

HaematologyLife

haematologycancercare.com



Autumn 2024



HAEMATOLOGY
CANCER
CARE. UCLH Charity

The sun shines on our 30th
anniversary London Bridgathon!

Thank you to everyone who made it so special!



Winner: Tony Goldstone Mentoring
Award 2024. Read the article P3



John Banga (T16N) was part
of our largest ever team for
the London 10K! Page 10



Thank you all!

Haematology Cancer Care brings together
patients, families, supporters and staff to
raise funds for the haematology unit at UCLH
through our activities and events. HCC has
been supporting UCLH for 30 years.

editorial.



As our 30th anniversary continues, the vision of our founder, Professor Tony Goldstone still holds true, that patients and their families want to support the teams and the unit where they were treated. We understand that giving to HCC is personal, with donations sometimes made in the most difficult of circumstances. It's the countless patients, families, supporters, and staff who have made everything we've achieved possible.

A huge part of our success is our small and effective infrastructure. Simon and Tori are a dream team, our loyal volunteers give us reach and capacity well beyond our team of three, and our Board ensures every project we fund makes the biggest impact. We have enormous support from our Patrons, Professor Emma Morris and actor Julian Rhind-Tutt, our Ambassadors, Mel Threader and explorer Jules Mountain, and staff ambassador Keya Prasad! Plus, our enthusiastic staff who are our best advocates, spreading the word to patients and participating in events!

Our dedicated Haematology Matrons, Stephen Rowley and Sonia Thomas are fundamental to our success, but we were still awed when, for our 30th, Sonia undertook the Bolton 70.3 in June, and Stephen trained haematology nurses to sail, with the final crew planning to sail 60 miles around the Isle of Wight. Wow!

Stephen, also the Chair of HCC, cites our unique community model as the key to our success. I've always seen HCC as inclusive; everyone is welcome, whether you're buying a raffle ticket, having a stroll at the London Bridgathon, or having a chat with us. Our supporters concur; they tell us that apart from being able to give back, HCC is also being part of a like-minded, meaningful community.

HCC's 30-year journey, has been a career's work for me, and I couldn't be prouder and happier to see how HCC has become something so positive, loved and contributed to by so many patients, families, supporters, and staff. Enjoy our bumper edition of HaematologyLife and we hope you'll support us into our 31st year and beyond as HCC continues to grow for the ultimate benefit of our patients.

Sara Goldman

30 HCC
YEARS
2024

Our £30 for 30 campaign celebrates our anniversary, see back page!

from our clinical staff

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HaematologyNews

I was surprised to have to wear a jacket this morning and I'm hoping the summer hasn't quite given up on us. It really has been an action-packed summer for HCC with our London10K and the London Bridgathon events. I particularly enjoyed the anniversary event in the new Hospital in April; It was a moment to reflect on 30 years of the service and how far haematology treatments, and indeed HCC have come – together. It was made more memorable by having founders Professor Goldstone and Professor Linch attend and speak. Also, as part of HCC's 30th various anniversary events, I was planning to skipper a nursing crew of very novice sailors the 60 or so miles around the Isle of Wight in the annual Round the Island Yacht Race. The three brave young nurses with little sailing experience were hugely disappointed that like 850 of the 1000 boats in the race, we had to withdraw the day before. The weather was forecast to be the worst on record for the race, and the (crazy) 150 boats that did participate were either professional boats or just crazy! We knew we had made the right decision when we saw the footage of the race with 50 mph winds and huge waves. Not a place for a novice crew – or for me for that matter! Not to be beaten, the crew are super keen to still give it a go, and that's what we aim to do before winter sets in.

Stephen Rowley
Senior Matron Haematology



Iron Matron!

