

the G1ST

News from Guy's and St Thomas' Issue 50 | 2026

A royal visit

The King helps celebrate
300 years of Guy's Hospital



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Welcome

We pride ourselves on the quality of care we provide at the Trust, and it is always rewarding when the hard work, dedication and compassion of our teams is recognised by others.

I was delighted therefore that the Care Quality Commission (CQC) published such positive reports on our urgent and emergency care services at St Thomas' and Guy's

hospitals, with both maintaining their 'outstanding' and 'good' ratings respectively. In a demonstration of our values in action, the inspections also upgraded the 'caring' rating for both sites' services from 'good' to 'outstanding'. You can read more on page 5, and I would like to thank the teams for everything they do.

Our magazine cover features His Majesty The King meeting patients at Guy's Cancer Centre, which was one of two Royal visits our patients and staff have enjoyed in recent months. His Majesty's visit formed part of our celebrations to mark the 300th anniversary of Guy's Hospital (read more on pages 12-15), followed by a delightful visit from Her Royal Highness The Princess of Wales who met families and staff at Evelina London Children's Hospital (see page 7).

On page 6, we look at the importance of Martha's Rule, which is providing a clear way for patients and families to speak up if they are worried a condition is getting worse. We also look at the fascinating work of the heart biobank at Royal Brompton and Harefield hospitals on pages 10-11.

I hope you enjoy this issue of the GiST.

Amanda Pritchard

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

Meet the team

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Edited by Kelly Cook and Caroline Watson.

Cover photo by David Tett.

Design: AYA-Creative www.aya-creative.co.uk

Print: O'Sullivan Communications

Front cover: His Majesty The King met patients receiving treatment during a special visit to the Cancer Centre at Guy's

TELL US WHAT YOU THINK

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the GiST
is published by

NHS
Guy's and St Thomas'
NHS Foundation Trust

Celebrating a decade of Mary Seacole statue

Staff from the Trust attended a special ceremony marking the 10th anniversary of the unveiling of a statue dedicated to Jamaican nurse Mary Seacole in the gardens of St Thomas' Hospital.

The event included the laying of wreaths and was attended by staff from Guy's and St Thomas', the statue's sculptor Martin Jennings and guests from the military, nursing and politics.

The impressive 16-foot monument is believed to be the first in the UK recognising a named Black woman. It was officially unveiled by Baroness Floella Benjamin OBE on 30 June 2016, after 12 years of campaigning and fundraising by the Mary Seacole Memorial Statue Appeal.

Mary Seacole is best known for her role as a nurse in the Crimean War, where she set up a 'British hotel' to help wounded servicemen on the battlefield. She was posthumously awarded the Jamaican



Photo: Tim Ireland Images

The Mary Seacole Memorial Statue at St Thomas' Hospital

Order of Merit, and in 2004 she was voted the greatest Black Briton.

Chief Nurse, Avey Bhatia, said: "Mary Seacole was an incredible pioneer, and she continues to be an inspiration for so many of our nursing and midwifery staff at Guy's and St Thomas' today.

"Her statue at St Thomas' Hospital is a constant reminder of the importance of care and compassion, and our wonderfully diverse, inclusive and ambitious staff, of whom I am very proud."

IN THE NEWS

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

Daily Mirror

The Daily Mirror wrote about Charlie King, who ran his first London Marathon to raise money for Evelina London Children's Charity after the hospital helped his son, Lennie, recover from a collapsed lung and pneumonia. Charlie said: "The people at Evelina London were unbelievable. We owe everything to them and the care they gave us."



BBC London

BBC London featured the renaming of the café at Royal Brompton Hospital to 'Joe's Café' in recognition of more than 30 years of service by the café manager, Jose 'Joe' Paculan. BBC London interviewed Joe about his long service and why he loves his job. Joe said he felt "privileged" to have his name above the coffee shop and was "proud of the team".

Sky News

A Sky News report covered the emergence of the irreversible lung disease silicosis in workers finishing quartz kitchen worktops. Dr Johanna Feary, consultant in occupational lung disease at Royal Brompton Hospital, was interviewed and spoke about the severity of the condition, calling for action to be taken to minimise its risk.

New home for children's services

Children's cardiac, respiratory and critical care inpatient services based at Royal Brompton Hospital have successfully moved to new locations within Evelina London.

Edward ward has opened as the Trust's new paediatric cardiac inpatient unit and Sky ward has opened as the new paediatric respiratory inpatient unit. The Trust's paediatric intensive care unit has also expanded into additional beds, and its neonatal unit has opened a new cardiac high dependency unit.

The doctors, nurses, and therapists at both hospitals were already part of the same team and this planned temporary change, under the direction of NHS England, means all the right specialists are in one place to ensure the highest standards of safety and care. Together, these services create a centre of excellence where clinical expertise, leading research, and compassionate care combine to give



every child and family the best possible start in life.

The Trust will be working with NHS England and other health system partners to ensure patient and public feedback is fully considered before any permanent changes are made.

New emphysema trial shows early promise



Staff from the BREATHE-2 team

A clinical trial led by clinicians at Royal Brompton Hospital has shown encouraging early results for a new emphysema treatment.

Emphysema is a form of chronic obstructive pulmonary disease (COPD) affecting around 1.7 million people in the UK.

The trial, known as BREATHE-2, involves inserting a new 'scaffold' – a small, self-expanding device – into the lungs. This is done by bronchoscopy, in which a thin tube and camera is passed down the patient's throat and into their airways.

The scaffold aims to release trapped air from overinflated areas of the lung – a common symptom of emphysema that can otherwise lead to breathlessness and reduced quality of life.

Royal Brompton is the only UK hospital taking part in the trial, with 21 of the 60 patients enrolled worldwide.

Early findings after 6 months are promising, with patients experiencing improved lung function and a significant reduction in trapped air. Many reported better breathing, increased exercise capacity, and improved quality of life.



Alana Holman, 3, and her family were among 150 fundraisers who took part in the first ever Remarkable Race along the River Thames to support Evelina London Children's Charity. People of all ages and physical ability took part in the 5km walk, which passed Big Ben, the London Eye and Evelina London Children's Hospital, where Alana was treated for meningitis as a baby.

Your voice

We love to hear from our patients, staff and supporters so join the conversation by following us on Facebook, X (previously known as Twitter), LinkedIn and Instagram.

@Andrewmole (from X)

@GSTTnhs Thank you so much for taking such good care of me on the Evan Jones Ward for the last 3 weeks. You're all amazing. Couldn't have asked for better care.

Joann Jaggernath (from Facebook)

I had my daughter 33 years ago at St Thomas' Hospital and we both received excellent care. God bless you all.

