

# *the* GIST

News from Guy's and St Thomas' Issue 12 | 2014

## *Gift of life*

Inspirational Cash's  
kidney transplant







## Welcome

...to the autumn edition of *The GiST* magazine which showcases some of the amazing work that Guy's and St Thomas' staff do in our hospitals, in the local community that we serve, and further afield.

The courage of our patients is at the heart of this issue of *The GiST* – demonstrated by the uplifting story of kidney transplant recipient Cash Ryan who is raising public awareness to encourage more people to sign up to the organ donor register.

Find out how our staff are helping cancer patients not only to beat the disease but also to live their lives to the full through both physical activity and workshops to help them feel good about their changed appearance after treatment.

And discover why 'LEGO therapy' is helping children with autism in Lambeth and Southwark to overcome communication problems so they can learn new skills and socialise more easily.

I hope you enjoy this issue.

**Ron Kerr**

Chief Executive  
Guy's and St Thomas'  
NHS Foundation Trust



## Contents

### 04 Going up?

Our porters are leading a campaign to free up our busy lifts for patients

### 06 Fighting Ebola

The retired doctor battling the killer virus in Sierra Leone

### 07 Baby's leg saved by photo from around the world

How a Singapore baby's rare skin condition was diagnosed by experts at St Thomas'



### 10 'Sanctuary' celebrates 25 years

Patients and staff tell us what makes the Lane Fox Unit so special

### 12 Surviving cancer

How our staff are helping patients get their lives back after cancer

### 16 Keep on moving

Find out why exercise can reduce older people's risk of having a fall

### 18 Role reversal

Dental nurse Rochelle Morrison talks to dentist Naren Thanabalan

## Meet the team

Produced by:  
The communications department  
Design:  
AYA-Creative [www.aya-creative.co.uk](http://www.aya-creative.co.uk)  
Print:  
O'Sullivan Communications  
Front cover:  
Kidney transplant patient Cash Ryan  
and her daughter, Lourdes



Pick up your copy:  
*The GiST* magazine is for our patients, local people, staff, members and other supporters of Guy's and St Thomas'

## TELL US WHAT YOU THINK

If you have any comments about the magazine or suggestions for future articles, please contact the communications department, St Thomas' Hospital, Westminster Bridge Road, London SE1 7EH, or email [press@gstt.nhs.uk](mailto:press@gstt.nhs.uk)

Visit us online at: [www.guysandstthomas.nhs.uk](http://www.guysandstthomas.nhs.uk)



*The GiST* is published by Guy's and St Thomas' NHS Foundation Trust



Follow us on Twitter @GSTTnhs

Artist's impression of the new Cancer Centre at Queen Mary's Hospital in Sidcup



## IN THE NEWS

A round-up of media activity featuring Guy's and St Thomas' over the past few months.

### BBC 2

Gastroenterologist Dr Jeremy Sanderson was featured in the Horizon documentary *Should I eat meat?* as he explained how a colonoscopy can help diagnose bowel cancer.

### The Independent

After US doctor Jen Gunter took her son to St Thomas' A&E, she wrote a blog about their positive experience which was picked up by the British media.



### BBC South East

Chloe Bennett (above) was born with the arteries in her heart the wrong way round. Evelina London surgeon Mr Caner Salih operated on Chloe to 'rewire' her heart.

### Evening Standard

Burrell Street is the first NHS sexual health centre in the UK to provide safety kits for gay men taking part in the growing trend of 'chemsex', also known as slamming. The trend involves men having sex with men while injecting drugs such as crystal meth, often at parties where sexual partners are shared.

## Cancer care closer to home

Cancer patients living in Bexley, Bromley and Greenwich will soon be able to have most radiotherapy and chemotherapy treatment locally.

Currently patients travel to Guy's and St Thomas' for radiotherapy but that will change when a new Cancer Centre opens at Queen Mary's Hospital, Sidcup, in 2016.

Guy's and St Thomas' staff will provide these life saving services in the new Cancer Centre with two new linear accelerators for radiotherapy. There will also be an information and advice service for patients and their families.

Angela Francis, head of radiotherapy services

at Guy's and St Thomas', says: "We have worked with NHS organisations and patient representatives in outer south east London over a number of years to bring radiotherapy nearer to where patients live.

"It is fantastic that work has begun on the new Cancer Centre in Sidcup. Many patients will benefit from having chemotherapy and radiotherapy treatment closer to home and under one roof in a purpose-built facility."

The Queen Mary's Hospital site is being given a £30 million revamp by Oxleas NHS Foundation Trust. It will also include a Kidney Treatment Centre run by Guy's and St Thomas'.

## Food for thought

Soup, cereal and bread are all household essentials that many of us take for granted but these basic foods can be vital in helping patients get back on their feet after they return home from hospital.

Patients who are well enough to go home, but may be too weak to take a trip to the shops or don't have friends and family living near them, are now being provided with enough food for up to three days after they leave hospital.

The emergency food bags, which are provided free of charge to patients by the Trust's charitable Samaritan Fund, aim to ensure vulnerable people are given a helping hand when they get home.

Scott Pendleton, head of dietetics, says: "We want to be confident that, when we send a patient home, they have everything they need to stay well.



Chef team leader Pam Woodbridge, group catering manager Robert Cormack and food services assistant Ahmet Kaya with the new emergency food bags

"We already give people the right medicines to take home but we wanted to take our care further and make sure they're getting the energy they need too. We can't assume that patients have someone at home to help them."





St Thomas' patient Josephine Johns with porters Nazir Miah, Wayne Seymour and Barry Sawyer

## Going up?

Busy lifts are a daily challenge for patients trying to get to appointments on time in our hospitals – worrying about being late can add to the stress of treatment.

And so Chief Nurse Eileen Sills challenged our porters to lead a campaign that would free up the lifts for patients by encouraging staff to use the stairs when possible.

The porters developed posters and handed out leaflets to staff for a week in August and acted as champions for the campaign by asking staff to think about using the stairs instead of taking a lift.

Portering manager Trace Shanahan says: "The campaign is a 'win win' for everyone because it will help patients get to their appointments on time and encourage staff to get fitter by using the stairs. We reminded staff of our core Trust value 'Put patients first' when using the lifts."

Since the campaign was launched in August, the porters say they have noticed more staff walking up the stairs instead of waiting for the lifts, especially when they are only going up a couple of floors.

The Trust is working with its contractors to improve the maintenance and servicing of lifts on both hospital sites. There are also plans in place to upgrade the lifts in future to make them more reliable.

# Eternal support for Lupus centre

Kelle Bryan of 1990s girl group Eternal and former Government minister Baroness Estelle Morris have named the Louise Coote Lupus Unit at St Thomas' Hospital as a centre of excellence.

The accolade from charity and patient group Lupus UK was given to the unit in recognition of its excellent patient care and research into Lupus which is caused by problems with the immune system.

Professor David D'Cruz, consultant rheumatologist, says: "We are absolutely delighted to be named as a centre of excellence because our staff work tirelessly to help make life manageable for our patients."

