

together

SUPPORTER NEWSLETTER ◆ SPRING 2024

◆ **A unique memorial that saves lives**

Bernard remembers his wife Jan **p8**

◆ **We're there, through it all**

See the impact your support is making **p6**

A big thank you

Hi there,

My name's Bernard and I'm honoured to be featured in this edition of *Together*.

My darling wife Jan was treated at St Bartholomew's Hospital and thanks to the wonderful staff there, we were given an extra four years together.

I can't thank the hospital enough for everything they did.

Sadly, Jan passed away last year. But her spirit lives on, not only in my memories but also through the impact we're making with Barts Charity. Inspired by the care she received, over £4,700 has been raised in her memory so far.

It is of great comfort to me that Jan's legacy will live on through brilliant projects which are making a real difference to families like mine.

I'd like to thank you too, for supporting Barts Charity. I hope you enjoy reading about how your support will help other patients and their loved ones through difficult times.

Bernard



*And I'd choose you;
In a hundred lifetimes,
In a hundred worlds,
In any version of reality,
I'd find you and
I'd choose you.*

– A little verse that I used to say to Jan many times over our 51 years from *The Chaos of Stars*

Watch Bernard's video



Scan the QR code
or visit
[bartscharity.org.uk
/bernard-together](https://bartscharity.org.uk/bernard-together)

You're helping us be there...

Together, we can go above and beyond for families in East London.

Here at Barts Charity, we support staff and pioneer research. We help to refurbish wards and equip Barts Health hospitals with the very best equipment.



And we provide families with the little things, too – like a phone charging station in A&E, or a tote bag to take home their loved one's things after bereavement.

Because we know that in the toughest times, even the small things can mean so much.

Because of your support...



5
East London hospitals supported

Together, we support patients and staff at the Barts Health NHS Trust: From brighter wards to life-saving equipment.



100+
projects supported each year

Every time you give, you help East Londoners facing health challenges through the toughest of times.



2
East London universities empowered

Your donations fuel vital medical research at Queen Mary University of London and City, University of London, leading to better treatments for all.





The difference you make

With your support, we can go above and beyond for patients in East London who are living with cancer

Fighting cancer with confidence

Your donations have helped fund new pre-habilitation gym equipment in all Barts Health hospitals. This equipment is helping cancer patients get fighting fit before undergoing life-saving treatment.

Staff, and patients like Sam, are seeing the incredible impact this is making on not only their physical health but also their emotional outlook.

After being diagnosed with lung cancer, Sam took part in the pre-habilitation programme. She explained how the training was crucial in allowing her to undergo the life-changing treatment she needed:

"I was offered robotic keyhole surgery, but you had to be at a certain level of fitness because it's quite a tough operation. Thanks to pre-hab, I was able to have the surgery, and now I'm feeling stronger than I ever was before I was told I had cancer."



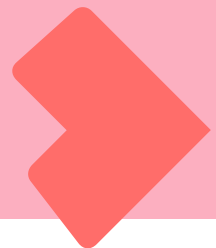
"I felt amazing every time I left – I felt fitter and fitter, like I was really preparing for a fight."

– Sam, lung cancer patient

Alice Finch, Cancer Pre-habilitation Physiotherapist at St Bartholomew's Hospital adds: "The equipment has made a huge difference. We have seen almost 400 patients since beginning our service in October 2022. It's been a game changer."

Hear more from Sam

Scan the QR code or visit:
[bartscharity.org.uk/
prehab-together](https://bartscharity.org.uk/prehab-together)





Faster scans, better chances

A new MRI scanner – that donations like yours helped to fund – is now in use at Mile End Hospital's Early Diagnostics Centre. It is reducing waiting times dramatically.

Using the latest technology, the scanner provides a faster and more accurate diagnosis for a range of cancers. Since the suite opened in 2022, almost all patients are getting their scans within six weeks.

The faster scanning times are also helping to relieve pressure on staff.

**Now, around 96%
of patients are getting
their scan within
six weeks.**



We're with you – through it all



The best start for East London babies

Together, we've transformed the Women's and Neonatal Unit at Whipps Cross Hospital, which hadn't been updated for almost 50 years.

Facilities across seven areas have been modernised and expanded to give families the best pregnancy and birth experience. "It's impossible to compare the new improved unit with the old one," says Christine Fogarty, Matron at the Neonatal Unit.

Bridging the gap from children's ward to adult care

For young people in long-term paediatric care, the prospect of moving into adult services, away from a team of doctors, nurses and therapists they have known for years, can be daunting.

With Barts Charity funding, Bridge Game – a physical and online board game – has been introduced at four Barts Health hospitals. The game helps young people and their families plan for the future, easing anxiety of what lies ahead, all through the power of play.



Donations bringing dignity

Nothing can take away the pain of losing a loved one, but we hope to make it that little bit easier.

Your support has helped fund specially designed bereavement bags at Barts Health hospitals, available for friends and family who need to bring home any belongings of loved ones.

Something small, but meaningful, that could make a difficult time just a bit more manageable.



Help us continue to be there for the people of East London

- ◆ Why not support each month with a regular gift?
- ◆ Fundraise for us by taking part in one of our challenges or by holding your own fundraising event.
- ◆ Leave a gift in your will and create a legacy for better healthcare in your community.

