

# *the* GIST

News from Guy's and St Thomas' Issue 23 | 2017

## *Making a difference*

Dianne and Graham's incredible gift







## Welcome

Our Annual Public Meeting on 14 September is an opportunity for us to reflect on the previous year in the life of Guy's and St Thomas' and look to the future.

This year's meeting will include presentations which demonstrate the diversity of the care that we provide to patients.

We will be hearing from teams involved in the development of Evelina London – which is growing rapidly in response to ever-increasing demand from parents who want their children to be treated by our expert staff.

There will also be a chance to watch a film about our children's nurses and to hear from a multi-disciplinary team who care for people in the community.

Please do join us for our Annual Public Meeting if you can – refreshments will be served from 5.30pm before the meeting starts at 6pm on Thursday 14 September in the Marquee in the gardens at St Thomas' Hospital.

I hope you enjoy this edition of *the GiST*.

Amanda Pritchard, Chief Executive  
Guy's and St Thomas' NHS Foundation Trust



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Design:  
AYA-Creative [www.aya-creative.co.uk](http://www.aya-creative.co.uk)

Print:  
O'Sullivan Communications

Front cover:  
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## TELL US WHAT YOU THINK

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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



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## Remembering Kirsty

Tragically a nurse from Guy's Hospital died in the London Bridge terrorist attack on 3 June.

Kirsty Boden, 28, originally from Australia, was a Senior Staff Nurse in Theatres Recovery at Guy's. She was killed as she went to help other victims of the attack in a selfless act of kindness, bravery and compassion.

Dame Eileen Sills, Chief Nurse at Guy's and St Thomas', said: "I cannot put into words how sad I am that

we have lost one of our own.

"Kirsty was clearly an outstanding nurse and a hugely valued member of the staff team in Theatres Recovery. She was described by her colleagues as 'one in a million' who always went the extra mile for the patients in her care.

"Our thoughts are with her family, her loved ones and our staff who have lost a dear friend and colleague."

Following the Westminster Bridge terrorist attack on 22

March, this was the second time in less than three months when our hospitals, patients, visitors and staff found themselves in the middle of hugely traumatic events.

Amanda Pritchard, Chief Executive of Guy's and St Thomas', said: "As with the Westminster Bridge incident, our staff responded with courage and tremendous professionalism following these horrific events. We are extremely proud of them."

## IN THE NEWS

A round-up of media coverage featuring Guy's and St Thomas'.

### *Evening Standard*

The *Evening Standard* told how father-of-two Paul Alexander thanked two doctors for saving his life after he had a cardiac arrest during a 10K run. Fellow runners Claire Barker and Rachael Mitchell, who work in the intensive care unit at Evelina London Children's Hospital, stopped to help him.



### *BBC Breakfast*

The issue of cluster headaches featured on *BBC Breakfast* during an interview with Consultant Neurologist Dr Giorgio Lambru. He highlighted new technology which is being used to treat patients.

### *Daily Mail*

The Sleep Disorders Centre at Guy's and St Thomas' was described as 'the country's premier sleep clinic' in a *Daily Mail* feature. Consultant Neurologist Dr Guy Leschziner explained how everything from an individual's psychological state to their environment can offer vital clues about the root of their problem.

## Patient gets hitched at hospital

A man who was on the brink of death has celebrated his recovery by getting married at St Thomas' Hospital where his life was saved.

Allen Branley, 51, and Irina Kashirina, 35, had their big day at St Thomas' in June, surrounded by the team of doctors and nurses who cared for him.

When Allen was admitted to hospital in May suffering from liver failure and the medical team said he might not survive, he asked the team on Alan Apley Ward to arrange for a registrar to visit him so he and Irina could get married in hospital.

Fortunately, his condition improved and



Allen Branley (3rd right) and his wife Irina (4th right) with hospital staff

Allen was able to go home after four weeks on the ward. Because the ceremony had been approved to take place at St Thomas', staff from the ward and the Hospitality team facilitated the wedding on site, so it would not be delayed.

Allen said: "I received exemplary care at St Thomas'. If it hadn't been for the team, I would have given up. Now they've also gone out of their way to make sure our wedding went ahead."



SEPTEMBER

14

## Annual Public Meeting

Everyone is welcome to attend Guy's and St Thomas' Annual Public Meeting at 6pm on Thursday 14 September in the Marquee in the gardens of St Thomas' Hospital.

There will be refreshments and information stands about improvements to the care of older people both in our hospitals and in the local community in the same venue from 5.30pm.

This is your chance to learn more about the life of Guy's and St Thomas' over the last year and hear about our exciting plans for the future. You can also have your say in an open question and answer session with the Trust Board.

There will be a range of presentations by frontline staff:

- Dr Sara Hanna, Medical Director of Evelina London, will explain why we are developing our children's hospital to meet ever increasing demand
- Staff from the Lambeth Integrated Reablement Team will talk about how they are working together to support patients to live independently at home
- Senior nurses will shine a spotlight on our new Nightingale Academy.

All welcome, there is no need to book a place in advance.

## Transplants save hundreds of lives

More patients receive a life-saving kidney transplant from a living donor at Guy's and St Thomas' than in any other transplant unit in England – according to NHS Blood and Transplant's 2016/17 activity report.

Out of the 244 transplants carried out at Guy's Hospital in the last year, 79 had living donors.

The report, published ahead of Organ Donation Week from 4-10 September, highlighted that more than 50,000 people in the UK are alive today thanks to a donated organ.

Sue Lyon, 65, from Rotherhithe, who had a life-saving kidney transplant 31 years ago at Guy's, explains: "The transplant changed my life. I'll always be grateful for the generosity of my donor's family at what must have been



Photo: NHS Blood and Transplant

the worst of times for them, and for the excellent care I continue to receive at Guy's."

Professor Nizam Mamode, Consultant Transplant Surgeon at Guy's and St Thomas', says: "We are proud to have one of the largest kidney transplant programmes in the UK.

"Medical advances mean patients are surviving with donated organs for longer than ever, but people are still dying while they are waiting for a suitable donor organ so we encourage people to join the Organ Donor Register."

You can sign up as an organ donor at [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk).



Queen Mary's Hospital, Sidcup, in the 1930s

## Centenary celebrations

Queen Mary's Hospital (QMH) in Sidcup is marking its centenary with a special family fun day and open day on Saturday 9 September.

