

NEWS BEAT

AUTUMN 2023

ROYAL
BROMPTON
& HAREFIELD
HOSPITALS
CHARITY

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& HAREFIELD
HOSPITALS
CHARITY

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JOIN OUR
FIGHT
AGAINST
HEART
AND LUNG
DISEASE

LETTER FROM THE EDITOR

Welcome to the latest issue of News Beat. We are really excited to share our plans with you.

It's been a very busy few months here at the Charity. We launched two vitally important new appeals to help critically ill patients, the Harefield Haemodialysis appeal and the Royal Brompton Gamma Camera appeal.

Thank you to everyone who has already generously donated to these projects or attended one of our brilliant events. We are frequently astounded by fundraisers' dedication. As you can see from the cover, they are willing to literally walk through fire to raise funds for patients.

There's lots to look forward to, including events for our new appeals, Christmas carol concerts and the return of Doubling December. Details of all of this and more can be found in this issue.



None of this would be possible without your incredible generosity. Everyone at the Charity wants to say a heartfelt thank you for all the wonderful assistance that you give heart and lung patients. It makes a real difference and transforms lives. Thank you.

Alastair Ball
Editor of News Beat

SHARE YOUR STORY

Sharing your experience is a powerful way to tell your story, inspire and motivate others to fundraise for our hospitals, provide comfort to other patients and families, and it can be therapeutic for you too. Help us continue our fight against heart and lung disease by getting in touch today. Please email us at alastair.ball@rbhcharity.org to get started.

OUR APPEALS

We need your help to raise much needed funds for these vitally important projects

HAREFIELD HAEMODIALYSIS APPEAL

Harefield Hospital treats some of the sickest heart and lung patients. Some of these patients need dialysis, but the current system takes up to 12 hours and is carried out overnight. The machinery can interrupt a patient's sleep, which affects their recovery.

We urgently need to raise £120,000 to purchase six brand new dialysis machines, which will cut the treatment time down significantly to four hours. The positive impact this will have on patients is extensive. Treatment can be delivered during the day, enabling greater patient



wellbeing as they will be able to get more rest and return home to their families quicker.

To find out more and donate visit rbhcharity.org/dialysis



A HUGE THANK YOU TO THE KUSUMA TRUST UK



The Charity would like to say a huge thank you to Kusuma Trust UK for their extraordinarily generous donation of £104,000 to complete our Next Generation Genetics appeal.

Royal Brompton and Harefield hospitals' Genetics and Genomics Lab currently analyse more than 400 patient samples per month to confirm a diagnosis of a suspected inherited condition in patients who have symptoms, and in their family members, before symptoms start. To keep up with the growing demand for their services, they requested a new genetic sequencer that will result in more patients receiving the diagnosis of an inherited

heart or lung condition faster.

Soma Pujari, Executive Trustee from Kusuma Trust UK, said: "Royal Brompton Hospital is one of a few centres providing specialist genetic testing for heart and lung conditions in the country, and we are proud to support them to acquire a new better and faster genetic sequencer for the second time."



ROYAL BROMPTON GAMMA CAMERA APPEAL

Royal Brompton Hospital's Nuclear Medicine Department is a centre of excellence and as a result, receives referrals from across the country. To manage these referrals more effectively, Royal Brompton Hospital needs a new gamma camera.

We need to raise £500,000 towards a new gamma camera, which will use

pioneering technology to provide higher quality images than other imaging methods, such as X-ray or ultrasound. This will help patients get a more accurate diagnosis.

If you would like to donate to the Royal Brompton Gamma Camera appeal, please visit rbhcharity.org/gamma-camera

INNOVATION

Creating new possibilities for the diagnosis and treatment of people with heart and lung conditions is made possible through innovation.

There are currently enormous pressures on the NHS, but we believe that by supporting innovative projects we can help alleviate these pressures, improve outcomes for heart and lung patients and shepherd the projects that will lead to the future of healthcare.

