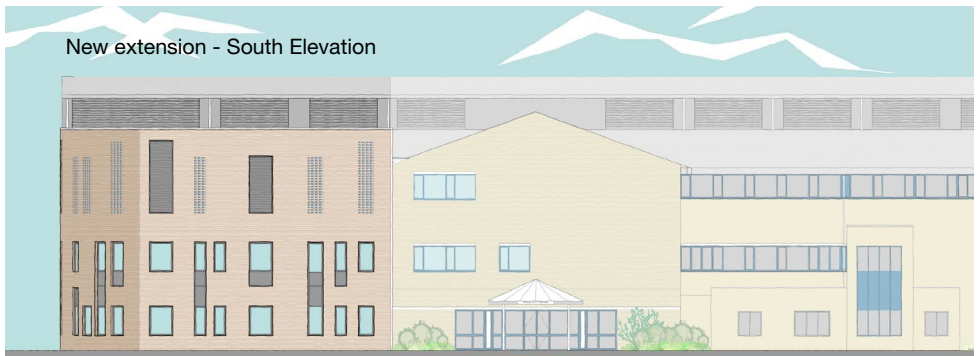


Our news

Works start as £2m fundraising goal reached

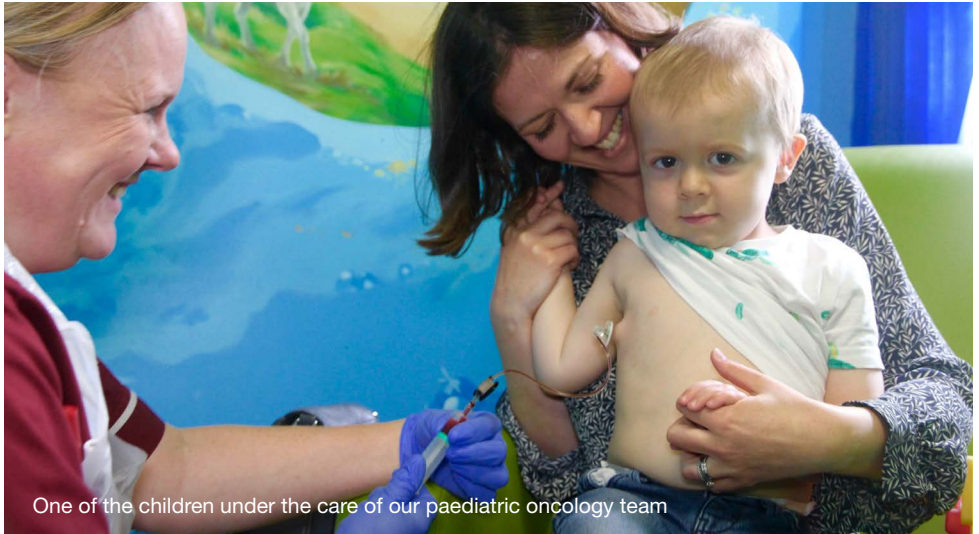
The first week of October saw work commence on site to extend the Royal Eye Unit and the paediatric service's Sunshine Ward at first floor level, just as the £2m revised fundraising goal was achieved.



This three-story extension is the significant second phase of a development project that saw the successful completion of the Royal Eye Unit's expanded and enhanced acute referral centre in September last year. This next phase will create the space needed for a medical retina unit to support the growing numbers of patients with age-related macular degeneration and other diseases that affect the back of the eye. At first floor level, it will provide a self-

contained day care oncology unit, which is linked to the rest of the paediatric service to replace the current, inadequate facilities. A plant room is to be incorporated at second floor level.

We are extremely grateful to all who have contributed to make this development possible, particularly the dozen supporters who have made very generous donations at five and six figure levels.



One of the children under the care of our paediatric oncology team

As Chief Medical Officer, Dr Bill Oldfield, explained:

“Extending and enhancing the Royal Eye Unit is a pressing priority for both the trust and South West London because of the increasing demand we are facing from both an ageing population and the long-term consequences of the COVID-19 pandemic. Developing a discrete medical retina unit, while undertaking some internal alterations to the existing space, will ensure we can deliver a more efficient service. It will also improve the experience for our patients.

Doing so allows us to address the challenges our paediatric oncology patients face when having to make frequent visits to receive their chemotherapy. Developing a day care unit will ensure we can care for these patients in a calm environment, away

from other sick children with potential infectious disease (and all the inherent risks for immunocompromised children). It will also help ensure disruption is minimised for these families.

I know the respective teams are very much looking forward to seeing this extension completed in June 2023. We are all so grateful to those who have recognised the importance of this project and given generously. When completed, this extension will further reinforce the impact philanthropy is having across our hospital, as we seek to ensure we can deliver the very best care possible to all our patients, both young and old.”

Introducing 3D technology

Kingston Hospital Charity has committed to fund the construction and equipping of a digital clinical design and manufacturing facility in Princess Alexandra Wing. It is hoped the new unit will be completed early next year, ensuring Kingston Hospital will be the first NHS trust in South West London to provide the onsite digital manufacture of customised anatomical models and medical devices, using 3D biomedical design and printing in a bespoke facility.