@NorretteM (from X)

A big shout out for @RBandH Royal Brompton #NHS for amazing open heart surgery on my bro. 6 hours in theatre Tuesday, sitting up chatting today. Excellent surgeon Andreas Hoschitzky working on complex abnormal congenital heart structure.



@DavidDavisMP (from X)

This is my team of nurses who looked after me all night at @GSTTnhs A&E. They were brilliant, incredibly friendly, and very effective. My grateful thanks to them all on my own behalf and all of the others who they have helped in the middle of the night.

Eileen Withrington (from Facebook)

I am very lucky to have received superb treatment at the Guy's Cancer Centre since it first opened. Thanks Guy's and happy 10th birthday!

No excuse for abuse

A new campaign has been launched to highlight that everyone at Guy's and St Thomas' has the right to feel safe at work.

While the vast majority of patients and visitors treat colleagues with respect and kindness, unfortunately there has been a rise in violent and abusive behaviour towards NHS staff.

Around 1 in 10 Trust staff reported experiencing physical violence from patients, their relatives or other members of the public, in the recent 2025 NHS Staff Survey.

Incidents can range from verbal abuse and threatening behaviour such as shouting, intimidation and harassment, to physical assault. These can occur in clinical and non-clinical settings, in the community, in person and over the phone or email.

Guy's and St Thomas' is committed to supporting all colleagues who unfortunately experience this unacceptable behaviour and has launched an updated campaign – No Excuse for Abuse.



Surgeon, Elina, supports the campaign

The message is clearly displayed on posters around the Trust's sites, which reflects the importance of showing kindness and respect towards staff and advising there will be consequences for inappropriate behaviour.

Crystal Akass, Chief People Officer at the Trust, said: "Most of our patients and visitors are respectful to our colleagues, but even isolated incidents of aggression can have a lasting effect on individuals and teams."

CQC rates urgent and emergency care services

Urgent and emergency care services at St Thomas' and Guy's hospitals have maintained their 'outstanding' and 'good' ratings respectively, following an inspection by the Care Quality Commission (CQC).

The inspectors also found both sites' services had made significant progress in the 'caring' category of the assessment, with each of their ratings in this area upgraded from 'good' to 'outstanding'.

St Thomas' Hospital includes an adults' emergency department, Evelina London children's emergency department and an urgent treatment centre. Guy's Hospital operates an urgent care centre which provides walk-in care for adults and children with minor illnesses and injuries.

Dr Katherine Henderson, Clinical Director of Adults' Urgent and Emergency



Staff working in urgent and emergency care services at St Thomas' Hospital

Care, said: "The ratings we have achieved are a testament to the hard work and dedication of all our staff, both clinical and non-clinical, working in these services and supporting patients."

Both Guy's and St Thomas' hospitals as a whole remain rated 'good' by the CQC.

New solar panels offer clean energy and savings



Solar panels on Minnie Kidd House

Guy's and St Thomas' will generate clean power and save money on its energy bills, thanks to new solar panels on 5 of its community health centres.

The Trust received £667,000 from Great British Energy last year to install panels at Bermondsey Health Centre, Wooden Spoon House, Bowley Close Rehabilitation Centre, Lambeth Community Care Centre and Minnie Kidd House.

The solar panels will save around £57,000 and reduce 50 tonnes of carbon dioxide annually, a key way of curbing the Trust's environmental impact through its Green Plan.

The panels at Bowley Close, Minnie Kidd and Wooden Spoon are paired with batteries that can store extra solar energy until it is needed. Solar is expected to cover 50% of the power used at these 3 sites.

Tendai Wileman, Chief of Staff and Executive Lead for Sustainability, said: "This marks a key step forwards in our pledge to protect the environment while continuing to provide high-quality care for our patients."

Steph Jury explores how Martha's Rule is giving patients and families a clear way to speak up when they are worried a condition is getting worse.

Speaking up in hospital



Dr Ronny Cheung, a consultant paediatrician at Evelina London, has personal experience of the importance of Martha's Rule

When you or someone you love is in hospital, you know what is normal for them. Sometimes that instinct is hard to explain, but it can be an important part of getting the right care.

Martha's Rule gives patients, family members, carers and staff a way to ask for an urgent review if they are worried a condition is getting worse and they do not feel their concerns are being heard.

The rule is named after Martha Mills, a 13-year-old girl who died in another UK hospital in 2021 after developing sepsis. Her family raised concerns about her deterioration, but these were not acted on quickly enough.

Martha's Rule was recommended nationally to strengthen how hospitals listen and respond to concerns.

Dr Ronny Cheung, a consultant paediatrician at Evelina London Children's Hospital, is a long-standing advocate for Martha's Rule. He worked alongside Martha's parents on an advisory group to support the implementation and also has a deeply personal connection to the rule.

"You are the expert in yourself, your child or your loved one. If you're worried, speak up."

Dr Cheung said: "Patients and family members understand what is normal for them, and they often notice subtle changes before anyone else. That might be especially true for people with complex conditions, where what looks normal in a textbook is not always what is normal for that person."

The challenge is that speaking up can feel difficult, especially when people are already frightened.

"Lots of patients and family members worry about challenging doctors or nurses," he adds. "Some people may struggle to understand the information or put their concerns into words. But everyone can find it difficult."

Dr Cheung knows that feeling first-hand. Nearly 18 years ago, when his baby son became unwell after birth, he found himself in exactly that position. "Even as a paediatric trainee, I found it really difficult to get past that barrier and convince people," he says.

"In the end, I went directly to the surgical team. My son did have a life-

threatening problem and needed surgery. He's fine now, but it made me think: if I struggled to get my voice heard, what chance does anyone else have?"

That experience is why he sees Martha's Rule as an important safety net. It does not replace good day-to-day communication, he says, but it gives people another route if they are still worried.

His message to patients and families is simple: trust what you know. "You are the expert in yourself, your child or your loved one. If you are worried and feel you are not being heard, speak up."

Fast Facts

- Nationally **more than 500 people** received potentially life-saving care since Martha's Rule was introduced across the NHS
- Martha's Rule will be **rolled out to all maternity settings** in England
- For more information, visit www.guysandstthomas.nhs.uk/marthas-rule.

Our Royal Patron pays a surprise visit to Evelina London.

Anja McLoughlin reports.

A royal day to remember



The Princess met Arjun Sharma, pictured with his parents, who spent 6 months receiving care at Evelina London Children's Hospital

The Princess of Wales visited Evelina London Children's Hospital to meet patients, families and staff while hearing about ambitious plans to provide even better care for children and young people.

The visit came at an exciting time for Evelina London, as specialist children's services continue to be brought together on the St Thomas' Hospital site. Staff shared how these developments will help more children access highly specialised care in one location, reducing the need for families to travel between hospitals and creating a more joined-up experience for patients and their families.