Entry, attractions and parking are all free – the fun starts at 10.30am with events taking place throughout the day until 3.30pm.

This is a chance to see behind the scenes with tours of Guy's Cancer at QMH – Guy's and St Thomas' new cancer centre which opened its doors in May – and our new Kidney Treatment Centre which started treating patients in April.

Other highlights will include an educational time tunnel, showing the history of the hospital through the decades, and entertainment for children.

The Queen's Hospital opened in 1917, initially providing pioneering plastic surgery for soldiers who returned from the First World War with facial injuries.

It was renamed Queen Mary's Hospital in 1930 and continued to develop as a district general hospital serving the local population.

See [www.oxleas.nhs.uk](http://www.oxleas.nhs.uk) for full details of the event.

# Transplant Games triumph for youngsters

A team of children, young people and organ donors took part in the annual British Transplant Games in July.

The Evelina London VIPs are a group of patients who have all had a kidney transplant at Evelina London Children's Hospital. Along with their families, volunteers and staff from Evelina London, the team travelled up to Scotland where they competed in track and field, swimming, archery, tennis and much more.

The team was the second largest ever at the Games and included children as young as four, as well as a team of parent donors. Together they brought home 58 medals – 20 Gold, 20 Silver and 18 Bronze – and won the Best Children's Kidney Team.

Grainne Walsh, Transplant Advanced Nurse Practitioner at Evelina London, says: "Being able to take part in the Games means



Evelina London transplant patients Aadam, Harry and Jack at the Transplant Games

so much to our patients and their families, particularly as our Evelina London children and young people with transplants will be patients for life. One sibling who was at the Games for the first time described them as the best days of her life!"

The team was able to compete thanks to the fundraising efforts of volunteers as well as Guy's and St Thomas' Charity, Guy's and St Thomas' Kidney Patients Association and Kidney Care UK.

# Evelina London is growing

Since our award-winning children's hospital building opened on the St Thomas' site in 2005, the number of children and young people being cared for by Evelina London has more than doubled.

As the number of youngsters needing specialist care will continue to increase, work has now begun on the next phase of making Evelina London Children's Hospital bigger and better.

Building works over the next 12 months will include developing a new ward with 28 beds for the sickest children and young people, increasing space for outpatient clinics, and installing new state-of-the-art imaging technology for diagnosis and treatment.

This follows developments completed in 2016 including expansion of the Neonatal Unit and the opening of a brand new Snow



Leopard Ward for children with long-term ventilation needs.

All these developments will help achieve the vision for the future of Evelina London as a comprehensive specialist children's centre providing accessible and responsive specialist care for the sickest children when they need it.

## TOP TWEETS



**@NHS\_Craig**

A big thanks to the @GSTTnhs STH Day Surgery and Input team. I had a great experience. #NHS



**@saimadal**

Beyond wonderful care in UCC and xray at Guy's this morning (my wrist may have broken but my heart is full) @GSTTnhs



**@asafdar1**

Great experience @GSTTnhs eye clinics. Both paed & adults (had to go for a scan). Exactly what I would expect. On way home now.



**@karinab**

Thank you to the brilliant A&E team at @GSTTnhs who looked after me and my severe asthma attack yesterday morning.



**@scarlettchook**

Year ago today treated by Prof Rinaldi @GSTTnhs on Stephens Ward. Great team & have never felt so good. Thank you thank you thank you! #NHS



**@annejones249**

Just finished another round of chemo @GSTTnhs. As usual the nurses were fantastic.



**@Chickiechick13**

@GSTTnhs A massive thank you to the pain management team today for their great care and treatment, again you have been outstanding.



**@YasminBrown1**

Thank you so much @GSTTnhs for making my whole wisdom teeth surgery experience so smooth from start to finish. Amazing hospital and staff.



How would you feel if a loved one was critically ill in hospital?

**Maxine Hoeksma** finds out about the support which is available for carers at Guy's and St Thomas'.

## More than tea and sympathy



Alison Murdoch and her husband Simon

"I was overwhelmed by the kindness," says Alison Murdoch. "It's the small details you remember. The constant cups of tea, being offered a phone, and being kept updated."

Alison, 57, from South London, is the author of *Bed 12*, a new book that captures the emotional rollercoaster of witnessing her husband, Simon, collapse and fall into a five-week coma.

Thankfully Simon made a full recovery from encephalitis, a brain inflammation, because of the expertise of staff on the Intensive Care Unit (ICU) and Hillyers Ward at St Thomas' Hospital.

Written in the style of a thriller, *Bed 12* records the highs and lows of life-saving treatment, hospital life from a carer's point of view, and the role of faith.

When Simon is well enough to leave hospital, Alison writes: "It seems ironic that the times when we most need support are often when it's hardest to ask for it."

She continues: "To my surprise, I'm also missing St Thomas': its routine and structures, its milling crowds and varied spaces, and most of all, the wonderful

supportive nursing team in ICU.

"I puzzle over the sudden severance of the profound bonds forged between human beings in their most intimate and vulnerable moments. It's like a love affair that ends with abrupt finality."

That is why the Trust is launching its *Always include me* programme to raise awareness of the support needed for carers and for vulnerable patients who do

not have the support of a loved one.

A new-look Carers' Passport enables carers to be more involved in the general care of their loved one.

Other developments include the Caring with Carers course, a free half-day workshop for unpaid carers which gives practical advice about helping with the personal hygiene of a loved one and managing medications.

Patients who are living with dementia and other patients identified by nursing teams as being at particular risk – for example frail, older people who do not

have the support of a carer – will be helped to return home safely by a Patient Transport two-person ambulance crew.

The crew are trained to identify vulnerable patients, have undertaken a safeguarding course, and watched our *Barbara's Story* – film about a dementia patient's hospital experience.

They ensure that vulnerable patients are never left alone and are fully supported to and from their hospital visit.

This means ensuring that appliances are switched off and the property secured before leaving home and that the patient has their medication with them when returning home from hospital.

**"To my surprise, I'm also missing St Thomas': its routine and structures."**

- *Bed 12* is published by Hikari Press at £9.99 and is available from W H Smiths at St Thomas', at good bookstores and online
- For more information about the support available to carers at Guy's and St Thomas', contact Jeff Whitear [jeff.whitear@gstt.nhs.uk](mailto:jeff.whitear@gstt.nhs.uk).



