

NEWS BEAT

SPRING 2023

ROYAL
BROMPTON
& HAREFIELD
HOSPITALS
CHARITY

JOIN OUR
FIGHT
AGAINST
HEART
AND LUNG
DISEASE



WELCOME

The NHS faces a dilemma. Demand is higher than ever, but resources are limited. This means that if we are to protect a service so highly valued in the UK, we need to find new, better and more efficient ways of delivering healthcare. That's why so much of our focus – with your help – is now on supporting innovation and research at the hospitals.

When we talk about innovation and research, we are fundamentally funding three Ps: projects, places and people. First, there are important new research projects, like Ras Kahai's research into dietary interventions (cover and page 7) or Sabiha Gati's work on cardiac disease in young people and athletes (page 8).

Then there are the places that this work can happen – the consulting rooms, labs, offices and other spaces where data is gathered and analysed, bright minds meet, ideas are sparked and new solutions found. I was delighted to be at Harefield in the autumn for the opening of a new clinical research facility, funded by the Charity, by Professor Sir Magdi Yacoub (page 7).

Finally, there is our work to support people, particularly making sure research time is ring-fenced against the pressures of clinical work. We are particularly keen on providing support at crucial stages early in researchers' careers when the return on investment is a lifetime of discovery.

The family of Emily Hoyle share our determination to make a difference (page 10). They are raising funds to support the work of young researchers through our new Early Careers Fund (page 6). Emily sounds like an incredible woman, who crammed a huge amount into her relatively short life. I can't think of a better legacy for her.

Thank you for your support, now and always.

Richard Bowyer
Chief Executive



LETTER FROM THE EDITOR



Welcome to another issue of News Beat. We have lots of exciting news to share with you in the following pages.

Through your generosity, we raised a huge amount for the Next Generation Genetics appeal and for the Patients' Fund. Now we have some amazing new projects to introduce you to, including our brand new Early Careers Fund and lots of the fantastic research the Charity is supporting. We also have a crucial update on our partnership with Brentford Football Club.

We would not be able to do so much for people with heart and lung disease without your incredible support. Everything you do is making a difference for the patients at our hospitals. Whether you give time, money or something else, everyone at Charity HQ wants to say a massive thank you for everything you do.



This issue of News Beat includes many ways to get involved in the fight against heart and lung disease, including the 40th anniversary of the Fun Run and the 2023 London Bridges Walk. There are also stories about those who have helped the hospitals and a preview of our plans.

I hope you enjoy reading News Beat. Once again, thank you for your incredible fundraising.

Alastair Ball
Editor of News Beat

**SHARE
YOUR
STORY**

Sharing your story inspires others to help us fundraise for our hospitals and provides comfort for other patients and families. You can unleash your creative side or chat to our team who can help you write about your experiences. Please email the Charity at fundraising@rbhcharity.org to get started.

NEWS

You have been hard at work raising funds for heart and lung patients. See how you're making a difference



NEXT GENERATION GENETICS APPEAL

Your brilliant generosity has so far raised over £125,000 for the Next Generation Genetics appeal. From the Fun Run to our Carols by Candlelight concerts, you have been hard at work raising funds to equip the hospitals with a brand new genetic sequencer, which will help diagnose inherited heart and lung conditions.

This new sequencer will allow the Genetics and Genomics Team to test more samples, giving patients, and their families, the certainty of a diagnosis quicker.

To donate to this appeal, visit our website rbhcharity.org/next-generation

TV STARS AND SPACE SCIENTIST AT OUR OUT OF THIS WORLD CAROL CONCERTS

Last Christmas, our Royal Brompton and Harefield Carols by Candlelight concerts were raising funds for the Next Generation Genetics appeal.

At St Luke's Church in Chelsea, we were treated to the angelic singing of the London Oratory Schola as well as readings from broadcasting legend Angela Rippon CBE and space scientist and educator Dr Maggie Aderin-Pocock MBE.

At St Mary's Church in Harefield, we heard energetic singing from Harefield





Junior School choir and Singing for Breathing, who were back at a carol concert after a two-year break.

