

# Re:Mark's



The Supporter Newsletter of St. Mark's Hospital Foundation

autumn 2014



Members of the Colon Challenge team ready for their gruelling 280 mile endurance ride to raise funds for St. Mark's Hospital Foundation.

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## The Colon Challenge

On 28th May 2014 a group of cyclists started the gruelling Colon Challenge, ending at lunchtime on 31st May outside the Arsenal football stadium. Bowel cancer patient, Paul Bouscarle, organised the 280 mile ride after undergoing two operations at St. Mark's Hospital in August 2013 and January 2014. Paul was joined by 15 other cyclists and they have raised an amazing total of over £35,000.

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A future free from the fear of bowel disease.

## Message from Chairman & Executive Director



Michael Liebreich, Chairman,  
St. Mark's Hospital Foundation



Anthony Cummings, Executive Director,  
St. Mark's Hospital Foundation

A message from the Chairman and Executive Director about the spirit and soul of St. Mark's Hospital Foundation.

When reading this issue of Re: Mark's, we hope that you will gain an insight into what is the spirit and soul of St. Mark's. Its vital spirit is undoubtedly the fantastic supporters who raise funds for the life-saving medical research the Foundation needs to support. You will read, among others, about Mr Paul Bouscarle, a bowel cancer survivor who organised the exciting new Colon Challenge along with 15 spirited friends to raise substantial support to keep the spirit of St. Mark's strong.

You will also read about the spirit of patients who lived long and active lives and who decided to leave legacies to St. Mark's Hospital Foundation, bequeathing hope of a healthier future for people with bowel disease. Their memory and spirit lives on at St. Mark's.

The soul of St. Mark's is epitomised in the determination of our world leading consultants and research fellows who have taken the baton from previous generations of researchers at St. Mark's to develop new, advanced treatments such as those being provided by the Colonoscopic Surgical Unit, under the direction of Professor Brian Saunders. For 180 years, each generation of researchers at St. Mark's has passed their advanced skills and knowledge to the next generation, ensuring that the soul of St. Mark's burns brightly. This cumulated knowledge is the foundation upon which St. Mark's builds its success.

Re: Mark's is our opportunity to keep you connected to the spirit and soul of St. Mark's. We thank you for your support and look forward to keeping in touch.

**Michael Liebreich** Chairman  
**Anthony Cummings** Executive Director

If you have any questions, comments or feedback please contact Anthony on **0208 235 4042** or at **Anthony.Cummings@nhs.net**

# The Colonoscopic Surgical Centre:

## Setting the Future Standard of Care for Minimally Invasive Surgery

### Introduction

Bowel cancer remains a public health concern, being the second most common cancer in the UK. There is a real need to develop more effective treatments.

Bowel cancer can be prevented via colonoscopy, a tried and tested method to find and remove pre-cancerous and cancerous polyps. It is a highly skilled procedure and a challenging technique to master, but The Wolfson Unit for Endoscopy at St. Mark's is dedicated to advancing colonoscopy techniques and improving training methods. The Unit is recognised as a World Centre of Excellence, the only unit in the UK to have been awarded this prestigious accolade by the World Organisation for Digestive Endoscopy (OMED).

### Pushing the Frontiers of Patient Care

The Wolfson Unit for Endoscopy now wishes to create a state-of-the-art Colonoscopic Surgical Centre (CSC). This will set the future standard of care for minimally invasive surgery, ensuring the safe, effective and total removal of pre-cancerous and malignant polyps.

The CSC is St. Mark's Hospital's concerted and large scale response to the overwhelming need to increase the national provision of colonoscopic surgery, train more doctors in the most advanced colonoscopic surgical procedures and develop new patient care pathways, equipment, and innovative ways of working to deliver more effective, safer treatment for patients.

The CSC demonstrates St. Mark's commitment to push the frontiers of patient care and establish best practices that can be shared with the medical and surgical communities, through a dedicated programme of education and training.

Patients will be at the centre of the CSC and around them we will build a training and research facility which will allow us to look at new treatments and new innovations

(Professor Brian Saunders)

## in brief ...

### The Pioneers Club at St. Mark's Hospital Foundation

St. Mark's Hospital Foundation is incredibly grateful to all its donors, many of whom have been supporting our vital work for several years. Our achievements are to your credit.

