

**puzzle
inside!**

SUPPORTER NEWSLETTER ◆ SPRING 2026

together



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Hello!

Welcome to your Spring edition of *Together*, where you'll see the many ways your generosity is supporting patients and families across our East London hospitals - including a new dental care service helping older people keep smiling at Whipps Cross Hospital.

Inside, you'll meet some of our fantastic supporters, like Jackie, whose fundraising in honour of her sister is helping to drive progress in leukaemia research.

And if you're feeling inspired, you'll also find simple ways to stay involved and continue supporting the NHS hospitals that are there for us all, through every high and low.

I hope you enjoy this issue, and thank you for being such an important part of our community.

Rachel
Together Editor

Together, we're going 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 provide Barts Health hospitals with the very best equipment.

And we support things like new outdoor spaces too, for children to find joy away from their ward. We know that in the toughest times, even the smallest things can mean so much.



Dilly's Den was created on the roof of The Royal London Hospital in memory of young Dillan. It's a vibrant outdoor haven for seriously ill children, with wheelchair-friendly paths, medical support access and sensory zones.

“It means families can continue making magical memories, even when in the hospital” – says Katy, Clinical Nurse Specialist

Quick highlights



In December, players from West Ham United visited Newham Hospital to bring some cheer to patients, families and staff. Two of our supporters who are big Hammers fans – Rob and David – also got to meet them.



Thanks to your support, phone charging points in A&E departments have been used over 122,000 times, keeping families connected at Newham, Whipps Cross and The Royal London hospitals.



This Spring our largest ever team will be taking on the Hackney Half. Could you join them? Sign up at bartscharity.org.uk/hackney.



Recently featured on the BBC – you helped us support art therapy for NHS staff, which could cut the risk of burnout by 50%.



Read our new guide to writing a will at bartscharity.org.uk/will. You can also write your will for free with our partners at Octopus Legacy.



You helped to fund a new valvular heart disease service that is getting positive feedback and has halved the amount of patients not attending their appointments.



Make a difference

Help us transform breast cancer care in East London

Breast cancer is a major health issue in East London, where breast cancer patients currently face the lowest five- and ten-year survival rates in the country.

With your help, we recently gave our largest ever gift to secure two iconic state-of-the-art buildings at St Bartholomew's Hospital.



Breast Surgery Clinical Lead Miss Laura Johnson performing breast surgery



Two iconic buildings at St Bartholomew's Hospital will house the Breast Cancer Centre

By bringing services together into a single, supportive environment, the Centre will deliver world-class care and improve health outcomes for everyone in East London facing a breast cancer diagnosis. The benefits will include:

- Three surgical theatres, allowing 1,800 life-saving breast surgeries to be performed each year
- Reconstructive surgeries available faster - when they matter most
- Faster diagnoses, aiming to catch 75% of cases at stages 1 or 2
- A survivorship and fertility hub to provide wraparound support
- More opportunities to participate in clinical trials

This will create a foundation for transformed breast cancer care in East London. **But together we can do more.** You can help us accelerate this change so that more patients survive a breast cancer diagnosis.



Anne's story

Following treatment for ductal breast cancer aged 51, Anne was looking forward to a cancer-free future with her two children. So she was devastated when, only months later, she was diagnosed again - this time with triple negative breast cancer, a more aggressive type with fewer treatment options.

“I think the centre is just wonderful. It is very much needed to support women from all backgrounds to feel independent and comfortable when undergoing treatment.”

- Anne

She says: “That was, of course, really hard to hear. And that's when I thought that maybe it's spread and I won't be so lucky this time... How many chances at life will I be given?”

Chemotherapy pushed her to her physical and emotional limits. “After each treatment the world spins. My hair started to fall out, and my body swelled up. I went to a point of utter depletion,” she recalls.

Through it all, Anne was incredibly grateful to the “incredible” staff who were with her every step of the way. She is thankfully now in remission and excited about the new Breast Cancer Centre.

Find out more about how you can support the new Breast Cancer Centre



Scan the QR code
or visit
[bartscharity.org.uk/
breast-cancer-centre](https://bartscharity.org.uk/breast-cancer-centre)



A sister's story

In 2012, Jackie's sister Ingrid started having strange symptoms. She was losing a lot of weight and feeling unwell. Some days she would have to go home from work because the room was spinning. She went to the doctors for some tests and when the news came back, no one could believe it. Ingrid had been diagnosed with leukemia.

Ingrid was referred to St Bartholomew's Hospital where her and Dr Samir Agrawal discussed treatment options.

"He didn't know if there was anything he could do because her leukaemia was so bad," says Ingrid's sister, Jackie. "But he explained that, because research has progressed so much in the last five to ten years, there were

options for Ingrid that previously wouldn't have been possible."

Ingrid began treatment and, despite going through some tough times, her condition began to improve.

