

NEWS BEAT

SPRING 2024



LETTER FROM THE EDITOR



Welcome to News Beat. It's been a very busy time at the Charity lately. We have started to talk to prospective founders about our new initiative, Think Beyond – Heart + Lung Innovation Fund, which we will launch later in the year, as well as raising funds for the Harefield Haemodialysis appeal and the Royal Brompton Gamma Camera appeal.

We have also been busy supporting new possibilities for heart and lung patients by funding a range of projects at the hospitals, including a Cystic Fibrosis maternal health fellowship and the latest scanner

technology, the only one of its kind in the UK, that will be used for researching serious heart conditions.

As ever we couldn't have raised the funds for these projects without your help. All the celebrations, wonderful anecdotes, sporting challenges, stories and funds that you give us make a real difference in the fight against two of the world's biggest killers. 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 partner 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 muna.ali@rbhcharity.org to get started.

APPEALS

Thank you for your generosity in supporting our appeals – your impact is life-changing

HAREFIELD HAEMODIALYSIS APPEAL

● An enormous thank you to everyone who donated to the Harefield Haemodialysis appeal. Thanks to your generosity £165,000 has been raised to buy new haemodialysis equipment to help some of the most severely ill transplant patients.

The Charity has purchased six new machines that will reduce the time taken for dialysis – from 12 hours down to just four – leaving patients more time for rest and recovery, so that they can get home to their families sooner.

ROYAL BROMPTON GAMMA CAMERA APPEAL

● We are trying to raise £500,000 to equip Royal Brompton with a brand-new gamma camera. Thank you to everyone who has donated, fundraised or attended events so far. We still have a way to go but with your help, we will support Royal Brompton to shape the future of diagnostic imaging for patients.



This new machine, the first of its kind in London, will use revolutionary technology to identify conditions with the highest accuracy, by taking a 360-degree view of the body, at an earlier stage than other imaging methods can. It will also make it

possible to provide much higher quality and faster imaging for clinicians to make crucial decisions on diagnosis, treatment and even prevention.

If you would like to donate to this important appeal, please scan this QR code



NEWS

Find out the latest from the Charity and the hospitals

YOU DID YOUR PART FOR HEART MONTH

● February is heart month and an important time for the staff at the hospitals. This year, we celebrated heart month by running a campaign to recognise the incredible staff at both hospitals whose unwavering dedication to heart and lung patients is outstanding.

We were incredibly moved by all the wonderful messages to staff that were sent via Do Your Part for Heart Month.

Paul Loader said: "I would like to say a big thank you to all the staff at Harefield [Hospital] for all the caring support they have given me, for all

“Every time you have shown me love, kindness and empathy. I want to say a massive thank you to every single member of staff I have seen.”

the hard work and dedication and for saving my life. I would also like to thank my donor and their family, for which this would not have been possible. To all the staff you will always be in my Heart. You are very special people indeed.”

Angela Boyle said: "I have been coming to the Royal Brompton/ Harefield all my life as I had a Mustard procedure in 1974. Every time you have shown me love, kindness and empathy. I want to say a massive thank you to every single member of staff I have seen.”

Roderick Stuart said: "Just a very big thank you for the care and kindness that you all gave to my wife Sue. It was a dreadful time, but I knew she was in the best possible hands and that she would be back home with me very soon.”

All the messages received have been sent on to staff and can be found online at the Wall of Thanks here:



TRUST AWARDS

● On Friday 1 March, Guy's and St Thomas' NHS Foundation Trust hosted an awards dinner to celebrate the achievements of the trust's staff at all five hospitals – Royal Brompton, Harefield, Evelina, Guy's and St Thomas'.

We were delighted to present the RBHCharity award to the rb&hArts team in recognition of their exceptional fundraising efforts, for improving patient experience and promoting wellbeing through creative health. Their dedication and passion has made an enormous impact, and we are proud to collaborate with them on improving care for heart and lung patients.

Congratulations to rb&hArts and all the other incredible staff who were recognised at the awards.

