



Royal Hospital for Neuro-disability

Royal Hospital for Neuro-disability Archive Service :  
Digital copy

ROYAL HOSPITAL FOR NEURO-DISABILITY:  
Fundraising : Appeals : Printed appeals

Various printed hospital appeals, 1888-2004, part 1

Ref No : GB 3544 RHN-FU-2-1



**THE ROYAL HOSPITAL AND HOME, PUTNEY**  
FOR THE REHABILITATION OF SEVERE DISABILITY

**AN APPEAL**  
**FOR**  
**SPECIAL ACCOMMODATION**  
**AND EQUIPMENT**  
**ON BEHALF OF**  
**PROFOUNDLY**  
**DISABLED PEOPLE**



## THE ROYAL HOSPITAL AND HOME, PUTNEY FOR THE REHABILITATION OF SEVERE DISABILITY

### PATRONS

HER MAJESTY THE QUEEN  
HER MAJESTY THE QUEEN MOTHER

### PRESIDENT

HIS GRACE THE DUKE OF DEVONSHIRE, PC, MC

### VICE-PRESIDENTS

THE LORD ROBBOUGH, JR. LL.D.  
J M van ZWANENBERG Esq  
GENERAL SIR HORATIUS MURRAY, GCB, KBE, DSO

T PARRINGTON Esq  
SIR BRIAN WINDEYER, Kt, FRCP, FRCS, FRCS, FRCS, DMRE  
THE WORSHIPFUL THE MAYOR OF WANDSWORTH (EX-OFFICIO)

### BOARD OF MANAGEMENT

A K S FRANKS Esq (CHAIRMAN)  
MRS SHIRLEY PALMER (VICE-CHAIRMAN)  
J P R MALPAS Esq (TREASURER)

J N AGATE Esq, CBE, MA, MD, FRCP  
LORD BANCROFT, GCB  
HON M d'A BENSOU  
MRS IONA BIRCHALL  
C BOURNE Esq  
MRS SARA BROADBENT  
MRS JENNIFER COOKE  
S DOUGHERTY Esq

T P DUBIE Esq, MBE, GM  
LADY FARRER  
J R GARRETT Esq  
MRS JUDITH HILL  
MRS BETTY KROOK  
SIR NEVILLE LEIGH, KCVO  
MRS A J MEGLAUGHLIN, SRN

J N MENDELSSOHN, Esq  
MRS NOELLE MENDELSSOHN, JP  
G M NISSEN Esq, CBE  
LADY NORTON, MBE  
A T REED Esq, FCA  
LADY WASS  
J WATKINSON Esq  
J WEDGWOOD, CBE, MD, MA, FRCP

The Royal Hospital and Home, Putney, is the leading hospital of its kind in the country and uniquely provides help to people many of whom have disabilities so profound that they cannot be accepted by other organisations. Our 300 residents come from all over Britain. They suffer from a wide range of physical disorders which are at present incurable. All are severely paralysed; most have disabilities affecting speech, sight, the senses or mobility. All need the highest standard of specialised nursing care and intensive, often long-term treatment and management. The Hospital is uniquely equipped to this end.

A twin objective to the provision of the best available equipment and care is to enable each patient to live as active and satisfying a life as possible. The presence of the word 'home' in the title of the Hospital is there advisedly and it cannot be emphasised too strongly that this is precisely what it is for the majority of patients.

In recent years great strides have been made in

developing new methods of rehabilitative treatment which have achieved success far beyond what used to be considered possible. To obtain these results, the Hospital has had to expand the scope of its work with new buildings, increased numbers of multi-disciplinary staff and much-needed additional equipment.

Our latest project provides for both of these main objectives and focuses on Multiple Sclerosis (MS) because the greater proportion of our residents suffer from this distressing and progressive disease. There is scope to make far-reaching improvements to their quality of life by providing more appropriate accommodation and by research into some difficult and typical problems encountered in managing this condition.

Since the Hospital is outside the National Health Service, all the money to finance this expansion has to be raised by the Hospital itself, supported by the Development Trust for the Young Disabled, in the form of gifts, covenants and legacies.

---

WE HAVE THEREFORE LAUNCHED AN APPEAL TO  
PROVIDE THIS SPECIAL ACCOMMODATION AND EQUIPMENT.  
THE SUM WE AIM TO RAISE IS £1.64 MILLION.

---

Charity No. 205907

## OUR 'QUALITY OF LIFE' PROGRAMME

The RHHP constantly seeks to become the centre of excellence in the United Kingdom for the treatment and rehabilitation of severely disabled people. Its associated long-term plan calls for the provision of specially designed accommodation, and rehabilitative treatment backed up by related research projects.

However profound their disability, disabled people aspire to a quality of life well worth the living. In striving to help them achieve this, we aim to widen their pathway back to community life while recognising that many of them will inevitably become long-term residents.

We recently completed the building phase of Britain's first Brain Injury Unit which treats patients from 'coma' to 'home'. We are now moving on to three other areas, each in urgent need of attention and of particular relevance to those who are severely handicapped or whose physical state is deteriorating.

The first is for those who, though profoundly disabled physically, are fully intact intellectually, as are many of our MS residents. They need the dignity of a private room and facilities to go with it so that they can make the most use of their faculties and enjoy some family and social life.

Next, for patients suffering from pressure sores brought about by their physical state, we need to find better ways of treating and preventing their occurrence.

Finally, as part of our effort to improve residents' quality of life, better facilities are needed for the assessment of new arrivals in order to ensure that the most appropriate rehabilitation programme is applied to slow down deterioration or, where possible, to enhance recovery.

The whole programme, including equipment, will cost £1.64 million. We start at the beginning of July 1989 and complete in 1991. Since the RHHP is outside the National Health Service, this project will have to be funded entirely by voluntary giving.



## Multiple Sclerosis – the most common disabling disorder

Affecting an estimated 50 in every 100,000 of the UK population, Multiple Sclerosis, with its accompanying physical paralysis, is probably the most common of all the disabling diseases in this country.

MS frequently entails long-term management because the age of onset tends to be quite young – typically new sufferers are in their 30s – and, for many, progressive deterioration is experienced. Some 40% of RHHP patients are severely disabled by MS.

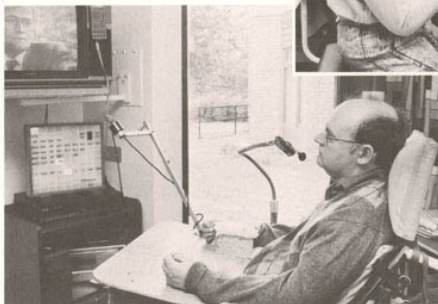
Although MS is presently incurable, the rate of deterioration can be slowed or checked. Expert therapy and nursing care – such as is available at the RHHP – can prevent the onset of contractures and deformity, and limbs can be kept supple through exercise. Moreover, with modern electro-mech-

anical aids, it is often possible to replace losses of dexterity or locomotion.

Physical paralysis, however, is only one of the conditions affecting sufferers. MS damage to the central nervous system can lead to deterioration of speech, sight and impairment of other senses.



*A young out-patient, in the early stages of MS, is shown how to use the specially adapted kitchen.*



*A patient, entirely paralysed below the neck, can control all the electrically-powered facilities in his room simply by applying pressure to a 'thin-pad', which in turn operates a 'Possum' control panel.*



*An automated page-turner operated by a press button, enables a severely paralysed patient to read her daily paper.*

## Privacy and dignity – new accommodation

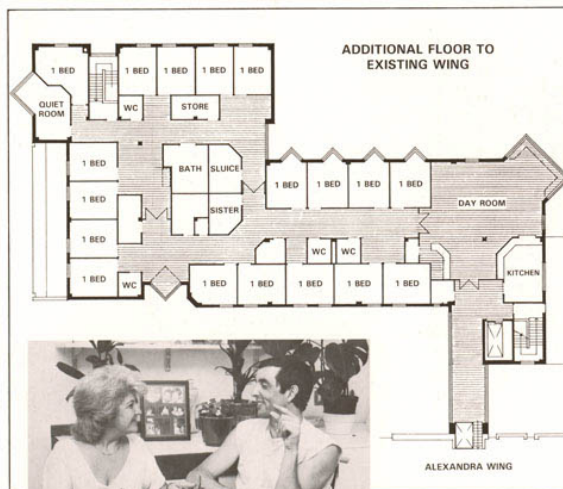
For residents of the RHHP who are profoundly damaged physically but retain their intellectual ability, we are building a new unit of 17 individual rooms large enough for them to receive their friends and relatives in complete privacy. They will also be encouraged to furnish their rooms with such personal effects as television sets, music centres, books, pictures and computers and thereby provide a more homely atmosphere.

Social mingling will be encouraged within this unit. Residents will be able to set up clubs and societies for any activity they wish to pursue and

facilities such as daily newspapers with page-turners will be available, as well as a small library furnished with a frequent turnover of books.

Naturally, the therapeutic and remedial aspects of patient care are of the greatest importance so the new unit will be sited close to the hydrotherapy pool, occupational therapy, and physiotherapy facilities as well as the communications complex, where our multi-disciplinary staff can help them to live as full, normal and independent lives as possible.

THIS PROJECT WILL COST £1.32 MILLION



*The opportunity to entertain visitors in the privacy of one's own room helps to alleviate the inevitable distress of being unable, through disability, to live at home.*



## Pressure sores and Multiple Sclerosis

Among their many other problems, MS patients seem to be particularly prone to developing pressure sores when compared with other neurological disorders. This shocking and painful condition is costing the National Health Service more than £6 million per annum. If the intense discomfort suffered by so many people nationwide is to be prevented or alleviated, experts must study the causes and devise appropriate new management techniques and remedies.

We are therefore building a 6-bed complex equipped and staffed as a centre for research into this problem while at the same time providing nursing care for our more acute cases. Pressure sore research in the context of MS is unique and the unit will be one of the very few wholly dedicated to this particular ailment.

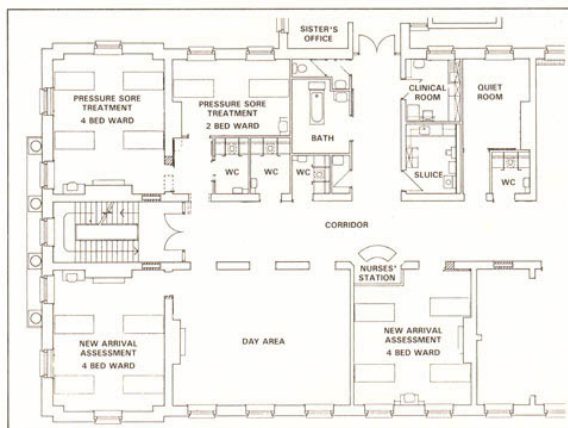
Prior to the unit becoming operational, a major study, led and directed by the RHHIP's own staff, is being initiated. This involves various departments of the University of Surrey: Bio-engineering, Electrical Engineering, Biochemistry and Nutrition. Together they will identify many of the factors which combine to cause the unusually

high incidence of pressure sores in people with MS so that ways can be devised of preventing their onset and, where they have appeared, of treating them more effectively.



*Severely disabled people, confined to bed or wheelchair, cannot easily shift their body weight – one of the main factors causing skin breakdown and the development of pressure sores. This special bed reduces pressure and allows the skin to heal. Without pressure-relief, open ulcers – involving not only the skin, but also the muscle and bone tissue beneath – can occur.*

**TO SUPPORT THIS RESEARCH PROGRAMME WE WILL NEED £30,000 p.a. THE COST (NOW FUNDED) OF THE NEW UNIT ITSELF WILL BE £137,000.**



## A new-arrival assessment unit

The physical, social and mental condition of each newly-admitted patient will be different. Some will need total care, while others will be capable of some self help, although often limited by factors such as poor memory, physical impairment and personality changes.

It is therefore extremely important that the needs of all new residents, and their potential for benefiting from different care programmes, should be thoroughly assessed before they are assigned to a particular living area or course of treatment. Placing people in the first bed available is unsatisfactory and can be most disrupting.

This initial assessment can take several weeks and requires an area separate from the main wards. We are therefore establishing a unit

where controlled, in-depth observations and tests can be undertaken to assess a patient's physical dependence, functional capability and psychological condition. New arrivals will then be properly matched to their new environment and grouping and the appropriate treatment prescribed. The unit will also provide an invaluable facility for research and enable a more efficient use to be made of resources.

By individually tailoring our rehabilitation and social programmes and by creating the right atmosphere to encourage friendship and mutual support, a positive and progressive sense of self-fulfilment and improved quality of life can be achieved.

**THE UNIT WILL COST £182,000.**



*Measuring the range of movement in the elbow joint is one of a series of physical assessment tests, by which it is possible to determine which physiotherapy programme will most benefit the patient.*



*A visual perception test is one of many sensory tests which will enable the therapist to plan which activities, both recreational and educational, will be most suitable.*



*Automated psychological testing enables patients who have difficulties in speaking and writing to answer questions on a computer simply by touching a key pad. The results of these mental tests help clinical and therapy staff to devise the best course of treatment.*

# Other research projects associated with our Quality of Life programme.

## PATIENT DEPENDENCY

Being dependent on others may be unavoidable but it does not encourage self-esteem. We are investigating those activities of daily life such as washing, dressing and feeding which result in disabled people being dependent on others. We aim to work out how best to reduce their need for help from either family members or nursing staff.

Some disabilities may be overcome by single methods, e.g. adapting the bathroom, others will require us to invent or develop new techniques or equipment. Whatever the level of disability, the aim must be, as far as possible, to pass control of his or her own life back to the disabled person.

---

**FUNDED BY THE SIR JULES THORN TRUST. £65,000 OVER THREE YEARS.**

---

## THE ROLE OF THE COMPUTER FOR SEVERELY DISABLED PEOPLE

Computer technology has advanced enormously in the last decade. The first stage of our research will be to identify the equipment and software programmes which are already available and have the greatest potential to help people who are most seriously handicapped. We will then test the most promising of these

to identify their advantages and disadvantages. The third stage of the work will be to develop new systems, switches and programmes to fill in the gaps. This will provide the basis for ongoing development of computer technology for the benefit of severely and profoundly disabled people across the nation.

---

**FUNDED BY ICL plc. £66,000 OVER THREE YEARS.**

---

## INCONTINENCE

Incontinence of urine is one of the most distressing and embarrassing symptoms of multiple sclerosis. The causes are complex. The right treatment for one person may be the wrong treatment for the next. We aim to unravel the many causes in order to be able to prescribe the best treatment for the individual patient. Although much work has been done in this

field for the early stages of multiple sclerosis, there is no information available about the problems of those who have reached a level of severe disability. Yet controlling the incontinence can be the one factor which will improve quality of life beyond all recognition and will provide an invaluable adjunct to the 'early stage' work.

---

**YET TO BE FUNDED. £90,000 OVER THREE YEARS.**

---

## REHABILITATION ENGINEERING

Rehabilitation engineering can devise seating systems to correct deformities; systems to allow even the most severely disabled person to sit on the toilet; methods to give head support; and methods of controlling the environment: such things can make an enormous contribution to alleviating the handicaps of disability.

Some aids will be specially designed for a specific person, others will have application for a wider population. Evolving technology provides an ever-widening choice of electrical, electronic and mechanical devices which can be utilised for these purposes and applied across a broad spectrum of rehabilitation activities.

---

**CONTINUOUS FUNDING REQUIRED. £40,000 p.a.**

---

## MUSIC THERAPY

Research will explore the hypothesis that the creative medium of music can have a direct effect on controlling

certain abnormal behavioural patterns. This project will be aimed at improving response to rehabilitation programmes.

---

**FUNDED BY THE MOORGATE TRUST. £43,000 OVER TWO YEARS.**

---

*The appeal programme has been carefully planned to meet the needs of the Development Trust for the Young Disabled and of the Royal Hospital and Home, Putney. The Trustees and the Hospital Board must, however, reserve the right to make changes to their plans should new circumstances arise.*

PHOTOGRAPHS BY CYRIL CHAPPLE ARPS.



ARCHIVES



THE ROYAL HOSPITAL AND HOME  
FOR INCURABLES

APPEAL FOR  
THE DEVELOPMENT  
OF A  
BRAIN INJURY  
UNIT





## THE ROYAL HOSPITAL AND HOME FOR INCURABLES

### PATRONS

HER MAJESTY THE QUEEN  
HER MAJESTY QUEEN ELIZABETH THE QUEEN MOTHER

### PRESIDENT

HIS GRACE THE DUKE OF DEVONSHIRE, PC, MC

### VICE-PRESIDENTS

THE LORD ROBOROUGH, JP, ILLD  
J M van ZWANENBERG Esq  
GENERAL SIR HORATIUS MURRAY, GCB, KBE, DSO  
T PARRINGTON Esq  
SIR DENIS TRUSCOTT, GBE, TD, JP  
THE WORSHIPFUL THE MAYOR OF WANDSWORTH (EX-OFFICIO)

### BOARD OF MANAGEMENT

LORD BANCROFT, GCB (CHAIRMAN)  
MRS AUDREY ARBUTHNOT (VICE-CHAIRMAN)  
J N AGATE Esq, CBE  
M C BAUGHAN Esq  
MRS IONA BIRCHALL  
C BOURNE Esq  
MRS SARA BROADBENT  
MRS JENNIFER COOKE  
S DOUGHERTY Esq  
T P DUNN Esq, MBE, CM  
G GRUSIN Esq  
MRS BETTY KROOK  
MRS A J McLAUGHLIN  
J N MENDELSSOHN  
MRS JOHN MENDELSSOHN  
LADY NORTON, MBE  
MRS SHIRLEY PALMER  
MRS ESMÉ POLLITZER  
LIEUTENANT-COLONEL R READHEAD, DSO  
ANTHONY T REED Esq  
MRS JEAN SEWELL  
MAJOR-GENERAL SIR LESLIE TYLER, KBE, CB  
D WADDINGTON Esq  
LADY WASS  
MRS SUSAN WHITEHOUSE  
SIR BRIAN WINDEYER

Our Royal Hospital and Home (Charity No. 205907) helps people whose disabilities are very severe. We have 300 residents, who come from all over Britain, suffering from a wide range of disorders which are at present incurable. All need continuous, high standard nursing care and expert treatment, to provide as active, fulfilling and independent a life as improvements in medicine and technology make possible.

Our Board has consistently sought out new facilities and methods for treating disability. In just over ten years we have built three major extensions to the Hospital aimed respectively at encouraging greater capacity for self care amongst the residents; at providing the best possible medical and therapeutic treatment, also educational facilities; and, most recently, at extending our work by creating a short-stay and day hos-

pital through which we help disabled people living in their own homes.

