

Re:Mark's

The Supporter Newsletter of St Mark's Hospital Foundation | 2018



A future free from the fear of bowel disease

Welcome to the future of surgery: Robotics



St Mark's Hospital has consistently been a world leader and innovator of new surgical procedures that have saved lives from bowel cancer. The improvement in the survival rate from bowel cancer is striking; it has doubled over the past 40 years. The single most important factor in realising the increase in the survival rate is surgical innovation. Bowel cancers that were previously inoperable are now treatable with advanced surgery. However, bowel cancer is still the second highest cause of cancer fatalities in the western world. We must continue to develop more innovative and highly effective surgical procedures to improve the survival rate and health outcomes of patients. Read inside why we believe robotic surgery is the next big breakthrough.

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St Mark's and research

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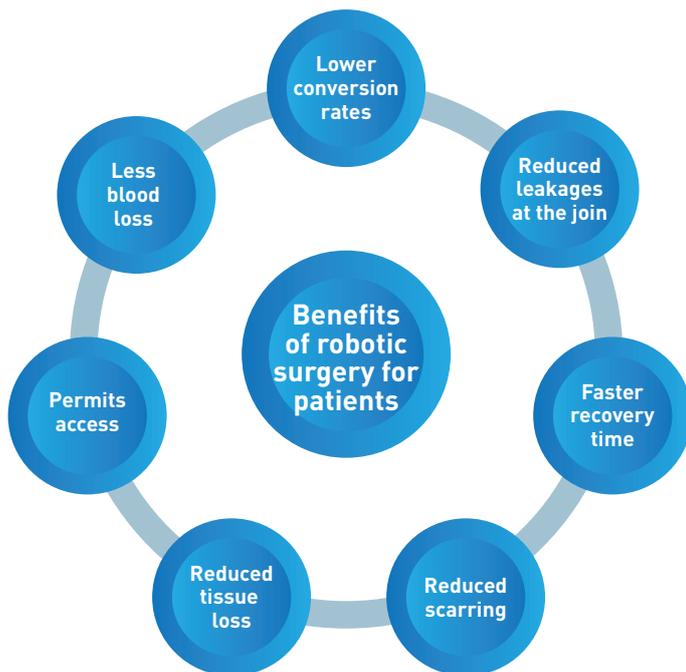
St Mark's is currently undertaking robotic surgery research and education programmes to develop life-saving, minimally invasive surgery and treatments for advanced bowel cancer initially and then exploring its application to surgery for Crohn's disease and Ulcerative Colitis. This research is built on employing the most advanced systems and technology and this is where surgical robotics features very strongly in our long term strategic plan.

Why Robotics is needed & the patient benefits

Surgery has improved the survival rate from bowel cancer from 2% without surgery to more than 50% with surgery, yet it is still the second highest cancer killer. To increase the survival rate, we must improve surgery and robotic surgery is, we believe, the next big breakthrough.

Robotic surgery has been established as an effective, minimally invasive surgical technique for conditions such as prostate cancer. Its potential is far less developed in the field of colorectal surgery and this provides a tremendous opportunity for St Mark's Hospital to play a world leading role in research, education and dissemination of clinical best practice worldwide in this field.

Robotic surgery improves the long term quality of life of survivors because it is minimally invasive, causing less blood and tissue loss, and less scarring.



Robotic surgery – the patient benefits



Robotic Training Simulator gives surgeons an evaluation of their performance to improve their skills



A surgical robot in operation



Mr Danilo Miskovic – Expert Robotic Surgeon & Programme Leader

The objectives of our Surgical Robotics Research Programme

A clinical objective

St Mark's Hospital aims to provide robotic surgery for bowel cancer initially and investigate its application to surgery for Inflammatory Bowel Disease in the future.

A research objective

Through rigorous research, St Mark's aims to show that robotic surgery for patients with bowel cancer improves both the survival rate and long term health outcomes compared to open and laparoscopic surgery.

