



A future free from the
fear of bowel disease

Welcome to our September Update

September has brought a chill to the air but we're not hibernating just yet with lots of exciting events coming up between now and Christmas - yes we said the "C" word!

Rani cooked up a storm

The family owned Rani Vegetarian Restaurant in Finchley kindly held a "Dinner at Rani's" event to thank the hospital for the fantastic treatment their family received. The food was beautiful, the atmosphere was buzzing and thanks to everyone who attended they raised over £380 for St Mark's Hospital Foundation.

Thank you!



Proving communities make a huge difference

If you live in Cheltenham or the surrounding areas, check out [Goods For Sale For Charity in Cheltenham](#) set up by the fantastic Foley family who have already collectively raised

Whether you have goods to donate, are looking to buy or would be interested in helping them out, join the group and support their amazing goal of raising £100,000 for us!



Say hello to our Royal Parks Half Marathon Runners!

The Royal Parks Half, presented by Royal Bank of Canada, is the stunning central London Half Marathon which takes in some of the capital's world-famous landmarks on closed roads, and four of London's eight Royal Parks – Hyde Park, The Green Park, St James's Park and Kensington Gardens.

We have a team of 8 runners all committing to not only taking part in the event but fundraising £350 each!

Want to know more, [meet the team](#)

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Upcoming events

Quiz night | Northwick Park Social Club | Thursday 18th October - from 6pm
Get your tickets [here](#)

Royal Parks Half Marathon starting in Hyde Park | Sunday 14th October
If you're in the area, please pop along and give [our runners](#) a cheer!

>>> Comedy night with Gareth Berliner | O'Neills Wardour Street
| Wednesday 14th November - from 7pm
For more information or to book your tickets, [click here](#)

Keep your eyes peeled for the Christmas Event Calendar - Coming soon!



FUNDRAISING
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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