But there is a new category of patient urgently in need of help. More and more people, many young, survive head injury (often in road accidents) but with a complex mixture of physical and mental impairment. Today, with very few exceptions, they end up in mental institutions or even geriatric wards, neither of which are staffed or have the facilities to provide for their rehabilitation. Successes in a recent pilot project here have however greatly encouraged us so that we now intend to build Britain's first dedicated Brain Injury Unit for treatment of these tragically impaired people.

The project is unique in Britain – probably in Europe – and will benefit from experience built up by its forerunners in the USA.

**It is an exciting, innovative project. It will entail rebuilding part of the RHHI to provide a unit of 45 beds. Completion date is Spring 1988, and the total capital cost for building and equipping the Unit £1.94 million.**

### CONTENTS

Victims of a 'silent epidemic'.....	2
Patterns in brain injury: the rehabilitation needed.....	4
Plans for the RHHI Brain Injury Unit.....	7
RHHI resources serving the Unit.....	8
Patients' graduation: RHHI successes.....	11



Each year some 7,500 people will suffer major head injury in England and Wales; over 20% will be left with a severe permanent disability i.e., an average of three patients on every GP's list. Males outnumber females about two to one; the under 20s account for about 50% of head injury hospital admissions; road traffic accidents account for 33-37%. (Source: Journal of the Royal College of Physicians, Volume 20, Number 3, July 1986.)

## VICTIMS OF A "SILENT EPIDEMIC"

Most of the victims are young, under 25. The problem is on the increase but has had little recognition. And little has been done to help brain injury victims back to anything like real life. It has been a silent epidemic.

Casualties now often survive severe head injuries that would have been fatal in the past. Safety belts, skilled medical intervention, brain and other surgery all help save head injury victims' lives.

### SURVIVAL WITH IMPAIRMENT

But having survived, the victim may suffer severe physical and mental impairment: paralysis to a greater or lesser extent, loss of memory and speech, and a changed personality are some of the symptoms any one victim can present.

Scant therapy is available. Hospitals for the mentally handicapped or mentally ill are not equipped to look after such cases; geriatric wards, where they are also sometimes placed, are not right. Families cannot cope.

In the United States, where they were the first to recognise the scale of the problem, a great number of special units have been set up, most of them since 1980.

The only units in the UK – and they are few and far between – are concerned in the main with behavioural problems arising from brain injury.

Many victims of brain injury have already been referred to the RHHL, most of them since the opening of a new wing (Drapers Wing, officially opened by The Queen in March 1985). Arriving severely physically disabled and usually in a "waking coma", the RHHL patients have achieved very encouraging results. It is because of this experience – both the good results and the insufficiency of existing facilities – that the Hospital now plans to build Britain's first dedicated Brain Injury Unit.

### PROJECT UNIQUE

The RHHL Brain Injury Unit will be the first unit to treat the full range of disabilities, the full,



Eyes open but unresponsive on arrival at the RHHL seven months after a car accident, home economics teacher Lynda Ellis was brought from her "waking coma" in two months, and could sit unsupported in a wheelchair and feed herself four months later. Over the next two years she recovered her speech, enjoyed reading again, learned to propel her wheelchair nimbly and manage all normal domestic activities. Now living in the RHHL Self-Care Chatsworth Wing, she is learning to stand, still improving her short-term memory, goes home for weekends and will soon be ready for independent sheltered living.

complex mixture of physical and mental impairments. It will be the first of its kind in the UK and, research indicates, in Europe.

The objective of the RHHL Brain Injury Unit will be to provide comprehensive and continuous medical care and therapy for as long as it takes for the patient to graduate from the Unit to an appropriate degree of independence.

The patient may be able to live at home again or in sheltered housing or there may be some other arrangement. It will be a question of whatever is

best for starting life again – including a return to work, study or residence in the community. For the patient for whom this is not possible, the Unit will be a gateway to permanent residence in the RHHL.

The Unit's success will bring great help to young people for whom there is at present inadequate provision and who have their whole lives ahead of them.

Its success will also help towards the establishment of similar units elsewhere in the country.

**The Royal Hospital and Home for Incurables  
appeals to you to support the project.**

## PATTERNS IN BRAIN INJURY: THE REHABILITATION NEEDED

No two brain injury victims present identical symptoms. Nor do they progress at the same rate.

All who work in this field lay stress on their pragmatic approach and the unpredictability of the brain: they are holding the ring while the brain recovers (some studies indicate that the brain continues to recover for as long as three years after injury).

Even so, as a rule of thumb, patients pass through different phases for which clearly differentiated rehabilitation strategies are appropriate:

### I AWAKENING FROM "COMA"

Many patients arrive at the RHHI in a "waking coma". It is as if they were asleep, eyes open. Some have blank faces; others may smile and move their eyes but are equally unresponsive to everything around, wholly dependent on the staff and usually tube-fed.

The "coma" patient is dressed every day, put into a wheelchair and *stimulated*. Stimulation of the senses can help the brain function again.

The stimulus must be extremely skilful, daily and repetitive, changing each half-hour from one sense to another, and the occupational therapist or nurse – whoever is doing the stimulating – noting results.

Does the patient distinguish between, say, the touch of cotton wool and sandpaper, between hot and cold? If a nice smell gets a smile, does a nasty one produce a grimace? What reaction to

flashing lights, to a variety of pictures? To a variety of sounds?

It is impossible to predict if and when a patient will emerge from a "coma". The time scale is usually several months at least. Headway (The National Head Injuries Association) estimate that, of the close on 2,000 head injury victims each year who are severely impaired, about 150 may never emerge.

### II REVITALISING THE SENSES

We call the physical and mental process of revitalising and re-co-ordinating the body and brain "neuro-rehabilitation".

Everyone's daily routine is planned to promote mobility. Patients are positioned to prevent limbs or joints from contracting and all "coma" patients included – have physiotherapy every day to help keep limbs and joints supple.

Sensory stimulation is itself a form of neuro-rehabilitation. For instance, it is part of a speech therapist's skills to help patients eat again as well as speak again (the same muscles are involved). The patient who is no longer tube-fed has to re-learn adult chewing and swallowing actions: massage of the cheek and mouth muscles helps bring this about.

With the help of the physiotherapists, the post-"coma" patient can learn better breathing techniques, how to stand again, walk again, co-ordinate movements.

### CANDIDATES FOR THE RHHI BRAIN INJURY UNIT

Victims' problems vary according to the degree and site of the injury. There can be different degrees of paralysis, of loss of memory, vision or speech. Loss of motor skills – from walking to tying shoelaces – is common. Inability to concentrate, inability to comprehend and learn, are among other symptoms.

The part of the brain that is injured has a bearing on symptoms and there is often also generalised brain damage. Loss of short-term memory is common: patients wake up to a new world each day, have to be told their names again and again, can think events that happened years ago happened yesterday.

One of the most difficult problems for families to accept is a change in personality. It happens in as many as 80 per cent of the severely injured. There is no one trait displayed but the most common change reported is that the victim becomes less tolerant and less patient. One of the less common but most difficult changes is sudden, unexplained rage.

The Unit will help victims of severe head injury and also be able to help, because the problems are similar, victims of brain damage from near-drowning, drug overdoses, misadventure under anaesthetic (cardiac arrest for example) or from illnesses like brain haemorrhage in the young.

Computer tests are used to assess patients who are physically unable to speak or write. From these, specialists can learn much about the damage to the brain, advise on a programme of treatment and monitor improvements in its functioning.

### III TREATING BEHAVIOURAL PROBLEMS

When patients emerge from their coma and physical or mental disabilities manifest themselves, some may go through a period of severe behaviour problems.

They may sulk or shout, scratch, bite or throw

things. Few patients survive, it seems, without going through a period of anti-social behaviour.

The cause may be part neurological, part psychological, arising out of the frustrations and tensions of the impairment. Pre-accident temperament may also have a bearing.

Improvement of physical and cognitive abilities eases the tensions but bad behaviour can get in the way of recovery by obstructing the training.

A wide variety of disciplines, including clinical psychology, neuropsychology, behavioural psychology and psychotherapy, is needed to help the

Continued over page



Brain scan of a severely injured young man, an RHHI patient at present in a "waking coma", showing a fracture of the skull with open head injury, haemorrhage and severe brain damage.



This patient has been in a coma since 1963 when she was injured in a road accident. She is bedridden and cared for in a nursing home. Recently she was brought in to the RHHI for assessment, to see whether recently developed techniques of sensory stimulation were capable of rousing her from her coma. The experiment was not successful and the patient returned to the nursing home. It is impossible to say whether the modern type of treatment would have been successful in this particular case had it been available earlier, but experience with other, more recent cases has been encouraging.



A philosophy graduate and fluent in three languages, Christiane Belgrave was run over when changing a wheel. She has emerged from her "coma", and is still largely tube-fed, but after a long period of mutism, she recently thrilled her speech therapist by answering a lot of questions.





patients through this period.

The recognised behavioural reinforcement methods, simple and moderate, are used. Good behaviour is rewarded by the pleasure and approval of staff and by token awards for conspicuous good behaviour.

Bad behaviour is discouraged by the withdrawal of approval. Or the patient may simply be ignored. The exceptionally refractory individual may be sent to his or her room for a time (just as one sends a badly-behaved child to his room).

This phase too can be of variable duration.

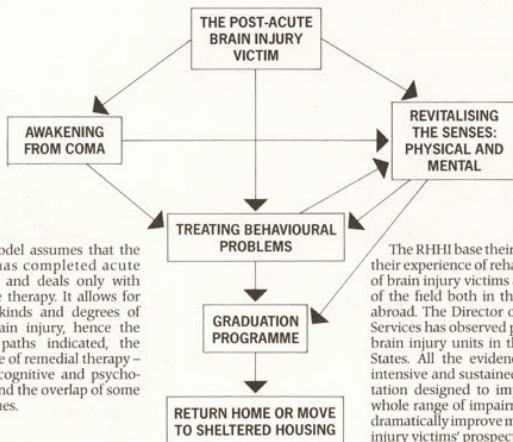
#### IV GRADUATION PROGRAMME

Final stage: the patients master the functional, social, educational and vocational skills they need to re-launch their lives. Day by day they start looking after themselves more. (In the United States this programme is called the Community Re-entry Program.)



19-year-old Jeannine Edmonstone often cooks for herself in the RHHI Self-Care Chatsworth Wing. She resumes her studies soon. When she entered the RHHI in summer 1985 after two years of brain damage from a viral infection, she could not walk and did nothing for herself. Intensive physiotherapy, repetitive occupational stimuli (computer training and games) and speech therapy re-motivated and transformed her. Today she only uses her wheelchair for long distances.

### MODEL OF THE THERAPEUTIC PROGRESSION



The model assumes that the patient has completed acute treatment and deals only with post-acute therapy. It allows for different kinds and degrees of severe brain injury, hence the different paths indicated, the wide range of remedial therapy—physical, cognitive and psychological—and the overlap of some programmes.

The RHHI base their model on their experience of rehabilitation of brain injury victims and study of the field both in the UK and abroad. The Director of Medical Services has observed post-acute brain injury units in the United States. All the evidence is that intensive and sustained rehabilitation designed to improve the whole range of impairments can dramatically improve many brain injury victims' prospects.

## PLANS FOR THE RHHI BRAIN INJURY UNIT

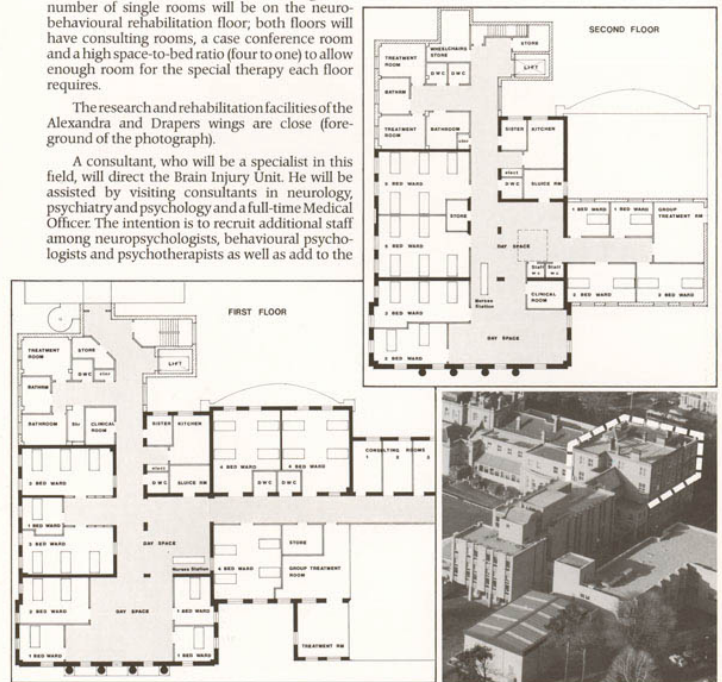
Part of the RHHI (indicated in the photograph) is to be re-built internally: the top floor for "coma" rehabilitation patients, the floor below for neuro-behavioural rehabilitation patients.

There are to be 45 beds in the unit. The greater number of single rooms will be on the neuro-behavioural rehabilitation floor; both floors will have consulting rooms, a case conference room and a high space-to-bed ratio (four to one) to allow enough room for the special therapy each floor requires.

The research and rehabilitation facilities of the Alexandra and Drapers wings are close (foreground of the photograph).

A consultant, who will be a specialist in this field, will direct the Brain Injury Unit. He will be assisted by visiting consultants in neurology, psychiatry and psychology and a full-time Medical Officer. The intention is to recruit additional staff among neuropsychologists, behavioural psychologists and psychotherapists as well as add to the

hospital's nursing staff, physiotherapists, occupational therapists and educationalists, speech therapists and social workers (for liaison with the patients' families). Staffing levels will of necessity be high.



This appeal is for the capital cost of building and equipping the new Brain Injury Unit.

## RHHI RESOURCES SERVING THE UNIT

The Alexandra Wing, opened in 1980, and the Drapers Wing, opened in 1985, were both underwritten by the Development Trust for the Young Disabled.

They provide the space and facilities for all types of therapy, for research staff, lectures and seminars and for a large Rehabilitation Engineering Department.



RHHI speech therapists teach brain injury victims to speak again. The therapist often starts by teaching breathing exercises to restore to the patient the automatic breathing control without which only one word at a time can be uttered. Coaching in articulation is followed by coaching in intonation for the patient to be better understood. Weak short-term memory makes it a slow business.



In an attractive fully-furnished flat in Drapers Wing, the patient's ability to cope outside the hospital can be assessed. Here the patient can re-learn domestic skills and his/her family, who also stay, can learn how to manage the many new equipments which so greatly help disabled people.



The gym is large enough for patients to enjoy indoor recreation. Group physiotherapy with games such as quoits or hitting a balloon help co-ordination. Pursuits like archery or bowls bring on competitiveness and are hugely enjoyed.



Computerised tests, devised at the RHHI, aid assessment. Brain injury patients who have difficulty speaking or writing can answer questions on a computer just by touching a key pad. An Automated Psychological Testing system won the RHHI Research Psychologist a special award from the DHSS.

AFT helps to identify which areas of the brain are damaged and to assess how other areas could compensate. Hence specialists can advise on treatment and monitor patients' progress. Comparisons between one patient and another can also help point the way to a greater recovery. Information gained helps fuel RHHI research into this largely unworked field.

A game of patience on the computer entertains this brain injury patient - it also improves his numeracy and ability to concentrate. The RHHI has a special Communications Room. There the educationists often use computers for re-training in areas where the patient is weak - for example, memory, numeracy, reading. RHHI teachers encourage suitable patients to take up further education at an appropriate level. Some patients have been able to go on to classes outside.



It is medically valuable for patients wherever possible to spend some time each day standing. The physiotherapist makes use of whatever apparatus is most appropriate to help patients pull themselves into an upright position.







The Medical Officer, Head Physiotherapist and Consultant Engineer, working as a team, develop individually designed or modified wheelchairs. For example, "Super Sam," pictured here, was "tailor-made" for the patient who lacks the muscle control to sit upright and so slides out of an ordinary chair. On "Super Sam," with its scooter-style saddle and handles, he has support and control.



Research at the Hospital helps RHHI patients and disabled people everywhere. Amongst eight major projects in hand are ones which aim to eliminate bed and wheelchair pressure sores; improve patients' ability for self-care; devise better and more versatile wheelchairs; advise how best to care for people suffering from Huntington's Chorea.

The results are published and followed up by Seminars with delegates from all over the country and often from overseas. They take place regularly to disseminate RHHI findings and for the Hospital to benefit from discoveries made elsewhere.



In the tilting chair, another new design by the RHHI engineers, the patient can sit upright or with the seat tilted back to rest the body while keeping it in a correct position. Designed primarily for severe impairments in posture which might lead to sliding, the tilting chair is, because of its ability to rest the body, of value to all wheelchair patients.



The hydrotherapy pool helps keep damaged limbs supple and is an enjoyable way to exercise.

## PATIENTS' GRADUATION: RHHI SUCCESSES

Brain injury patients move to Chatsworth Wing when they are ready for it. Here they are more independent of the staff, look after themselves more and more, can start going home for weekends and holidays.

They still need support: the odds are they still need to improve their speech, memory, co-ordination. They will need to be able to dress themselves, use public transport, make themselves understood in shops and offices before they can start their new life outside.

Here, too, the educationalists, therapists, psychologists and social workers put their heads

together with patient and family about job or further study prospects. New skills may be learned. Some may go out to classes.

The life they are preparing for will not be as it was before. Some may achieve more independence than others; all will retain some degree of impairment. But the degree of improvement – the move from the unmanageable to the manageable – can make it a life well worth living.

25 people with post-acute brain injury or illnesses presenting similar problems have been admitted to Drapers Wing since September 1984. Eleven have been able to return to the community.

### DEVELOPMENT OF GRADUATION PROGRAMME: "PROJECT INDEPENDENCE"

In Autumn 1987 construction starts in the RHHI grounds of a house providing four single and five double bedsitters with shared kitchens, bathrooms and lavatories, a warden's flat and spare room for care assistants.

Moving here from Chatsworth Wing, patients will be able to practise independent living for the last few months of their graduation programme. Completion date is April 1989.

A small housing development, half to be occupied by able-bodied families, half to provide one-bedroom flats for the disabled and a warden's

flat, also starts construction in the RHHI grounds at the same time. The RHHI are leasing the land for the housing development to the Habinteg Housing Association who will run it. The RHHI will have a say in the allocation of this accommodation.