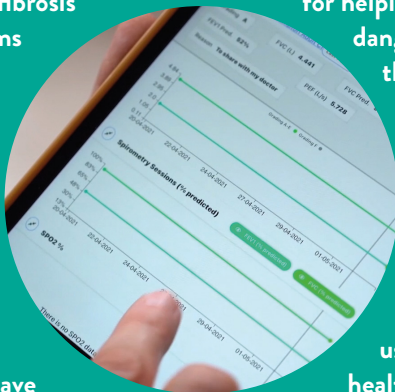
The Charity plans to start up an innovation project that will provide funding for a range of new health initiatives, all of which will create innovation in the treatment of people with heart and lung conditions.

To find out more about our projects visit rbhcharity.org

USING TECHNOLOGY TO HELP CF PATIENTS

The Charity has a long history of funding healthcare innovation, such as the NuvoAir Home app and device, which better monitors cystic fibrosis (CF) patients' symptoms and allows them to monitor themselves at home instead of traveling to Royal Brompton Hospital.

CF physiotherapist Tom said: "The app has really been a bit of a game changer. It allows CF patients to have an overview of their whole care.



It's made big savings in both time and money for patients."

This project was especially important for helping CF patients avoid dangerous and life-threatening infections, such as Covid-19, by reducing the risk of them catching an infection when traveling to a CF appointment. It is projects like this, which use technology to make healthcare easier for patients, that the Charity is looking to fund.



IMPROVING THE DIAGNOSIS OF SLEEP APNOEA

Treating and diagnosing patients with learning difficulties can be challenging, especially when using equipment they can find intrusive or intolerable. That's why the Charity funded a trial of the AcuPebble SA100 as an alternative to the current system for diagnosing sleep apnoea.

Dr Alanna Hare, consultant physician in respiratory and sleep medicine, said: "The AcuPebble SA100 is much more tolerable and thus makes it easier to diagnose patients, so they can move through to

treatment more easily and have a better quality of life."

If this trial is successful, Dr Hare hopes that the AcuPebble SA100 can be used for more patients so that they can get diagnosed quicker.

Ground-breaking projects like this improve patient experience, ensuring that they receive the best healthcare, and help keep the hospitals at the leading edge of the latest healthcare techniques.

SUMMER EVENTS

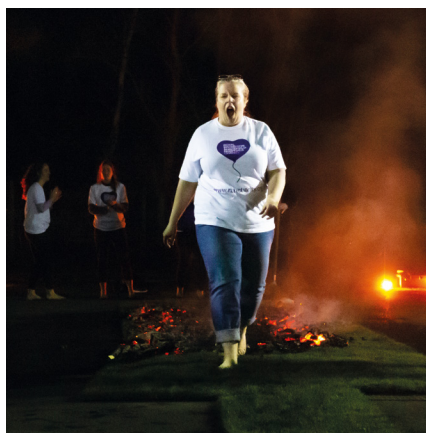
This summer you braved intense heat and sunshine to raise funds for patients

FACING THE FLAMES

One chilly evening in March, 14 fearless fundraisers gathered to face the flames and put their nerves to the ultimate test by taking on the challenge of walking across hot coals.

"It was an amazing experience! We got to try something new and exciting, meet some new people and raise money for a great cause. Now we have walked on fire!" said participant Rosie Watters.

The Firewalk raised £4,400 to support the life-saving work of our hospitals. Thank you to everyone who took on the challenge.



A GLORIOUSLY SUNNY GOLF DAY

This year was the 10th Annual Shakin' Stevens Golf Day. 18 teams joined us at Denham Golf Club for a friendly competition on a brilliantly sunny June day.

We are delighted to announce that this record-breaking Golf Day raised over £21,000 for the Harefield Haemodialysis appeal.

A huge thank you to Shakin' Stevens for once again hosting the Golf Day, as well as to Denham Golf Club, our sponsors and to all who attended. All funds raised will go towards the Harefield Haemodialysis appeal and will make a huge difference to some of the sickest Harefield patients by improving the care they receive. Thank you for your generosity.



A SUNNY DAY TO CROSS LONDON'S ICONIC BRIDGES

Over 100 friends of Royal Brompton and Harefield hospitals came together on Sunday 2 July to wish the NHS a happy 75th birthday and to raise important funds for the hospitals. This year was our biggest London Bridges Walk since the pandemic and the weather was perfect for a scenic walk through the beautiful urban landscape of Central London.

Participants gathered at the Morpeth Arms in Westminster and set off on a 10km walk, taking in famous landmarks and crossing six iconic bridges over the Thames.

