

April 2019 Newsletter

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Welcome to the April Update!

April is **Bowel Cancer Awareness Month**, and this year it has been particularly busy for the Foundation because April 2019 marks the completion of the first year of the [Surgical Robotics Research Programme](#) at St Mark's.

In the news this month...

BBC journalist [Jeremy Bowen](#) openly discussed his bowel cancer diagnosis which caused a spike in the number of visitors to the [NHS bowel cancer](#) web page.

New research published by the University of Oxford has established a link between the consumption of [red meat and bacon and an increased risk of bowel cancer](#).

If you do one thing today..

Listen to the Bowel Cancer UK '[In conversation with George Alagiah](#)' podcast which features Lisa Allison, Clinical Nurse Specialist in Pouch Care at Northwick Park and St Mark's, discussing cancer and stoma care.

Bake Sale Triumph!



Thank you to our staff and volunteers for baking a variety of delicious treats that would

have deserved a handshake from Paul Hollywood! Best sellers included a chocolate beetroot cake, carrot muffins, vegan cupcakes and matzah brei, which were thoroughly enjoyed as a mid-week indulgence. In total, an incredible **£220** has been raised, with all proceeds donated to the Foundation.



Plants for St Mark's

Spring was well and truly in bloom at the 'Plants for St Mark's' sale! Cherry and vine tomatoes, chilies, spider plants and a selection of flowers were eagerly snapped up by staff, patients and visitors alike. A big thank you to our wonderful volunteers who helped make our plant sale such a success! Special thanks is owed to Tarla (pictured) for organizing the plant sale raising an amazing **£186.85!**



Martin's Marathon

Martin ran the London Marathon on Sunday and used the opportunity to raise awareness and funds for medical research and education here at St Mark's Hospital. "...going through all sorts of emotions, seeing friends and family along the route kept me going and lifted my spirits." Read more from Martin [here](#).

Last chance to get tickets for the Blaze Ensemble

Join us on **Thursday 9th May** for the Blaze Ensemble concert featuring award winning violinist **Fenella Humphreys** and St Mark's **Dr Max Pitcher** performing in the intimate setting of St James Church, Piccadilly. This is set to be a truly wonderful evening of entertainment, with proceeds donated to the Foundation. Follow the link [here](#) to book your place and avoid disappointment!



Let's get quizzical

On Friday 10th May we are holding our bi-monthly quiz night at Northwick Park Social Club. **The winning prize is two tickets per team member to the iconic London Eye.** Please contact kapil.pala@nhs.net to reserve a place for your team (max of 5 members per team) entry into the quiz is only

£4 per person.

Did you know?

Thursday 25th April is the feast day of St Mark. In Venice, where he is patron saint 'La Festa di San Marco' is a public holiday so people celebrate by attending mass, concerts, carnivals and visiting markets.

The feast day of St Mark coincides with the *Festival of the Blooming Rose*, where it is customary to give a rose bud to a loved one, symbolizing love and romance.



Meet our new Research Fellow!

Mohammed Deputy MMBS BSc (Hons) MRCS

Mohammed attained his undergraduate degree from King's College London in 2013. He is currently a general surgical trainee in the North East and Central London Deanery with a special interest in colorectal surgery. He is completing a PhD under the supervision of Professor Omar Faiz and Professor Ailsa Hart exploring novel approaches for patients requiring surgery for inflammatory bowel disease.

BT MyDonate will be closing its fundraising doors as of **Sunday 30th June** after a number of years supporting charities through their commission free fundraising platform. If you have any questions about what this means for your fundraising, please click [here](#).

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