FUNDING INNOVATIVE PROJECTS



● We are excited to tell you about a new project we have been working hard on:

Think Beyond – Heart + Lung Innovation Fund. This new initiative will fund innovative projects that could pioneer new technology or equipment to advance care for heart and lung patients, while also benefitting the NHS. We will have more news for you soon about this exciting fund and the opportunities it possesses.

ADVANCING CARE

We champion ideas, research and innovation to prevent, diagnose and treat heart and lung conditions – creating better chances and new possibilities for every patient

RESEARCHING CHRONIC LUNG ALLOGRAFT DYSFUNCTION TO SAVE LIVES



A researcher testing a sample from a patient with CLAD

● Organ rejection after a transplant affects between 20–30% of patients in the first few months and sadly can lead to death. One cause of a rejection of a lung transplant is CLAD (Chronic Lung Allograft Dysfunction). We funded Consultant in Respiratory and Transplant Medicine Professor Anna Reed's research into CLAD to help patients with lung transplants live longer.

"The problem with CLAD is that it's an irreversible condition," Professor Reed said, adding that: "50% of our patients die from CLAD within five years of the transplant."

"There's lots of factors that can contribute to the development of CLAD. We're trying to make diagnostics more precise, so that for an individual patient we can understand what the biggest driver of injury to the lung is, so that we can treat the patient most appropriately," Professor Reed said.

The research we have funded will lead

to collaborations with other institutions including Imperial College, Cambridge University, Harvard University and Newcastle upon Tyne Hospitals NHS Foundation Trust.

"We're at this really exciting time where there are advances in science, but also advances in data science and the combination of these means we're starting to be able to make progress very quickly," Professor Reed said. "This is a huge project and the bit that the Charity is funding is fundamental to getting it to the next stage."



Professor Dudley Pennell, Head of Heart Assessment

FIRST OF ITS KIND SCANNER AT ROYAL BROMPTON

● On Monday 4 March, Royal Brompton Hospital was proud to unveil a brand-new Siemens Magnetom CimaX Magnetic Resonance Imaging scanner, which will be used for research into heart conditions.

This new generation of scanning technology, the first of its kind in the UK, will be three times faster than any previous scanner. Using diffusion tensor imaging, it can show the 3D architecture of the heart, which will help Royal Brompton's clinicians research patients who have cardiomyopathy, congenital heart disease or who have suffered from heart attacks.

Professor Dudley Pennell, Head of Heart Assessment, said: "When you improve the understanding of the disease, new avenues

for treatment become obvious."

"Understanding how the heart works in its normal architecture means that pathology may become possible to image directly with abnormal heart architecture, such as congenital heart disease, or after a heart attack, when the structure of the heart alters. That may give us access to new measures to make diagnosis and to assess early treatments for prevention of death or heart failure," Dudley said.

The unveiling event was attended by Andreas Schneck, Head of Siemens MRI, Lawrence Tallon, GSTT Deputy CEO, NHS staff from across the trust and staff from Siemens and the Charity.

The Charity contributed £445,000 to the cost of the scanner and £250,000 was provided by the National Heart and Lung Institute at Imperial College. The scanner will be used on a £1.6m, five years research grant from British Heart Foundation.

A NEW FRONTIER FOR WOMEN WITH CYSTIC FIBROSIS

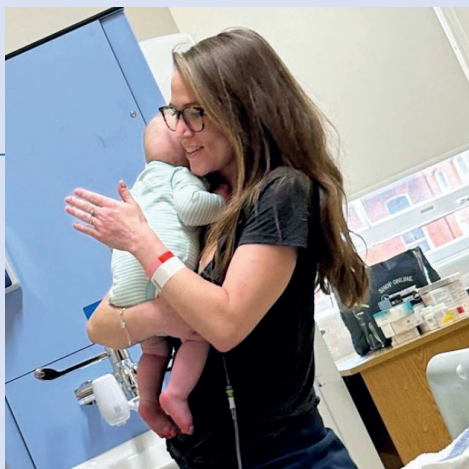
● Royal Brompton Hospital runs a first of its kind, dedicated cystic fibrosis (CF) maternal health clinic. The need for this arose following the widespread availability of the highly effective CFTR modulator drug, KAFTRIO™ in mid-2020 which has been associated with increasing numbers of women with CF pursuing pregnancy.

