



KING EDWARD VII's
HOSPITAL



Friends newsletter

Autumn/Winter 2019



Introduction from...

Dear Friends,

In this issue of the Friends Newsletter, we celebrate our long and illustrious history of providing medical care for veterans. The care that Sister Agnes showed when opening up her home in 1899 is still so evident today and is demonstrated in the stories of individuals who we are proud to have helped.

Our charitable work has not stood still as the Pain Management Programme demonstrates, with over 160 veterans participating to date, with life-changing results.

The Pain Management Programme received an 'Outstanding' commendation from the CQC (Care Quality Commission) and has now been independently audited with the recognition that we are delivering 'Gold Standard' care.

I am delighted to introduce you to our new team of urologists who now make us one of the UK's leading private urology providers. Our new da Vinci Xi® robot will ensure we stay at the forefront of medical innovation, coupled with our new outpatient and imaging facility which is currently being built and will open in late 2020.

I am sure that Sister Agnes would be proud of our achievements, I certainly am, and am so pleased that through your donations and support we will be able to help and care for even more people in the future.

With thanks for all you do to help.



Chief Executive Lindsey Condron



Lindsey Condron
Chief Executive

Introducing our new Chairman, Sir Richard Sykes



Sir Richard Sykes, Chairman

Tell us a bit about yourself

A Yorkshire lad, I now mainly live between homes in London and Wiltshire. Whilst much of my career has been based in London, I have been fortunate enough to spend several years in the United States, and also to work for organisations with offices around the world.

I work now almost entirely in a non-executive capacity, in roles ranging from Chairman of The Royal Institution and Chairman of The UK Stem Cell Foundation to Chairman of the International Advisory Board, A*Star Biomedical Research Council, Singapore and Chancellor of Brunel University. What all these organisations have in common is a focus on being driven by knowledge and innovation.

What inspired you to forge a career in healthcare?

I was always interested by the natural world, and, by good fortune, found myself on leaving school working in a hospital pathology laboratory. I found engaging in turning science into practice fascinating, and it set me on a career path of, firstly academic, and then industrial, science. A focus on biomedical sciences saw me working nationally and internationally in the biotechnology and pharmaceutical industries field for over 40 years, including serving as Chief Executive and Chairman of GlaxoWellcome from 1995–2000, then Chairman of GlaxoSmithKline until 2002. In 2000, I took up the post as Rector at Imperial College London, which I held until 2012, moving next to be the Chairman of the Strategic Health Authority in London, and then, until recently, the Chairman at Imperial College Healthcare NHS Trust. At all times, my focus was on the delivery of safe and effective care and a value for money product.

Why King Edward VII's Hospital?

Initially at the request of a friend, I became interested in King Edward VII's, and joined the Hospital in April of this year, following on from Robin Broadhurst, who held the chair for the last five years. King Edward VII's has an illustrious past, rooted in its connections with both the Royal Family and the Armed Forces, and is known for the quality of its patient care and experience. However, no organisation can stand still nor reflect on past glories; we must move forward to address the challenges brought to bear from an ever changing private healthcare market in London. We are a small independent hospital and the arrival of big international hospital groups with significant purchasing power makes us look seriously at what we are and what we offer.

What are you working on at the Hospital?

I am convinced that we can't do everything well and have to focus on a few key specialities where we can deliver truly excellent patient care. The arrival of our new team of Urologists and the new da Vinci robot is one such area; as we continue to develop our buildings and facilities we will shape comprehensive services for those specialities where we decide to focus. We also need to review opportunities for working with other private healthcare providers where this can provide flexibility and extend the services we can offer. We are ever grateful to our donors who give so faithfully to King Edward VII's; without you we would not be able to build new facilities, buy new equipment or provide veterans with life-changing health care and I look forward to meeting many of you at our events. Thank you for your support.

Do you have any hobbies or special interests?

I have a loving family, and often spend holidays with my grandchildren, either soaking up the sun in Sardinia, or skiing in Verbier. My wife and I are also avid opera-goers; now more often in London, but also in Verona and New York during various times in my career. I am also a keen astronomer; curiously comparing the recent coverage of the 50th anniversary of the moon landing with the ever-increasing knowledge of the universe which technology brings us.



