



In our February newsletter we are delighted to share an epic physical and fundraising challenge, as well as a selection of updates from St Mark's which will hopefully bring a smile to your face and brighten up your inbox! If you would like to undertake a 'virtual' challenge event or organise a fundraising drive in support of St Mark's please [get in contact with us](#). We would love to hear your ideas and help promote your fundraising campaign.

James and his Feb-row-ary challenge!!



St Mark's patient James has undertaken a mammoth 'Feb-row-ary' challenge of rowing 13.5km every day, totalling an impressive 378km, which represents the number of polyps removed from James dissected bowel after an operation at St Mark's. James was diagnosed with Familial Adenomatous Polyposis in 2015 following a colonoscopy, and successfully underwent a restorative proctocolectomy in 2016. As part of his recovery and adjusting to life post-op, James found that building up his fitness helped improved not only his physical health, but more importantly, it was massively beneficial in improving his mental health and well-being. This year, during the continued lockdown, James was motivated to take on this challenge as an opportunity to reflect on his health journey, as a demonstration of the gratitude to those involved in his care and, as a way to help inspire others who find themselves in a similar situation. Read more of James' moving story on his [JustGiving Page](#) where he opens up about both the physical and mental challenges he has faced as part of his health journey.

Congratulations to Jennie Burch and Claire Taylor for being shortlisted for awards at the British Journal of Nursing!



Massive congratulations to Jennie Burch, Head of Nurse Education at St Mark's Hospital on being nominated for the Gastrointestinal/IBD Nurse of the year in the British Journal of Nursing! We spoke to Jennie on what the nomination meant to her: *"What a lovely start to 2021, being shortlisted for the Gastrointestinal/IBD Nurse of the Year in the British Journal of Nursing, a great honour. I am delighted."* We also wish to congratulate Dr Claire Taylor, who has been nominated for the British Journal of Nursing Oncology award. We are incredibly proud of our healthcare colleagues and wish the best of luck to them both!



Hereditary gastrointestinal
polyposis syndromes

Rare Disease Collaborative Network

We are delighted to announce that the Polyposis Registry had their application for the Rare Disease Collaborative Network for hereditary gastrointestinal polyposis syndromes approved by NHS England, recognising the unique status of the Registry as the only specialist centre in the UK.



Treat yourself this pay day and get yourself an item of the emPOWERed clothing collection! With all proceeds going to support research, education and innovation at St Mark's, why not grab yourself a fabulous new garment from the original collection (modelled here by Yianna) or one from the new statement collection. View the full selection of t-shirts and jumpers by heading over to www.empoweredclothing.co.uk

These Avengers have assembled to help raise awareness of bowel disease and to show patients with bowel disease that they are superheroes too!! Thank you to Fiona (@craftyfiona) for creating these absolutely




adorable bears for St Mark's Hospital Foundation!

Showing Guts through Covid-19

Thank you to everyone who has supported our Seasonal Appeal! If you follow us on social media you will have seen that we have been sharing your wonderful messages of support for staff, so keep those messages coming and your message will be featured on our Facebook, Twitter and Instagram accounts! If you haven't yet donated to our appeal, please consider making a donation today to help support our research. Covid-19 has increased the pressures on all clinical services, and this has made the need for a more targeted approach to healthcare more acute, whereby patients at greater risk of disease and complications receive more intensive and personalised treatment. Many of our projects are working towards a future where personalised medicine can be realised for complex bowel diseases and, through your support, you can be part of our vision.



Donate Here To Support Our Seasonal Appeal

During these uncertain times, we offer renewed thanks to everyone who has, and continues to support St Mark's 





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