

Tiffany and Karl head “Back 2 The Trenches”

Tiffany and Karl took part in the Back 2 The Trenches (a 10K extreme army assault course) event in Redhill, Surrey in September.

Tiffany’s mum’s mobility has dramatically reduced in the past three years and needs double knee replacement surgery so Tiffany and Karl wanted to raise money for Joint Action.

These tough fundraisers raised £290 for us. Huge thanks to them both.

The event was exactly one year before Tiffany and Karl are due to get married so Joint Action wishes them lots of luck and happiness for their big day!



Company dresses down and raises money



Since June 2015, John Antingham and his colleagues at Cummins Turbo Technologies have been organising “dress-down” days every Friday to raise money for Joint Action.

At the end of 2015, John and his colleagues had raised **£135.30**.

Huge thanks to all who got involved in the fundraising.

Message from the BOA Research Committee Chair, Professor Amar Rangan

Orthopaedic surgical research in the UK has recently gained international acclaim as a result of publication of large multi-centre randomised clinical trials in high impact medical journals. An increasing number of such clinical trials, mostly funded by the National Institute for Health Research (NIHR) has led to global recognition that the UK is now generating high quality evidence to guide clinical practice in the management of musculoskeletal problems and injuries.

We work closely with patients, carers and healthcare professionals to identify key areas of research priority to guide our research strategy. For example, we have recently supported the James Lind Alliance Priority Setting Partnerships in surgery for shoulder pain and treatment of hip and knee arthritis.

Your donations are helping us support the British Orthopaedic Surgery Research Centre (BOSRC) in York, which is developing new multi-centre clinical trials to answer these key questions facing current clinical practice. The findings from these high quality trials will be directly and immediately applicable to healthcare in the UK and many other countries with similar health economies.



The British Orthopaedic Association passed the 2015 audit with the Association of Medical Research Charities (AMRC) and confirms that we continue to be compliant in our peer-reviewing processes. It also demonstrates a commitment to the highest standards of accountability and probity in allocating grants and awards for research.

Good Luck!

Joint Action would like to wish its seven Virgin Money London Marathon runners lots of luck for their impending challenge. The race takes place on Sunday 24th April 2016. Our team consists of a mix of people who work within the field of orthopaedics and also supporters 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!

Look out for: **David Ferguson, Pete Lewis, Clare O'Shea, James O'Shea, Steve Powell, Adrian Stevens and Veronica Roberts.**

We still have places for the British 10k London Run being held on Sunday 10th July 2016. Do you know someone who would like to participate in this event – maybe you would like to yourself? If so, please call **020 7406 1767** or email **info@jointaction.org.uk**.



Also, good luck to Jon Smith who is a trauma and orthopaedic consultant surgeon taking part in the Yorkshire Three Peaks Challenge on 30th April to raise money for Joint Action.

Leaving a lasting legacy

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

**Victor Foubister
Isobel Gordon
Frances Harvey
John Hurst
Alexandra Logan
Anthony Longman
Edna Parkin
Ida White
Michael Wilson**

If you are interested in leaving a legacy to Joint Action in your Will, please do contact us to let us know on **020 7406 1767**.

Easter Egg Hunt

Easter is only around the corner. If you're planning an Easter Egg Hunt, please think about donating the proceeds to Joint Action. We can send you balloons to use for your event. Call us on **020 7406 1767** or email **info@jointaction.org.uk**.



Easy Fundraising Ideas

Below are some great fundraising ideas which are very simple to organise.

Name the Teddy

This is a very easy fundraising idea. We can supply everything you need, even the teddy! All you need to do is ensure that every person donates £1 per name they select. This competition will work really well in your local pub, at your local social club, places of work and even at home when you have visitors pop in. Once all names are selected, you can have a special event where you reveal the teddy's name.



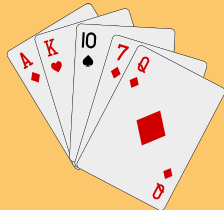
Coffee Morning

Do you sometimes have friends pop over for a cuppa and a chinwag? This could be turned into a very simple fundraising venture. Invite a few friends to come over and ask them to make a donation in exchange for a piece of cake or the cost of their cuppa. Just a handful of these coffee mornings could raise a nice pot of money for Joint Action. If you need cake recipes, we'll be only too happy to send you some. Get in touch if this idea is your cup of tea.



Games Evening

If you're a board game or card game fanatic, why not host a games evening with your friends. There are many games you could play. To raise money, everyone could make a donation to take part and then the losers could make a further donation at the end of the evening. You could even do a tournament. You could play Monopoly®, Trivial Pursuit®, Connect 4®, Jenga®, Snap, Bridge, Gin Rummy, Poker – the list is endless.



Dog Walking

Many people love dogs and a great form of exercise is dog walking (for you and the dog!). It doesn't matter what age you are. Next time you are in the park ask others with dogs if they'd like to get together to do a group dog walk around the park to raise money for Joint Action. Agree a date and then ask everyone to donate a set amount per dog they bring along. Simple!



We have many more ideas in our Fundraising Pack. Contact us on **020 7406 1767** to request your copy.