

# Re:Mark's

The Supporter Newsletter of St. Mark's Hospital Foundation | Autumn 2015



Members of the 2015 SUP Marathon at Kingston 15 miles in to their 26.2 mile journey

## Stand up for St. Mark's

**T**he unique 40tude Stand-up-Paddleboard Marathon (SUP) was created by Amy Noering three years ago. In this year's event, the 75 Paddleboarders covered a distance of 1,950 miles along the Thames. This year, the SUP marathon has raised over £35,000 for St. Mark's Hospital Foundation's innovative research, including new minimally invasive surgery for early stage bowel cancer, called FLEX, and Tissue Engineering the world's first functional replacement bowel.

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## Inside

### 2014/15 Seasonal Appeal success p3

How your donations to the Christmas appeal helped give a most precious gift to Stephanie.

### Leaving behind a future p5

We recount how legacies are a cornerstone upon which vital life-saving research performed at St. Mark's is built and introduce our new club 'All out for St. Mark's'.



## A Message from the Chairman and Executive Director



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



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

**A**s we arrive over halfway through a fabulously busy year at St. Mark's Hospital Foundation, we are delighted to report that thanks to our many loyal fundraisers and donors, we continue to build on last year's successes where we achieved the best results ever, raising over £2million for vital life-saving research. We continue to deliver more funds to support more research, education and dissemination of clinical best practice worldwide. The spirit & soul of St. Mark's is truly alive and thriving. At this juncture, we reflect on what is the spirit & soul of St. Mark's and remind ourselves of the amazing efforts of hundreds of fundraisers, individual donors, legators, major donors and trusts & foundations who support the vital life-saving medical research at St. Mark's Hospital.

We reflect on the massive difference legators made. In this edition you will read about how St. Mark's Hospital has benefited from the kindness and generosity of patients who have remembered the Hospital when making their will.

By celebrating 180 years of St. Mark's Hospital and the 20th anniversary of the Foundation in its current form, we remind ourselves of the special soul of St. Mark's. The Hospital owes its success to the world-leading consultants and research fellows of today who dedicatedly build upon the expertise passed down by previous generations of world-leading bowel disease experts, making St. Mark's unique in the world. This was developed by projects such as FLEX (Full thickness laparoscopic endoscopic excision) which you will read about in this edition. Developed by Professor Robin Kennedy, Miss Adela Brigic, Mr Andrew Currie and their team, who are following in the tradition of previous generations at St. Mark's who developed new world gold-standard surgery and medicine.

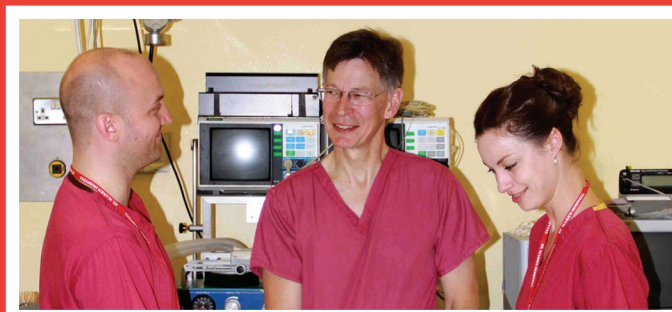
**Re: Mark's** is our opportunity to show how the spirit & soul of St. Mark's is alive and flourishing in the 180th year of the Hospital.

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

If you have any questions, comments or feedback please contact Anthony on 020 8235 4092 or at Anthony.Cummings@nhs.net

# Innovations with FLEX

Improving minimally invasive surgery for people with early stage bowel cancer



From left: Mr Andrew Currie, Professor Robin Kennedy and Miss Adela Brigic

## What is FLEX?

FLEX, or Full Thickness Laparoendoscopic Excision, is an innovative new surgical technique that has been developed by Professor Robin Kennedy, a consultant surgeon from St. Mark's Hospital. FLEX is designed to help patients with early colorectal cancer and benign bowel polyps by enabling the removal of only the cancerous part of the bowel, thereby helping patients avoid the major, adverse risks associated with conventional surgery. With conventional surgery, up to 30% of healthy bowel can be removed.

## FLEX: the Current Position

After several years of experimental work, funded by numerous generous donors, we are proud to report that the FLEX technique has gone from bench to bedside. Professor Kennedy and his team have now performed the FLEX technique in ten patients, all of whom would otherwise have undergone radical surgery.