A training and education objective

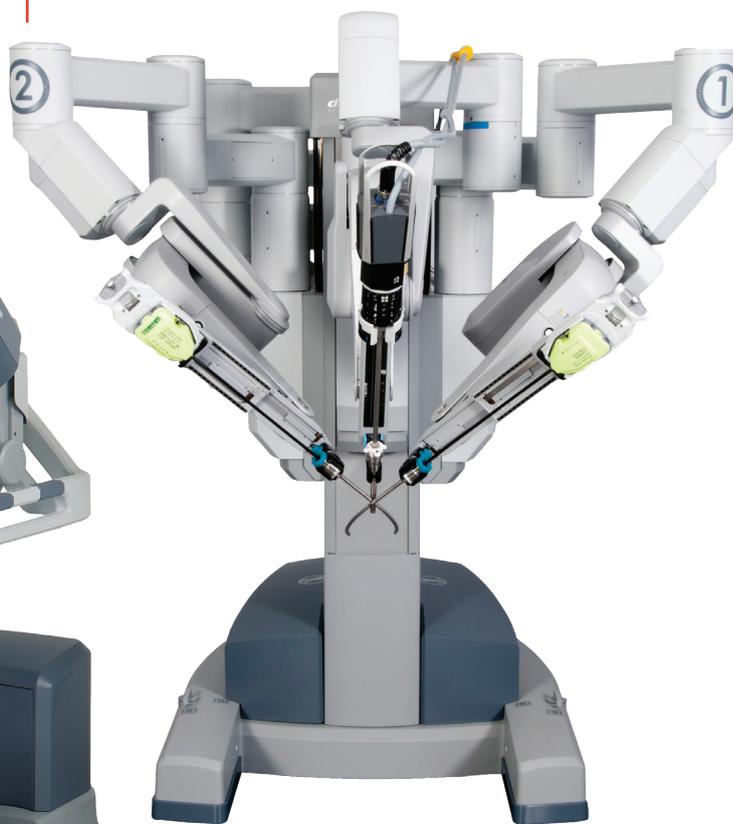
To avoid a future shortage of expertly trained robotic surgeons, St Mark's plans to establish a dedicated National Training and Education Hub to provide a supply of excellently trained robotic surgeons. St Mark's Hospital Foundation houses St Mark's Academic Institute, a national and international centre of education and training excellence, which educates and trains over 2,000 doctors from all over the world every year. St Mark's is ideally positioned with the necessary infrastructure to build up excellence in robotic surgical training.

St Mark's Hospital needs to acquire a state-of-the-art surgical robot, which is essential technology for our Surgical Robotics Research Programme

Every donation matters

At the time of writing, St Mark's Hospital Foundation has raised £450,000 towards the purchase of a top-of-the-range surgical robot. This generous sum has been awarded by leading medical philanthropists and grateful patients. Every donation matters in order for St Mark's to be able to own a surgical robot. With the help of loyal donors, as well as new contributors, donating at all levels of giving, we are confident that we will meet our target of £2million, which is the total cost of our Surgical Robotics Research Programme.

To discuss donating to the Surgical Robotics Research Programme, please contact Anthony Cummings, Executive Director, on 0208 235 4042 or Anthony.Cummings@nhs.net



A surgeon at the robot's operating console



St Mark's needs your support

We need your support to help us realise our goals and there are many ways you can get involved. From large fundraising events like The Stand Up Paddleboard Marathon (SUP), The Colon Challenge or even swimming the English Channel!

Our incredible supporters have taken on the seas, covered 100's of miles on land, climbed mountains and completed bike rides to help us in our mission to create a future free from the fear of bowel disease.

Maybe these amazing feats will inspire you to challenge yourself...

- **The Channel Challengers:** A team of 7 swam The English Channel Crossing.
- **The Colon Challenge:** One of our most popular and successful events, The Colon Challenge is a 250-mile cycle through some of England's most beautiful countryside.
- **The SUP from 40tude** saw fleets of paddlers captaining their boards over 26 miles of the Thames.
- We couldn't do all of this without our great **volunteers** and we are always on the lookout for more.
- **A whole host of other challenges:** We're always recruiting and looking for fundraisers and supporters across many events. Please contact: info@stmarkshospitalfoundation.org.uk



Her Excellency Marie-Louise Coleiro, President of the Republic of Malta, pictured at St Mark's Hospital after her cheque presentation on behalf of the people of Malta to help St Mark's continue its vital work

Channel Challengers conquer the sea!