Kelle Bryan was diagnosed with Lupus in 1998 and has been treated in the Louise Coote Lupus Unit ever since. She is also a



patron of the St Thomas' Lupus Trust, the charity set up to support the unit.

She says: "As a young woman I hope to inspire others to be positive, have fun and, most importantly, increase awareness of Lupus."

# Boris backs organ donor drive

Boris Johnson is supporting a campaign to boost the organ donor register.

He says: "Almost 7,000 people are waiting for a life-saving organ transplant so it's important that more people sign up."

"I would particularly urge people from black, Asian and other minority ethnic communities to come forward."

People from black and minority ethnic (BME) communities are more likely to need a transplant as they are more

susceptible to illnesses such as diabetes that can cause organ failure.

Two-thirds of patients on the transplant waiting list in London are from BME communities but last year just 74 of the UK's 1,320 deceased donors were from these groups.

● See page 9 to read the inspirational story of Cash Ryan (pictured 2nd right below) who has been given a new lease of life by a kidney transplant



# LEGO therapy helps autistic kids

'LEGO therapy' is helping children with autism in Lambeth and Southwark to overcome communication problems so they can learn new skills and socialise more easily.

Our therapists are using LEGO to help children with speech and language problems in schools. Skills such as turn taking and asking for information can be difficult for autistic children to learn because they often find speaking, listening, and making friends a challenge.

Speech and language therapist Nicola Spray says: "Children with autism like following sequences so using LEGO is a great way to get them working in a group. The technique is also used to help other children with communication problems to improve the way they express themselves, listen and follow instructions.

"It's wonderful to see children who prefer to play alone coming together to work as a team.



Joshua Green with speech and language therapist Nicola Spray (left) and teacher Danielle French

Some have made new friends from the sessions and others are intending to see the LEGO film together, which is a great achievement."

Joshua Green, 10, who attends a special school in Peckham, says: "I like playing with LEGO. My favourite thing to build is a house."

## Are you sitting comfortably?

Nurses at Guy's and St Thomas' have launched the *Zero Pressure* campaign to reduce the number of people with pressure ulcers.

Claire Acton, team manager for the Tissue Viability Service, says: "Pressure ulcers can affect anybody, young or old. If you're unable to get out of bed or you're not very mobile, you may start to see redness and skin breaking.

"Simple things like getting someone to help you stand up regularly, moving your bottom in the chair for a few minutes,

and eating and drinking properly can all help."

The Guy's and St Thomas' team has trained more than 700 staff from nursing and residential homes to spot the signs of pressure ulcers.

They are also holding free workshops for local carers, relatives, health professionals and care workers on ways to prevent pressure ulcers and improve quality of life.

For more information, email Sara Nelson at [sara.nelson@gstt.nhs.uk](mailto:sara.nelson@gstt.nhs.uk).



Nurse Kim Sanders turns a patient to help prevent pressure ulcers

## TOP TWEETS

**@kkma1387**  
@GSTTnhs thanks to all the Guy's Day Surgery Unit team and urologists for my amazing experience today. Kind, professional & efficient.

**@DickonFarmer**  
a MASSIVE thank you to all the staff of A&E and Victoria Ward at @GSTTnhs for looking after me so brilliantly the past 2 days. THANK YOU!

**@shelleyjarnold**  
A friend just reminded me how thankful I am to @EvelinaLondon for giving me back my precious son. #Gratitude

**@RadioProducerUK**  
@EvelinaLondon was chatting about you on @BBCSuffolk this morn on subject of #heartconditions and the great work you do.

**@Saraho3939**  
@jamesmartinchef Just spent 4 days in St Thomas' Hospital the food was yummy.

**Follow @GSTTnhs** and **@EvelinaLondon** for all the latest news from Guy's and St Thomas' and Evelina London Children's Hospital.



## Mary Seacole statue site blessed

*Casualty* actress Suzanne Packer (pictured left) has unveiled a plaque to mark the spot in the gardens at St Thomas' Hospital where a statue in memory of pioneering black nurse Mary Seacole will be placed next year. The site was also blessed by Reverend Mia Hilborn, head of chaplaincy at Guy's and St Thomas'. Mary Seacole is best known for her role as a nurse in the Crimean War. Sir Hugh Taylor, Chairman of Guy's and St Thomas', says: "Mary Seacole was a pioneer and inspiration for the generations of nurses and other staff from black and minority ethnic backgrounds who have served the NHS so well over the years." See [www.maryseacoleappeal.org.uk](http://www.maryseacoleappeal.org.uk) to find out more.



# Fighting Ebola



Dr Terry Gibson at Connaught Hospital in Freetown, Sierra Leone (credit: Jo Dunlop)

**Dr Terry Gibson, a consultant in acute and general internal medicine, retired at the end of March after more than 40 years at Guy's and St Thomas'.**

**He promptly packed his bags and headed to Freetown, Sierra Leone, as a medical volunteer for the King's Sierra Leone Partnership to help develop health services.**

**A few weeks after his arrival, Ebola reached Freetown.**

“The first thing that struck me was that all the patients were extremely sick. Going to hospital is the last resort because patients have to pay. Many people die because they leave it so late to seek medical help.

Connaught is the biggest hospital in Sierra Leone. It's beautifully designed but poorly equipped. The labs are unreliable so it can be difficult to get important test results. Some of the wards don't have running water and the piped oxygen has never worked so if a patient needs oxygen we have to take them to the Intensive Care Unit.

## Focus on the achievable

I had to learn to accept that I couldn't stop many of the patients dying and should

concentrate on what I could do, such as helping prevent infections and training the local junior doctors.

After medical school, junior doctors in Sierra Leone only train for six months each in medicine, surgery, women's health, and children's services. Healthcare is such a big field that this barely scratches the surface. There is no further training available to help them learn and develop.

I also had to accept how much was physically possible. For the first two months I did ward rounds every day because I didn't want to leave such sick patients in the care of relatively inexperienced doctors. I realised it wasn't sustainable – I'd have killed myself.

## Ebola

Ebola reached Freetown in June. Strangely, it reduced our workload because people were too scared of the disease to come to hospital. We had prepared by putting together a 13-bed isolation unit, which is probably the best in the country.

It's a huge concern that medical care for these patients relies so heavily on international volunteers, so training local staff is vitally important. Our team, with local colleagues, has trained staff in

29 hospitals across the capital.

## Home visit

In August I returned to the UK to see my family and friends, who had been understandably anxious. I had to go the long way round as most airlines had stopped flights.

The last few weeks in Freetown were particularly grim as some colleagues had died from Ebola, so it was refreshing to meet up with friends over a beer and not think about death and disease for a while.

There's still a lot to do, so I'll be returning to Connaught Hospital in October – assuming that flights have resumed.”

The King's Sierra Leone Partnership is a partnership with Sierra Leone's Connaught Hospital, College of Medicine, and Ministry of Health. The team is made up of medical volunteers from across Guy's and St Thomas', King's College Hospital, South London and Maudsley, and King's College London. See [www.kslp.org.uk](http://www.kslp.org.uk) to find out more.