Our intrepid Matron Sonia has gone above and beyond for HCC this year! Having started training in January, she completed the Bolton Ironman 70.3 with an hour to spare! She was determined to take on this challenge for HCC's 30th and raised over £1,250 in the process. Thank you, Sonia, for setting the standard very high for yourself as a way of encouraging and inspiring our haematology nursing staff to take on challenges for HCC and be our advocates!

www.justgiving.com/hcc-teamhaem



Our Education Fund

By Simon Clare
Haematology Practice Development Lead



The practice development team has long established itself as a visible conduit for continuing professional development in haematology. This has taken many forms over the years; from developing a successful podcast series in collaboration with ward sisters, to study days and competency assessment tools. They advise staff on university courses and promote pan London education and training resources. Their advice always has an eye on developing our service – we want the best trained haematology nurses we can get. Often their information gives staff an understanding of what resources are available, and importantly, how to both apply for course admission and seek financial support. The CPF team is the primary connection between HCC funding and healthcare workers seeking support for continuing education. This relationship is vital in getting the best value for money for the most numbers of staff. Rob McDonnell, one of our senior CPFs coordinates university funding from HCC; he is uniquely positioned, as both a haematology nurse and a lecturer at one of our top collaborating university providers. Having HCC funding is a privilege the whole team takes seriously, and everything from the advice they give about courses, to the resources they deliver themselves is geared to give haematology nurses the best opportunities whilst maximising the utility of available financial resources.

I joined UCLH in January 2016, as part of my 18-month rotation programme. I started on T13 Haematology (Kerry's ward), moved to T13 oncology, T16S (with Sarah Jordan, before joining the daycare team in the Cancer Centre. After two years on rotation, I was offered a full-time position on T14S (Diego's ward). When we moved to the GWB, I started on GWB 3E - and have been there ever since!



Simon Hailer,
Senior Staff Nurse, GWB 3E

Having left university with an advanced diploma in nursing back in 2010, it was time to top up to a degree, and HCC helped towards funding. My dissertation was "Nurses' Experience in Caring for End-Of-Life Patients." This is close to my heart, as we care for EOL patients on our ward. The feedback I received not only helped with my dissertation but also brought to light issues nurses are facing on the ward, and as the EOL nurse link for the ward, I hope to be able to help address some of these issues.

As HCC have been supportive to me, especially with help in funding my course, I try to give back and have been participating in the 10K for the past five years. Each year I try a personal best, but I am getting slower (I think it's an age thing!) It's always a fun day running with colleagues through Central London. It's such a great atmosphere, and we meet for bubbles at the end of the race! I feel happy and privileged to be working for such a fantastic Haematology team!

from our clinical staff

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Tony Goldstone Mentoring Award

L to R Sara Goldman, Dr Andrew Wilson, Professor Tony Goldstone, Stephen Rowley, Keya Prasad.

We were delighted to present the Tony Goldstone Mentoring Award 2024 to AML Haematology Consultant, Andrew Wilson. The Award highlights the vital role of mentors and gives others the opportunity to benefit from mentorship within haematology, just as Tony did during his distinguished career.

To define the difference between training, coaching, and mentoring: training is about getting a particular skill right, coaching is taking someone along a prescribed pathway, whilst mentoring has a much wider range and responds to the wide needs of the individual. Our winner, Andrew Wilson, qualified here, did his PhD at UCL, and became a consultant of the AML team in 2018. Andrew comes with the recommendation of being extraordinarily interested in looking after the junior staff, teaching them at every opportunity and taking an interest in what they do, and teaches both internally and nationally. He is the ideal for an organisation concerned with haematology, an ideal nomination, and I congratulate you on the award. We have a great winner.

Professor Tony Goldstone,
HCC Founder and Award sponsor

The Tony Goldstone Mentoring Award is open to all staff groups within Haematology with a sum of £200 for each winner. Watch this space for information about our 2025 Award!