The Princess met patients and families receiving care at Evelina London. Among them was 3-year-old Arjun Sharma, who spent 6 months in hospital and was preparing to go home the day after The Princess' visit.

Arjun's mum, Mandy, said: "It was absolutely amazing to meet Her Royal Highness. She was really interested in

why Arjun has been admitted for so long, his progress and how we're coping.

"She took the time to speak to us and made us feel very at ease. She even caught a flying kiss from Arjun at the end, which was lovely."

"She took the time to speak to us and made us feel very at ease. She even caught a flying kiss from Arjun at the end, which was lovely. It was a really special moment for our family."

During the visit, The Princess heard about progress towards Evelina London becoming the provider of very specialist children's

cancer and blood and marrow transplant services for south London and much of south east England, bringing together expertise from The Royal Marsden, St George's Hospital and University College London Hospitals to provide more joined up care for children and young people.

Staff shared plans for a new hospital building, expected to open in the early 2030s, which will help meet growing demand for specialist care. Since opening in 2005, the number of children and young people receiving care at Evelina London has tripled, with around 104,000 now treated

each year.

Gubby Ayida, Chief Executive of Evelina London, said: "The Princess is like a ray of sunshine. I don't think we could have asked for a Patron who is more supportive of children and families. You only have to see her with them to understand how natural that connection is. The Princess cares deeply about the whole child and the wider family. Championing that holistic approach is something she is genuinely passionate about."

HRH heard about exciting plans for a new hospital building



Lesley Walker finds out about a strength training programme for older adults.

Lifting for a healthy life



Physiotherapist Gemma Atkins with Lift for Life participants Christine Burr and Denise Barren

After Christine Tan broke her left wrist in early 2025, she couldn't lift a cup of tea with her injured hand.

Now she can drink her tea – and lift a 10kg bag of rice – thanks to an innovative strength training programme at Guy's Hospital to encourage healthy ageing.

Lift for Life is a resistance training programme designed and led by physiotherapists specifically for suitable people referred through the Older Person's Assessment Unit.

Small in-person group classes run weekly for 10 weeks, aiming to improve fitness and create a programme which people can continue at home or in a local gym.

Each participant has a bespoke plan developed by a physiotherapist, and they are guided through the classes to ensure correct technique and strength development. They are also given advice on how to practise the exercises at home in between classes and once they complete the course.

"I really enjoyed the classes and now I'm back to normal – including lifting my cup of tea."

Christine, 82, is a retired district nurse living in Southwark and keeps herself active with classes in tai chi, yoga and Zumba. She had never done any weightlifting exercises until she was referred to Lift for Life as part of her wrist rehabilitation.

Christine said: "After I broke my wrist, I was diagnosed with osteopenia (a loss of bone density), so they thought the classes would be good for me.

"Using the weights strengthened my left hand. You start with light weights and gradually build up. I really enjoyed the classes and now I'm back to normal – including lifting my cup of tea and doing my yoga, which I wasn't able to do before.

"At the beginning, I was worried about lifting heavy weights but I improved. The classes are a really good idea to help people get back to their daily lives."

After Pantelis Abraham, 92, started taking part in Lift for Life, he bought his own weights to continue exercising at home.

Pantelis said: "I'd never tried dumbbells

before, but now I like them and I do my exercises every morning. The classes are great for elderly people, and I would recommend them. You just need to try."

The classes were started by physiotherapist James Cameron, who identified a need for higher intensity, resistance training to help support the NHS long term plan of disease prevention.

Lift for Life has been popular since it started in October 2024, benefitting more than 50 people so far and with a waiting list of patients referred by clinicians.

James said: "Weight bearing exercises are important for our bone health and overall fitness but many older adults don't do any resistance training.

"We developed Lift for Life at the Trust to provide structured, individual support for people to improve their strength, confidence and ability to do everyday tasks.

"We tailor the classes and exercises to each person's own ability and goals, and encourage them to continue the workouts at home and after the programme finishes.

"People who have taken part have really enjoyed the classes. It's been very encouraging to see them develop their strength and confidence."

Miriam Bream explores how a children's nursing team is helping young people live healthier lives.

Tackling local health inequalities



The Patch children's community nursing team is working to give every child equal access to healthcare

Lambeth and Southwark are 2 of London's most diverse boroughs, but children living there don't all have the same start in life. Some face big inequalities in health, wellbeing and access to healthcare.

Evelina London's Patch children's community nursing team is working to change this. Their goal is simple: to give every child a fairer, healthier future.

They care for local children and young people with asthma, eczema and constipation. They also support families with housing, mental health, wellbeing and other services.

Lyncia Downer, team leader for Patch, said: "Every child deserves the opportunity to thrive, not just survive. We know that improving a child's health means looking beyond their diagnosis to understand the wider context of their life, their home, school, family and daily experiences.

"I know firsthand the impact these conditions can have on children and families, and how important early, proactive support can be. Many of the families we care for are navigating a

combination of physical, behavioural, emotional and social challenges, alongside issues such as housing insecurity and barriers to accessing care.

"When families feel supported and empowered, children are better able to flourish, so it's a privilege to help them achieve their full potential without the fear that their health will hold

them back."

Shanon Francis's sons Isiah, 12, and Ethan, 3, see the Patch team regularly.

Shanon said: "Right from the start, I was blown away by the team's flexibility, dedication and professionalism. Everyone we spoke to went the extra mile for us. As a working mum with 2 children needing appointments, they make it easy to fit this in with our busy lives.

"The nurses are all amazing and adjust their approach to suit each of my sons' ages. We always leave appointments feeling reassured and confident they're getting the best care."

In 2024, the team won a prestigious Health Service Journal Award for the real difference their work was making in

supporting children with asthma.

They found that 90% of patients with uncontrolled asthma were better able to control their symptoms after the team became involved in their care.

They also found that after 6 months patients are 45% less likely to need to see their GP, 54% less likely to stay in hospital and 18% less likely to visit their local emergency department (A&E).

Lyncia added: "I'm incredibly proud of the team and the compassionate care we provide every day. We're always looking for new ways to improve support for children and families, including creating stronger community partnerships to make joined up care accessible to everyone who needs it."

"Every child deserves the opportunity to thrive, not just survive."

Fast Facts

- Since 2016, the team has supported over 10,000 families to manage their child's condition at home
- 664 families are currently being supported by the team.

Anja McLoughlin

finds out how donated samples from transplant patients are helping researchers understand heart disease and improve care for future generations.

The science of giving back



Kara Terol, pictured with her son, donated her heart to the biobank following transplant surgery

At Guy's and St Thomas', the Heart, Lung and Critical Care Biobank keeps a special kind of gift safe.

It stores donated samples like lung and heart tissue, blood and other materials, so researchers can learn more about disease and improve care for future patients.