We did it!

Our Channel Challengers, which included 5 medical staff from St Mark's Hospital, completed a 38km swim across the English Channel and raised over £30,000 for the Hospital! Fancy a dip?

St Mark's is very fortunate to have dedicated medical staff that push and challenge themselves to support their patients. The Channel Challenge is not unique in inspiring St Mark's staff to get involved and raise much needed funds. Staff have cycled and run too, including in the Sahara desert! It is inspirational to witness, and a pleasure to work with these fantastic individuals.

The team swam over 22 miles in 11 hours and 11 minutes and received generous support from their patients, patients of St Mark's and members of the public who were moved by their remarkable efforts. On behalf of the Channel Challengers, thank you for your generous donations and words of encouragement for the team's efforts in this extremely challenging event.

And finally, a thank you to the team itself: Mr Phil Tozer, Mr Jonathan Hodgkinson, Mr Guy Worley, Mrs Helen Hill, Mr Omar Faiz, Dr Simon Gabe, Ms Jo Gent and Ms Charlie Toms who have made us incredibly proud!

If you are interested in a swimming event please contact info@stmarkshospitalfoundation.org.uk

The Colon Challenge



The 280 mile cycle mapped out in a human colon-shaped route, boasts fantastic views, camaraderie and calories, both burnt and consumed!

It challenges a team of riders to band together to complete a 4-day cycle to raise much needed funds for bowel disease.

Since its inception in 2014, St Mark's medical staff, St Mark's patients, keen cyclists and their friends have taken part. Over the years they've shared laughs, aches, pains, flat tyres and ultimately, victory.

This event has raised more than £150,000 and with your help we can raise even more! The Colon Challenge is the brain child of a grateful patient, which demonstrates how much someone with passion and commitment can achieve. Could you create a winning event too?

info@stmarkshospitalfoundation.org.uk

Patient profile: Amanda Scott

St Mark's patient, Amanda Scott, is on Total Parenteral Nutrition (TPN), the most widely employed and effective treatment in improving nutritional intake in people with aggressive Crohn's disease and a range of other bowel diseases. Amanda receives all or most of her nutrients and calories intravenously via a major vein into her heart.

Amanda has received expert treatment and care from the St Mark's intestinal Failure Unit and its wider team. In gratitude, she has challenged herself to a range of incredibly tough and daring challenges, from Ironman's, to triathlons, 10ks and volunteering.

Amanda is a brilliant example of why St Mark's work is so important. She is a young, intelligent and driven individual. In addition to all her fundraising, she studies full time and plays the cello to a professional level.

Amanda and St Mark's Hospital need continued support. If you are feeling inspired, help us to be even better!



Stand Up Paddle-board Marathon (SUP) - 40tude

40tude raises funds for St Mark's with its unique and exciting events. They support cutting edge research for bowel cancer and have donated hundreds of thousands of pounds to bowel cancer-related projects at St Mark's. The SUP is the backbone of 40tude's fundraising and forms one half of its fundraising catalogue, the second is their famous endurance cycle trips. The highly anticipated cycling tours are a fantastic chance to see stunning scenery, ride with experienced cyclists and highly motivated professionals who have all joined efforts to raise vital funds. If this sounds appealing to you and you're interested in taking part, please contact:

info@stmarkshospitalfoundation.org.uk



Ambassador profile: Nancy Fahmy



Nancy Fahmy has been an active supporter of St Mark's Hospital for many years. Although Nancy has had to deal with various health complications over the years, she has remained a loyal volunteer and fundraiser. On several occasions she has represented the patients of St Mark's in outstanding fashion. She has spoken about her patient experience, explaining to fundraising and volunteer groups how St Mark's affects peoples' lives on an individual level, and she's done all of this with a strength and positivity that is inspiring. We are very lucky to have supporters like Nancy, and we are indebted to those individuals that support us tirelessly, helping to welcome new volunteers, fundraisers and supporters to our wonderful team. If you would like to read more about Nancy's story and how you might be able to support, please go to our website or email:

info@stmarkshospitalfoundation.org.uk



Ways to support

We are privileged to have some incredible fundraisers that support us consistently, some with tried and tested approaches whilst others venture into new territory. These fantastic fundraisers are patients of St Mark's, the St Mark's Medical staff, those fundraising on behalf of friends or loved ones and members of the Harrow community.