John Naylor with Dr James Fleet

# The doctor will see you now – in your own home

Care traditionally provided in hospital is now increasingly available in patients' homes.

**Maxine Hoeksma** finds out more.

When John Naylor, 84, fell downstairs in February he was taken to King's College Hospital's Emergency Department (A&E) and kept in overnight because he had broken a bone in his arm.

John was helped to recover, at home rather than in hospital, by Guy's and St Thomas' Enhanced Rapid Response (ERR) service. A team of therapists, nurses and rehabilitation workers provide intensive therapy in patients' homes for up to six weeks.

Alongside this service, John was also supported by a new initiative that means hospital doctors, locality geriatricians, visit patients at home.

John's wife, Elizabeth, 85, explains:

"When John came out of hospital he was quite fragile for some weeks. He suffers from vascular dementia and hypertension and, after the accident, he was very tired and anxious to lie in bed rather than sit up. He couldn't get out of bed to go to the bathroom without me.

"Sainab Jamal, our occupational therapist, and her team, are an exceptional bunch of people. They ordered specialist equipment, like a stool for the bathroom so John could get washed, a chair that he could sit in at mealtimes, and advice on fitting handrails.

"Dr James Fleet, a Consultant in Ageing and Health at Guy's and St Thomas', also came to see John and did an assessment. He took his blood pressure, advised him to have an eye test, and suggested some further help from voluntary organisations.

"It was a terrible shock when John fell but it's reassuring to have the support of these professional young people."

Dr Fleet splits his time between seeing patients on the wards at St Thomas' Hospital and visiting older people at home.

Locality geriatricians like Dr Fleet work

closely with staff from King's College Hospital, Guy's and St Thomas' services including ERR and @home, as well as GPs and other NHS trusts to bring local health services to older people.

He says: "My role is to identify and treat medical problems and to support and co-ordinate the patient's care so they are able to function well and enjoy life.

"Seeing a patient in their home environment is very different from seeing them on a busy hospital ward. I see them performing their daily activities and can assess their abilities at home.

"The patients I visit may be unable to come to hospital appointments. They might have no family or friends to support them. I'm able to see other problems like loneliness and social isolation at first hand.

"By working in the community, among all the other services, like community rehabilitation, social services and community mental health teams, I support the patient's flow through the various services so they get the help they need, quickly."



When Graham Roberts died of bladder cancer aged just 58, he and his wife Dianne had been married for 33 years. She's now giving £1.8 million to fund research into this 'forgotten' cancer which kills 15 people every day in the UK. **Matt Barker** met her to find out more.

## “He wanted to help other people”

Dianne's act of generosity, which is set to benefit patients at Guy's and St Thomas', is something which she and her husband Graham discussed before he passed away.

The money is being donated in memory of Graham who died of bladder cancer in July 2016, following 20 months of treatment led by Dr Simon Chowdhury from Guy's Hospital.

Dianne, 58, from Belgravia, says: “Graham wanted to make a difference because, once we realised the cancer had spread and there were no treatment options for him, he wanted to help other people in his situation.

“Graham faced his battle with cancer completely stoically. His attitude was he was going to meet it head-on and he was going to beat it. Graham was incredibly positive right up until the end.

“Funding bladder cancer research is the only way to ensure other people don't have to go through what we had to go through. It is about making a difference to other people's lives.”

There were 5,400 deaths from bladder cancer in 2014 but it only receives 0.5% of cancer research spend in the UK.

Graham and Dianne's donation of £1.8 million, over five years, is to the Translational Oncology and Urology Research (TOUR) team at King's College London and Guy's and St Thomas'.

The team, which is jointly led by academic lead Dr Mieke Van Hemelrijck and clinical lead Dr Simon Chowdhury, will focus on the creation of a new bladder

cancer biobank and a parallel research programme to increase the number of patients being treated in clinical trials.

The creation of the biobank involves the collection and central storage of tissue, blood and urine samples from patients being seen in the new Cancer Centre and the Urology Centre at Guy's. It follows on from the team's successful creation of a similar biobank for prostate cancer.

Dr Simon Chowdhury, Consultant Medical Oncologist at Guy's and St Thomas', says: “This major donation from Graham and Dianne will increase our understanding about bladder cancer and ultimately improve treatment for this awful disease.

“They saw that bladder cancer is lagging behind other cancers and wanted to change that with research.”

Dianne explains: “The problem we found was that Graham's cancer was not responsive to the gold standard of chemotherapy, and there aren't any choices beyond that. There aren't any tests that will actually find out whether or not you're going to respond to the only treatment that is available.

“The double-edged part of the research is finding out whether people are going to respond to what is available and also finding new treatments for those who need them.”

The TOUR bladder cancer team will include dedicated clinicians, researchers, nurses, technicians and students. A new post, the Graham Roberts Clinical Fellow,



has also been created. This post will be an annual appointment designed to attract bright young talent into the field of cancer research.

Dianne remembers Graham as a very kind and generous person: “He was predisposed to helping others and to encouraging young people, which is also what part of our donation is doing.”

### Want to support Guy's Cancer?

- There are many ways you can show your support for the cancer care, treatment and research carried out at Guy's and St Thomas'
- Go to [www.supportgstt.org.uk/cancer](http://www.supportgstt.org.uk/cancer) or call 020 7848 4701 to find out how to make a donation, organise an event, or take on a challenge to raise much-needed funds for our groundbreaking work and patient care.



Dianne Roberts in  
the new Cancer  
Centre at Guy's  
Hospital

“Funding bladder cancer research is the only way to ensure other people don’t have to go through what we had to go through. It is about making a difference to other people’s lives.”



Photo courtesy of Michael Donald

**Maxine Hoeksma** finds out what it's like to be a young person living with Type 1 diabetes.

## Young with diabetes and confident

Taking charge of your health can be a daunting prospect at any age but especially as a teenager. It's a view shared by Chris Yabro, 21, who was diagnosed with Type 1 diabetes in October 2012.

Chris says: "It was half-term and I remember feeling like I had flu. When I started to lose weight my brother took me to A&E. They took me straight in and put me on a saline drip. When they told me I was Type 1 diabetic I couldn't take it in. It wasn't until a month later I realised that I'd have to live with this for the rest of my life."

