



# IMPACT REPORT 25/26

[www.rohcharity.org](http://www.rohcharity.org)  
Charity registration 1078046

**NHS**  
The Royal  
Orthopaedic Hospital  
NHS Foundation Trust

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## Introduction



*Ruth Hughes, Fundraising Manager – Royal Orthopaedic Charity*

At the Royal Orthopaedic Charity (ROC), our purpose is simple but powerful: to enhance care, dignity and wellbeing for everyone who comes through The Royal Orthopaedic Hospital (ROH) doors— patients, families, staff, students and researchers alike. The 2025/26 financial year has been a clear testament to what is possible when generosity, collaboration and compassion come together.

Throughout the year, ROC has invested in a wide range of projects that go far beyond what NHS funding alone can provide. From improving clinical environments and supporting staff wellbeing, to funding innovative community-based programmes, safeguarding our most vulnerable patients, and championing accessibility and inclusion across the Trust, each initiative has been driven by a shared commitment to better experiences and better outcomes.

This report showcases the real-world impact of your support. It highlights how charitable funding has helped transform staff spaces, create calmer and more welcoming clinical environments, support people living with chronic pain, empower patients to manage long-term musculoskeletal conditions, and ensure vital services — such as the Domestic Abuse & Sexual Violence Advocate role — are embedded where they are needed most. It also reflects our continued focus on preventative care, early intervention, and staff-led innovation, recognising that a supported workforce delivers the very best care.

Every project shared here represents a meaningful difference made — whether through a safer environment, a moment of reassurance, a renewed sense of independence, or access to support at a critical time. None of this would be possible without the generosity of our supporters. On behalf of everyone at ROC, thank you for helping us continue to go further for the Royal Orthopaedic community, today and into the future.

## Protecting the Vulnerable

### Funding a Domestic Abuse & Sexual Violence Advocate (DASVA)

Domestic abuse and sexual violence are safeguarding issues affecting millions of people across the UK. In the year ending March 2025, it was estimated 3.8 million people in England and Wales experienced domestic abuse, with 262 domestic abuse-related deaths recorded in 2024. Children living in abusive households experience profound and long-lasting harm.

Healthcare workers are themselves especially vulnerable, being three times more likely to experience domestic abuse than the general population (Cavell Nurses' Trust, 2016), highlighting the importance of specialist support within healthcare settings.

In November 2024, ROC funded a dedicated Domestic Abuse & Sexual Violence Advocate (DASVA) at ROH. This role goes beyond standard NHS provision, offering trauma-informed, specialist support for patients, visitors and staff affected by abuse.

The DASVA provides comprehensive, practical and emotional support by undertaking risk assessments and safety planning, offering advocacy and ongoing emotional care, coordinating referrals to Multi-Agency Risk Assessment Conferences (MARAC), supporting non-fatal strangulation reporting and medical referrals, and ensuring those affected are connected to the right services quickly and safely.

Between November 2024 - November 2025, the DASVA supported approximately 106 patients, five non-patients, and 11 members of staff — representing the highest level of recorded domestic abuse support activity ever delivered at ROH. In one particularly high-risk case involving honour-based violence, the individual was escalated to MARAC, where the Chair noted there was “good support and oversight in place at this time.” That intervention directly contributed to multiple safeguarding referrals for children, including Early Help and Children’s Services involvement.

Alongside direct casework, a key element of the DASVA role is strengthening the hospital’s wider response to domestic abuse and sexual violence through workforce training and awareness. During the year, the DASVA delivered enhanced training to 26 Safeguarding Champions, covering trauma-informed care, sexual safety, bystander intervention and female genital mutilation (FGM). Thirty-nine Domestic Abuse Champions also completed annual refresher training, and bespoke sessions were delivered to line managers, HR teams and POAC Healthcare Assistants. Awareness campaigns — including 16 days of action and sexual violence awareness events — resulted in direct disclosures from patients and visitors, enabling earlier intervention and safeguarding.

Feedback from patients, staff and partner agencies has been overwhelmingly positive.

This project demonstrates the powerful difference charitable support can make — improving safety, dignity and wellbeing for patients, staff and families.