# Baby's leg saved by photo from around the world



Eve Sutton-Kirkby

A baby whose leg was almost amputated after her rare condition was misdiagnosed has been saved thanks to a doctor halfway around the world.

Eve Sutton-Kirkby, now aged one, had no skin on her badly deformed left leg when she was born in Singapore weighing just 4lbs 2oz.

Doctors in Singapore thought Eve had a bone disorder that would require amputation.

However, thanks to a photograph seen by a family friend and doctor in the St John's Institute of Dermatology at St Thomas' Hospital, she was diagnosed with the rare genetic skin condition Epidermolysis Bullosa (EB).

Eve's mum, Eloise, 31, takes up the amazing story.

She says: "When Eve was born her left leg had not developed properly from the knee down. It was bloody,

badly deformed, and the ankle had no skin on it. It was quite a shock and came totally out of the blue."

Eloise sent a picture of Eve's leg to her friend Dr Emma Craythorne, a consultant dermatologist in the St John's Institute of Dermatology at St Thomas'.

Dr Craythorne says: "As soon as I saw the picture of Eve's leg I instinctively felt there'd been a misdiagnosis and showed the photo to my colleague Dr Jemma Mellerio who is an expert in EB."

Dr Mellerio, now called 'St Jemma' by Eloise and her partner Bernie, recognised straight away the real problem with Eve.

She says: "Eve's condition presented itself in a fairly typical way for EB but her doctors in Singapore simply did not recognise it because it is rare and they'd never seen a case before."

EB affects 1 in 50,000

people and causes blisters, open wounds and sores to form on the skin at the slightest touch.

Eloise and Bernie had to courier theirs and Eve's blood samples to London for genetic testing because it is not permitted in Singapore.

The family then flew to London where tests confirmed Eve's diagnosis of EB. When the family returned to Singapore they followed Dr Mellerio's advice to make sure they got the best care possible.

"We felt so supported and we were instantly given hope knowing that Emma and Jemma could help us," recalls Eloise.

"We're so grateful for the warm and supportive approach from the whole team at St John's, they've been nothing short of incredible. Now that we have their knowledge and training we are well equipped to

manage Eve's EB as best we can."

The St John's Institute of Dermatology at St Thomas' is one of only four EB centres of excellence in the UK.

## What is EB?

- EB is genetic, but parents may not know they carry the gene
- It can affect anyone, and affects all genders and ethnicities equally
- There is no cure for EB, medical treatment is based around wound care and pain management
- EB is not contagious
- DEBRA is the national charity supporting people in the UK with EB [www.debra.org.uk](http://www.debra.org.uk).

Intensive care nurse **Noreen Ging** was elected as a Foundation Trust staff governor in July 2012. She tells us about the vital role that governors play in improving patients' experience of their care.

# Meet the guv'nor



### **Q** What does being a staff governor involve?

**A** I represent staff at Guy's and St Thomas' and act as a voice for them. I have to understand the needs of both our staff and patients to ensure a better experience and environment for everyone.

I'm part of the Patient Experience Group which means I play a part in making sure patients' experiences are the best they can be – from the food we serve them to the way they're cared for.

### **Q** How do you put yourself in our patients' shoes?

**A** I chose St Thomas' as the hospital to deliver my twins just over a year ago because I was confident the care would be fantastic. Having been a patient here means I can use my experiences to suggest improvements.

### **Q** What do you enjoy most about being a governor?

**A** Getting to meet all sorts of different and interesting people. I really like that we all have a shared goal.

### **Q** What is your day job?

**A** Having worked at various leading hospitals in adult nursing roles for some time, I then trained in our children's intensive care unit when it was based at Guy's Hospital. I moved away after that but missed the bright lights of the heart of London.

Now I'm a sister on the adult intensive care unit for half the week, and the other half I deal with the recruitment of new staff to the department and manage staff development.

I've been in this role for seven years but I've worked in the NHS for around 20 years. My job is really diverse, that's why I enjoy it so much.

### **Q** Working in intensive care must be tough, how do you keep smiling?

**A** When someone is in intensive care it affects the whole family, not just the patient – so you have to think about what they're experiencing too.



We're all human and sometimes the job touches your heart. There's a great team here and everyone is really supportive. We all know how important it is to debrief – where we discuss how a situation has made us feel.

There are so many positive stories though. It's really rewarding when patients come back to thank us before they're discharged from the wards to go home.

**Q How do you juggle a full-time job, being a governor, and being a mother to twins?**

**A** It's all about being organised. I also have a really supportive family. If anyone is thinking about running to be a governor, I'd say go for it. If you can find time to make a difference, you'll find it really rewarding.

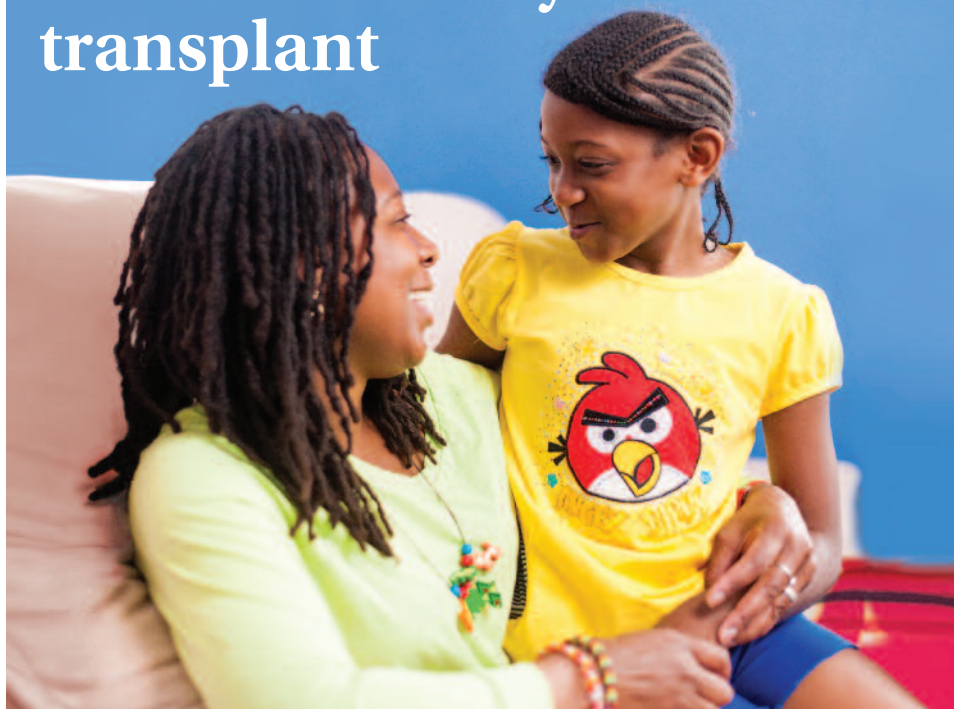
**Q What's your proudest achievement?**

**A** Being looked at by my team as an inspirational team leader within a Trust that shares my ethos of putting patients first. This really is a great place to work with dedicated staff.