We are very fortunate to also have a number of committed donors who give at highly generous levels, helping to accelerate our research outcomes. If you would like to discuss joining our Pioneers Club and learn about the benefits package, please contact Anthony Cummings, Executive Director, on (020) 8235 4042 or at [Anthony.Cummings@nhs.net](mailto:Anthony.Cummings@nhs.net)

### A Special Mention to our Loyal Supporters

The development of the CSC over the coming years will be a major undertaking but will transform the care of patients with pre-cancerous and early cancerous polyps.

■ ■ We'll look at training and bringing people into the Unit so that the skills that we have developed here can be disseminated throughout the country and internationally ■ ■

(Professor Brian Saunders)

We are extremely grateful to our early supporters who between them have provided tens of thousands of pounds of essential pump-priming to launch the CSC. These include a charitable trust, a leading investment company and a major individual donor.

## How The Masonic Province of Middlesex Charitable Trust is Saving Lives through Preventative & Vital Treatment

The Masonic Province of Middlesex Charitable Trust is a much valued supporter of St. Mark's Hospital Foundation, having awarded generous support in recent years. In April 2014, the Trust awarded £20,000 in order for The Wolfson Unit for Endoscopy at St. Mark's to purchase a critical piece of specialist equipment.



Dr Siwan Thomas-Gibson with Teresa Bryant, Senior Sister Endoscopy and Adelnesto Polecina, Senior Charge Nurse

This item will assist in the successful and safe removal of polyps (mushroom-like growths that can become cancerous without early attention and treatment), early cancers and other lesions of the gastrointestinal tract. Polyp detection acts as a preventative measure, reducing the overall incidence of, and mortality to, bowel cancer within the population.

Since implementing bowel cancer screening in 2006, almost 4,000 polyps have been removed in St. Mark's bowel cancer screening centre. The introduction of flexible sigmoidoscopy screening

(a bowel screening programme for people aged 55 years and above) will result in approximately an additional 500 polyps removed annually in the screening centre.

The increased demand and referrals for endoscopy and its specialised procedures, means there is an increased need for equipment to ensure that efficient service delivery and quality patient care are maintained. Dr Siwan Thomas-Gibson, Consultant Gastroenterologist and Endoscopy Lead Wolfson Unit for Endoscopy, says, 'The Wolfson Unit for Endoscopy is delighted to receive this generous gift from the Freemasons of Middlesex. The Unit performs around 20,000 procedures per annum and this piece of kit is crucial in our daily work to reduce the incidence of bowel cancer. Undoubtedly, many thousands of patients will benefit from this important piece of medical equipment. We extend our sincere thanks to the Trust for its generous award.'

# Lasting Legacies: How our Dedicated Patients left Hope of a Future Free from the Fear of Bowel Disease

St. Mark's Hospital Foundation is dedicated to creating a future free from the fear of bowel disease. It is greatly assisted in this mission by the generous support of individuals who have left legacies to St. Mark's.

Legacies are the single largest source of funding for the Foundation. They have helped to accelerate the progress of various research areas by providing critical funds for leading bowel cancer and Inflammatory Bowel Disease projects.

## Patients who have bequeathed healthier futures:

### Desmond

Desmond had been treated at St. Mark's Hospital for more than 40 years. With particularly aggressive Crohn's disease, he had struggled to lead a full and active life in the face of severe flare ups, multiple operations and many years of receiving powerful drug therapy. Whilst these gave Desmond respite from debilitating flare ups, they had very nasty side effects that compromised his health considerably.

Desmond refers to the day he was transferred to St. Mark's as



the best day of his life. Whilst his local hospital did not have the expertise to manage his complex bowel condition, at St. Mark's, his treatment was tailored to his unique health challenges. This has given Desmond many years of improved health as he has enjoyed remission and avoided powerful drug therapy.

In a gesture of great magnitude, Desmond has left instructions in his will that the majority share of his estate is to be gifted to St. Mark's Hospital Foundation for research into new and more

effective ways of controlling Crohn's disease. Desmond has been inspired to leave a lasting legacy because he wants other patients to benefit from the same highly personalised care he received.

### Brenda

Brenda suffered from Ulcerative Colitis. She benefitted from a surgical technique that was developed in the late 1970's by surgeons from St. Mark's. The ileal pouch-anal anastomosis or 'pouch' is accepted as the operation of choice for patients with Ulcerative Colitis and has been performed in more than 20,000 patients worldwide, radically improving the health of this cohort.

In recognition of the life changing treatment Brenda received, the result of translational bench to bedside surgical research, Brenda left a large, lasting legacy. This will enable researchers at St. Mark's to find new and better ways of preventing and treating Ulcerative Colitis, continuing an unrivalled tradition of research in this area.

