

together

SUPPORTER NEWSLETTER ♦ AUTUMN 2024



♦ Family fundraising

Meet the siblings raising money for their hero Dad p6

♦ Robots saving lives

You're helping to bring more surgical robots to East London p4

Thank you from my family to yours

Hello,

I'm Sam and I'm so happy to introduce this issue of *Together*.

Recently, I ran the London Landmarks Half Marathon with my three siblings to raise money for Barts Charity, to say thank you for the care our Dad is receiving at St Bartholomew's Hospital.

Our dad is basically the dad that every kid dreams of having. He's funny, clever, silly and brilliant in every way and he's somebody who makes people's lives better by just being a part of it.

Five years ago, our Dad was diagnosed with kidney cancer. He has a terminal diagnosis but the hospital staff give him hope and he's beating the odds at the moment.

So, we laced up our running shoes to show cancer it picked the wrong family to mess with!



On the race day, I got emotional at the start and the end, but during the run it was just really fun. We were so happy to raise £5,000 and we'd love to do more events for Barts Charity.

With support from families like ours and yours, the charity is able to make a real difference to hospitals across East London.

You can read more in this newsletter about the way donations are making an impact for patients and staff.

Thank you so much for reading and I hope you enjoy the rest of the newsletter.



Sam

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.



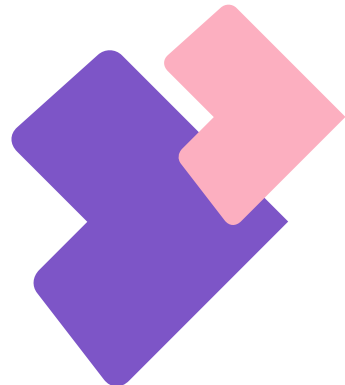
100 runners in the Hackney Half marathon

We had a record-breaking number of runners in this year's Hackney Half! Join us next year by visiting bartscharity.org.uk/hackneyhalf



2 East London universities empowered to do medical research

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





The difference you make

How robots are transforming lives in East London

Thanks to you, almost 3,000 patients have benefitted from robotic surgery at Barts Health since 2017.

Now, with your continued support, we're able to offer this cutting-edge technology to more patients with three new robots. This means safer, less invasive surgery for more people.

"Thank you to our supporters who have helped to realise this massive improvement in throat cancer care. Without your generous support, surgeons would not be able to care for some of the most deprived communities in the country."

**– Khalid Ghufoor, Surgeon
at The Royal London Hospital**

Rupert's story



In 2018, Rupert discovered a small lump on the side of his neck. He thought nothing of it, but a few weeks later it had worsened into a dull ache and the lump had grown bigger. He went to see his doctor, and test results confirmed that he had throat cancer.

Rupert was recommended for robotic surgery at The Royal London Hospital to remove the cancerous lump.

"When you hear the big C word it's pretty horrific, but my surgeon, Khalid Ghufoor explained everything to me and I was totally sold on robotic surgery. The other options would have been chemotherapy or keyhole surgery, which would have been more intrusive and would take a long time to recover. I was able to go home just a few days after the surgery, and I was back to work shortly after."

"I consider myself really lucky, and it's all down to the generosity of Barts Charity and their supporters."



Elly Brockbank was one of the surgeons who led the project to bring robotic surgery to our hospitals.

What is robotic surgery?

During an operation, the surgeon controls the robot's interactive mechanical arms from a console, instead of handling the instruments themselves. This allows them to be more precise whilst using smaller surgical cuts.

This then means that patients have fewer complications and a shorter recovery time after surgery, with less pain. Many patients can even leave hospital on the same day.



3,000 patients
have benefitted from
robotic surgery so far.

**Learn more about robotic
surgery at Barts Health**

visit [bartscharity.org.uk/
robotic-surgery](https://bartscharity.org.uk/robotic-surgery)



Family bonds made even stronger

When Tony Carpanini was diagnosed with stage 4 kidney cancer over five years ago, he took part in a clinical trial at St Bartholomew's Hospital.

His wife Tracey and four children – Sam, Matthew, Danny and Jess – stood by him every step of the way and were blown away by the amazing level of care he received.

Sam explains "I've never known anything like it. Everybody there treats you with the utmost respect, like you're a member of the family. Dad feels like they really do care about him – they're absolutely brilliant."



To show their appreciation for all the support, the Carpanini siblings decided to fundraise for Barts Charity by running the London Landmarks Half Marathon this year. They raised an incredible £5,000! Tony was also there on the day to cheer them on and greet them at the finish line.

"Dad's our hero and our biggest supporter, so we were thrilled to be fundraising for him. Dad told us that he couldn't be prouder watching us four have that same bond from when we were kids. He said it gave him confidence that when he's not around anymore, we'll all still have each other."