POEMS Research Event

By Lucy Johnson,
Specialist Physiotherapist

In July, HCC supported a research event for health care professionals working with POEMS Syndrome at UCLH. The aim of this event was to understand what recovery and rehabilitation looks like in this rare condition. We discussed important topics including access rehab, patients' expectations, and time frames of recovery. The event was an enormous success, it provided an opportunity for the multi-disciplinary team from across UCLH sites to meet and share experiences as well as forming ideas for future research and how we better support our patients.





Haematology Support Groups

By Vikky Riley, Maxene Wickwar,
Macmillan Support & Information Clinical Nurse Specialist
and Macmillan Support & Information Specialist

As we listened to Sara, Steve and Tony Goldstone talk at HCC's Tony Goldstone Mentoring Award presentation, I was struck with how ahead of the times HCC was 30 years ago. The creation of a community within a North Central London hospital, prioritising staff, and patients to ensure the very highest standards of care remains unique and invaluable. Learning from this model, the Support and Information service held another coffee morning for the Haematology and Myeloma support group members in August which provided the opportunity for peer and health professional support. Enabling the sharing of personal experiences and learning how individuals have managed the impact of their illness and treatment is always a privilege to be part of, enhanced by cake and coffee. It is important to say thank you to Daphne Earl for her continued expertise and kindness as co-facilitator of the Haematology group. Collaboration with clinical nurse specialist colleagues has led to the development of three new support groups: TTP and platelet disorders, an online CAR T-cell group, and a support group for people living with POEMS, with the hope of providing peer and health professional support. We look forward to welcoming you to the Support and Information service or at a support group.

If you'd like to join the support groups, would like more information about them, or would like advice or support, please contact us one of the following ways:

By phone on 020 3447 3816 (Monday to Friday 9.30am to 4.45pm)

By email at uclh.supportandinformation@nhs.net

Drop in: to the MSIS, ground floor of the Cancer Centre.

Volunteering for HCC

By Mark Matharu



Whilst an inpatient I walked into what turned out to be the first ever HCC patient's Christmas party in the Rosenheim. I had a camera with me and was taking photos of the party when Sara appeared and asked for copies! Little did I know that 30 years later I would still be taking photos for HCC, (fully compliant with Trust policy) together with other duties.

As a red cell patient at UCLH for most of my life, I have spent a significant amount of time here with fantastic care. I enjoy contributing to the haematology unit that treats me, in my role as a volunteer and board member, and have made friends doing so! Being part of HCC, and the Haematology Support Group, is an important part of my life! Congratulations to HCC on celebrating our 30 years!



Red Cell News

Leonie Luk, Haematology Psychologist, Emma Drasar, Haematology Consultant, UCLH & Whittington, Matty Asante-Owusu, Red Cell Community Matron.

The Red Cell Team are pleased to announce that the community service for all patients living with sickle cell, thalassaemia and rare anaemias is now live! The service is based at Hornsey Street and the George Marsh.

The team includes specialist nurses, a pharmacist, and a benefits advisor. Dr Drasar also does a monthly clinic in the Hornsey Street centre for patients who have complex needs. The service is a source of support, clinical care, advice, and advocacy for people with red cell disorders and their families.

Examples include:

- Further support to manage at home including observations and liaison with GP
- Specialist advice
- Specialist nursing support e.g. for PICC line dressings
- Helping those unable to get to hospital for an unplanned blood test due to illness
- Financial, social and housing support

The aim of the service is not to replace hospital care but to provide options and a more joined up approach. We support people across the whole of North Central London but will also support patients living outside this area who can attend the centres in person if they are under the care of UCLH, Whittington Health or North Middlesex Hospital. Referrals can be made by clinical staff, patients and carers by contacting the email or phone number below.

Dr Emma Drasar University College London
Consultant Haematologist, Hospitals
The Whittington Hospital Phone: 020 3447 9456
Phone: 0207 272 3070 ex: 5033 Email: e.drasar@nhs.net

By Dr Emma Drasar

Georgia Hutchins Fund

The Georgia Hutchins Fund has been supporting HCC in memory of Georgia for over four years, raising an incredible £53,500 during that time. Having taken part in a range of events and activities, both with HCC and on their own, they have shown unwavering dedication and generosity. Most recently, they joined Team Haem at the London 10K in July, with 13 runners taking part! Thank you so much to Steve and Kelly (Georgia's parents), James Kemp and all of Georgia's friends and family who have made the fund such a huge success!

