site. It is run by the ROH Physiotherapy Department and a cycling instructor from the leisure centre.

Hayley Jennings, Senior Physiotherapist at the Royal Orthopaedic Hospital,



commented: "We've been working with Professor Tom Wainwright who developed CHAIN to bring this programme to Birmingham. CHAIN is all about getting patients to make lifestyle changes and learning how to make exercise an enjoyable habit. It's wonderful to see patients thrive on the programme – we've had patients report improved flexibility, less pain, less dependence on pain relief and improved sleep, as well as feeling fitter and stronger, making them better able to complete everyday tasks."

CHAIN is one of a number of programmes delivered in the community by the Royal Orthopaedic Hospital including a pain management clinic and an art workshop for chronic pain patients.

Hayley adds: "Partnering with community organisations like leisure centres is essential for NHS Trusts like the Royal

Orthopaedic Hospital to enhance how we deliver rehabilitation programmes in the community. These partnerships enable more access for patients accessing hospital care, closer to where they are, as well as connecting them to additional services to help their recovery and prevent future muscle and joint problems."

Each CHAIN session is 1 hour long and consists of cycling and education on self-



management. Patients are also provided with an at-home exercise programme to continue after their CHAIN sessions finish.

Natalie Pyatt from the Birmingham Community Leisure Trust, which operates Cocks Moors Woods Leisure Centre, said: "We were delighted to be chosen as the venue for this important rehabilitation initiative. I attended one of the classes myself, so I could see the session from the attendee's viewpoint. I really enjoyed the mix of practical guidance combined with a low impact cycling workout.

"Feedback from the participants has been very positive, with many already reporting improvements they've noticed off the back of



coming to the class each week."

For more information about the programme scan the QR code or click [here](#).

CHAIN is proudly funded by the Royal Orthopaedic Charity.



Aston University Civic Agreement 2030

The Royal Orthopaedic Hospital Signs Aston University Civic Agreement 2030 to drive socio-economic transformation in Birmingham

- Aston University unveils Civic Agreement 2030 to foster socio-economic transformation across Birmingham
- Seven pledges outline a bold vision for economic, social, and environmental impact
- 17 signatories spanning health, technology, education, business, government and community development are committed to creating a positive impact.



Aston University has announced the launch of its Civic Agreement 2030, reaffirming its commitment to positive impact and growth in Birmingham and the wider West Midlands.

The Agreement, which builds on the university's rich legacy and bold 2030 strategy, sets out seven commitments aimed at supporting economic growth, education, research, community empowerment, health, aspiration, and sustainability. These pledges are underpinned by targeted actions and partnerships designed to deliver measurable impact across the region.

The importance of Birmingham as an attractive destination to live, study, and do business is also highlighted by the Agreement

alongside the university's ongoing support for the city's growth and regeneration. The Quadruple Helix model – linking academia, industry, government, and society – remains central to Aston's mission, with all partners committed to working together to champion the city nationally and internationally.

"Aston University has always believed in the power of partnerships to drive socio-economic transformation and inclusive growth in our city and region," said Professor Aleks Subic, Vice-Chancellor and Chief Executive. "Our Civic Agreement 2030 embodies this belief, bringing together universities, businesses, government, and communities to tackle challenges, spark innovation, and create opportunities for all. Through our strategic partnerships, we aim to help create a brighter, more inclusive future for Birmingham."

Richard Parker, Mayor of the West Midlands, said: "Aston University's Civic Agreement perfectly aligns with my Growth Plan and vision for the West Midlands. By working together – across government, academia, business and communities – we can make this the best place to learn, live, work, visit and invest."

Leading partners from key sectors across the region are coming together as part of the Civic Agreement – including health, technology, education, business, government and community development – with a commitment to supporting Birmingham's growth and transformation. Signatories include Aston Students' Union, Aston University STEM Multi-Academy Trust, the Aston Villa Foundation, Birmingham Anchor Network, Birmingham City Council, Birmingham City of Sanctuary Committee, Birmingham Community Healthcare NHS Foundation Trust, Birmingham Health Partners, Birmingham Women's and Children's NHS Foundation Trust, Citizens UK, The Dudley Group NHS Foundation Trust, Greater Birmingham Chambers of Commerce, Rigby Group, The Royal Orthopaedic Hospital NHS Foundation Trust, Tech WM, West Midlands Combined Authority, and West Midlands Growth Company

Nursing Times

The Royal Orthopaedic Hospital's (ROH) Confirm and Challenge workforce project has been shortlisted in the Workforce Team category at the annual Nursing Times Workforce Awards.

Emma Steele, Deputy Chief Nurse, comments: "We're incredibly proud of the Confirm and Challenge initiative. We're delighted to have been shortlisted in these awards, recognising the significant

impact this workforce initiative has had on nursing recruitment at ROH. The Confirm and Challenge workforce initiative helped us rethink our recruitment approach for nursing colleagues and resulted in a more secure, trained workforce, and one that is representative of the communities we serve."

The winners will be announced at the NT Workforce Awards 2025 on Wednesday 26 November in London.



Our amazing charity!

Christmas appeal

This Christmas, the Royal Orthopaedic Charity (ROC) has launched its festive appeal to raise funds to transform five oncology patient rooms at The Royal Orthopaedic Hospital — creating comforting, dignified spaces for people receiving complex bone cancer treatment.

