



barts
CHARITY

together

SUPPORTER NEWSLETTER ◆ SPRING 2025

◆ **“There through the highs and the lows”**

Why Lilian hiked for Newham Hospital **p6**

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Hello!

Welcome to your latest issue of *Together*. Inside you can find out more about how your donations are making an impact in our East London hospitals. Like the powerful new cancer therapy that's giving new hope to patients with aggressive abdominal cancers.

Of course, we wouldn't be able to fund projects like these without the vital support we receive from you.

Each and every year, I'm blown away by the amazing stories of supporters giving back to Barts Health NHS Trust hospitals. People like the lovely Lilian, who was inspired to show thanks for her local Newham Hospital – you can read her story on page 6.

I hope you enjoy reading, and thank you for your support!

Rachel, Together Editor

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

Here at Barts Charity, we support NHS staff and pioneering research. We help to refurbish wards and equip Barts Health hospitals with the very best equipment. And we provide the little things, too – like sensory toys for young patients, and sleeper chairs so that loved ones can stay by the bedside in comfort. Because we know that in the toughest times, even the smallest things can mean so much.



Specialist wheelchairs we funded are helping patients like Hubert adapt to limb loss.

Latest news



We've launched a new way to say thank you to NHS staff – read more on page 12.



You can now sign up for our urban fundraising walk Hike for Health 2025 – get inspired on page 6.



It's almost running season! This year we have a record number of Hackney Half Marathon runners. Check out bartscharity.org.uk/run-together.



With your support we're funding research to better recognise jaundice in babies within an ethnically diverse community.



Your donations are supporting research investigating molecular causes of lung cancer. This could pave the way for further research or drug development.



Thanks to you, we've funded 700 fun asthma inhaler cases at The Royal London Hospital, to encourage children to use their medication and improve their lung health.

A new lifeline in cancer treatment

With your support, we've been able to bring a revolutionary new cancer treatment to the people of East London.

HIPEC is an incredibly powerful and targeted therapy. It involves surgically removing cancerous tumours before heated chemotherapy is pumped around the body to kill any remaining cells. Since it was introduced at The Royal London Hospital in 2020, it's been giving new hope to patients with aggressive abdominal cancers. Patients just like JP.



How HIPEC saved JP's life

One day, JP started to get some odd stomach pains. He assumed he had some minor food poisoning, but over the next few weeks, the pain got even worse. He went to see his doctor, and after having some tests was given the worst possible news – he had stage 4 colorectal cancer. He potentially had just weeks to live. JP was only 41 years old and had to break the devastating news to his wife and two young children.

“What I didn't realise at the time was that I had two tumours. They had gotten so big that they had to take out my large intestine.”

JP had emergency surgery and soon started chemotherapy which worked well at first. That was until the cancer started to spread.

“For most of my children's lives, I've not been able to play or go to the park with them. Now I can!”

– JP

The Royal London Hospital is one of just four UK cancer centres offering HIPEC and the only one in London.



“HIPEC was transformational for me. I call the team angels, because they saved me from death.”

– JP

“HIPEC was transformational for me. I call the team angels, because they saved me from death. They treated me as a person, not a number.”

“Now I can live a normal life with my wife and my kids, doing all the things you take for granted when you’re well. I’m so immensely grateful for the surgery and the team that treated me.”

**Would you like to share your story like JP?
Get in touch today!**

JP was referred to The Royal London Hospital, where doctors told him about an innovative cancer treatment called HIPEC. A treatment which ended up saving JP’s life.



Hometown pride

For over 40 years, Lilian has called Newham home. Through the many good times and challenging times, Barts Health has been there to support Lilian along the way, including the birth of two of her three children.

After a recent trip to A&E, Lilian was inspired to give back by taking part in Hike for Health – our annual fundraising walk to help improve healthcare for the people of East London.

“I love my local community, and Barts Health has always been at the heart of it. Every time I have to go to hospital, I’m always so happy with how I’m treated. Everyone is always doing their best and smiling. It’s not an easy job, but I appreciate everything they do.”

“You’ve been there for me through the highs and the lows. Newham is home, so Barts Health is home.”

– Lilian



**Lilian raised
£1,500!**

“I also feel passionate about the research that Barts Charity supports. In 2020 my dad passed away from prostate cancer and I remember when I got the news, the first words that came out of my mouth were ‘I hate cancer’. If there’s anything that can eradicate cancer, then I want to support that. What Barts Charity does benefits everyone in the community.”