Looking back on almost 30 years of Complementary Therapy at UCLH

Ceris Fender-Reid, Head of Complementary Therapies, hears from Stephen Rowley, Senior Haematology Matron and Chair, HCC and from Professor Tony Goldstone, HCC Founder.



It is hard to appreciate now just how groundbreaking complementary therapies in the NHS were in the 1990s. Stephen Rowley and Professor Goldstone played essential roles in the development of the service, by personally championing complementary therapies for haematology patients.

Stephen Rowley, has been a powerful advocate for complementary therapies from his early days at UCLH, expanding the service so more patients could benefit. Stephen says:

"As professionals we have an obligation to do our very best for patients. Nobody nowadays is going to think cancer treatment is just about giving people chemicals and treating a disease. It's very much about doing that in the context of the person and their life. We want people to come out the other end in as best a place as they can. If we don't support somebody physically, psychologically and spiritually to try to counterbalance the effects of the treatments, which can be brutal, then we're not doing the very best we can. Complementary therapies help us do this. With advances in treatment, it's about finding the balance between curative treatment and getting quality of life and time. People are being treated for longer so it's about helping people live with cancer. Integrating these therapies into that journey helps it's softening and supporting the treatments as best as possible. We know how much that people value this support."

Professor Goldstone, was instrumental to introducing complementary therapies, says "I was a kind of heretic when we started but when I hear the benefits that those with vision saw then are equally applicable 30 years on, I say to myself "Bloody hell. That was a good call!"

Ceris says "It was a pleasure to talk with Stephen - I've only been able to share a fraction of his experience and insights in this article - and an honour to meet Professor Goldstone. On behalf of all the patients whose experience we have touched and perhaps improved over the last nearly 30 years, I am so grateful to HCC and to Stephen and Tony for their very personal role in enabling us to do so. Without their support, and the support of HCC, we wouldn't be offering the service we have today."



Our Projects!

How we are helping the haematology unit; everything listed here is funded by HCC, thanks to your support!

- Benches for the GWB Terrace
- Critical Care Unit patients support
- Complementary Therapy service for patients
- Co-sponsor, Cancer Clinical Trials Unit (CCTU) conference, October 2023
- Exercise bike for inpatients
- Leadership Development Programmes
- End of Treatment School for Lymphoma and CAR T-cell patients
- Autologous Stem Cell Transplant School
- MDS/MPN Network Event
- Nurses' wellbeing
- PhD research project making CAR T-Cells available to more patients
- Pizza Evenings for our young adult inpatients
- Red Cell Support Worker – Selina!
- Sleep cap service
- Snack Trolley for haematology inpatients
- VR headsets for patient and staff wellbeing
- Daycare employee of the month



HCC Red Cell Support Worker

Even though I did blood tests for sickle cell and thalassaemia patients in supportive care in my role as an HCA, I hadn't worked with red cell patients directly until I started as the HCC red cell support worker. I now understand so much more about the lives of the patients and the challenges, and I have learnt to communicate and reassure that we here to help be with our patients every step of the way.

My role involves following up with patients when they are discharged, liaising with their GPs when they require special medication to arrange blood tests, and calling to remind about appointments. I also check in on patients to see how their medications are working and they really appreciate it! Red cell inpatients are so appreciative when I call in to talk to them and they tell me that I have made their day! Prior to me taking up this role, these responsibilities fell upon the CNS team, so the role not only supports patients but the team as well, freeing up more time for the nurses to focus on clinical aspects of care.

I find red cell treatment and care interesting and there is so much to learn. I have friends who have the sickle cell trait, and this has made me passionate about supporting people with red cell conditions.