Find out more:

Scan the QR code or visit:
[bartscharity.org.uk/
fundraising-together](https://bartscharity.org.uk/fundraising-together)





More than flowers: A memorial that saves lives

**By setting up an online
Tribute space, Bernard
and his family remember
their beloved Janet whilst
raising vital funds.**

Jan and Bernard from Frinton-on-Sea were happily married for over 40 years when Jan was diagnosed with a rare type of blood cancer.

Thanks to treatment at St Bartholomew's Hospital, Jan's health improved, and four years passed. Bernard says: "Jan did everything she wanted – she still ran and swam, and we travelled. The treatment she had was so good. I'm so grateful for that extra time – I can't thank St Bartholomew's Hospital enough."

Sadly, the cancer had developed into leukaemia, and Jan died peacefully in Bernard's arms in June 2023. However, her spirit lives on through her Tribute space – an online page created by Bernard to honour her memory and support Barts Charity.



“Jan was always thinking of others, and I knew she’d be upset at the thought of people buying flowers when that money could be spent helping others.”

Inspired by this spirit, Bernard’s fundraising efforts have already raised a remarkable £4,700. These funds will go to life-saving research, potentially tipping the scales for future breakthroughs and extending lives.

“The more money we’re able to raise, the more hours of research can be done,” he says. “Those hours could be what tips that research over the edge, in finding a cure and extending people’s lives.”

Remembering someone special with a lasting Tribute

Losing someone special is never easy, but finding a way to keep their memory alive can bring comfort and connection. By creating a Tribute space for your loved one, you can build a free, long-lasting memorial to share memories, celebrate their life, and raise money in their memory.

Creating a Tribute space only takes a few minutes and can then easily be shared with family and friends.



Scan the QR code or visit:
bartscharity.org.uk/tribute-together

“For me and my family, the Tribute space gives us comfort. It’s like a living memorial, with photos and memories of everything she enjoyed. It gives me and my family something to look at, to see how many people loved her, who she cared for.”



£4,700
raised



Janet and Ruby's Hike for Health

In 2022, Karl was admitted to the family's local hospital after he became unwell, before being transferred to St Bartholomew's Hospital in 2023 for a heart operation. Though he initially responded well to treatment, his condition unfortunately took a turn, and he passed away in May 2023. He left behind his loving wife, Janet, and daughter, Ruby, who cherish his memory and the time they shared.

To honour Karl's memory and say a big thank you to the team that cared for him, Janet and Ruby decided to take part in our first-ever Hike for Health event – an urban hike across East London, raising vital funds to help Barts Charity be there through the highs and lows for our community. They managed to raise an incredible £3,729!



Janet and Ruby had an amazing time and felt a great sense of achievement in completing the full 15k in honour of Karl. Janet says: "We had such a lovely day, and we very much appreciated the coffee van! Ruby did absolutely brilliantly and has the medal on display in her room."

They are excited to take part in Hike for Health again in September this year, and want to encourage anyone, of any level of fitness, to take part. "It's a really nice challenge to set yourself – without having to do intense training. I love that everyone can get involved, and you can go at your own pace. Everyone can experience that achievement."

"Dad was the life and soul of our family. He made terrible jokes that made me laugh and sneakily gave me biscuits when mum wasn't looking... I'm so proud of the money we raised for Barts Charity."

– Ruby



Join us for the next Hike for Health – read more on the back page.

Dander with Daithí

After their son, Daithí, suffered a neonatal stroke at just 4 days old, Treasa and David decided to set up a series of fundraising walks – called “Dander with Daithí” – in support of the teams at The Royal London Hospital that helped save his life.

With the help of friends and family, they have raised a massive £7,622!



“They were there for Daithí when he needed it most – they are real-life superheroes. We hope the money we raise goes some way to supporting the teams and other families.”

– Treasa, Daithí’s mum

Feeling inspired?

You can become a fundraising hero too just like Janet, Ruby, Treasa and David!

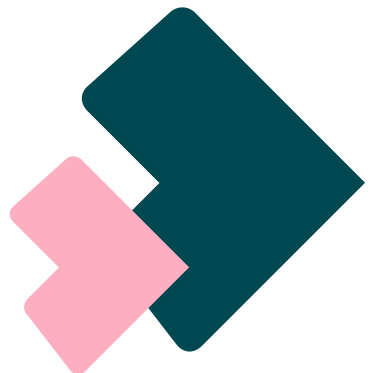
You can organise your own event: walk, bake, or showcase your talents to raise funds!

We’ll support you with ideas, resources and materials

Scan the QR code



Or visit bartscharity.org.uk/yourway-together to find out how to fundraise your way.



hike for health

Sign up today

29th September 2024

Take on our East London urban hike and help raise funds to improve healthcare for East Londoners.

Gather your friends and family and choose a distance – there's something for everyone!

Take on our 5km, 10km or 15km routes.



Scan the QR code to sign up or visit bartscharity.org.uk/hfh-together

Contact us

Would you like to make a donation or let us know about your own fundraising achievements? We would love to hear from you!

Call us on: 020 7618 1720

Email us at: hello@bartscharity.org.uk

Visit our website: bartscharity.org.uk

Follow our social pages for regular updates and share your hospital experiences with us



barts
CHARITY



Registered with
FUNDRAISING
REGULATOR

Barts Charity is a registered charity:
England and Wales no. 212563