Dr Imogen Felton, Consultant in Adult CF and Respiratory Medicine at Royal Brompton, said: “It was clear quite early on that one of the impacts [of the drug] was a significant increase in both planned as well as some unplanned pregnancies.”

The Charity has funded a unique fellowship in CF Reproductive and Maternal Health to expand the work of this dedicated service.

“The CF Maternal Health Fellows are extending our scope of clinical and academic innovation in this topic,” Imogen said. “We’re now looking at improving support and understanding of the full female reproductive life-course and

“*We’re now looking at improving support and understanding of the full female reproductive life-course and its interplay with aspects of CF health and service provision.*”

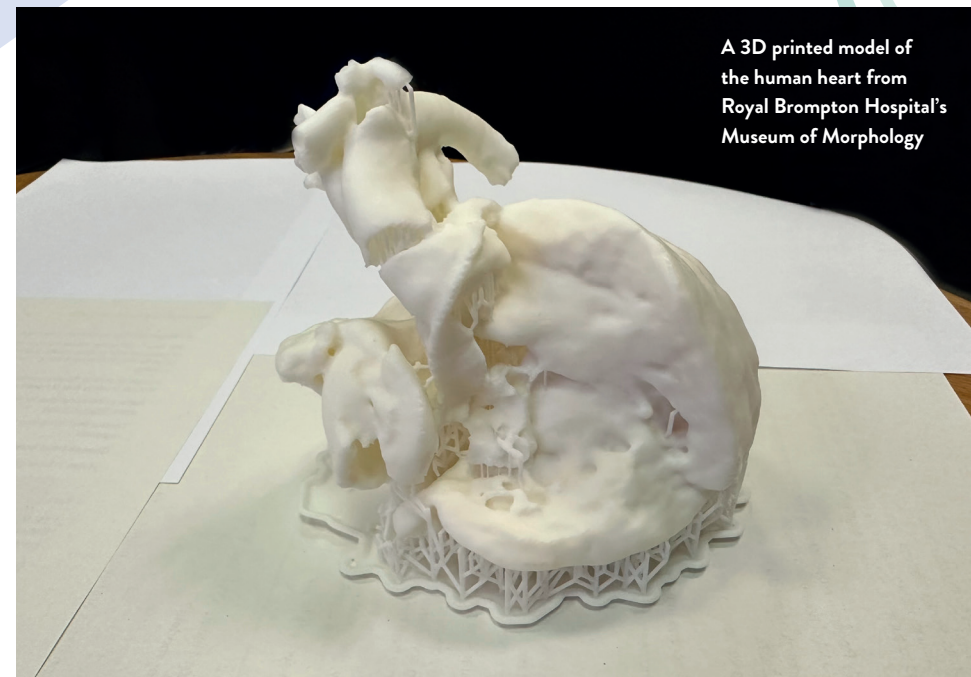


its interplay with aspects of CF health and service provision. We’re looking at contraception, pre-conception health, the impact of parenthood as well as the menopause.”

This new service will help women with CF and health care providers navigate therapeutic decisions relating to emerging issues in reproductive health.

“Prior to our clinic, a woman with CF who became pregnant would be screened by local maternity services as a high risk, complex pregnancy, often excluding the option of being able to choose to deliver in a hospital close to home and family.”

Through the joint, multi-professional video-outreach model, the hospitals CF Maternal Health team have been able to provide individualised risk-stratification with specialist Obstetric Physician Dr Rebecca Scott from Chelsea and Westminster Hospital, and have facilitated nearly 50% of the deliveries of babies born to expectant mothers with CF close to their homes.



A 3D printed model of the human heart from Royal Brompton Hospital's Museum of Morphology

HELPING TRAINEES WITH A LIBRARY OF VIRTUAL 3D MODELS OF CONGENITAL HEART DISEASE

● Earlier this year, the Charity announced funding for a programme to digitise the specimens in Royal Brompton's Morphology Museum. These specimens are used for training clinicians treating congenital heart disease patients, but they wear out quickly as they are used.