For many people, the decision to donate is deeply personal. Some of the most powerful contributions come from people who have had transplants, choosing after surgery to give their old organs to research.

Kara Terol, 38, knows this first hand. During her pregnancy, she agreed to take part in a research study, a decision that unexpectedly led to the diagnosis of her heart condition.

"That diagnosis changed my life," she said. "It meant I received the specialist care I needed, including a transplant."

"Research played a huge role in my journey. If I hadn't taken part in that study, my condition may not have been discovered when it was."

Because of that experience, Kara did not hesitate when she was later asked about donating her heart for research.

"Research played a huge role in my journey. If I hadn't taken part in that study, my condition may not have been discovered when it was."

Another person who chose to give back in this way is 41-year-old Katie James. She had a heart transplant aged 32, after years of serious heart

problems, which had left her heart weak and caused dangerous rhythms.

At one point, it was working at just 15% of normal capacity. After her transplant, Katie chose to donate her old heart to science.

She said: "Donating my heart wasn't a difficult choice. I wouldn't be here today if it wasn't for donation. The decision was actually very easy and helping someone

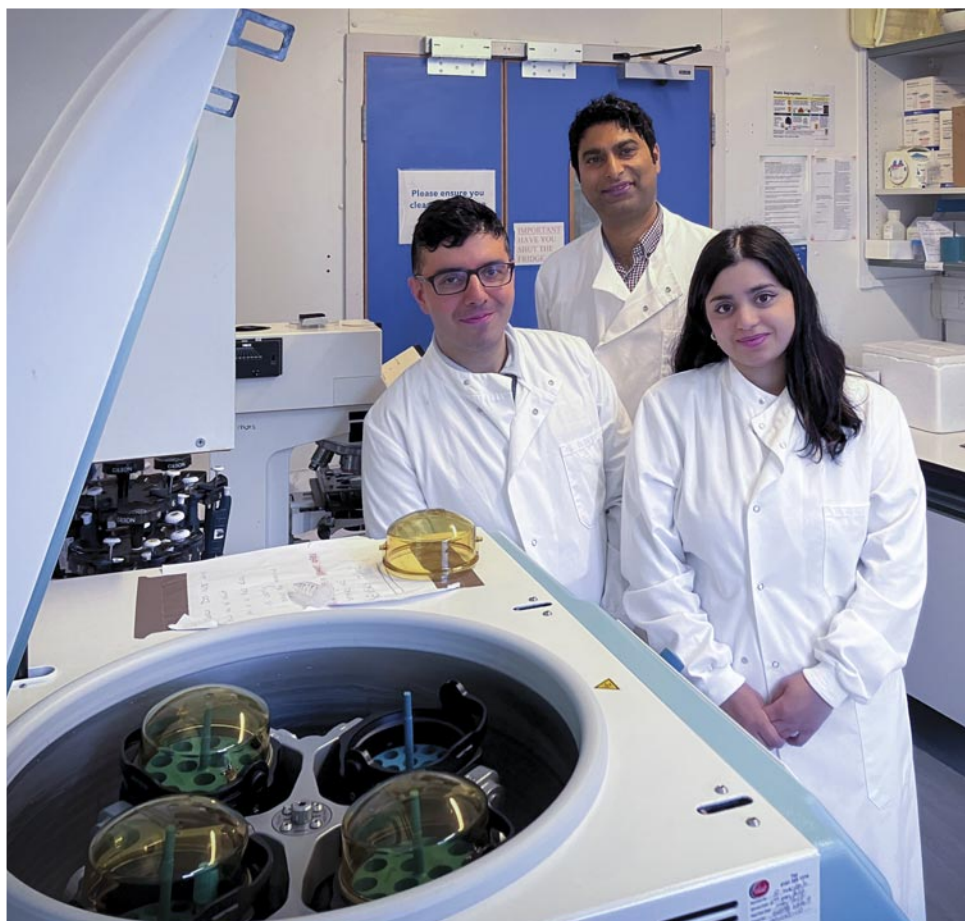
else felt like the right thing to do."

Reflecting on her transplant, she added: "I feel incredibly happy to be alive today, and deeply grateful for the transplant. Life afterwards has been something I could only have dreamt of. Before, even simple things like walking up the stairs were a struggle. Now, I find myself smiling when I reach the top without feeling out of breath."

Katie also takes comfort in being able to give back: "I feel very grateful. Not only did I receive a gift, but I was able to share one too."



Trevor Haines works in the biobank at Royal Brompton Hospital



Biobank team members Harshil Bhayani, Wajiha Nazir and Ziyad Rafik

Today, she enjoys walking and paddleboarding, and supports other patients going through similar experiences.

Donations like Kara's and Katie's are stored safely in the biobanks at Royal Brompton and Harefield hospitals. Each sample is carefully labelled and linked to clinical information, such as diagnosis and treatment history, with strict rules applied to protect patient privacy.

This helps researchers understand how diseases develop and how treatments affect people over time. Only approved researchers can access the samples and clinical information, which are used in carefully managed research studies across the world to improve patient care.

Harshil Bhayani, biobank manager, said: "Many of the breakthroughs we rely on today were made possible by patients who chose to donate samples. These donations help scientists answer

questions we cannot solve in any other way. They are a lasting legacy that supports us in finding future cures."

The biobank supports many types of research. Scientists study how cells work, what goes wrong in diseases, and how new treatments could help.

In one project, researchers used

donated heart tissue to study a protein linked to heart failure. They found that adding this protein back into heart cells made them stronger in the lab, and this could lead to new treatments in the future.

Researchers are also studying how the heart's electrical signals are affected by disease. This could help doctors better understand conditions that cause dangerous heart rhythms. Other work is exploring how to grow new heart valves in the lab, which could reduce the need for repeat surgery.

"Many of the breakthroughs we rely on today were made possible by patients who chose to donate samples."



Katie James donated her heart to the biobank after receiving a transplant

Patients can choose to donate in different ways. Some give samples left over after tests or surgery. Others agree to provide additional samples, like blood or saliva, during routine care. Taking part is always voluntary, and it does not affect treatment.

Fast Facts

- Since launching in 2009, the Heart, Lung and Critical Care Biobank now contains around **100,000 respiratory and cardiovascular samples**
- More than **12,600 people** have provided samples to the biobank.

Matt Barker joined the celebrations to mark 300 years of Guy's Hospital, as we welcomed a very special guest.



Chief Executive Amanda Pritchard and Chairman Charles Alexander greeted The King

The King makes anniversary visit

His Majesty The King met patients and staff during a memorable visit to the Cancer Centre at Guy's.

The visit was part of celebrations to mark the 300th anniversary of Guy's Hospital and also came 10 years after the Cancer Centre first opened.

