

Did you know?

Gifts in Wills account for a significant part of our voluntary income.

## Be remembered for saving lives

A gift in your Will is one of the most lasting and special ways you can support St. Mark's Hospital Foundation. It is really easy to include a charity in your Will. We always recommend that you look after friends and family first, then leave us the remainder or 'residue' of your estate. This ensures that your loved ones are protected and your favourite charity is helped too. To receive free information on including a gift in your Will to St. Mark's Hospital Foundation, please call Maxine McNeil on Tel: 020 8869 2371, or tick the box on the coupon attached.



## Give an extra gift for free with Gift Aid

You'll have noticed that whenever we ask for donations there's also a gift aid section to complete. Anyone who pays UK tax is eligible.

Gift aid is incredibly important to us because it is essentially free money to further our vital training, education and research at St. Mark's. That's because for every pound you give, the Inland Revenue pays us a further 28 pence (as a refund on your tax) at no extra cost to you at all.

So please take a minute to complete the gift aid form when sending us your donation. You only have to do it once, but the benefits to us are never ending. Thank you.

"I certainly would recommend this type of treatment to other people because I feel so much better and am finally able to get on with my life."

Mary, St. Mark's patient

## How hypnotherapy helped Mary cope

The Psychological Medicine Unit at St. Mark's helps many people in many ways. One area where it has achieved significant success is in helping people with Irritable Bowel Syndrome (IBS) to manage their condition and get back to a normal life.

One patient, Mary\* found the symptoms of IBS so distressing and debilitating that she had practically stopped going out at all. She couldn't go far from home or even on holiday. Some days she simply didn't want to leave the house to go to work. Like many others she tried a range of medication which didn't help her condition. Finally, she had a barium x-ray to rule out anything serious. Her consultant then referred her to St. Mark's, believing her IBS to be stress-related, and having heard about the success of

hypnotherapy in these cases.

Mary underwent hypnotherapy for six months and started to feel much better after her first few visits. She now feels able to control her stress levels through practising hypnotherapy on her own and says she has much more confidence to deal with her life generally. She was given a lot of support during her sessions and was also given a DVD to help her at home, which, she says, she has found invaluable.

There are many thousands of women suffering from IBS in the UK. Not many of them are lucky enough to be treated at a multi-disciplinary specialist centre of excellence such as St. Mark's.

\*Mary is an assumed name to protect the real patient's privacy.



© James Gilham

## Dragons' Den heart throb

Artist and Sculptor, Guy Portelli convinced not one, but three Dragons to back his collection. Co-ordinated by Victoria Hansen, his exhibition, 'Heart Throb: The Golden Age of the Pop Icon' opens this June in London. Victoria's brother Justin has been a patient of St. Mark's for a number of years. 10% of sales from Guy's John Lennon tribute, 'Imagine', will go to St. Mark's Hospital Foundation. "Justin has always been a Beatles fan," says Guy, "so it was the most appropriate piece."

Heart Throb is open to the public from 25th June to 3rd July 2009 at The Mall Galleries, London SW1 - open daily from 10am - 5pm, weekends included. Further details can be found at: [www.stmarksfoundation.org](http://www.stmarksfoundation.org)

MY BATTLE WITH IBS

Visit our new website at [www.stmarksfoundation.org](http://www.stmarksfoundation.org)



## Love Your Gut? We Do!

This will be the third year of collaboration with our sponsors, Yakult, in their annual focus on the importance of maintaining a healthy gut.

Gut Week 2009 will commence on the 24th August. This will be the 11th year of this initiative, and St. Mark's is delighted to be supporting the message that good gut health is literally vital!

Newspapers, magazines and radio programmes will be featuring a 'Love Your Gut' piece during August, including interviews with our senior clinicians. There will be road shows around the country where you can test your knowledge of how to keep a healthy gut. Yakult will also

be present at Central Middlesex Hospital on the 26th August and Northwick Park on the 27th August, between the hours of 10am-12pm, where they will be promoting good gut health and giving out free samples.

We will be looking for thrill-seeking people to take part in our 'Have You Got the Guts?' parachute jump taking place on Sat, 29th August at the London Parachute School in Bucks.