Jackie was inspired by Ingrid's courage, along with the incredible support from the team at Barts Hospital and the advances in research that made her treatment possible.

So, a year after Ingrid began treatment, Jackie organised her first charity gala event, selling tickets to family and friends. The night involved lots of eating and drinking, a raffle and other fun games, all in aid of raising money for innovations in research. She loved it so much that she's gone on to host several other galas – with Samir as guest of honour!



Jackie and Ingrid with their family

"People are always so generous and it's very rewarding to see the amount of money that's raised."

- Jackie



£103,000 raised!



Jackie presenting her cheque to Dr Samir Agrawal

“To think that there are people out there like Jackie, who are working so hard to support us is just incredible. It’s an amazing motivator.”

- Dr Samir Agrawal

Now, 12 years later, Ingrid is in remission and has been off all treatment for one year. And through her regular galas, Jackie has fundraised an incredible £103,000 for Barts Charity and leukaemia and infection research at St Bartholomew’s Hospital!

Jackie says: “I always said I would stop when I reached £100,000, but now that’s been reached I’m going to set myself a new goal!”



The venue ready for the gala

Want to become a fundraising hero like Jackie?



Scan the QR code or visit bartscharity.org.uk/support-us



Improving healthcare for our diverse East London

East London is home to an incredible mix of different ethnicities, identities and cultures. These communities all have unique health needs that need addressing. With your support, we want to make sure that everyone in East London can get the care they need, when they need it.

Spotting skin damage for people of all skin tones

Patients in hospital often struggle with skin damage, due to pressure or moisture. Research done at Whipps Cross Hospital has found injuries on patients with darker skin tones are more likely to be missed or misdiagnosed, because redness is less visible. That's why we've funded an innovative pocket guide, designed to help staff to identify skin damage across different skin tones much faster, allowing for speedier treatment.

Fertility treatments for LGBTQ+ couples

Even though more people in East London identify as LGBTQ+ than the national average, this isn't reflected in the patients treated at Barts Health's fertility department. This year, Barts Health is launching a campaign to change that. Thanks to your support, a brand-new ultrasound machine at St Bartholomew's Hospital is helping to meet increased demand, making treatments possible for more LGBTQ+ couples who want to start a family. The new machine has already helped double the amount of LGBTQ+ couples compared to last year.

Making care fairer for every family

Professor Rohini Mathur's research focuses on tackling health inequalities, particularly among South Asian and African Caribbean communities.

Thanks to supporters like you, Rohini is looking into how ethnicity affects how patients are diagnosed, what risks they face and how they react to certain medications. She's particularly focused on diabetes

within the South Asian community and women's health during pregnancy.

For example, whilst BMI is sometimes a good indicator for diabetes, this is not so effective when it comes to South Asian populations. Rohini and her colleagues are investigating whether other measures like waist to height ratio or waist to hip ratio can actually be a much better predictor.



Rohini is an epidemiologist and health data scientist at Queen Mary University of London, where we fund world-leading research.



“Diabetes is common among South Asian communities in the UK, which resonated with me personally - my grandfather died in his mid-60s from Type 2 diabetes.”

- Rohini



Rohini with her grandfather



The difference you make

Here through it all

At Barts Charity we're here for you from the moment you walk through the hospital doors. Whether that's a new treatment you've been given thanks to years of research we funded, to a new play space to keep your little ones amused while they wait for appointments, we're there - through it all - to make life that little bit easier for you.

A playtime oasis for children at Newham Hospital

Thanks to your support, children being treated at the Newham Hospital's Rainbow Centre can enjoy playtime away from the wards in their newly renovated garden. With roleplay activity stations, outdoor musical instruments and interactive fitness boards, the garden is now a bright and joyful area for children of all ages and abilities to enjoy.

A breakthrough for ovarian cancer patients

In the UK, around 7,500 people are diagnosed with ovarian cancer each year. A lot of these patients are

diagnosed at a late stage, which sadly means that chances of survival are lower. Thanks to our funding, an innovative treatment called CRS-HIPEC is now offering Barts Health patients a lifeline in ovarian cancer care.

This two-part treatment works by, firstly, surgically removing all visible cancer, followed by adding a heated chemotherapy drug to eliminate any remaining cancer cells.

“To come from such a low to such a high after the CRS-HIPEC surgery has been incredible. Thank you so much to everyone that was involved. I feel really privileged that it was available to me.” -

Amna, patient at The Royal London Hospital

Speech therapy in the comfort of home

Around a third of stroke survivors have aphasia, a communication disability that affects speaking, understanding, reading and writing. With your support, speech therapists have been trialling whether online sessions can be a good alternative to face-to-face sessions. Feedback from stroke patients has been incredible, with lots of patients now getting support from the comfort of their own home.



Patient Thelma at Whipps Cross Hospital.

