



## John & Wendy's EPIC charity challenge

**Bowel cancer survivor John and his wife Wendy are walking from Land's End to John O'Groats for St Mark's, the UK's national bowel hospital and Willen Hospice.**



Husband and wife, John and Wendy Cunningham are taking on the incredible challenge of walking approximately 1,000 miles from Land's End to John O'Groats, undertaking a long-held retirement plan they thought might not be possible.

In 2020, John was diagnosed with Stage 3 - 4 Bowel Cancer and went through 5-weeks of intensive chemotherapy, radiotherapy and, a radical, life-changing 15-hour pelvic exenteration operation which resulted in the formation of two stomas. Following an intense recovery period, the couple are more determined and resolute in their plans to take on the biggest walk of their lives. It is also likely that John is the only person with two stomas to undertake this walk and they are currently in conversation with Guinness World Records to get this verified!

The couple have decided to use their challenge to raise money for two charities close to their hearts and have set themselves £10,000 fundraising target. The funds raised will be split equally between St Mark's Hospital, where John had his surgery, and Willen Hospice, a charity based in their home town of Milton Keynes.

They are starting their walk on the 1st April, however, this is no foolhardy undertaking. They have had to meticulously plan the logistics of the walk and estimate that it could take up to three months to complete this epic challenge; it is certainly not for the faint hearted! The start date also marks the first day of Bowel Cancer Awareness Month and they hope this will inspire others facing a similar diagnosis.

Emma Mohan, St Mark's Hospital Foundation Communications Officer said *"John and Wendy are two extraordinary individuals. John's resilience and determination to undertake this epic challenge as the first person living with two stomas is genuinely inspiring and we are privileged that he and Wendy have chosen to fundraise for our specialist hospital."*

Dawn Clark, Willen Hospice Challenges Fundraiser said, *"People like John and Wendy are so inspiring. I am blown away by their ambition to take on this challenge."*

John and Wendy have already raised an incredible £3,790 of their £10,000 fundraising target and we invite you to help them reach this target by making a donation in support of their epic charity challenge.

As they will be travelling in a campervan, they are looking for businesses to sponsor their van to help with this expense. These companies will be advertised on the sides and back of the van in exchange for sponsorship to visibly thank them for their support. If you are a business owner, or think your employer may be interested in sponsoring the van, please get in contact with the team [info@stmarkshospitalfoundation.org.uk](mailto:info@stmarkshospitalfoundation.org.uk)

Thank you to John, Wendy and everyone who has donated to their challenge.

Feeling inspired? Contact the team and find out more about taking on your own a challenge for St Mark's Hospital Foundation!

## Support John & Wendy's EPIC charity challenge

---

*Copyright © 2023 St Mark's Hospital Foundation, All rights reserved.*

**Our mailing address is:**

St Mark's Hospital Foundation, St Mark's at Central Middlesex, Acton Lane, London, NW10 7NS

Want to change how you receive these emails?

You can update your preferences or unsubscribe from this list.