“On the entire journey that Dad has been on, St Bartholomew’s Hospital have been there for him and helped him out of some really tough situations. He’s defeated the odds and he’s still going – all thanks to Barts.” - Sam Carpanini



**£5,045
raised**

Tony is now continuing his treatment at St Bartholomew’s Hospital, and despite his terminal diagnosis, the team continue to give him and his family hope for the future.

“We nearly lost Dad a few times on this journey and Barts was responsible for keeping him here. It’s a real credit to the NHS – we’ll never be able to put into words how grateful we are.”

**Inspired to get
running?**



Take a look at our challenge events
at bartscharity.org.uk/events



The difference you make

Through tough times: comforting moments away from the ward

Sometimes, life in the hospital can become overwhelming. Through the ups and downs, we are there for patients, staff and loved ones with the calming spaces they need during difficult times.



Peace on the elderly care ward

Together, we've transformed the dayroom on the Sycamore Ward at Whipps Cross Hospital. The bright walls, calming LED sky panels and brand new flooring and furniture have turned the room into the central hub of the ward, where patients can meet with friends and family in peace and quiet.

The revamped room has been essential for grieving families, who need a quiet space to mourn the loss of their loved one in private.

"Families find comfort, staff discover respite, and patients experience solace – thanks to your invaluable support"

- Staff on the Sycamore Ward



A place to unwind

When cancer patients undergo treatment on Ward 5A at St Bartholomew's Hospital, they often stay for long periods of time, away from the comforts of home. With your support, we were able to fund a brand new kitchen and diner, so that patients and their loved ones can relax, make a cup of tea or watch TV in a calm and welcoming space. It's proven to be really popular and has hosted lots of different events including some weddings!

“People from different backgrounds can connect with each other and share their stories. It's been so important in creating a warm, friendly atmosphere.”

- Bhavna, Nursing Assistant on Ward 5A

Letting imaginations run free

With your generous donations, as well as a £50,000 gift from the Bank of Montreal, we renovated the children's sensory room at The Royal London Hospital. The room gives children the perfect escape from the ward, particularly for those who may find the hospital a scary and overwhelming place to be.

It features lots of toys to help stimulate the senses, including fibre optic lights, bean bags, soft play cubes and an interactive floor projection.

“The sensory room provides the perfect gateway for little children to open up their imagination and forget that they're in a hospital environment”

- Preeti, mum of 3-year-old patient Tara



Supporting East London families through it all

Helping cardiac patients through recovery

For lots of patients who have just had heart surgery, coming home can cause a lot of stress, with returning to work and paying for rent, food and other essentials. Together we are supporting patients through this journey with a social prescribing programme for Barts Health cardiac patients.

Social prescribing provides non-medical, practical advice and emotional support to those patients who need it most, delivered by a Community Connector. This includes referrals to benefits support, advice on lifestyle and diet, as well as recommending support groups in the community. Each patient is assessed individually and given tailored support based on their main day-to-day concerns.

By having strong links with the East London community, a Community Connector helps to reduce pressure on the NHS including hospital admissions and A&E visits.



“Making sure patients are in the best position to stay healthy is really important. It’s great that Barts Charity is providing holistic support and not just focusing on the medical aspects – by digging deeper we can find out where else people might need support.”

**- Remi Apata-Omisore,
Community Connector**



A right to clean air

When 9-year-old Ella Adoo-Kissi-Debrah tragically died of an asthma attack in 2013, this was the first time that London's air pollution had been officially listed as one of the causes. Her death showed that something urgently needed to be done to protect the health of children living in London, especially those with lung diseases such as asthma.

With the help of your generous donations, the UK's first ever air pollution clinic for children, based at The Royal London Hospital, was opened in 2023. The clinic is led by Professor Jonathan Grigg who is renowned for his research in this

area. It helps vulnerable East London families by using devices to test the air pollution and mould levels in their home and local area. Children are also equipped with portable devices to measure their level of exposure during day-to-day life, including at school. Using this information, clinicians can recommend ways of reducing exposure and avoiding pollution hotspots.

Follow us

Learn more about how your donations are making a difference by following Barts Charity on our socials





Fundraise your way!



A special day of celebration and thanks

After their son Alfie received life-saving treatment for severe respiratory distress symptom and dangerously high infection levels, Molly and Brad decided to thank The Royal London Hospital staff by dedicating the most special day of their lives to fundraising for the hospital and asking guests for donations instead of gifts.

"We wanted our wedding day to be more than just a celebration of our love; we wanted it to be an opportunity to express our immense gratitude and support for the hospital that saved our son's life", said Alfie's parents.

Combining yoga and cake for a unique event

One of our lovely supporters Leah put together a unique 'Yoga and Cake' event in support of Barts Charity.

