

Welcome

Website Launch

We are delighted to launch our new Cancer Fund website!

Our refreshed site will make donating even easier with the option to donate via Apple and Google Pay. It offers quick access to more information about who we are and how we fundraise and support Cancer services at UCLH.

Brand new pages include an events page featuring many exciting challenge events, from Marathons to midnight walks up Mount Snowdon. The new 'staff area' makes it easier for UCLH staff to apply for the funding of projects and training online. There's also a page dedicated to legacy giving with help and information on will writing.

However, the thing we're most excited about is that soon you'll be easily able to set up regular donations to support patient care, the provision of supplies and equipment, training of staff and advancing cancer treatment research at UCLH on an ongoing basis. A regular gift enables us to continue funding services such as the children's and young person's art classes, which we discuss later in this newsletter.



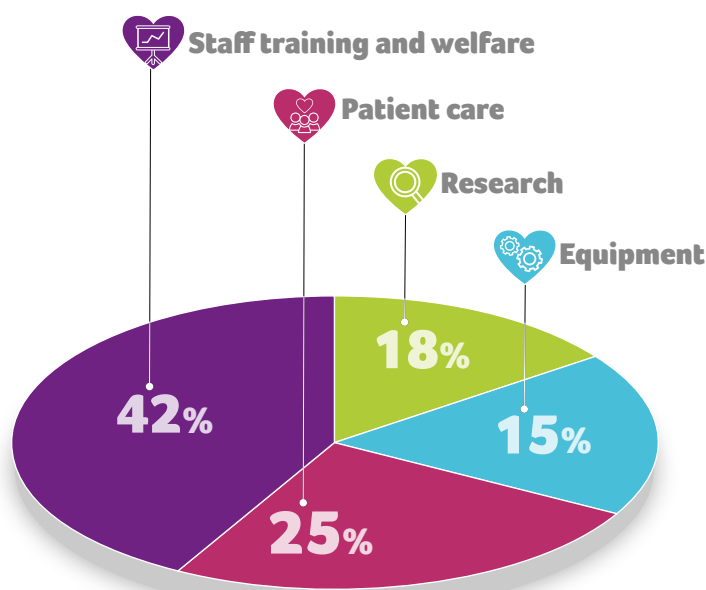
Our progress, with your support

We appreciate that financially things are becoming increasingly difficult for many. Due to generous donations, income to the Cancer Fund increased by 41% compared to last financial year.

We have never been more grateful for every donation we receive and redistribute back into supporting UCLH's cancer services. In 22/23, we invested in UCLH cancer care staff more than any other area, providing them with funding for training and development opportunities, over and above what the NHS can provide, building on staff expertise and strengthening their knowledge. During 2023, with your help, we have committed to funding research into the treatment of prostate cancer, and we will fund the installation of two new 'privacy pods' in Westmoreland Street to offer patients and staff a quiet and private place to sit and chat. We are also delighted to launch additional complementary therapies for young adults with cancer within the coming months.

*Visual represents funding commitments in 2023 as well as invested in 2022.

Our support 22/23*



Marvellous Marathon



A huge thank you and well done to everyone who ran the London Marathon last month to support the Cancer Fund.

UCLH staff, patients and supporters were among the thousands of runners who took part in this iconic event which raises millions of pounds for charity every year..

Our Cancer Fund runners included James Hall, who ran his fifth Marathon but his first as a transtibial runner after losing his right leg to bone cancer. After being diagnosed with Ewing's Sarcoma in September 2015 at 36 years old, his leg was amputated below the right knee in February 2016.

Jimmy told us, "I want to do my small bit to thank those that gave me a second chance at life. The sarcoma team at UCLH is amazing, and I can personally vouch for the expertise and kindness of NHS staff in helping people like me in our time of need."

Jimmy completed the challenge in 05:03:03 and raised over £11,000 – well done Jimmy! Visit Jimmy's JustGiving page www.justgiving.com/fundraising/leglesslondon

Alongside Jimmy, runners supporting the Cancer Fund included Alice Vodden, assistant general manager of cancer services and Claire Humphreys, matron at University College Hospital Westmoreland Street.



Thank you to you all. You were simply amazing!

Take on a challenge and support our work!

A huge thank you to the amazing UCLH Cancer Staff for getting involved with fundraising for the Cancer Fund this year, including Westmoreland Street Matron Claire Humphreys, who not only ran the London Marathon but took part in the London Landmarks Half Marathon.

There's still plenty of time to sign up for a challenge supporting the Cancer Fund! We have spaces at events, including:

- The Royal Parks Half marathon, for a scenic run
- A once-in-a-lifetime trek via the Snowdon at Night Challenge
- Various 5k and 10k length races, including the ASICS London 10k, for those who aren't quite ready for a marathon!

Check out the events page on our website.