For more about Gut Week and Love Your Gut, go to: [www.loveyourgut.com](http://www.loveyourgut.com)



## Diary Dates

Guy Portelli's 'Heart throb' exhibition - Thursday, 25 June - Friday, 3 July

The British 10k London Run - Sunday, 12 July

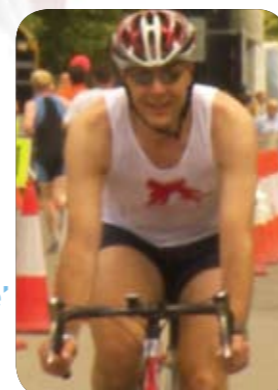
'Laughter is the best medicine' night at The Comedy Store - Monday, 13 July

10kForCrohns - Sunday, 26 July

'Have you got the guts' parachute jump - Saturday, 29 August

To get involved, contact Jemini Shah on 020 8235 4092, or email her at [jemini.shah@nwlh.nhs.uk](mailto:jemini.shah@nwlh.nhs.uk)

You can find details of more events on our brand new website at [www.stmarksfoundation.org](http://www.stmarksfoundation.org)



Get sponsored for trying to do everything with your left hand for the day. For more ideas, download our A-Z of Fundraising at [www.stmarksfoundation.org](http://www.stmarksfoundation.org)

BEATING BOWEL DISEASE. SAVING LIVES.

ISSUE 1

# On your MARK'S

SUPPORTER NEWSLETTER

How hypnotherapy helped Mary deal with IBS

Win a prize in Yakult's Birthday competition

Star of St. Mark's - Super nurse Marian

Diary dates - fundraise for St. Mark's

The Wolfson Unit goes from strength to strength

Check out our brand new website [www.stmarksfoundation.org](http://www.stmarksfoundation.org)

Special feature: Dealing with stress for a healthy gut

Gifts in Wills keep us saving lives. Find out more inside.

**Yakult**  
Proud to support St. Mark's Hospital Foundation



STMARK'S HOSPITAL FOUNDATION

Did you know?

*giftaid it*

Gift Aid makes your gifts worth nearly a third more - for free!

Did you know?

It is estimated that 10-20% of the UK's population is affected by IBS at any one time.

**Yakult**  
Proud to support St. Mark's Hospital Foundation



Visit our brand new website at [www.stmarksfoundation.org](http://www.stmarksfoundation.org)

## WELCOME

We hope you like your new-look newsletter. It's a tribute to each and every one of our brilliant supporters who help to make St. Mark's the amazing place it is. Thank you so much!

Your newsletter is also available online on our fantastic new website, [www.stmarksfoundation.org](http://www.stmarksfoundation.org)

Bright, informative and supporter friendly, you'll find it features lots of stories including how people have been raising funds for us.

As you will see, there seems to be no end to having fun and raising cash for St. Mark's! Of course, running a marathon or abseiling down buildings isn't everyone's cup of tea, but fortunately there are lots of ways to help St. Mark's. One particularly valuable way is to leave a gift in your Will to St. Mark's Hospital Foundation. You can read more inside this edition.

Finally, I've started a blog. Do take a look on [www.stmarksfoundation.org](http://www.stmarksfoundation.org) – I'd love to hear what you think.

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Email: [jason.shauness@nwlh.nhs.uk](mailto:jason.shauness@nwlh.nhs.uk)

St Mark's Hospital Foundation is a registered charity, number 1088119.

## Fun and funds in aid of St. Mark's

Some people will do anything to help the hospital. St. Mark's patient, Richard Shawyer, even lent us his helicopter and pilot when St. Mark's' very own Dr Simon Gabe fancied the idea of arriving in style at our James Bond fundraising day spectacular last year.

Richard also very generously offered the top raffle prize for three lucky people to experience a sightseeing flight in February. One of the winners, Mrs Gloria Heywood, summed up the experience when she said,

*"You've made a 66 year old lady ecstatic with joy."*

### Special mention

Huge congratulations and our thanks go to our five valiant marathon runners, Ellis Kurland, Suzie Gavriloff, Jonathan Bremner, Neal Grainger, and Alex Pedgrift who completed the London Marathon at the end of April. As we went to press, they had raised a spectacular £8,500!