Farewell from Lieutenant General (Retd) Sir William Rollo KCB CBE

I retired as a trustee of the Hospital after 9 years this summer. The Hospital has seen many changes and much progress over that period, culminating in today's position, where an immensely successful fundraising campaign is providing the first elements of a comprehensive rebuild and modernisation, and, equally important, the leadership team is making massive progress, recognised by the recent Care Quality Commission (CQC) results, towards the Outstanding grade everyone in the Hospital aspires to.



Sir William Rollo KCB CBE

One constant during these years has been the support of my fellow trustees and the Hospital's staff. The military work we do is reflected in its continued presence as the Hospital's primary charitable objective in the Royal Charter, its explicit inclusion in the Hospital's vision and in the plans to grow our work in the latest Business Plan – what is measured gets done! In the last few years we have increased our expenditure from around £520k per annum, principally through the development of the Centre for Veterans' Health and the Pain Management Programme which is run for around 60 veterans a year, and which has twice been singled out as an area of outstanding practice by the CQC.

Looking to the immediate future – events beyond that belong properly to my successor – the immediate challenge is to fund the Pain Management Programme over the next three years. We have made an excellent start with the support of the Lord Mayor's Big Curry Lunch and ABF The Soldier's Charity for two programmes a year for three years, but will be looking to fund a further four.

All the evidence, shows that these programmes, along with the other surgical interventions we fund, can make a massive and life changing difference to individual servicemen and women through the provision of medical care which is simply not available in a timely or effective way elsewhere, for whatever reason. Every case is different but it takes little imagination to see the potential difference made by a return to employment, or at the least a much greater ability to manage the impact of chronic pain, on the life of both the patient and their family.

We are almost unique as a charity in both funding and providing such care, and can take great pride in the way we do so.

Update on funding for the Centre for Veterans' Health

It is always important to view what we do objectively. We knew from patient feedback that our Pain Management Programmes were good and effective – we get so many heart-warming testimonials from patients whose lives have been changed, but we wanted to be sure we were doing everything as well as possible.

That's why the Hospital commissioned Dr Amanda Williams, who is an academic and clinical psychologist at University College London and is a world-renowned specialist in pain medicine, to review our programmes in depth and benchmark them against the very best in the world.

We were thrilled (and I have to say not surprised) when her Report came in stating that what we do is unique and, set against the very best standards, meets 'Gold Standard'.

The Programmes are entirely funded from our charitable income and we are delighted that the Lord Mayor's Big Curry Lunch via ABF The Soldiers' Charity is funding two of the six programmes we run each year for three years. We are so grateful to them for their commitment and support. We have also been able to distribute even more life-changing grants to veterans for their medical care this year such as a 45 year old veteran who needed our help.

After leaving the Army, he went into the police service. However, he exacerbated an injury he had and was then demoted to a regular desk-bound job, and was reduced to living in a static caravan.

The waiting list for a new knee in his area was two years. He was in a great deal of pain and emotional distress because of his reduced circumstances. We awarded him a 100% grant.

We offer grants to those who cannot get them in a timely and effective manner on the NHS and we have an ambition to help many more veterans year-on-year with our world-class medical care – in most cases free of charge. This costs us around £120,000 each year. So that leaves an overall gap of around £360,000 we need to raise each year.

Talking of gaps, we will really miss Lt.Gen. Sir Bill Rollo, who has faithfully served the Hospital as a trustee and who got the Pain Management Programmes off the ground. He saw the need for these Programmes and has thrown his full weight behind them making them successful.

Thank you Sir Bill and thank you to all our supporters who will help us continue this work through your generosity in supporting our Sponsor a Veteran appeal. There are so many who need our help, we will not let them down. Please donate what you are able to ensure we carry on this vital work.



Tim Brawn
Director of Fundraising & Veterans' Health

An interview with Dr Jannie Van Der Merwe



Dr Jannie Van Der Merwe, Lead Psychologist

Dr Jannie Van Der Merwe is currently the lead psychologist of the Veteran Pain Management Programme at King Edward VII's Hospital. The focus of Jannie's work is to apply evidence-based practice to the treatment of both physical and psychological problems, with a special interest in chronic pain and neuroscience. We spoke to Jannie to find out how the veterans deal with pain during the programme.

Why psychology? Is pain all in the mind?

I always say to veterans and to patients that they wish their pain was in their mind. Sadly, pain is not in the mind. Pain is a recognised medical condition and we have fought very hard for it to be recognised. From the beginning of 2019, the World Health Organisation recognises chronic pain as a medical condition in its own right and, whether you can see something on a scan or an X-Ray or not, the pain is real. There are significant changes in the central nervous system and the brain of the person suffering from chronic pain. As far as we know, there is no cure.