Guy's is one of the oldest and most influential teaching hospitals in the country. It was founded by Thomas Guy, to be a place of treatment for patients from St Thomas' who had longer-term and chronic health conditions, sometimes referred to as "incurables".

Since opening its doors in 1726, Guy's has borne witness to many key moments in British medical history. Today it is a leading institution in cancer treatment and

research, dental and kidney care, orthopaedics, dermatology and many other specialities, as well as translational medicine.

From the beginning, Guy's Hospital combined charitable care with medical education. During the 18th and 19th centuries, it developed into a major centre for clinical teaching and medical training.

Today, King's College London occupies much of the original Guy's Hospital campus. Historic buildings now house lecture theatres, libraries and research facilities, while clinical services continue alongside these academic activities.

"It was a nice chat and he is a proper gentleman. He's not intrusive and puts you at ease."

This shared use of the site reflects Guy's long tradition as a place where patient care and medical education sit side by side.

His Majesty began the tour in King's College London's Innovation Hub, where scientists and clinicians work together to embed cutting-edge cancer research and access to clinical trials

directly into patient care.

The King was given a demonstration of the latest robotic assisted surgical system, known as the da Vinci 5, by Professor Ben Challacombe (see page 15 for more on this). His Majesty also heard from





The King unveiled a plaque alongside staff to mark Guy's Hospital's 300th anniversary

researchers about projects to develop a new type of immunotherapy treatment for breast cancer and the use of artificial intelligence (AI) to guide drug discovery.

Opened in 2016, the Cancer Centre represents 5 decades of oncology at Guy's, bringing together services once spread across 13 sites into a single, patient-focused facility.

The radiotherapy rooms are above ground, which was a European first when the Cancer Centre was built. Radiotherapy has traditionally been in the basement levels of buildings due to the combined

weight of the machines and the lead-lined treatment rooms – however the decision to locate them above ground was driven by patient feedback. Patients wanted natural light and to avoid the sense of isolation associated with basement radiotherapy.

As a result, the building weighs more than the neighbouring Shard and sits on deep foundations that protect

a Roman-era boat discovered beneath the site. The find inspired Daniel Silver's bronze sculpture, *Boat*, at the entrance,

"His Majesty brings real insight and empathy to what our patients are going through due to his own cancer journey."

linking contemporary care with the site's ancient history.

The King spent much of his time speaking with patients receiving chemotherapy treatment and listening to their experiences. He also met staff working on the unit.

One of those patients was David Coleman. He said: "The King shook my hand and asked how my treatment was going. I said, 'I feel a hell of a lot better to when I first came in.'"

"He pointed to my arm and asked if they ever missed a vein. I said, 'not yet Sir, but they are excellent staff here and they treat you very, very well'. It was a nice chat and he is a proper gentleman. He's not intrusive and puts you at ease."



Raymond Burgess, sitting with his wife Sue, was happy to speak to The King while he received treatment

Afterwards, His Majesty joined hospital staff and King's College London representatives to unveil a plaque to commemorate the visit and mark Guy's Hospital's 300th anniversary.

Dame Amanda Pritchard, Chief Executive at Guy's and St Thomas', said: "This visit from The King meant a huge amount to our patients and staff. His Majesty brings real insight and empathy to what our patients are going through due to his own cancer journey.

"For our staff, who work so hard and care so deeply, visits like this bring much deserved recognition for what they do, each and every day.

"We are incredibly proud that Guy's Hospital has been serving our communities for 300 years now and days like this add to that rich history."



The King spent time speaking to different members of staff who work across Guy's Hospital

Caroline Watson

looks at the robotic surgery technology showcased during The King's visit.

The robots getting patients home faster



Professor Ben Challacombe gave The King a demonstration of the da Vinci 5 surgical robot

The King's visit to Guy's Hospital included an opportunity for His Majesty to witness, first hand, some of the most revolutionary technology available to surgeons.

This included a demonstration of the da Vinci 5 – the Trust's newest and most advanced robotic assisted surgical system – by Professor Ben Challacombe, consultant urological surgeon and Trust lead for clinical robotics.

Professor Challacombe explained to The King that more cancer surgery is now carried out using robotic assisted technology than ever before at Guy's and St Thomas'.

Describing the benefits for patients, he said: "Robotic surgery brings all the advantages of standard keyhole surgery like smaller scars, less pain and blood loss, and a quicker recovery. However, it also offers greater precision and delicacy, which can mean better cancer outcomes or better recovery of kidney or bowel function, for example."

Unlike standard keyhole surgery, the surgeon sits at a console with a screen showing a 3D view inside the patient. They

then use a pair of handles to control the surgical instruments.

Professor Challacombe added: "For the surgeon, they're sitting in a much more comfortable position at the console. This means that over the course of their career they can do thousands of these procedures without the risk of injuring their necks, backs and shoulders."

The da Vinci 5 system (DV5) arrived in April and will be based at St Thomas' Hospital, taking the Trust's fleet of surgical robots to 11 as well as 3 diagnostic robots.

Other new additions this year have included a Velys robotic system for orthopaedic knee surgery, which is also offering patients greater accuracy, less pain and faster recovery times.

The new robots make Guy's and St Thomas' not only the largest centre for robotic surgery in the UK, but one of the biggest in Europe.

The DV5 will be used for colorectal, gynaecological and upper and lower gastrointestinal surgeries.

One of the surgeons regularly using the new DV5 robotic system is Ms Katie Adams, consultant colorectal and emergency general surgeon and the Trust's lead for gastrointestinal surgery.

Ms Adams said the DV5 offered additional features over and above what earlier robotic assisted surgical systems could provide.

"This robot gives us even better vision as we're operating," she said. "We're basically controlling surgical instruments on long sticks, and the in-built intelligence software overlays an image, almost like a hologram, showing exactly where the instruments need to line up."

The new system allows surgeons to perform even more procedures by keyhole surgery, rather than open surgery, which Ms Adams says involves significantly less trauma to surrounding tissue and adds to patient safety.

"It's far less invasive so it reduces pain and allows patients to go home much sooner after their operation – on average, about 4 days sooner than they would after open surgery," she said.

"As the technology continues to improve, we're seeing fewer complications and very good outcomes for patients."

"It offers greater precision and delicacy, which can mean better cancer outcomes."

Maxine Hoeksma

learns more about the crucial role of our community services.

Part of the community for 15 years

This year, Guy's and St Thomas' is celebrating the 15th anniversary of community services joining the Trust.

Every day, thousands of Trust staff care for people in the community – in lots of different locations including peoples' homes, community hubs, GP surgeries, health centres and other settings.

Health visitors, therapists, nurses, doctors, pharmacists and administrative and clerical workers are among those quietly making a difference to the lives of people living in Lambeth and Southwark.