*When we first met, I had no idea what to do or where to turn, but with your help, I have been able to reach out to the right people.*

*Your kindness and direction made such a difference in my journey”*

Patient supported by DASVA



*We thank ROC for making this work possible. Continued investment will ensure this vital role remains embedded within ROH.”*

ROH Safeguarding Team



## Enhancing Clinical Collaboration

### Oncology Multidisciplinary Team (MDT) Room

During 2025/26 there was an investment of £4,500 to transform the Oncology Unit's Multidisciplinary Team (MDT) room at ROH.

ROH is a world leading centre for orthopaedic oncology, specialising in the diagnosis and treatment of benign and malignant tumours of bone and soft tissue. While the Oncology Unit underwent a wider refurbishment to improve office environments, one vital space — the MDT room — remained clinical and uninspiring, despite being the hub where complex, life-changing decisions are made.

This observation was poignantly highlighted by the family of a patient who had sadly passed away from sarcoma. During a visit, they expressed deep gratitude for the care provided but noted that the MDT room seemed lifeless and very clinical for a discussion space.

With ROC's support, the MDT room has been enhanced with:

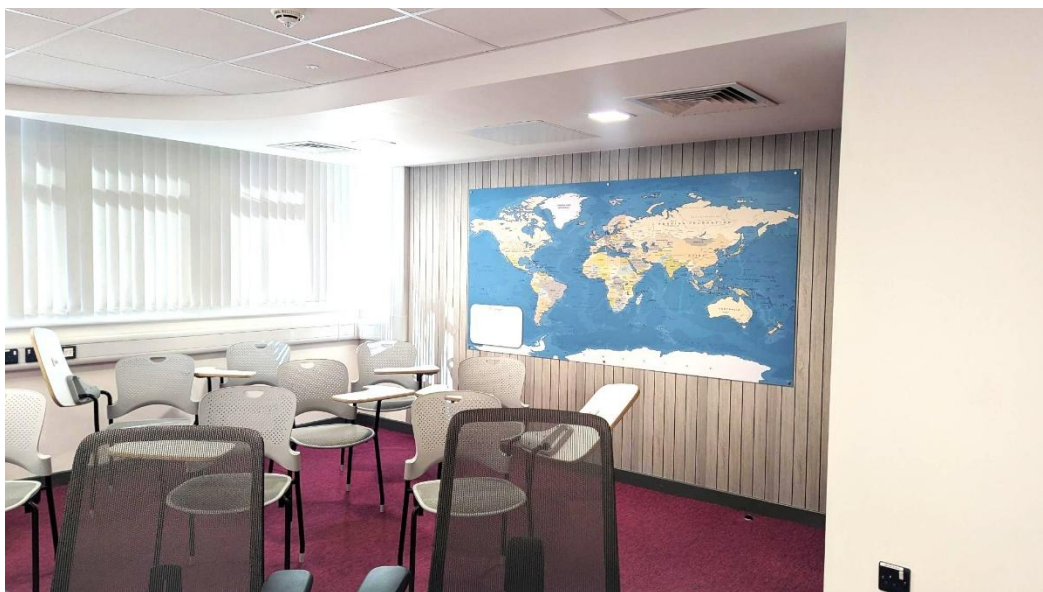
- A magnetic world map, allowing staff to share photos and information about visiting clinicians and trainees from across the globe — visually demonstrating ROH's international influence and training legacy.
- ROH and Sarcoma Service branding, celebrating the identity and excellence of the oncology service and fostering pride among the team.