What can you do? Can you reset the brain to offset the pain?

A significant portion of the veterans that we see on the Pain Management Programme also suffer from PTSD. Thanks to studies from Herta Flor in Germany and Irene Tracey in Oxford, we know that chronic pain, PTSD and mood share neuropathways. One of the reasons why we enjoy working with veterans is that they are very interested, hungry for information, and they use that knowledge and information extremely well. The programme that we run, if we can summarise it in concept, is to teach veterans strategies of calming the central nervous system. Thanks to neuroplasticity, we can reprogramme the brain to respond differently to pain signals and to pain stimuli.

Does understanding how our brain works help veterans manage their pain?

We have a standing joke amongst all the veterans that the primitive membrane is labelled the 'monkey brain'. We have very long conversations about the monkey brain and that it's only interested in its survival. It puts the brain on full alert, which then heightens pain perception and also in patients with PTSD and patients with negative moods. We have very interesting and entertaining conversations about monkey brains and animal brains – we work out how to get them back in the box and manage them as much as we can.

What examples can you give of how this helps veterans?

The oldest models in the management of chronic pain talk about the pain related to fear. It's a revolutionary thing if we experience pain and the brain will interpret the pain as 'I am at risk, I am in danger of this threat.' The strategies that we discuss is to bring this into awareness the way the chronic pain sufferer would think about the pain experience so they understand what's going on inside their bodies. If the veteran understands what happens in the mid-brain, the flare-ups in their pain, and in general with what the brain does to the central nervous system, they are then able to manage significant flare-ups in their pain and how to slowly start engaging with stretches and physical activity, setting meaningful goals and objectives. It was amazing to see what they were coming up with on day ten after discussing the same things on day one – they couldn't anticipate that they would feel able to engage with life and to take back control, to make decisions about retraining, getting back to work, investing in relationships and family life. It was enormously positive to see.

An interview with Suzanne Brook

Suzanne Brook is the physiotherapist running the Veteran Pain Management Programme at the Hospital. Suzanne has considerable experience of working with those with chronic pain, especially when previous treatment has not been helpful and where activity and exercise are avoided owing to pain. We asked Suzanne how physiotherapy helps veterans.



Suzanne Brook, Physiotherapist

What makes us different from other pain physios?

All physiotherapists will be trained in pain, it's what we are mainly qualified to do. We assess, diagnose and treat. A pain management physio will be different in that their training has been further expanded with psychological training. So physios working in pain management, become psychologically informed physiotherapists. They will also have had years of experience working in a pain management service which is interdisciplinary, involving pain doctors, pain nurses and pain psychologists. Pain management physios who work within a pain management centre will not use hands-on musculoskeletal skills – their key aim will be to provide information to empower those experiencing long-term pain to manage that pain better. So pain management physios will work with patients who have persistent pain, not sub-acute or acute pain.

Are you teaching people life skills that they can use rather than their having something done to them?

The primary aim is to provide veterans with skills so that they feel more confident in managing their own pain in their future. It's a long-term condition. The evidence shows that the knowledge-based approaches are most effective in facilitating the acquisition of long-term skills. It's about what they believe they can do, about having the confidence to test their newly acquired skills, and how they can demonstrate this in their day-to-day activities with family and in work.

How does flexibility help a veteran with pain?

Physical flexibility is important for all of us but, in relation to veterans with persistent pain, what we look at are flexibility-based exercises which are based more around helping to reduce the sensitisation of the central nervous system which, for those who have persistent pain, is more sensitive. Stretch-based work and flexibility-based work aim to soothe the central nervous system, which we know can have positive impact on reducing the pain experience. The exercises are not about improving range of movement, quality of movement or looking at individual muscle groups, but about how the central nervous system then adapts to movement. If they push exercise, it's the impact on the central nervous system that increases their pain experience. If they avoid exercise, that equally has an unhelpful effect on the central nervous system. I help them find the balance and the starting-point is to build up activity, so we talk less about specific exercises and more about activity.

Are there any examples of people living differently as a result of what you have taught them?