Clinical nurse lead, Emily Ologe, is one of them – leading a team of 25 neighbourhood nurses from the Akerman Health Centre in Brixton. The team supports patients in their own homes to get

the nursing care they need, helping them to stay at home and avoid unnecessary visits to hospital.

The Trust has 180 neighbourhood nurses working in teams located close to where patients live. These nursing teams make around 25,000 visits each month, supporting up to 3,000 patients.

Emily said: "I'm incredibly proud to be part of this service. As neighbourhood nurses, when we step into patients'

"As neighbourhood nurses, when we step into patients' homes, we step into their lives – their challenges and their hopes."

homes, we step into their lives – their challenges and their hopes. We put our patients first when delivering care, and we are there for them at some of the most vulnerable times in their lives.

"We work closely with GPs, other community services, hospital teams, families, carers, social care staff and voluntary organisations, working creatively to prevent hospital admissions and support early discharge whenever we can."

The Trust's community teams cover a wide scope of healthcare, from the prevention of ill health to caring for people at the end of their lives.

By bringing together its hospital services with care provided in patients' homes and other community locations, the Trust can deliver smoother, more efficient care and better patient outcomes. Digital remote monitoring technology is also helping clinical teams

to support even more people at home.

Several of the Trust's community teams, like its adult and paediatric Hospital at Home services and the Patch children's community nursing team (featured on page 9), have received national recognition for their pioneering work.

Looking ahead, there is an exciting opportunity to provide more services in the community, as part of the national move towards neighbourhood health treatment centres where teams from local hospitals, GP surgeries, social care and the voluntary sector will work together.

Dr Shaheen Khan, Deputy Medical Director for Integrated and Specialist Medicine, said: "We are working with our partners across primary care, social care, secondary care and voluntary and third sector organisations to develop Integrated Neighbourhood Teams across Southwark and Lambeth.

"This will bring the expertise of Guy's and St Thomas' closer to our patients and communities. We're well placed to support this new model of neighbourhood care, building on the great work of our community services over many years."



Neighbourhood nurses from the Akerman Health Centre in Brixton

Maxine Hoeksma

looks at the support available if you want to stop smoking.

Break free from smoking

Overcoming an addiction to smoking can be challenging – especially with everyday stresses to contend with and temptation seemingly around every corner.

But with an estimated 5.3 million people aged 18 years and over still smoking cigarettes in the UK in 2024, you're not alone.

Specialist advisors at Guy's and St Thomas' Tobacco Dependence Treatment Service say that asking for help is the key to stopping smoking, as research shows that people are 3 times more likely to give up with NHS support.

The team offers support for inpatients at Guy's and St Thomas' hospitals and in community settings in Lambeth, including managing withdrawal symptoms and stopping smoking long term. Specialist advisors assess patients during their hospital stay and offer help to manage nicotine cravings. Once discharged, patients can receive ongoing support from specialist community services.

Judith Olaitan-Salami is a tobacco dependence specialist with the Lambeth Stop Smoking Service in the community and helps people to stop



Tobacco dependence specialist Judith Olaitan-Salami

smoking for good.

Judith said: "We have stop smoking clinics at lots of locations across the borough including in West Norwood,

Brixton, Kennington, Stockwell and Streatham. We're really flexible so we can meet with you face-to-face, online or by phone.

"When you come to see us, we'll discuss your smoking and the

kinds of medications that are available to help you stop smoking. We'll also have a think about what you've tried in the past and what might work this time around.

"You'll have a breath test done where we'll measure how much carbon monoxide you've got in your body and you can track this yourself, to see how you're progressing each week.

"We offer a 12-week programme of either cutting down or stopping smoking, and most importantly, we're here to help you achieve whatever goal you have regarding your smoking."

"We're here to help you achieve whatever goal you have regarding your smoking."

Tips to stop smoking

- **Get NHS support, because doing it alone can be difficult.** Free medications such as nicotine patches, gum, tablets and vapes (electronic cigarettes) are available
- **List your reasons to quit.** Read it when you are tempted
- **List your smoking triggers** and how to avoid them
- **Set a date to stop smoking** and tell loved ones and friends. Don't feel embarrassed
- If you've tried and failed, try again. **Don't be too hard on yourself**
- For more information about Guy's and St Thomas' stop smoking services visit: www.guysandstthomas.nhs.uk/stopsmoking.

Kelly Cook

finds out how clinical research at the Trust is improving patient care.



Maisie Edwards, pictured with her parents, takes part in a study in Evelina London's Wolf Clinical Research Facility

Shaping the future of medicine

Research is vital to improving the care that we all receive when we're unwell.

Guy's and St Thomas' is a leading centre for clinical research, with thousands of people taking part in trials and studies every year.

Experts across the Trust are looking for new ways to diagnose and prevent illness, investigating new treatments and medicines and new medical devices and digital tools to benefit patients.

For example, results of a clinical trial at Evelina London Children's Hospital have shown that a new treatment called vosoritide helped increase the growth rate in children with achondroplasia by 50%.

Achondroplasia, a form of dwarfism, is a condition caused by a gene variant which means that bone growth is significantly slower.

It can lead to other health issues including sleep apnoea, curvature of the spine, ear infections, breathing problems

and chronic pain, all of which can often require surgery to treat.

Maisie Edwards, 4, has been receiving the drug as part of a clinical trial at Evelina London for the last 2 years. It involves a daily injection until she is 18.

Her parents Michelle Christopher and Ian Edwards say joining the trial was "an easy decision to make".

Michelle said: "Maisie had a lot of health complications, including respiratory issues, a small ribcage and a spinal cord compression, so we wanted to do anything we could to help her.

"Being part of this research gave us a lot of hope, and we've received so much support from the clinical team. I don't know what we would have done without them, and Maisie loves coming here."

When Pauline Bassett developed myelofibrosis, a rare, slow-growing type of blood cancer, in 2012 she was transferred to the haematology team at Guy's Hospital for specialist treatment.

Over the years she was given different medications but eventually they stopped working or were no longer suitable.

At the end of last year she joined a Phase 1 clinical trial, which is the first time a new drug is tested in humans. The aim of the trial is to identify potential side effects, understand how the drug is processed by the body and to discover a safe dosage.

Pauline, 79, said: "I was apprehensive at first but at the end of the day I didn't have many other treatment choices so I thought

"It's future patients down the line that will get the benefit of what I'm doing and all the data that is collected."