If, like us, you envision a future free from the fear of bowel disease, please consider leaving a legacy to St. Mark's Hospital Foundation once your family have been provided for. This selfless act could positively



change the future for the thousands of people living with bowel disease today, and those yet to be diagnosed.

To discuss any matter relating to Wills and Bequests and to request a copy of 'Our Legacy Promise to You,' please contact Anthony Cummings, Executive Director, St. Mark's Hospital Foundation on (020) 8235 4042, 07584 140 052 or by email at [Anthony.Cummings@nhs.net](mailto:Anthony.Cummings@nhs.net)

## in brief ...

### Partner our Exceptional Staff

St. Mark's Hospital Foundation supports research, training and education at the world renowned St. Mark's Hospital, the world's first Hospital dedicated to colorectal and intestinal medicine. Today, as a centre of excellence, it remains at the forefront of research into and the treatment of all forms of bowel disease. Everyone at St. Mark's is committed to bringing about a future free from the fear of bowel disease through research, education and the dissemination of clinical excellence.

If you represent a grant making body that has similar aspirations to St. Mark's Hospital Foundation and/or work for a company that would like to know more about our corporate sponsorship programme, or know of one that does, please contact our Trusts & Foundations Fundraising Manager, Ms Riyah Talati. She would be delighted to hear from you and discuss ways of working together. She can be reached on (020) 8235 4023 and at [riyah.talati@nhs.net](mailto:riyah.talati@nhs.net)

## Corporate Support

### In-store Fundraising

Do you know any local shops or supermarkets that would like to raise funds to help fight for a future free from the fear of bowel disease? Even giving one St. Mark's Hospital Foundation collection tin to a local store can make a huge difference and it only needs to be collected every few months.

Giving a collection tin to a local store is one of the easiest and most effective ways to support the Foundation, all you need is one hour every month or less.

**Apply** for your collection tin pack today, including collection tin, leaflets and everything else to get you started!

### Payroll Giving – Tax Savvy Giving in the Workplace

Not only is it a super simple way to support us, but it's also the most tax effective, because donations are deducted before you pay tax.

*For example, if you donate £10, only £8 comes out of your take home salary and the taxman transfers the £2 you have already paid in income tax to your charity of choice.*

By giving from your salary each payday, you will be helping us to continue our research into Bowel Diseases. The fact that we know how much and how often you will donate means that we can plan ahead and make sure your hard-earned cash is put to the best possible use.

Sign up online: <http://tinyurl.com/StMarksFoundation>

Find out more

To request a presentation at your workplace:

Email: [Alexburton@nhs.net](mailto:Alexburton@nhs.net) or Call: 020 8235 4092

## Community Matters ...

# 40tude: Standing up to Colon Cancer

At 10:30am on Saturday 14th June, 36 Stand Up Paddlers began the challenging 26 mile Stand Up Paddleboard (SUP) Marathon. The challenge began at Shepperton Lock on the River Thames, and during the marathon the participants passed through lovely sites including Kew Gardens, Hampton Court and Richmond Hill.

The participants embraced the fantastic challenge in aid of colon cancer and to raise money for St. Mark's Hospital Foundation. It took 10 hours to complete the marathon and they covered a combined distance of 1,326 miles altogether over the day. The BBC covered the event on the radio and interviewed participants including Dr Michele Marshall, Consultant Radiologist and Clinical Director, Radiology St. Mark's Hospital. Mr Jamasp Dastur, a Research Fellow at St. Mark's Hospital, also took part in the challenge and did

considerably well considering he only had three hours training!

The marathon finished in Putney where paddlers were greeted by friends and family at an after party at the Crewroom, Putney. The Crewroom had a great atmosphere with a guitarist and singer welcoming participants into the venue and everyone was given a wreath to get them in the party spirit. The SUP Marathon has raised an amazing £38,000!

Amy Noering is the founder of the Stand Up Paddleboard Marathon and has driven it to success. We would like to say a big thank you to Amy, all the participants, 40tude who organised the event, the marshals from Active 360, the volunteers who helped make the event run smoothly and the sponsors.

The third Stand Up Paddleboard Marathon will take place on the June 20th 2015. If you are interested in taking part, please contact the fundraising team.



