

"FOUR HOURS, FOUR WHEELS," A WHEELCHAIR RELAY RACE

12th September 2023 –The fifth edition of "Four hours, Four wheels" (4h4w) will take place on 14 September 2023 at the Traumatology and Rehabilitation Centre (CTR) at the Erasmus Hospital that is now a part of the Brussels University Hospital (H.U.B): a relay race in teams composed of patients, former patients and members of staff. More than a race, this event is an opportunity for each patient to learn more about themselves, to discover new equipment through sponsors and to share a friendly moment with their therapists and other members of staff.

A symbolic union of patients and therapists

Each team has its own colours and consists of between 7 and 10 persons including patients or former patients as well as a coach and CTR support staff (paramedics, doctors, sports coach, data processors, technicians, administrative staff, cleaning staff, secretarial staff, etc.). Patients can choose to participate using a wheelchair, a go-kart, trike or any other mobility aid. Families, friends and anyone else are welcome on the day to cheer them on!



More than a race, a moment of sharing

In addition to the sport itself, helping create the banners and supporting the teams are all activities that bring together patients and CTR staff in support of the same project and same goal: to give each patient a place. As Magaly Bartholomeeussen, head of the Ergotherapy Department, says:

"4h4w is a unique event where everyone finds their place according to their abilities and skills. Beyond the sporting challenge, patients discover themselves and everyone, both patients and staff, are members of the same team."

It is at an event like this that dialogue and sharing a convivial moment outside of the usual hospital environment assumes its full significance. The presence of all categories of staff, close family and anyone else who stops to watch is also beneficial in encouraging each patient to excel and to do their very best.

COMMUNIQUÉ DE PRESSE



In practice

The relay race will take place on 14 September at the H.U.B.'s Traumatology and Rehabilitation Centre (CTR) located at Place Van Gehuchten 4, 1020 Brussels.

- 9 am – 11 am: 3 scientific conferences for therapists and installation of sponsors and exhibitors
- 1 pm: Start of 1st part of the race
- 2 pm: Break
- 2.30 pm: Start of 2nd part of the race
- 3.30 pm: End of race and prize-giving

All the funds raised by this event will be used to purchase equipment for future events for CTR patients.

PRESS CONTACT

Press responsible : Alexandra Cazan
E-mail : alexandra.cazan@hubruxelles.be
communication@hubruxelles.be
Tel : +32 (0)2 541 38 89
Mob : +32 (0) 493 16 74 79

Press officer : Gabrielle Vanhoudenhove
E-mail : g.vanhoudenhove@hubruxelles.be
communication@hubruxelles.be
Tel : +32 (0)2 555 83 95

ABOUT CTR

The Traumatology and Rehabilitation Center (CTR) at Erasme Hospital is dedicated to the re-education, rehabilitation and reintegration of people with motor and/or neurological trauma. Patients are cared for by a multidisciplinary team (doctors, nurses, physiotherapists, occupational therapists, neuropsychologists, speech therapists, social workers, psychologists, etc.). Since its creation in 1950, the center has continued to expand, equip itself and evolve its practices, so that today it offers a complete care platform and quality care centered on the patient. More information on www.erasme.ulb.ac.be/CTR

ABOUT THE ERASMUS HOSPITAL

The Erasmus Hospital is located on the Erasmus hospital-faculty campus, which includes the Faculty of Medicine (about 3500 students), the Faculty of Motor Sciences (about 1100 students) and the School of Public Health (about 600 students). Opened in 1977 and with a capacity of 1,048 beds, the hospital receives 25,000 to 30,000 inpatients annually and has 350,000 to 400,000 consultations.

More than 4,000 members of staff, in 80 different professions, contribute on a daily basis to providing care under the sign of ambition, excellence and well-being. The Lothier Polyclinic and 2 external centres (the Traumatology and Rehabilitation Centre - CTR and the Geriatric Revalidation Centre - CRG) complete the care offer.

www.erasme.ulb.ac.be

ABOUT THE H.U.B

The Hôpital Universitaire de Bruxelles (H.U.B) is the academic hospital of the Université Libre de Bruxelles (ULB), which unites the Jules Bordet institute, the Erasme Hospital and the Queen Fabiola Children's University Hospital (HUDERF) since 2021.

As an international reference center, located in the heart of the Brussels Region, the H.U.B offers high quality general, oncological and pediatric care.

This excellent care, accessible to all, is enriched and sustained by a dual approach of scientific research and teaching for the caregivers of tomorrow.

COMMUNIQUÉ DE PRESSE



In 2022, the H.U.B. is composed of more than 6,000 employees who share the following values: Interest of the patient, Respect, Commitment, Solidarity, Diversity and Inclusion, and the principle of Free enquiry.

www.hubruelles.be