



St Mark's Summer Updates

Tom's 100 miles in 24 hours



"Since 2019 I am a very different person, but I made myself a promise 3 years ago in a doctor's consultation room facing an unknown demon, that this would not stop me."

Tom has successfully completed an epic challenge of covering 100 miles in 24 hours in aid of St Mark's Hospital Foundation and Help for Heroes, two charities that are close to his heart. After a bowel cancer diagnosis in 2019, and subsequent surgery, Tom decided to undertake this challenge as a way to raise awareness of, and funds for, **the hospital that saved my life**.

Andy's 'Tom Smith 4 Points Ride'



40tude fundraiser Andy Peterson, who recently undertook an extreme challenge event, cycling the 4 compass points of the UK, came by to visit the Familial Inherited Cancer team at St Mark's who will be soon welcoming the new 'Tom Smith 40tude Fellow' to the team, a position which is to be funded by the phenomenal £100k+ Andy raised. The 'Tom Smith 40tude Fellow' will undertake research specifically focused on advancing the understanding of genetics and risk factors for inherited cancer conditions such as Lynch and Familial Adenomatous Polyposis.



Zarah Perry-Woodford
Nurse Manager of the Year



Best Use of Workplace Technology
- Digitalisation of Stoma and
Pouch Care Services



Best of luck to the St Mark's Stoma and Pouch care team and to Consultant and Lead Nurse Zarah Perry-Woodford, who have been nominated for two additional awards by the Nursing Times.

Vicky Cuthill, Lead Nurse for the St Mark's Centre for Familial Intestinal Cancer and the team hosted some very



special guests from Macmillan cancer support including Chief Executive Officer Lydia Thomas, raising awareness of the crucial work undertaken by St Mark's in addition to sharing some incredible patient stories.



Congratulations to St Mark's Bowel Cancer Screening Health Improvement Principal Andrew Prentice, winner of the quality and improvement award at this years staff excellence awards! For more information and to read the latest publications from St Mark's Bowel Cancer Screening

visit: <https://www.stmarksbowelscreen.co.uk/bowel-cancer-screening>

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