Thanks to Guy's and St Thomas' Youth Empowerment Skills (YES) programme, youngsters aged between 14 and 19 are now getting the support they need to explore what it means to be a young person with Type 1 diabetes, and how to stay healthy.

Chris explains: "What's great about the YES programme is you get to know other people who are going through the same thing as you. You're not alone. I wish I'd had someone like that to talk to when I was 16.

"We go out together, watch movies, catch up through our Facebook group, and meet at the monthly clinic at St Thomas'.

"It motivates me to take care of myself. Now I understand why it's important to count carbohydrates, check blood sugar and take insulin."

The teenagers who are part of the YES

programme attend a three-day workshop during the summer holidays where they are supported by staff from Guy's and St Thomas' and a youth worker from the Well Centre, a health centre in Streatham where young people can see a youth worker, counsellor or doctor to discuss health concerns.

They get general health advice, touching on topics like drugs, alcohol and sexual health, how to look after themselves and avoid diabetes emergencies.

The young people also get to try out new skills like driving and rock climbing, and go on social outings. This builds confidence and helps them meet other young people with Type 1 diabetes so they develop a peer support network.

This programme has resulted in a dramatic improvement in young people's attendance at the regular monthly clinic run by the Diabetes and Endocrinology Service at St Thomas' Hospital.

In 2012, just 60% of teenage patients attended at least 60% of their appointments at the clinic. Since the introduction of the YES programme, this figure has risen to 77% of young patients.

The young patients have also seen significant improvements in their blood sugar levels and this improvement has been sustained over a period of 12 months.

Dr Dulmini Kariyawasam, Consultant in Diabetes and Endocrinology at Guy's and St Thomas' who leads the YES







"What's great about the YES programme is you get to know other people who are going through the same thing as you. You're not alone."

programme, says: "When you are a teenager, you are very conscious of being different from your peers."

"The programme gives them confidence to deal with school, family and relationships as a young adult with Type 1 diabetes."

Siobhan Pender, Diabetes Specialist Nurse, agrees: "The YES programme is not about giving lots of facts but teaching young people how to relate to others."

"Sometimes they feel like they've failed if they haven't taken their insulin but, with the support of the group, they will meet others who've done exactly the same."

"The programme gives them a group of friends who are different but similar."

If you would like to know more about the YES programme contact [jason.vuong@gstt.nhs.uk](mailto:jason.vuong@gstt.nhs.uk)

What is it like to have a child with an inherited metabolic disease?

**Jessica Law** met Dua Abraham and her parents to find out.

## Dua's rare condition brings lifelong care

Seven-year-old Dua Abraham from Kingston has been visiting Evelina London Children's Hospital for all of her young life. Dua's dad, Abraham Umar Ashraf, remembers their first visit to the hospital in 2010 all too well.

He says: "On the day Dua was born everything felt normal and we were able to go home within a day or two. Things changed very quickly after that. Dua was constantly asleep and was sick despite feeding very little. My dad, who is a retired doctor, urged us to take her to hospital."

Tests revealed that Dua had dangerously high levels of toxins in her blood and

needed specialist treatment, fast.

She was picked up from her local hospital by the South Thames Retrieval Service, a transport service for critically ill children, and taken to the Paediatric Intensive Care Unit (PICU) at Evelina London.

Further tests showed that Dua was suffering from citrullinaemia, an inherited metabolic disorder affecting just 1 in 100,000 people. The disorder causes ammonia to build up in the blood and, if undiagnosed, can result in significant brain damage. At only three days old Dua needed urgent dialysis to clear the ammonia. She is still cared for

by Dr Mike Champion and the inherited metabolic diseases team at Evelina London.

Abraham says: "I remember the night when Dr Champion had to leave a dinner party at short notice. He joked about missing the party, and talked to us about work and family life which helped us to take our minds off our stressful situation.

"The most difficult part was not knowing what the future would look like for Dua. We didn't know enough about the condition so we naturally asked the Evelina London team a lot of questions."

Thanks to a quick diagnosis and treatment,

Dua is now enjoying a normal life. Like many children with metabolic conditions, Dua's disorder is managed with medication and a lifelong low protein diet.

Dr Roshni Vara, Consultant in the inherited metabolic diseases team, explains: "With rare metabolic conditions like Dua's, treatment aims to prevent the build-up of toxins and support healthy growth. The build-up is mainly caused by not being able to break down protein found in food."

Protein is found in foods including meat, fish, egg, cheese, bread and chocolate so keeping to the diet can be

**"We've built a really good relationship with the Evelina London team and find it very easy talking to them about anything."**



Dua Abraham with her dad Abraham and mum Aisha during

difficult.

Abraham continues: "It can become challenging at times. Sometimes we don't have sufficient protein allowance left, especially towards the end of the day, to give Dua the foods that she wants to eat. It's difficult turning down foods that other children have but we are very precise with her diet."

The inherited metabolic diseases team supports young people and their families with all aspects of managing their condition. Specialist consultants, junior doctors, nurses and dietitians work together to care for families throughout their life.

They even have an annual party for children on low protein diets. Children like Dua enjoy entertainment while their parents and carers can sample new low protein foods and alternatives. The aim is to show families that children can have fun at parties, while still avoiding protein.

The team will continue to support Dua



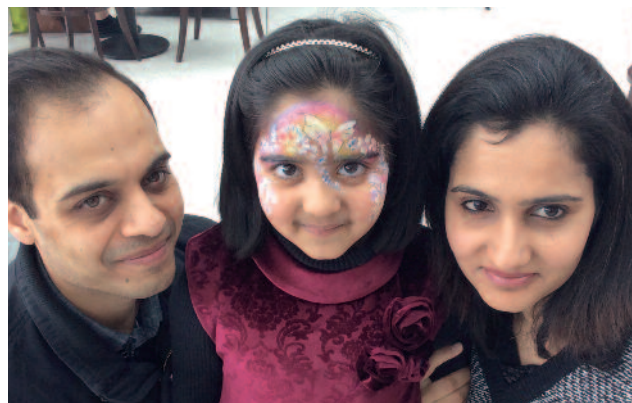


one of her regular visits to Evelina London Children's Hospital

until she moves from the care of the Evelina London team to adult services. Dua now looks forward to her visits. "I like coming to Evelina London Children's Hospital, the doctors are really good. My favourite bit is the glass lifts, they're like rollercoasters and I like riding up and down in them."