Once operational, patients will receive more efficient care, with better outcomes more quickly, underpinned by a custom-built technology system. For example, a child who requires a replacement hearing aid currently has to wait months for a new one, which has a significant impact on psychological wellbeing, educational progress and social interactions. The new service will be able to manufacture a replacement hearing aid ear-mould using the impression that has been virtually stored in less than 24 hours and can be posted out.

A patient requiring orthodontic retainers to hold the final positions of teeth after 'train track' braces are removed, currently waits one to two weeks. Often during this time, the position of the teeth move, which can make the initial few days of retainer wear painful. Using this new technology, patients will receive their retainer the same day ensuring they experience no discomfort when first using it. They will also need to attend only one appointment, instead of returning for a second.

This facility will also introduce three-dimensional virtual surgical planning for patients with complex facial deformities. For patients with complex broken bones or fractures that require surgery, this technology facilitates three-dimensional printed custom models to be made, enabling the surgeon to plan the best approach and orientation of any surgical fixation screws.

Dr Chris Donaldson, who is leading this project, said:

“This new facility brings 3D technology to a healthcare setting, as these techniques will become essential tools in the NHS of the future. In time we hope to be able to print in medical grade titanium and ultimately to print bio-scaffolds for the construction of replacement body-parts. It is fantastic that Kingston Hospital Charity has recognised its potential and has agreed to fund the development of this digital clinical design and manufacturing facility, which I hope will be operational early in 2023.”

New staff garden and meeting space opens



Chairman Sukhvinder Kaur-Stubbs officially opening the garden with some of the project's supporters

A new garden and meeting space for staff opened in early October. Located on a sloped and wooded patch of land adjacent to the Wolverton Centre, the renovations were made possible thanks to the generosity of The Friends of Kingston Hospital, The London Full Gospel Church, The Victoria Foundation and a gift left by Karen Hindle in her will, after she died earlier this year.

Nic Kane, Chief Nurse and Chair of Kingston Hospital's Health and Wellbeing Committee, said:

“The wellbeing of our staff is really important to us here at Kingston Hospital. In response to what we have been hearing from colleagues around the value of having more meeting spaces and places to get together and to take their breaks, we are pleased to have been able to officially open this relaxing and accessible outdoor space.

Thank you to Kingston Hospital Charity and to those who have so generously contributed to the project, for making this wonderful new garden possible.”

On her decision to change her will, Karen's husband Pete explained:

“Karen drew up her first will when she turned sixty, in 2016.

There were no surprises. As a long-time volunteer dog walker at Battersea,

and a donor to animal welfare charities, the will reflected her interests. We didn't expect to have to change it at all.

Except... four years later a global pandemic almost broke the NHS. Legions of health workers fought for our lives even as their genius helped develop the vaccines that turned the tide.

At this time, we started hearing about the conditions in which these heroes worked. Lots of them didn't have common rooms; many had no kitchens; there was little privacy. There was nowhere to grieve; nowhere to walk, no place to escape to. It sounded awful, but what could we do?

And then... in September 2021, Karen got an unexpected cancer diagnosis. It was incurable but treatable, so the oncology teams at Kingston Hospital and the Royal Marsden went to work.

Unfortunately, the melanoma had already swept through her body. The treatment weakened her so much she contracted a serious pneumonia which landed her in Kingston Hospital for two weeks.

It was the time of the Omicron mutation. For two weeks in respiratory, Karen only saw my and her brother Steve's scared and concerned eyes above the ever-present masks.

Though she recovered, the oncologists told us her body couldn't take any



more treatment. The respiratory team worked with the palliative care team who liaised with the discharge team. Suddenly Karen was home for Christmas and rescue dog Pepper and I would take it from here.

Karen realised that knowing you're dying changes everything. Those pension plans? That will? They can become a potent force for good.

In the three months left to her Karen reviewed it all. We discussed 'the End'. I got to write a eulogy that the subject approved! There was nothing to fear now. Talking about Death wasn't going to summon it; it was on its way, and it would let us know when it was near.

So, Karen made changes to her will. One of her charities already has the annual turnover of a small country. We agreed they could do without her

money. But with her recent experiences still fresh, she wanted to find a way to help improve the working lives of the hospital staff even by a little bit.

We had both heard about the work of Kingston Hospital Charity. She didn't want her money to go on a clinical building or machinery. She wanted to invest in the wellbeing of those people who worked to save her. Karen exhumed the old will and re-directed money to Kingston Hospital Charity. I am sure she would be pleased knowing that her gift has helped provide a new garden and meeting area for staff.

Leaving a legacy like this gave Karen the chance to say thank you not just to the staff at Kingston Hospital but also to a National Health Service that was always there for her through injury and illness."

Kingston Hospital Charity has now partnered with Guardian Angel and Lodge Brothers Legal Services to provide supporters with an opportunity to write a simple will for free. For further information on making or updating your will or to use our free will service, please visit **www.khc.org.uk** or call Rob Aldous on **020 8973 5042**.