We are developing a collaborative group of surgeons and endoscopists at centres across the country and have secured considerable charitable and commercial support. All parties involved feel that the FLEX technique holds great promise for achieving a step-change in care.

## Sharing Best Practice

The FLEX project and procedure are currently unavailable at any other institution worldwide. However, there have been positive developments in FLEX becoming a multi-centre trial. Among the positive developments is the FLEX study being registered on the National Institute for Health Research (NIHR) Clinical Research Portfolio. This means the NIHR will support trusts locally to deliver the study and that is a significant attractor to all hospital trusts. A multi-centre trial will involve 50-60 procedures in other institutions, providing an invaluable opportunity to gain experience.

FLEX has developed positively over the past 12 months and there is much to suggest this forward momentum will continue. FLEX is just one example of a new, minimally invasive technique that has been born at St. Mark's, evidencing an ongoing commitment to surgical innovation to improve patient outcomes.

# Stand up for St. Mark's

...continued from front cover

This year was the biggest Stand-up-Paddleboard Marathon (SUP) to date, with over 75 participants completing the 26-mile route from Shepperton to Putney. Thank you to Amy Noering, Kate Sanday and Gordon and Fraser Moore for organising the event, and to the participants for taking part in the challenge and for fundraising for St. Mark's Hospital Foundation!

An incredible £35,000 was raised this year from the SUP Marathon, and 40tude is not stopping there...



Stand Up Paddlers on the verge of completing their marathon at Putney Embankment

Next up 40tude is embarking on a three-day cycle challenge called '40tude Rewind Paris to London' in September to celebrate 40tude's fifth anniversary. It starts at the iconic Eiffel Tower and finishes at The Mall in London.

Happy birthday 40tude and thank you for all your incredible support over the past five years!



From left: Consultant Radiologist & Clinical Lead Dr Michele Marshall, 40tude founder Mr Gordon Moore, SUP Marathon founder Mrs Amy Noering & Active360 SUP Co-ordinator Mr Paul Hyman celebrating the end of their 26.2-mile challenge



To view their latest video please visit: <https://vimeo.com/134390512>

# 2016 Launch Reception

St. Mark's Hospital Foundation is developing its most far-reaching new vision for the future of bowel disease research and education at St. Mark's Hospital, by creating the St. Mark's Institute for Colorectal Medicine and Surgery. We shall be launching this vision for the new Institute to all our supporters at a special reception to be held early in the New Year. The new Institute will be built around six world centres of excellence in bowel disease research, including the Centre for the Treatment of Advanced Cancer, the Centre for the Treatment of Inflammatory Bowel Disease and the Centre for Anorectal Research. St. Mark's Institute will enable St. Mark's to continue to lead the way with innovative medical research projects and high quality education programmes to disseminate clinical best practice in the treatment of bowel diseases world-wide.

We will be holding a Launch event in June. If you would like to attend please contact Alex Burton for further details.



The Chairman and Trustees of St. Mark's Hospital Foundation

Request the pleasure of your company

at the

2016 Launch Reception of the St. Mark's Institute for Colorectal Medicine & Surgery

Venue to be announced

June 2016 ~ actual date to follow

Please contact Alex Burton on 020 8235 4092 or [alexburton@nhs.net](mailto:alexburton@nhs.net)

Attendance by RSVP only



What you tweeted...Christian Williams @ChristianW Amazing seeing all the paddle boarders coming in to Putney! Congrats! @curebowelcancer @bowelsofstmarks @Putneysocial



# London Marathon 2015

## Brian Cumming's Colonathon



Brian Cumming celebrating after finishing the London Marathon

**I** was diagnosed with FAP (Familial Adenomatous Polyposis) in 2009 in my early thirties. After four years of annual monitoring (and ignoring the results), I decided to have the total colectomy surgery in October 2013.

I had an attenuated version so my polyp count was low, but enough to know that at some point my colon would have to be removed. I lead a very active lifestyle and my main sport is skydiving. I have completed 1600 jumps. After four years of annual monitoring (and ignoring the results) I decided to have the surgery. Nothing was black and white but all the decision indicators were slightly darker than 50%.

I had some complications and was in St. Mark's for ten weeks and off work for six months, and lost three stone in the first month. I was discharged just before Christmas 2013 and I took things slowly, returning to work part-time and then full-time.

Whilst recuperating from a hernia in autumn 2014, and banned from doing any physical activity and, frankly, not wanting to either, I received confirmation of a place in the London Marathon for the following April. Oops.