Wandsworth Council are underwriting the £2.75 million capital cost of "Project Independence" to which the RHHI will contribute financially. The project will thus strengthen the graduation programme of the RHHI Brain Injury Unit and also provide much-needed independent sheltered housing in an agreeable form – part of an ordinary community.

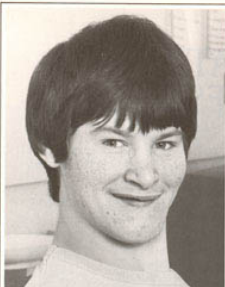


The 30-bed Chatsworth Self-Care Wing (opened by The Queen in 1976) is divided into small units, each with separate bedsitters or double bedsitters, and comfortable day rooms.

Playing cards, chatting, joking – informal get-togethers in Chatsworth are enjoyable and a rehearsal for social life outside.







24-year-old Richard Szalma lives in a hostel and is studying computer programming. When he arrived at the RHHI in 1981, he could neither walk nor talk. He soon had a lot to say for himself on an electronic communicator, getting him to talk and walk and sorting out his education (fragmented up to then) was a long haul but the RHHI managed it. Eventually Richard was able to go to classes outside, and finally graduated to the independent student life in 1986.



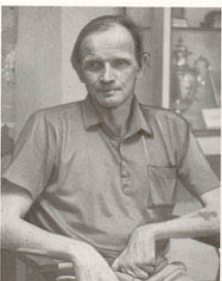
Father Joseph Ware, a Roman Catholic priest, was admitted to Drapers Wing five months after his car crash. He could not move, care for himself or talk and had a ventilator to assist his breathing. In eleven months of co-ordinated nursing and therapy his diction and vocabulary returned and his tensions eased as occupational therapists re-stimulated his abilities and interest. Walking confidently and managing all routine chores, he now lives in his former presbytery, limited concentration and his short memory now are the only signs of brain damage. He will return to the RHHI for short spells of therapy to keep him active and independent.



John Greenfield, drummer in a pop group, could walk but not talk and was confused, agitated and aggressive on his arrival at Drapers Wing ten months after his motorbike accident. With the constant encouragement of his fiancée and the help of an electronic communicator, John learned to speak again and after five months he was able to transfer to the RHHI Day Hospital where he comes four days a week to improve his articulation and to use the gym.



Lift engineer Anthony Bagley, victim of brain damage from a brain haemorrhage, was able to move to the Self-Care Wing six months after admission. Operations on his badly contracted ankles had helped his walking exercises and his morale. His memory and decision-taking ability are still weak but he has now thrown away his sticks, enjoys walks in the grounds, and will be able to manage in sheltered accommodation.



His left side paralysed and his speech almost unintelligible, garage manager and racing driver John Siggery was noisy and aggressive if not understood at the RHHI in 1979, a year after his car accident. Today he talks distinctly, can walk with a frame, manages his day in the Self-Care Wing and could manage suitable sheltered living.




An electronic communicator and the Communications Room redeemed John Donovan. Semi-paralysed and unable to speak, once able to communicate he no longer displayed the anger which had labelled him unmanageable. Mr Donovan arrived at the RHHI in 1978, 15 years after his brain injury (he was knocked down by a car as an 18-year-old student) and is a permanent resident of the Self-Care Wing.



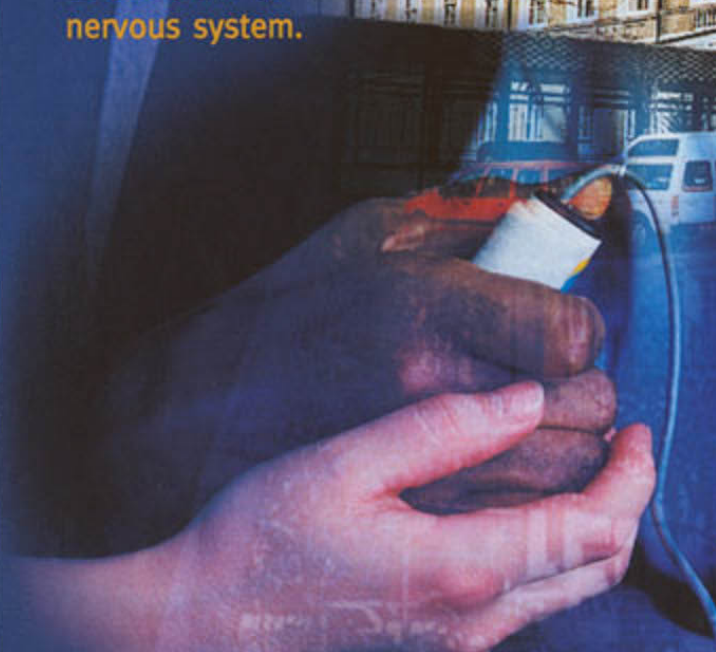


# The Royal Hospital for Neuro-disability

is a national medical charity, which specialises in the care and treatment of people with profound or complex disabilities resulting from disease or damage to the brain or nervous system.



It provides short and longer term accommodation, including respite, and a wide range of rehabilitation and disability management programmes for people with complex disability as a result of neurological conditions such as MS, Stroke, Brain Injury and Huntington's Disease.



The Hospital has specialist skills in the management of Huntington's disease, Behaviour Disorders and in the assessment of people with vegetative or low level awareness states. In addition a separate TLU provides a community reintegration programme for people with cognitive impairment. All programmes take place within a multi-disciplinary framework.

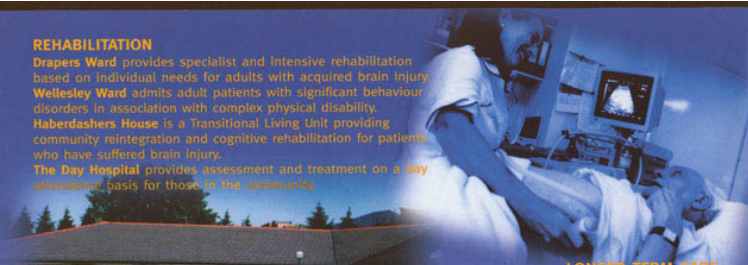


**NUMBER OF BEDS:** currently 275  
15 places for day attendances  
**AGE RANGE:** 16+  
**CATCHMENT AREA:** Patients are accepted from all areas of the UK and from other countries.



## REHABILITATION

**Drapers Ward** provides specialist and intensive rehabilitation based on individual needs for adults with acquired brain injury. **Wellesley Ward** admits adult patients with significant behaviour disorders in association with complex physical disability. **Haberdashers House** is a Transitional Living Unit providing community reintegration and cognitive rehabilitation for patients who have suffered brain injury. **The Day Hospital** provides assessment and treatment on a day attendance basis for those in the community.



## LONGER TERM CARE

**Evitt Ward** is a Young Disabled Unit providing care for patients from 16 years old. An additional seven wards provide permanent residential care for profound and complex neuro-disabilities.

**REHABILITATION / LONGER TERM CARE**  
**Wolfson Ward** offers specialist care for patients suffering from Huntington's Disease.



## RESPITE

Respite services are available for people with profound and complex neuro-disabilities.



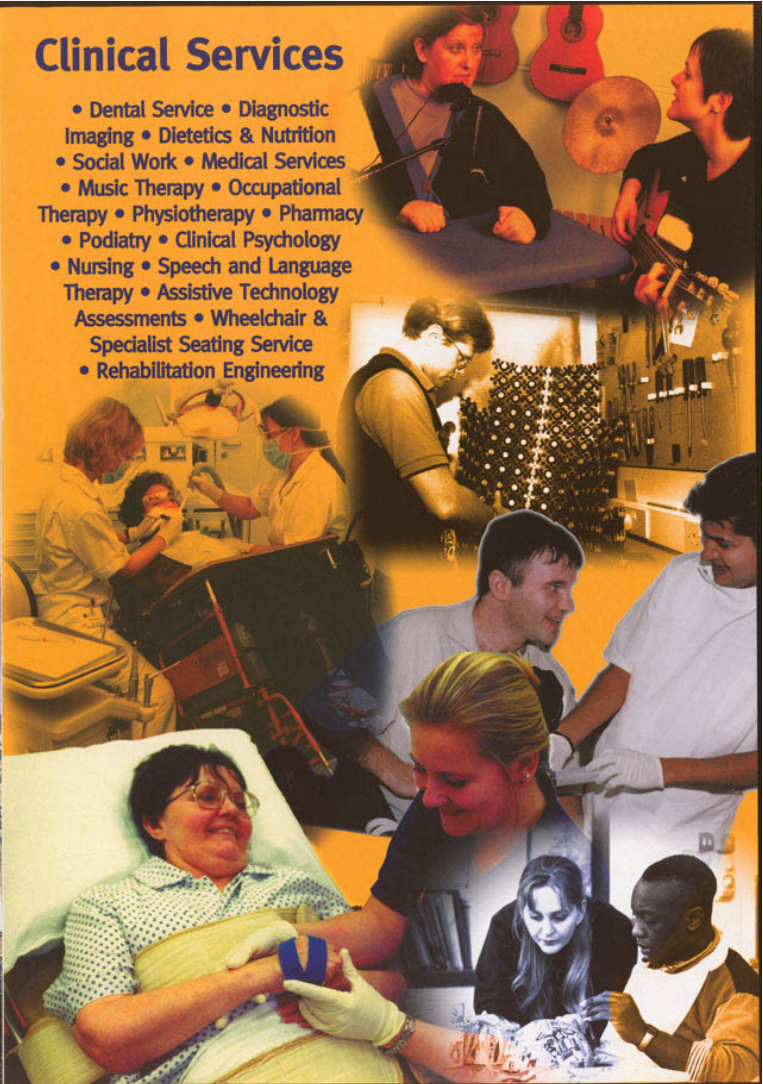
## BRAIN INJURY UNIT

**Devonshire and Clifton Woods** offer assessment and treatment for patients in low awareness and persistent vegetative states.



## Clinical Services

- Dental Service • Diagnostic Imaging • Dietetics & Nutrition
- Social Work • Medical Services • Music Therapy • Occupational Therapy • Physiotherapy • Pharmacy
- Podiatry • Clinical Psychology • Nursing • Speech and Language Therapy • Assistive Technology Assessments • Wheelchair & Specialist Seating Service • Rehabilitation Engineering





# Diagnostic Groups

- Behaviour disorder  
(resulting from neurological damage or disease)
- Traumatic Brain Damage
- Anoxic Brain Damage
- Meningitis
- Encephalitis
- Cerebral haemorrhage
- Stroke
- Subarachnoid haemorrhage
- Brain tumour
- Cerebellar ataxia
- Friedreich's ataxia
- Cerebral palsy (adults)
- Dystonia
- Encephalopathy
- Huntington's disease
- Multiple Sclerosis
- Neuro-muscular disease
- Parkinson's disease
- Primary idiopathic epilepsy
- Spinal Injuries



Royal Hospital for Neuro-disability  
West Hill,  
Putney  
London SW15 3SW

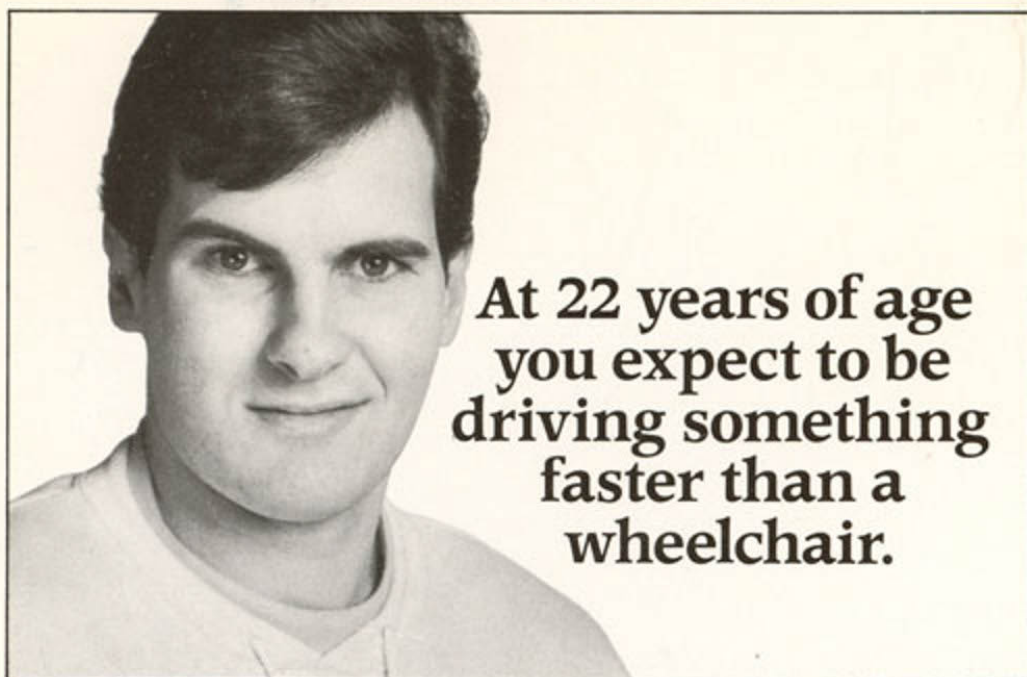
Tel: 020 8780 4500  
Fax: 020 8780 4501  
Website: [www.neuro-disability.org.uk](http://www.neuro-disability.org.uk)

Registered charity no. 205907





## THE ROYAL HOSPITAL & HOME, PUTNEY MEETS A NEW CHALLENGE



**But then, at 22 you don't expect to be beaten up so badly by a gang of thugs that when, after three months, you finally come out of coma, you find yourself paralysed and barely able to talk because of brain damage.**

It happened though to Steve Boulding. And each year some 7,500 people in England and Wales, many of them young, will suffer major head injury in car crashes and accidents. 20% will be permanently and profoundly damaged.

The good news is that, due to medical advance, more and more of these people are surviving. The bad news is that, once they are ready to move from the acute hospitals of our country, there is virtually nowhere for them to go for the long term intensive and sustained treatment they will need for their recovery. Today, tragically, most end up in Mental Institutions or even geriatric wards where their lives and the hopes of their families are wasted.

Encouraged by the Royal College of Physicians the R.H.H.P. accepted the challenge of assessing what might be done. It is a very difficult and uncharted area of medicine - entered into by the U.S.A. but hitherto little touched upon in Europe. The problems can seem immense. Typically our patients arrive after many surgical operations and perhaps 6-9 months after the accident. Often they are still in 'coma' and need a sustained programme of stimulation of all their senses. Physically they are very unfit and almost invariably partly, and sometimes totally, paralysed. Hence we embark on an intensive programme of nursing with great emphasis on physical and mental therapy, re-education and psychological re-adjustment. Our programme of rehabilitation is unrelenting, each gain in a patient's ability hard fought for, success no longer measured in absolute terms.

Yet since we began 3 years ago we have had some wonderful successes. A Roman Catholic Priest, after 9 months in 'coma' is now back in his pulpit; a teenage girl is now training to be a nurse; a young man is home again and in full time education. Steve also is making excellent progress - he can talk again, and is learning to walk again.

Greatly encouraged our hospital is now building Britain's first purpose built Brain Injury Unit to provide the full range of rehabilitative treatments needed by these people. 45 beds, first in its field in Europe, it will be completed in 9 months time, June 1989, at a cost of £2.34 m. But, since the R.H.H.P. is not Government funded, every penny for it must come from voluntary gifts or our precious, meagre reserves. It is a small price to pay to bring hope of a new life to patients and families who at the outset are often at the verge of despair. With 135 years of experience and great expertise in treating disability, our brain injury teams have the skills that are needed, are set to pioneer and develop new methods of treatment and do their utmost to chart out better paths to reach success.





## the Cloister Garden

for the patients of the Royal Hospital for Neuro-disability

The garden's real beauty  
lies in the hope it brings our  
patients and their families.



## A special message from June Whitfield

Dear Friend,

*A few weeks ago I was invited to visit the Royal Hospital for Neuro-disability. I spent time in the gardens and talked to the patients and their families over a cup of tea.*

*I was struck with what a very special place the Hospital is. Not just in its unique location on Putney Hill, overlooking the whole of West London, but also by the beautiful gardens and flowers which gave such obvious pleasure to everyone there.*

*Since then, I have also come to appreciate the very special care and affection which staff at Putney devote to patients. There is a genuine feeling of love and hope throughout the Hospital. And the dignity of every patient is greatly respected.*

*Staff work hand in hand with volunteers and relatives to ensure that those people severely disabled through accident or illnesses - such as Multiple Sclerosis, live as fruitful a life as possible.*

*This unique hospital relies heavily on dedicated supporters and the local community. So, please, do help if you possibly can and give a brighter future to severely disabled people like Angus.*

With love and thanks to you all,

*June Whitfield*  
June Whitfield OBE

## Planting the seeds of hope

The Royal Hospital for Neuro-disability is an independent hospital and a national charity outside the NHS with an international reputation for its work in the treatment and care of severely disabled people.

Some of our patients have disabilities so great they can only manage to blink an eye or give a slight nod of the head.

Yet with intensive therapy, and the dedicated skills of our specialist staff, they can be helped to lead happier, more independent and fulfilled lives.

As well as treating people who have suffered brain damage, we also care for people with a wide range of other neurological conditions such as Multiple Sclerosis, Cerebral Palsy, Huntington's Disease and the effects of Stroke.

For patients who have been assessed as being suitable, and have some upper limb mobility, occupational therapy sessions such as the weekly Gardening Group prove an invaluable part of their rehabilitation.

## The challenge that faces Angus

Tragically, both of Angus's parents are dead, so there is no prospect of him going 'home'. But while nothing can replace his family, he is in a loving and caring environment thanks to the marvellous devotion and compassion of hospital staff who have 'adopted' him.

With the assistance of the Occupational Therapists, Angus and the other patients in the Gardening Group take an active role looking after an area of garden that has been specifically set aside for them.

Because the beds are raised, patients in the Group are able to assist in planting, pruning, weeding and watering the plants. Others who are more severely disabled are given individual attention enabling them to participate.



Angus enjoying the garden with his therapist, Liz Walker.

These may seem such simple activities to us, but for patients like Angus they represent huge personal challenges.

A patient's progress within these therapy sessions is carefully monitored. It can be like putting a complex puzzle

back together. Sometimes it can take a while for one tiny improvement and this may not be easily measured in conventional terms.