Many of the veterans report that they feel much more confident in how to manage physical activity going forward and feeling more confident in managing other aspects of their life that the pain has impacted. We see a difference in confidence within veterans on the programme. For example, veterans demonstrate being more confident in how they move around a room, how they manage travelling to and from the programme and their hopes and expectations for their future. What we really want to be able to help veterans achieve is sustainable change. We do a lot of work looking at how we can plan for those strategies to build up activity and we encourage them to start low so we notice small improvements and small changes as very positive because they become building blocks for future gain.

For example, being able to walk 10 minutes with the dog and not suffer a flare-up later, whereas previously, they weren't going out at all. The benefit of going out is not just about physical activity or being able to go back to exercise classes or gym based environments, but being able to go for 15 minutes once a week and then build that up. We see massive changes in their hopes and what they can do in the future and we don't always see whether those will be accomplished until they achieve it, but the evidence tells us they do.

Are the results long lasting?

We are about to collect more data over a longer term, which I think will be able to give us more than anecdotal evidence. Currently we receive emails from veterans who have been discharged from the service telling us they've been on holiday and they hadn't been on holiday for 10 years. We see a lot of change in terms of the work – veterans report to us that they've started to look for a job. The evidence worldwide will tell us that providing self-management strategies is what leads to longer-lasting changes.

Testimonials from veterans

“‘Carpe Diem’ – Seize the day or the moment – I am sure that you have heard this phrase at some stage during your service. Would you like to be given the chance to ‘seize that moment’ and take back some control in your life, improve your physical and mental wellbeing and sense of self, and rebuild relationships with friends and family? I know I would.

That’s what the Pain Management Programme represents.

I was given such an opportunity but let’s start at the beginning – 30 years service, 3 IEDs, a TBI and fractured cervical spine left me, like many veterans, suffering from chronic pain. I have ‘survived’, if that’s the correct term, on a cocktail of prescription medication (Tramadol but one for 18 years) yet none of them truly addressed the pain. Instead I took on many of the side-effects and became, over time, a different person. In my heart I knew they were adversely affecting me, but I felt I had no alternative path to follow, no options other than to try out the different meds offered by various healthcare professionals. Worst of all I knew it was dramatically affecting my relationship with my family.

The Pain Management Programme (PMP) represents not just a new approach but a lifeline. From attendance on the Assessment Day things began to change for the better. The documented clinical observations from that day led to immediate referrals to avenues of the NHS hitherto closed – in my case referral to a Consultant Neurologist at the National Hospital for Neurology and Neurosurgery. Just that simple first step inspired fresh hope to me and my family and gave us all a sense of enthusiasm in undertaking a challenging new course of action.

The PMP itself offers essential understanding of the diagnosis ‘Chronic Pain’. Anecdotally, the World Health Organisation formally recognised this debilitating condition in May 2019 in their publication ICD-11, where they suggest that it affects some 20% of the world’s population.

The PMP is key to one’s road to recovery. We may always have the pain but we can now learn a new way of managing it and our lives without the added complication of side effects. The first step was to wean myself off the various medications; a somewhat daunting task after 18 years on opioids. It is the intimate support and dedicated care of the PMP clinical staff that is fundamental to this process – without the knowledge gained on the course (understanding and justification) together with their guidance I doubt I could have achieved the aim. The good news is that 12 weeks later I was ‘clean’, no more opioids and minimal other meds. 16 weeks later I am free of it all. I rely heavily on the new management strategies taught on the course – Stretching, Mindfulness and Body Scan, to name but a few; all complemented by a healthy dose of Self-Compassion. Don’t beat yourself up about the problems, we’re all in the same boat. That’s what makes the other veterans on the course so important – perspective and the willingness to help and support each other.

The regular follow-up letters to my GP have generated a greater understanding and momentum in my personal journey and as each week passes the light at the end of the tunnel gets ever brighter.

It wasn’t easy and it does require a change to your daily routine but we’re all used to that.

It may not work for everyone but it has worked for me. Give it a try but don’t take my word for it, rather listen to the most important person in my life: ***‘As his wife, I can only say that I feel as if I have got my husband back.’*** – Margaretha Northam

Hugh Northam MBE”



“As a result of a spinal injury sustained on duty, I was invalided out of the Royal Air Force, having completed 33 years’ service.

Like many veterans who have found themselves in a similar position, this resulted in a rollercoaster of emotions as the impact of what was happening sank in. I had only recently been discharged from DMRC Headley Court having completed another period of intense rehabilitation to improve my mobility and general health, both physically and mentally. The previous couple of years had seen me undergo four major operations to try and correct the damage to my spine, which ultimately resulted in me having an area of my lumbar spine fused. However, the treatment I received at Headley Court and Frimley Park Hospital was outstanding and enabled me to make as good a recovery as was possible considering the damage that had been done.