Read their inspiring stories at [www.stmarksfoundation.org](http://www.stmarksfoundation.org)

If you would like to raise much needed funds for St. Mark's, please call us on 020 8235 4092 for a Fundraising Pack which includes our A-Z of fundraising ideas or visit our website.

## Would you like to volunteer for St. Mark's?



Lots of people do. Habib Zuberi, who is retired, volunteers for St. Mark's by helping with mail-outs, counting money and general admin. For Habib it's a way of giving something back.

*"I volunteer to thank Northwick Park and St. Mark's for all the help they give to me and my family."*

### Did you know?

A is for abseil. B is for bed push. C is for car boot. Download our A-Z of fundraising at [www.stmarksfoundation.org](http://www.stmarksfoundation.org)

# Coping with stress

## Sixty percent of British adults say they experience digestive problems when undergoing stressful situations\*

Stress in itself is not always a bad thing. When you're about to enter a stressful situation, you experience 'eustress' – a positive, short term, controlled stress which keeps you energised and alert.

But stress for some people can have negative effects. It can cause digestive problems as a result of the natural movement of the digestive system being upset by the release of stress hormones such as adrenaline and cortisol, which can make the heart beat faster.

### Beat your stress

**Breathe deeply:** Take long deep breaths, in through the nose and out through the mouth.

**Take time for you:** Dedicate 30 minutes to yourself each day.

**Plan ahead:** Stay in control by diarising your appointments and tasks.

**Exercise:** It helps to lessen the adrenaline that builds up in stressful

situations and allows you to sleep better too.

**Limit intake of caffeine:** Stimulants can worsen stress levels.

For more information on digestive disorders and lifestyle tips, go to [www.loveyourgut.com](http://www.loveyourgut.com). With thanks to Yakult for allowing us to reproduce this article from 'The Little Book of Life'.

\*Survey of 1,281 adults conducted by Tickbox.net on behalf of Yakult.

## Happy Birthday Dr Shiota



This year marks the anniversary of Yakult's founder, Dr Minoru Shiota, who was born in 1899. As part of the celebrations the company is offering five people the chance to win a copy of 'The Little Book of Life'.

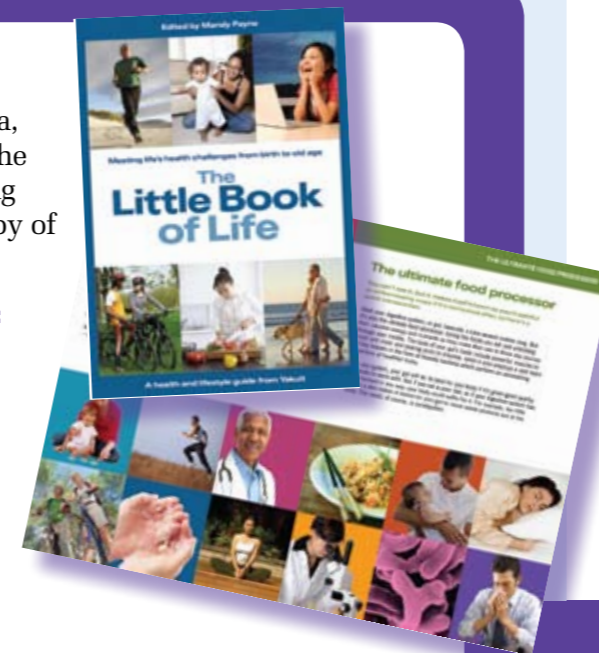
**Just answer this simple question:** How old would Yakult's founder have been this year?

- a) 80
- b) 100
- c) 110

Use the form opposite to send in your winning answer.

Good Luck!

# Yakult



## Wolfson takes training to new heights

By Siwan Thomas-Gibson, Consultant Gastroenterologist at St. Mark's

The Wolfson Unit for Endoscopy at St. Mark's has a long history of teaching and training excellence. It runs a varied teaching programme throughout the year supporting more than 20 in-house trainees and many external delegates of all levels of endoscopic experience. Its diverse portfolio includes live endoscopic workshops viewed in high definition, advanced therapeutic technique demonstrations and hands-on small group courses for therapeutic endoscopy using state-of the art simulation.