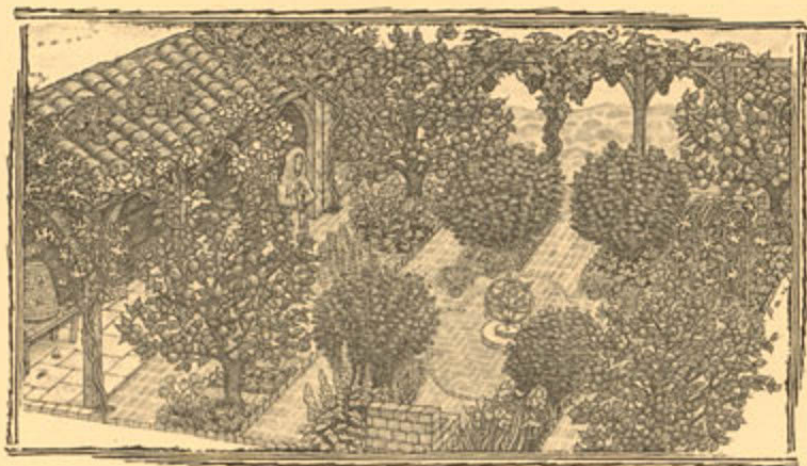
The aim is to improve the quality of a severely disabled life and that requires patience, skill and dedication from specially trained therapists. These are just some of the challenges we rise to meet every day of every year.

## Please help us with a donation today

Your donation will not just help Angus's rehabilitation but other disabled people as well. Your kind gift will help us develop new activities for the Garden Therapy Group. It will also ensure the Gardens here at the Hospital continue to flourish, bringing joy and happiness to the lives of patients and their relatives.







## A herbal recipe from the Cloister Garden this Autumn

As with all good herb gardens the Cloister Garden is well stocked with mint.

Various species of mint have been used throughout history to make a refreshing beverage. The Egyptians and Romans used mint as a digestive aid. The custom persists in the American habit of having a bowl of mints at the cashier's desk in many restaurants.

Many varieties of mint make delicious herbal teas, which vary in flavour according to the species. The leaves can either be used on their own or mixed with other tea leaves, as they do in North Africa.

---

**M**oroccan Mint Tea ~ In Morocco delicious mint tea is served without milk but with sugar to taste.

To make it, choose a long-leaved Chinese tea with as green a leaf as you can get. Put slightly less tea in the pot than you normally would, add a generous bunch of fresh mint, and infuse for at least 4 minutes.

---

*Recipe with thanks to Nicky Foy and Roger Phillips.*



The Royal Hospital for Neuro-disability,  
West Hill, Putney, London SW15 3SW  
Telephone: 0181 788 6052. Registered Charity Number 205907.



## YES I would like to help patients like Angus benefit from the gardens of the Royal Hospital for Neuro-disability.

To: John Chamberlain, Royal Hospital for Neuro-disability, West Hill, Putney, London SW15 3SW. Reg. Charity No. 205907

I enclose a donation of:

- ☐ £20 which will pay for materials like compost, canes, tomato plants and Gro bags, used in the therapy sessions for a month.
- ☐ £30 to cover three hours of weeding and planting by our team of gardeners.
- ☐ £50 which will help someone like Angus and 3 other patients attend a weekly session in the Gardening Group.
- ☐ £125 or a commitment to £25 per year over 5 years and become a 'Founding Friend of the Cloister Garden'. (Your name will also be included on a commemorative plaque in the Cloister Garden and you will receive an invitation to the official opening in June 1997).
- ☐ Other (please specify) £ .....

A gift of £250 or more could be worth at least £333 because it qualifies for Gift Aid. Your donation can go so much further and be worth 33% more if you complete a covenant form.

Please tick here if you would like to receive further details. ☐

☐ I enclose my cheque/postal order payable to:  
The Royal Hospital for Neuro-disability

Or please debit my ☐ Access/Visa/American Express/Diners  
Club/CAF Charity Card. Expiry date: .....

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Signature.....

Name.....  
[BLOCK CAPITALS PLEASE]

Address.....

..... Post code..... Tel no.....

Formerly known as the Royal Hospital and Home, Putney. From time to time we may wish to send you information about our work at the Royal Hospital or from other carefully selected organisations. Please tick here if you do not wish to receive it. ☐

**Donation Hotline 0181 788 6052**

**Thank you so much for your support.**

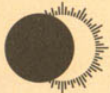
Your donation can make a real difference to the life of a severely disabled patient like Angus.

*J.F. Smith*

Please write your name on the garden marker enclosed with a permanent ink pen and return it to us with your donation. We'll put it in our gardens next to a plant commemorating your support. *Thank you.*

**"The beauty of the garden lies in more than meets the eye."**

*Rudyard Kipling*



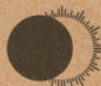
Royal Hospital for  
Neuro-disability



*(see over for details)*







Royal Hospital for  
Neuro-disability

Registered Charity No. 205907.

This envelope needs no stamp, but if you use one, more of your donation  
will be used for the Hospital's work. Thank you for helping.

No  
Stamp  
Required

*Don't forget to include  
your garden marker!*

**John Chamberlain  
Fundraising Manager  
Royal Hospital for Neuro-disability  
FREEPOST SW5135  
LONDON  
SW15 3BR**

*"Our England is a garden that is full of stately views, of borders, beds and shrubberies and lawns and avenues  
With statues on the terraces and peacocks strutting by; But the Glory of the Garden lies in more than meets the eye."*

Rudyard Kipling



*June Whitfield* OBE

*invites you to become a*

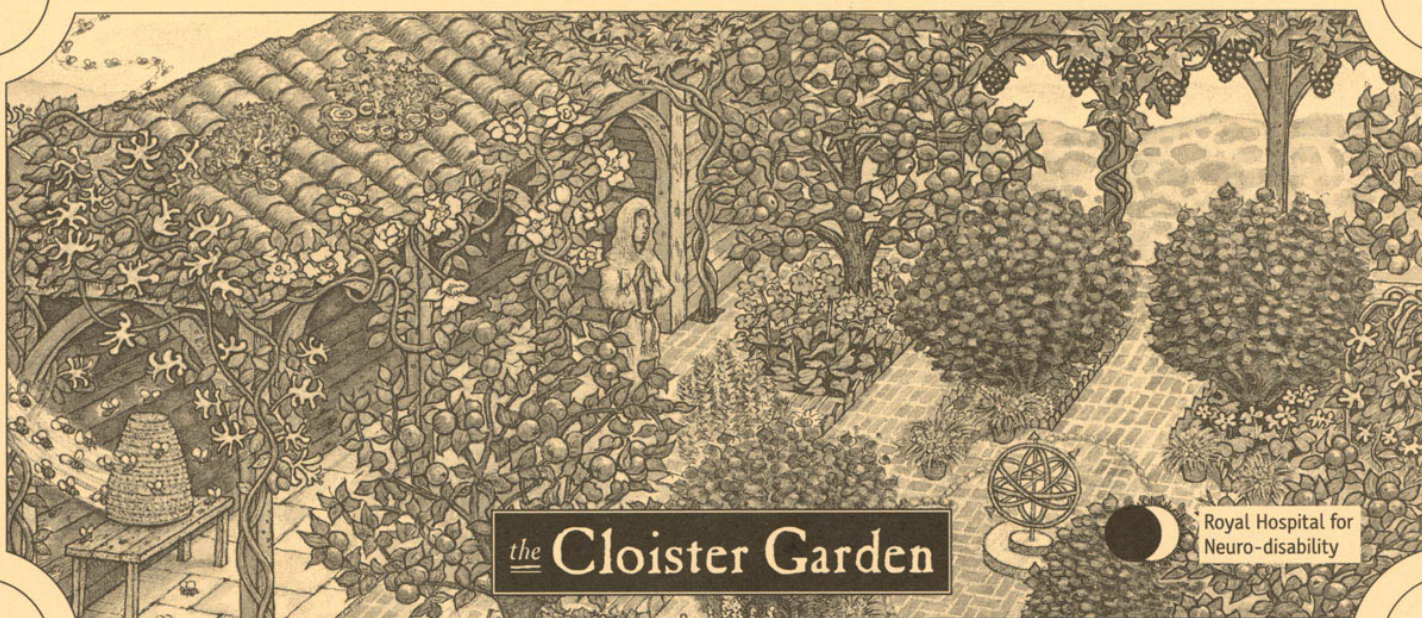
**Founding Friend of the Cloister Garden**

As a lasting record of your generosity your name will be inscribed on a special commemorative plaque that will be placed in the Cloister Garden for posterity.

**RSVP** Please use the enclosed donation form or call John Chamberlain on 0181 788 6052

"Friends" are also invited to the official opening of the Cloister Garden in June 1997.





*the* Cloister Garden



Royal Hospital for  
Neuro-disability

## What your money can buy

- £5 would buy some plants for the patients' horticultural garden
- £10 buys a computer switch, enabling a non-speaking patient to communicate with family and friends
- £25 funds a rehabilitation session, enabling a patient to regain precious abilities and life skills

Please accept this donation of £ \_\_\_\_\_ towards performing small miracles at the Royal Hospital

- ☐ I enclose a cheque / postal order / charity voucher payable to Royal Hospital for Neuro-disability
- ☐ Please debit my credit / debit / CAF card
- Card no.
- Valid from   /   Expiry date   /
- Issue no.
- ☐ Please reclaim the Gift Aid on this donation. Ticking this box means we can claim back 28p from the Inland Revenue for every £1 you give – at no extra cost to you. You must be a UK tax payer, and pay an amount of income / capital gains tax at least equal to the tax the charity reclaims on your donations in the tax year.
- ☐ I would prefer not to receive an acknowledgement

Signature \_\_\_\_\_

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Post code \_\_\_\_\_

Please return this to: Fundraising Department, Royal Hospital for Neuro-disability, West Hill, Putney, London SW15 3SW

Thank you.

## What is neuro-disability?

Damage to the central nervous system impairs movement, thought, speech, memory and posture. It happens through injury or disease and turns the lives of patients and their families upside down.

Sadly, it can happen to anyone. Brain injuries through strokes, traffic accidents, sports injuries and violent incidents are increasingly common. What's more, over 350,000 people in the UK have a disabling neurological disease like multiple sclerosis or Parkinson's disease.

## The Royal Hospital for Neuro-disability

We are the UK's leading provider of specialist rehabilitation and care for people suffering from profound neuro-disability. Much of our expertise is unavailable anywhere else, and our patients come from all over the UK.

Rehabilitation helps patients regain precious abilities and life skills to cope with injury or disease. Our staff help patients regain as much independence as they can. The aim is for them to live their lives with dignity and confidence. For us, disability needn't mean a lower quality of life.

We are a charity, not part of the NHS, and the work that makes us unique and effective is funded by voluntary donations.

## Our work at a glance

- 25% rehabilitation after severe brain injury (eg acquired through a stroke or car accident)
- 64% specialist long term care for patients with degenerative neurological diseases (eg Parkinson's disease or multiple sclerosis)
- 11% rehabilitation for patients with severe behavioural problems following brain injury

Thank you for taking the time to read about our work. If you found this interesting, please pass it on to a friend or relative.

Royal Hospital for Neuro-disability  
West Hill, Putney, London SW15 3SW

Tel: 020 8780 4563

email: fundraising@rhn.org.uk website: www.rhn.org.uk

registered charity no. 205907



Every day, we help someone regain a precious ability.

 Royal Hospital for Neuro-disability

150 years  
funding ability  
in disability



To the patient, each regained ability is a small miracle.  
To their family, it's a milestone of hope.

*"I'm back on my feet again."*

Jason, a skilled carpenter, was involved in a horrific traffic accident. At 22 years of age he was in a coma.

**How the Royal Hospital has helped Jason**

Jason has made astonishing progress. Rehabilitation means he can now move himself in a wheelchair, and physiotherapy helps him relearn how to stand and walk. Speech and language therapy has dramatically enhanced Jason's talking, and occupational therapy helped him write again. We are planning ahead to help him find independent accommodation and a fulfilling occupation. **Your support could help another patient take control of their life again.**

*"This is my home from home."*

Kate, a mother of three, has multiple sclerosis. Her advanced symptoms meant she had to give up her teaching career.

**How the Royal Hospital helps Kate**

Our nursing team help to manage Kate's symptoms. Kate created a home by personalising her room, and her family can spend as much time with her as they want. Kate recently visited the London Aquarium with her family, a treat that made her children feel like a 'normal' family again. **Your gift would help us support and care for another family unit.**

*"They taught me to speak again – now they can't shut me up!"*

Sally, 18, suffered a rare complication from measles that tragically left her mentally impaired and unable to talk or walk.

**How the Royal Hospital helped Sally**

Our physiotherapists helped Sally walk again, and she enjoys dancing at music groups. Speech and language therapy has helped her relearn how to talk, and she is now able to visit the cinema with friends. A bright student before contracting measles, she is still a lively teenager and we have helped Sally and her family adjust to her cognitive problems. Without rehabilitation, she would have been totally reliant on carers for the rest of her life. **Your donation would help us transform the life of another young person.**

**Your help is vital**

As a charity, the Royal Hospital can only provide its unique services with your help. Our team achieve remarkable things every single day; please help them continue their work by making a donation.

But we can't do it without your help.

You can help us to help more patients – and their families – by making a donation. We will invest your generosity in:

- **Equipment** like physiotherapy apparatus that helps people walk again
- **Rehabilitation therapy** to transform the life of more patients
- **Quality of life** by providing on-site medical, leisure, social and recreational facilities
- **Research** to innovate and develop more effective care





Royal Hospital for  
Neuro-disability

An independent medical charity



Established as a national charity in 1854, the Royal Hospital for Neuro-disability has grown to become one of the UK's leading centres for the development and delivery of specialised treatment and rehabilitation for people with profound disabilities resulting from disease or damage to the brain or nervous system.



Royal Hospital for  
Neuro-disability

Registered charity no. 205907

## HUNTINGTON'S DISEASE: A NEW OPTION

For a full information pack on the Unit, please contact the Admissions Office on 0181 780 4500 or complete this form and return it either by fax to 0181 780 4501 or by post to The Royal Hospital for Neuro-disability, West Hill, Putney, London SW15 3SW

☐ Yes, I would like more information about the Huntington's Disease Unit

☐ Yes, please send me information on other services offered by the Royal Hospital for Neuro-disability

I am a: ☐ Healthcare professional ☐ Healthcare purchaser ☐ Patient's relative/friend

Name: \_\_\_\_\_

Organisation (if applicable): \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

If you have specific questions about the Huntington's Disease Unit, please contact

Ingrid Terry, Weston Unit Manager, on 0181 780 4530



## Huntington's Disease

Huntington's Disease is an inherited neurological disorder characterised by progressive deterioration of physical, mental and emotional functions. It eventually results in dementia and total physical dependency.

It is estimated that as many as 10,000 people in the UK have Huntington's Disease. At present there is no known cure.

In early stages of the disease, often before the diagnosis has been made, antisocial behaviour and abnormal mental functioning may predominate. This sometimes results in inappropriate placement in acute psychiatric wards or even prisons, when what is really needed is skilled medical supervision within a structured, safe and social environment.

As the disease progresses, inevitable deterioration causes increased physical dependence and the individual requires highly skilled nursing, therapeutic and specialised treatment.

Few facilities in the UK can fully meet the needs of people as they progress through the various stages of the disease. The Royal Hospital for Neuro-disability, with its extensive experience in managing complex neurological disabilities, is able to offer the services and expertise required in its newly expanded Huntington's Disease Unit (HDU).

## Our patient group

Adults with Huntington's Disease who are no longer able to function independently, due to the combination of physical and mental deterioration, will be considered for admission to the HDU. Patients are accepted from all over the UK and while they are more likely to be placed with us because of proximity to their own homes and families, no one will be refused admission on the basis of their geographical location.

The Hospital has a recognised expertise in the management and treatment of people in the later complex stages of Huntington's Disease. With the development of the new HDU it now offers this same high standard of treatment, together with an appropriate environment, to people in the earlier stages as well.

## Providing a specialist environment

The HDU is a self-contained 16-bed facility. All aspects of design – from lighting to colour schemes and furnishings – work in unison to provide an optimal environment for this distinct patient group.

Patients' rooms are designed on the concept of the bed-sitting room and are arranged around a large multi-purpose day area. They provide high levels of supervision and safety yet also give patients privacy and dignity. There are separate specialist therapy areas and patients have access to the specialised clinical and recreational facilities in the main Hospital.



*The building housing the new Huntington's Disease Unit*

## Meeting the need: our approach

The Unit offers options for assessment, short stay, respite care and long-term residential management. It employs a comprehensive multi-disciplinary team approach, including up to 17 different professional services, to help maximise patients' abilities and reduce the severity of both their physical and behavioural symptoms.

In its overall approach to care, the team maintains a deep understanding of the emotional, social and ethical issues surrounding the disease which impinge heavily on both the patient and relatives. Children of people with Huntington's face a 1 in 2 chance of developing the disease themselves and in witnessing the progressive deterioration of their parent, face their own future. Staff therefore offer the emotional and practical support families may require.

The HDU aims to provide the highest quality of specialised care and treatment for patients in a therapeutic and pleasant environment. Through the provision of a wide range of specialised services, staff work to help patients manage their symptoms effectively. The intention is to maximise personal independence and function within the parameters of safety, giving patients the best chance possible of an optimal quality of life.



*Colette Manning,  
Clinical Nurse Specialist,  
Huntington's Disease Unit*

*Cover artwork was produced by a patient at the Royal Hospital for Neuro-disability. Art therapy is just one of the specialist services available on site*

## How road safe are you?

Find out how much you know about speed and safer driving with our quick quiz. All correct entries will be entered into a prize draw. The quiz can also be entered via the website [www.rhn.org.uk/keepyourhead](http://www.rhn.org.uk/keepyourhead), where you can read more about the campaign. You can also help our **KEEP YOUR HEAD** campaign by requesting a free car sticker!

- How many drivers crash within their first year of driving?
  - ☐ 1 in 5
  - ☐ 1 in 10
  - ☐ 1 in 100
- The speed limit in built up areas and towns is
  - ☐ 20mph
  - ☐ 30mph
  - ☐ 40mph
- How likely are you to kill someone if you're driving at 35mph, compared to 30mph?
  - ☐ Half as likely
  - ☐ Just as likely
  - ☐ Twice as likely
- How many drivers admit to speeding?
  - ☐ 4 out of 10
  - ☐ 7 out of 10
  - ☐ 9 out of 10
- Only one of the following is a speed limit sign, which is it?
 

