

OUR YEAR IN NUMBERS

+140%

complex cancer
surgeries since 2020

>50%

of patients
referred by other
UK hospitals

+171%

contacts to St Mark's
Inflammatory Bowel
Disease (IBD) Advice
Line since 2018-19

30

research fellows
provided with financial
and operational
support

+50%

new referrals to
St Mark's Centre for
Familial Intestinal
Cancer since 2020

£2.3M

spent on our charitable
activities (research
and education)

LET'S END BOWEL DISEASE TOGETHER

Together, we can achieve our vision of a future free from the fear of bowel disease. By renewing your support this festive season, you can help us:

Fund research pushing the boundaries of what is possible for patients like John and Robin, and that builds on St Mark's legacy of developing innovations and cancer staging models which continue to be used in clinical practice.

Share clinical best practice even more widely so that all patients can hope to be treated by teams with the latest knowledge in the field.

Create a larger community around bowel disease, helping to promote early diagnosis, reduce stigma, and empower patients.

This seasonal period let's gift patients, like John and Robin, the hope of a future where bowel disease is preventable, treatable, and ultimately curable. **Let's end disease together.**

Wishing you a healthy and happy 2025.



Jason Bacon

Jason Bacon
CEO, St Mark's Hospital Foundation

**THANK YOU
FOR YOUR
SUPPORT!**

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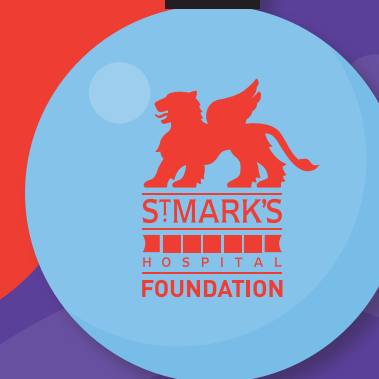


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ST MARK'S, CARING WITH GUTS SINCE 1835



THE FIRST IN THE FIGHT AGAINST BOWEL DISEASE

St Mark's was founded in 1835 by the surgeon, Frederick Salmon, as the world's first hospital focused exclusively on colorectal and intestinal disease; its research has directly impacted patient care.

From its beginnings as a charity hospital on the fringes of the Victorian medical establishment, St Mark's is now widely recognised as the UK's national bowel hospital.



THEN



NOW

**“THE BEST WAY
TO DO GOOD TO
OURSELVES IS TO
DO IT TO OTHERS**

The Pickwick Papers

FROM THE ARCHIVES

In gratitude for successful treatment, the novelist Charles Dickens donated 10 guineas and copies of his debut novel, The Pickwick Papers, to St Mark's in one of the first examples of hospital philanthropy.

You can continue the tradition of giving, inspired by your own health journey or that of a loved one, by supporting us this festive season.

BEYOND CANCER: JOHN & WENDY'S STORY

This season, we are inspired by patient John and his wife Wendy, who completed an incredible 1,000-mile walk from Land's End to John O'Groats - a long-held retirement dream they once feared might not be possible after John's cancer diagnosis.

However, following a hard-fought recovery, John and Wendy were able to embark on this journey together. As John celebrated his 70th birthday on the trek, their journey became a powerful testament to resilience and determination, proving that age - and even major health challenges - are no barrier to living fully.

After overcoming bowel cancer, undergoing the radical surgery of pelvic exenteration, and adapting to life with two stomas, John has found a renewed zest for life. Together, he and Wendy show there is hope, strength, and a full life beyond a cancer diagnosis.

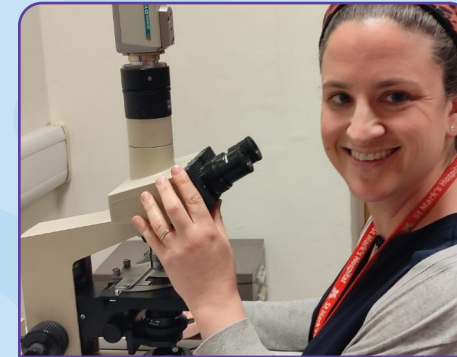


SUPPORTING THE UK'S NATIONAL BOWEL HOSPITAL

FUND RESEARCH ADVANCING MEDICAL KNOWLEDGE

We financially and operationally support a regular intake of research fellows whose projects are enhancing disease understanding and improving lives. Some are forging a direct pathway to changing clinical practice.