Thank you to HCC for the funding!



Selina Boeteng,
HCC Red Cell
Support Worker

6 HCC's Impact – 30 Years of Funding



Over the past thirty years, our funding of wide-ranging projects has made a huge impact across haematology at UCLH. Take a look at some highlights here!

Complementary therapy

Complementary therapy is one of our longest running, and most appreciated, projects. Delivering a breadth of benefits to patients like aromatherapy massage and reflexology help reduce stress, anxiety, nausea, fatigue and enhance relaxation and sleep.

"Complementary therapies are a very important part of life on the ward. It makes the experience of being a patient more bearable."

Portrait Artist in Residence

This 10-year project with artist, Simon Tolhurst, received positive feedback from patients who appreciated the activity of posing, the distraction from treatments, and the focus on them as a subject. The project received media attention on BBC 'The One Show', BBC News website, ITV News Online and others.

"It felt really good to be talking about other topics than cancer or chemo".



PhD students in CAR T-Cell Research

Working with Dr Claire Roddie, PhD students Marina Mitsikakou's research investigates making CAR T-Cell therapy available to more haematology patients, more quickly. A second student, Efty Charalambous has recently joined Marina, thanks to fundraising by the Vegas After Party team, in memory of Elias Taylor.

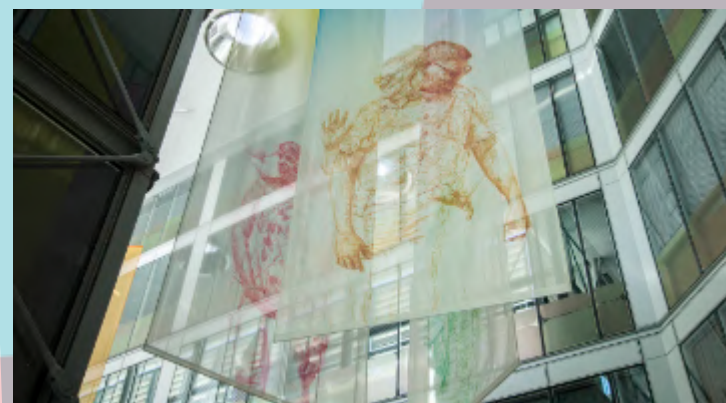
"CAR T-Cell Immunotherapy represents the ultimate in bespoke, personalised medicine and has immense potential. We hope that the Elias Taylor leukaemia scholarship will inform the design and development of next generation CAR T-Cells for leukaemia, so the benefits are realised by future patients." Dr Claire Roddie, Honorary Consultant UCLH, Associate Professor, UCL Cancer Institute.



L to R Jonathan Taylor, Dr Claire Roddie, Efty Charalambous (on screen), Marina Mitsikakou and Giselle Taylor.

Grafton Way artwork

'Held' & 'Sensed' is a two-part art installation by artist Dryden Goodwin, created for the Grafton Way Building atrium and commissioned by HCC. This large-scale artwork features patients, loved ones and clinical staff in a series of banners ('Held') and a wall vinyl and accompanying films of the artwork being made in real time for 'Sensed' on two large screens in the atrium. The artwork celebrates the haematology community at UCLH and creates a welcoming, friendly and uplifting welcome to patients, staff and visitors to the building.



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Continuing practice development for nurses

The specialist haematology nursing education that HCC supports is essential to the safe running of the service. We couldn't deliver the complex treatment without a high level of nursing knowledge and expertise. Combining this with a kind and compassionate approach to care makes haematology at UCLH quite a unique place to work and be treated in.