**Fraser Moore** @FMotLon - [Jun 14](#)

Congratulations to all the paddle boarders bravely taking on 26 miles of Thames today for@curebowelcancer and @BowelsOfStMarks. Great effort

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## Forward Calendar of Events

(November 2014 to October 2015)

### NOVEMBER

- IBD Open Day
- Sainsbury's Bucket Collection

### DECEMBER

- Santa Run
- Hospital Carol Service
- St. Mark's Christmas Event
- Carol singing & Fundraiser – Wembley Designer Outlet & St. Anne's Shopping Centre, Harrow

### JANUARY

- Sainsbury's Bucket Collection

### FEBRUARY

- London Underground Collection

### MARCH

- LK Bennett Special Event

### APRIL

- Bowel Awareness Day
- Red Lipstick Day
- Doctors and Surgeons Fancy Dress Challenge

### MAY

- Superhero Run
- The Colon Challenge

### JUNE

- Stand Up Paddleboard Marathon
- Fancy Dress Party in Cambridgeshire
- Pinner Hill Golf Weekend
- St. Mark's Pub Quiz
- Bucket Collection

### JULY

- British 10k
- Swing for Sammy Golf Day

### SEPTEMBER

- 40tude Rewind Paris to London Cycle Ride
- London to Brighton Cycle Ride
- Thames Path Challenge
- 10k for Crohns

### OCTOBER

- Royal Parks Half Marathon

Throughout the year: Skydive and overseas challenges, Bucket Collections

To find out more or register for any of our events, please contact Stephanie on (020) 8869 2371 or at [s.wens@nhs.net](mailto:s.wens@nhs.net)

in brief ...

## Make your Donations go Further for St. Mark's

Your donation can go even further – as a UK tax payer, the Foundation can reclaim 25% on your donation by gift aid. For example, a donation of £10.00 would increase by £2.50 through the scheme.

Please request a Gift Aid Form from the office and complete and return to us. This way, St. Mark's Hospital Foundation could raise additional funds that are vital for research, education and training at St. Mark's Hospital.



## History Corner ...

Although the Hospital was originally founded in 1835 by Frederick Salmon, it was not until 1854 that the Hospital adopted its current name. It was on the 25th April of that year that the Hospital was officially re-opened – coinciding with a traditional feast day of St. Mark the Evangelist.

It was therefore called 'St. Mark's Hospital for Fistula and Other Diseases of the Rectum'. As well as taking on the name St. Mark, the Hospital also took on the colour red which was derived from the official colour of the Feast Day in Venice, where roses are given out.

St. Mark's Hospital's griffin, or winged Lion, standing over a book is a traditional symbol of St. Mark, which symbolises courage. The book under the griffin's paw, reads "Pax Tibi Marce" (Peace be unto you Mark).

So the next time a friend asks why our Hospital uses a red "lion", correct them – it's the Griffin of St. Mark!

# The Colon Challenge

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Paul Bouscarle: 'St. Mark's Hospital Foundation is committed to creating a future free from the fear of bowel disease, a cause close to my heart since I was diagnosed with bowel cancer in January 2013. I am convinced that supporting St. Mark's is the best way to improve the treatment of all kinds of bowel disease.'

In the field of bowel cancer treatment, St Mark's has been instrumental in the development of endoscopy to detect and remove pre-cancerous polyps and pioneered the use of keyhole surgery for removing tumours in a minimally invasive way. St. Mark's is carrying out a highly innovative range of research projects to better manage and improve the treatment of all forms of bowel disease. The research conducted at St. Mark's Hospital holds out hope for many thousands of people with bowel disease for a better future. St. Mark's Hospital Foundation needs more donations in order to fund these ground breaking projects.

Due to the success of the 2014 Colon Challenge, Paul Bouscarle and St. Mark's Hospital Foundation have decided to make it an annual event. If you would like to participate in The Colon Challenge in May 2015, please regularly check the website for updates or register your interest by contacting Fundraising Executive, Stephanie, via email at [s.wens@nhs.net](mailto:s.wens@nhs.net), or call the St. Mark's Hospital Foundation office on **020 8235 4092**.

St Marks Foundation retweeted

**Mark Cahill** @Mark Employment - May 30

#fundraising for @BowelsOfStMarks. 160 miles done @paulbouscarle @JustGiving page [justgiving.com/Mark-Cahill1/?](http://justgiving.com/Mark-Cahill1/?) ... - day 3 Watton to Harlow

👍 1 ⭐ 1 ★★★

[View summary](#)



## Star of St. Mark's ... The Foleys

Fundraising is not always an easy task; it takes time and persistence in the face of every-day pressures of work, hobbies and family life. But, after deciding to clear out their cupboards of bric-a-brac, a family from Cheltenham, Gloucestershire has managed to mobilise a whole online community to fundraise for St. Mark's Hospital Foundation.

