

# Welcome to the January Update!

We've made it through what always feels like the longest month of the year and we already have so much to look forward to...

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At the beginning of this month we launched [#StMarksWeekInTheLife](#), a series of photos that we're sharing every Friday, capturing the breadth of what is happening every week at St Mark's Hospital. Here's what we've shared so far.

Be sure to follow us on social media to make sure you don't miss a post!

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## Join our Colon Challenge 2019 team

There's still time to sign up to take part in our 270-mile four-day cycling event following the colon-shaped route from Berkhamsted, Herts to Kings Cross.

Interested in joining our team? [Click here!](#)



## Royal Parks Half Marathon 2019

This spectacular Half Marathon takes place in central London following a stunning 13.1 mile route taking in the capital's world-famous landmarks. [Click here](#) to find out more!



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## Win £90 of wagamama vouchers!

We're back by popular demand with our Quiz Night.

Thursday 28th February | Join us from 6pm  
Northwick Park Social Club | Opposite Car Park 3



£4 per person (max of 5 team members)

To register your team, contact

[kapil.pala@nhs.net](mailto:kapil.pala@nhs.net)



### It's not too late...

There is still time to vote in your local Tesco Store for St Mark's Hospital Foundation's [Surgical Robotics Research Programme](#) which has been selected as one of just three final projects!

To find out where you can vote, [click here](#).

### Meet the team!

**Name:** Janice Ferrari

**Job title:** Course Manager for St Mark's Academic Institute

**Number of years in the role:** 20 years (as of 18th March 2019!)

**What does the role entail?:** Organising academic events at St Mark's Hospital, such as our annual conference, *Frontiers*, and facilitating clinical attachments and observerships.

**Tell us more about Frontiers:**

[Frontiers](#) is the hospital's annual conference where we welcome 150-170 delegates per day, from surgeons, to specialist nurses and radiologists, to talk all things bowels. Due to our strong links with their colorectal centres, we have specialists come from all over the world - even some as far as Australia and New Zealand!



To find out more about the courses we run here at St Mark's, visit the [Academic Institute](#)

BT MyDonate will be closing its fundraising doors as of **Sunday 30th June** after a number of years supporting charities through their commission free fundraising platform. If you have any

questions about what this means for your fundraising, please click [here](#).

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