



Community Champions!

Welcome to your June update from SMHF. This month we want to shout out some of our amazing community champions who have undertaken a host of fundraising activities in aid of our specialist hospital and charity.

The Vernon Drive Safe Neighbourhood Team



The Vernon Drive Safe Neighbourhood street party was held over the Queen's Jubilee weekend, raising £1,710 which will be used to help purchase a Fibroscan® device at St

Mark's Fibroscan® is a specialised, non-invasive medical device which uses ultrasound to assess liver stiffness as an alternative to undergoing a liver biopsy. It also has applications for patients with Crohn's disease and ulcerative colitis. Thank you to Chair Robin, Komal and everyone for their support!

If you are interested in finding out more about Fibroscan® please contact the team info@stmarkshospitalfoundation.org.uk

Saj



On Sunday 12th June, Saj completed the Nightrider challenge, cycling 100km across the capital, taking in some of London's most iconic landmarks under the night sky raising £600.

"I have had Crohn's disease for the past 13 years and, in 2020, I spent over 2 months as an inpatient at St Mark's, where I underwent surgery to remove a section of my bowel and had a temporary stoma, which was then reversed in 2021. Without the care and support of the medical staff I wouldn't be able to take on this 100km ride, only a year after my last major surgery".

Ria



After being unable to access the care she needed at other hospitals, Ria was referred to St Mark's Intestinal Rehabilitation Unit where she received lifesaving Total Parenteral Nutrition. As a way of thanking our specialist clinicians for the care that she continues to receive, Ria was inspired to undertake a bold fundraising initiative. So, on Sunday 5th June, Ria took to social media to live stream the courageous act of shaving off her hair, raising £1,254!

"If it wasn't for their fast action and the continued care they've given me, I'd never have seen Christmas 2019, let alone be here to shave my hair off! I am now without hair which is a very surreal and cold experience. I can't believe how much money I've raised, I wasn't expecting to even reach my goal, so this was truly overwhelming for me."

Sue



Sue celebrated her 70th birthday in style by fundraising for St Mark's. In lieu of receiving gifts, she asked her family and friends to donate to our charity and has raised £931! Both Sue and her sister Ruth have Crohn's disease and the funds will be used to support Professor Ailsa Hart's IBD research. Fundraising is also a family affair as Sue's niece Natasha started the charity 'For Crohn's' which, over the years, has raised a substantial amount for Crohn's disease research.

Siwan



While on sabbatical, St Mark's Professor and Consultant Gastroenterologist Siwan Thomas-Gibson walked the legendary Camino de Santiago, an ancient pilgrim route covering a vast stretch of Europe. Siwan completed the entire 790km route, raising £5,125! 🙌

***"Final update from me; I've done it! I've arrived! Walked the whole of the Camino de Santiago 🙌
No blisters, and no taxis needed. Thank you to everyone who has so generously donated, I am
delighted to have raised >£10 for every one of the 500 miles."***

If you have been inspired by our June community champions, why not take on a challenge event or fundraiser in aid of St Mark's! With spaces up for grabs at this year's Vitality Big Half, and the London Landmarks Half 2023 contact the team today to register your interest info@stmarkshospitalfoundation.org.uk

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