“That’s why I really wanted to take part in Hike for Health. It felt like the perfect way to show my appreciation for all the support I’ve received over the years. I did the 15k walk on the day, but I could have done 20k! My sons were there at the finish line to give me a big hug and a kiss.”



“Since Hike for Health, I’ve been walking 10k through the park. It’s been great getting some fresh air and putting some music on whilst seeing my local community from a different perspective.”



“On the day, I started off walking with a small group of people and stayed with one person called Anna until the end. We had so much to talk about and she shared her own experiences with me. The 15k went so quickly because we were talking the whole time! We exchanged numbers and have been meeting up for walks.”



Inspired to Hike for Health yourself?

Take on our 5k, 10k or 15k routes and raise vital funds to help us be there for the people of East London

Sunday 21 September 2025



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



The difference you make



Together we're there for patients in intensive care

When patients wake up in intensive care, it can often be a frightening and confusing experience. Here are four ways that your donations are supporting patients through their recovery journey.

Improving minds and memory with technology

Did you know that nearly 80% of patients in intensive care experience some sort of delirium during their time in hospital? This mental confusion can be terrifying and can sometimes cause long-term effects.



Thanks to you, an interactive 'Happiness Programme' will help patients at St Bartholomew's Hospital. They will be able

to complete personalised virtual activities using a 360-degree light projector, including painting pictures, playing tennis and blowing bubbles. The programme will become a vital part of patients' mental and physical rehabilitation.

Sitting up with ease

When patients need to sit upright as part of their rehabilitation, this can be a long and uncomfortable process involving different hoists and attachments. With your support, patients in the Critical Care Unit at St Bartholomew's Hospital can be moved safely and quickly with specialised chairs. The chairs will prove vital in improving quality of life on the ward.



Helping patients to eat and drink again

When we're feeling unwell, we often like to turn to food and drink to help us feel better. But for 60% of patients in intensive care who have problems with swallowing, they need to rely on feeding tubes and drips. This can be really distressing for patients.

Eileen Kelly works with intensive care patients at The Royal London Hospital as a Speech and Language Therapist. As part of her Barts Charity Fellowship, Eileen will be finding out whether a treatment that uses electrical impulses can stimulate muscles in the throat, helping patients get back to eating and drinking quicker.

“When a patient doesn't need the feeding tube, they can step out of the ward, go to the canteen. In intensive care, it's all about those little wins.”

– Eileen Kelly

Bringing natural beauty to the wards

Thanks to your support, brand new artwork at Newham Hospital's Critical Care Unit is helping to create a relaxing atmosphere for patients and visitors. Commissioned by Vital Arts, the artist Erin Hughes was inspired by the landscapes of the local area to create these eye-catching pieces.



The artist spent time meeting patients and staff in Plaistow's local beauty spots, and also worked with them to create marbled paper, which was then used as the canvas for the different artworks. The artwork was thoughtfully created to be seen from a reclined position so that patients on the ward, who are often lying down, can enjoy the pieces.



Supporting our NHS Heroes

For Barts Health NHS staff, being there for patients and families through the ups and downs of hospital life can carry a lot of stress and responsibility. That's why, thanks to you, we're there to support those who work tirelessly caring for others.

Art Therapy

Megan Tjasink is an Art Psychotherapist at St Bartholomew's Hospital. In 2021, she received a Barts Charity Fellowship to find out if art therapy sessions could support the wellbeing of Barts Health staff.



“Making art has helped to improve patient interactions. When we are given the chance to explore the full human experience for ourselves, it is easier to remember the humanity in others.”

– ICU anaesthetist



The weekly sessions have had incredible feedback from participants. By absorbing themselves in a mindful and creative activity, staff have been able to mentally reset and open up to one another about the challenges they're facing, within a safe space facilitated by qualified art psychotherapists.

Megan is now working with the Psychological Support Service team to bring art therapy to even more NHS staff members across our hospitals.



A pillar of support for staff in need

Thanks to donations to our Covid-19 Appeal, the Psychological Support Service was launched in 2021 to support Barts Health NHS staff through life's tough moments.