Thanks to the dedicated friends of the hospitals, more than £10,000 was raised this year, all of which will go towards



the Patients' Fund, enhancing patient experience at both hospitals, whether as an outpatient or for those who may have a longer stay.

Thank you to everyone who attended, wished the NHS a happy 75th birthday and raised funds for patients. Your generosity will directly help many people with heart and lung conditions.



THE 40th ANNUAL HAREFIELD FUN RUN

An epic celebration of Harefield Hospital

On what was one of the sunniest days of the year, over 1,000 supporters of Harefield Hospital joined in for the 40th Harefield Fun Run & Family Day, to help raise funds for critically ill Harefield patients.

This year we were joined by celebrity guest Katie Price and her family, who were all in attendance to support Katie's mum, Amy Price, who is a patient of Harefield Hospital.

We also gave a warm welcome to Professor Sir Magdi Yacoub, founder of



the first ever Harefield Fun Run, who arrived to kickstart the run in which more than 650 runners took part. In addition, attendees were graced with unwavering sunshine and enjoyed a variety of stalls, music, games and food.

To build on an already fantastic day, the fundraising was a huge success, raising over £50,000 for the Harefield Haemodialysis appeal, which will help the most severely ill Harefield patients.

We want to thank everyone who attended, donated, volunteered, had a stall or provided entertainment. Your help made this year's Fun Run an epic celebration of Harefield Hospital, and your generosity will help save lives.



FUNDRAISING SPOTLIGHT

We want to say a heartfelt thank you to all the fundraisers who have been walking, running and writing to help improve the care of heart and lung patients

AMY PRICE – HOW ONE STORY CAN CHANGE LIVES

» You may know Amy Price as the mother of model and media personality Katie Price, but you may not know that she is also a patient of the hospitals. Amy suffers from idiopathic pulmonary fibrosis (IPF), a condition where the lungs develop scarring and breathing becomes increasingly difficult. She has received treatment at Harefield Hospital.



RAISED
OVER
£10,000

In July, Amy published *The Last Word*, a book about her life, her daughter's rise to fame and her struggle with IPF. Amy is very generously sharing a third of the profits from this insightful tell-all book with the hospital that treated her. So far over £10,000 has been donated.

Thank you so much, Amy, for having such a positive impact by giving back to patients. You can buy *The Last Word* by Amy Price from Amazon and in all good bookshops.

SAM AND GRAEME - A LONG WALK TO RECOVERY

» Harefield Hospital saved Graeme's life when he needed an emergency heart transplant. In a matter of weeks Graeme went from running around with his children to being unable to get out of bed. He was rushed to A&E and then transferred to Harefield Hospital.

Harefield provided excellent care for Graeme, before and after his transplant. On April 15, Graeme's wife Sam, her family and friends and Graeme's surgeon, Mr Khoshbin, participated in a walk from Barking to Harefield, to raise funds for the hospital that saved Graeme's life. Together they raised £3,182. Thank you, Sam, and we hope you're back to full strength soon, Graeme.



RAISED
£3,182

EUGENE MISKELLY – AN INSPIRATIONAL STORY

» Eugene Miskelly was in a coma for 18 days and spent eight weeks recovering at Harefield. His journey to recovery has been long but his determination has never faltered. To build his strength up, Eugene has taken on various fundraising challenges, including an epic walk along the Thames.

Now Eugene has published a book, *The Journey Continues*, about his time in a coma and his struggle to regain his strength. The proceeds from this book are going to help other heart and lung patients.

Thank you for sharing your inspirational story, Eugene, and raising vital funds for other patients.

You can buy *The Journey Continues* by Eugene Miskelly on Amazon.



RAISED
OVER
£3,798

MATT KENNEDY – GIVING SOMETHING BACK

» When Matt was five, he was diagnosed with a coarctation of the aorta. By the time he was six, he was very unwell and needed surgery at Royal Brompton, which gave him the energy to enjoy life. Now aged 40, Matt ran the London Marathon this year for The Charity.

"In reaching the middle of that life they saved, I want to be able to give something back," Matt said.

Matt raised £3,798 so that other patients can have the same second chance at a life well lived. Thank you, Matt.