Pauline Bassett says having the support of her husband, Ray, has been key while she has been on a clinical trial



A scientist working in the advanced therapies manufacturing unit

Achievements across the Trust

- In 2021, Evelina London Children's Hospital was the first in the country to give gene therapy, Zolgensma, to a baby with type 1 Spinal Muscular Atrophy. The rare genetic condition affects the nerve cells that link the spinal cord to the muscles
- At the Cancer Centre at Guy's, there are teams dedicated to developing and trialling new cell therapies for people with cancer. This type of immunotherapy uses a patient's own immune cells to treat their cancer
- An obstetric research team developed a blood test that can very accurately diagnose women with pre-eclampsia so medication can be given quickly for the pregnancy-related condition, which causes high blood pressure. This has been so successful that it has been recommended as routine practice around the country
- An international study led by Royal Brompton Hospital found that a new drug can significantly reduce persistent cough and improve quality of life for people with the lung condition, idiopathic pulmonary fibrosis.

'let's give it a go.'

"It appears to be helping me now, but I don't know how it's going to affect me in the long run as it's a new drug. It's future patients down the line that will get the benefit of what I'm doing and all the data that is collected."

Dr Kate Blake, Director of Research and

Development at the Trust, said: "Our world-leading researchers work to improve patient care and develop new and better ways to prevent, diagnose and treat diseases. None of these life-saving treatments and diagnostic breakthroughs would be possible without our incredible patients who volunteer to join the trials."

Fast Facts

- In 2025/2026, Guy's and St Thomas' recruited **24,755 people to 526 research studies**
- Nationally, the Trust **recruits to the largest number of studies**
- Guy's and St Thomas' has dedicated clinical research facilities on 5 of its sites. These **state-of-the-art, purpose built facilities** specialise in delivering early phase, experimental medicine and high-risk studies
- The Trust is a **leading centre for research into advanced therapies**, including cell and gene therapies. These personalised medical treatments make changes to a patient's genes or cells with the aim to cure rather than just manage symptoms.

Behind the scenes

Sophie Buchwald, estates property manager in Essentia, the Trust's estates and facilities group

Q What does your job involve?

A Since joining the Trust in August 2024, I have been responsible for managing the organisation's property portfolio. This means ensuring that all the Trust's properties are documented accurately and all rent payments are made on time.

Q How do you support patients in your role?

A Although I don't interact with patients face-to-face, I still feel like I play an important role in ensuring they receive the best standard of care. Vital services are delivered every day across our organisation, including outside of big hospital sites. By efficiently managing our property portfolio, I help to ensure that this care can continue to be delivered in buildings

across the community. There are over 100 sites across the Trust so my role can be quite challenging but knowing that I am playing my part to support our patients is really rewarding.

Q What skills are needed in your job?

A My role requires a broad range of technical, professional and interpersonal skills. For example, it's important that I have a strong understanding of property law and that I'm able to effectively manage all our stakeholders – from landlords and tenants to contractors and clinical teams.

Q What is your favourite part of the job?

A I like working out how we can use our sites to expand clinical services and make them more efficient. It's really



interesting to be able to manage a complex healthcare estate, help to deliver a wider range of patient care, and use the space that we have in the most effective way. Not many people are aware of my role, as it's not the first thing that comes to mind when thinking about jobs in the NHS – so I love every opportunity to share what I do and how my team makes a positive difference every day.

From the frontline

Dr Haifa Lyster, consultant cardiothoracic transplant pharmacist at Harefield Hospital

My team is involved at every stage of a transplant patient's journey.

We review and prescribe immunosuppressants for all inpatients – these drugs stop a patient's body rejecting a new organ.

We also support clinical teams when they visit patients on the wards, and advise on medicines in team meetings.

Our clinics support patients after a transplant too, answering their questions, discussing side effects and understanding how their medicines fit into their lives.

In my research, I focus on personalised dosing. This includes understanding how a patient's unique circumstances can affect how medicines work. An example could be if a patient is receiving ECMO treatment

(extracorporeal membrane oxygenation), which is a life-support machine that temporarily replaces the function of the heart and lungs.

When I joined Harefield 28 years ago, I became the hospital's first specialist cardiothoracic transplant pharmacist – one of the first in the country.

The field of transplant medicine never stands still as we continue to offer transplants to sicker and more complex patients. These days, I routinely work with clinical teams to support patients with mechanical heart pumps and those receiving ECMO. Transplant pharmacy demands real thought – you use every bit of your medicines knowledge.

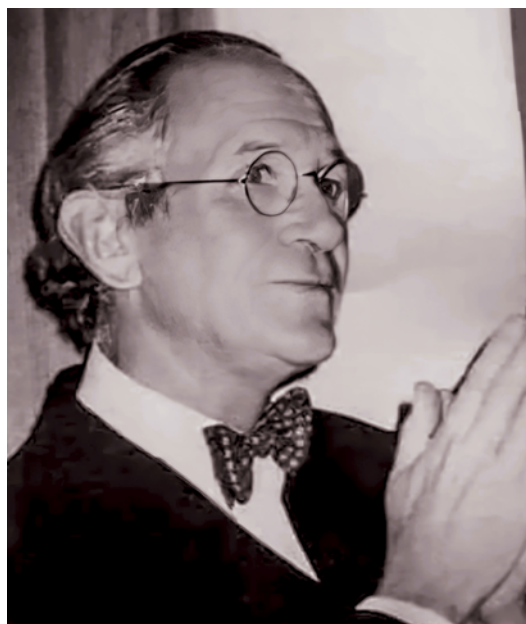
Recently I worked with colleagues across King's Health Partners to develop



guidance on using hepatitis C positive donors. This would have been too risky 10 or 15 years ago. Now, highly effective antiviral treatments can remove the infection. It means more organs can be used for patients on the waiting list. Thanks to this work, a patient became the first at the Trust to receive a heart from a hep-C positive donor last year.

Catherine Beckett pays tribute to Christopher Lincoln, who inspired a generation of children's heart surgeons.

The surgeon who fixed the smallest hearts



Pictured in retirement, Christopher Lincoln was instrumental in setting up a children's heart surgery unit at the Brompton Hospital in the 1970s

Christopher Lincoln was one of the most influential paediatric cardiac surgeons in the world.

In the 1970s he was instrumental in setting up a children's heart surgery unit at the Brompton Hospital – as it was then known. He recognised how important a specialist unit was in improving the outcomes for babies and infants with complex heart conditions.

Lincoln was intent on a career in medicine from a young age. After medical school in Dublin he trained in cardiothoracic surgery at the Hospital for Sick Children (later known as Great Ormond Street Hospital), as well as the National Heart Hospital – under the legendary surgeon Donald Ross – and at the Brompton and London Chest hospitals.

He was appointed as a consultant cardiothoracic surgeon at the Brompton Hospital – now known as Royal Brompton Hospital – in 1973. Working closely with his colleague Elliot Shinebourne, they recruited an extraordinary first generation of specialists in paediatric cardiac surgery.

Dr Michael Rigby, a consultant paediatric cardiologist who worked with him, recalls: "Christopher's team

maintained the highest standards of clinical care, teaching and research. Knowing that many of their young patients had slender chances of survival meant everyone insisted on the highest standards of work."