Fancy a challenge?

Fundraise for the Cancer Fund: Whatever your passion, we've got an event to suit you!

Scan the QR code to donate via the Cancer Fund JustGiving page

The Cancer Fund are here to support cancer services at UCLH - with your support we can do more.

University College London Hospital Cancer Fund is a charity registered with the Charity Commission. UCLH Charity is a registered charity number 1130000. FR

In memory of Efi Athanasiou

In memory of their beloved mum Efi, a north London family has raised thousands of pounds for the Cancer Fund to thank the 'angels' at UCLH she valued in her final days.

Maria Constantinou said about her Mum Efi Athanasiou: "Everyone who met our mum never forgot her. Her kindness, generosity and love for her family shone through."

"In the time she was in UCLH's care, she was treated with incredible dignity, respect, and care. Mum thanked every person who came into the room, whether it was to top up her water, administer treatment that she was terrified to receive or take blood for her multiple blood tests. She referred to the staff as 'angels'."

Maria's fundraising page reflects how UCLH staff cared for her, including finding her favourite Greek music to relax her, massaging and holding her hand at night when she was afraid, looking for vanilla ice cream during her final hours, working tenaciously to manage pain, welcoming loved ones and doing their best to treat and try to save her.

Efi was diagnosed with Non-Hodgkin Lymphoma and died in the hospital holding Maria's Dad's hand on Sunday, 29th January.



To date, Maria and her family have raised over £10,000 in Efi's memory, a fitting tribute to what a wonderful giving person she was. On behalf of the Cancer Fund and the staff at UCLH, thank you.

Supporting staff welfare with your help

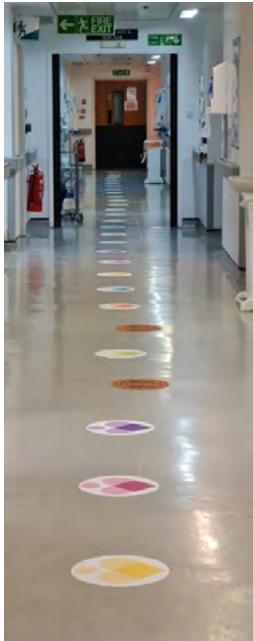
Over the past few months, the Cancer Fund has received many requests for items for staff which help to make a shift more comfortable, including mugs, water bottles and personalised staff fleeces.

- Keeping staff warm over winter by providing personalised fleeces
- Helping staff to stay hydrated, the Cancer Fund gave out water bottles on World Water Day 2023
- Mugs for staff to make hot drinks, to replace the disposable coffee cups which were used during the pandemic
- Provided fresh fruit, warm drinks and sandwiches for staff



We're delighted to fund a new 'Tea at Three' initiative at Westmoreland Street Hospital. Once a month, staff will meet to enjoy a cup of tea and piece of cake together, allowing them to catch up and enjoy a well-deserved break. There are even massages and Virtual Reality experiences available!

Recovering one step at a time



After surgery, walking is an important step in the recovery process. That's why at UCLH Westmoreland Street, we have provided floor stickers so that patients and physiotherapists can set recovery walking targets.

"The UCLH Cancer Fund very kindly provided the urology ward here at Westmoreland Street Hospital with some stickers to help us to rehabilitate our patients. The stickers have been placed along the floor in the main corridor at 1m intervals. We can now provide rehabilitation prescriptions for patients by asking them to walk a certain number of stickers and slowly increase this over time. This gives the patients a visible goal to achieve and allows us as a therapy team to monitor their progress. Patients now have more autonomy and independence with their rehabilitation, allowing them to take control of their progress in-between sessions with the therapy team. We are so grateful for the stickers and know that they will have a wonderful impact on the quality of life of our patients".

The team at WMS have even recently requested extra stickers to expand the project to more patients and areas.



Sprucing up PBT

We are proud that the UCLH offers one of only two Proton Beam Therapy (PBT) units in the UK.

Based in Grafton Way, the newest building at UCLH, the PBT treatment rooms and patient areas are four levels below ground. Despite being subterranean, the lounge area offers patients a bright and pleasant space to wait and to receive treatment. However, after speaking to the team there, we agreed it needed something extra. The Cancer Fund provided cosy lamps, comfortable cushions and artificial plants to introduce some interest to the lounge. The team and patients are delighted, and we think they look great.



New screens for the Children's Cancer Ward

After successfully installing Wi-Fi in our children's ward last year, we were delighted to be asked by the paediatric team to provide TVs and TV cabinets on wheels for the children on the ward.

Although some children bring in their own tablets and handheld devices, many don't have access to such expensive technology. Some may call a TV cabinet on wheels old-fashioned, but handheld devices are prone to sliding off beds or getting caught up in bedding. A cabinet provides a robust solution plus the added security of a lockable games console shelf. We are thrilled that we can provide all children on the ward access to movies, TV shows and the latest games consoles to entertain themselves while receiving treatment. Thanks to everyone who donates to the Cancer Fund.