Falls alarms

Our sincere thanks to all who contributed to our spring appeal this year. We are delighted that with the help of our supporters, we have been able to acquire 130 bathroom falls alarms and 74 stealth falls mats.

Matron for Medicine, Katherine Nagle, said:

“The installation of these falls alarms and stealth mats will help us to further reduce the risks to our elderly and frail patients from taking a fall when using the bathroom or moving from their

bed or chair. We are so grateful to all who have generously contributed to Kingston Hospital Charity to allow us to acquire these in sufficient numbers to ensure we have adequate cover on the inpatient wards and the emergency department. Thank you so much.”

Play team acquires interactive projector system

John Keys, whose daughter, Naoise, had spent over 50 nights at Kingston Hospital, took on RideLondon-Essex 100 in May and raised over £12,000 to purchase an omiVista Mobii Interactive Table Projection System. This projector provides an extensive range of interactive, stimulating and physical games that is helping to brighten-up the days for all the children under the hospital's care.

John commented:

“I am delighted that with the generosity of family and friends, I was able to raise the monies needed to purchase this interactive projector system. For children, the days spent in hospital can be very long, so ensuring they are kept active and stimulated is really important.”



John was among a team of ten cyclists who successfully took on this 100-mile sportive in aid of Kingston Hospital Charity on traffic-free routes out of the capital and into the Essex countryside.

If you would like to take part in the 2023 RideLondon-Essex 100 event on 28 May, please call Tracey Shaw on **020 8973 5041** or email **khft.charity@nhs.net**.



Some of those taking part brought their dogs

Local solicitors, Russell-Cooke generously sponsored the T-shirts for the event. Samantha Little, a partner at Russell-Cooke, who took part said:

“We were delighted to be offered the opportunity to support Kingston Hospital Charity’s memory walk, helping to raise funds for such a special cause. I was also pleased to participate in the five-mile walk. The whole evening was so enjoyable and very special. The atmosphere was wonderful, and it was a real pleasure, as a local firm, to play our part in support of our local hospital.”

We’d also like thank Kingston Borough Council, Arnold Clark Community Fund, Starbucks UK, Lyreco, Costco, Tony’s Fruit Stall, RB Kares and Quicksilver Running for their support in ensuring an enjoyable and successful first Night to Remember for all involved.



Memory walks are an opportunity for people to come together whilst taking on a challenge in the name of a loved one. Our next Night to Remember will take place on **Saturday 9 September 2023**. There will again be two routes to walk – one of five miles and the other approximately 13 miles.

Please book early to take advantage of the ‘early bird’ discount entry price of £15 per adult. Visit <http://www.khc.org.uk/events/nighttoremember> to register or email Tracey Shaw at khft.charity@nhs.net if you require any further information.



The memory tree

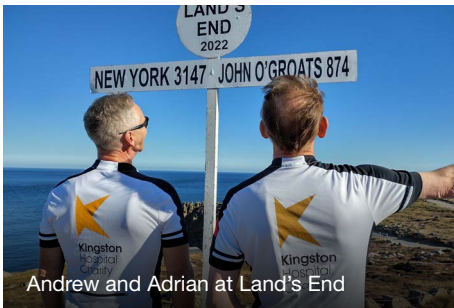
Thank you

We'd like to thank those supporters who have been active over the summer and into the autumn including:



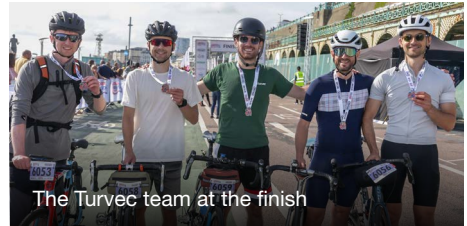
Jonny after finishing the Marathon

Orthopaedic consultant Ian Gill who completed the TCS London Marathon on 2 October in 4 hours 38 minutes. He was joined by grateful patient **Jonny Riches** and together they raised over £3,500.



Andrew and Adrian at Land's End

Hospital consultants Andrew Pooley and Adrian Fawcett who successfully cycled from Land's End to John O'Groats during August. The monies they raised together with a grant from the Grace Trust has enabled us to acquire a biofeedback machine to assist pelvic health physiotherapy for women with birthing injuries.



The Turvec team at the finish

To all our cyclists who took on the London to Brighton bike ride on 11 September, raising over £11,000.

Phillip Dowling, with friends Duane and Dylan, who took on the Three Peaks Challenge in 24 hours, after wife Louise was treated for breast cancer. The £3,300 raised was divided equally between Kingston Hospital Charity and the other two benefitting charities.

Emily Buckingham who raised over £10,000 for our maternity unit's bereavement support service after completing two 10km runs in memory of her nephew Lochie.

John Story who has raised nearly £3,800 having written a memoir of his hospital experience after contracting COVID-19 in March 2020 and spending over five weeks in intensive care in an induced coma.

The Beading Friends who held a jewellery sale at Kingston Hospital in October, raising nearly £600.

Signature at Coombe Hill Manor care home for agreeing to create a tranquil space in one of the side rooms on our orthopaedic ward with a gift of £3,000.





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