☐ 

☐ 

☐ 
- How much money does the Royal Hospital for Neuro-disability need to raise each year to continue its work?
  - ☐ £500,000
  - ☐ £1 million
  - ☐ £2.5 million

Please return this form to: **KEEP YOUR HEAD** campaign  
 Royal Hospital for Neuro-disability, West Hill, Putney, London SW15 3SW  
 A prizewinner will be selected at random on Monday 17 October 2005.



The Royal Hospital for Neuro-disability is a national medical charity based in Putney, London. It is not part of the NHS and must raise £2.5 million each year to continue and expand its work. The hospital specialises in assessing and rehabilitating adults with traumatic brain injuries incurred through accidents or strokes. It also provides treatment and long-term care for people with severe and complex neurological conditions, including Huntington's disease and multiple sclerosis. The hospital's focus is on restoring independence, using technology to help people communicate and control their surroundings, and supporting families by creating a positive community.

This year, the Royal Hospital is engaging local schools in the **KEEP YOUR HEAD** campaign. Young drivers are particularly susceptible to accidents, with 1 in 5 crashing within their first year of driving and 1 in 3 male drivers between 17 and 20 crashing within 2 years of passing their tests. By targeting those old enough to drive – and younger children that we hope will retain the information for life – the Royal Hospital's schools programme aims to reduce the number of car accidents amongst younger drivers.



**Royal Hospital for  
Neuro-disability**

A national medical charity  
Registered charity no. 205907

Royal Hospital for Neuro-disability  
 West Hill Putney London SW15 3SW  
 Telephone 020 8780 4561  
 Fax 020 8789 3098  
 Email [info@rhn.org.uk](mailto:info@rhn.org.uk)  
 Website [www.rhn.org.uk/keepyourhead](http://www.rhn.org.uk/keepyourhead)

CODE 0549

# KEEP YOUR HEAD

**Transforming the lives of people with  
severe brain injury. Working to help  
reduce accidents on our roads.**



**Royal Hospital for  
Neuro-disability**

A national medical charity



**84%**

**OF PEOPLE  
DISAPPROVE  
OF SPEEDING,  
YET 69% ADMIT  
DOING IT!**

Many people think it's a minor issue, but speeding is the most common factor in the 36,000 serious injuries and 3,000 deaths that occur on Britain's roads each year. Seemingly small variations in speed can make a crucial difference in the event of an accident. At 35mph you are twice as likely to kill someone as you are at 30mph.

The Royal Hospital for Neuro-disability is a leading UK centre for the assessment and treatment of adults with severe brain injury. A patient snapshot showed that nearly 50% of patients in the hospital's Severe Brain Injury Unit were there as a result of injuries that occurred on our roads. Speed was frequently a significant factor.

The consequences of these accidents are devastating, so the Royal Hospital is working to raise awareness of road safety and is asking you to pledge your support to this campaign.

**KEEP CALM,  
KEEP FOCUSED,  
KEEP YOUR HEAD.**

- 1 Drivers, you are asked to slow down just a few miles an hour and observe the speed limit.**
- 2 Non-drivers can join in too, by pledging support to the campaign and employing passenger power – encouraging drivers to slow down.**

## Finding ability in disability



Following a serious accident, specialist staff at the Royal Hospital for Neuro-disability can assess and treat adults with severe brain injury. Our expert staff include Occupational Therapists, Physiotherapists, Psychologists and Music Therapists as well as doctors and nurses. Their experience means we can provide accurate assessments, which ensure the best rehabilitation programmes are set for each individual. This helps patients to regain precious abilities and life skills to cope with their injuries. Much of this expertise is unavailable anywhere else and patients come from all over the UK.

Every day we help someone regain a precious ability. To the patients each regained skill is a small miracle; to their families it is a milestone of hope.

**James was just 18 when a speeding car hit him on his way home from rugby practise.**

He was seriously injured and for many months showed no signs of awareness. At the Royal Hospital, specialist staff assessed James and realised he was conscious of his surroundings and could signal responses. Since then a combination of therapies have helped him make real progress. Speech and language therapists taught James to use a letter board to communicate with his family. They also helped him re-learn how to swallow, so he is no longer tube-fed and has begun eating again. The best news is that James' family can see his old personality returning.

The car that hit James was going at 55mph. If it had been travelling at 30mph, things may have been very different. **KEEP YOUR HEAD** aims to see fewer families forced to live through these experiences. Your support can make a difference.

**Support the KEEP YOUR HEAD campaign by returning this form or pledge your support online at [www.rhn.org.uk.org.uk/keepyourhead](http://www.rhn.org.uk.org.uk/keepyourhead)**

I pledge my support the Royal Hospital's **KEEP YOUR HEAD** campaign to get drivers to observe the speed limit – please tick

☐ As a driver, I pledge to observe the speed limit.

**OR**

☐ As a non-driver I pledge to employ passenger power and encourage drivers to slow down.

## MY DETAILS

Name

Address

Postcode

Telephone

Email

☐ I would like to receive regular news about the Royal Hospital's work.

**The Royal Hospital for Neuro-disability is not part of the NHS and relies on donations**

Please accept my gift of £30 £25 £15 OR my preferred amount of £  towards the **KEEP YOUR HEAD** campaign

☐ I enclose a cheque / postal order / charity voucher payable to 'Royal Hospital for Neuro-disability'

**OR**

Please debit my ☐ credit/debit card ☐ CAF card ☐ Switch/Solo

Card no.

Start date  -  Expiry date  -

Switch/Solo only  Switch/Solo Issue No.

Signature  Date

☐ I would like the hospital to reclaim an additional 28% in Gift Aid on this and all future donations. (I am a UK tax-payer and the amount of tax I pay exceeds the amount of tax the hospital will reclaim) *giftaid it*

☐ I would prefer not to receive an acknowledgement.

☐ If you would like more information about regularly giving, please tick here.

Please return this form to:

**KEEP YOUR HEAD** campaign  
Royal Hospital for Neuro-disability,  
West Hill, Putney, London SW15 3SW



# I ♥ MY BRAIN



The Royal Hospital for Neuro-disability is a national medical charity based in Putney, London. It is not part of the NHS and aims to raise £2.5million each year to continue and expand its work.

The hospital specialises in assessing and rehabilitating adults with traumatic brain injuries incurred through accidents or strokes. It also provides treatment and long-term care for people with severe and complex neurological conditions, including Huntington's disease and multiple sclerosis.

The hospital's focus is on improving quality of life by restoring independence, using technology to help people communicate and control their surroundings, and by supporting families to create a positive community.

For more information on the 'Love Your Brain' campaign and to find out how you can reduce the risk of suffering a brain injury visit:  
[www.rhn.org.uk/loveyourbrain](http://www.rhn.org.uk/loveyourbrain)

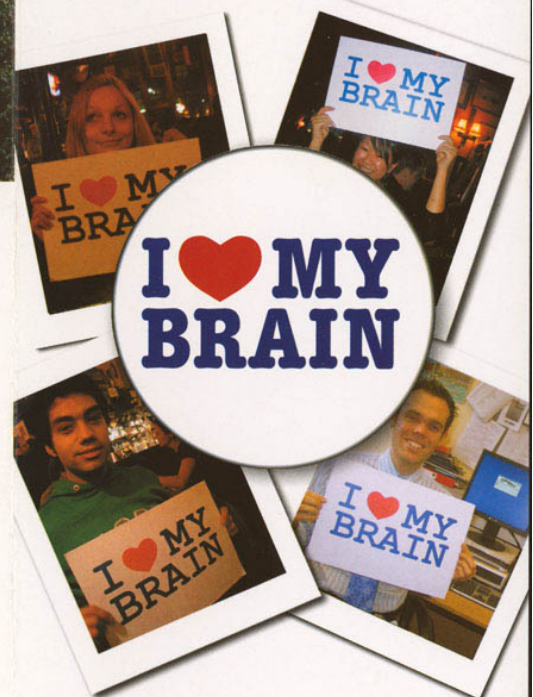


Royal Hospital for  
Neuro-disability

A national medical charity  
Registered charity no. 205907

Royal Hospital for Neuro-disability  
West Hill Putney London SW15 3SW  
Telephone 020 8780 4567  
Email [info@rhn.org.uk](mailto:info@rhn.org.uk)  
Website [www.rhn.org.uk/loveyourbrain](http://www.rhn.org.uk/loveyourbrain)

CODE 09/11



**More young people are killed  
or disabled by brain injury  
than anything else.**

**Isn't it time to love your brain?**



Royal Hospital for  
Neuro-disability

A national medical charity



The Royal Hospital for Neuro-disability is a leading UK centre for the assessment, rehabilitation and long-term care of adults with severe neurological disabilities. In 1985 it opened the UK's first profound brain injury unit and over the last 20 years has treated a growing number of patients aged under 35.



Many of us know someone affected by a neurological injury, often through no fault of his or her own. But there are ways you can reduce the risk of becoming one of a growing number of people living with the effects of a brain injury in the UK.

#### The causes:

40%-50% - road traffic accidents

Everyone knows the dangers of drink driving, speeding or not wearing a seatbelt, but people still do all of these things, injuring themselves and others. Over half of the Royal Hospital's brain injury unit patients are here as a result of traffic accidents. Think about your actions and reduce your risk of being the next statistic.

20%-30% - domestic and industrial accidents

We all have a right to work in conditions where our employers properly monitor health and safety. If you think your work place is unsafe, speak up!

10%-15% - sports and recreational injuries

Sports are great, but be sensible: wear the right protection, warm up properly and follow the rules. However you spend your spare time, take care: James' story shows how a momentary lapse of judgement can have serious consequences.

10% - assaults

Violent assaults by strangers are rare, but you can still reduce your risk. For example, stop an argument by walking away, but stay in a busy, well-lit area.

For more information visit: [www.rhn.org.uk/loveyourbrain](http://www.rhn.org.uk/loveyourbrain)

#### Finding ability in disability

The Royal Hospital for Neuro-disability's expert staff include occupational therapists, physiotherapists, psychologists, speech and language therapists, music therapists, doctors, nurses and many others. Following a serious accident, they can provide accurate assessments and the best rehabilitation programmes for each individual. This helps patients regain precious abilities and life skills to cope with their injuries.

#### James' Story



29-year-old former pilot, James suffered a severe brain injury whilst on a night out with his flight crew. Sliding down a banister, he fell 20 feet on to a marble floor.

His injuries were severe and James spent several weeks in coma. Thanks to a specialist rehabilitation programme and his own determination, James has since made amazing progress.

James spent six months at the Royal Hospital's Transitional Living Unit, which prepares people with neurological disabilities to live more independently in the community. Here James re-learned life skills like driving, weekly budgeting and planning. These helped him move into his own flat and James now works for a local disability action group.

"It never occurred to me that I could hurt myself so seriously by doing something so casual, but looking back it seems pretty obvious. Since my accident, I've had to re-adjust my life. Staff at the Royal Hospital gave me back the skills to do that. Now I take care, I'm more thoughtful and I think I'm happier than I have ever been."

Staff at the Royal Hospital can help following a brain injury, but the best thing is to protect your brain in the first place.

Support the campaign, and get your 'I love my brain' badge at [www.rhn.org.uk/loveyourbrain](http://www.rhn.org.uk/loveyourbrain) or call 020 8780 4567.

Please affix  
stamp here  
Thank you.

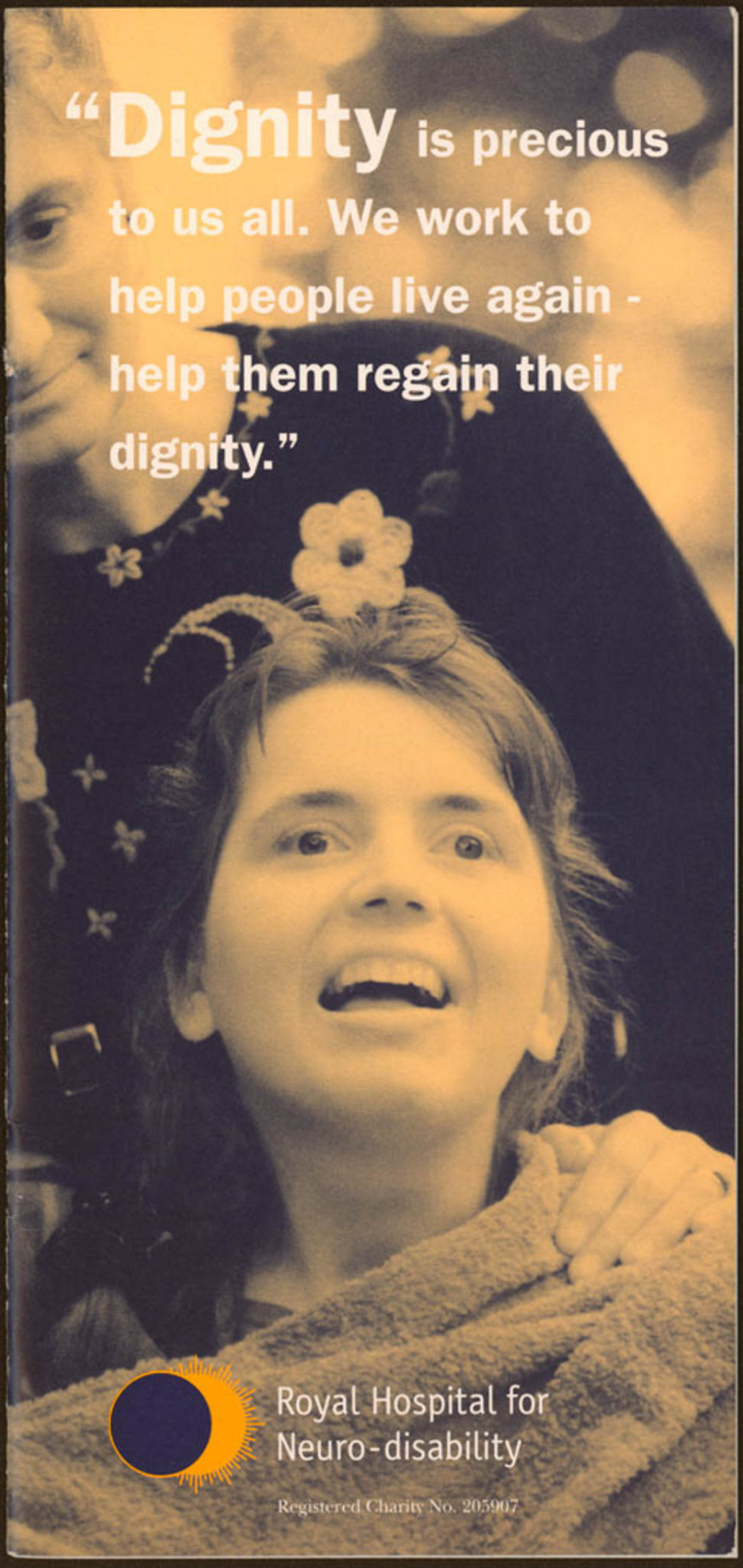
**Tell a friend**

Dear \_\_\_\_\_

Last year almost 125,000 people in England were admitted to hospital with a serious head injury. For the thousands who survive, the lasting effects can be devastating, and include the loss of mobility, memory, communication skills and independence. Despite these figures, few people feel personally at risk, not perceiving brain injuries as preventable or avoidable - but many are.

**I love my brain. Isn't it time to love yours?**

Find out how to reduce your risk and get your 'I love my brain' badge at [www.rhn.org.uk/loveyourbrain](http://www.rhn.org.uk/loveyourbrain) or call 020 8780 4567.



**“Dignity** is precious  
to us all. We work to  
help people live again -  
help them regain their  
dignity.”



Royal Hospital for  
Neuro-disability

Registered Charity No. 205907



### **The Royal Hospital for Neuro-disability**

Our specialist expertise focuses upon providing help and treatment for people with complex or profound physical disabilities resulting from disorders or damage to the nervous system, such as that caused by Multiple Sclerosis, Huntington's Disease or serious head injuries.

## **It can happen to anyone...**

A car crash. A fall at home. A devastating disease. An accident on holiday.... Every year, thousands of people suffer serious damage to the brain or nervous system.


It can happen to anyone.

The results are frightening. A person's life may be changed forever. They may no longer be able to move or speak. Families are devastated; their lives are turned upside down in a moment.

Coping with this neurological disability (or 'neuro-disability') is not an easy task, and it can be a long one.

The Royal Hospital for Neuro-disability provides a sensitive, caring and hopeful environment where severely disabled people can begin to find their own paths to dignity.

The charity is unique, and it depends on people like you to make its work possible.



**"It's really rewarding to  
work with the patients.  
In the past, hope for  
them may well have  
been abandoned"**

Annette Taylor, Nursing Sister

Our patients are very seriously disabled. Some are people for whom the world might once have given up hope.

At the Royal Hospital we never give up hope.

But treating people with serious physical disabilities is expensive and labour intensive. Each small step forward takes a lot of effort, a lot of care, and a lot of resources.

All of us are totally committed to our work and to our patient's progress. For all of us, the aim is the same; to ensure that people who are affected by 'neuro-disability' can live lives that are as fruitful as they can possibly be.

We do not believe in putting financial values on life and hope. But, naturally enough, we need financial resources. We can only carry out our unique work, offering hope now and in the future, with the help of voluntary donations.



We work for quality of life in every way.

We put our resources into making the hospital as positive a place as possible. And we look to the future, too; we are always exploring new ways of dealing with 'neuro-disability'.

Currently, for example, we are designing switches that allow the tiniest movement - from an eyebrow twitch to the brush of a finger - to be translated into commands to operate a computer or drive a wheelchair motor.

Even the most severely disabled patient can now get around.

With all our practical work, the philosophy is the same: it is not the technology that matters, it's the patient.



Developing approaches that allow profoundly disabled people to do as much as possible is a considerable challenge.