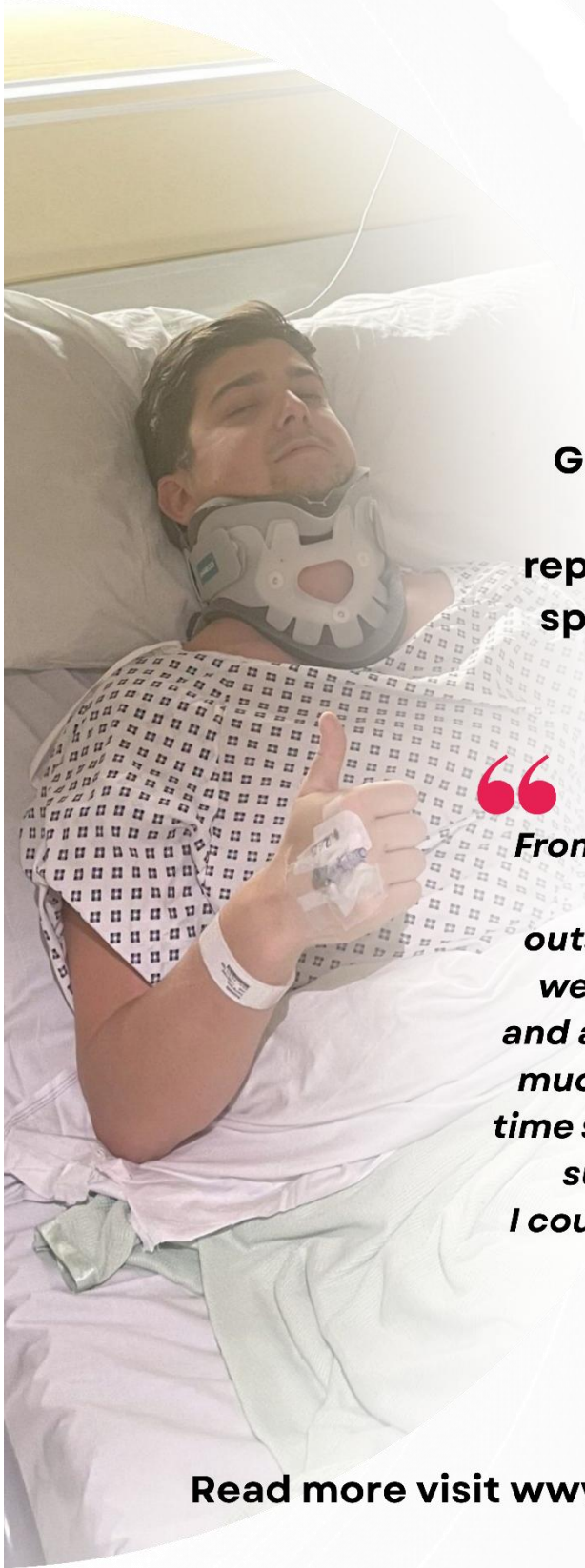
This transformation goes beyond aesthetics. It provides a space that inspires staff, celebrates global collaboration, and honours the dedication of those working in the team every day. ROC is delighted to have supported a project that reflects the compassion of this service.

“

*The service is world-renowned; clinicians and trainees come to us from all over the world to learn new skills to take away with them. We needed a way to celebrate that and share these successes throughout the year.”*

Scott Evans,  
Orthopaedic & Oncology Surgeon





## **Joel's story**

### **From patient to fundraiser**

**Grateful for the life-changing treatment he received to repair fractures in his neck and spine, Joel decided he wanted to give something back.**

**“**

***From the moment I arrived, the care and treatment I received were outstanding. The staff on the wards were incredibly kind, professional, and attentive – nothing was ever too much trouble. They made a difficult time so much easier, and I always felt supported and well looked after. I couldn't have asked for better care during my stay”***

**Read more visit [www.rohcharity.org/stories](http://www.rohcharity.org/stories)**



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# Improving Communication & Continuous Improvement

## Service Improvement Huddle Boards

During 2025/26, ROC funded the rollout of Service Improvement Huddle Boards, a practical and effective tool designed to improve communication and support continuous improvement across the hospital.