One way this training helps save lives is with colon cancer. Mortality can be reduced if pre-cancerous polyps can be removed at an early stage but this is a technically challenging procedure and trainees welcome the first class training that the unit has to offer. In May 2009



The Wolfson Unit ran two hands-on simulator training courses. In the future, the team plans to develop these courses for experienced endoscopists who want more advanced training.

The Unit was recently recognised as an OMED (World Organisation of Digestive Endoscopy) World Centre of Excellence in Endoscopy Training and Research, one of only a few units in the world to have such an accolade.

# Stars of St. Mark's

## Marian O' Connor is our Lead Inflammatory Bowel Disease (IBD) Support Nurse and one of just a handful of specialist nurses in her field in the UK. We asked her about her career at St. Mark's.

**How did you come to this particular specialism?** By chance a post as an IBD Support Nurse became available, I took it, and the rest is history! I thoroughly enjoy what I do.

### What's a typical day for you?

No two days are ever the same. I get in around 7.30-8.00am and plan the day. We have a helpline, which we staff four days a week that any patient can call for advice. Then there's the day care unit where patients will come in for specific treatments. We also see in-patients and, of course, undertake a continuing programme of nurse education. At the moment we're also revamping the service and



re-starting nurse-led IBD clinics in each of the three hospitals within the Trust.

### What's the most exciting thing that's happened to you professionally?

I'd have to say it's the employment of three full time IBD specialist nurses within the Trust, which enables us as a team to cover the three hospitals adequately.

### Clearly your work is very demanding, as well as rewarding. But how do you relax?

I'm a runner – and I play Gaelic Football!

Save lives. Support St. Mark's. Thank you.

As a charity, we depend on donations to fund the education, training and research that the NHS can't. We lead the world in fighting bowel disease in all its forms. Your gift today will help save lives and end the pain. Please help now.



£20 buys 40 pipettes so our researchers can make new discoveries to end bowel disease  
£30 buys 1.5 training hours so specialist gastrointestinal nurses can learn to treat bowel disease more effectively

Title Mr  Mrs  Miss  Ms  Other

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Tel \_\_\_\_\_ Email \_\_\_\_\_

Please accept my gift of:

£50  £25  £15  £10 Other £ \_\_\_\_\_

Please make cheques/postal orders payable to St. Mark's Hospital Foundation or please debit the amount from my:

MasterCard  Visa/Delta  Maestro

Card No. \_\_\_\_\_  
(Maestro only)

Valid from \_\_\_/\_\_\_/\_\_\_ Expiry Date \_\_\_/\_\_\_/\_\_\_ Issue no \_\_\_\_\_  
(Maestro only)

Security code: \_\_\_\_\_ (Last 3 digits on the signature strip on the reverse of your card)

Signature \_\_\_\_\_ Date \_\_\_\_\_

Once completed, please post this form with your gift to: St. Mark's Hospital Foundation, FREEPOST RRSC-GTXX-RJGE, Room 5W025, Watford Road, Harrow, Middlesex, HA1 3UJ.

Please send me free information on including a gift in my Will to St. Mark's Hospital Foundation. If you'd rather we didn't contact you about our work, please write to: St. Mark's Hospital Foundation, Room 5W025, St Mark's Hospital, Watford Road, Harrow HA1 3UJ.

Your gift goes further with Gift Aid

*giftaid it*

If you are a UK taxpayer please tick this box so we can claim back 28p for every £1 you give at no extra cost to you.

Yes, I am a UK taxpayer and would like St. Mark's Hospital Foundation to reclaim the tax on any of the donations I have made in the last six years and any future donations I make.  
 I am not a UK taxpayer

Signature \_\_\_\_\_ Date \_\_\_\_\_

You must pay an amount of income and/or capital gains tax at least equal to the tax we claim on your donations in any tax year (currently 28p in every £1).

## Win a prize! What anniversary is Yakult celebrating this year?

A  B  C

The first five correct replies win the Yakult 'Little Book of Life'. Don't forget to complete your name and address details above.



### Did you know?

JP Lockhart-Mummery, a surgeon at St. Mark's, established the Cancer Research Campaign which now forms part of the largest charity in the country – Cancer Research UK.