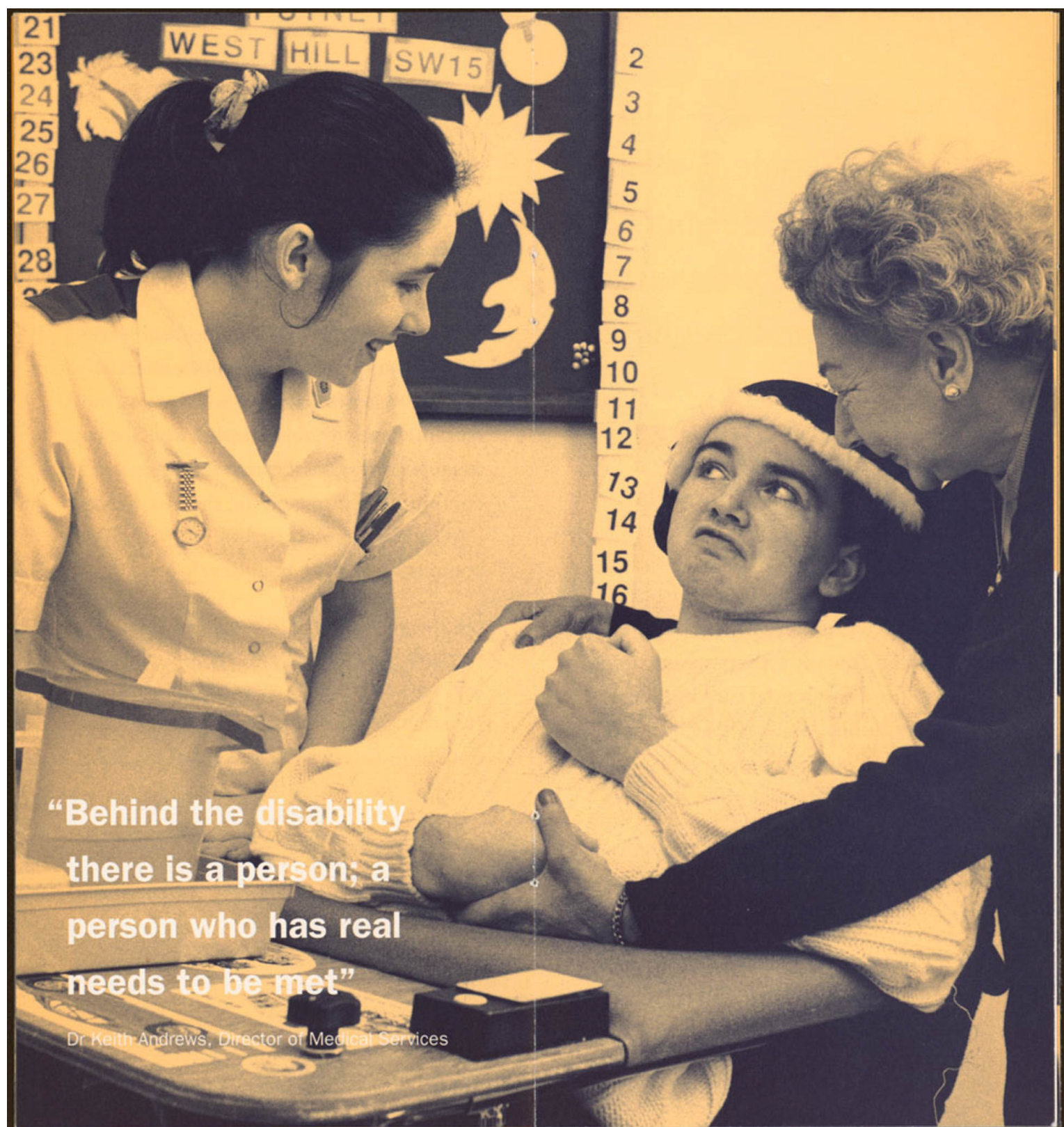
Our useful devices are only one small part of the picture. We consider the person's whole environment, physical and social.

All our buildings, for example, are designed to present as few difficulties as possible. We provide help with communication too - people who have lost the power of speech are now able to communicate through the devices, from letterboards to on-board wheelchair talking computers, that we have developed.

For the sake of those affected by neurological disability we need to continue our work as a highly respected pioneering research and development centre. Your donations can help to make that possible.

**“Before I came here my  
quality of life was  
zero”** Francis Grimes, patient





**“Behind the disability  
there is a person; a  
person who has real  
needs to be met”**

Dr Keith Andrews, Director of Medical Services



**“We were devastated by our son’s accident we felt that we’d lost him. The people here have given him - and us - new hope, new life...”**

Leslie and Carol Pratt, parents of Grant who has now left to start a new life

Some people eventually leave us to go to rehabilitation centres. Others return home. Some will need residential care in their local communities. We work 24 hours a day to ensure that people are given every hope of realising their potential when they are with us - and after they leave.

But it isn’t just the patients who have to cope.

We offer support and help to families, who are often deeply affected by the challenges



that face their loved ones. Their concern is shared by us and reflected in our work.

Naturally we try to balance expectation with reality. Life will never be the same for people who have suffered the kind of injuries or diseases that result in ‘neuro-disability’. Understanding that, we work to help people realise their potential, to open new doors where old ones have closed.

The Royal Hospital for Neuro-disability is a charity. We work closely with the health service, and funds from the health service cover our day-to-day costs. But it is not the day-to-day work that makes the hospital special.

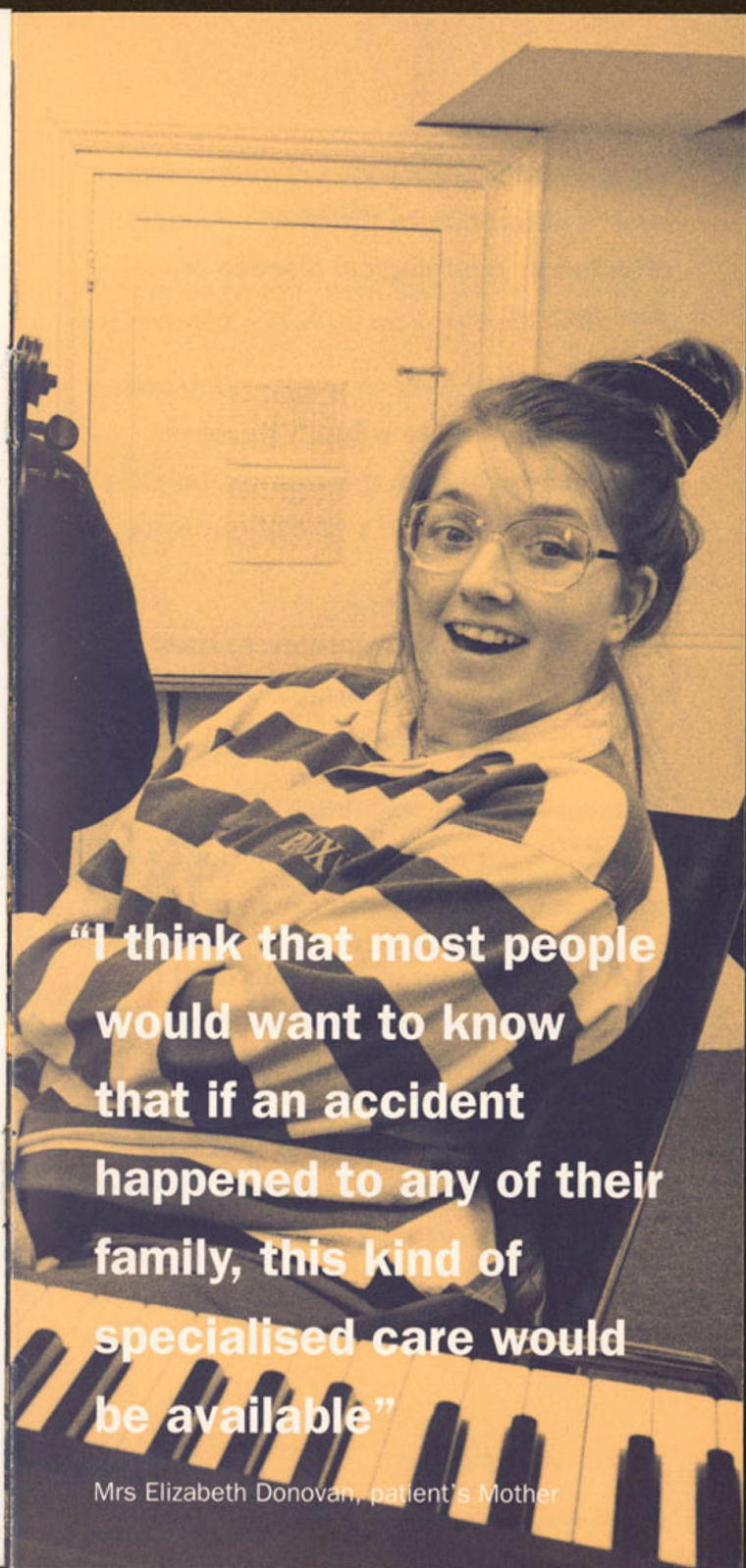
To do the work we do, we need your help. Voluntary donations don't just make a difference, they make the hospital what it is.

Our plans for the future include increasing our training, development and research work to provide more and more help to hospitals, patients and families around the country and abroad.

And of course we want to keep on improving the services we offer at the Royal Hospital - to keep on providing help and hope for those suffering from the devastating effects of 'neuro-disability'.

If you would like to help people facing this enormous challenge back on the road to hope and dignity, please make a donation. Large or small, you can be sure that we will put it to good use.

After all, 'neuro-disability' can strike any family at any time, anywhere...



**"I think that most people would want to know that if an accident happened to any of their family, this kind of specialised care would be available"**

Mrs Elizabeth Donovan, patient's Mother



**Ways in which your support can make such a difference to the lives of people affected by neurological disease or damage:**

**£10** could enable us to send a video and information pack to a family home or hospital anywhere in the country, helping to make more people aware of our work and methods.

**£25** can buy a special cushion to make a wheelchair more comfortable and prevent curvature of the spine.

**£50** can buy a perspex letterboard enabling a patient, helped by a carer, to spell out words using just eye movements.

**£120** can buy a set of gym balls used by physiotherapists to improve patients' physical mobility and control.

**£250** can enable a patient to spend three days experiencing the challenge of helping sail a Tall Ship on a trip around the Channel Islands.

**Help us make your gift worth more - at no additional cost to you**

Your gift can be made to go even further to help severely disabled people. Simply fill in the Deed of Covenant and Bankers Order forms below. We will be able to claim back the tax you have paid on your gift making it worth nearly a third more (eg. if you give us £25 we actually receive £32.47 -or an additional £7.47).

**Bankers order form**

To the Manager  Bank

Branch address

Bank Sort Code

Please pay to the credit of the Royal Hospital for Neuro-disability Account No. 41655273 at National Westminster Bank (sort code 60-20-09) 250 Wimbledon Park Road, London SW19 6NL

the sum of £  (in figures)

(in words)

every month / quarter / year (delete as appropriate)

for  years or until further notice

starting on  (date)

debiting my A/C number  accordingly

Name

(full name in caps)

Address

Signed  Dated

Please cancel any previous standing order - which may be made in favour of the Royal Hospital and Home Putney, the Hospital's former name

**Deed of Covenant**

I

(full name in caps)

Of

(address)

hereby covenant with the Royal Hospital for Neuro-disability that for a period of  years\* from  (starting date) or during my lifetime if shorter such a sum as after deduction of income tax at the basic rate for the time being in force amounts to:

£  (yearly amount in figures)

£  (in words)

Signed and delivered by me

this  day of  199

in the presence of

(witness's signature)

Witness's full name

Address

\*Enter the period of the covenant, which must be for a minimum period of four years



**Royal Hospital for Neuro-disability**

An independent medical charity

**I want to help people with neuro-disability  
to learn to live again**

Every pound you send us can make a difference to the lives  
of hundreds of people now and in the future.

Title  Name

Address

Postcode  Telephone

Please accept my donation of:

☐ £10 ☐ £25 ☐ £50 ☐ £150 ☐ £250 ☐ Other

I enclose a cheque / postal order / CAF Voucher made  
payable to the Royal Hospital for Neuro-disability  
*(please consider making your gift worth nearly a third more to us  
by taking out a covenant - see forms overleaf)*

Please debit my Access / Visa / CAF Charity Card No.

Card expiry date

Signed

Alternatively you make a donation  
by telephone by calling :- 0181 - 788 6052.

Please send me information on:

☐ Gift aid ☐ Leaving a legacy  
☐ Payroll giving ☐ Fundraising group activities

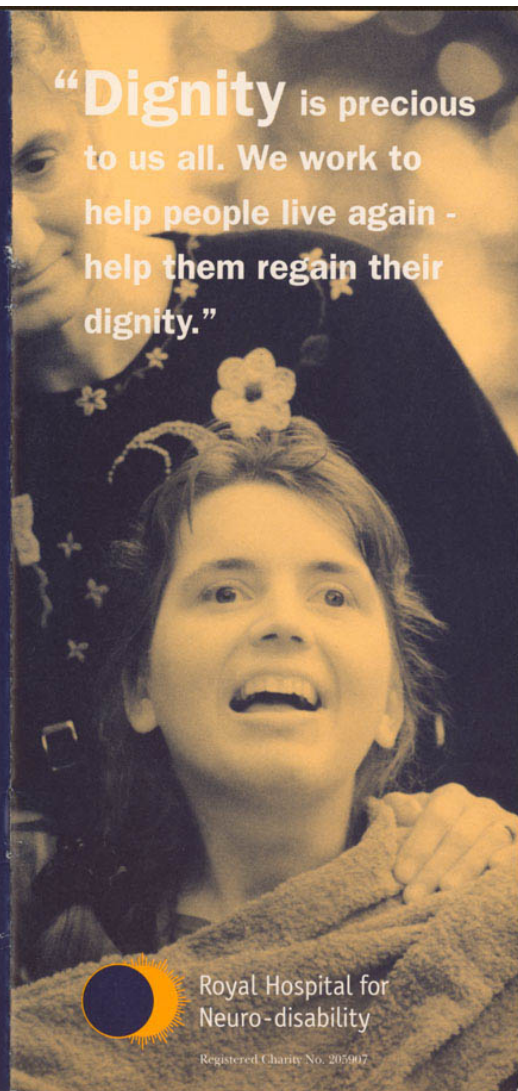
**The Royal Hospital for Neuro-disability**  
West Hill, Putney, London SW15 3SW

**Patrons**

Her Majesty The Queen  
Her Majesty Queen Elizabeth The Queen Mother

The Royal Hospital for Neurodisability is a Registered Charity. No. 205907

**“Dignity** is precious  
to us all. We work to  
help people live again -  
help them regain their  
dignity.”



**Royal Hospital for  
Neuro-disability**

Registered Charity No. 205907

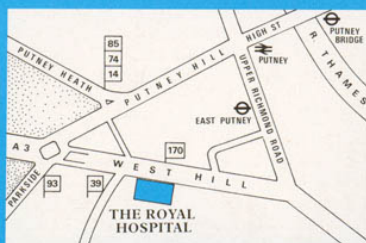




## THE ROYAL HOSPITAL AND HOME, PUTNEY



The Main Building was occupied by the Hospital soon after its foundation in 1854. Since 1976 new buildings have been added to provide a Self-Care Unit, facilities for Rehabilitation, a Nursing School, a Day Hospital and Britain's first Unit dedicated to the treatment of brain injured people.



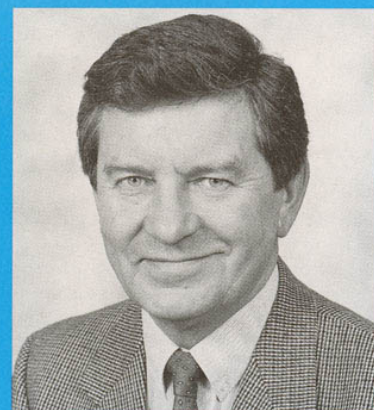
Bus routes serving the area: 170, 93, 74, 39, 14.  
Underground: Putney Bridge, East Putney (District Line).  
British Rail: Putney Station.

The Royal Hospital and Home, Putney  
West Hill, London SW15 3SW  
Telephone No. 01-788 4511 Fax No. 01-780 1883

Registered Charity No. 205907



## THE ROYAL HOSPITAL AND HOME, PUTNEY



RICHARD BAKER

*An invitation  
to become a Friend  
of the RHHP*



## THE ROYAL HOSPITAL AND HOME, PUTNEY

Dear (prospective) Friend of the RHHP,  
For a number of years I have been associated with the Royal Hospital and Home and have been an ardent admirer of the wonderful work undertaken by the nurses, therapists and other members of staff who treat and manage the profoundly disabled residents in their care.

Complementing their work is the effort put in by individual volunteers and teams of helpers, so essential if a warm, friendly and homely atmosphere is to be achieved. The Friends provide help in many ways; some give money, others organise fund-raising events, and many visit patients, help in such places as the library or the shop, or entertain.

So many of us today are busy, heavily committed or have to face difficult travel arrangements. Nevertheless, most of us can still give a little something in one way or another, whether it be our time, our skills or our money: also we all know that at any time we ourselves may need help.

I would like to invite you to join me by becoming a Friend of the RHHP. Please give it a thought.

*Richard Baker*



## THE ROYAL HOSPITAL AND HOME, PUTNEY

### *Friends of the RHHP*

Friends of the RHHP come from all over the country. Their common bond is their concern and interest in the aims and needs of the Royal Hospital and Home at Putney and the treatment and care that its residents receive. Their support can be active or passive.

A list of Friends is held by the RHHP Appeals Department. Friends can therefore be put in touch with one another through the Department, regardless of where they live. As a result they can all pull together should events or activities require mutual support. Needless to say, names and addresses would only be passed on with the individual Friend's permission. (See application form.)

The Friends are not run by a committee and are self-financing in anything they undertake. The results of any fundraising activities are received by the RHHP in the form of a donation.

Limited secretarial support for Friends can be provided by the small staff of the Appeals Department at the RHHP.

Friends will receive:

- \* The Annual Report.
- \* An activities list which will explain how members can help at the RHHP and, if they wish to do so, whom they should contact.
- \* Advance notice and priority booking for special events.
- \* An invitation to the Hospital Open Day.
- \* A Car Sticker.
- \* A Regular Newsletter.

An annual subscription of £5 is asked for to cover administration costs.

Additional application forms can be obtained from the Appeals Department at the RHHP.



## THE ROYAL HOSPITAL AND HOME, PUTNEY

### *Application to become a Friend of the RHHP*

NAME .....

ADDRESS .....

.....POSTCODE.....

TELEPHONE No. ....

Annual Subscription (£5) £ .....

Further Donation (if desired) £ .....

Cash/Cheque/Postal Order/\*Credit Card

(Cheques payable to Royal Hospital and Home, Putney.)

\*I authorise you to charge my Visa/Access/American Express/Diners Club Card (delete as appropriate)

ACCOUNT NUMBER:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

CREDIT CARD

EXPIRY DATE:

--	--	--	--

NAME .....  
(CAPITAL LETTERS)

SIGNED .....

the sum of £..... DATE.....19....