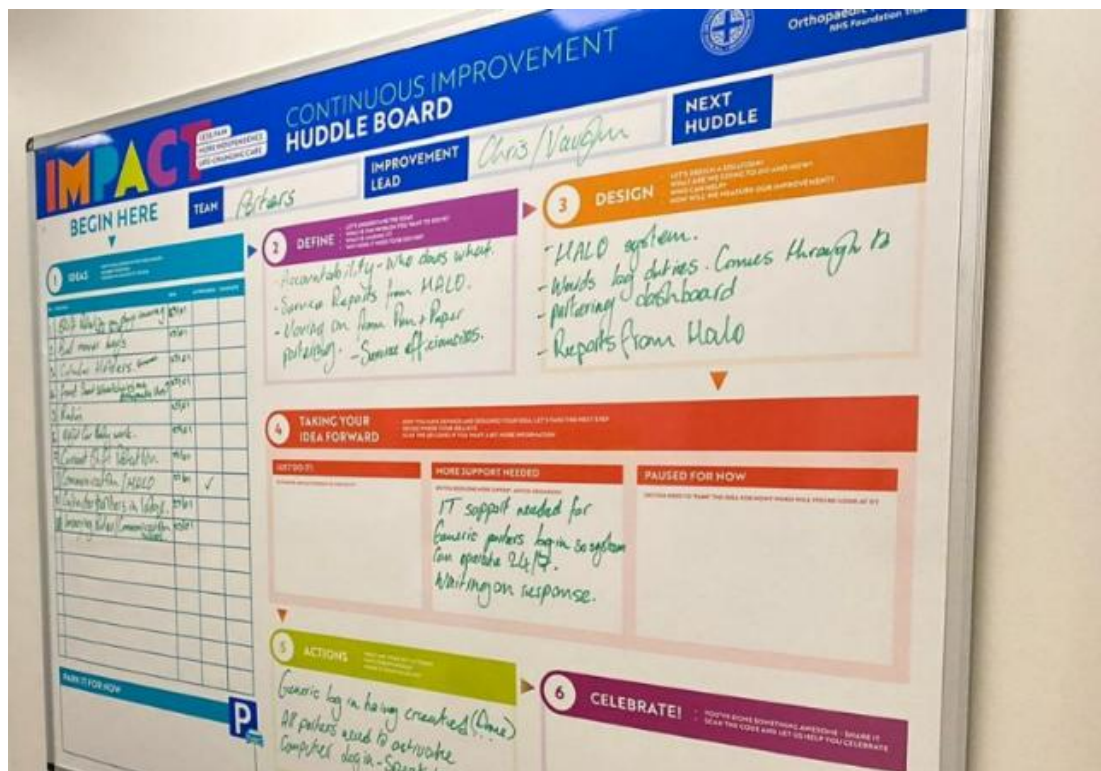
The ROH Service Improvement Team identified huddle boards as a valuable way for teams to regularly come together to share ideas, identify challenges, track progress, and celebrate achievements. By funding these boards, ROC ensured that teams across the organisation had access to a clear, visual method of working collaboratively to improve care and efficiency.

Huddle boards support short, focused 15 minute huddles, helping teams stay connected and solution driven. These regular discussions promote shared ownership of ideas and create space for staff to openly discuss improvements and successes.

To date, 43 out of 66 teams (65%) have completed huddle board training, giving them the skills and confidence to run effective improvement huddles. A clear programme is in place to support the remaining teams over the coming year, ensuring the benefits of this approach are embedded across the Trust.

Feedback from teams already using the boards highlights improved communication, stronger collaboration, clearer ownership of actions, and increased staff engagement. Through their huddles, teams have delivered a wide range of practical improvements, including updates to training processes, changes to equipment, workflow refinements, and the creation of calmer and more efficient working environments.

By investing in tools that empower staff-led improvement, ROC is helping to embed a culture where innovation is part of everyday practice, benefiting both patients and the staff who care for them.



# Improving Accessibility for All

## AccessAble Guides

Since 2021, ROC has proudly invested in improving accessibility for patients and visitors by funding AccessAble guides. These are detailed, practical resources designed to help people plan their hospital visit with confidence and clarity.