The Foleys have managed to mobilise family member, Ben Quemby, to run the Royal Parks Ultra Marathon (50km!) and another to run the Cheltenham Half Marathon. It is not too late to sponsor Ben. You can visit his justgiving page at: [www.justgiving.com/Ben-Quemby1](http://www.justgiving.com/Ben-Quemby1)

They have also set-up an online charity shop ([tinyurl.com/TheFoleys](http://tinyurl.com/TheFoleys)) Chris Foley, whose daughter Ayllah-Beau is a patient at St. Mark's, says, "It took off so well that we decided to ask others to do the same." Impressively, they have had over 335 customers and raised over £5,110 and an additional £710 in Gift Aid.

The online store is thriving, selling anything from DVDs to baby clothing with every purchase making a huge difference and contributing to the amazing total raised. All funds are to be put towards the tissue engineering research at St. Mark's, being led by a multi-skilled team which includes Dr Simon Gabe and Dr Tahera Ansari.

Ayllah-Beau, aged 20, is a patient of Dr Simon Gabe, consultant gastroenterologist at St. Mark's Hospital. Chris says, "St. Mark's Hospital has been our back bone for the last year, supporting us through the fear and unknown of TPN, which Ayllah-Beau is reliant upon". TPN, short for Total

Parenteral Nutrition is when a patient is fed intravenously, bypassing the usual process of eating and digestion, with a special nutritional formulae of proteins, glucose, lipids, minerals and vitamins.

Chris goes on to explain, "The amazing Dr Gabe and his team have given us the confidence and support that was vital to us". Giving patients and their families support and confidence is vital when considering that the Foleys live around two hours away from Harrow, where St. Mark's Hospital is located.

By managing to run an entire online charity shop with over 335 customers and raising so much, Chris has shown her dedication to the cause but, as she says, it is because they are "eager to return our gratitude by supporting vital research". This dedication reaches far beyond Chris and her daughter, Ayllah-Beau, but to the whole online & offline community in Cheltenham, those running challenge events & those who are part of the online shop.

The support that the Foleys have secured is supporting research which hopes to create a future free from the fear of bowel disease. As Chris says, "St. Mark's has our full and continued support, which is the least we can do to repay their expertise, kindness and dedication."

St. Mark's Hospital Foundation is proud to have the support of the Foleys, their friends and their local community and wish them every success in their fundraising endeavours.

Our community & events team are here every step of the way should you wish to fundraise. You can contact Alex on 020 8235 4092 or at [alexburton@nhs.net](mailto:alexburton@nhs.net) or Stephanie on 020 8869 2371 or at [s.wens@nhs.net](mailto:s.wens@nhs.net)

## Our team ...



left to right: Stephanie van der Wens, Riyah Talati; Anthony Cummings; Shelina Ali; Alex Burton

### Mr Anthony Cummings

Executive Director

Anthony has overall responsibility for the Foundation's office, including sponsorship opportunities and donations in memory of a loved one.

Tel: 020 8235 4042

Email: [anthony.cummings@nhs.net](mailto:anthony.cummings@nhs.net)

### Ms Riyah Talati

Trusts & Foundations Fundraising Manager

Riyah manages trusts and foundations and assists in the overall management of the department.

Tel: 020 8235 4023

Email: [riyah.talati@nhs.net](mailto:riyah.talati@nhs.net)

### Mr Alexander Paul Burton

Community & Events Fundraising Executive

Alex works on Community & Events fundraising, small business fundraising initiatives and the ambassador & volunteer schemes.

Tel: 020 8235 4092

Email: [alexburton@nhs.net](mailto:alexburton@nhs.net)

### Ms Stephanie Van Der Wens

Fundraising Executive

Stephanie is the Challenge Events Co-Ordinator and manages the marketing of the charity. She also works on Community & Events fundraising.

Tel: 020 8869 2371

Email: [s.wens@nhs.net](mailto:s.wens@nhs.net)

### Ms Shelina Ali

Fundraising Administrator

Shelina manages the Foundation's database, creates fundraising reports and offers overall support in the fundraising office.

Tel: 020 8235 4044

Email: [shelina.ali@nhs.net](mailto:shelina.ali@nhs.net)



### Chris Foley ► St. Marks Hospital Foundation

19 August at 23:54 - 🌐

So pleased to be part of this amazing charity ... And forever thankful to all those that have got behind our fundraising !!! ... Kicking bowel disease firmly in the butt !!!

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