

Alan Does It Again

For the third year in a row Alan Horton has taken part in the Boxing Day Dip to raise money for Joint Action. This year, 73 year old Alan went to dip in the Lake District as the Invisible Man. He set up a JustGiving page and has raised a fantastic £132.

Thank you, so much, Alan for your continued support!



A “Deuce-y” Donation

Acorn Lawn Tennis Club in Edgware (near London) recently chose Joint Action as one of the charities to benefit from their annual Charity Handicapped Doubles Tournament that took place on a glorious summer’s day on Sunday 22nd June.

The tournament was their sixth and it was a fantastic success – their best yet!

Joint Action was proposed to the Club by its member, Linda Arva, who broke her femur over two years ago.

Chairman of the club, Stephen Phillips, said: “This was undoubtedly the club’s most successful charity event to date with over 42 players and another 25 guests all enjoying the barbeque”.



The club raised £900 which was shared equally between Joint Action and the other charity recipient, Cancer Research.

Mr Phillips also stated: “We had fantastic support from top pro tennis players, companies, restaurants and club members who donated fantastic raffle prizes to enable us to raise more money for the charities”.



How your support is making a difference

The BOA Orthopaedic Surgery Research Centre (BOSRC), based at the University of York, started work in July 2014. The aim is to ensure that orthopaedic treatments are based on the best quality evidence. BOSRC helps surgeons to obtain funding for significant research projects from large funders such as the National Institute for Health Research (NIHR). Randomised controlled trials (RCTs) provide the best quality evidence about which treatments work best. It can cost over a million pounds to fund a RCT. But, this investment in research can have substantial returns – the findings can make a difference to patients' lives and sometimes can lead to savings for the NHS, for example, if treatments that do not work are no longer used.

The team at York have collaborated with teams at Oxford and Warwick Clinical Trials Units to submit a grant application on ways of helping people with hip fractures get mobile as soon as possible after surgery and so reduce post-surgery complications. This proposal was successful in the first round and the team are awaiting the outcome of the final round. Another proposal is being developed to investigate whether antibiotics should be administered by paramedics at the scene of accidents for serious open wound leg fractures instead of arrival at hospital, as happens now. There is evidence from a small study that receiving the antibiotics earlier might reduce the number of patients developing an infection. However, a larger more reliable study is needed to confirm this before making changes to how care is provided. This application will be submitted to NIHR in the summer. Other projects are at an earlier stage of development. The team have also organised a two-day training event from 13th-14th April 2015 for surgeons who want to further develop their research skills.

We can't do any of this work without your support – thank you!



The Big Race!

Joint Action would like to wish its five Virgin Money London Marathon runners lots of luck for their impending challenge. The race takes place on Sunday 26th April 2015. Our team consists of Orthopaedic Consultants, a doctor, a nurse and a supporter just like you. If you're planning to head down there, please let us know and we'll send you some balloons to help cheer our team on!

Simon Boyle
Rosie McSweeney
Simon West

Matthew Chan
Laura Summers

We still have places for the British 10k London Run being held on Sunday 12th July 2015. If you or anyone you know would like to participate in this running event, please call 020 7406 1767 or email info@jointaction.org.uk.

In Memoriam

The following people recently left a bequest to Joint Action in their Will. Their generosity will live on in the Trauma & Orthopaedic research that benefits future generations of people with musculoskeletal diseases and conditions.

Thomas Bewley Hartley
Elsie Brazauskas
Peter Muggeridge
Rosa Stainsby
Donald Trigg
Margaret Weir
Phyllis Wilkinson

If you have left a legacy to **THE WISHBONE TRUST** in your Will, please speak to your Solicitor about making a codicil in favour of Joint Action.

Happy Birthday!

Back in August last year, Jennifer Rogers celebrated her 70th birthday and asked to receive donations for Joint Action instead of gifts.

Jennifer raised £200 thanks to her generous family and friends.

If you're interested in doing something similar, please contact us on **020 7406 1767** or email info@jointaction.org.uk.



Fundraising Online Couldn't Be More Simple

There are many ways you can fundraise online for Joint Action with minimal effort.

easyfundraising
.org.uk



Anytime you plan to do online shopping head on over to either of these websites, create an account, choose Joint Action as your cause, select your store and shop as normal. Once you've registered you'll only have to log in next time and it will remember you. Stores such as Tesco, John Lewis, Amazon and Sainsbury's are part of the scheme. If you shop with them then they donate to us. There's a video (on both sites) and a step-by-step guide to help you. The GiveAsYouLive link is www.giveasyoulive.com/join/jointaction. Easyfundraising also has an iPhone app.



Do you sell on eBay? When you create your listings, there's an option to choose a charity to raise money for. You can choose to give a percentage of what you sell your item for to Joint Action (British Orthopaedic Association). You can

do this under the Advanced Tool section but there's more information in the "Help & Contact" section of the site if you need it. You can also add a donation when buying items from eBay.



If you're someone who often searches the web, you can do this through our website. Every time you search for something online via our link, Everyclick will donate money to Joint Action. Save this link to your internet browser favourites – www.jointaction.org.uk/search.

charit@cards

If you like to send eCards to family and friends you can do this through www.charitecards.com/jointaction and we receive funding at the same time. Don't forget, it saves on postage and it's good for the environment. Never forget a birthday or anniversary again!