Abraham says: "We've built a really good relationship with the Evelina London team and find it very easy talking to them about anything. They've already been there for key milestones in Dua's life, like when she started school and nurses visited the school to give a talk about her condition."

"They even gave us advice about genetic testing when we were expecting Dua's sibling. Thankfully the tests were negative, but it meant we would have been prepared. The whole team are very approachable, friendly and are extremely caring. We aren't able to praise them enough for all that they have done for us."



Dua with her parents (and the Easter bunny!) at the annual party for children with inherited metabolic diseases



#### About inherited metabolic diseases (IMDs)

- At least 600 babies a year in the UK are born with an inherited metabolic disease (IMD)
- There are currently around 20,000 children and adults living with IMDs in the UK
- Evelina London provides a specialist regional IMD service for the South Thames region which includes South London, Kent, Surrey, Sussex and beyond
- The Evelina London team also runs outreach clinics as far afield as Portsmouth, Cambridge and Norwich
- More than 300 new patients are treated each year.

Devon Allison makes sure the patient voice is always heard in her role as Guy's and St Thomas' lead governor. She talks to **Ruth Shepherd** about why the Council of Governors – which includes elected representatives of patients, the public and staff – matters.

## Meet the governor

### **Q** What is the Council of Governors?

**A** We governors are called 'critical friends,' and that's our role. I am a patient governor and so I represent the patient's point of view in different meetings and projects. All of the Trust's key stakeholders, including its staff, are represented by governors. That's very important – we bring a fresh pair of eyes and ears, and an outside perspective on the decisions being made.

As lead governor, I support my fellow governors to find the projects they want to get involved in. I also represent the governors to the Chairman, so that we can influence the Trust's agenda.

### **Q** How did you get involved at Guy's and St Thomas'?

**A** The Trust's services are present in all walks of life across South London, whether you're seriously ill or you just need regular health check-ups. I became a governor because I wanted to give something back. I live in Brixton and my family and most of my friends have been treated by the Trust in one way or another.

### **Q** What do you think makes Guy's and St Thomas' special?

**A** We serve fabulous local communities that are full of energy and diversity, and we stare across the

Thames at the people who are tasked with making sure that the NHS's future is as strong as its past. I'm very aware that the NHS is a national treasure, and that we all need to work together to keep it strong and serving people the way it should. Staff here want to provide the best possible care – you see that all the time, people striving to be the best.

### **Q** Do you have any highlights from your time as a governor?

**A** One of my highlights was working with Amanda Millard, our previous Director of Patient and Carer Experience, to help start the 'Hello my name is...' campaign at the Trust, which involved asking all staff to wear yellow name badges and to introduce themselves to patients. The campaign was launched nationally by the late Dr Kate Granger.

It's helped staff here to remember to pause and take a moment to have a human interaction with the patient they are with. In very busy and pressured environments, it's so important that patients feel comfortable to tell staff how they really feel, what's really wrong and what's worrying them.

### **Q** What issues are you passionate about?

**A** Lots of things – Guy's and St Thomas' is a big, complicated organisation that is changing all the time.

As governors, we often highlight issues that the Trust is already aware of, but we are able to bring a different perspective.

Evelina London is very close to my heart – it is such an asset to South London. I am passionate about making sure Evelina London provides excellent care for children as they reach adolescence.

Teenagers don't want to be treated like children, but they're not yet adults, and the care we provide needs to reflect that. I have been asking how we are doing that, and where we can improve. Evelina London staff have of course been asking the same questions, and it's now a priority area.

Another issue I am passionate about is the well-being of our staff. I'm so aware that staff are under huge pressure, so we have been really pushing staff well-being further up the agenda.

### **Q** What makes a great governor?

**A** You just need to care about the Trust, and be willing to put the time in. There are lots of voluntary roles you can do here. We have lots of volunteers, from young to old, from people with serious health issues to people who are fit and healthy – there's a space for everyone. We are all trying to make the system work the way it's supposed to. We're all in it together.



Ann and Keith in  
St Thomas' gardens

"I'm very aware that the NHS is a national treasure, and that we all need to work together to keep it strong and serving people the way it should."



Cancer Survivors' Day took place on 25 June in the new Cancer Centre at Guy's Hospital.

**Hamza Omaar** talked to cancer survivors who took to the catwalk for a very special fashion show.

# Cancer survivors celebrate hope



Graham Dobson

Retired solicitor Graham Dobson was one of 16 cancer survivors who strutted their stuff on the catwalk to celebrate Cancer Survivors' Day.

They wore special designs made by Newham College and Stock Shop as they officially opened the annual event which was being held for the third time.

The fashion show was attended by the Mayor of Southwark, Cllr Charlie Smith, and West End actress Ria Jones, who is a cancer survivor herself.



"I honestly feel that the first class surgery, treatment and care by Guy's and St Thomas' helped cure me."

The fashion show at Cancer Survivors' Day

Graham underwent treatment for advanced prostate cancer at Guy's and St Thomas' in 2012 and is now in good health.

He says: "I walked down the catwalk for my friends and family, as well as the dedicated staff who supported me. It was a huge shock to be diagnosed, but after a successful operation and tough recovery, I'm 100% healthy and living a more full and active life than before my exceptional treatment and care.

"I honestly feel that the first class surgery, treatment and care received from Guy's and St Thomas' helped cure me. I wanted to give back, so last year I abseiled down St Thomas' to raise £3,500 for Guy's Cancer Centre Appeal and I'm now also a volunteer at the Cancer Centre."

As well as the fashion show, the

celebrations included live music and entertainment, talks on health and well-being and tours of the Innovation Hub, the state-of-the-art King's College London research floor in the Cancer Centre.

The day also included a 3.5km, 6km and 11km Celebration Walk taking in London's sights to celebrate cancer survivorship and raise vital funds for Guy's Cancer.

The event was inspired by a visit to the John Hopkins Sidney Kimmel Comprehensive Cancer Center in Baltimore, USA, where staff and patients have celebrated Cancer Survivors' Day for 20 years.