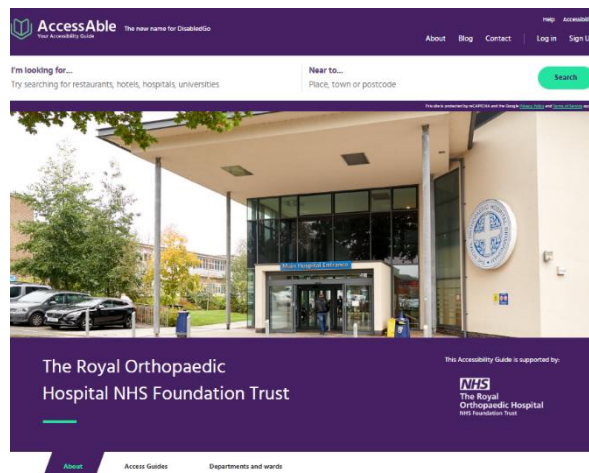
These guides provide comprehensive information about routes and access points across the hospital, department-specific accessibility details, and clear guidance on parking and facilities. They are particularly valuable for people with mobility needs (a large portion of ROH patients), sensory impairments, anxiety or neurodiversity, enabling visitors to prepare in advance.

The continued value of this resource is reflected in strong and sustained engagement. Over the past 12 months alone, the AccessAble guides have been used by 3,177 unique users, generating 4,652 page views.

The most frequently accessed guides during this period related to Outpatient Physiotherapy, Ward 4, Ward 1, Café Royale Restaurant, and Ward 12, highlighting the importance of clear accessibility information for both clinical and non-clinical areas of the hospital.

Together, these figures demonstrate meaningful use, supporting patients, carers and visitors well before they arrive on site.

To ensure this service remains accurate, relevant and responsive to changing needs, ROC committed to ongoing investment in 2025. Remaining funds from the original programme, alongside an additional investment, supported regular updates of the guides. This reinforces ROC's long-term commitment to inclusion, equality and accessible care for everyone who visits ROH.



***We are proud to celebrate the success of the Royal Orthopaedic Charity's Detailed Access Guides, which have empowered thousands of people to feel confident, informed, and supported when visiting the Royal Orthopaedic Hospital. This ongoing commitment from the Royal Orthopaedic Charity ensures that disabled people and carers can access exceptional care independently and with dignity, and we look forward to continuing building on this success together."***

**Dr. Gregory Burke**  
Founder and Executive Chair of AccessAble





## **Autumn's story**

### ***A family's take on scoliosis***

**Autumn was diagnosis with scoliosis at age 7 and has been through multiple surgeries since.**

**“**

***Autumn has always been really proud of her body braces and now her surgery scars and has always wanted to share these rather than hide them away. She has had surgery 6 times and although it is so difficult to watch your child be put under general anaesthetic I knew this was what needed to happen to ensure her lungs has the required space in her chest cavity to develop”***

**Read more visit [www.rohcharity.org/stories](http://www.rohcharity.org/stories)**



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## Supporting Staff Wellbeing

### Supporting Staff Through Everyday Wellbeing and Financial Hardship

Throughout the 2025/26 financial year, ROC has continued its commitment to supporting the wellbeing of staff at ROH. ROC recognises that those who care for patients also need to feel supported, valued and looked after.

ROC has fully stocked the ROH Staff Pantry (Food Bank) throughout the year, ensuring that staff experiencing financial pressure have discreet, free access to essential food items when they need it most. This vital resource has been particularly important during the ongoing cost-of-living challenges faced by many NHS colleagues.

In addition, ROC has funded women's hygiene products across all hospital bathrooms, ensuring these essential items are freely available, reducing stress and supporting dignity and inclusivity within the workplace.

To further support staff wellbeing, ROC has made free porridge available for staff both on site and across ROH's community locations. This initiative ensures staff have access to a warm, nutritious breakfast — particularly for those working early shifts or experiencing financial hardship — helping staff start their day supported and fuelled.

Alongside these practical measures, ROC's Staff Hardship Fund has provided over £1,000 in direct financial grants to staff in need during 2025/26. These grants have supported colleagues facing unexpected financial difficulty, offering timely assistance when it was most required.

Together, these initiatives reflect ROC's holistic approach to staff wellbeing — recognising that financial security, dignity, nourishment and access to essentials are fundamental to maintaining a healthy, resilient workforce. By investing in these areas, ROC continues to stand alongside ROH staff, ensuring they are supported not only professionally, but personally as well.

### Theatre Staff Break Area

In 2025/26, ROC facilitated the refurbishment of the Theatre Staff Break Area at ROH, following a successful £3,000 grant award from The Birmingham District Nursing Charitable Trust. The full grant was invested in modern, comfortable furniture, transforming a space that was no longer fit for purpose into a welcoming area designed to support rest, recovery and staff wellbeing.

