

Happy World Ostomy Day from St Mark's Stoma & Pouch Team. This year's WOD motto is

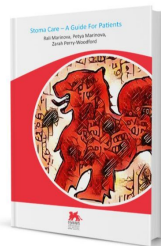
“Ostomates' Rights are Human Rights – anytime and anywhere!”

If you could give one piece of advice to a new ostomate, what would it be?

Share your responses with us via [Facebook](#), [Twitter](#) and [Instagram](#)!




ST MARK'S
 THE NATIONAL
 BOWEL HOSPITAL
Stoma Care – A Guide For Patients
 Rali Marinova, Petya Marinova,
 Zarah Perry-Woodford



St Mark's Hospital's new stoma book will be a vital read for both patients and healthcare professionals, providing stoma patients with detailed information on stoma care and empowering them to independently care for their stoma on a daily basis. You can order your copy here: <http://bit.ly/3yX8RqA>

Coast to Coast with 40tude



Best of luck to all of the Coast to Coast riders who have crossed the start line on 40tude's first ever cycle challenge in the UK, embarking on an iconic ride from the east to the west coast of England. Special shout out to Ollie Beresford who decided to ride to the start line in Morecambe from London, covering a distance of 400km before the challenge had even begun! We are also delighted that St Mark's Dr David Burling and our very own Chief Executive Jason Bacon are taking part this year. So far, this brilliant team have raised a truly staggering £31,000 for 40tude, funds which will be used to support research programmes at St Mark's Hospital with the potential to transform the early diagnosis of colon cancer. If you would like to support 40tudes Coast to Coast Challenge you can donate [here](#)

In other news...



John took part in the Great Manchester 10k last Sunday in aid of St Mark's Hospital Foundation, fundraising for our specialist Polyposis Registry. Thank you John for undertaking this epic challenge and for helping to raise awareness of Polyposis. You can read John's full story and donate to his fundraising page by clicking [here](#)

Many thanks to artist Simon Pratt who recently auctioned his painting 'Picasso Study' raising £310 for St Mark's Specialist Macmillan Cancer Nursing Teams. Thank



you Simon for choosing to support our charity and specialist hospital.



As part of Love Your Gut Week St Mark's Consultant Gastroenterologist Dr Max Pitcher shares his top lifestyle tips on how you can help manage your Gut Health. ***"A lot of people believe that it is only food and drink that has an effect on the digestive system. And while of course this plays a key part in successful functioning, there are other, external influences that can play their part too. Stress can play a major role in influencing the working of the gut, and while a lack of sleep may just make you tired the next day, it can also have a negative effect on your bowel function".*** Read more [here](#).

Your donations help support pioneering research at St Mark's, the UK's national bowel hospital. Please consider making a donation to support our vital work.

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