Together the two concerts raised over £7,000 to help patients get diagnosed sooner and treated quicker. Thank you to everyone who attended. We hope you enjoyed the festive celebrations.



JOINING FORCES TO HELP PATIENTS

This January, we were very excited to announce that Royal Brompton and Harefield Hospitals Charity is joining forces with Friends of Royal Brompton. Together the two charities will be able to make a bigger difference for heart and lung patients.

Friends of Royal Brompton has been supporting Royal Brompton Hospital since the 1960s. Over the years, they have run a trolley service to the wards, funded the first robotic surgery and helped make over 30,000 gowns for staff during the Covid-19 pandemic.

Elizabeth Henderson, Charity Director of Friends of Royal Brompton, said: “Over the past 24 years I have worked for the charity, we have funded amazing projects and worked with many wonderful volunteers and members. The Friends has



Jennifer Winter, chair of Royal Brompton and Harefield Hospitals Charity, and Caroline MacKinnon, chair of Friends of Royal Brompton Hospital, at a House of Lords reception for supporters of Royal Brompton and Harefield hospitals in 2022.

changed a lot, and this latest change is another evolution in the continuing story of Friends of Royal Brompton Hospital. I’m looking forward to seeing where it takes us.”

You can read more about the history and future of Friends of Royal Brompton on our website rbhcharity.org/friends-of-royal-brompton

RESEARCH

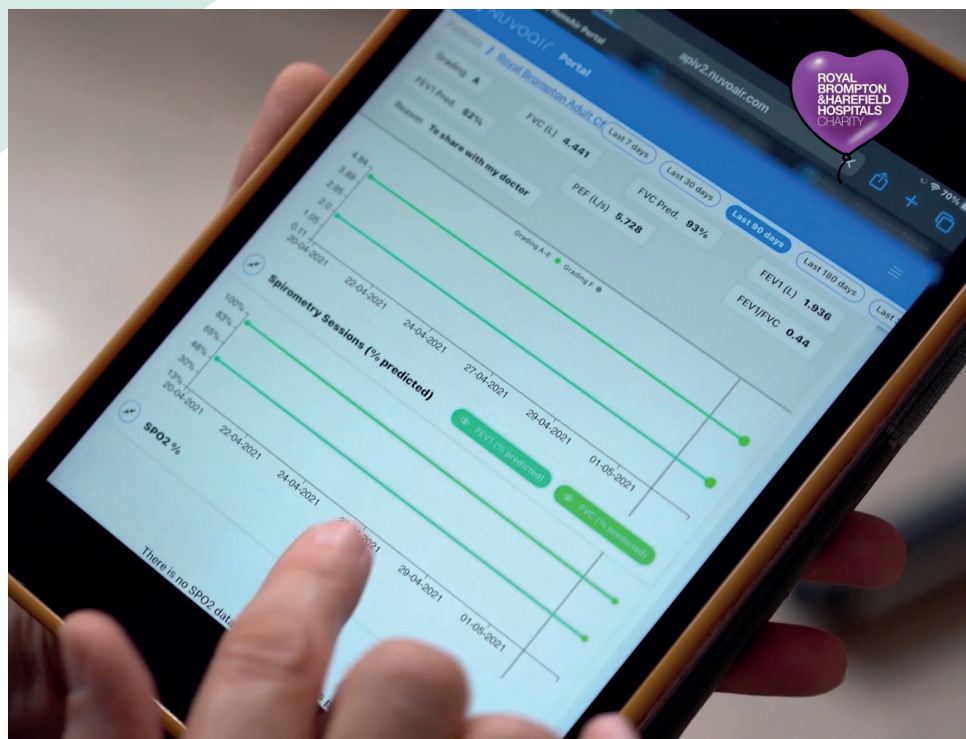
The Charity is funding pioneering research to find future treatments for heart and lung disease

The urgent need to help today's patients can easily distract from the important work that helps us do more tomorrow. The Charity can make a difference by giving awards that ringfence clinician's research time, providing the opportunity to make a long-term difference to the length and quality of life for people with serious heart

and lung conditions.