Although the funding itself was awarded externally, ROC coordinated, enabled and delivered the refurbishment as part of an ongoing commitment to supporting staff across the hospital.

The theatres team at ROH delivers highly specialised orthopaedic care to over 13,000 patients each year, supporting complex services including orthopaedic oncology, spinal surgery, major joint replacement, upper limb and hand surgery, and sports injury treatment. More than 100 members of staff use the break area daily, including nurses, Operating Department Practitioners (ODPs), surgeons, consultants, registrars, fellows and medical students.



Prior to the refurbishment, staff shared that the area no longer met their needs. Seating was uncomfortable and mismatched, capacity was limited during busy periods, and the environment did not support genuine rest. This was particularly evident between 12pm and 2pm, when up to 50 staff members needed the space for legally mandated breaks, often resulting in delayed or missed rest.

### What the Funding Delivered

The £3,000 grant was used to purchase:

- Four comfortable sofas
- Three coffee tables for food and drinks
- Three dining tables with chairs to improve seating capacity

The refurbished space is already making a meaningful difference. It has created a more inclusive, functional and welcoming environment, improved comfort and capacity during peak times, and supported both physical and mental wellbeing during long, high pressure shifts. Importantly, it has also boosted staff morale and enhanced the daily experience of those working within theatres.

As well as these improvements, a renovation took place in the theatre reception area, coordinating the environment to feel more vibrant and thought through.

By improving shared staff environments, ROC continues to invest in the people who make exceptional care possible, helping staff feel valued, supported and energised.

“

***Thanks to the generosity of The Birmingham District Nursing Charitable Trust, we have been able to significantly improve the theatre staff break area. Enhancing wellbeing directly contributes to the quality of care teams deliver, and this grant has made a meaningful difference to the environment they rely on throughout long, demanding shifts.”***

Ruth Hughes  
Fundraising Manager 

“

***It's causing quite a stir down here – in the best way. Staff are saying it lifts their mood, reminds them of sunny days, and brings a real sense of brightness.”***

Staff Feedback 



# Grace's story

10 Years On From Spinal Surgery

Grace underwent a grueling 11-hour spinal fusion surgery at the age of eleven to correct her S-shaped curvature caused by scoliosis. 10 years on, she took on her first half marathon in aid of ROC.

**“** I remember waking up in intensive care, and the first thing I tried to do was sing. I've always loved to sing, like I was performing, and it was the one thing I worried about most – that it might affect my voice.



Read more visit [www.rohcharity.org/stories](http://www.rohcharity.org/stories)

## Community Innovation

### Musculoskeletal (MSK) Community Appointment Days

Musculoskeletal conditions affect over 10 million people across the UK, accounting for around 20% of GP consultations and more than a quarter of the NHS's surgical workload. With demand expected to rise, innovative approaches to care are essential.

In response, ROH partnered with Queen Elizabeth Hospital and College Green Medical Practice to deliver MSK Community Appointment Days (CADs). These events brought services closer to patients, providing same-day assessments, tailored advice, rehabilitation guidance and access to community support under one roof.

ROC supported the delivery of these events by funding essential resources, including venue hire, marketing materials and operational support, ensuring the event could run effectively and reach those who needed it most.

In 2025/26 CADs supported 259 patients, with 48 ROH staff working alongside 25 representatives from 12 community organisations. Many patients were empowered to move forward with clearer care plans, while others were able to leave the pathway entirely or transition to patient-initiated follow-ups, helping reduce pressure on routine physiotherapy services.