The Cancer Fund is excited to support a new study combining robotic surgery techniques and precision imagery, to improve outcomes for prostate cancer patients.

Prostate cancer is the most common cancer in men in the UK, with over 40,000 new cases diagnosed every year.

UCLH is the largest centre for robotic prostate surgery in the UK, and we use the da Vinci® robotic surgical system. Robotic surgery is a form of keyhole surgery, the surgeon controls miniaturised instruments to undertake the procedure. Patients benefit from the precision of robotic surgery through a reduced recovery time, reduced pain following the procedure and far less visible scarring.

Zaf Tandogdu, Urologist and Robotic Prostate Cancer Surgeon at UCLH and his team are leading the study to investigate the advantages of pre-surgical planning using robotic-assisted radical prostatectomy. Radical prostatectomy is the surgical procedure to remove the prostate gland. To date, the team have collected and analysed data from 585 patients. Their findings indicate that imaging-guided pre-surgical planning results in a 9% improvement in cancer clearance and



an 8% increase in the preservation of functional structures. Zaf's long term vision is to integrate artificial intelligence into image-guided surgery. A scientific paper is being written about the work, and the data gathered will also provide the evidence base for a large scale national clinical trial to further develop this work.

Zaf says:

"We are delighted to have support from the Cancer Fund for this work, it's a privilege to have the opportunity to advance cancer treatment. Thanks to everyone who continues to donate to the fund".

For more information about this work, please contact Gillian Reid at gillian.reid16@nhs.net

Despite our urban location, UCLH is fortunate to have dedicated garden spaces, which include a rooftop garden at the University College Hospital Cancer Centre.



Please donate today via our website and leave the comment 'gardens appeal' in the space provided.

This provides sanctuary and tranquillity for patients, staff and visitors and offers respite from the busy clinical environment and those receiving treatment for cancer.

Access to green outdoor space has a wide range of benefits, from improved patient outcomes to sustainability. Research suggests that as little as ten minutes in a natural setting can make a difference, and a British Medical Journal survey revealed that 100% of patients who participated said that accessing a garden improved their sense of wellbeing.

The Cancer Fund will contribute to the UCLH Charity gardens appeal to help with the ongoing renovation and upkeep of the garden at the Cancer Centre.

Investing in staff

We are delighted to have supported UCLH Cancer Services Staff in attending various courses, conferences, and events this year, helping them progress their skills and further their knowledge. It is crucial that staff have the opportunity to stay up to date with current research, and we're so pleased that we've been able to help this!

Highlights include funding conference and workshop attendance in areas like physical assessment, supportive

care, managing complications, and targeted specialist treatments covering the spectrum of cancer services. Thanks to your donations, we have been able to pay for staff to attend courses such as degrees in pharmacy practice and Healthcare Leadership, helping them feel more confident in their roles at UCLH.

We are proud to be funding some of our amazing staff who have been selected to present at internationally important conferences. One member of the radiography team will present an evaluation on the effect of Deep



Inspiration Breath Hold (DIBH), a method of delivering radiotherapy while limiting radiation exposure to the heart and lungs on breast cancer patients, whilst junior doctors are set to present at the American Head and Neck Society meeting in Montreal!

Children's art workshops in PBT and Radiotherapy

It's well known that participating in creative projects can improve mental well-being. The Cancer Fund is proud to fund art workshops for children and young patients undergoing radiotherapy and the children's ward at University College London Hospital.

Frances, who has a BA in fine art (& MA in drawing), first came to the trust with her own drawing project, exhibiting a body of work 'Scene, Unseen II' in the hospital's Street Gallery. Frances, who has many years of experience running art workshops and is passionate about introducing art to young people and children, will host the sessions for us. Frances told us, "It is a privilege to encourage art activities with children, their parents & carers and young people in the hospital, and very rewarding to see smiles and concentrated creativity".

These creative sessions are only made possible by donations to the Cancer Fund and will give young patients a positive project to focus on and something to look forward to when they visit the hospital.



Your fundraising highlights 2023

We can't thank our supporters enough for their fantastic fundraising over the past few months – here's just a few highlights:

- The organisers and attendees of North Middlesex Golf Club's 'Captain's Charity Golf Day', who enjoyed sunny weather for their fundraising golfing competition and BBQ – it sounded like fun!
- Members of East Finchley Constitutional Club who hosted a charity race night for the Cancer Fund
- The team at F45 Old St gym who held their 'Battle Cancer' fitness competition



Thank you for your ongoing support. Together we will continue to improve the experience of people with cancer.

www.uclhcancerfund.org.uk/donate-online