Mt Everest base camp trek

Laurence Heselden and his father, Roy, successfully climbed & trekked to 17,000 feet for St Mark's in celebration of Roy's 70th birthday. Raising not just the altitude but also their fundraising, congratulations for reaching over £1,000! What a brilliant photo and surely a very memorable birthday.

Triathletes

Alastair Macintosh and Al Montgomery completed the Windsor Triathlon. Alastair raised more than £4,000, an incredible amount for his first triathlon.

London 2 Brighton trek

Loretta Baker's son has Crohn's disease and is a patient at St Mark's. This inspired Loretta to undertake the London 2 Brighton trek. Loretta reflected "I managed to finish in 24 hours, 29mins and 2seconds. My target time was 25 hours so I was extremely pleased and also managed to escape any blisters!"

Ironman!

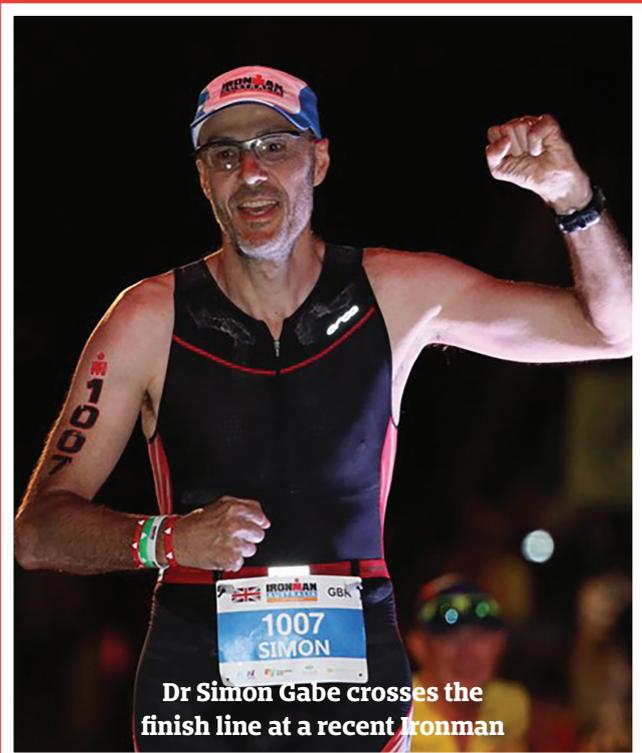
Dr Simon Gabe has completed several Ironman events, triathlons, and he has also swum the English Channel twice. Simon has a very busy schedule but always makes time to support the Foundation by taking part in physically demanding events.

Dr Gabe is considered an inspiration by his patients, and by those of us fortunate to work with him. A massive thank you to Dr Gabe for his brilliant efforts.

Dr Gabe works as a Consultant in The Lennard-Jones Intestinal Failure Unit at St. Mark's. This is one of only two tertiary referral units in the United Kingdom which treats patients with intestinal failure. The Department is well established and continues to remain at the forefront of major advances in treating patients with a short bowel. A short bowel compromises one's ability to absorb essential nutrients from food and medication.

Dr Gabe carries out research into tissue engineering. For more information about this exciting research, please email info@stmarkshospitalfoundation.org.uk

If you are interested in signing up for any challenge events or participating in any other fundraising activities, please let our team know. Whether it's a hike, trek, run or swim, we would love to hear from you and offer our support: info@stmarkshospitalfoundation.org.uk