I had no recollection of applying as I'd been on prescription pain killers at the time but I liked the sound of the challenge. It was something I'd always wanted to do. I knew that I could defer entry up to the day before and run in 2016 instead. Nearly everyone I knew told me I was crazy for even thinking I could do this but being both stubborn and optimistic, those comments provided the best motivation possible for me.

Training for the marathon was tough and I was starting from zero. Injuries, sweat, and tears. Not having a colon anymore meant that I wasn't very good at carb loading, and my energy levels would crash spectacularly.

On the day, everything went perfectly, somehow. I ran the London Marathon in 4hrs 53mins, and raised over £7,000 for St. Mark's Hospital Foundation.

Having a goal, no matter how far-fetched or ambitious, proved to me that the human body is amazing. Start small but keep that goal in sight.

I've teamed up with St. Mark's Hospital Foundation and I'm now one of their Ambassadors – available to speak at one or any of their fundraising events. If you would like me, Brian Cumming, to speak at your fundraising event, please contact Alex Burton at alexburton@nhs.net

I have also just qualified as a skydiving instructor – **proof that being 100% colon free doesn't have to stop you doing anything you wish.**

## Reflections and Thanks

### The St. Mark's Christmas Appeal



**IBD Patient Stephanie Chin with Gastroenterologist, Dr Simon Gabe pictured here at St. Mark's Hospital**

Our 2014 Christmas appeal communicated what the spirit & soul of St. Mark's is, and how the spirit & soul of St. Mark's is a determination to relieve the suffering of others and to create a better future. This we believe is also the spirit & soul of Christmas.

We illustrated the spirit & soul of St. Mark's through the story of one Inflammatory Bowel Disease patient, Miss Stephanie Chin, and how her spirit and health were restored by her Gastroenterologist, Dr Simon Gabe.

All at St. Mark's were overwhelmed by the generosity of supporters to the Christmas appeal, which raised over £17,000.

Our Christmas appeal supporters helped to give a precious gift to people with bowel disease: the gift of hope of a healthier future. We give our sincere thanks to all those who supported the 2014 Christmas appeal.

Our appeal was supported by hundreds of supporters and local businesses. Should you wish to become a corporate sponsor, we would like to hear from you. To receive our corporate sponsor pack, which includes a range of benefits, please contact Anthony Cummings on 020 8235 4042 or email Anthony.Cummings@nhs.net

# Community Fundraising and Volunteering - Get Involved!

By volunteering your time, you are making a huge difference creating a future free from the fear of bowel disease. We place volunteers in a range of exciting roles, from large events organised by the Foundation, to our Charity Information Desk in the hospital for a few hours per week. In this issue, we talk to some of the Foundation's volunteers to find out more about why they volunteer...



## Chinwe Ike-Chinwo

### What are the best aspects of joining in?

Knowing that the time you give makes a difference and seeing how much money is raised at various events. Getting to meet/know other members of the team and staff, interacting with people who support the Foundation or who are interested in finding out more about the Foundation

### In your opinion, what qualities make a good volunteer?

A good volunteer should be selfless, flexible and committed.

### What's your number one piece of advice for people who want to volunteer for St. Mark's Hospital Foundation?

Have fun with it and stay positive. A smile is always nice, too.



## Nmaelie Abdul

### What are the best aspects of joining in?

The new places that you discover as well as the new people you meet, whether they are other volunteers or patients, donors, etc. For example, at this year's Gala Dinner I met a few student volunteers who gave me some invaluable advice about life in university, while at the Pinner Hill Golf day, I met very enthusiastic golf aficionados, from whom I learnt more about the specialised lingo of golf (there was more to it than I had thought).

### What's your number one piece of advice for people who want to volunteer for St. Mark's Hospital Foundation?

My advice is to sign up for as many events as possible because each one is very interesting and unique. A lot of effort and time is put into each event by the Foundation, so when you volunteer at each event, you're sure to get something completely different out of it every time!!

## Community fundraising groups

Regional fundraising groups have always been an integral part of the spirit of St. Mark's, raising significant amounts for medical research and education projects over the past year and engaging hundreds of fundraisers.

We are proud to support a number of groups both locally in Harrow and Watford and further afield in Gloucester and Birmingham.

To start a group, please contact Alex on 020 8235 4092 or [Alexburton@nhs.net](mailto:Alexburton@nhs.net) and find out more about how we can get you started.

## Helen's Story

Helen Hill, a patient of Gastroenterologist Dr Simon Gabe, started fundraising in 2014 by setting up a regional fundraising group in Birmingham. So far she has run over 20 events with the help of friends and family and has raised over £18,000.