Diana Crawshaw, a cancer survivor and Chair of the Patient Reference Group for the Cancer Centre at Guy's, explains: "Several years ago a group of us had the privilege to be at the Sidney Kimmel





Comprehensive Cancer Center at John Hopkins in the USA to share their celebrations on Cancer Survivors' Day.

"We were so inspired that we immediately began to plan for our own Cancer Survivors' Day. I'm thrilled with the results of this very special and inspiring day.

"It is said that survivorship begins on the day of diagnosis, and this celebration has been enjoyed by all, as we came together to offer our support to each other, express gratitude to our carers, and value the clinicians involved in our care."

Professor Arnie Purushotham, Director of King's Health Partners Comprehensive Cancer Centre, adds: "We'd like to say a massive thank you to all the patients, families, carers, staff, volunteers, event organisers and exhibitors. Without them this incredible event would not have been possible."

## New treatment to prevent blindness



Asteroulla Antoniou with Mr Saurabh Goyal

A pioneering device which helps to drain fluid from the eye is being used in a small trial at St Thomas' Hospital in the hope that it will save patients' sight.

Surgeons are using the special blade to treat patients with glaucoma, a common age-related condition which can lead to blindness.

Glaucoma usually occurs when fluid cannot drain properly and increases pressure inside the eye, putting pressure on the optic nerve, which is responsible for sight.

The Kahook dual blade (KDB) removes blocked tissue along the eye's drainage system. As a result, more fluid is expected to reach the channels of the drain and leave the eye, which should reduce pressure within it.

Special equipment, known as a Schiotz tonographer, measures how much fluid drains from the eye before and after the procedure.

Mr Saurabh Goyal, Consultant Ophthalmic Surgeon at St Thomas', explains: "The new blade appears to be an exciting development in the treatment of glaucoma. More research is needed to assess the longer-term effects of the device."

Asteroulla Antoniou, 76, was diagnosed with glaucoma 25 years ago. Eye drops and laser surgery did not reduce the pressure in her eyes enough.

She says: "My father went blind from glaucoma so I was worried that would happen to me too. My vision has deteriorated a bit and I didn't want it to get worse.

Asteroulla had the KDB procedure on her left eye in January and a few weeks later tests showed that the pressure in her eye had halved and three times as much fluid was draining from it. A couple of months later she had the same procedure carried out on her right eye and no longer needs to use eye drops at all.

**Nicki Bickford** talks to Matt Barker, Hamza Omaar and Cara Lee who make up the busy Guy's and St Thomas' media team.

## Read all about it

Guy's and St Thomas' is one of the largest NHS trusts in the country, and so our press office constantly receives calls from the media. Last year the team had 760 media requests and this year's number is on course to be significantly higher.

The team starts the week by reviewing media coverage from the previous week and looking at what is planned for the week ahead.

Being situated in the heart of London tends to make our hospitals and community services high profile. This is one reason why the team receives lots of requests for filming, particularly documentaries, and our clinicians are often called on for their expert advice.

The team oversees filming to ensure that staff and patients are briefed in advance and are not asked any inappropriate questions, no one is filmed without consent, and filming does not disrupt clinical services. Any filming involves a lot of organisation, which can make it time-consuming. A crew can be filming on site all day but the end result may actually be only a few minutes of the final programme.

The team had the privilege of hosting four royal visits and numerous other VIP visits in the past year. These visits take meticulous planning and every tiny detail is discussed with other teams such as Security and the Site Nurse Practitioners,



The Guy's and St Thomas' media team – Hamza Omaar, Cara Lee and Matt Barker

who look after our hospitals 24/7. It's exciting for patients and staff but everything has to be thoroughly thought out in advance.

Due to the wide-ranging and specialist services offered at the Trust, the media team has the opportunity to cover and proactively suggest interesting stories to journalists. For example, Matt oversaw a live broadcast by ITV's *This Morning* team from our Maternity Unit and Hamza even wrote a story about the blessing of animals that work in care and emergency services, which was published in local media.

However, the past few months have proved challenging following the terror attacks in London. Although the team has emergency response procedures in place, because the incidents in Westminster and London Bridge were in such close proximity to our hospitals, there was an

unprecedented amount of national and international media interest.

When events like this happen, the team needs to reassure and accurately inform staff and patients, as well as advise members of the public who are looking for loved ones or who simply wish to help. This is done through the Trust's social media channels, websites, staff emails and our intranet, an internal website for staff. A member of the team can be on the phone throughout the night when incidents happen outside normal working hours.

Protecting the confidentiality of patients, providing useful and practical information to patients, visitors and the public, and enhancing the reputation of the Trust are the media team's priorities.

Matt, Cara and Hamza all joined Guy's and St Thomas' nearly a year ago and they all say it has been an amazing 12 months.





“Staff tend not to realise that what they do every day is really something special.”

Cara particularly enjoys finding out about some of the pioneering medical breakthroughs made here. She says: “Some of them are the first to take place in the world, which attract significant media interest, so it’s very satisfying to place positive coverage about them in the national press.”

Matt is struck by the fact that so many staff in the hospital just go about doing their job without recognising how amazing the work they do is or how interesting people find it. He says: “Staff tend not to realise that what they do every day is really something special and it’s our job to turn that into a newsworthy story.”

For Hamza, his favourite part of the job is meeting patients and families who have overcome adversities and still have a smile on their face. He says: “Writing about their heart-warming stories is very inspiring.”



## Why I fundraise

Kirsty and Gareth, who work in the Radiotherapy Village in the new Cancer Centre at Guy’s Hospital, were inspired to take part in last year’s Guy’s Urban Challenge, our ‘urban triathlon’, because they had such a great time volunteering at the event in 2015.

They decided to raise funds for their department and, in order to raise as much money as possible, they knew they needed to get a few more people on board.

Kirsty says: “We managed to round up a few more to join our team and had radiographers, physicists and family members (my sister and a colleague’s son) join in to make nine in total!”

The Radiotherapy Runners, as they called themselves, ran, spun and climbed their way to the 29th floor of Guy’s Tower in brightly coloured orange tutus – the colour of the Radiotherapy Village in the Cancer Centre – to stand out from the crowd and to show that they were a team.

Kirsty says: “We were impressed with our timings, incredibly pleased to have raised more than £3,000 including gift aid, and we really had a great time – so much so that we’ve decided to do it all again this year!”