Lincoln frequently demonstrated his excellence, taking on procedures in the most seriously ill children. The paediatric

unit developed a reputation for excellence and innovation, attracting trainees from all over the world. From 1977, Lincoln trained 28 visiting foreign cardiac surgical fellows, many of whom went on to establish cardiac

services for children in their own countries.

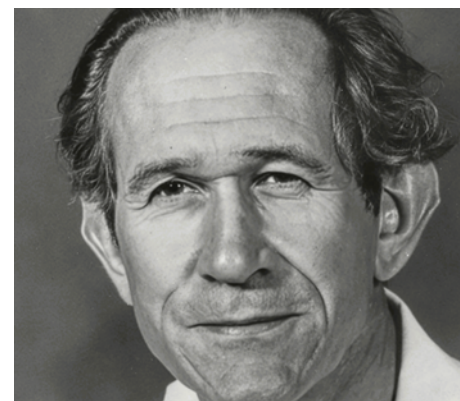
Throughout his career, Lincoln published 175 peer-reviewed papers. His publications focused on the understanding of major congenital heart disease and described innovative surgical techniques, such as how to avoid complications to the heart and brain as a consequence of open-heart surgery.

Richard Grocott-Mason, Chief Executive of Heart, Lung and Critical Care at the Trust, said: "Christopher Lincoln

paved the way for, and inspired, generations of clinicians. Our excellent standards, commitment to research and pursuit of innovation in the field of cardiothoracic care remain strong because legacies like his remind us that doing the best for our patients is what matters most."

Among his many accolades, Lincoln received a lifetime achievement award from the Society for Cardiothoracic Surgery in Great Britain and Ireland in 2016. He passed away in May this year, aged 92.

Dr Rigby added: "He showed utter commitment to his work and craft. His was a truly remarkable life and career."



Paediatric cardiac surgeon Christopher Lincoln

"Legacies like his remind us that doing the best for our patients is what matters most."

Meet the governor

Margaret McEvoy wants to bring real community experiences and voices into discussions about the Trust.

Margaret McEvoy became a public governor in 2018 and was re-elected in 2025, representing the communities surrounding Guy's and St Thomas'.

Her connection to the Trust is personal, and she says it was a sense of gratitude and community spirit that drew her to the role, and continues to motivate her today.

"My family and I have received care from the Trust for over 30 years, so becoming a governor felt like a chance to give something back," she said.

What Margaret values most is bringing real community experiences into discussions. She is passionate about ensuring local voices shape the future of services, and is also focused on

tackling health inequalities and strengthening prevention.

"I want to help conversations about how services evolve to meet the needs of such a diverse population," she said. "We also need a healthcare system that looks at preventing long term illness as much as treating it."

One of the biggest surprises Margaret has found in being a governor is how actively they are encouraged to engage, question and challenge.

She said: "I didn't expect the Trust to be so open to hearing different perspectives. It really does feel like a meaningful opportunity to stay connected to the communities the Trust serves."



Margaret's message to anyone considering getting involved at the Trust is simple: "Just do it. You don't need to be an expert – you just need to care."

Meet the member

Sara Edwards shares what being a member means to her.

Anyone can be a member of Guy's and St Thomas', whatever their background and wherever they live, as Sara Edwards' journey to joining the Trust shows.

Based in rural Wales and with a background as a BBC broadcaster, Sara joined the Trust earlier this year after the passing of her father, John Edwards.

A specialist cancer surgeon, John trained at St Thomas' Hospital in the late 1950s and was crucial in helping to develop skin cancer treatment at the Trust. He also won multiple awards, including being the first Welshman to be awarded the prestigious Cheselden Gold Medal for Surgery.

Sara says her father's connection to the Trust is what made her want to become a member.

"He always talked with such fondness of his time at St Thomas' and we are really proud of his work there," she said. "The team at the Trust approached us about



getting involved and it felt like an interesting way of understanding that part of him better."

Given her Welsh location, Sara appreciates how events for members can be attended virtually.

"I don't get to London much so it's really nice to be able to join talks and understand more of what the Trust is doing," she said.

Sara says she is impressed by the breadth of topics that members can learn about, and the accessibility of the information for people without a medical background.

"I think anyone who is interested in learning more about what the Trust is doing should become a member," she said. "It's really amazing."

To become a member call **020 7188 7346**, email gstt.members@nhs.net or visit www.guysandstthomas.nhs.uk/membership

How to get involved in our charities



Fundraisers raised over £500,000 for our charities at this year's London Marathon

Our charities have been busy raising record-breaking amounts of money to help fund a wide variety of work across our hospitals.

This year alone the charities supporting our sites are expected to raise well over £5 million, including over £500,000 from April's London Marathon.

From groundbreaking new projects to staff support and even a brand new specialist children's cancer centre, this money is vital so we can continue to be a world leading centre for medical research while providing the best possible care to our patients.

If you want to get involved there are events including:

- **Harefield Fun Run and Family Day**
Sunday 6 September
- **St Thomas' Abseil**
Friday 25 and Saturday 26 September
- **Royal Parks Half Marathon**
Sunday 11 October

Visit one of our charities' websites or speak to a member of staff to find out more about how you can be part of this life-changing work.

Find out more:

Guy's & St Thomas' Charity: gsttcharity.org.uk

Evelina London Children's Charity: evelinacharity.org.uk

Guy's Cancer Charity: guyscancercharity.org.uk

Royal Brompton & Harefield Hospitals Charity:
rbhcharity.org

The Brompton Fountain: thebromptonfountain.org.uk

COMPETITION



We have a pair of tickets to a **film of your choice at BFI Southbank**. To be in with a chance of winning, simply complete the wordsearch below.

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

Bake
Braise
Chop

Garnish
Grill
Knead

Marinate
Peel
Poach

Recipe
Roast
Simmer

Slice
Steam
Whisk

Name

Address

Telephone

Email

Send your entry by **Wednesday 11 November 2026** to the GIST competition, Communications Department, 4th floor, Staircase C, South Wing, St Thomas' Hospital, Westminster Bridge Road, SE1 7EH; or you can email gstt.gist@nhs.net.

The winners will be selected at random and notified within 7 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 and non-refundable. Tickets exclude all special events, previews and BFI IMAX screenings.

Your name and details will be collected solely for the purposes of this competition and in order to be able to contact the winner and send them the prize. By entering this competition, you give your consent for us to use the data you provide in this way.

Guy's & St Thomas' Charity &...



Brighton Marathon 11 April 2027

Experience the buzz of one of the UK's most iconic marathons while raising vital funds for Guy's and St Thomas'. Every mile helps support exceptional care.



Scan the QR code or visit
gsttcharity.org.uk/brighton-sign-up
to register your interest.

Care never stands still. And neither do we.

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