"I was inspired to fundraise for the Foundation after hearing about Dr Simon Gabe's fundraising endeavours and realising his passion and commitment to those he cares for went above and beyond what one would normally expect from a consultant. I believed I could also help make a difference."

We asked Helen what the best part of running a community fundraising group was: "The best aspect of organising events is meeting new people."



Helen, centre, at a bag packing day at Tesco in Walsall with friends and family

You meet people the same as you who care, who want to help, who believe they can make a difference. Hearing their stories and experiences, sharing yours, bringing people closer together and seeing and experiencing real genuine kindness all helps. Sometimes you're just as touched by others' experiences as they are yours."



# All Out For St. Mark's!

## A new club that's going all out for fun and great social events



Supporter of the Foundation, Mr Len Reilly, with Trusts and Foundations Manager, Ms Riyah Talati, marking a special occasion with the Fundraising Team

**S**t. Mark's Hospital has benefited from the kindness and generosity of patients who have remembered the Hospital when making their Will. Gifts in Wills have been the cornerstone upon which much of the vital life-saving research performed at St. Mark's has been built. We wish to show our appreciation to all those people leaving a Gift in Will to St. Mark's Hospital Foundation by inviting them to join our fun new club- All out for St. Mark's.

As well as being fun, we hope All out For St. Mark's will provide a great social and education experience for Club members. The idea of this club is that St. Mark's Hospital Foundation's team will organise a range of exciting and informative days out for those who have informed us that they are leaving a legacy to St. Mark's. While we have not yet finalised the programme of days out, with popular demand we will organise some of the following events for our 'All out for St. Mark's' club members :-

- Tea at the House of Lords, Brown's, Claridges or The Dorchester
- A behind the scenes tour of the Victoria and Albert Museum accompanied by an Art Expert.
- Day trip to Blenheim Palace
- Trip to Colchester Zoo
- Day trip to Leeds Castle, Kent
- Private leading Chef's cookery master class
- Trip to Royal Windsor Racecourse

- Private tour of St. Mark's Hospital with a visit to our cutting edge laboratories, briefing from leading researchers and consultants and a talk by a leading Professor on the future of surgery and medicine in the treatment of bowel disease.
- An invitation to St. Mark's Hospital's 13th Annual International Congress – a day of thought provoking and inspiring lectures about the Frontiers in Intestinal and Colorectal Disease.
- An invitation to attend, as our guest(s), St. Mark's Hospital Foundation's Annual Dinner.

If you would like to join the 'All out for St. Mark's' club and intend leaving a gift in your Will to St. Mark's Hospital Foundation please contact Anthony Cummings, email to Anthony.Cummings@nhs.net, or telephone Anthony on 0208 235 4042

All club members are invited to our first event join us for tea at an attractive venue (to be announced) on 16th December 2015.

### Solicitors who support St. Mark's Hospital Foundation's legacy campaign

**Attwells Solicitors LLP**  
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Nina Gurra  
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**Nicholls Christie & Croker**  
41 Station Road  
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Richard Reid  
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Rachel Oakley  
rmo@ncc-northharrow.co.uk

If you wish to see a future free from the fear of bowel disease, please consider leaving a legacy to St. Mark's Hospital Foundation.

This selfless act could change the lives of thousands of people living with bowel disease today, and those yet to be diagnosed.

To discuss any matter relating to Wills & Bequests or to request a copy of our new legacy pack, which explains clearly the process of making a Will or leaving a legacy, please contact Anthony Cummings on 020 8235 4042 or Anthony.Cummings@nhs.net



# The Colon Challenge 2015

**The fantastic Colon Challenge was back for another year on May 27th with twelve participants taking part in the challenge.** They included Paul Bouscarle, creator of the Colon Challenge who is also a Bowel Cancer Patient at St. Mark's Hospital, and three Consultants from St. Mark's Hospital: Consultant Gastroenterologists Dr Simon Gabe & Dr Maxton Pitcher and Consultant Radiologist Dr Michele Marshall.

Our annual Colon Challenge is a 280-mile cycle challenge which follows a colon-shaped route across England. The route starts at Milton Keynes, heads north to Northampton and then heads south towards London, where it finishes at King's Cross Square.