"Thank you so much to HCC who have funded and supported myself and so many of my nursing colleagues! Thank you also to all those donors who continue to fund professional education for nurses; through this funding we can develop (and most importantly, retain) so many of our excellent nurses!" Jason Fletcher, Ward Manager 2N GWB



Tony Goldstone Mentoring Award

Professor Anthony Goldstone, joint founder of the UCLH Haematology Service, had a long, prestigious clinical career as clinical director for haematology and medical director of UCLH. Tony is also the founder of HCC! When awarded the esteemed American Society of Hematology Mentor Award, Tony donated his prize to initiate a local mentoring award at UCLH, facilitated by HCC.

The Tony Goldstone Mentoring Award is open to all staff groups within Haematology with a sum of £200 for each winner. The current winner is Dr Andrew Wilson. The next round will commence early 2025.



Snack Trolley

Our award-winning Snack Trolley, Simply Yummy, won the Exemplar Award for the haematology wards at UCLH in its role in helping to improve the quality of nutritional care for patients in a way that is now a model for other areas at UCLH.

Apheresis service

By funding apheresis, ultrasound and Veinplicity machines, we have immensely improved 'treatment and care' for patients requiring regular transfusions for sickle cell and thalassaemia, having stem cell transplants, and lifesaving treatment for TTP and Myeloma and other haematology conditions.



As a senior clinical leader in the service for many years, I have seen HCC have a huge impact across the haematology service at all levels. Its funded, and continues to fund, important clinical and service initiatives as well as actively supporting staff development and welfare. It's a very important ingredient of what makes this department a great place to work.

Stephen Rowley
Senior Matron Haematology, HCC Chair



Eloise's Story

Eloise with sons,
Finn and Nathan!

As a family, we first encountered Haematology Cancer Care when my dad, Andy Mason was diagnosed with lymphoma in 2010. We were all in shock, but rallied around each other. Dad faced the challenges of treatment as he had lived his life; making the most of each day and finding ways to make others laugh along the way. He was an inpatient up on the lofty heights of T16 at UCLH (awesome views) many times and directly benefitted from the staff training as well as equipment and services funded by HCC. Always our hero, dad's courage, and strength in making the best of each day inspired me to seek ways to help HCC support others as they had supported our family.

As an inpatient often for weeks at a time, Dad would lament about the hospital food (sorry). After he died, and raising funds in his memory, we learned from HCC's website and Sara that they were getting a new project off the ground, a patient snack trolley. Our minds were made up; we had the opportunity to fund a project that dad would have loved. The snack trolley launch was bittersweet but filled us with immense pride.

Since dad died, HCC has been a huge part of our lives and I have completed many fundraising events including the Bridgathon with my two young children – one year my youngest was only four weeks old! However my main fundraising project has been as Head Knitter of the Merry Knitters. Over the past few years I have 'encouraged' my fellow knitters to join me in knitting Snowpeople for Christmas and Chicks and Bunnies for Easter, all individually named and filled with chocolate. When I sit down to knit these pieces I think of dad and others like him who are supported by HCC in so many ways. It may seem odd to say, but it's a real privilege to be part of the HCC family.



Ian's Story

I was diagnosed with acute lymphoblastic leukaemia (ALL) in 2010 and admitted to UCH in January 2011. My treatment consisted of 3 stays in hospital, 2 ambulatory care periods and a long post-transplant recovery period. I was finally discharged completely in 2018. You can read all about my experiences in my blog: <https://ianandleukaemia.blogspot.com>

The standard of care I received from the whole team at UCH was just amazing. As an in-patient I stayed both in T13N and T16N and at the Radisson on Tottenham Court Road for my ambicure, and my inpatient treatment was in the old Grafton Way building! During the recovery period from my bone marrow transplant, the new UCH Cancer Centre opened ... and I even got to meet King Charles and Camilla when they visited there. Through all the highs and lows I will never forget the haematology nurses, whose skill, dedication, and vivaciousness were literally the difference between (my) life and death. (The doctors were OK too!) I have so many stories (they are in the blog), but I am sure that space will be limited so I will just say this to anyone being treated at UCH, and to their loved ones: never give up hope, you are in the best place you can possibly be ... and good luck!