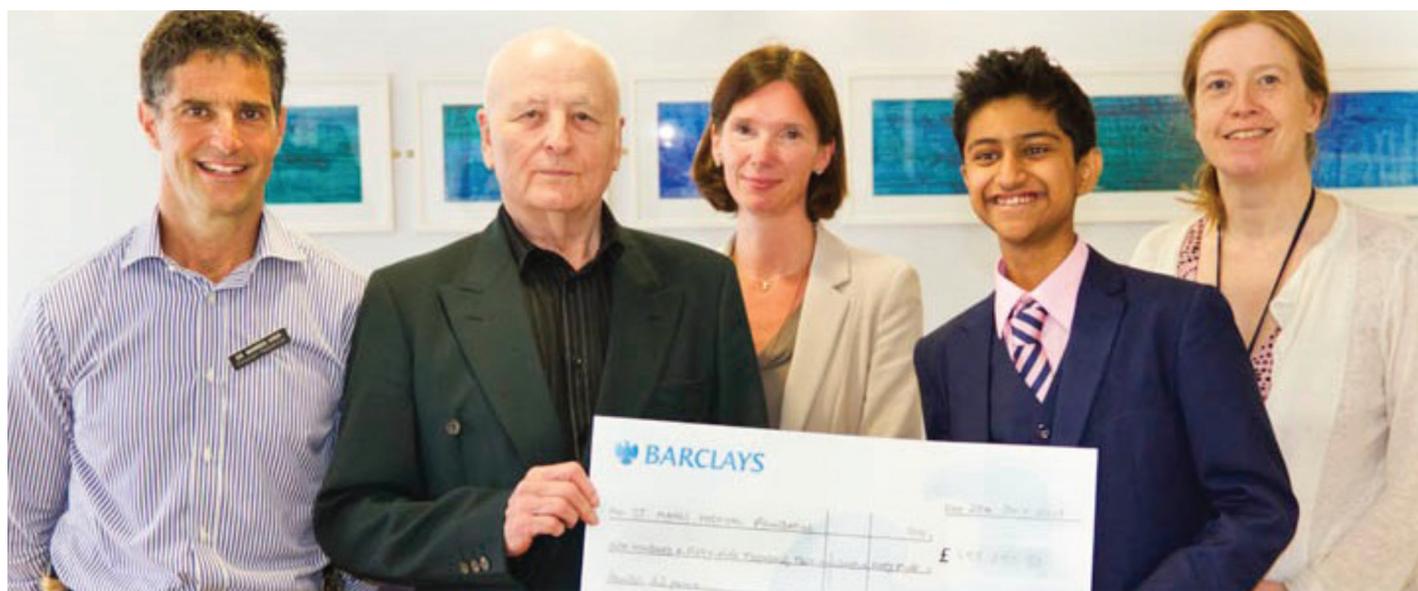


Dr Simon Gabe crosses the finish line at a recent Ironman

Royal Parks Half Marathon

We have yearly places in the Royal Parks Half Marathon and if you are interested in running for St Mark's in this or any other event, please contact us on info@stmarkshospitalfoundation.org.uk

Leaving behind a future



St Mark's Hospital Foundation is dedicated to creating a future free from the fear of bowel disease. One couple, who believed the future belongs to the young, left a legacy in their will to establish an Inflammatory Bowel Disease (IBD) transition clinic which will create a better, healthier future for children and young people with Crohn's disease and Ulcerative Colitis, the chronic conditions collectively known as IBD. The legacy will support children with IBD transitioning to young adult care at St Mark's. St Mark's is profoundly touched by the couple's story. We hope you are too.

Mr Lamprecht was a long-standing patient at St Mark's Hospital. This gave him and his wife the opportunity to witness the depth of dedication, caring and expertise that the medical teams at St Mark's provide people with bowel disease.

They were so moved by the plight of a young IBD patient who was very sick at the start of her treatment, but whose health they were able to see improve over the course of time, they were spurred on to help St Mark's restore the health of more children and young people.

Mr Hart is Mr Lamprecht's brother-in-law and Mrs Lamprecht's brother. As the Executor of the couple's will, Mr Hart explained, 'my sister was profoundly moved by the miracle she witnessed at St Mark's, and I say miracle, as this is the way she would have described it. She knew from the conversations that she was able to have with doctors at St Mark's that the transition period in a child's life to young adulthood is an exceptionally challenging time, and especially for a young person with IBD.' With this understanding and recognition that more needed to be done to help children make this transition, Mr and Mrs Lamprecht immediately committed to making a provision in their will to bequeath a large legacy to St Mark's to help it set up a child-to-young adult transition clinic.