Our Early Careers Fund ensures that young professionals have an opportunity to engage in vital research that could benefit patients for decades to come. Some examples of recent fellowships awarded are on these pages.

Find out more on our website
rbhcharity.org/early-careers-fund



FUNDING RESEARCH AND FUNDING RESEARCHERS

In November, the Charity announced the recipients of three research fellowships. They were Mary Abkir, Dr Samantha Irving (pictured right) and Ras Kahai (pictured on the front cover).

Mary Abkir is running a pilot study to determine whether the “normal” range for healthy lungs differs for children from different ethnic backgrounds. Dr Samantha Irving is researching ways to routinely monitor lung health for children with bronchiectasis. Ras Kahai is looking



into improving quality of life for patients with interstitial lung disease with dietary interventions.

Congratulations to all recipients; your research will make a big difference in the fight against heart and lung disease.

PROFESSOR SIR MAGDI YACOUB OPENS NEW RESEARCH FACILITY



Professor Sir Magdi Yacoub opened the brand new, Charity-funded, Harefield Clinical Research Facility in November. This new facility will provide a dedicated

space for research patients at the hospital who need longer hospital appointments than regular clinical patients.

Professor Sir Magdi Yacoub said: “I consider it a distinct privilege and honour to be here today. The spirit of Harefield is a dedication to patient care, which right from the early days of the transplant programme has been linked to research.”

The new Harefield Clinical Research Facility is just one of the many ways the Charity is helping to create the future of care for heart and lung patients by assisting research at the hospitals.



Photo: © Official Brentford Pictures – <https://obfcp.co.uk>

HEART OF WEST LONDON

Working together with Brentford Football Club and other charities, we will change the game for those with heart disease

A PREMIERE (LEAGUE) PARTNERSHIP

In October, we announced that we are joining The Heart of West London Partnership, led by Brentford Football Club.

Nity Raj, Trustee of Brentford FC Community Sports Trust, said: “At Brentford, to achieve success we have always tried to focus on the things that make the most difference and strive to make a positive impact in our community. This season we are applying that approach to cardiac health by bringing an alliance of organisations together to have a massive impact on fighting the world’s leading cause of death.”

You can find out more at rbhcharity.org/change-the-game

PARTNERSHIP

SAVING YOUNG LIVES

Funds raised from the Heart of West London Partnership will go towards projects fighting heart disease.

One such project is Consultant Cardiologist

Dr Sabiha Gati’s research to understand why, in an apparently healthy and young population aged 14-35, there are 12 deaths a week due to sudden cardiac arrest in the UK.

Dr Gati said: “Some young people and athletes experience cardiac death despite normal, standard cardiac tests – this research will identify vulnerable individuals, reduce risk of sudden death and ultimately save lives.”

Thank you to everyone who is supporting the Heart of West London partnership; you are helping to save young lives.



ELLIE QUINN, GENETIC COUNSELLOR

Being diagnosed with an inherited condition is only the first step to finding out how your genes could affect your life

Ellie Quinn is a genetic counsellor at Royal Brompton and Harefield hospitals. We caught up with Ellie to find out more about how she helps patients.

Ellie said: “My work focuses on supporting patients going through genetic testing. I share information and make sure other family members are kept safe. It’s not just about genetic testing, patients often have questions about screening for family members and family planning, for example. We need to think about the whole picture.”

Some patients are particularly concerned about family planning and what they could pass on to their children. “We all have something that we may pass on. No one is perfect, and we all have changes in our DNA that we don’t even know about,” Ellie said.

Genetic testing has many benefits for patients. As well as a diagnosis helping plan a course of treatment, it can reassure patients to know what condition they have.



“My work focuses on supporting patients going through genetic testing. I share information and make sure other family members are kept safe.”

“Waiting for results can give you anxiety. It can be really stressful. This is important information for the patient’s care, and we want to know the results as soon as possible.”

This is why our Next Generation Genetics appeal is raising funds for a new sequencer, so more patients can have their DNA tested quicker.