“And being competitive in spirit we have grown our team to 16 people, including some clinical oncologists, and we want to better our time from last year.”

Good luck to the Radiotherapy Runners! If you’d like to support them you can donate at [www.virginmoneygiving.com/team/RadPhysOncs](http://www.virginmoneygiving.com/team/RadPhysOncs).

Would you like to take part in this year’s Guy’s Urban Challenge on Saturday 30 September?

- Sign up at [www.guysurbanchallenge.org.uk](http://www.guysurbanchallenge.org.uk)
- Contact the Fundraising Team  
[info@supportgstt.org.uk](mailto:info@supportgstt.org.uk)  
or 020 7848 4701 to find out more.

# Ask us: How do we maintain fire safety?

Fire Safety Manager **Robert Blake** explains how we can all keep ourselves safe.

## What extra checks has the Trust carried out since the tragic fire at Grenfell Tower?

We undertake regular fire risk assessments in all areas and some, including on wards and other patient areas, are conducted on an annual basis. After the Grenfell Tower fire we made sure these were up to date and that any concerns had been dealt with. We checked fire escapes and passageways were clear, and that all white goods had been recently tested. We regularly test fire alarms, emergency lights and fire safety equipment.

## How can everyone play their part?

Fire safety is everyone's responsibility. Staff should be aware of fire safety instructions and evacuation routes, minimise clutter especially in corridors and access routes for fire escapes and stairwells, and report any fire safety concerns to

the Essentia Helpdesk on 88888. If staff discover a fire, they should always sound the alarm and follow evacuation procedures. Never put yourself or patients and visitors at risk.

## What are common fire safety mistakes?

Never wedge open fire doors. Fire doors prevent fire spread and protect us during evacuation, so they should be respected. Keep them shut or locked if signs say they are meant to be. Careless smoking habits, such as not stamping a cigarette out, are also a big risk. There is a no smoking policy in place throughout the Trust.



# A great wall of china

Original mosaic tiles almost lost to the rubbish dump have been reclaimed and restored and are now back on the garden wall of the Whittington Centre in Streatham.

The work was commissioned by Guy's and St Thomas' Charity and designed by artists Suzie Balazs and Tessa Hunkin in 2009.

At that time the tiles were fixed to the sides of two large plant boxes in the courtyard garden.

Cathy Ingram, Head of Local Rehabilitation and Integrated Care, says: "In the spring of 2016 we were having the decking in the garden replaced. The planters had rotted and the mosaics were beginning to crumble.

"The builders started chiselling away and taking off the mosaic tiles. Thankfully we stopped them and they were put to one side. We didn't want to lose them as they are so lovely. Now we have been able to save them for the future enjoyment of our



Ellie Wharton, Business Support Manager for the Community Rehabilitation and Falls Service, admires the restored mosaics

patients, visitors and staff."

Tessa Hunkin carried out the restoration work in September 2016, sifting through hundreds of tiles. Those that could be saved were painstakingly separated and fixed to new backing boards. The tiles were put into a hardwood frame and put back in the Whittington Centre garden.

Thanks go to staff from Essentia, the Trust's capital, estates and facilities directorate, who managed the restoration project, Whittington Centre staff who helped save the tiles, and Guy's and St Thomas' Charity who funded the original garden refurbishment and the restoration of the mosaic.



# Revealing the secrets of historic waxworks

State-of-the-art technology used at St Thomas' Hospital is helping to reveal the history behind effigies of Lord Nelson and William Pitt, as **Cara Lee** explains.



Radiographer Dan Hodson with the wax head of Lord Nelson

If you have been to Westminster Abbey you may have seen the collection of striking funeral effigies, which include Henry VII, Elizabeth I, Charles II, William and Mary, and William Pitt.

Now, in a new collaboration between Westminster Abbey, Guy's and St Thomas' and King's College London, some of these figures have been scanned at St Thomas', using advanced radiology technology to find out more about how they were made.

The wax heads of naval hero Horatio Nelson and Prime Minister William Pitt – both more than 200 years old – were examined in the Radiology Department outside clinical hours on a cutting-edge Siemens SOMATOM Force Dual Source CT Scanner, which only a few centres in the UK have.

The scanner is used on more than 5,000 patients each year at St Thomas', including heart and cancer patients. It is one of the fastest scanners available and can provide detailed, high-quality images while also delivering lower doses of radiation to patients.

Dr Ronak Rajani, Consultant Cardiologist in Cardiac Imaging at Guy's and St Thomas', says: "Our hi-tech scanner is used on a daily basis to diagnose and monitor patients so it was a very different experience to use it to examine wax effigies which are hundreds of years old.

"Radiographer Dan Hodson and I were honoured to be a part of this exciting project and we hope that the findings from the scans can shed light on how these unique wax works were made."

The images are being analysed by conservation experts and Professor Kawal Rhode and Bill Edwards, from King's College London, to discover more about the structure and composition of the heads, which are currently undergoing conservation before they go back on display. The findings are due to be released later this year.

Dr Susan Jenkins, Curator at Westminster Abbey, explains: "This use of state-of-the-art technologies with non-invasive techniques provides new information about how these historic

objects were made. This research contributes to our understanding of the rich past-life of these important objects."

Westminster Abbey's collection of funeral effigies dates back to the death of King Edward III in 1377. The earliest wax effigy is Charles II, who died in 1685, whose hand has also been scanned as part of the collaboration. The lifelike wax head of William Pitt, was one of the last to be made by Patience Wright, the American wax sculptor who was as celebrated in her day as Madame Tussaud.

Nelson's wax head was made during his lifetime and acquired by the Abbey as a tourist attraction after his death.

The effigies scanned at St Thomas' will be displayed in a new museum at Westminster Abbey – The Queen's Diamond Jubilee Galleries – which opens in 2018.

# Say what?

Pioneering midwife **Dr Comfort Momoh** is leaving Guy's and St Thomas' after 20 years of tireless campaigning against Female Genital Mutilation (FGM).



## Q What are you most proud of in your 20 years at Guy's and St Thomas?

A Without a doubt setting up the FGM clinics. Back in 1997 there was only one clinic in the whole of the UK. Now, as a result of the training, support and expertise we've developed at Guy's and St Thomas', there are 16 FGM clinics nationwide.