Please tick box if we can pass your address to other Friends ☐

Then send this portion to:

Friends of the RHHP Appeals Department  
Royal Hospital and Home, Putney  
West Hill, London SW15 3SW



**I would like to help people with neuro-disabilities**

Please accept my gift of ☐ £15 ☐ £25 ☐ £100

Or my preferred amount £ \_\_\_\_\_

☐ I enclose a cheque/ postal order/ charity voucher payable to Royal Hospital for Neuro-disability

OR

☐ Please debit my Visa/ Visa Electron/ MasterCard/ Maestro/ Solo/ JCB/ American Express/ CAF charity card (delete as appropriate)

Card no.

Start date -- Expiry date --

Maestro/ Solo Issue No.

Signature

Date --

☐ Tick here if you would like the hospital *giftaid it* to reclaim tax on this and all future donations through the gift aid scheme (NB. You must have paid income or capital gains tax equal to the tax that will be claimed - currently 28p for every £1)

Name

Address

Postcode

**Please send me:**

- ☐ Information about supporting the hospital with a regular gift.  
☐ Information about making a Will and leaving a legacy.  
☐ Information about participating in a fundraising event or volunteering for the hospital.

Please complete this form and return it to:  
 Director of Fundraising, Royal Hospital for Neuro-disability,  
 FREEPOST SW15 3BR. Thank you.



**What your money can buy**

**£15** would enable us to buy a computer switch enabling a non-speaking patient to communicate with family and friends.

**£25** pays for a physiotherapy session, helping a patient to regain mobility.

**£100** would pay for software for a specially adapted computer, helping someone to improve co-ordination and limb strength.



**Royal Hospital for Neuro-disability**  
 A national medical charity

Royal Hospital for Neuro-disability,  
 West Hill, Putney, London SW15 3SW  
 Telephone: 020 8780 4563  
 Email: fundraising@rhn.org.uk  
 www.rhn.org.uk  
 Registered charity no. 205907

CS06 0489

**150 years**  
 1854-2004  
*finding ability  
 in disability*



**Royal Hospital for Neuro-disability**  
 A national medical charity

**Every day, we help someone regain a precious ability**



To the patient, each regained ability is a small miracle. To their family, it is a milestone of hope.

The Royal Hospital for Neuro-disability...  
....finding ability in disability.

Maximising independence, communication,  
mobility and quality of life.

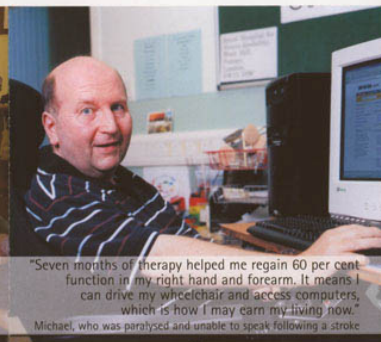
However...  
we couldn't do it without your help.



"This hospital has given me my son back.  
You can't put a price on that."  
Lois Harden, Adam's Mum



"The hospital's team has provided me with  
specialist technology which means I'll be able  
to get on with family life when I go home."  
Mel



"Seven months of therapy helped me regain 60 per cent  
function in my right hand and forearm. It means I  
can drive my wheelchair and access computers,  
which is how I may earn my living now."  
Michael, who was paralysed and unable to speak following a stroke

Since 1854, the Royal Hospital for  
Neuro-disability has been working hard  
to care for people with neuro-disabilities.  
We have come a long way and are  
extremely proud that we are one of the  
UK's leading providers of rehabilitation  
and care for people suffering profound  
disability resulting from brain injury and  
neurological disease. Every day our staff  
work to improve the quality of life,  
independence and dignity of our patients  
and every day we see someone regain a  
precious ability.

The hospital cares for patients who have suffered head or spinal  
injuries (for example through a traffic accident), stroke victims and  
people with neurological diseases such as multiple sclerosis,  
Huntington's and Parkinson's disease.

No other organisation is able to offer such a comprehensive and  
specialist service to people with such a wide range of profound and  
complex disabilities.

#### Finding ability in Adam

When Adam was 21 he was hit by a drunk driver and ended up in a  
coma. On arrival at the Royal Hospital, Adam was in a minimal  
conscious state. He was deaf, mute and almost immobile.

Expert rehabilitation at the hospital gave Adam and his family the  
chance to rebuild their lives. After many months his hearing,  
movement and speech returned. Adam continues to make remarkable  
progress. He is relearning to walk and has been assessed as having  
university intelligence once more. Perhaps most importantly his  
sense of humour and personality are shining through.

#### Finding ability in Mel

At the age of 31 Mel contracted meningitis which left her  
severely paralysed. When she first arrived at the Royal Hospital  
she could only communicate through blinking and had  
no independence.

Our skilled therapy teams worked hard helping her regain precious  
abilities. One thing that Mel particularly values is computer  
therapy. We designed a customised switch, which has enabled her  
to use a computer. This allows her to write letters and send emails  
and has given her back the ability to communicate with family  
and friends.

Mel is now able to leave the hospital and will return home to her  
husband and two young sons.

The Royal Hospital for Neuro-disability is not part of the NHS,  
and we rely heavily on voluntary donations to continue our vital  
work. Our unique services such as some of our therapies and our  
computer and art facilities are paid for through voluntary  
donations. We need to raise £2.5 million a year to fund these,  
and it is the generosity of individuals that enables us to provide  
the services that people with neuro-disabilities deserve.

The Royal Hospital for Neuro-disability has been finding ability in  
disability for 150 years. To ensure our work continues long into  
the future, please use the form overleaf to send in a donation or  
to request more information. Your support will make a real  
difference to the lives of people with profound neuro-disabilities.

Thank you for your support.





## Getting out of **Putney** is quite an achievement

...especially for someone who's suffered brain injury in a traffic accident or had a stroke, or is in the advanced stages of multiple sclerosis or has inherited Huntington's Disease.

Our patients come from all over the country to be helped by our unique facilities, by our sophisticated specialised treatments, and by the many skills of our

highly trained therapists, doctors and nurses.

The Royal Hospital and Home, Putney, takes on the problems that other hospitals can't cope with. Yet we are still a charity, outside the National Health Service. So it's through your kind generosity and help that our patients can continue to lead full, worthwhile and happy lives.

THE ROYAL HOSPITAL AND HOME, PUTNEY   
WHERE PEOPLE LEARN TO LIVE AGAIN 

**300 beds** – of these 43 are in the Brain Injury Unit (the first of its kind in the UK).

**69 therapy staff** – including physiotherapists, speech, music and occupational therapists.

**53 other professional staff** – including doctors, dieticians, technicians, pharmacists, social workers and activities organisers.

**Principal diagnoses** – Brain Injury, Multiple Sclerosis (30%), Stroke, Cerebral Palsy, Spinal Injury, Parkinson's and Huntington's Disease.

**450 wheelchairs** – maintained and individually adapted for each patient in our workshop.

**14 bed Transitional Living Unit** – for community living reintegration training.

**30 bed Holiday Home** – for RHHP residents in Brighton.

Ever-increasing sums of money are needed to finance the care given to our residents, for Hospital maintenance and refurbishment and for new facilities planned for the future.

If you would like more information about the RHHP or wish to make a donation, please fill in the coupon and send it to us.

We very much look forward to hearing from you.

REGISTERED CHARITY NO. 205907

I enclose a donation  
to the RHHP of £ \_\_\_\_\_

OR I authorise you to charge my Visa/Access/  
American Express/Diners Club Card

THE SUM OF £ \_\_\_\_\_

ACCOUNT NUMBER								CREDIT CARD							
								EXPIRY DATE							

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

---

POSTCODE

SIGNATURE \_\_\_\_\_

Please send me further information about the RHHP ☐



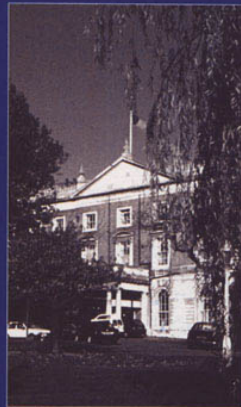


The Royal Hospital for Neuro-disability provides specialist treatment and care for patients who have become seriously disabled through injury to their brain or nervous system.

Founded almost 150 years ago as the Hospital for Incurables, the Royal Hospital is today the only one of its type in the United Kingdom. No other centre offers such a comprehensive range of medical facilities, so many specialist staff or such a degree of expertise in dealing with disabilities which include Multiple Sclerosis, Huntington's disease and stroke.

If you would like further information about the Royal Hospital or would like to know about other ways in which you can support our work, please contact our fundraising department.

## Royal Hospital for Neuro-disability



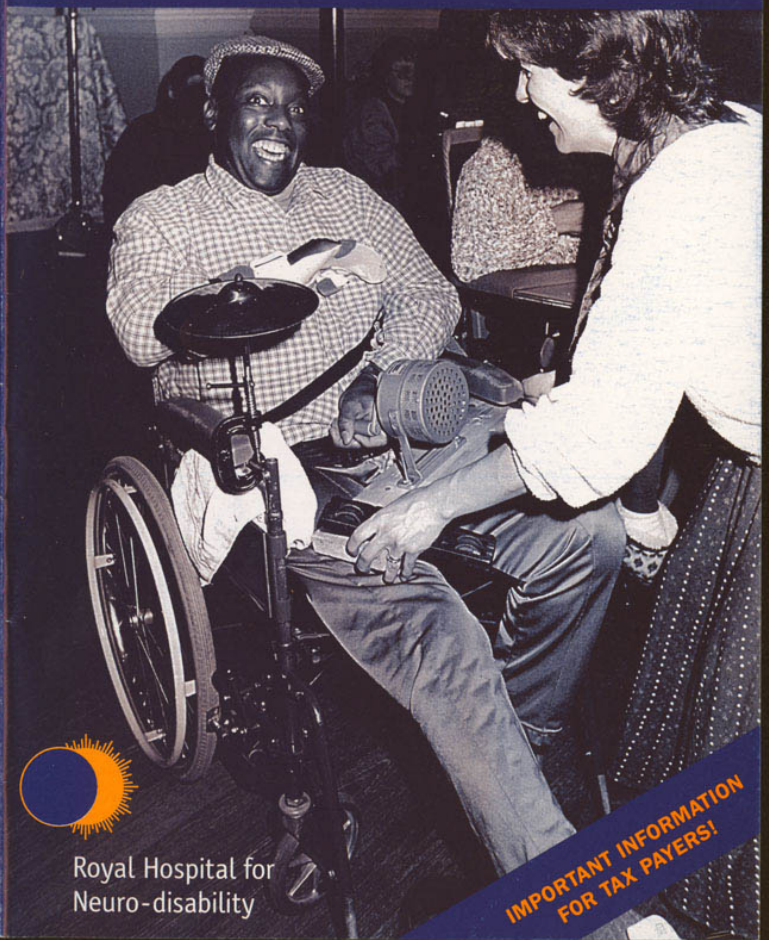
**Royal Hospital for Neuro-disability**  
West Hill  
Putney  
London SW15 3SW.

**Telephone: 0181-788 6052.**

*Formerly known as the  
Royal Hospital & Home, Putney*

Registered charity number 205907.

See how much *more* your gift can achieve...



Royal Hospital for  
Neuro-disability

**IMPORTANT INFORMATION  
FOR TAX PAYERS!**



to restore quality and dignity to patient's lives

**HAIRDRESSING** For many patients, the Hospital provides much more than treatment—it offer many chances to restore a degree of normality to their lives. Every week, 50 patients enjoy a visit to our hairdressing salon.

£75 could buy important new hairdressing equipment to help restore confidence to many more patients.



*'I can't believe the progress Pat has made since coming to the Royal Hospital. Thanks to all the staff's hard work, we can at last communicate with each other again. And it's wonderful to see Pat smile.'*

Phyllis Joyce, Pat's wife.

**WHEELCHAIR LOAN SERVICE** Our vital seating equipment loan service gives every patient the chance to try out different forms of equipment and choose which best suits his or her personal needs.

£100 could buy a U-shaped headrest which will support a patient's head enabling him or her to participate in a full range of activities.





...when you give by Deed of Covenant!

Giving by Deed of Covenant is a unique way of making more facilities like those you see opposite available to patients at the Royal Hospital – and at no extra cost to you! That's because, if you can make a donation on a regular basis and pay tax, we are able to reclaim the tax you have already paid on your gift. In other words, the value of your gift will increase by nearly a third. So, for example, if your donation would normally enable a patient like Roy Warner (on the front cover) to attend three recreational activities a week, by giving by Deed of Covenant, you would enable him to enjoy four activities instead.

#### REGULAR GIFTS ARE ESSENTIAL FOR ONGOING CARE

As the Hospital is a registered charity and not part of the NHS, we depend on donations to fund that part of our work which is dedicated to restoring real quality of life to patients. As many of our severely disabled patients need long-term care, regular funding is essential if we are to continue to give them opportunities to develop new skills. Giving by deed of covenant will not only enable us to plan our future work for disabled people with more confidence, but also give those in our care the chance to lead lives of hope, dignity and independence.

#### WILL YOU HELP US RECLAIM THE TAX YOU HAVE PAID ON YOUR GIFT BY SIGNING A DEED OF COVENANT?

If you are a tax-payer and would like to support the Hospital with a deed of covenant, all you need to do is complete and return the form overleaf.

Your gift will provide many more opportunities

The musical improvisation session on the front cover is just one of many activities which enable profoundly disabled patients at the Royal Hospital to push back the barriers imposed by their disabilities.

Below and opposite you will see examples of several other activities and services – from art therapy groups to research and our specialist seating equipment loan service – all of which rely on regular contributions from our supporters.



**ART THERAPY** For many patients, art therapy not only provides a means of communication, it can also dramatically increase a sense of self-worth.

£50 could buy a week's supply of materials for art and pottery classes.

**RECREATION** To minimise the isolation of living in hospital, our Patient Activities department – run entirely with voluntary donations – organises around 20 events including cinema and gardening clubs and musical concerts.

£20 could enable a patient to enjoy a special outing to the shops or cinema with a carer.

**RESEARCH** Our patients are constantly benefiting from the pioneering work of our researchers who are searching for new methods of treatment and assessment to maximise patients' potential for recovery.

**HYDROTHERAPY** As practically all our patients spend most of their day in a wheelchair, our hydrotherapy pool provides them with a welcome feeling of freedom and relaxation.



## Giving by Deed of Covenant couldn't be easier

To make your gift to the Royal Hospital by Deed of Covenant, you just need to fill in both sections of this form, return it in an envelope to the freepost address below (you do not need a stamp) and leave the rest to us.

### BANKER'S ORDER

To the Manager

Bank/Building Society

Branch address

Postcode

Bank sort code       Please pay to the credit of the Royal Hospital for Neuro-disability, Account no. 41655273 at National Westminster Bank (sort code 60-20-09), PO Box 10230, 250 Wimbledon Park Road, London SW19 6ZA

the sum of (in figures) £ (in words) £

every month/quarter/year (delete as appropriate) starting on (date)

until further notice debiting my a/c no.

Name (full name in caps)

Address

Postcode

Signed dated

This cancels any previous standing order made in favour of the Royal Hospital and Home Putney, the Hospital's former name, or the Royal Hospital for Neuro-disability, our new name. Please do not send this form to your bank.

### IN APPRECIATION

If you are able to make a regular gift to the Royal Hospital by Deed of Covenant we would like to send you a set of three cards as a small token of our appreciation.

*'Flowers of Hope' card set.*



### DEED OF COVENANT (TAX RECOVERY FORM)

I (full name in caps)

of (address)

Postcode

hereby covenant with the Royal Hospital for Neuro-disability that for a period of years\* from (starting date) or during my lifetime

if shorter such a sum as after deduction of income tax at the basic rate for the

time being in force amounts to: (yearly amount in figures) £

(in words) £

Signed and delivered by me

this day of 19

In the presence of (witnesses signature)

Witnesses full name

Address

Postcode

\* Enter the period of Covenant, which must be for a minimum period of four years.

Under Income Tax rules, you may only fill in this form if you have taxable income in your name. If your spouse has taxable income it may be filled in by him/her. You should sign the form and enter the date you actually sign it in the presence of a witness who should also sign where shown.

### TO RETURN YOUR FORM

When you have completed both sections of this form, please return it to: Fundraising Department, The Royal Hospital for Neuro-disability, FREEPOST SW5135, London SW15 3BR.

Registered charity number: 205907.

IF YOU  
DON'T PAY TAX  
YOU CAN STILL  
HELP WITH A GIFT  
BY BANKER'S  
ORDER

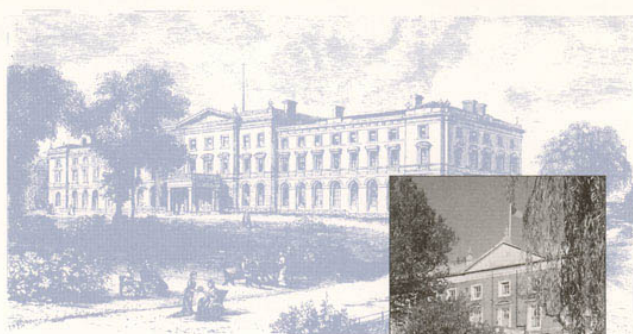


**the most valuable  
gift of all**

any  
reason of  
(same) to my  
see fit and  
it or any part  
the time



**Royal Hospital for  
Neuro-disability**



*In 1854, Dr Andrew Reed founded the Hospital for Incurables, as it was known then, in response to a plea from Charles Dickens.*

## WHERE HOPE BEGINS

**O**UR FOUNDER, Dr Andrew Reed, aimed 'to give permanent relief to such persons as are hopelessly disqualified for the duties of life'. Almost 150 years later, the Royal Hospital for Neuro-disability, as it was renamed in 1995, remains dedicated to helping patients push back the barriers imposed by their disabilities. For we believe that every individual should have the right to regain their dignity and enjoy the best possible quality of life.

All the 500 patients we treat each year are affected by a serious form of neuro-disability. In other words, their brain or nervous system has been severely damaged either by an accident or through illness. Many cannot speak and are severely limited in their movements while others cannot think clearly or be aware of their surroundings.

No other centre in the United Kingdom provides the expertise or the range of specialist treatments to deal with neuro-disabilities as the Royal Hospital. Our patients benefit from Britain's first Brain Injury Unit and a Transitional Living Unit which prepares those who are able to return to live in the community. At all times we seek to treat people with consideration and compassion.