Donate now so that more patients can have the benefits of a genetic test
rbhcharity.org/next-generation

FUNDRAISING SPOTLIGHT

You have done incredible things for the hospitals.
Here are some highlights from the last six months
of brilliant fundraising

STEVEN HUGGETT

» Steven Huggett raised £11,150 for Royal Brompton and Harefield hospitals after they saved the life of his friend Mark Hall. Steven decided to take on a sponsored trek to the basecamp of Kanchenjunga, the third highest mountain in the world. Thanks for the excellent fundraising, Steven. We wish Mark a speedy recovery.



A TRIBUTE TO EMILY HOYLE

» Emily Hoyle was six weeks old when she was diagnosed with cystic fibrosis. During her life, she was treated at Royal Brompton Hospital and had a double lung transplant at Harefield Hospital.

She didn't let her condition stop her living life to the fullest. Three years after her first transplant, she attempted to climb Cayambe, a volcano in Ecuador, reaching 5,350m and setting a record for female double lung transplant patients.



RAISED
£13,463

She raised over £50,000 during this expedition. Emily continued to fundraise for Royal Brompton and Harefield Hospital throughout her life.

Sadly, on 27 November 2022, Emily died from cystic fibrosis. She was 38. Everyone at the Charity is keeping Emily's family in their thoughts. We are extremely grateful for all the amazing fundraising that Emily undertook to help fellow patients. An in-memory fundraiser has so far raised over £13,463 for the hospitals. You can donate at rbhcharity.org/emilyhoyle

THE JOYCE AND NORMAN FREED CHARITABLE TRUST



The Joyce and Norman Freed

Charitable Trust have made an extraordinary pledge of £200,000 towards a new, state of the art gamma camera for Royal Brompton

Hospital. A gamma camera is used to visualise and monitor the function of organs to diagnose patients and decide on treatment. Due to its precise nature, this imaging offers the potential to identify conditions in their earliest stage and before other imaging methods, such as an x-ray.

Trustees Alison Goldberg and Sara Phillips said: "The Joyce and Norman Freed Charitable Trust is delighted to be partnering with Royal Brompton and Harefield Hospitals



DONATED
£200,000

Charity, to purchase this state-of-the-art gamma camera - the Spectrum Dynamics Veriton-CT Solid State SPECT-CT. The new camera will enable the incredible team of experts to improve the diagnosis, treatment and ultimately the care of their patients."

The Charity still needs to raise £23,000 to help purchase the camera.

If you'd like to donate, please go to rbhcharity.org/gammacamera



RAISED
£2,760

KRISHNA PATEL



Whilst Krishna was waiting for a heart transplant at Harefield Hospital, he decided to take on a fundraising challenge. He chose a sponsored silence and pledged to go 48 hours without speaking. Krishna's silence raised an incredible £2,760.

Krishna said: "I want to help educate people on transplants and the great work done here by all the doctors, nurses and everyone that makes this place so amazing."

As Krishna's money was raised in December and went to the Patients' Fund, it was doubled. Thank you so much for the brilliant fundraising, Krishna.

DOUBLING DECEMBER



Doubling December was back last Christmas. Thanks to a very generous donor, all donations made to the Patients' Fund in December were doubled. You all came together to paint faces, buy Christmas gifts and even take a vow of silence and raised an incredible £47,591, doubled up to £95,182.

All of this will go towards funding small projects that make a big difference when visiting the hospitals, such as TVs for apheresis patients to watch during treatment (shown right). On behalf of staff and patients, thank you to everyone who donated.



RAISED
£95,182

BARBARA GALBRAITH



Barbara
Galbraith

is a long time Harefield volunteer. She has been selling paintings to support the Harefield Healing Garden, raising £853.

Barbara said: "I am supporting the healing garden because I feel that outdoor space and nature are very important not only for the recovery of patients but for their general wellbeing whilst waiting for their transplants."

Thank you for the terrific fundraising, Barbara.