This new programme will digitise the specimens, so that 3D printed models can be produced, which will last longer and prevent the specimens from wearing out.

Dr Wei Li, Consultant in Adult Congenital Heart Disease Echocardiography, who leads the project, said: “These specimens are very precious now, it’s very hard to get new ones. So, we would like to scan them in a CT scanner and then do a 3D reconstruction to make them look like a real heart again. Afterwards, we will print them so we can have a group of printed hearts with major congenital heart defects.”

FUNDRAISING SPOTLIGHT

Thank you to everyone who is running, singing, hosting or taking on any challenge to raise funds for heart and lung patients. Your dedication is truly inspiring.



RAISED
£7,202

CASINO NIGHT BONANZA

» Steve Pursey raised funds for the Harefield Haemodialysis appeal through his charity casino night in November. Steve said:

“As a historic patient whose life was saved with the benefit of a triple heart bypass in June 2008, the least I can do is raise as much money as I can for such a great hospital such as Harefield. Thank you to all the supporters of the charity casino night.”



COCKNEY SINGALONG

» Michelle Perrett hosted a Cockney Singalong on 25 November to raise funds for Royal Brompton Hospital. Her mother was treated in Royal Brompton's adult intensive care unit in early 2023 and is now recovering. Thank you for your fantastic fundraising efforts, Michelle.

RAISED
£1,000



“THE CHEERING AND ENCOURAGEMENT REALLY SPURRED ME ON”

» In July 2004, Helen's father Colin suffered a minor heart attack at the age of 62 and was admitted to his local hospital. He was referred to Harefield for further investigations, which revealed serious and extensive damage to the heart in the form of an aneurism. Colin subsequently underwent life-saving open heart surgery, including a quadruple bypass. The surgery was a success and Colin recently celebrated his 82nd birthday!

In October 2022, Helen decided to run the Royal Park's Half Marathon in central London subsequently raising over £1,100 in aid of Royal Brompton & Harefield Hospitals Charity. “The cheering and encouragement on the day from the charity cheer points were such a source of encouragement and really spurred me on!” Helen said.

Helen also nominated Royal Brompton & Harefield Hospitals Charity for her employer Royal Bank of Canada's RBC Communities Together Fund, which is a grant of £1,500 in exchange for carrying out volunteering activities for the Charity alongside two of her colleagues. This generous sum, which was doubled to £3,000 as a result of our Doubling December campaign, has gone



RAISED
OVER
£4,000

towards rb&hArts, to support their work improving the patient experience and patients' mental wellbeing.

Royal Bank of Canada is committed to helping clients thrive and communities prosper. It demonstrates a leading corporate citizenship strategy that is based on its vision for building strong communities, supporting a wide range of community initiatives through donations, sponsorships and employee volunteering activities.

Thank you for putting us forward and for taking on the challenge, Helen!

If you would like to follow in Helen's footsteps and involve your employer in causes that hold personal significance to you, you can make a real difference to heart and lung patients. Your employer's support can contribute significantly to these causes. For more information or if you're interested in exploring ways to get your employer involved, feel free to send us a message.



THE TOUGHEST FOOTRACE ON THE PLANET

RAISED
£3,660

» Toby Wootton took on the ultimate challenge for the Charity, running the legendary Marathon Des Sables, a gruelling 156 miles (254 kms) run in the 50-degree heat of the Sahara Desert that is described as the “toughest footrace on the planet.” Taking place over six days, the course is the equivalent of running six marathons.

Toby took on this intense challenge to raise funds for Harefield Hospital where his dad, Don, had a transplant in 2016.

Toby said: “When it feels impossible to

carry on putting one foot in front of the other; when I am hurting and my body is crying out for me to stop; I shall think of those who find every day a struggle to get up, to walk, just to breathe. I shall think of the help, hope and extended lives that the money I raise will give to other families like ours who have had an extra eight precious years with a husband, Dad, and Grandad.”

Thank you, Toby, for taking on this hardcore challenge and helping so many other heart and lung patients.



HOLE IN ONE FOR CHARITY GOLF DAY

» Tori Martin’s dad, Johnny, had a cardiac arrest at Luton Airport in May 2022. Luckily a by-passer called Emma performed CPR and restarted his heart. He was taken to Luton and Dunstable Hospital where he remained for four weeks. He was then transferred to Harefield Hospital where he received his lifesaving surgery and spent another three weeks recovering. The Martin family have raised £13,000 via a charity golf day in October 2023, splitting the money between the Harefield Haemodialysis appeal and Resuscitation Council. Over 100 people attended on the day, with 80 golfers, and they all enjoyed a three-course meal in the evening.

A huge well done, Tori, Jonny and the rest of the Martin family.

PITCH PERFECT PHILANTHROPY

» Jade Maguire raised funds for Harefield at her music night. Jade said: “My loving father, Chris, is currently in the care of Harefield Hospital awaiting a heart transplant. We as a family have been forever grateful for the compassion and dedication of the staff to their patients.”

Thank you, Jade, and we wish Chris well.

RAISED
£956



😊 A huge thank you to everyone who raised funds for heart and lung patients. Your tireless efforts are making a massive difference. 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 here:



OUR PARTNERS

DAIWA CAPITAL MARKETS EUROPE

We are proud to have been selected as DCME's lead charity partner. This aligns with DCME's purpose of "enabling longer, better lives" and their chosen SDGs of wellbeing, zero hunger and gender equality.



"We are delighted to partner with the Charity. Their commitment to cutting edge heart and lung innovation, alongside putting the patient's wellbeing at the centre of everything they do, chimes clearly with our strategy to enable longer better lives for our employees, clients and society," Amy Chapman, Chief of Staff and Head of Sustainability, said. DCME are going to support us in a variety of ways over the coming year including taking part in our flagship fundraising events – London Bridges Walk and Harefield Fun Run – and providing volunteers to support us in our work at the charity.

HEART OF WEST LONDON

Now in its second year, this unique partnership takes heart health directly into



communities with our Brentford Football club collaboration alongside other leading heart health charities.

So far, the partnership has raised more than £90K to fund crucial research into early detection of heart conditions in young people and athletes.

A huge thankyou to all those at Brentford FC for providing such a great fundraising opportunity.

PLANET PHARMA

The Planet Pharma team chose us as their charity of the year following a successful companywide vote, with many of their team having personal experiences across both the hospitals. Their 60 strong team are already bringing great enthusiasm in fundraising for the Charity.



With over 20 of the team already signed up for the Battersea Park 10km and many more events planned, we're excited to collaborate and receive their support this year.

If you'd like to nominate us to become your company's charity partner, email partnerships@rbhcharity.org

What's ON?

LONDON BRIDGES WALK



London Bridges Walk is back this July.

Join us on Sunday 7 July for an unforgettable journey through Central London. Marvel at iconic sights, including the Houses of Parliament, Lambeth Palace and St. Paul's Cathedral, as you stroll across six historic bridges spanning the Thames.

Don't miss this opportunity to explore the heart of London while soaking up the spectacular views.

Sign up now rbhcharity.org/london-bridges-walk



SKYDIVE

Experience the ultimate rush. Sign up for our skydive and witness Southern England from a fresh perspective as you leap out of a plane at 10,000 feet above ground. Challenge your nerves, while supporting innovation, research and patient experience at our partnering hospitals.

Sign up today rbhcharity.org/skydive

ROYAL PARKS HALF MARATHON

Places are available to run the Royal Parks Half Marathon in October. You can do your part for heart and lung health this autumn, while running through London's beautiful historic parks and admiring famous landmarks.

Get your place now rbhcharity.org/royal-parks-half-marathon



Join us as we celebrate Harefield Hospital and what makes this place so special for so many people.

Mark your calendars and lace up your running shoes for a scenic 4-mile run, jog or walkthrough the picturesque Harefield countryside. After the race, stick around for an afternoon packed with delicious food, live music, and vibrant stalls – a perfect day out for the entire family.

Don't miss out on being part of this fantastic event.

Find out more and register now at rbhcharity.org/fun-run