"I am hopeful that the research taking place at St Mark's will support the development of new and more effective treatments." St Mark's patient



Miss Sara Renshaw is a St Mark's Research Fellow whose project will support improved care for patients with IBD.

SHARE CLINICAL BEST PRACTICE WITH THE MEDICAL COMMUNITY

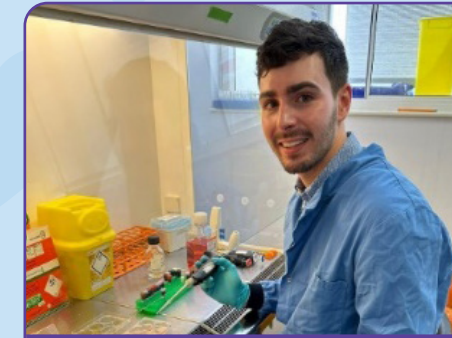
Frontiers is an annual congress which is supported by St Mark's Hospital Foundation and delivered by St Mark's medical staff. This dynamic event, which has grown tenfold in reach over the past five years, brings together St Mark's experts with international colleagues and patients for thought-provoking, multi-disciplinary panel debates.

"Having real patients sharing their journey and experience was amazing." Frontiers 2023 delegate



St Mark's patient, Natalie, representing the patient's voice at Frontiers.

St Mark's Hospital Foundation funds research at St Mark's Hospital and the training and education of medical professionals by St Mark's staff. **Your support enables us to make a real difference. You help us to...**



Luke at work in the lab; his research is focused on understanding fistula formation in perianal Crohn's disease to inform the development of better treatments.

INVEST IN SPECIALIST EQUIPMENT

St Mark's Surgical Robotics Research Programme was launched following the acquisition of an advanced surgical robotics platform with charitable funding. The Programme is helping to shape the future of colorectal surgery by integrating robotics into clinical practice, researching its benefits, and positioning the hospital as a global training hub.

"Aware of the advantages of robotic surgery, I understood how my recovery could be supported by this minimally invasive operative technique." Robin

CREATE FUTURE-PROOF RESEARCH RESOURCES

The St Mark's Tissue Bank stores patient samples which have been collected with informed consent for research, creating an unparalleled patient data resource unique in the UK. The Foundation is funding the people essential to the systematic collection and storage of these samples.

"The St Mark's Tissue Bank has been crucial in supporting our research exploring the immunological mechanisms underlying perianal Crohn's disease." Luke Hanna, St Mark's Research Fellow



Robin completed the Ealing Half Marathon three months after undergoing robotic surgery at St Mark's for Crohn's disease.

WE NEED YOUR SUPPORT THIS FESTIVE SEASON

Bowel cancer incidence is rising. Understanding how the disease develops and which patients are most at risk will support the aspiration of personalised cancer treatment. Your support can help St Mark's to continue undertaking frontiers work in this area.

**AS A TERTIARY REFERRAL CENTRE,
ST MARK'S IS LIKELY TO PERFORM
2-TO-3 TIMES MORE BOWEL CANCER
OPERATIONS THAN OTHER UK HOSPITALS**

1 in 123 people in the UK are living with Crohn's disease and ulcerative colitis and the numbers affected are growing. Research to better understand and relieve the symptoms of these inflammatory bowel diseases is a continuing priority for St Mark's, and this is where your support can make a difference.

**THE ST MARK'S IBD NURSING TEAM
REMAINS ONE OF THE LARGEST IBD
NURSING TEAMS IN THE UK**

Additionally, patients can suffer from other complex bowel conditions, and St Mark's is also dedicated to the care of these individuals.

Together, we are making a difference, but we must do more. Bowel disease is impacting more lives.

Support us today and help St Mark's to keep caring with guts for the many thousands of individuals affected by complex bowel diseases.