Not only is Leah a yoga enthusiast, but she's also an avid runner and she also took part in the London Marathon as part of #TeamBartsCharity. Her amazing support raised nearly £1,500.

"What an experience, I was so proud to be running for Barts Charity", said Leah after completing the infamous marathon.



A beard shave with a difference

When Jamie's younger brother Rory was diagnosed with acute myeloid leukaemia, he received treatment at St Bartholomew's Hospital. To say a big thank you for all the support, Jamie decided to shave his beard to fundraise for Barts Charity. Friends and family voted for his new beard do and he raised an incredible £2,280!

"Every interaction I had with the staff whenever I visited was amazingly positive. They all have such big hearts", said Jamie.



Barts Health staff host a Barts Bake

The brilliant staff from The Royal London Hospital's Paediatric Critical Care Unit (PCCU) rolled up their sleeves and got baking raising a massive £1,070 in support of their hospital!

"We were really lucky that other members of the PCCU and Play Team kindly made cakes for us to sell. We also reached out to local bakeries who were incredibly generous in providing cakes", said Felicity, a bereavement and Family Liaison Nurse



Feeling inspired?

Get in touch to talk about your fundraising idea:
fundraising@bartscharity.org.uk



Leaving a gift in your will



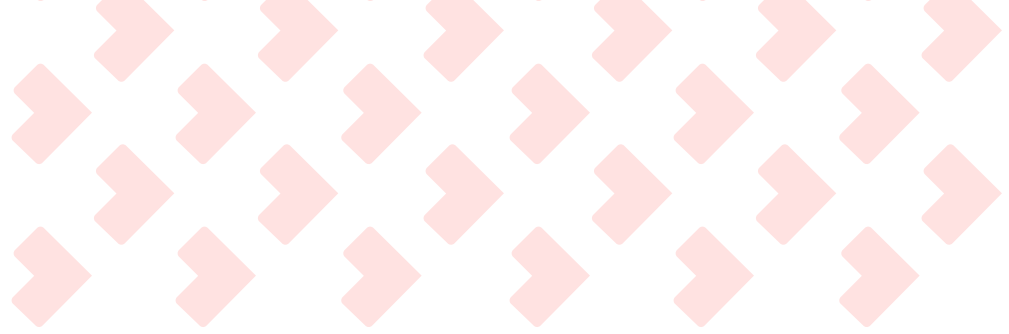
Leaving something special: a sister's legacy lives on

Margaret was a remarkable woman. A former consultant obstetrician and gynaecologist, her medical career began at St Bartholomew's Hospital.

She was the sole woman in a class of eighty men, and she excelled, winning a number of prestigious awards. Her commitment led her to head hospital departments and act as a consultant at several hospitals including Barts Hospital.



Margaret at St Bartholomew's Hospital in 1950



Margaret's sister Lorna decided to honour her sister's legacy by leaving a gift in her will to Barts Charity. This generous gesture commemorates Margaret's lifetime achievements and passion for healthcare. It also ensures her spirit and dedication continue to impact future generations in our East London hospitals.

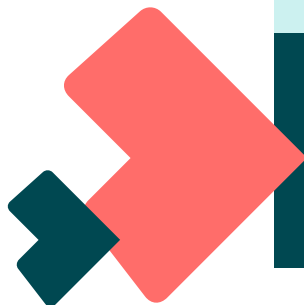
Including a gift in your will is an extremely personal decision. It can be made to honour the memory of loved ones – like Lorna did for Margaret – or to give back to the hospitals that have provided support during some of life's most challenging moments.

By choosing to give this way, your act of kindness ensures you can continue to have an impact on the things you've valued and cared most about during your lifetime long into the future. Your generosity could fund transformative projects, medical research, and innovations that will change lives for future generations here in East London.

How to leave a gift in your will

1. Reflect on what you wish to give. After taking care of your loved ones, consider leaving a percentage of your estate as a gift to Barts Charity. Every gift, no matter the size, is deeply appreciated and makes a significant impact. You can find out more by visiting www.bartcharity.org.uk/legacy
2. Consult with a Solicitor or qualified will Writer to ensure your will is legally valid and accurately reflects your wishes.
3. Please let us know if you plan to include Barts Charity in your will. This allows us to express our gratitude and keep you informed about the impact of your future gift.

If you'd like to find out more about how you, like Lorna, can leave something special behind by including a gift in your will, please get in touch by emailing legacy@bartscharity.org.uk.



hike for health

Sign up today

29 September 2024

It's not too late to sign up!

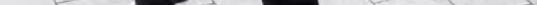
Take on our East London urban hike and help raise funds to improve healthcare for East Londoners.

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

Take on our 5k route or our new, improved 10k or 15k routes.



Scan the QR code to sign up or visit bartscharity.org.uk/hikeforhealth



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



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