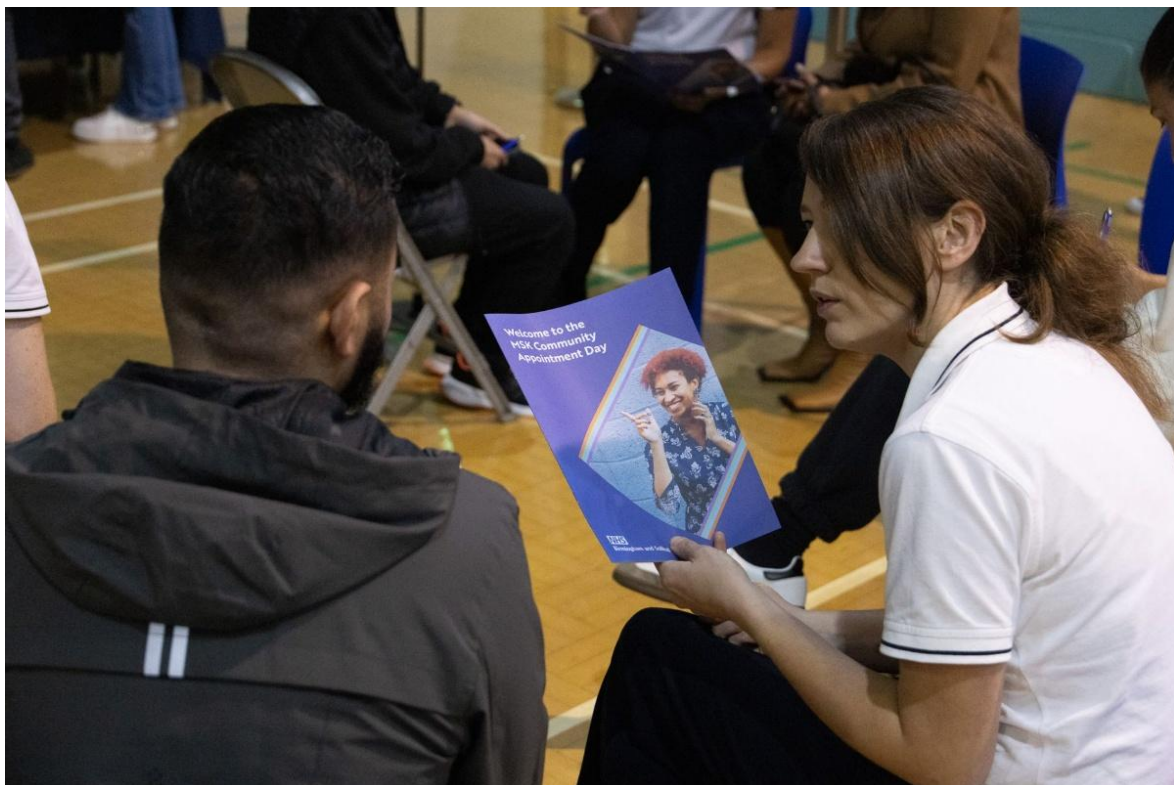
The outcomes demonstrated the value of personalised, community-based care, which empowered patients to better manage their conditions while improving efficiency within the system.

ROC is proud to have supported this innovative approach and looks forward to funding further events in 2026, continuing to invest in collaborative models that deliver meaningful benefits for patients and services alike.

“

***The event highlighted what can be achieved when staff and partners work together. It wouldn't have been possible without ROC.”***

Hayley Jennings,  
ROH Senior Physiotherapist



## Enabling Self-Management

### CHAIN (Cycling Against Hip Pain) Programme

ROC supported the CHAIN pilot programme - an innovative community-based programme designed to support patients living with hip pain and osteoarthritis. Aligned with NICE guidelines, CHAIN focuses on exercise, education and long-term lifestyle change to help patients better manage their condition.

The programme runs over eight weeks, with patients attending weekly one-hour sessions delivered by ROH physiotherapists alongside trained community cycling instructors. In addition to guided cycling sessions, participants receive education on self-management and are supported with a home exercise plan to continue their progress beyond the programme.

The impact on patients has been significant. Many participants report improvements in flexibility, reduced pain, better mobility and sleep, and a decreased reliance on pain medication. Importantly, the programme helps patients regain confidence in their ability to move and exercise safely.

By empowering patients to take an active role in managing their condition, CHAIN helps prevent deterioration and supports long-term health, while also reducing pressure on hospital services. ROC is proud to fund initiatives like CHAIN that focus not just on treatment, but on enabling patients to live fuller, more active lives.