Many patients spend weeks or even months in hospital. ROC aims to make these rooms feel more like home, adding touches such

as soothing artwork, calming colours, and comfortable furniture — the “added extras” beyond NHS funding.

Ruth Hughes, Fundraising Manager, said: “This appeal is about giving patients and families a sense of comfort, dignity, and hope when they need it most.”

Supporters can sponsor a Christmas Light, donate directly, or fundraise their own way through festive activities.



ROC ROYAL ORTHOPAEDIC CHARITY
Christmas Appeal
 Support us to create home-from-home facilities for cancer patients at The Royal Orthopaedic Hospital.
WWW.ROHCHARITY.ORG/CHRISTMAS-25/
 Scan the QR code with your smart phone
 Charity registration number 1078046

Thank you!
 For sponsoring this year's Christmas Gift Project and bringing festive cheer to patients at The Royal Orthopaedic Hospital!
 Find out more visit: rohcharity.org/christmas-25

A huge thank you goes out to LullaBaby and Baylis & Harding for supplying over £600 worth of gifts to patients The Royal Orthopaedic Hospital this Christmas. Read how they're making a real difference:
rohcharity.org/christmasgifts25/

Christmas Card Competition

The winners of our annual Christmas Card Competition have been selected, with entries ranging from ages 7 to 82. These beautifully designed cards are now on sale, helping to raise vital funds for ROC's Christmas Appeal. Visit www.rohcharity.org/shop to purchase yours.



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

Registered Charity Number: 1078046

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.



How your support helps

New year new you?



Make 2026 the Year You Make a Difference! Start the year with purpose — and make a real impact for patients and staff at The Royal Orthopaedic Hospital. From sponsored walks to bake sales, every fundraising effort helps provide those special “added extras” that go beyond NHS funding, enhancing care and comfort for patients. Find out how to get involved at www.rohcharity.org or email roc@nhs.net.

Team Snowdon raise over £3,400



A dedicated group of supporters took on the challenge of climbing Snowdon at sunrise to raise funds for the Royal Orthopaedic Charity.

Battling 50mph winds, the team came within 70 metres of the summit before conditions forced them to turn back — a true display of determination and teamwork.

Together, they raised over £3,400 (including Gift Aid) to help provide those special “added

extras” that enhance patient care beyond NHS funding.

Participants included ROH staff, ROC team members, Nightingale FC players, and public supporters, all united by one goal: making a difference for ROH patients.

We’d like to say a huge thank you to everyone involved, we really couldn’t have raised such an incredible amount without your support.



Donate in memory

In memory of Nigel, who was treated for soft tissue sarcoma at The Royal Orthopaedic Hospital, his family and friends have donated over £2,500 to support the Side Room Appeal.

“Nigel underwent two major surgeries, including a full arm amputation, yet never lost his passion for music or his sense of humour. Deeply grateful for the exceptional care provided by Mr Scott Evans and his team, he wished for donations in his memory to go directly towards their work.

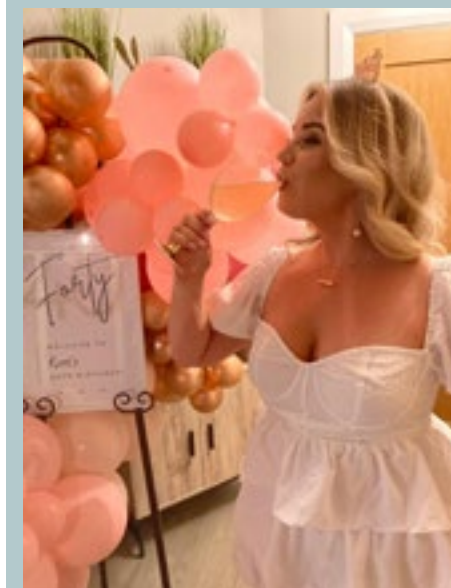
The funds will help enhance facilities for patients undergoing complex treatments, ensuring comfort, privacy, and dignity during their hospital stay — a legacy Nigel would be proud of.”

Find out how you can remember a loved one with the Royal Orthopaedic Charity. Simply visit www.rohcharity.org or contact the team directly on 0121 685 4379 we’d love to hear from you.



Fundraiser thank you!

Kerri Raises Over £3,200 for ROH Earlier this year, Kerri contacted us hoping to give back to the hospital which changed her life and by fundraising as part of her 40th birthday celebrations.



“As most of my family and friends know, I was diagnosed with a benign but locally aggressive pelvic bone tumour. I underwent a life-changing internal hemipelvectomy – a complex surgery that couldn’t be done in Northern Ireland – and spent over three weeks at the ROH.”



It was clear this was a real life-changing experience, which involved her family relocating across the UK. To mark the occasion, Kerri fundraised for ROC, raising over £3,200, including Gift Aid — a remarkable achievement from a small gesture.

ROC and ROH would like to extend a huge thank you to Kerri, her family, friends, and loved ones for their support. These funds will make a real difference to patients at the Royal Orthopaedic Hospital.



[WWW.ROHCHARITY.ORG](http://www.rohcharity.org)

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roc@nhs.net