## RESTORING DIGNITY, EXPANDING INDIVIDUAL HORIZONS

**O**UR SKILLED AND DEDICATED TEAMS of doctors, nurses, therapists, support staff and researchers enable each patient to achieve as high a quality of life as possible within the limits of his or her disability. We focus on people's abilities rather than their disabilities.

Yet the part of our work which is dedicated to restoring dignity and normality to patients lives – including our vital new equipment, pioneering research, decorating patient's rooms, holidays and outings and our chaplaincy service – is wholly dependent on voluntary income.

Legacies provide as much as 40 per cent of this funding, so you can appreciate what a vital source of revenue it is. Some legacies come from people with friends or relatives at the Hospital but others simply recognise it as an opportunity to leave a wonderful gift which will enrich the lives of profoundly disabled people.

A small change in your will costs you nothing now but will make all the difference to the lives of severely disabled people in the future.

### A fantastic feeling of freedom



*'There's a wonderful range of activities here – from horse-riding and gym groups to pottery and computer classes. But swimming is my favourite. With the support of the water, I can swim without help and even walk along the bottom of the pool. It's extremely relaxing and gives me a fantastic feeling of freedom.'*

Karen Cusack, former police communications officer and residential patient on Cathcart ward



WHERE THERE'S LIFE



YOU CAN BRING...

#### ...HOPE

To ensure we provide the best possible care for our patients, the Royal Hospital is committed to long-term research – all of which is funded by voluntary donations. Specialist staff are developing more accurate ways of assessing the abilities of brain-injured patients so that we can offer the most effective treatments which will improve the quality of life. **Funding the equipment necessary for this research for just one year costs more than £40,000.**

#### ...MOBILITY

One of our priorities is to provide all our residents and patients with a wheelchair so that they can be as mobile and independent as possible. At the hospital we hold special wheelchair clinics and provide important loan equipment which patients can try out, funded by voluntary donations. **The cost of an electric wheelchair can be as high as £7,000.**

#### ...RELAXATION

Once patients are able to manage their disabilities, we aim to give them every opportunity to live life as they choose. To minimise the isolation of living in hospital, we organise more than 20 events each week, including shopping trips, concerts, trips to the local cinema and even short holidays on the coast. **Supporting such patient activities costs around £44,000 each year.**

#### ...EMOTIONAL SUPPORT

Providing emotional support for patients and their relatives is a vital part of the rehabilitation programme. At the Hospital we make time to answer relatives' questions and encourage their participation in relative group meetings. For patients and relatives seeking spiritual comfort and support, a resident Chaplain and other denominational leaders are always available. **The cost of providing these services in any one year is £20,000.**

## HOW YOU CAN REMEMBER THE ROYAL HOSPITAL IN YOUR WILL

**I**F YOU ARE considering remembering the Royal Hospital in your will, there are several ways in which you can leave a gift. To help you and your solicitor in drawing up a bequest to the Royal Hospital, we have prepared sample wording on the enclosed leaflet, *Preparing to See a Solicitor*. There are various types of gift:

#### Pecuniary bequest

If you wish to leave a specific amount of money to the Royal Hospital, you should make a pecuniary bequest. When you come to review your will, it's worth looking again at any pecuniary bequests you have made as inflation may have affected their value. For example £100 in 1982 is worth less than £20 now in real terms.

#### Residuary bequest

Once you have provided for your loved ones, this would be the gift of the whole or part of the 'residue' – the remaining part of your estate. It is vital that you specify who you wish to benefit from the residue of your estate, otherwise the law will decide how it will be distributed.

#### Specific bequest

If you wish to leave the Hospital an item of value, you should make a specific bequest. In the past, the Hospital has received bequests in all shapes and sizes – everything from property, jewellery, furniture, stocks and shares to a parrot!

#### Reversionary bequest

You should make a reversionary bequest if there is a specific item which you wish to pass to the Royal Hospital once the first recipient named in your will has died.

#### Why I have included the Royal Hospital in my will

*'I decided to leave a pecuniary bequest to the Royal Hospital when I realised how fortunate I was compared to the many brave patients the Hospital cares for. Seeing the difference that its marvellous facilities and dedicated staff can make to patients' lives, I wanted to help make sure that the Hospital's services would still be there for generations to come. I'm delighted to know that my money will be going to such a good cause.'*

Lynn Reinhold



## IF YOU HAVE NOT YET MADE A WILL...

**M**AKING A WILL is your only opportunity to choose who will benefit from all that you have worked so hard for during your lifetime. Many people assume that everything they own will go automatically to their next of kin. This is not necessarily the case. Even if you have no family, making a will is still important because if you die without one, all your assets will go into the public purse, rather than to those friends or charities you might have chosen.

Making a will need not be difficult nor expensive. You may be tempted to draw up a will yourself or use a will kit, but please be careful as you may run the risk of it being contested and declared invalid.

### The advantages of using a solicitor

Using a solicitor is by far the safest way to draw up a watertight will and is relatively inexpensive. Your solicitor will also be able to advise you on the best ways of distributing your assets and how to minimise the amount of inheritance tax that may be liable on your estate. To help you prepare the information your solicitor will need to know, a leaflet entitled *Preparing to See a Solicitor* has been enclosed.

## ...OR IF YOU WANT TO UPDATE IT

**N**OT ONLY is it essential that you make a will, it is just as important that you keep it up to date. Inevitably, certain changes will take place in your life – changes that will necessitate updating your will. These might include the birth or marriage of a child, receiving an inheritance, the sale of the family home, remarriage or divorce and the death of a spouse or a close member of your family.

If any of these circumstances occur, your solicitor will be able to advise you on the changes you need to make. This may be possible by making a codicil, suggested wordings for which you will find in the enclosed leaflet, *Preparing to See a Solicitor*.

For a plain-English explanation of legal terms associated with making or changing a will, please turn to the glossary inside the back cover.

## PREPARING TO SEE A SOLICITOR

**W**HEN YOU VISIT A SOLICITOR to prepare your will or to bring it up to date, he or she will need certain information. Using this simple

You do not need to use a stamp however using one will save the Hospital money.

Neuro-disability  
135

The details contained in this leaflet are only a guide. For specific legal problems you are strongly advised to consult a solicitor. No responsibility can be taken for the legal content of this leaflet.

**Royal Hospital for Neuro-disability**  
West Hill  
Putney  
London SW15 3SW.

Telephone: 0181-780 4500.

Registered charity number 205907.



Royal Hospital for  
Neuro-disability

Front cover:  
*Art therapy is one of many activities organised by the Royal Hospital which gives Sally (right) a means of expressing her emotions and establishing her independence.*



You do not  
need to use a  
stamp however  
using one  
will save the  
Hospital money.



STRICTLY PRIVATE AND CONFIDENTIAL

John Chamberlain  
Royal Hospital for Neuro-disability  
FREEPOST SW5135  
London  
SW15 3BR

#### PREPARING TO SEE A SOLICITOR

**W**HEN YOU VISIT A SOLICITOR to prepare your will or to bring it up to date, he or she will need certain information. Using this simple checklist prepare as many of the details as you can on a separate sheet to take with you.

##### Names and addresses

Make a note of your full name and address together with those of your spouse, any former spouses and your children.

##### Listing your assets...

This will help your solicitor work out if your estate will be liable for Inheritance Tax.

**Property** – list your main assets and their approximate value, including property, household contents, cars, life policies and specific items of value.

**Finance** – prepare details of your bank and building society accounts, insurance policies, stocks and shares, unit trusts, National Savings, pensions, premium bonds and any other financial assets.

##### ... and your debts

**Outstanding payments** – list details of any debts, such as a mortgage, loans, bank overdrafts, hire purchase agreements, credit card debts and tax owed.

##### Your opportunity to choose

As well as providing details of your estate, you'll also need to list the people to whom you wish to leave gifts and the gifts you'd like them to receive. You should also provide the names and addresses of at least two executors you have chosen to make sure that your wishes are carried out plus the names and addresses of any guardians you have chosen for your children under 18. And if you intend to remember any charities in your will, your solicitor will need their details too.

*Please turn over for sample wording.*



Royal Hospital for  
Neuro-disability

Registered charity number 205907.

CONFIDENTIAL

#### IF YOU DECIDE TO LEAVE A LEGACY OF HOPE

**I**F, AFTER TAKING CARE OF YOUR FAMILY and loved ones, you are considering remembering the Royal Hospital for Neuro-disability in your will, it will help us enormously if you could let us know. By telling us a little about your gift, you will help us plan how we can best meet the needs of patients in the future.

Of course any information you feel able to give us will be treated in the strictest confidence, though if you prefer to keep your wishes private we will understand. Also, please remember that this form is not legally binding. Thank you.

MR/MRS/MISS/Ms/OTHER

(PLEASE GIVE YOUR FULL NAME)

ADDRESS

POSTCODE

TELEPHONE

DATE OF BIRTH

*I should like to provide a gift of hope to severely disabled people by remembering the Royal Hospital for Neuro-disability in my will.*

*I intend to make a (PLEASE TICK)*

- ☐ PECUNIARY BEQUEST TO THE VALUE OF (APPROX) £  
☐ RESIDUARY BEQUEST  
☐ REVERSIONARY BEQUEST

SIGNATURE

DATE

Once you have completed this form, please return it in the confidential freepost envelope provided to John Chamberlain, Royal Hospital for Neuro-disability, FREEPOST SW5135, London SW15 3BR.



Royal Hospital for  
Neuro-disability

#### HOW TO WORD A BEQUEST AND A CODICIL

If you have decided to leave a gift to a charity, for example, the Royal Hospital for Neuro-disability, in your will, you and your solicitor may find the suggested wording below helpful in drawing up a bequest or a codicil.

##### Residuary bequest

*I give all the residue of my real and personal estate (out of which shall be paid my funeral and testamentary expenses, my debts and any inheritance tax or other taxes payable on or by reason of my death) to the Royal Hospital for Neuro-disability, West Hill, Putney, London SW15 3SW (registered charity number 205907) for its general charitable purposes and I DECLARE that the receipt of the Treasurer or other duly authorised officer for the time being of the charity shall be a full and sufficient receipt and discharge to my executors.*

##### Pecuniary bequest

*I give free of all taxes payable on or by reason of my death to the Royal Hospital for Neuro-disability ('the Charity') of West Hill, Putney, London SW15 3SW (registered charity number 205907) the sum of £\_\_\_\_\_ for its general charitable purposes (then follow the form of words underlined above).*

##### Specific bequest

Suggested wording for gifts of items eg: furniture

*I give free of any taxes payable on or by reason of my death and free of the costs of transferring the same which costs shall be discharged out of my residuary estate to the Royal Hospital for Neuro-disability for its general charitable purposes (then follow the form of words underlined above).*

##### Codicil

If you wish to add a bequest to the Royal Hospital for Neuro-disability to your existing will in the form of a codicil, here is a suggested wording:

*I (insert name and address)*

*declare this to be the (first/second etc)*

*codicil to my will which will is dated this (date) day of (month) 19 (year).*

1 *I give (insert appropriate gift eg: pecuniary, residuary as above)*

2 *In all other respects I confirm my will*

*as witness my hand this (date) day of (month) 19 (year)*

**This document will need signing and witnessing in the same legal manner as your will.**



# a lasting record of your generosity

**S**hould you intend to remember the Royal Hospital for Neuro-disability in your will, we would like to make sure that your generosity is never forgotten.

If you agree, we would like to commemorate your gift by inscribing your name on a special plaque around the base of a sundial which has been commissioned for our cloistered garden in the Hospital grounds. For the past 140 years, these gardens have provided a source of relaxation and reflection for thousands of patients and visitors and we hope they will continue to do so long into the future.



Royal Hospital for  
Neuro-disability



THE ROYAL  
HOSPITAL FOR INCURABLES,  
WEST HILL, PUTNEY HEATH.

*Instituted 31st July, 1854.*

Patron: HIS ROYAL HIGHNESS THE PRINCE OF WALES, K.G.

President.

THE RIGHT HON. THE EARL OF ABERDEEN.

Treasurer.

JOHN DERBY ALLCROFT, Esq., F.R.A.S.

This Charity was established to relieve and to cherish, *during the remainder of life*, persons, above the pauper class, suffering from incurable maladies, and thereby disqualified for the duties of life.

For persons *needing a home* an asylum is provided: medical attendance, nursing, and domestic comforts are supplied, and the endeavour is made to alleviate suffering, and to cheer the life from which health has departed.

To persons *having a home*, but without the means of support, a pension of £20 a year is given; thus the family circle is unbroken, and the invalid is relieved from the pain of dependence.

There are at present 210 Inmates, and 521 Pensioners. Total 731.

A Sea-side House has been opened at 55, Marina, St. Leonard's-on-Sea.

The Institution is open every week-day, for the inspection of Subscribers and Friends, between the hours of Twelve and Six.

Inmates' Visiting Days, Tuesdays, Thursdays, and Saturdays, from Two to Five.

TERMS OF SUBSCRIPTION.

An Annual Subscriber has One Vote for Half-a-Guinea, and an additional Vote for every additional Half-a-Guinea. A Life Subscriber has One Vote for Life for Five Guineas, and an additional Vote for Life for every additional Five Guineas.

Subscriptions received at the Office, 106, Queen Victoria Street, by the Secretary, MR. FREDERIC ANDREW, to whom all orders should be made payable; by the Treasurer; by Messrs. GLYN, MILLS, & Co., 67, Lombard Street; and Messrs. COUTTS & Co., 59, Strand.

OFFICES:—106, QUEEN VICTORIA STREET, LONDON, E.C.

January, 1888.

P.T.O.



COLLECTING CARD  
IN AID OF THE  
ROYAL HOSPITAL FOR INCURABLES.

NAME OR INITIALS.	£	s.	d.	NAME OR INITIALS.	£	s.	d.
				<i>Brought forward...</i>			
<i>Carried forward...</i>				<i>Total.....£</i>			

Name .....

Address .....

*Please state whether "Mr." "Mrs." "Miss," or "Rev." as the case may be.*

Post Office Orders should be made payable at Queen Victoria Street,  
London, E.C.

Cheques should be crossed "GLYN & Co."

P.T.O.



## **Ruth Hart is still incurable. But legacies have helped her to sit up.**

**A Codicil to your Will could help us safeguard her future.**

Ruth Hart was a keen and enthusiastic riding instructor—until in a fall she suffered irreparable brain damage.

When she arrived she was almost immobile. Now, she can spend her days up and dressed and in a wheelchair. But communication is difficult. That's our next job.

We help her lead as happy and hopeful a life as possible and our dearest wish is that, as a result of the work we do with many Medical Schools, one day even more progress will be made in helping brave people like Ruth.

So please talk things over with your Solicitor, or we will seek advice for you, and *help Ruth and others like her with a legacy.*

**THE ROYAL HOSPITAL AND HOME FOR INCURABLES**

(Putney and Brighton),  
West Hill, Putney, London SW15 3SW.

Patrons: H.M. The Queen and H.M. The Queen Mother.  
Director of Appeals and Publicity:  
Air Commodore D.F. Rixson, OBE DFC AFC.





# Royal Hospital and Home for Incurables

## Putney

Secretary :  
Brigadier R. M. VILLIERS, D.S.O.

WEST HILL,  
LONDON, S.W.15

17th December, 1953.

Dear Sir or Madam,

### CHANGE OF TITLE.

Suggestions have been made from time to time that the title of this Hospital and Home should be changed so as to omit the word "Incurables." These suggestions have been made by subscribers and friends and, in 1937, the Queen Mother herself asked the Board to consider the matter. The reasons which have instigated these suggestions are that the word "Incurables" must have a depressing effect on our patients as it implies that they must give up all hope of being cured. On each occasion the Board has given serious consideration to these suggestions but every time up till now it has decided that no change shall be made. During its consideration of these suggestions it was discovered that the patients themselves do not feel strongly on the matter as they have realised long before they were admitted that they are suffering from a disease which is unlikely to be cured. Their main feeling on admittance is one of thankfulness that they will no longer be a burden on their relatives and that they know they will be well cared for for the rest of their lives. The Board has also considered the effect on public subscriptions and donations if the title were changed and it has felt that there was a danger of losing some of our appeal to public sympathy and support.

Recently, questions have been asked in the House of Commons on the names of certain hospitals and the Minister of Health has quite rightly replied that he has no power to alter the names, but the questions themselves have brought the matter to light once more and the Board of Management, therefore, wishes to obtain the views of all Governors. One question of paramount importance is what title would be used if a change were made. One possibility is simply to drop the words "for Incurables" and call it "The Royal Hospital and Home, Putney." On the other hand, a suggestion has been made that the title should include some indication of the type of patient we admit.

The Board of Management will appreciate your views on the enclosed postcard, which you are asked to return by the end of January, 1954.

Yours truly,  
R. M. VILLIERS,  
*Secretary.*



### Helping people to help themselves.

The Royal Hospital, founded in 1854, is the leading hospital of its kind in the United Kingdom. It provides long-term rehabilitation, nursing training and specialist continuing care for profoundly disabled people from all over the country. It also undertakes research projects.

Its aim is to help residents overcome their total dependency on others and to live as normal and independent a life as possible.

Despite the Hospital's unique role, it is outside the National Health Service and is dependent upon the generosity of others, their gifts, covenants and particularly legacies.

Donations may be sent to the address opposite. For further information about the RHHP and how you can help, please complete and return this card.



**OR CALL THE HOT-LINE 0898 345446  
TO MAKE A CREDIT CARD DONATION.**

**YOU MAY STICK YOUR ADDRESS LABEL HERE**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ POSTCODE \_\_\_\_\_

Be properly  
addressed  
POSTCODE IT

**Captain Michael Ortman**

**Director of Appeals, Dept. ICD**

**The Royal Hospital & Home, Putney**

**FREEPOST**

**London SW15 3BR**





## **Music was her life. Now it's her lifeline.**

Rosie Johnson was a leading violinist in the Welsh National Opera with a bright future ahead of her. Then a traffic accident left her severely injured and brain damaged and with her musical career shattered.

At the RHHP she was able to benefit from expert medical, nursing and rehabilitation skills.

One of these was Music Therapy.

Rosie responded to treatment and today she can feed orally, stand on her own, and is even going home at weekends.

To achieve such results, the Hospital must provide expert medical attention, one-to-one nursing, multi-disciplinary team therapy, high-tech computer aids and wide ranging facilities for its 300 severely disabled residents.

**THE ROYAL HOSPITAL R H**  
**AND HOME, PUTNEY**  
for the rehabilitation of severe disability. 

PATRONS: HM THE QUEEN AND HM THE QUEEN MOTHER