Anthony Cummings, Executive Director of St Mark's Hospital Foundation, comments 'We were delighted to meet Mr Hart at St Mark's when he came to present the cheque to Dr Michele Marshall, Dr Ailsa Hart, and Dr Warren Hyer.' Mr Hart was accompanied by Mr Roy Thakkar, the solicitor acting for the estate of Mr Lamprecht, and his wife and two sons.

Anthony told Mr Hart that his sister and brother-in-law's bequest was a truly historic landmark contribution, representing the first large donation to The Centre for the Treatment of Inflammatory Bowel Disease at St Mark's. This Centre is one of the six centres of excellence that St Mark's Institute for Bowel Disease comprises. St Mark's Institute is the Hospital's supreme commitment to driving research at St Mark's forward. Anthony reflects that just as the donation of 10 guineas from the famous author Charles Dickens to St Mark's Hospital many years ago to support its development is remembered with deep gratitude today, so too will Mr and Mrs Lamprecht's generosity be remembered and celebrated for decades to come.

If like Mr and Mrs Lamprecht and St Mark's Hospital you wish to create 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 legacy pack which explains the process of making a will or leaving a legacy, please contact Anthony Cummings on 0208 235 4042 and Anthony.Cummings@nhs.net



Volunteer

Our volunteer workforce has grown substantially in recent years. We are very grateful to all our volunteers who give of their time freely. If you would like to join our volunteer team, please email: info@stmarkshospitalfoundation.org.uk Even a few hours makes a huge difference, so contact us today.

Fundraising

Chris Foley & Family

Congratulations to Chris Foley, her daughter Ayllah and the buyers and sellers of the 'Cheltenham and District Buy and Sell' group for raising more than £60,000 for our tissue engineering research. This substantial achievement is enabling us to take great strides in the goal to, one day, tissue engineer replacement bowel to restore health of people with complex bowel disease.

Thank you for your continued support and fundraising efforts. Check out their page to stay up to date.

<https://www.justgiving.com/fundraising/ayllah-beau-foley>

Get involved...

Find us online

 **Facebook**
Stmarkshospitalfoundation

 **Twitter**
BowelsOfStMarks

 **Website**
www.stmarkshospitalfoundation.org.uk

 **Youtube**
StMarksHospitalFoundation

Watch our brand new video, which explains how **#RoboticSurgery** can help patients suffering from **#BowelDisease** **#BowelCancer** **#IBD**

Support St Mark's Hospital to create a **#FutureFreeFromBowelDisease**
www.youtube.com/watch?v=swHbyegkxFO

The Future of Surgery

Community days

Pinner Hill Golf Club breaks the £20,000 mark!

Pinner Hill Golf Club is an inspiring example of what can be achieved by choosing St Mark's Hospital as Charity of the Year for several years. Under the Captaincy of Mr Peter Dale, the Club has raised more than £20,000.

Peter explains his motivation for giving much time and effort to fundraising for St Mark's. "St Marks saved my life and I wanted to give something back in appreciation. If I had not returned the bowel cancer screening kit sent to me by St Mark's, the expert diagnosticians at St Mark's had not picked up abnormalities and my surgeon, Professor Robin Kennedy, had not expertly excised my tumour, I would not be here today."

If you are considering helping St Mark's to benefit from a Charity of the Year programme, whether it is at your place of work, place of prayer, or from another source, please contact: info@stmarkshospitalfoundation.org.uk

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Fancy a challenge?

Run for us

Royal Parks Half Marathon

Swim for us

Open water or triathlon

Cycle for us

Colon Challenge short, medium or long distance

Or hold an event?

Cake sale

We can supply leaflets & balloons

Concert

We can provide banners and materials

Fete/Fair

We can supply volunteers & collection tins & more...

Contact us to sign up for an event or let us know about one of your own, we'll send you a fundraising pack and help you to start your fundraising journey for St Mark's today!



A future free from the fear of bowel disease

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