100K IN MAY – TAKING STEPS TO FIGHT CARDIOMYOPATHY

RAISED
OVER
£28,000

» In May, Deloitte employees took part in a huge event for Ruben's Fund. In teams of five, they challenged themselves to complete at least 100k of physical activity, the equivalent of covering the distance from London to Edinburgh.

Together they raised over £28,000 for a dedicated research project into cardiomyopathy in infants. Thanks to everyone who took part for your amazing fundraising.

HELPING HEARTS IN MEMORY OF NICK HEWETT

» Nick Hewett was a loving husband, dad, son, brother, and friend to many people. He loved life, sharing his knowledge, helping others and improving the world, but in summer 2022, Nick was rushed to Harefield hospital suffering from heart failure. For eight weeks the hospital fought hard to save Nick, but sadly he passed away.

Nick's wife, Leanne, has led family and friends in raising funds for other patients at Harefield. This has included taking on The Great Riverside Ramble's Goring Gap Walk and the Green Park Challenge. So far, they have raised over £15,000 for Harefield Hospital in his memory.

A huge well done to everyone involved

– Nick's legacy will live on through your generosity, which will directly assist many Harefield patients.

RAISED
OVER
£15,000

BILLING OFFROAD SHOW – AN OFFROAD SHOW LIKE NO OTHER

» On the first weekend of July, the Billing Offroad Show raised funds for Royal Brompton and Harefield hospitals with an offroad show like no other, including offroad racing, mud runs and vehicle challenges.

A big thank you to everyone involved in organising the show and everyone who attended. The funds you raised will aid in improving the treatment of heart and lung patients.

😊 A huge thank you to everyone who raised funds for heart and lung patients. Your tireless efforts are making a massive difference for patients at the hospitals. There are many ways you can get involved in fundraising for us. If you would like to join the Purple Heart Army, you can set up a fundraising page on our website. Visit rbhcharity.org/become-a-fundraiser to get started.

Doubling December

ONE DONATION, TWICE THE IMPACT.



DOUBLING DECEMBER

Help bring the healing power of art to heart and lung patients

Doubling December is back, and this year our Christmas campaign is raising funds to help patients' recovery with the creative, social, therapeutic and relaxing power of art.

From award winning programmes like Singing for Breathing and Vocal Beats, assisting patients' recovery through breathing exercises; to craftnoons and music on the wards, making a long stay in hospital easier; to the green spaces and beautiful art works around the hospitals, providing a moment of distraction for staff and patients; arts are an essential part of the care the hospitals provide.

The rb&hArts team work year-round to

bring the mental stimulation of creativity, the mood enhancing power of socialising and life affirming gift of greenery to patients via arts programs in the hospital. It's vital that we raise funds for rb&hArts so that they can keep working with patients.

Thanks to a very generous donor, all donations made to rb&hArts in December will be doubled. We need your help to raise £50,000, which can be doubled to £100,000, to bring the healing power of art to patients in 2024.

Visit our website to register your interest and find out more about this campaign rbhcharity.org/doubling-december

What's ON?

You too can be a part of creating the future of care for people with heart and lung conditions by signing up to one of our events

THE 11TH ANNUAL SHAKIN' STEVENS GOLF DAY

The Golf Day will be back next year. Sign up now to play golf alongside rock legend Shakin' Stevens, while raising funds to make Harefield Hospital even better.

Email **Raf Notarianni** on Raf.Notarianni@rbhcharity.org to register a team now.



FUN RUN 2024

We just finished the 2023 Fun Run, but already we're looking forward to the 2024 run. If you're inspired to walk, run or jog for Harefield Hospital then register your interest below:

Register your interest now at rbhcharity/fun-run



ROYAL
BROMPTON
& HAREFIELD
HOSPITALS
CHARITY



Carols by Candlelight

JOIN US FOR A FESTIVE END OF YEAR
CELEBRATION WITH CAROLS AND READINGS

ST LUKE'S CHURCH,
CHELSEA
TUESDAY, 5 DECEMBER

ST MARY'S CHURCH,
HAREFIELD
THURSDAY, 14 DECEMBER

GET YOUR TICKETS FROM: [RBHCHARITY.ORG/EVENTS](https://rbhcharity.org/events)

CHARITY REG NO. 1053584