During my time at Headley Court, I had heard about the Help for Heroes Band of Brothers and the support they provide to veterans and, having been encouraged to join, I did so at the same time as I left the Royal Air Force. It was through this organisation that I first read about the Pain Management Programme (PMP) delivered at King Edward VII’s Hospital, London. I spoke at length with those involved in co-ordinating attendance and finding out what the PMP entailed, but more importantly I needed to be sure it was something I would benefit from.

Since being invalided out of the Royal Air Force, I had received treatment on the NHS, two major surgical procedures to have a Spinal Core Stimulator fitted and attended various Pain Management Clinics. The latter providing little benefit to me either in terms of helping me to manage my pain or more importantly, in understanding the effects that chronic pain was having on my life, and that of those close to me.

It was this need to understand and the frustration of feeling as if I was losing control that made me enrol on the PMP. I was naturally apprehensive as the programme was completely different from anything I had experienced previously, but meeting with the clinicians prior to the allocation of a place dispelled any fears and anxiety. It was at this early stage that I knew I had made the right decision.

From the start of the PMP, I felt part of something special and no longer alone as if the feelings I had and the physical problems I experienced due to the effects of the pain, reduced mobility and medication were something that somehow were just in my head (psychological). To hear that others suffered in a similar way and that it was ‘not just me’ felt as if a great weight had been lifted and the cloud that seemed to surround me disappeared. Knowing that others who suffer chronic pain also feel as I do has on its own had, and continues to have, a positive impact on my self-esteem. Also helped by the fact that all attending the PMP are veterans and that brings with it that unique bond that those who have served in the Armed Forces have.

Learning from the clinicians why the body and the brain behave in the way they do, the various strategies that can be used to ‘retrain’ the way we behave, the effects medication can have, and how changing what we do during the day can all impact in a positive way, was a real eye opener. Taking these new ‘tools’ away and implementing some in my day-to-day life has really helped me and, from discussions at the individual days after the initial five-day PMP, it was clear that everyone else has benefited in a noticeable way.

Making that initial call to register my interest in the PMP was the best thing I have done, in relation to managing my pain. The dedication and commitment of those involved in delivering and supporting the PMP has impacted greatly on not only the way I manage my pain but my outlook on life and the future. “No longer does the pain control my life but now my life controls the pain.”

Phil Caswell”

Meet our Specialist Consultants

Some of our consultants offer their services pro-bono to veterans who need care. We spoke to them to find out why it's so important to support veterans and continue the work that helped shaped the Hospital into what it is today.



Mrs Veronica Ferguson LVO, Consultant Ophthalmologist

"It's recognising that with physical problems, you do get psychological problems and I think that's a vital area where they need help. These veterans have put their life on the line for all of us and it's very important that we actually recognise this and look after them throughout the rest of their life."

Mr William Bartlett, Orthopaedic Consultant

"One of the great things about the surgery we can offer for these patients is that it benefits the patients in terms of getting back on their feet, not just being free of pain, but able to function normally. With this treatment, they can expect to return to playing an active role in society."

I think we have to remember that many of the veterans that we see have developed their problems (be it their hips or knees) as a direct consequence of their service. I think it's the least we can do to offer them the treatment to get them back on their feet and back into society.

For me professionally, it's very rewarding to be able to treat patients who would not normally be able to have access to world class care in a central London independent hospital.

What's unique about this charity and what's so important, is that with this money we are able to support patients not just through helping them at home but actually treating them surgically in a way that we expect to be able to benefit them for the rest of their lives."



Professor Justin Cobb, Orthopaedic Consultant

“As doctors, we know our place - we can help the injured and ill and broken, but our skills have limited use in wartime. As the world continues to see in Syria today, even highly educated and civilised people are helpless until peace is restored. So we in the UK have to be continually grateful to our Armed Forces for keeping us safe, and allowing us to enjoy our freedom. In 2019 it seems as important as ever that we appreciate this freedom, and the servicemen and women who enable it.