Harry's Story

'I was treated in the Tower at UCLH with Non-Hodgkin's Lymphoma CNS, or what I understood was a form of brain cancer. After first being admitted to Queens Square, I was then moved to the top floor of the Tower. The pandemic made things more difficult and visiting was severely curtailed. I was in and out between August 2021 and February 2022 and the treatment was amazing. At the outset, my temperature kept spiking and it turns out that the cause was an infected PICC line – a tube that feeds in chemo and makes taking blood easier – which once changed, all was well, and it was like being in Star Trek with all the computers! I ended up having stem cell treatment and was lucky on two counts: firstly, I was told that they usually don't provide this treatment for people over 70 (I was 76) but as seemingly fit for my age, they made an exception for me. Secondly, I was able to produce ample stem cells of my own, although I'm still not sure what they are! I was discharged in February 2022, with the awful stricture that I wasn't allowed to drive for two years!

Following discharge, I had a few telephone consultations, which I found a bit difficult because I really wasn't sure what was required of me, but we began face-to-face appointments for which I was grateful. The doctor was really delighted and told me how well I looked. Yes, I have residual nerve damage, but I'm still here to tell the tale! The brilliant news was that I was permitted to drive again! I arranged for my Institute of Advanced Motorist instructor (of which I am a member) to take me out on a refresher. He was pleased with my performance and pointed out areas that could do with a slight improvement. Meanwhile I have been practicing and refreshing my reading of the Police Driver's Handbook (I qualified as a Master at the IAM). So notwithstanding blindness in my right eye, I still manage to attain a decent driving standard. I hope my experience will prove to be an encouragement for others.'

After attending the 30th anniversary of the haematology department it really brought home what a fantastic facility this is and how many lives they have saved – including mine. I was inspired by one of the HCC patients who was doing cartwheels every day for three years! I'm no good at cartwheels, but even at my age I can manage press-ups. I have just completed 1000 press ups in just over a month (30 press-ups each day) and managed to raise £1,220 with gift aid). The charity (HCC), so well run by Sara Goldman and her great team, and the hospital all seemed quite pleased.



Peter's Story

I had a stem cell transplant at UCLH for lymphoma in 2011 after a variety of failed chemotherapy regimens elsewhere. It worked. Afterwards I gave a little help to HCC, including walking the Bridgathon a few times, organising a comedy evening and volunteering. My donor, David Bugg, a man less than half my age, got in touch with me and we have remained friends, and this is us in the photo! Since then I have had another operation for parotid cancer so I am a double survivor!



Jane's Story

Annie (left) and Jane, (right) with their sister Sarah, with Daisy, at the Bridgathon!

Jane Morris and her sister Annie Simpkins have been supporters of HCC for the past eight years – Jane as a patient and Annie as her stem cell donor. They and their friends are enthusiastic Bridgathon walkers, even through covid!

Annie writes: "A fight, a journey, a struggle, a crisis, the "C" word, or any of the other cancer clichés; until it happens to you or a family member, you truly cannot understand what a diagnosis will mean. These fighting metaphors can often prevent a person with cancer from truly connecting with others and can lead to isolation, feeling disconnected, and separated from their community. HCC flips these metaphors on their head by providing connections, services, and care directly to patients in what is often the worst crisis of their lifetime. Their funding of education and staff support makes an enormous difference, the additional equipment funded makes patient experiences so much better, and the complementary therapies help patients to reconnect with kindness.

Not all stem cell recipients have their donor's blood sent halfway around the planet to be tested for a match, nor be tested for seven different tropical diseases before it was found to be "fit for purpose." The nurses at the UCH Centre took this all in their stride as if it were an everyday occurrence, but in reality, was a lifeline for Jane in her treatment."

Over this journey, Jane and Annie have seen first-hand the difference that our charity makes to patients and staff in so many ways. So THANK YOU HCC and here's to the next thirty years!



Keya's Story

I have had a keen interest in charitable activities since childhood. This developed from watching my mother's charitable organization support the underprivileged, and her commitment to helping others left an impression on me.

After gaining experience in business in India and the USA, I moved to the UK, I volunteered with the NHS at University Hospitals Birmingham for 2 years, using my belief for service into meaningful action. Upon joining UCLH, I was immediately drawn to HCC: the extensive and impactful work immediately impressed me, especially the bringing together of patients and staff in fund raising work – providing a real sense of community and shared goal.

I began attending events and now work with our Chair, Stephen Rowley and our Senior Fundraising Manager, Sara Goldman as a Staff Ambassador for HCC. In this role, I help promote HCC's work and attend events. Our very many haematology staff are very busy, and they tell me it's very useful to have an HCC Ambassador and point of contact right in the middle of the GWB wards. More externally, I promote HCC to potentially new supporters through my own networks and enjoy spreading the profile of the charity to individuals and companies that otherwise would not know of HCC's work and the amazing haematology service we have. So, if anyone needs help, I can be found at GWB Level 2 in my role as Ward Administrator, a role I thoroughly enjoy!



Steven's Story

With Gemma (wife), Freddie, Charlie and Ellen.

I rang my GP from work in the morning of 27 October 2004 about some odd symptoms and I was admitted by the evening! My GP had suggested I pop in to check out my symptoms and handed me a sealed envelope to take to my local hospital while still wearing my suit and fully expecting to be back at my desk later that day. I was given a transfusion in the ambulance en-route to UCLH, diverted to the Royal London A&E after my allergic reaction to the blood product; and after that the platelets had to be specially 'washed' before I could have them!

My head was spinning as I sat on my bed at UCLH, and I was desperate with worry. My son (now 20) was not even a year old, and my wife spent the next five months visiting me in London whilst caring for our little boy and pregnant with our second – a tremendous effort at only 26 years old herself.

Over the next five months, and five cycles of chemo, I was discharged in April 2005, and our second son was born two months later. Regular tests and checks followed over the years. Our third child, a daughter was born in 2010; our eldest son is working and our second son is 18 and at university.

The staff at UCLH were all amazing and saved my life! I have often had to remind myself to be thankful for getting a second chance and tried to give something back. This has included fundraising for HCC and Leukaemia UK and becoming a school governor and a youth football coach. In April 2022 I started as a Special Constable which has been extremely rewarding. I am endlessly grateful to everyone at UCLH and plan to get involved in as many events as possible in this momentous year for HCC as well as the 20th anniversary of my diagnosis, and we are all attending the special 30th London Bridgathon.



William's Story

I was diagnosed with ALL in July 2012, just in time to watch the London Olympics from my hospital room. I had a bone marrow transplant in November 2012.

It is safe to say that ALL was life changing but in many ways. It allowed me to compete at the British (gold), European (bronze) and World (silver) transplant games which was a great experience and excuse for some amazing holidays! It was my first night out after recovering in 2013 when I met Jen where my life journey changed again. I later married her in 2018, moved to Melbourne with her for 3 years, had Oscar and now have a second on the way due in January. The future is full on and exciting!

I didn't think this was going to be possible from my bed watching the London Olympics in 2012, but when I look back at what UCLH and modern science has done for me and I am eternally grateful.

30th

London Bridgathon

After the storms in the early hours, the weather was (almost) perfect for our 30th anniversary London Bridgathon! It was wonderful to welcome almost 300 walkers at Vauxhall Pleasure Gardens, and while our patrons were away on family matters, our ambassador Mel Threader and our fabulous volunteers stepped in and received rapturous cheers when sharing what HCC means to them! The flexible route along the Thames continues to work well, with some walkers completing the eight miles, and others adapting the route to suit them and their families, and everyone enjoying at least some of the iconic London sights including Big Ben, Shakespeare's Globe, the London Eye, and the not so wobbly Millennium Bridge! