

# ThankYou

ROYAL BERKS CHARITY MAGAZINE **ISSUE No. 3** Autumn 2015










**cashing in on**

**coin find** - page 6

**The  
Royal  
Berks  
Charity**

# Contents

	<b>3</b>	Have a basic will written at a discounted rate		<b>16-19</b>	Current campaigns
	<b>4</b>	In Memorium gifts...		<b>20</b>	Pain Management Unit thank you letter
	<b>5</b>	Cash4Coins goes from strength to strength		<b>21-24</b>	Behind the scenes: Medical Records
	<b>6-7</b>	ebay – a success story for the Charity		<b>25</b>	Volunteering: Would you like to help the charity?
	<b>8-11</b>	Equipment purchased by the charity		<b>26</b>	Volunteering form
	<b>12</b>	Art and entertainment for all the family		<b>27</b>	A big thank you to everyone
	<b>13-15</b>	Walk for Wards 2015		<b>28</b>	Donation form

Royal Berks Charity - welcome

# Have a basic will written at a discounted rate

**- but be quick as numbers are strictly limited**

Earlier this year we were fortunate to receive a large legacy from the estate of Molly Verona for the Price Charles Eye Unit and over the coming months Molly's bequest will be used to create new facilities at the PCEU which will be dedicated to Molly and her late husband Donald.

Large, or small, legacies make a significant contribution to enhancing patient care at the Royal Berks, however, they only happen when a Will is in place.

It is sobering to think that over half of all estates are subject to the Rules of Intestacy because a valid Will is not in place. When this happens the state dictates who benefits and in what proportion and the deceased's wishes and preferences count for nothing.

I am therefore delighted to report that we've joined forces with a number of local solicitors who have kindly agreed to provide a basic Will writing service at a discounted rate which is then passed to the Royal Berks as a donation.

Please note that taking advantage of this offer places no obligation upon you to include the Royal Berks Charity in your Will.

The participating solicitors have each agreed to write a limited number of basic Wills so spaces are limited and available on a first come first served basis.

If you would like to take advantage of this offer then please call the charity office on 0118 322 6969.

## Meet the Royal Berks Charity team...



Mark Goff  
Charity Director



Ian Thomson  
Charity Manager



Manminder Singh  
Charity Coordinator

# In memoriam gifts...

We receive many donations in memory of much loved family members and a tally of the figures reveals since 2010 we have received more than 900 In Memory donations totalling £405,750.

In 2012 we registered with Memory Giving, a secure automated web site developed by AB Walker & Son the leading Independent Funeral Directors in Berkshire, which allows donors to leave a personal tribute as well as a donation – for us the big advantage of Memory Giving is that it allows us to claim Gift Aid which we couldn't previously do.

We greatly appreciate In Memory gifts and see them as a mark of respect for the deceased and an acknowledgement of the care they received at the hospital. Coming at such a difficult time for those suffering bereavement it is extremely humbling that they should think of us.

**Thank you to everyone who has donated...you are making a very valuable contribution to the running of the Royal Berkshire Hospital.**



# Cash4coins



This campaign goes from strength to strength and we have now received a staggering £30,000 in donations which goes towards enhancing care throughout the Trust.

We empty the collection box each week of 4-5 kilos in coins and notes and to see it converted into 'real' money is a joy.

Since we found our silver 2p coin it has become a competition to find another item to eclipse the £802 that we raised on ebay when the coin sold.

If you have any foreign currency/old British coins or medals you would like to donate please contact the Charity office on 0118 322 6969, or, if you are coming to the hospital we have a collection box at Main Reception on Craven Road where you can deposit your coins. You can also pick up a Cash4Coins envelope to take home to friends and family.

All donations no matter how small are welcomed! Perhaps you have some left over from a trip abroad?

Huge thanks to everyone who has contributed, no matter how big or small, with a special acknowledgement to Barclays Bank who donated a huge 49kilo's of foreign currency.

**Turn the page to see a Cash4Coins success story**





# - a success story for

# Charity

Our ebay account goes from strength to strength thanks to volunteer Becky Jennings (*main picture right*).

Deborah Hollands (*pictured far right*), one of our volunteers spotted a very unusual object among our collection of coins from the Cash4Coins box in the main reception area in Craven Road.

Deborah found a 2p (*pictured far right*) coin that was silver in colour rather than the normal bronze. Becky decided to do some research on the internet and at the same time called a couple of auction houses.

One of the auction houses said that the 1971 coin was believed to be part of a tiny batch that were mistakenly struck in silver during the minting process at the Royal Mint in Wales.

We decided to put the coin up for auction on ebay and give funds raised to the Urology department along the theme of '2p or not 2p'.

Just a few days later it sold for £802.03 which was 40,100 times its face value. We understand that only one other silver 2p coin has gone to auction and it fetched £1,200.

The Royal Mint have said that the chances of finding a silver 2p coin is very rare and there are a number of 50p and £2 coins recently minted in circulation that sell above their face value. One of the best examples is the 50p coin issued in 2009 to commemorate the 250th anniversary of the Royal Botanic Gardens at Kew. Only 210,000 were produced and they are going for £28 on ebay at this current time.

Over the past few months we have received many items including some silverware from a very kind donor, but this is the rarest item we have had the fortune to put on auction.

One of our regular bidders is John Adelson, a member of the hospital finance team - thanks for your support John.

To date we have raised more than £7,000 and if you are planning on clearing out your loft or cupboards we would be very happy to help you identify items that could be sold for the charity on ebay.

For further information contact the Charity office by phone 0118 322 6969 or email [charity@royalberkshire.nhs.uk](mailto:charity@royalberkshire.nhs.uk)

The team responsible for running the Maternity Unit are launching a calendar for sale through ebay starting early October for a period of four weeks.

The calendar will retail for £8.99 (including free postage) and all profits will go towards a project to refurbish the delivery suites in our Maternity Unit at the Royal Berks.

The calendar will also be available through the charity office - to order please call 0118 322 6969. You can pay by card over the phone, or by cheque, whatever is most convenient.



# Equipment purchased by the Charity

We owe an enormous debt to the people and companies in our community.

Thanks to your support the charity has been able to purchase many pieces of equipment to enhance the care provided by the clinical and medical staff throughout the Trust.

Many of the donations made to the charity are earmarked for specific wards and departments but we also receive what are known as “general” donations where the donor doesn’t stipulate where or how it is to be used in the hospital. These “general” gifts allow us the freedom to support departments that might not attract donations in their own right and also to back ideas where there is strong likelihood that support from the charity will transform patient care and make a real difference.

Our support, with your donations, of the **PALLIATIVE CARE TEAM** is a tremendous example of how we use the General Fund.

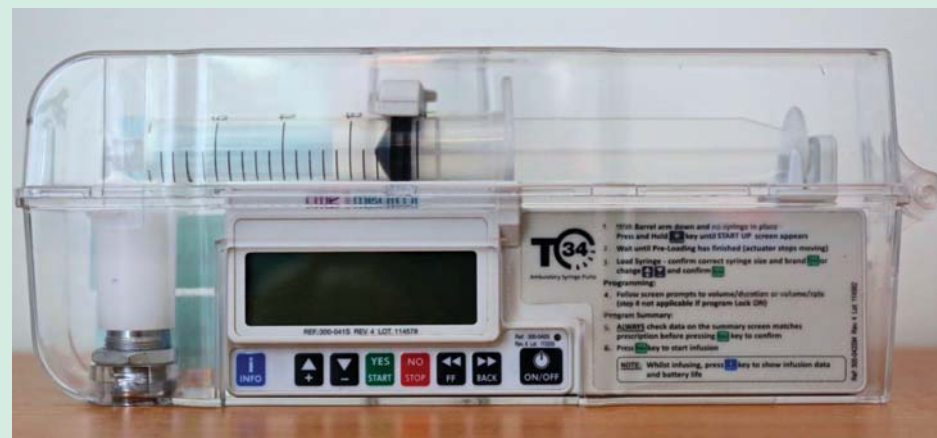
The Palliative Care team came to see us because they had £1,200 in their charity fund and wanted to use the money to buy a syringe driver – these pieces of equipment are taken home by patients and deliver a constant stream of medication over a set duration thereby avoiding peaks and troughs in treatment of pain relief.

They also help patients by removing the need for regular injections which can be painful and delayed if community staff are busy. The reliance on frequent district nursing visits is therefore reduced and so saves time and resource in the wider health economy.

Each syringe driver costs £1,200 and during the course of our conversation with Palliative Care it was evident that more machines would mean more patients could be helped so we used money from the General Fund to buy the dozen syringe drivers they really needed.

These machines are now in constant use and if each is used by just one person a week that’s an extra 624 patients receiving enhanced care or, put another way, 4,368 days of enhanced care and greater patient comfort per year that has been made possible thanks to our supporter’s gifts to the General Fund.

Another example of the difference people’s support of the charity is making to health care concerns the **BREAST CLINIC’S FAXITRON** – it is a story everyone can be proud of. →



# Equipment we have purchased *continued*

→ Looking back, the seeds of what became the Faxitron campaign were first sown during a conversation in Wales with one of the Breast Cancer surgeons while half way up Snowden during a climb to raise funds for the 'Robbie' the Robot campaign.

The surgeon concerned was admiring the Urology team's commitment to acquiring the da Vinci robot and this prompted the question, "What equipment would the Breast Cancer department obtain if money were no object? "Without doubt, a Faxitron, he replied, as this will enable us, while we're in theatre, to check biopsies from every angle to ensure they are clear of cancer and then act accordingly. If it works as well as we believe it will, then it should reduce the number of women requiring second operations for close cancer margins, and hugely reduce the anxiety and stress multiple operations cause in our patients".

This is exactly the sort of project the charity seeks to support and thanks to in excess of £75,000 given by people and organisations throughout our community the Faxitron was acquired and installed in March 2014.

Has it worked as well as hoped? A recent internal audit of 100 sequential cases both before and after the introduction of the Faxitron shows no significant increase or reduction in operating time and an increase in intra-operative shaves (where Faxitron biopsies have revealed a need to excise further tissue).

The net result of this is that the number of women requiring a second follow-up operation has fallen by 50%! This represents significant savings on theatre time but most important of all it means less anxiety and stress for patients.

£70,000 bought a new portable state of art ultrasound scanner for the **PAEDIATRIC DEPARTMENT**. The new machine will help us to provide cardiac care for children from Berkshire with congenital heart disease close to their home without the need to have to travel to Oxford or Southampton. It will also facilitate prompt diagnosis, improving the outcomes for children with heart conditions. This machine has multifunctional capabilities that also help us to obtain high quality head ultrasounds for our pre-term and term babies in Buscot. Another advantage is the ability to perform abdominal ultrasounds at the side of their bed on babies who are too ill to be moved to the radiology department.

A very kind donor who wishes to remain anonymous gave £2,600 to buy a **HEART BLOOD PRESSURE MONITOR** which has now been placed in one of the wards at the hospital.

*There are further acquisitions in the pipeline and many of these are outlined in the article featuring current campaigns elsewhere in this issue.*





# Art & entertainment for all the family

Between October 30 and November 1, the Rotary Club of Reading Maiden Erlegh is running an Art Fair at St Joseph's College in Reading.

Admission will be FREE on the Saturday and Sunday. As well as the opportunity to view and purchase a painting or a ceramic, there will be interesting activities including a caricaturist, pottery painting for children and participation in the production of a painting by visitors.

Artists who sell paintings, ceramics or sculptures at the fair will be donating 25% of their proceeds to Rotary. A large proportion of this income will go to the ultrasound scanner appeal, the remainder to local good causes supported by Rotary.

As well as viewing over 300 paintings, ceramics and sculptures, visitors can relax in our Art Café with a cup of coffee or tea and enjoy a cake. There will be workshops for those wishing to experience art

techniques in a relaxed atmosphere in addition to entertainment for children.

If you are an artist and want to exhibit at the Art Fair or someone who would like to look at and maybe purchase some art works, have a look at the enclosed leaflet or our website at [www.readingcharityartfair.org](http://www.readingcharityartfair.org).

At 7pm on Friday 30th October a preview party will be opened by Richard Benyon, MP. In addition to a music recital and awards to winning artists, Dr Shezad Hussain will give an introduction to the ultrasound scanner appeal.

There will also be a grand draw with the chance of winning a Porsche driving experience at Silverstone.

Tickets for the preview party (including a glass of wine and canapés) are available for £10 by contacting us by email at [info@readingcharityartfair.org](mailto:info@readingcharityartfair.org).

# Walk for Wards

Walk for Wards returned to Englefield Park on Sunday, July 19, for the third year running. Huge thanks to the Benyon family for giving us permission to have access to the estate.

Some 150 walkers took part in our 10k sponsored walk and once again the weather was very kind to us.

Walk for Wards is taking shape as a national event with over 20 hospitals taking part this year raising thousands of pounds for charity. We look forward to watching this grow over the years, much like Walk4Life.

We ran our own catering facilities this year and Ian Thomson (chef du jour) barbecued burgers and sausages while his wife and family helped sell food and serve refreshments to the thirsty and hungry walkers.

Fed and watered we sat down to music from local band – Centre Line – who played in the marquee for a couple of hours. It was a tremendous day out and everyone complimented us on the arrangements, food and venue.

This event would not take place if it were not for the help of our volunteers. We would like to thank Rose Burgess and her team from Maiden Erlegh Rotary Club, Lorraine Colam, Kim Dellman and Mary Sherry from the Royal Berks and finally Jason McCutcheon and the Thomson family.

We have provisionally booked Englefield for 2016 – Sunday, July 17. If you, your family and friends would like to take part walking round the magnificent setting at Englefield please let us know and we will enter your name in our register.

Each ward at the Royal Berks has its own charity fund used to enhance patient care and all we ask is that you pledge to raise £35 per person and nominate the ward, fund or campaign in the Trust you would like to support.

We will keep you informed and further details will be available in the next issue of *Thank You*.

*Turn over the page for more photos from Walk for Wards 2015.*





WALK FOR WARDS

I am walking for...  
Gen 090  
www.walkforwards.co.uk

WOODLEY WARD

WALK FOR WARDS



# Current fundraising campaigns

## THE X-RAY DEPARTMENT RADIOLOGY TRUST FUND has launched an Ultrasound Scanner Appeal.

The department wants to extend the service and increase the number of patients seen to around 360,000, but to do so they need to purchase new equipment.

Ultrasound (US) systems, like any other imaging technology, are constantly evolving and improving, therefore the department wants to raise £90,000 towards the cost of a new state-of-art Ultrasound machine.

The X-ray department is a busy unit diagnosing some 280,000 patients a year. They use a variety of techniques such as X-ray, Ultrasound, Nuclear Medicine, CT and MRI scanning to help determine the appropriate course of action. In addition, they prescribe and administer a wide range of image-guided treatments and life-saving interventions.

Many of the improvements in the X-ray

department have only been possible due to the financial support of patients.

Through these charitable gifts, the Radiology Trust Fund has been able to provide the extra things that can make a difference to patients, visitors and staff.

Donations are used to:

- Provide better facilities for patients and visitors
- Buy the most up to date equipment
- Improve staff training and welfare
- Support rebuilding and refurbishment projects.

An additional machine would help reduce waiting times and allow the department to see patients quicker. It will improve the quality of imaging leading to more accurate diagnosis.

The new technology will help:

- Give a clearer picture about the nature of certain lumps by using new techniques such as “elastography” in breast and thyroid disease

- Assess areas of abnormal blood flow using “Doppler” techniques, a useful tool in the assessment and management of rheumatoid arthritis
- Allow greater accuracy in performing ultrasound guided procedures such as biopsies in cancer patients

Having this technology will make a big difference to patients undergoing ultrasound examinations or procedures.

The 30 X-ray staff members comprising doctors, nurses, health care assistants, radiographers, sonographers and administrative staff, in May took part in the Tough Mudder Challenge and raised £7,500 towards the appeal.

The gruelling 12-mile obstacle course, designed by British Special Forces, tested the strength and mental grit of the team. The team will also be taking part in a number of other fundraising events and other challenges. So far the appeal fund stands at £15,000.

**THE BREAST SCREENING UNIT** is running a Campaign to raise £47,000 for a Faxitron – a small piece of equipment to be located in the biopsy room and is designed to be operated by Radiologists and Radiographers. It uses X-rays to image specimens of breast calcifications.

Breast calcifications are mostly benign (non cancerous), however sometimes they can be an early sign of breast cancer.

Using a Faxitron will allow the clinician to see if calcium is present within the biopsy specimen thus ensuring greater control over the tissue sample. →



# Current fundraising campaigns *continued*

→ Women between the ages of 50 to 70 are called by the National Breast Screening Service and invited to a screening at their local clinic. In addition, the National Age Extension trial will call some women from the age of 46 to 73 years of age.

As part of the diagnostic process a number of women will require X-ray guided biopsies for breast calcification. By using a Faxitron our aim is to ensure, as far as we possibly can, that women will only require one biopsy.

The Faxitron will enhance the image quality and diagnostic accuracy of biopsies allowing us to give the best possible treatment. The new machine will also help to reduce the time it takes to get an appointment and, as a result, improve waiting times. Patient experience will be improved by helping reduce stress and anxiety standard.

In addition, adopting new technology will ensure that the Breast Screening Unit remains at the cutting edge of technology.

Your support will significantly improve the service provided by the clinic and any help you give will be greatly appreciated.

**UROLOGY RESEARCH FUND** – Funding will enable us to continue with research into new indicators into urology cancers. We have made significant advances into establishing new biomarkers for prostate cancer and we are now concentrating on penile cancer.

In addition, several new operations have been developed within the department. These surgical techniques for meatal stenosis and urethra-cutaneous fistula (stricture and abnormal side branches of the urethra) are increasingly used worldwide. The simplicity of these operations makes them particularly suitable for the developing world and with your help we will be able to fund the making of professional videos and drawings of the operations

to teach others how to do them.

The research department in the Harold Hopkins Department of Urology at the Royal Berks has been active for over 25 years.

Harold Hopkins did much of his early works on endoscopes in combination with surgeons at the Royal Berkshire Hospital. In 1967 he took a new chair in applied optics at Reading University where he was Head of Physics from 1977 to 1980. The Physics Department at Reading is still known today for its work in optical physics, enabling surgeons for the first time to see clearly into the urinary tract.

Urology is a surgical speciality that covers the urinary tract of both sexes. Research has been involved with the study of men's cancers, particularly prostate and penile cancer, having always been at the forefront in surgery.

The Royal Berks was the first hospital in the Thames Valley to perform curative surgery for prostate surgery and is the regional centre for brachytherapy (insertion of radioactive seeds) and penile cancer treatments.

With your help we purchased 'Robbie' the Robot enabling the urology department's

surgeons to deliver world class treatment and keep the department at the leading edge of technology.

Initially the robotic programme focused on prostate removal for prostate cancer. Now we are using 'Robbie' for all sorts of complex urology operations including radical cystectomy, partial nephrectomy and pyeloplasty.

We are one of very few UK departments that offers such a range. To all of these operations, robotic surgery brings the advantages of greater accuracy, less pain, less blood loss and faster recovery.

To keep up with the changes in technology and medical breakthroughs we will require additional equipment to continue making progress with this program and at some point in the future will need to replace 'Robbie' as demand increases.

Your support will help the continued advancement of robotic surgery, allowing the medical teams to enhance treatment for both men and women.

**If you would like to support any of the above campaigns please send us your donation using the donation form on the back page of this magazine.**



# Thank you

Thank you so much for the recent generous donation to the Royal Berkshire Pain Management Unit. Your willingness to help will make a big difference to the lives of a lot of patients suffering with persistent pain attending the Pain Management Unit.

Your donation has helped purchase an Ultrasound Machine and an ECG machine for the unit. This will help increase the number of patients that we can help in Reading and Berkshire west.

Beverley suffers from fibromyalgia, a severe often disabling condition leaving her often with widespread symptoms of pain in multiple areas of the body. She had benefitted immensely from a lignocaine infusion which gave her relief, allowed her to be more active with an improved quality of life. However this needs to be repeated every 3-4 months and it needs to be done as a day case under ECG monitoring. With your help and the new ECG machine, we will be able to offer patients like Beverley, a more earlier and appropriate appointment to help her lead a productive life.

There are other patients who will benefit from injections into the shoulder, hip and knee joints for their arthritis. As you are aware, lifestyle adaptation and exercise regimes and physiotherapy supplemented by timely cortisone injections can sometimes avoid the need for surgical joint replacements. Using the Ultrasound machine kindly provided by the RBH charity, we can make a difference to the lives of these patients by providing these injections in the outpatient clinic safely, quickly and more accurately. Furthermore by using ultrasound, we can avoid the need to do these injections using X-ray and thus remove the need for exposing them to unnecessary radiation.

Your contribution will make all the difference in how we provide care to patients with persistent pain. There are presently 14 million people suffering with persistent pain in the UK and our mission at the Pain Management Unit is to improve the quality of life and the access to quicker and effective pain relief services for such patients in our area. We at the Pain Unit, and those patients we serve, are deeply appreciative of your generosity in helping us in our endeavour.

We will be glad to welcome and show you around our unit and the work we do to help our patients and how your donations are making a difference.

Deepak Ravindran  
Clinical Lead for Pain Medicine  
Consultant Pain and Musculoskeletal Medicine  
Email: [Deepak.ravindran@royalberkshire.nhs.uk](mailto:Deepak.ravindran@royalberkshire.nhs.uk)

# Behind the scenes - Medical Records

In the last issue of the magazine we highlighted the work of the Distribution department and for this edition we went along to meet the team who look after Patient Records throughout the trust. →

## Behind the scenes - Medical Records *continued*

→ Clive Wewerka (Medical Records Manager) and his team are responsible for the safe keeping of 655,850 patient records covering the Royal Berks, Bracknell, West Berks Hospital at Newbury and all other clinics under the umbrella of the Trust.

A team of people ensure that patient records are delivered and collected from various departments and there can be 60,000 files in use at any one time. Some of the figures are mind boggling so here are a few to give you an idea of the scale of the operation:

- Department Head count of 100

includes part time staff

- 19 staff work out of hours providing a 24 hour service throughout the trust
- 38 members of staff complete 3,200 laps of the hospital every month delivering and retrieving patient records
- There are 5 porters, who are dedicated to delivering and collecting records from around the trust
- 45,000 new records created every year (some to replace older files that require updating)
- 263,000 records stored here at the Royal Berks
- 10,000 records stored at West Berks in Newbury
- 382,850 records are stored in an off-site secure facility →



→ Medical Records are pulled in advance of appointments so that the clinicians can review notes, follow up on treatment plans and plan for the consultation with the patient.

If a patient is admitted to a ward or department suddenly for any reason, records can be delivered in a very short space of time to enable the medical staff to review previous notes to help facilitate and review the treatment plan. In addition the team receive a number of requests every month from patients asking to obtain copies of their records.

You can't underestimate how important this service is to the trust and our thanks to Clive and his team for giving us access to their lives behind the scenes.



# Would you like to help the charity by volunteering

We are fortunate to have a number of volunteers working for the charity on a part time basis.

They work on many special projects; help conduct research using the many search engines available on the internet and in one case helped us set up our charity account with eBay.

If you don't fancy volunteering for work in the charity office we need people who

would be willing to come and help at our various events like Walk for Wards as marshals.

If you would like to volunteer please fill in the form on page 26, or get in touch with the charity office by phone 0118 322 6969 or by email [charity@royalberkshire.nhs.uk](mailto:charity@royalberkshire.nhs.uk)

The charity would like to thank Ian, Becky, Hazel, Debbie, Maria and Thea for their help - we couldn't manage without you.





## Volunteering

There is a role for everyone and if you would like to volunteer please complete this form, return it to us and we will get in touch. Alternatively if you would like to have an informal chat please call Manminder Singh in the charity office on 0118 322 6969.

Name.....

Address.....

.....Postcode.....

Tel. No.....

Email.....

If there are any tasks you would particularly like to get involved in please indicate below

Admin  Clerical  Research  Development

Event Organising  Fundraising

Other  (Please Specify) .....

Please return to: The Royal Berks Charity, Freepost RLRJ-XCXE-XCZH, Royal Berkshire Hospital, London Road, Reading, Berks. RG1 5AN

Every penny given to the Royal Berks Charity will be spent on equipment, buildings, people and research. All these things will benefit your local community either immediately or over time. Special equipment can be used for you, your family and your friends. More People can be trained for you, buildings developed for you and research breakthroughs implemented for you.

(Registered Charity Number 1052720)

# A big

# THANKYOU

# to everyone

## Contact details

Mark Goff, The Royal Berks Charity,  
FREEPOST RLRJ-XCXE-XCZH  
Royal Berkshire Hospital,  
London Road, Reading RG1 5AN

or call the Charity Office on

# 0118 322 6969

or email

# charity@royalberkshire.nhs.uk

Charity Reg. No. 1052720

# Royal Berks Charity

## DONATION FORM



PLEASE USE CAPITAL LETTERS

Title  Forename  Surname

Address

Postcode

Phone   Please include area code

Email

### Please Gift Aid my donation

Using Gift Aid means that for every pound that you give we receive an extra 25p from the Inland Revenue – at no extra cost to you. Please complete the information below to enable us to claim this valuable tax relief.

I would like all donations I have made to the Royal Berks Charity in the past four years and all donations in future to be treated as Gift Aid donations until I notify you otherwise.

Your details are private – we never share them with any third party. However, we like to keep all our donors informed of our news, events, activities and appeals. Please tick the box on the left if you do not wish to receive this information.

Signature  Date

I would like to donate £  to  Royal Berks Charity

**Payment method...** Cheque  Cash  Debit Card

Please make cheques payable to Royal Berks Charity. DO NOT SEND CASH IN THE POST

Visa  Mastercard  Switch/Maestro  (Issue No)

Name as it appears on your card

Card number

Start date  /  End date  /  3 digit security code

Signature  Date

Charity Number 1052720