### Council of Governors

- There are six staff, eight public, eight patient, and nine stakeholder governors
- If you have a comment or question for the governors, email [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)
- Find out more about the governors, and the benefits of becoming a member of our Trust, at [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

## Priceless kidney transplant



Cash Ryan with daughter Lourdes

Cash Ryan, 44, from Camberwell, had a kidney transplant at Guy's Hospital in February 2011 after being on dialysis for almost five years.

She says: "I was so lucky to receive an organ donation. It means the world because it's a second chance at life. I can do so much more with my daughter Lourdes – she was just a baby when I started dialysis and six when I had the transplant.

Lourdes, who is now nine, says. "Life is amazing now. Mummy used to be ill and tired, but now we get to do lots of things together as a family, like swimming, visits to museums, and going on holiday.

"The kidney's made a big, big difference to Mummy. The person who gave it was very thoughtful.

"Other people should think about giving a kidney to someone who really needs it. If people suddenly went on dialysis they would want someone to give them a kidney."

You can sign up to the organ donor register at [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk).

James Van Der Walt, specialist nurse for organ donation, says: "Signing the organ donor register is just the first step – it's really important to tell your family that you've done it because then they don't have to guess what you would have wanted.

"Many families find it a comfort to know that something positive came out of tragedy."

Cash is now studying to be a chartered accountant. She has also been raising awareness of organ donation, particularly among black, Asian and other minority ethnic communities – she recently met Boris Johnson as part of this campaign (see page 4).

Lourdes adds: "I did a 'show and tell' at school about Mummy being on the TV news and on the radio. When we got in a taxi the driver recognised her!"

Last year Guy's and St Thomas' carried out 263 organ transplants in total and 8% of all UK kidney transplants were carried out at Guy's.

Patients and staff tell us what makes the Lane Fox Respiratory Unit at St Thomas' so special as they mark its 25th anniversary of treating patients with chronic breathing problems.

## 'Sanctuary' celebrates 25 years

The Lane Fox Respiratory Unit was established to treat patients for the breathing problems caused by polio.

Although polio is now virtually eradicated in the Western world, many people who contracted it in their youth are still suffering the effects – a condition known as post-polio syndrome.

Lane Fox also cares for patients with other chronic breathing problems.

Hailed as a 'sanctuary' by its patients, the 14-bed unit at St Thomas' Hospital celebrates its 25th anniversary this year.

Dr Geoffrey Spencer established the Phipps Unit in the South Western Hospital in 1968 – it was transferred to St Thomas' later the same year and patients moved into the new purpose-built Lane Fox Unit on the ground floor of the hospital in 1989.

### Jackie's story

Jackie Rupert, aged 70 from Reading, has been a patient at the Lane Fox Unit since it opened.

She was struck down by polio when she was a child, before a vaccine was developed, and has used a wheelchair for most of her life.

"The unit is like a sanctuary," Jackie says. "I can't fault the care. Everyone at Lane Fox shows a willingness to pull out all the stops to do what they can for you."

"I first came to the unit after I had serious complications from breaking my collarbone. I felt it was the only place that had the expertise and willingness to care

for someone who had suffered the effects of polio. Dr Spencer understood the needs of disabled people and the kind of specialist care I required.

"I've been under their care ever since, coming in for regular outpatient appointments.

"I wanted to give something back so I became the Lane Fox Patient Association's treasurer and currently I'm the acting chair. I hope that I'm playing a part in ensuring the unit continues to care for not only people suffering the late effects of polio, but also people with other conditions who will benefit from the specialist care."

### Keith's story

The Lane Fox Unit doesn't just care for people suffering the long-term health impact of polio - patients with chronic obstructive pulmonary disease, neuromuscular disease, scoliosis, breathing problems caused by obesity, and other conditions also rely on its expertise.

Keith Farley, aged 66 from Kent, led an active life before a severe bout of pneumonia in 2008 affected his ability to breathe.

He has been cared for by the Lane Fox Unit ever since his illness and is hugely grateful for everything that staff have done for him.

Keith says: "The Lane Fox Unit has given me back my life. The team is remarkable."

Keith says:

"The Lane Fox Unit has given me back my life. The team is remarkable."







Jackie says:  
“The unit is like a sanctuary. I can’t fault the care. Everyone at Lane Fox shows a willingness to pull out all the stops to do what they can for you.”

### The doctor’s story

Our doctors, nurses, therapists, and support staff run a ‘tight ship’ with services ranging from 24-hour technical support for patients experiencing problems with their breathing equipment to helping patients keep fit and active.

Dr Nicholas Hart, Clinical and Academic Director of the Lane Fox Unit, explains: “Our care extends beyond the service provided at St Thomas’ and into our patients’ homes. Staff work across the community to make sure our patients are getting the support they need to help them avoid a hospital stay.

“Our patients have complicated needs so we have lots of different experts here. Spine surgeons, brain doctors, heart doctors, dietitians, equipment technicians, physiotherapists, and nurses are all part of the Lane Fox family. Each patient is cared for as an individual, there isn’t a one-size-fits-all approach.”

Dr Geoffrey Spencer, who established the unit, says: “I consider myself incredibly lucky to have had such a fascinating and enjoyable job for 27 years of my working life. I enjoyed every minute of it, except perhaps being telephoned regularly in the middle of the night!”

### The iron lung

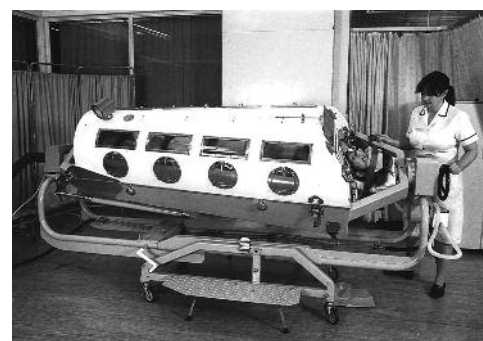
For some patients affected by polio, paralysis affected their breathing muscles and led to respiratory failure. The first effective way of treating this was the iron lung. The patient lay inside the iron lung which mimicked the action of breathing by using pumps to decrease and increase the air pressure on the chest causing air to flow in and out of the lungs. While two patients still use the iron lung, a smaller, portable device is used today to help the rest of our patients breathe.

### The future

This autumn the 20-bed Lane Fox Remeo Centre is due to open at East Surrey Hospital in Redhill, Surrey.

It has been set up so that patients can receive the same quality of care that they currently enjoy at St Thomas’ but closer to where they live.

An iron lung



Half of people diagnosed with cancer in the UK now survive their disease for at least 10 years – and those survival rates have doubled in the last 40 years. Find out how our staff are helping people who have had treatment for cancer to get their lives back.



Cancer survivors at a hospital exercise class – Michael Dugdale works out under the watchful gaze of physiotherapy student Jamie Freyne and Vasiliki Demetriou is put through her paces by Macmillan physiotherapist Isla Veal



## Surviving cancer

### Getting active after cancer

Since Alison Jennings got the all-clear after being treated for ovarian cancer at Guy's and St Thomas', she has changed her lifestyle – thanks in part to a new physical activity programme for cancer survivors.