## Q Have attitudes towards FGM changed in recent years?

A When I first started my clinic, FGM was a no go topic. Media campaigns have helped raise awareness and encourage discussion. Women and girls are now happier to tell their stories, realise they are not alone and want to help prevent others suffering as they have.

## Q What's next in store for you?

A I'm not exactly 'retiring'. After a short break I'm off to rural Kenya to support a midwife from Newcastle who has set up an FGM programme there. I'll be helping to train traditional birth attendants to support women who have suffered FGM to give birth safely.

## Q Is it difficult for your messages to reach people in remote rural areas?

A Very much so. That's one of my main reasons for setting up the charity Global Comfort which aims to protect vulnerable girls and women across the globe from cruel customs. Our first step is to set up an FGM clinic in Nigeria.

## Q So do you feel you've achieved what you wanted to in the UK?

A We're starting to make a stand but there is still a long way to go in the fight against FGM. Young girls are still at most risk during the summer months, when they are taken to visit their family abroad.

## Q What is your philosophy for life?

A Do not go where the path may lead, go instead where there is no path and leave a trail.



# From the frontline

**Frankey Fernandes**, Food Service Assistant on Henry Ward at St Thomas' Hospital.

Amy Wolfe, Soft Services Manager for the St Thomas' Hospital site, says: "The dedication shown by Frankey, the Food Service Assistant on Henry Ward, has been fantastic."

Frankey has been key to the success of a new initiative to 'take breakfast to the bedside' on the ward which is part of the Older Persons Unit at St Thomas'.

Amy explains: "Food plays a crucial part

in our patients' recovery. We pride ourselves on achieving the highest scores of any NHS hospital in London for the quality of our meals in the annual Patient-led Assessments of the Care Environment (PLACE) inspections.

"But our challenge is to ensure our patients actually eat the food we serve and get all the nutritional intake they need. We noticed that the calorie intake at breakfast time of some patients on the Older Persons Unit was falling short of the 400 calorie target we recommend.

"And so we have worked with the

nursing team and dietitians to improve this by bringing breakfast directly to the patients' bedsides and actively encouraging them to have something to eat."

Frankey has helped pilot the new initiative on Henry Ward and since it started in March he has made a real difference. Rather than breakfast being served from the kitchen, once Frankey has prepared breakfast orders in the kitchen, nurses take meals to patients to ensure they are served hot.

Many more patients on Henry Ward now eat the recommended number of calories at breakfast and the new initiative will be rolled out to the other two wards in the Older Persons Unit and to the stroke ward at St Thomas', Mark Ward.



# What's On

## Free Public Tours (weekly event)

**Florence Nightingale Museum** Tuesdays at 3.30pm  
(except during school holidays)

Call 020 7188 4400 or visit [florence-nightingale.co.uk](http://florence-nightingale.co.uk)

## 4-10 September

### Organ Donation Week

Call 0300 123 23 23 or visit [organodonation.nhs.uk](http://organodonation.nhs.uk)

## 5 September

**Seminar for Foundation Trust members – *Living with and beyond cancer***

6-7.30pm, Cancer Centre at Guy's Hospital  
Call 0800 731 0319 or email [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) to book your place

## 6 September

**Friends of Guy's and St Thomas' Hospitals Book Sale**

10am-3pm, Birdsong Corridor, St Thomas' Hospital

## 14 September

### Annual Public Meeting

Refreshments from 5.30pm, meeting 6-7.30pm  
Marquee, St Thomas' Hospital

## 20 September

**Friends of Guy's and St Thomas' Hospitals Book Sale**  
10am-3pm, Birdsong Corridor, St Thomas' Hospital

## 21 September

**World Alzheimer's Day**

## 30 September

**Guy's Urban Challenge**  
Guy's Hospital  
Register at [guysurbanchallenge.org.uk](http://guysurbanchallenge.org.uk) or call 020 7848 4701

## 1-31 October

**Black History Month**

## 25 October

**Joint Board of Directors and Council of Governors meeting** 3.45-7.30pm  
Governors' Hall, St Thomas' Hospital

## Free film screenings:

**MediCinema** ([gsttmedicinema@medicinema.org.uk](mailto:gsttmedicinema@medicinema.org.uk)) shows the latest releases for patients and staff

**Guy's** Tuesdays, 1.30pm and Thursdays, 7pm

**St Thomas'** Saturdays, 7pm and Tuesdays, 7.30pm

**Evelina London** screenings on Wednesdays, 6.30pm

## Free lunchtime concerts:

**Mondays** 1-2pm, Central Hall, St Thomas'

**Wednesdays** 1-2pm, Atrium 1, Guy's

## Raise money for your hospitals and community services

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

follow [@SupportGSTT](https://twitter.com/SupportGSTT)

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

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



We have two family tickets (2 adults + 2 children) to visit Westminster Abbey up for grabs. To be in with a chance of winning, simply complete the wordsearch below.

E	R	H	C	I	W	N	E	E	R	G	N
E	G	E	C	X	W	C	R	N	X	O	C
S	Y	D	T	R	Y	E	O	H	Y	S	Z
E	L	E	I	S	A	E	S	L	E	H	C
M	P	U	N	R	N	E	L	T	J	W	X
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T	E	I	X	A	T	N	E	T	R	E	D
Q	B	L	C	N	C	S	O	W	S	A	W
J	G	C	R	J	W	E	C	L	O	E	M
E	I	H	Y	D	E	P	A	R	K	T	W
P	B	V	S	J	L	D	U	G	L	H	B

BigBen	Greenwich	Piccadilly	Taxi
Palace	HydePark	StPauls	Wembley
Chelsea	LondonEye	Thames	WestEnd
Eros	MarbleArch	TowerBridge	Westminster

Name

Address

Email

Send your entry by **22 September** 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 winners 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 winners. The prize is non-transferable.



Support

Guy's and  
St Thomas'

Support

  
**Evelina  
London**  
Children's Hospital



**Run.**

**Secure your place**  
**[guysurbanchallenge.org.uk](http://guysurbanchallenge.org.uk)**



**Spin.**



**Climb.**

**Fundraise for  
your hospitals!**

Run the streets. Spin the pedals.  
Climb the stairs of the world's  
tallest hospital building.  
**Step up on your own or  
in a relay team.**

**Guy's  
Urban  
Challenge**  
**30 September**