“

***The event highlighted what can be achieved when staff and partners work together. It wouldn't have been possible without ROC.”***

Hayley Jennings,  
ROH Senior Physiotherapist



## Supporting Pain Management

### Art for Health Programme

ROH have successfully completed another round of Art for Health workshops, a creative programme designed to support patients living with chronic pain. This initiative was fully funded by ROC and reflects commitment to innovative, holistic approaches to patient care.

The programme was introduced by Liza Tharakan, Pain Medicine and Anaesthesia Consultant and Chronic Pain Service Lead at ROH, in response to the complex challenges faced by those living with long-term pain.

Many chronic pain patients experience restricted movement, reduced independence, or periods of being housebound. The Art for Health workshops provided a safe, supportive environment where participants could engage in creative, therapeutic activities, supporting both physical and emotional wellbeing.

Across the sessions, patients were able to take part in a variety of creative activities, including painting, singing, card crafts, pottery and drawing.

The workshops encouraged patients to try new forms of expression while also creating opportunities for peer connection, enabling participants to speak with others living with similar conditions.

Traditional pain management often relies on medication, which can bring side effects and limitations. While medication, injections and physiotherapy play essential roles, they do not always fully address the psychological and social impact of chronic pain.

Through creative group activity, patients were able to:

- Experience distraction from persistent pain
- Reduce isolation and social disconnection
- Improve confidence and relaxation
- In some cases, help prevent or address substance-use dependency linked to chronic pain

Liza noted how powerful it was to see patients visibly relax during sessions, with several sharing that they were able to forget their pain while participating.

Funding for the Art for Health workshops was secured following a poster competition run by ROC, where Liza's winning proposal highlighted the positive impact of creativity on the health and wellbeing of chronic pain patients.

ROC is proud to have supported this innovative programme, one that puts patients at the centre and broadens how care is delivered beyond traditional clinical interventions.



“**Chronic pain affects quality of life for patients – they can feel isolated, lack confidence and develop anxiety. As there is no definitive cure for chronic pain, we focus on management as pain specialists.”**

Liza Tharakan  
Lead Clinician for Chronic Pain Service 



## Creating Calmer Clinical Spaces

### Improving Patient Experience in MRI

On 20th May 2025, new artwork was installed in one of the MRI rooms at ROH, as part of ROC's continued investment in patient-centred care.

For many patients, undergoing an MRI scan can be an intimidating experience. Factors such as the enclosed environment, loud noises and anxiety around scan results can lead to increased distress — particularly for those already living with pain or long-term conditions.

The addition of artwork to the MRI room provides a calming visual focus and offers a welcome distraction during scans. Staff have already found it to be a valuable engagement tool, helping to reduce anxiety and create a more reassuring, human experience for patients.

Rather than feeling purely clinical, the room now supports conversation, reassurance and emotional ease, which can be especially important for patients undergoing repeated imaging.

ROC was pleased to work with Grosvenor Interiors, who carried out the installation quickly and professionally, without disrupting patient flow through the department — a key requirement given the high demand for MRI services.

This project demonstrates how thoughtful environmental improvements can meaningfully enhance patient experience. By creating calmer, more welcoming clinical spaces, ROC continues to ensure that even highly technical areas of the hospital remain compassionate and patient-focused.



## Conclusion:

The projects highlighted in this report demonstrate the profound difference charitable funding makes across ROH — from enhancing patient experience and supporting innovative rehabilitation, to investing in staff wellbeing and safeguarding the most vulnerable members of our community.

None of this impact would be possible without the generosity of our donors, fundraisers, corporate partners, trusts, and volunteers. Every contribution, whether large or small, plays a vital role in helping ROC go above and beyond what NHS funding alone can provide.

As we look ahead, we remain committed to funding initiatives that deliver meaningful, lasting change — supporting excellence in care, compassion in practice, and innovation in treatment. Together, we are building a hospital environment where patients feel supported, staff feel valued, and brighter futures are made possible.

**Thank you for standing with us and for being a part of the difference we continue to make.**

# CONTINUE THE IMPACT GIVE MONTHLY.

Regular gifts provide steady support where it's needed most.

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SMART PHONE



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