Orthopaedics plays a big role in the restoration of function to injured servicemen and women – which explains why King Edward VII’s has always had a strong orthopaedic presence from the very beginning. Just 10 years ago, in collaboration with Imperial College, at King Edward VII’s, we performed the world’s first robotically assisted massive custom knee reconstruction, restoring function to soldiers whose injuries could not be treated elsewhere. We spent hundreds of hours working up to the operations, and a huge amount of energy and worry over them. But what more worthy cause – it is exactly what Sister Agnes had in mind.

Of course older soldiers are important too, and it continues to be a great privilege to look after the older veterans whose bodies have worn out in one way or another over the years. Sister Agnes was adamant that the prime reason for the hospital was this: that we should care for and restore to health those injured in our defence. There cannot be a better reason for a hospital, and I feel very fortunate to be able to work here. ”



Mr Jonathan Jagger, Consultant Ophthalmologist

“One of the reasons to go to King Edward VII’s Hospital is because of their military connection. Veterans feel that it’s their home, it’s where they want to go, they receive a military discount and it’s been that way right from the beginning. It is a privilege to be able to help them. It’s great having it at the Hospital”

Welcome to the London Urology Specialists

The Hospital has recently welcomed five leading urologists, Professor Mark Emberton, Professor Caroline Moore, Mr Paul Cathcart, Miss Sian Allan and Mr Rizwan Hamid, who have joined the London Urology Specialists, Mr Bijan Khoubehi, Mr Daron Smith and Mr Jeremy Ockrim.



Left to right: **Mr Bijan Khoubehi (LUS)**, **Mr Paul Cathcart (LUS)**, **Mr Daron Smith (LUS)**, **Mr Alfred Cutner (Gynaecologist)**, **Mr Rhys Ball (Histopathologist)** at our Fundraising Gala Dinner on 1st October 2019

The additional specialist expertise they bring means that the Hospital is now the UK's leading private provider of Urology Services, bringing together an exceptional multidisciplinary team of consultant urologists who are all leaders in their specialist field.

With their arrival also comes significant investment in new equipment, allowing our expert surgeons to perform precise, minimally invasive robotic procedures. At the forefront of diagnostic and surgical technology, and with specialist urology nursing, we can deliver the very best end-to-end care to our patients, no matter their condition.

"King Edward VII's Hospital has always had a great reputation for the excellent standard of compassionate medical and nursing care in a unique setting. Recent investments in urological equipment, including the latest da Vinci Xi® robot, has meant that the Hospital is now a centre of excellence for urology. The Hospital provides a first-class urological service with sub-specialities in each field that are respected nationally and internationally. We, in the London Urology Specialists, are proud to be affiliated with the great institution and wholeheartedly recommend the Hospital to our patients."

Mr Bijan Khoubehi Bsc MB BS MD FRCS FRCS(urol)

"As a very recently appointed King Edward VII's consultant, I felt a great sense of both belonging and pride in this wonderful organisation. I was particularly taken by how seriously King Edward VII's manages to prioritise truly exceptional patient care with a determination to make a real difference to individuals – such as our war veterans – who are unable to access specialist clinical services anywhere else."

Professor Mark Emberton MD FMedSci

Consultants mingling with staff, our nurses and special guests at our Gala Dinner





Raising funds for veterans

On 1st October 2019, we welcomed 150 guests to Fishmongers' Hall in the City of London for our Gala Dinner to raise funds for our Sponsor a Veteran appeal. Through the appeal our goal is to increase the number of veterans we help by 40% over the next five years.

The Fishmongers' Company is one of the Twelve Great Livery Companies of the City of London, and among the most ancient of the City Guilds, spanning over 700 years. Located on London Bridge and overlooking the Thames, the Hall is home to enviable views and renowned for its delicious cuisine.

During the evening Professor Sir Simon Wessely spoke eloquently about military healthcare and psychological medicine and one of our veterans, Caroline Beazley gave a moving account about her experience in the Armed Forces and subsequent treatment through our Pain Management Programme.

In order to raise funds throughout the night, guests had the opportunity to bid on various lots during our live and silent auctions. The evening was rounded off with a performance by Fascinating Aida, the critically acclaimed satirical cabaret act.

Our Thanks

We aim to raise £360,000 each year in order to continue our work with veterans and to help fund our Pain Management Programme. We are delighted to announce that, through your generous donations, we have raised so far over £70,000. Thank you!



SPONSOR A VETERAN



We would like to thank all our guests who gave so generously and in particular to those who donated items for the raffle, silent and live auctions.

