



Welcome to the June Update!



Happy Pride Month 2019!!

News from St Mark's this month...

As a world renowned institution, St Mark's Hospital continues to attract the best talent from around the globe, this month we had visitors from China who observed surgical procedures, attended lectures from specialists, and experienced all that St Mark's has to offer.

If you do one thing today...

[Read](#) about how St Mark's Bowel Cancer Screening are raising awareness through their community outreach work!

Highlights: The Colon Challenge



"To get through that appalling weather on Friday and our puncture-fest on Saturday in such good spirits is testament to the camaraderie that had formed within our group...Thank you for placing your trust in me at the outset, for making the commitment to train, to fundraise and ride, and for being the perfect team for our four days together."

- Paul, Colon Challenge Founder and Foundation Trustee

Congratulations are due to the incredible team of riders who participated in the 2019 Colon Challenge. So far they have raised a staggering **£30,000** for St Mark's Hospital Foundation! The challenge is a true feat of endurance and the weather this year certainly tested the resolve of our team. Having said that, they all successfully completed the 270 mile cycle ride raising awareness of St Mark's along the way!

'Ninja' Paddle Event



Foundation Chief Exec Jason, pictured sporting the Colon Challenge jersey, joined a team of 7 Stand Up Paddleboarders on a 'Ninja' Paddle; a 10 mile paddle along the Thames, travelling from Shiplake to Hurley Lock. The team included 40tude founder Gordon Moore, and Amy Noering who led the planning. The event was a great success and thoroughly enjoyed by all!

Feeling inspired? Get in [contact](#) and find out how you can get involved in fundraising for St Mark's Hospital Foundation!



And now for something completely different...

Join 40tude, on their exciting adventure challenge; a **summit of Mt Elgon, Uganda**. This challenge is scheduled for January 2020, however space is limited, so contact jason.bacon1@nhs.net to find out how to secure your place.

Join us for an uplifting evening of entertainment!

Vocal coach and former St Mark's patient **Christopher David Mitchell** presents his [Client Night at Pizza Express Live on Sunday 30th June](#). See performances from **La Voix**, featured on BAFTA winning *BGT*, **Tom Wilson** and **Vangelis** from *The Voice*, and **Stuart Beech** from *Michael McIntyre's Big Show*. Get your [tickets](#) for a night of spectacular music.



Interview: Sameer from Bowel Cancer Screening

What's your role and what does it entail?

I'm a Health Promotion Outreach Officer for St Mark's Bowel Cancer Screening, so it's my job to raise awareness for bowel cancer screening!

What have you been working on?

Our team has been particularly busy over the last few months with our Bowel Cancer Awareness Measurement study. This has involved working with pharmacists to gauge how much their customers know about bowel cancer, particularly the ability to spot the signs and attitudes towards the home-testing kit.

This is the first study of its kind, and we can use this data to understand the public's attitude and knowledge of bowel cancer screening. This means that we can devise better interventions and campaigns to address any concerns. We will also be presenting this study at the Public Health England conference in September.

How to get in contact with BCS...

Email sameer.choglay@nhs.net, call 0208 869 3376, on Twitter: [@stmarksbcsc](https://twitter.com/stmarksbcsc) and Facebook: [St Mark's Bowel Cancer Screening Centre](https://www.facebook.com/StMarkBowelCancerScreeningCentre). TikTok profile coming soon (No, not really!)

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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