RAISED
£853

THE GREAT BROMPTON QUIZ



Alan Davies - star of Jonathan Creek, QI and Taskmaster - hosted six rounds of quizzing to raise funds for the Next Generation Genetics appeal. Eleven teams put their knowledge to the test and raised £4,700 to improve genetic testing at the hospitals.

Well done to the winning team, Straight Outta Ealing! who only missed one question the entire evening.

Thank you to everyone who came and helped raise funds for the appeal. An especially big thank you to Alan Davies for being an excellent host.



RAISED
£4,700



RAISED
£548

KYLIE SUDLOW

» Kylie ran the Royal Park's Half Marathon to raise funds for Ruben's Fund, which was set up in memory of her nephew, Ruben, who died from dilated cardiomyopathy, aged only three and a half months. Charlotte, Ruben's mum, has been working hard raising thousands of pounds for research into dilated cardiomyopathy and Kylie wanted to do her part. She raised an excellent £548 and helped spread the word about Ruben's Fund.

HAREFIELD FESTIVE FAYRE

» Mel East and Nicola Conroy ran the Harefield Festive Fayre on Friday 9 December to raise funds for Harefield Hospital. The fayre took place in Harefield Hospital's concert hall, and stalls included jewellery, edible treats, sweets and sauces, crafts, candles and artwork. Together they raised £797 and helped many people source Christmas gifts. Well done.



RAISED
£797

PAULINE WONG

» Pauline Wong raised £550 for our Next Generation Genetics appeal at a Chinese New Year lunch. Pauline's husband had open heart surgery at Harefield Hospital last year, and this event was in appreciation and thanks for the care he received.

RAISED
£550



We want to say 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. 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.

What's ON?

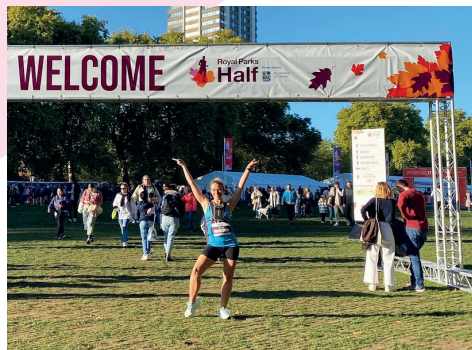
Get involved in the fight against heart and lung disease. Sign up to one of our events



LONDON BRIDGES WALK

On Sunday 2 July, celebrate the NHS's 75th birthday with a stroll through the spectacular urban landscape of Central London on a route that takes in the Houses of Parliament, the London Eye, Lambeth Palace, St Thomas's Hospital and the Tate Modern whilst crossing six iconic bridges over the Thames. Yes, the London Bridges Walk is on again, and we need you to raise funds for heart and lung patients.

● Find out more at rbhcharity.org/london-bridges-walk



ROYAL PARKS HALF MARATHON

Help fight heart and lung disease whilst running through London's scenic parks. There really is no other race like the Royal Parks Half Marathon, taking place on Sunday 8 October this year.

● Get your place by emailing Rhianne via Rhianne.Liberty-Gibbs@rbhcharity.org



SKYDIVE

Experience the rush of your life as you jump out of a plane 10,000 feet above the earth. Sunday 9 July is your chance to try skydiving and raise funds for heart and lung patients.

● Sign up on our website rbhcharity.org/skydive



This year the Fun Run will be an especially big celebration of Harefield Hospital. Join us for a 4 mile walk, jog or run around the beautiful Harefield countryside followed by an afternoon of food, music and stalls, all raising funds for Harefield Hospital.

● Get your ticket on our website now rbhcharity.org/FunRun40

THE 40TH ANNUAL HAREFIELD RUN

We are very excited to announce that Professor Sir Magdi Yacoub will be the guest of honour for The 40th Annual Harefield Fun Run and Family Day. Professor Yacoub pioneered many ground-breaking organ transplant techniques at Harefield Hospital and helped set up the Fun Run in the 1980s.





40TH HAREFIELD FUN RUN & FAMILY DAY

September 10, 2023



Sign up by
July for an
early bird
discount

The Fun Run is turning 40 this year and
we're organising our biggest run yet!

rbhcharity.org/FunRun40