Our raffle prizes on the night included:

Private Box for 5 at the Royal Albert Hall

Kindly donated by Jerwood Foundation

2 Royal Shakespeare Company tickets and backstage tour

Kindly donated by Thelma Holt CBE

2 tickets for the Royal Opera House

Kindly donated by Sir Stuart Lipton

Champagne Afternoon Tea for Two at JW Marriott Grosvenor House

Kindly donated by JW Marriott Hotel

Dinner for two at The Potting Shed, Dorset Square Hotel

Kindly donated by Firmdale Hotels

Champagne Afternoon Tea for Two at Marriott London County Hall

Kindly donated by Marriott Hotels

1:1 Private Pilates Session

Kindly donated by King Edward VII's Hospital

Our Auction lots on the night included:

Tour of the Old Bailey and tea with an Old Bailey Judge

Kindly donated by Lady Brewer

Behind the scenes tour of the RA Schools with Eliza Bonham Carter

Kindly donated by Eliza Bonham Carter

7 nights in charming three bedroom Fisherman's cottage in the heart of Salcombe

Kindly donated by Susie Freeman Travel

7 nights in a luxurious Tuscan villa for 12

Kindly donated by D&G Group

A bottle of Bowmore Whisky, bottled and presented to Her Majesty to mark the Golden Jubilee

Round of golf at Woburn Golf Club

Kindly donated by The Duchess of Bedford

Signed The Lion King poster

Kindly donated by Premier PR

Norman Ackroyd aquatint – Blue Cove – Skellig Michael, 2019

Kindly donated by Norman Ackroyd CBE RA



SPONSOR A VETERAN



St Marylebone
Parish Church

Celebrating Christmas at St Marylebone Parish Church

Monday 9th December 2019, 6.30pm

Tickets priced at £25 per person and include mulled wine and mince pies

To book tickets scan the code on the back or go to www.tickettailor.com/events/kingedwardviishospital/255071

Get into the festive spirit by joining **Sir Derek Jacobi**, *The Voice UK* winner **Jermain Jackman** and other celebrity contributors.



Endearingly known as a ‘national treasure’, **Sir Derek Jacobi CBE** is an English actor and stage director. A “forceful, commanding stage presence”, Jacobi has enjoyed a successful stage, screen and TV career spanning nearly 60 years.



Jermain Jackman is a British singer who won the third series of the BBC television singing competition *The Voice UK* in 2014. His debut album, *Jermain Jackman*, was released in March 2015.



Scan this code to book tickets.

All proceeds go towards funding our ground-breaking Pain Management Programme and Military Grants



KING EDWARD VII's
HOSPITAL

Christmas Cards

This year we are offering two designs at a cost of £5 per pack of 10, plus postage.

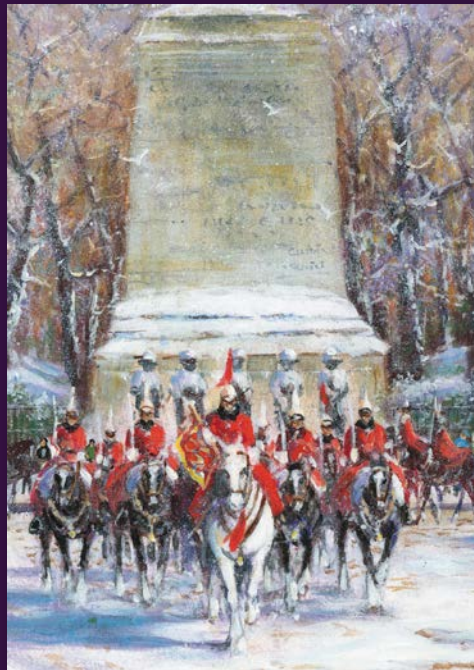
The greeting inside the cards reads “With Best wishes for Christmas and a Happy New Year”.

If you would like to purchase Christmas cards, please see the order form in the insert attached. Alternatively, you may contact the Fundraising Department on **0207 4673923** or by emailing **fundraising@kingedwardvii.co.uk**.

All proceeds from the sale of these cards will support the charitable work of King Edward VII's Hospital and its Sponsor a Veteran appeal.



Bronzino, Adoration of
the Shepherds



Ride in the Snow

The size of each of the cards is 145x203mm.





**KING EDWARD VII's
HOSPITAL**

King Edward VII's Hospital

Founded by Sister Agnes

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Registered charity number 208944