Since then, the incredible team of psychologists have helped staff across the hospitals through both 1-1 and group sessions.

The service has helped staff to feel valued and listened to and had an amazing effect on general wellbeing. It's also allowed staff to feel more able to cope with the stresses and responsibilities of their work.



“The sessions supported me at a time where my mental health was at its lowest and I felt most depleted. Their sincerity, warmth and empathy gave me the help I needed.”

– NHS staff member

During the first three years of the service:

16,887

staff have been seen in their teams

1,720

staff have been seen individually

97%

would recommend the service to their colleagues

Spotlight on our supporters

Every penny raised for Barts Charity helps us be there for patients and families.

We couldn't be more grateful to our supporters and the friends and families who sponsor your fundraising activities. You help make sure we're there – through it all.



A marathon comeback

Lawrence was out for his morning run one day when he suddenly collapsed.

He was rushed to Whipps Cross Hospital, where doctors told him that he was suffering from a type of heart failure. Lawrence was just 26 at the time.

As part of his treatment, Lawrence had to take medication and completely change his lifestyle, which included giving up running temporarily. But after being given the all-clear, Lawrence wanted to say a big thank you for all the incredible support he received from Barts Health teams over the years. He ran last year's Hackney Half for Barts Charity and raised £450!



Baking a difference

The loss of a baby is one of the hardest things a parent will ever have to face.

During Baby Loss Awareness Week in October, staff including the Barts Health Bereavement team and chaplaincy paid a visit to each hospital, helping to raise awareness and support conversations about miscarriage, still birth and neonatal death.

They also raised £1,830 by selling sweet treats baked by colleagues. They hope that the money raised will help enhance the care given to parents experiencing baby loss, like helping to create precious memories.

Walking with purpose

After life-saving surgery at St Bartholomew's Hospital, Tim decided to give back.

He's been leading historical guided walks in Norfolk since 2017. And this year Tim generously chose to donate the majority of the proceeds from these walks to Barts Charity – a thank you for the care that gave him a second chance.

"I'm so grateful for the high-quality care I received" he says. "Donating to Barts Charity this year was a 'no-brainer' – without my operation the walks would not have happened!"

68 people took part in the walks, raising £370.



Feeling inspired?

Visit bartscharity.org.uk/fundraising-together or scan the QR code to start fundraising.

A new way to say 'Thank you'

Our new staff wellbeing initiative is brightening up the days of staff and volunteers who care for patients day in, day out.

Launched recently at Whipps Cross Hospital, our new 'MyThankYou' platform is giving patients and families a way to show their thanks.

We've had hundreds of messages already, which are helping to boost the spirits of staff and volunteers at the hospital.



"This is an opportunity given to us to hear our patients' voice," says Janet from Primrose Ward. "We don't often get to hear about the good work the team do, but now patients are able to say how well they've been looked after. We really, really appreciate it!"

We're planning to introduce MyThank You at our other hospitals soon. You can read more inspiring messages at: bartscharity.org.uk/thanks-together.

A handful of the messages we've received so far.

Jamila

Maternity department
(Magnolia, Mulberry and Lilac)

Jamila was absolutely amazing and incredibly supportive in my birthing journey. She was calm, caring and informative. After the birth, she made sure I was comfortable and well looked after.

Uwaila Ekhatior

Primrose Ward

Uwaila has been a bright light in the Ward when things have felt pretty dark. Where I've felt depressed and like I wouldn't get back home, she would come up to me and put a smile on my face with her kind words and positive and happy attitude. So this is a big thankyou to Uwaila for being so lovely and making me feel more positive whilst I'm in hospital!

Kim

Palliative care team

I would like to say a big THANK YOU to a palliative care nurse called Kim who supported my mum and my family several years ago.

**“Receiving a simple
thank you truly
brightens up my
day and warms
my heart.”**

– Ayo, staff nurse



**my
thank
you**

Fundraise your way

There are so many ways you
can support your hospital.

We were so grateful to be a part
of Molly and Brad's special day when
they chose to ask for donations rather
than gifts at their wedding last year.



To find out more, scan
the QR code or visit
**[bartscharity.org.uk/
fundraising-together](https://bartscharity.org.uk/fundraising-together)**.



Contact us

We'd love to hear from you!

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Email us: hello@bartscharity.org.uk

Visit our website:

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updates and share your hospital
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