



Welcome to our October Update

October has seen some changes, not only in the newly chilly weather but with us here at the Foundation!

CONGRATULATIONS to our RPHM 2018 Runners!

Despite the horrendous weather, our 7 fantastic runners battled the elements and completed this year's Royal Parks Half Marathon on Sunday 14th October.

Not only did they collectively run 91.7 miles but they also successfully raised over £3,400 for us! Congratulations to everyone who took part, we couldn't do what we do without you!

Photo: Justine and Rachel - two of our runners



October Quiz Night

Our quiz night was a blast last week **and raised £228!** Congrats to the winning team Quiztula (Clinical Teaching Fellows) with the top score of 82/100. Thank you to Alan Wraight who kindly wrote and hosted the event at Northwick Park

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planning another quiz night in January so keep a look out!

Stoma Information Day

A big thank you to the Inside Out Stoma Support Group for hosting us at their Information Day! It was great to chat with some of our lovely patients as well as the Mayor of Harrow, Cllr Kareema Marikar about bowel disease and what we're doing at St Mark's to fight it.



UEG Poster Champion

A number of the team from St Mark's Hospital recently attended the annual United European Gastroenterology (UEG) Week held in Vienna. The UEG is a professional non-profit organisation combining all the leading European medical specialist and national societies focussing on digestive health.

Ibrahim Al Bakir, one of our clinical research fellows was presented with the UEG's Poster Champion award for his work predicting cancer risk of low grade dysplastic lesions arising in Ulcerative Colitis. Hearty congratulations to Ibrahim who is being supervised by Professor Ailsa Hart (St Mark's) and Professor Trevor Graham (Barts Cancer Institute).

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Hello from our new Chief Executive

I started 4 weeks ago and it's honour and pleasure to be here. During my career in marketing and more recently leading fundraising and operational delivery for various charities I have never been surrounded by so many inspiring and smart people dedicated to a mission. The commitment and focus for patient care and improved outcomes through a combination of clinical expertise, excellence, and world leading research & education is truly phenomenal.

Just before I started I happened to be participating in a cycling event with 40tude, which is one of our largest fundraising groups. From the St Mark's family to the 40tude family we thank you for all your support! Joining us was our very own Dr David Burling. [Check out the video of the ride here.](#)



Building on Anthony's great work over many years and along with a wonderful and dedicated team here I look forward to creating a greater awareness of St Mark's Hospital and all the vital research projects so we can continue to support existing and new areas of research and education.

I hope to meet as many of you as possible over the coming weeks and months. If you are free the evening of Nov 14th we are hosting a Comedy Night in Soho. [Details on how to buy tickets can be found here.](#) Comedian and actor, Gareth Berliner, is one of our long term supporters and also happens to be very funny. Please join us if you can.

Thanks to all of you for the support you provide for St Mark's in so many different ways.

Jason



Upcoming events

There's a few!

Comedy night with Gareth Berliner | O'Neills Wardour Street | Wednesday
14th November - from 7pm

Get your tickets now [click here](#)

Santa Run | Victoria Park | Sunday 2nd December

£150 fundraising commitment, £25 entrance fee.

To book your spot on our Santa Team, [click here](#)

Link Way Christmas Fair | St Mark's Hospital | Monday 10th - Friday 14th
December

£10 per stall per day or £40 for all 5 days

Want to book a stall at our first Christmas fair?

Contact jemima.lubbock@nhs.net

Gift Wrapping at St Ann's | Harrow | Thursday 13th - Saturday 15th
December

Fancy volunteering with us on one of these dates?

Get in touch with Kapil.pala@nhs.net

Festive bag packing at Morrison's | Hatch End | Sunday 16th and Tuesday
19th December

Fancy helping out? Contact Kapil.pala@nhs.net

Collection at Oxford Circus | Oxford Circus Tube Station | Monday 24th
December

Join us for some festive fun at Oxford Circus amongst all the last minute
shoppers collecting money for the Foundation - Festive outfits welcome!

Contact kapil.pala@nhs.net for more information

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REGULATOR**

We are now registered with the Fundraising Regulator. To find out what this means for the Foundation, please visit www.fundraisingregulator.org.uk/

Interested in volunteering?

Whether you have a few hours to give on a weekly basis or are interested in getting involved with our events, we would love to hear from you! For more information, contact kapil.pala@nhs.net or call 0208 869 2371

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