Alison, 61, from Southwark, explains: "I found out about the programme when I had a follow-up appointment after my treatment. The nurse had a chat with me about lifestyle and mentioned exercise.

"She referred me to a gym in East Dulwich. I realised exercise was important, and probably would have done it if the programme wasn't there, but it has really spurred me on.

"It was reassuring to have a gym programme set out by an expert and to have people on hand if I needed help or advice."

Isla Veal, a Macmillan physiotherapist at Guy's who set up the physical activity pathways for cancer survivors, says:

"There is growing evidence that exercise can make a real difference to cancer patients during and after treatment.

"Getting active can help patients feel they are taking back control of their life but a lot of people want to know, 'Is it safe for me to exercise?'. And so we created opportunities to answer patients' questions and offer them physical activity options."

When nurses see cancer patients at the end of their treatment, they speak to them about physical activity and help them choose from a range of options including hospital-based group exercise classes, physiotherapy, and 'exercise on referral' at a local leisure centre.

Isla says: "Since we started the programme last year we have seen a 10% increase in activity levels among cancer survivors who we have worked with.

"This is really encouraging and now we have two further years of funding from Macmillan Cancer Support to help more patients."

Nicola Peat, a clinical specialist physiotherapist in cancer services, adds: "Cancer survivors are living longer and this programme helps them to return to a good quality of life. Isla and her team are an inspiration."





Professor Arnie Purushotham with patient Andrea Arney after her operation

### Testing new treatments

Andrea Arney, 59, is a cancer survivor who chose to take part in a pioneering surgical trial that could help other patients in the future.

She was first diagnosed with breast cancer 10 years ago and had a mastectomy.

In July this year, when she was diagnosed with cancer in her other breast and needed surgery to remove the tumour, Andrea decided to take part in a groundbreaking clinical trial to test new imaging technology.

Andrea says: "I agreed to be part of the trial because it helps surgeons learn for the future. Breast cancer isn't going to stop with me or with the girl who is diagnosed tomorrow, so you have to do what you can to help others."

The trial is testing two imaging devices to see if they can help surgeons remove breast tumours and cancerous lymph nodes without cutting out healthy tissue unnecessarily.

This improved surgical accuracy is desperately needed because around a quarter of breast cancer patients who have a lump removed need a second operation to remove cancer cells missed in the first surgery.

One of the devices is to scan lymph nodes which are often removed during breast cancer surgery. If surgeons are able to see which nodes can be safely left, survivors' quality of life will be improved because they will be less likely to develop lymphoedema, a painful swelling in the arm.

"We hope this is a major development in cancer surgery – we're taking two steps forward, not just one," says Andrea's surgeon, Professor Arnie Purushotham, who is leading the surgical trial.

### Rebuilding confidence

"When I look at myself in the mirror, I don't see what I expect. I don't like the way I look now as much I did before cancer."

Those are the words of Anna Robb, 27, from Clapham, who has beaten cancer not once but twice.

Surgery and radiotherapy have enabled Anna to overcome cancer in her mouth and her neck, but the treatment has had lasting effects on her physical appearance which she has found difficult to come to terms with.

"If I look at photos before I had cancer and compare them with how I look now, I think I have a smaller smile which changes the shape of my face," says Anna. "I also have scars from the surgery and the skin on my chin is different. I don't feel as confident."

Clinical psychologist Dr Clare Jacobson, whose post is funded by a charity called The Elimination of Leukaemia Fund, has launched an Appearance Workshop to help younger cancer survivors like Anna.

She says: "Some of these patients suffer a drop in self-esteem which is

**"The make-up session was great, I picked up some really good tips – it's nice to be pampered if you feel rubbish."**

often linked to highly visible changes in their appearance. They can also feel isolated, that no one else feels the way they do, partly because most people who are having cancer treatment with them are much older."

The workshop includes a psychology session which covers areas including increasing confidence and encouraging patients to share tips, such as how to respond if strangers stare at them.

Dr Jacobson adds:

"We also have a make-up session which focuses on enhancing what these young women like about themselves rather than hiding things like a scar, a rash or hair loss."

Anna says: "The Appearance Workshop was absolutely amazing. All of us were similar ages and had similar experiences. It was really comforting to hear other people saying they felt the same way that I did about my cancer."

"I had never really spoken to anyone else who was being treated for cancer. I found I could relate to everything the others were saying."

"And the make-up session was great, I picked up some really good tips – it's nice to be pampered if you feel rubbish. I am a lot more confident now."

Young cancer survivors at the Appearance Workshop



The 6Cs – Care, Compassion, Communication, Courage, Competence and Commitment – is a national nursing initiative that has been adopted by not only nurses but also other groups of staff at Guy's and St Thomas'. We look at how the 6Cs are improving care for patients.

## 6Cs to excellent care

### Compassion and care

"Yvonne treated the elderly lady she was looking after as if she were her own mother – she was gentle, loving and incredibly patient. The thing that struck me the most was how genuine and sincere she was in her approach to her patient."

Those are the words used by student nurse Olivia Lowe to describe the caring qualities of Yvonne Payne, a senior nursing assistant at St Thomas' Hospital, when she nominated Yvonne for a coveted 'Going the extra mile' badge.

Chief Nurse Eileen Sills has awarded these badges to nearly 60 staff who have 'lived' the philosophy of the 6Cs – showing compassion and care through the little things that can make a big difference to patients.

Katrina Cooney, deputy chief nurse, says: "It is what I come to work to do every day. The 6Cs are the core elements of delivering excellent patient care. Since we started this work at the beginning of the year we have seen that it is making a real impact and benefiting both patients and staff."

The Specials team are senior nursing assistants who have been brought together for a 12-month project involving Guy's and St Thomas' and South London and Maudsley NHS foundation trusts. It is being trialled on wards for older people.

The team provides one-to-one,



Senior nursing assistant Ashley Gayle, part of the Specials team, paints Carmella Beezadhur's nails

therapeutic nursing for the most vulnerable patients such as those who have had a fall or suffer from dementia.

Staff are trained to care for patients using activities such as hand massage, games and crafts. This helps to calm patients and lift their spirits while also enabling the nursing assistant to monitor the patient's condition more closely.

Patients can receive this care for anything from just a few hours up to a week. Now the Specials team of 20 staff

will be doubled, so that this service can be provided more widely.

Matron Michele Gardner says: "The team has been very successful. We had a patient with learning disabilities who would not stay calm enough to have a particular procedure, which had to be cancelled more than once. Once she received this one-to-one care, her mood improved and she was able to have the procedure and go home on the same day."





Joyce Kakala (ward manager), Christiane Dukuze (senior staff nurse), Sushita Hartley (staff nurse) and Karen Jackson (ward manager) discuss a patient's care

### 15 step challenge

"I know what kind of care my daughter will get within 15 steps of walking onto a ward."

That comment from a parent prompted the Dental team at Guy's to take on the '15 step challenge' to improve the care they give their patients.

We all know that first impressions count – and it's no different for patients and their relatives coming to a hospital ward or department for the first time.

And so staff walked from London Bridge station up to the 26th floor of Guy's Tower, where dental services are based, to experience the journey from the patient's perspective. They noted down issues and problems as they went.

Dental matron Joanne Richardson says: "We now know some of the immediate actions we have to take to improve our service. Simple things like clearer signs

and ordering better chairs with armrests really matter to patients. We will be working with our patients to identify further improvements we can make."

### The 'Excellent Ward'

Patient feedback consistently tells us that it is not just the quality of medical and nursing care that matters to the people who rely on Guy's and St Thomas' to look after them – the physical environment of our hospitals and our facilities can be just as important.

Staff from Essentia, the Trust's capital, estates and facilities directorate, launched the 'Excellent Ward' project to improve the patient experience on the stroke unit and wards where older people and patients with kidney problems are treated.

They worked closely with doctors, nurses and other frontline clinical staff, as well as portering, catering and telecommunications teams.

Patients on these wards now have

dedicated wheelchairs so that relatives and carers do not have to travel down to the basement of St Thomas' to get a wheelchair before coming back up to the ward. Instead, they use a token to release the wheelchair and can then take their relative off the ward.

Catering staff provide a healthy snacking menu for older patients because they are not always in their beds at mealtimes. They may be having tests or treatment or sometimes need more time to eat. This special meal service means that patients can have something healthy to eat at any time of the day.

Jeff Whitear, who leads the 'Excellent Ward' project, says: "We've listened to patients and staff and we have acted on what they have told us.

"It is hard to think of another project where so many different teams of staff have worked so closely together, to produce immediate improvements for patients."

Older people can reduce their risk of having a fall by improving their strength and balance. We find out how they are being helped to stay fit and active.

Lois Moore gets a helping hand from instructor Rose Pickering



# Keep on moving

## Lois' story

"I used to do a lot of dancing in my teens. Jive, jitterbug, sequence, ballroom. I loved them all," says 88-year-old Lois Moore.

It's only Lois' second time at the strength and balance class at the Whittington Centre in Streatham and already the weights on her ankles are beginning to take effect, exercising muscles that she hasn't used fully for years.

Lois says: "I was just 14 when the Second World War started. I remember it being really dark at night because of the Blackout, which meant that the lights had to be switched off. All we could see were the stars as we made our way to the dance hall at the local swimming baths.

"Now I have glaucoma which affects my vision and I've got arthritis in both knees but I still manage to potter around.

"Sometimes I feel like I could easily trip. I've had a few falls in the garden and at home.

"When my GP referred me to the strength and balance class, I thought it was a good idea."

The class helps older people who have had several falls, and are less mobile as a result, to get regular exercise.

## Phiroze's story

Former British Railway administrator Phiroze Contractor, 89, tripped over the carpet at home and was referred to the strength and balance class by his physiotherapist.

Phiroze says: "In my early twenties I was a physical instructor in schools in Bombay. The strength and balance classes are quite elementary compared to the exercises I used to do as a young man.

"But I enjoy the classes because it gives me some company, guidance and I love being pampered."

## Building confidence

Emma Hanley, a senior specialist physiotherapist at the Whittington Centre, says: "Having a fall can really knock your confidence and can sometimes lead to serious injuries. There's lots of evidence that doing targeted strength and balance exercises three times a week can significantly reduce the risk of a fall.

"Walking and swimming are good but, in order to reduce your risk of falling, it's important to do balance and resistance exercises and use weights.

"There are lots of ways to take part in falls prevention exercise in Lambeth and Southwark. People who are still able to get about can try community exercise classes in places like church halls.

"There are also one-to-one sessions for people who are motivated to exercise by themselves. They have three or four sessions with a physiotherapist and then they can do the exercises whenever and wherever they want.

"At the Whittington Centre we see people who have difficulty walking. They may have a stick or a walking frame and some will have memory problems.

"We provide transport so they can come to the class and meet other people who have had falls like themselves. Soon they begin to trust their body a bit more and can get on with everyday life."

## Help in hospital

Every year around three million people aged 65 and over have a fall that leads to an injury that is serious enough to warrant a stay in hospital. For some this will mean a referral to the falls clinic at Guy's.

Occupational therapist Nicole Donnelly says: "We assess people who've had an unexplained fall. Perhaps they have had blackouts, dizziness, or are starting to lose their balance.

"Patients who come to the falls clinic are seen by a doctor, physiotherapists, nurses and me. I work with the team to get to the bottom of why they are falling and complete an assessment to see what extra support they need at home to reduce the chance of them falling again.

"A patient may want to keep cooking for themselves at home but may need special equipment like a perching stool to make them safe.

"Or maybe they need to find different ways of doing certain tasks like washing and dressing so they are able to conserve energy. We also help with installing rails so patients can get in and out of the bath and minimise the risk of further falls.

"I work with people so they can stay independent in their own homes for longer."



Phiroze Contractor (centre) at the strength and balance class



To find out more  
about strength and  
balance classes in  
Lambeth and  
Southwark call  
**020 3049 5424**



Dental staff nurse  
**Rochelle Morrison**  
 interviews dentist  
**Naren Thanabalan.**

## Role reversal

**Q Was dentistry your first career?**

**A** No, it wasn't. After my degree, I wasn't sure which career I wanted to pursue but my family were in finance so I decided to go into investment banking. I worked at Lehman Brothers and then, although it was a fascinating experience, I decided to apply to Liverpool University to study Dentistry. Two weeks before Lehman Brothers collapsed I received an offer of a place so I was quite fortunate!

**Q What made you want to be a dentist?**

**A** From a young age I was interested in science and I've always been quite a social person, so dentistry was an ideal combination of inter-personal skills and providing care for someone's wellbeing and quality of life. Also a friend of mine suffered damage to his front teeth in a bike accident, and seeing how they built them up again was amazing! That was the spark that led me into the profession.

**Q What's a typical day like for you?**

**A** It's extremely varied every day, including preparing patients for a general anaesthetic, carrying out extractions of wisdom teeth, assisting in removing cysts from jaws, and seeing patients on the wards at both hospitals. The majority of patients are referred by their dentist for specialist care. You can see patients in very diverse states of health but the goal is always the same – delivering good dental healthcare.

**Q What do you enjoy most about your job?**

**A** It's the variety and the complexity of dental care that our patients

need. Every day is different. Patients are often very anxious about treatment so being able to comfort and reassure them is extremely rewarding. Some patients are in so much pain they just want someone to see them quickly, and when you provide that immediate pain relief they are so thankful. I feel very privileged to be able to do that.

**Q Which substances gives you most of your business?**

**A** Sugar and fizzy drinks. A lot of people who have tooth decay have consumed a large amount of sugar. It's the primary cause of pain for patients. They tend to either have teeth extracted or undergo root canal treatment, but







tooth decay can be prevented. It's about modifying the amount of sugar you have, and confining it to mealtimes.

### **Q How important is your dental nurse to you?**

**A** Extremely important. The dental nurse is an integral member of the team. Without them our work would not be possible. They make the day less stressful for both the patient and the dentist and they often calm the patient down much better than a dentist can. Many dental nurses have more experience than I do and they are always a good source of advice.

**Guy's Dental Hospital not only provides a wide range of general and specialist services but also trains 20% of all dentists qualifying in England and is a world leader in dental research.**

### **Q What's it like working with me?**

**A** You're always keen and organised so you make my life much easier. Your professionalism also goes a long way to making the patient feel that we are in control and that we know what we're doing, particularly when they are really anxious. Working with you is a pleasure.



## **Why I fundraise**

Kathryn Evans had hoped to take part in last year's Prudential RideLondon, cycling 100 miles across London and Surrey.

But in June 2013, aged just 25, she was diagnosed with ovarian cancer. Doctors at St Thomas' operated to remove cysts – one the size of a basketball – in both ovaries.

"It was a very scary time," says Kathryn. "I was suddenly faced with major surgery. Luckily the cysts were benign so I felt extremely fortunate."

"I received excellent treatment and care. All the staff made a horrendous time bearable. My fertility has been preserved and all I'm left with is a fading scar and a new appreciation for life!"

Kathryn used her deferred RideLondon place this August to raise money for Guy's and St Thomas'.

She says: "I battled hail, wind and torrential rain, as well as a puncture, to complete the challenge in under eight hours and raise £750 for cancer patients. I wanted to show my appreciation for the wonderful work that all the staff do on a daily basis."

### **Inspired?**

You too can raise money for Guy's, St Thomas' or Evelina London:

**Find out more at [togetherwecan.org.uk](http://togetherwecan.org.uk)**

# Say what?

**Janet Rainford**, receptionist at Guy's and St Thomas'.



**Q Growing up, what did you want to be?**

**A** I always wanted to look after people and that's what I do now. If I had enough money I'd volunteer to work here.

**Q Tell us something about you that we don't know?**

**A** My daughter was the first black woman to play cricket for England – and she was born at St Thomas'!

**Q If you could have a superpower, what would it be?**

**A** To fly – so I could see my daughter play cricket and then get back to work.

**Q If you could meet anyone, who would it be?**

**A** Michelle Obama. She came from quite a humble background but it didn't stop her feeling she could achieve.

**Q If you could time travel where would you go?**

**A** Back to the 1960s to start again. I'd probably study medicine.

**Q What's your perfect day away from work?**

**A** Last Sunday – all my children decided to hold a party for me. It was one of the best days of my life.

## Healthy eating helps combat rare disease

Patients with a rare form of kidney stone disease are eating their way to health thanks to cookery lessons.

Cystinuria is a disease that is made worse if certain foods are eaten, as consultant urologist Dr Kay Thomas explains.

"People with cystinuria need to have plenty of fluids, and a diet low in salt and animal proteins such as meat and cheese."

Because the disease is so rare, Guy's and St Thomas' has the only service of its kind in the country. A group of 11 patients took part in the cookery lessons held at Leith's School of Food and Wine in London.

As well as learning simple tips from a professional chef, like how to chop an onion properly, the group cooked four recipes from *Lose a Stone* and *A Stone's Throw to Health* – books written by staff and patients.

Dietitian Angela Doherty says: "It was great to see people eat things they haven't eaten for years. One patient ate a tomato for the first time



since the 1960s, as he'd been wrongly told that tomatoes might cause stones. We also had someone who didn't like beans enjoy a bean pie.

"Everyone seemed really pleased that they can now cook healthy, nutritious meals that will also benefit their condition."

The cookery course was funded by Guy's and St Thomas' Charity.

### What is cystinuria?

- Cystinuria literally means 'cystine in the urine'
- Cystine is an amino acid which is a 'building block' of protein in the body
- People who suffer from cystinuria have a problem with transporting cystine to the kidneys
- This leads to a build-up of cystine in the urine which, if the levels are high enough, can form crystals – these then grow and become stones
- It mostly affects people in their 20s and 30s
- Around 1 in 2,000 people in the UK have the condition
- Symptoms include severe pain when passing a stone and urine infections.



# Saving heart babies' lives

Evelina London Children's Hospital has launched the country's first service to teach parents of babies who have had heart surgery some simple medical knowledge in a bid to save lives.

It is the first trial of a home monitoring programme for babies with a serious heart condition. Babies born with hypoplastic left heart syndrome – when blood cannot flow properly through the left side of the heart – need three operations in the early years of their lives.

Consultant cardiologist Dr Owen Miller says: "Sadly, up to 10% of these babies die without warning after the first operation because the condition is so serious.

"Educating parents and giving them simple equipment to measure their child's vital signs means they can tell if something is wrong before it's too late. We hope it will save lives."

The parents are given equipment to monitor their baby's weight, oxygen saturation levels, heart rate and fluid intake. They record these details every day in special diaries. Nurses on the wards train parents how to use the equipment, and a team of nurses will visit the families in their homes when needed.

A dedicated phone line means parents can speak to a nurse at the hospital at any time if they are worried.

## Sam's story

The parents of two-year-old Sam Davy (pictured above right), from Sheffield, believe that the programme would have made a real difference to their experiences after he had heart surgery at Evelina London when he was just 13 days old.

Mum Rachel says: "If this programme saves lives and takes away some of the pressure that we felt then it's desperately needed and welcomed.

"Having training and medical equipment would have given us more control, more understanding and reassurance. As a parent I would rather have had a better understanding of Sam's condition."



Sam Davy

## History Corner

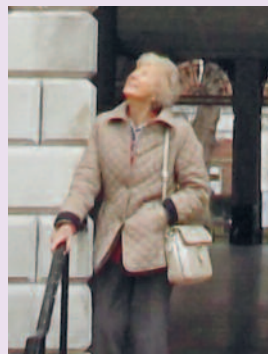
Diana Amey (née Coles), who was a nurse at Guy's Hospital during the Second World War from January 1943 to September 1945, returned to the hospital as part of her 90th birthday celebrations in July.

Her son Julian says: "She has vivid and fond memories of her time at Guy's which she spent at the London Bridge site and later at an overflow site in Orpington, working in Nissan huts.

"As well as caring for repatriated wounded military personnel returning from the front line, she also treated civilians wounded in aerial bombing. At this time, V2 rockets were being launched from their base on the Dutch coast and, when the motor of the rocket cut out, people had 15 seconds to take cover before they exploded on the ground."

After the war Diana married a former RAF pilot and had four children before returning to nursing at Kettering General Hospital from 1978 to 1985.

She has nine grandchildren and six great grandchildren who helped her celebrate her 90th birthday in July at home in Northamptonshire before she returned to visit Guy's.





## From the frontline

Simon Patient Lodge supervisor **Brian Egbue**.

Dozens of thank you cards from grateful patients are a feature of the Simon Patient Lodge at St Thomas' which provides accommodation with views of the Houses of Parliament that would be the envy of any five star hotel.

One card says, "I have been extremely tired during my treatment so the chance to rest and escape from domestic chores has helped beyond belief" while another says, "I've felt pretty awful at times because of my condition and I've been met with kindness, consideration and encouragement".

The 24-room Simon Patient Lodge is for people who do not need to be admitted to hospital or who have been recently discharged but still need to remain on site while they recover or receive further treatment – departments

in the hospital refer patients.

It has been recently redesigned which means the accommodation is of a high standard. Staff aim to provide a home from home experience by being on hand 24 hours a day to be a friendly face for patients who may be anxious about their treatment.

Supervisor Brian Egbue says: "I love the fact we can make a real difference to a patient's wellbeing. If we can help patients who are worried about their treatment, it's all worth it."

See [www.guysandstthomas.nhs.uk/patients-and-visitors/visiting/simon-patient-lodge-virtual-tours.aspx](http://www.guysandstthomas.nhs.uk/patients-and-visitors/visiting/simon-patient-lodge-virtual-tours.aspx) for a 'virtual tour' of Simon Patient Lodge

## Ask us: Why do some pregnant women suffer from morning sickness?

We speak to  
**Dr Daghni Rajasingam**,  
consultant obstetrician.

### What causes morning sickness?

Although some women may not feel sick at all, nausea in pregnancy is common. And it doesn't just happen in the morning. Pregnancy can make women feel sick at any time of day. It is usually caused by hormones released in early

pregnancy which make women feel sick and can lead to vomiting. It's very common in the first 12 weeks but typically settles down later as the levels of these hormones fall. A minority of women will feel sick all the way through the pregnancy.

### Why does it affect some women so badly?

A very small number of women are thought to be more sensitive to pregnancy hormones and have severe symptoms of nausea and vomiting that need medical treatment or even hospitalisation. This is called hyperemesis and is more common in twin pregnancies when hormone levels are higher.

### What can be done to make it better?

At the less extreme end of the scale, pregnant women should eat and drink small quantities throughout the day. Some feel that ginger helps, or anti-sickness bracelets. It is a good idea to avoid any specific triggers of nausea and to try and distract yourself from thinking about how sick you feel.



At the more severe end of the scale, anti-sickness drugs are helpful and are safe in pregnancy. Women with severe symptoms may need extra vitamins. If they are dehydrated and cannot manage to drink they may need to be given intravenous fluid. Steroid treatment is only used if women do not get better with anti-sickness treatment.

### How does morning sickness affect babies?

Babies are very good at taking what they need and they do very well despite their mother feeling sick. It's the women who suffer, not the babies.



# What's On

**Now until 31 March 2015**

**Exhibition: Frontline Nurses:  
British Nurses of the  
First World War**

9am – 7pm weekdays,

9am – 5pm Saturdays

The Royal College of Nursing's

Library and Heritage Centre

Call 0345 337 3368



**1 – 31 October**

**Stoptober**

Call the Smokefree helpline

on 0300 123 1044 or visit

[www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

**30 October**

**Friends of St Thomas'**

**Hospital Book and Linen Sale**

11am – 3pm, Central Hall,

St Thomas'

**1 – 30 November**

**Movember**

Call the men's health helpline

on 0800 074 8383 or visit

<http://uk.movember.com>

**5 November**

**National Stress**

**Awareness Day**

Call 0845 680 7083 or visit

[www.isma.org.uk/national-stress-awareness-day](http://www.isma.org.uk/national-stress-awareness-day)

**9 November**

**Remembrance Day**

**13 November**

**Lecture: 'Things for the  
Surgeon' – The Body  
Snatchers of Georgian  
London**

6.30 for 7pm – 8pm, The Old

Operating Theatre Museum

and Herb Garret

Call 020 7188 2679 or visit

[www.thegarret.org.uk/events.htm](http://www.thegarret.org.uk/events.htm)

**1 December**

**World AIDS Day**

**3 December**

**Friends of Guy's Hospital**

**Christmas Fair**

10:30am – 2.30pm, Atrium 1,

Guy's

**4 December**

**Friends of St Thomas'**

**Hospital Christmas Market**

11am – 3pm, Central Hall and

corridors, St Thomas'

**Every Monday:**

**Free lunchtime concert** 1–2pm, Central Hall, St Thomas'

**Every Wednesday:**

**Free lunchtime concert** 1–2pm, Atrium 2, Guy's

## Raise money for your hospital

For all the latest news about  
our amazing fundraisers and how you can support  
Guy's, St Thomas' and Evelina London,

follow @SupportGSTT

and @SupportEvelina

and like [facebook.com/SupportGSTT](https://www.facebook.com/SupportGSTT)

and [facebook.com/SupportEvelina](https://www.facebook.com/SupportEvelina).



We have two sets of four tickets for the London Eye up for grabs – to be in with a chance of winning them, simply complete the autumn word search below.

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| N | H | A | R | V | E | S | T | L | E | U | R |
| P | A | N | A | C | O | N | K | E | R | S | A |
| B | U | N | C | R | C | B | R | A | N | S | V |
| L | R | M | O | A | H | A | U | V | N | E | H |
| U | N | O | P | U | R | N | S | E | A | C | R |
| S | I | E | N | K | E | R | N | S | T | I | C |
| T | S | A | R | S | I | T | L | H | A | N | E |
| E | T | V | S | I | A | N | U | R | U | N | H |
| R | U | S | S | E | T | Y | N | E | B | A | S |
| Y | A | N | B | N | O | A | U | T | U | M | N |
| H | Y | S | U | N | S | E | T | R | R | O | P |
| A | M | N | O | A | R | V | A | E | N | N | S |

Auburn

Conkers

Leaves

Russet

Autumn

Cinnamon

Ochre

Sienna

Blustery

Harvest

Pumpkin

Sunset

Name

Address

Email

Send your entry by **Monday 17 November** to *The GiST* competition, Communications Department, 4th floor, Staircase C, South Wing, St Thomas' Hospital, Westminster Bridge Road, SE1 7EH; or you can email [communications@gstt.nhs.uk](mailto:communications@gstt.nhs.uk)

The winner will be selected at random and notified within seven days of the draw. The result will be final and we will not enter into any correspondence regarding the competition winner. The prize is non-transferable.

A man with tattoos on his arms and hands is aiming a red arrow at a target. He is wearing a dark blue polo shirt. The target is a large red bullseye with three small red dots in the center. The background is a solid light orange color.

# *‘Together we can target cancer’*

Tony was diagnosed with  
testicular cancer in 2007

## **You can help us discover pioneering cures and treatments**

Our new Cancer Centre will unite world-leading scientists and clinicians under one roof, all aiming to find the breakthrough cancer treatments we urgently need.

**Please donate today to our £15 million appeal  
so we can help more people like Tony beat cancer.**

Text **GUYS** to **70800** to donate **£5**

Call **020 7848 4701**

Visit **[togetherwecan.org.uk/tony](http://togetherwecan.org.uk/tony)**

Guys' and St Thomas' Charity, Registered Charity No.251983

