



Bank holiday blues? Well don't let it get you down! Although summer may be drawing to a close, we are hoping that receiving this email may bring some joy to your inbox! The August edition is comprised of updates on the fundraising that has been undertaken on behalf of St Mark's Hospital Foundation, helping to fund our vision of a future free from the fear of bowel disease.

August Highlights



Over the summer we have had six groups of NCS volunteers who have dedicated their time to raising awareness and funds for St Mark's. Not only have they been helping shoppers at supermarkets they have been planning their own events, from cake sales to sponsored walks. We wish to congratulate all of our NCS volunteers, who have raised an impressive **£1,541!**

Foundation Chief Executive [Jason Bacon](#) and [Dr Michele Marshall](#) successfully completed the 100 mile Prudential Ride London! Proudly sporting their Colon challenge jerseys, the two intrepid cyclists completed the route which included strenuous up hill climbs, and at times having to navigate narrow routes alongside other participants. As part of their trio of events, the two fundraising and fitness fanatics have raised a combined **£4,654.02** with one more challenge event to go!



We are extremely thankful for the fabulous fundraising efforts of St Mark's patient



Margaret Cowell who, along with her team at Sidcup cycles raised **£2,196** for St Mark's through collections and hosting a quiz night! Margaret wanted to give back to the Hospital, because **"the help you gave me...was wonderful and I can't thank you enough...I really would not be here still without your kindness and support"**.

It's a family (fundraising) affair!



Brunel and **Theo** are a fundraising dream team and we wish to thank them for their concerted efforts. The father and son pair completed their second triathlon together, and have been helping raise the profile of St Mark's due to their positive 'can do' attitude and passion for the work that is carried out at this pioneering Hospital. Why not visit their [Just Giving](#) page to read more about their incredible journey and to gain further insight into the motivation behind the families fundraising mission. For the dynamic duo, this is just one of many challenge events that they plan to undertake, as their ultimate goal is to raise an absolutely staggering **£50,000** for St Mark's. Well done to **Brunel** and **Theo**, we eagerly anticipate news regarding your next fundraising endeavour!!

Shout out to our unsung heroes who regularly volunteer on our Information Desk. Our volunteers diligently represent the Foundation in the entrance foyer of St Mark's Hospital, helping spread awareness of the research that the Foundation supports. If you are visiting St Mark's come and say hello to our volunteers who would be more than happy to offer a friendly chat! Alternatively, if you

are interested in volunteering on our Information Desk or at any of our community events please get in contact, simply email us at info@stmarkshospitalfoundation.org.uk



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If you would like to find out more about the innovative research that is being undertaken at St Mark's and how you could get involved with fundraising, then don't delay! Simply email info@stmarkshospitalfoundation.org.uk and one of our team will be in contact.



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