“From a personal point of view, I prefer online meetings. Because of my mobility issues following my stroke I have difficulty getting around. So having a meeting online is very helpful to me.” – Marwar, an aphasia patient

Healthy smiles for our older patients

For lots of elderly patients, mobility and memory issues can often make taking care of their dental health a challenge. This can often have a knock-on effect on their ability to eat, drink and communicate. With our support, patients on elderly care

wards at Whipps Cross Hospital will now be able to speak to a dental care expert, who will assess their dental needs and give advice on how to prevent further problems. This service will be vital in helping to improve patient health and quality of life.

Good news in your inbox

See more of how your donations are making a difference



Sign up to our e-news by scanning the QR code or visiting [bartscharity.org.uk/newsletter](https://www.bartscharity.org.uk/newsletter)

Spotlight on our supporters

Our community of supporters continues to amaze us. From first-time challengers to longstanding fundraisers, your energy and kindness are helping transform care across our hospitals.

Every act of generosity makes a real impact for patients and families – and we're proud to celebrate just a few of these remarkable people here.



Short legs, big hearts

Childminder Nikki was inspired to fundraise following her mum's treatment for bladder cancer. To show her gratitude to the NHS staff who treated her mum, Nikki took on the gruelling Ironman triathlon in Lanzarote.

The children she looks after were so inspired by her challenge that they wanted to get involved too. So, together they organised their very own 5km run and a 1km toddle. In total they raised £1545!

"It's a long way to run when your legs are so short, but they all did it. Absolutely incredible result and a fabulous life skill right there – no matter what, keep going," says Nikki.



Running for Grandad

David has lived with prostate cancer for 25 years and last month he underwent life-saving surgery at The Royal London Hospital. His granddaughter Ellie has been fundraising in thanks for the care he received and, alongside other efforts, is running the Brighton Marathon for us in April. She remembers one nurse saying post-op: "I don't do this job because I have to. I genuinely love what I do. I love helping people heal and putting a smile back on their faces."



Pitching in

Late last year, staff on Acacia Ward at Whipps Cross Hospital organised a football match with Leyton Bus Garage as a team building activity.

"To make the event even more exciting, we decided to turn it into a charity fundraiser," says Senior Sister Fiona. "Since Barts Charity is close to our hearts, it was an easy choice for us! It was a lovely evening for a wonderful cause." With an auction, raffle, and delicious food, they raised £710!



Feeling inspired?

Scan the QR code to find out more or get in touch:
fundraising@bartscharity.org.uk

Get involved



On 13 September, we're inviting patients, NHS staff, families and friends to come together to Hike for Health – a walk filled with gratitude, reflection and hope.

Many people join Hike for Health to remember someone special, others walk to say thank you for the extraordinary NHS staff who cared for them when life felt its hardest.

With routes for every ability – including our brand new 21k half marathon challenge – it's a chance to share stories, celebrate strength and give something back to our wonderful Barts Health hospitals.

Every step helps fund projects that make hospital stays a little bit easier for families across East London.

**hike
for
health**

Choose a 10, 15 or 21k route and take in the landmarks of central and East London.

Sign up today and help us be there – through it all.



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



Subir's story

"Throughout the last two years of my Mum's life, she received excellent care from Barts Health. I'm sure my mum would be very happy that I've done Hike for Health because she received a lot of care and it's nice to do something to give back.

What also motivated me was to help the NHS, to raise funds for research and development, and to tackle health inequity in society, particularly in East London.

Hike for Health gives me a chance to mix with people from various backgrounds, which is very interesting. You get to see a lot of places you may not usually go to and actually have some time to walk around and enjoy the sights. We all got medals when we finished!"

Lone and Janet's story

"We've experienced first-hand the incredible work that St Bartholomew's Hospital does for patients and families throughout my cardiac care and surgery.

The staff treated me like a queen and I am very grateful to the entire team. They, without exception, love their profession and are completely dedicated to giving excellent service.

When we heard about this walk, it felt like the perfect way to give something back, together. We were amazed by how generous people were. Loads and loads of support came in.

We chose the 10k walk and we really enjoyed it - the atmosphere was a highlight. We plan to do the walk again this year."



Word Scramble

Unscramble each word below:

(Clue: Each word is featured in this issue of Together!)

- NRU
- LAAG
- KEIH
- SPIPHW
- TADLEN
- LIFTTIERY
- SREEARHC
- RTEIYDVS
- MAORNIN
- TMEATRENT
- RMAATOHN
- GNIAFSDNRIU



Answers: RUN, GALA, HIKE, WHIPPS, DENTAL, FERTILITY, RESEARCH, DIVERSITY, IRONMAN, TREATMENT, MARATHON, FUNDRAISING

Contact us

We'd love to hear from you!

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

Supporting the Barts Health hospitals and the Faculty of Medicine and Dentistry at Queen Mary University London.