

# Welcome to our November update!

I don't know about you, but we can't believe 2018 is nearly over - and yet we still have so much more to pack into the final few weeks!

## *NCS Autumn Wave*

At it again! 9 students from the National Citizens Service (NCS) gave up their half term to plan and execute bag packing and awareness events for the Foundation raising a fantastic **£290.84!** A big thank you to Tesco at Brent Cross and The Challenge, NCS local delivery partner.

Interested in getting involved with our events as a volunteer? Contact [kapil.pala@nhs.net](mailto:kapil.pala@nhs.net) today!



## *Laughing out loud for a good cause!*

Thank you to everyone who came to our Comedy Night at O'Neills, Wardour Street on Wednesday 14th November. All four comics were hilariously funny and we raised a fantastic £550! Even our very own Dr Gabe gained himself a fan in Ninia Benjamin! Look out for our upcoming events [here](#).

## *Another award for our fantastic fellows!*

Congratulations to our St Mark's Hospital Research Fellows Ibrahim Al-

Bakir and Rishi Fofaria for winning the Trust R&D Awards for Research and Service Evaluation! Their project aims to improve the ongoing patient experience for outpatients by reducing . To find out more about their project and what it has achieved so far, [click here](#)



### *Christmas is coming!*

Why not use your Christmas purchasing power to support St Mark's Hospital Foundation. All you have to do is buy your gifts through [amazon smile](#) or [easyfundraising.org.uk](#) and you'll be donating without paying a penny extra!

Click the links above to find out more :)



**Christmas Raffle**

**TOP PRIZE**  
London Eye Private Capsule\*

**£1 per ticket**

2nd prize: £50+ of restaurant vouchers & a cookbook  
3rd prize: signed Chelsea FC shirt

**Get your tickets now!**

Visit our info desk on Level 3 of St Mark's Hospital  
or contact Kapil: [kapil.pala@nhs.net](mailto:kapil.pala@nhs.net) or 020 8869 2371

Draw date: Thursday 20th December 2018

A future free from the fear of bowel disease  
\*Kindly sponsored by Marks Barfield, the architectural team behind the creation of the London Eye  
Registered charity no. 1140930

ST MARK'S FOUNDATION

## Have you bought your Christmas Cards yet?

Who doesn't love a charity Christmas card? It's like a donation in their name and what a great gift that is!

£3.50 for a pack of 10. 8 different designs to choose from.

You can purchase your cards from the information desk on Level 3, Christ the Saviour Card Shop in Ealing or by [clicking here](#).

## Talking of Christmas...

Why not enter our Christmas Raffle for the chance to win a private capsule on the London Eye, kindly donated by Marks Barfield, the creators of the London Eye! You can buy tickets from our information desk on Level 3, from our stall during the Link Way Christmas Fair between 10th - 14th Dec or contact [Kapil.pala@nhs.net](mailto:Kapil.pala@nhs.net) / 0208 869 2371.



**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](mailto: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](mailto: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](mailto: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](mailto:kapil.pala@nhs.net) for more information

Registered with



FUNDRAISING  
REGULATOR

We are now registered with the Fundraising Regulator.  
To find out more, please visit [www.fundraisingregulator.org.uk/](http://www.fundraisingregulator.org.uk/)

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