This year, the Colon Challenge participants raised a tremendous £53,000 for St. Mark's Hospital Foundation. To celebrate this fundraising achievement and the end of the four-day challenge, St. Mark's Hospital Foundation organised an End Event outside King's Cross Station. The Colon Challenge End Event was hosted by Radio Harrow and there were interviews with Consultants and Research Fellows from St. Mark's Hospital, patients from St. Mark's Hospital, Colon Challenge Cyclists and St. Mark's Hospital Foundation Representatives, including Chairman Michael Liebreich.

The event included a performance by the ukulele band 'Katie's Jumping Fleas', and a customised Routemaster Bus was on hand which allowed the public to find out more about the charity and the Bowel Cancer Screening Service at St. Mark's Hospital. Available to the public were free goody bags, containing products kindly donated by Appy Food and Drinks, The Gluten Free Kitchen, and Feel Free Gluten Free. The Colon Challenge Cyclists and their family and friends celebrated the tiring challenge by going to the top of the bus where they celebrated with sparkling wine and other refreshments.

The team at St. Mark's would like to say a huge thank you to Paul Bouscarle for organising the event for the past two years and to Paul and his Colon Challenge Cyclists for having raised over £150,000 towards vital medical research at the Hospital.

## Interested in signing up to the Colon Challenge next year?

St. Mark's Hospital Foundation is looking for keen cyclists who do not need to be experienced but are willing to train and fundraise to take part in the Colon Challenge 2016.

To register your interest or find out more, get in touch with Stephanie Van Der Wens at [s.wens@nhs.net](mailto:s.wens@nhs.net) or on 020 8869 2371.



2015 Colon Challenge riders arrive at King's Cross, London after their four day journey



Colon Challenge riders, friends and family celebrate after their 280-mile journey



What you tweeted...  
Radio Harrow @radioharrow  
Stephanie Chin @BowelsofStmarks  
ambassador #ColonChallenge



# Community & Challenge Events 2015 / 2016

Key: **Challenge Events: Blue** **Community Events: Red**

## 2015

### September

London to Brighton Cycle Ride  
40tude Rewind Paris to London  
Thames Path Ultra Challenge  
for Crohn's 10k Walk /  
Run in Hyde Park

### October

Royal Parks Half Marathon  
Bear Grylls Survival Race  
Zombie Evacuation Race  
Salisbury or Yeovil Half Marathon

### November

IBD Open Day – St. Mark's Hospital

### December

The Santa Run – East London  
L.K. Bennett Event  
St. Mark's Christmas Event

All out for St. Mark's Afternoon –  
Tea at an attractive venue

## To Register

To register for any of the above events, please contact Steph Van Der Wens on 020 8869 2371 or [s.wens@nhs.net](mailto:s.wens@nhs.net)



We provide a comprehensive fundraising pack when you register for an event, which includes a T-shirt, Fundraising Tips, Leaflets and more to get you started!

Kelly Marie Steed  
St. Mark's Hospital  
Foundation.  
15th April 2014



"My fundraising pack is here!"

## 2016

### January

Sainsbury's Bucket Collection

### February

Rotary Club Talks

### March

Paris Half Marathon  
North London Half Marathon

### April

Bowel Cancer Awareness Month  
Red Lipstick Day

### May

Superhero Run – Regent's Park  
The Colon Challenge  
The Spartan Race  
Run Hackney Half Marathon  
Milton Keynes Marathon  
and Half Marathon

## St. Mark's New Look Website!

Our brand-new website will be launching in Autumn 2015 with improved project information, case studies and ways we can help you to raise funds for our medical research, education and training. Our new address is:

[www.stmarkshospitalfoundation.org.uk](http://www.stmarkshospitalfoundation.org.uk)



ST MARK'S  
HOSPITAL  
FOUNDATION  
180<sup>th</sup> & 20<sup>th</sup>  
HOSPITAL & FOUNDATION  
ANNIVERSARIES

A future free from the  
fear of bowel disease

St. Mark's Hospital Foundation  
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## St. Mark's Contacts



### Mr Anthony Cummings Executive Director

Anthony has overall responsibility for the Foundation offices, including sponsorship opportunities and donations in memory of loved ones.  
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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.  
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Email: [riyah.talati@nhs.net](mailto:riyah.talati@nhs.net)

### Mr Alexander Paul Burton Community & Events Fundraising Executive

Alex works on community and events fundraising, small business fundraising initiatives and the ambassador and volunteer schemes.  
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Email: [alexburton@nhs.net](mailto:alexburton@nhs.net)

### Miss Stephanie Van Der Wens Fundraising Executive

Stephanie is the Challenge Events Coordinator and coordinates the digital marketing of the charity. She also works on community and events fundraising.  
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