



St Mark's Hospital
Foundation

Welcome to the St Mark's Hospital Foundation May Updates!

In this edition of our e-newsletter, we recap on World Inflammatory Bowel Disease (IBD) Day, an annual opportunity to shine a spotlight on IBD and foster conversations about bowel health. Read about some of our incredible nursing teams in recognition of International Nurses Day which was celebrated on the 12th May and, if you have a message of thanks for your nurse or nursing team, contact the Foundation today! Plus, explore the impactful ways you can support our cause, from easyfundraising, taking on an Ultra challenge, hosting a community event or making a donation. **Your support is making a world of difference.**

World IBD Day



New data shows that 1 in 123 people in the UK live with Crohn's disease or ulcerative colitis, the two main forms of IBD. In an effort to shine a spotlight on these conditions, the IBD team at St Mark's and the IBD Patient Panel, seized the occasion of World IBD Day (19th May) to heighten awareness by hosting engaging information desks and vibrant displays at Central Middlesex Hospital. Their objectives were clear and simple: to raise awareness that IBD is a multifaceted and complex medical condition and that openly discussing bowel health is crucial in dismantling stigma surrounding conversations concerning bowels and toilet habits. Thank you to everyone who made the day such a success and a special shout out to IBD

Nurse Consultant Lisa Younge.

If you want to learn more, get involved with the IBD Patient Panel, or collaborate with the IBD team on developing patient-centred services and research projects, reach out to them at LNWH-tr.patientpanelibd@nhs.net

Celebrating our amazing nurses for International Nurses Day

At St Mark's Hospital, many of our nurses are recognised as national and international experts and have written and published widely. In addition to outpatient and ward nursing, staff areas covered by clinical nurse specialists at St Mark's include: Macmillan Colorectal Cancer Nursing team, IBD Clinical Nurse Specialist team, Specialist Practitioners, Stoma and Pouch Care. On behalf of the entire team at St Mark's Hospital Foundation we want to thank all of our incredible and inspiring nurses! You are making a world of difference in the lives of our patients. If you would like to share a message of thanks with our incredible nurses please email the Foundation team: info@stmarkshospitalfoundation.org.uk



Take on an Ultra challenge, host a community fundraiser or share your #StMarksStory

If you are an avid walker, jogger or runner why not test your physical fitness by taking on an Ultra challenge in aid of our charity. With events organised all over the country and events tailored to all levels of fitness, head over to their website to find out more: <https://www.ultrachallenge.com/>

Alternatively, you can host a community event such as a bake sale, fashion show, raffle, golf day, sponsored silence, hosting a dinner party, donating in lieu of birthday gifts or set up an online Facebook fundraiser to name only a select few.

Thank you to Harvey, Raphaella and Wendy who shared their #StMarksStory for Bowel Cancer Awareness Month. Head over to our socials to read their stories in full and, if you would like to share your story we would be delighted to hear from you! Email info@stmarkshospitalfoundation.org.uk

Treat yourself this payday and raise increased donations!



To date, we have 111 easyfundraising supporters who have raised a combined £1,485! Thank you to everyone who supports us in this way and, if you haven't signed up yet, this is the perfect time to do so! Treat yourself this payday week when you shop via easyfundraising with TUI, Sainsbury's, Dunelm, Etsy and more brands who are INCREASING their donations for this week only! [Shop now via easyfundraising!](#)



Your donations are instrumental in helping the Foundation facilitate and drive innovative research, improve patient outcomes and help us achieve our vision of a future free from the fear of bowel disease. We know times are tough, and we want to thank everyone who continues to donate in support of our charity and specialist hospital. Your generosity is making a world of difference. **Thank you.**

Donate here in support of St Mark's Hospital Foundation

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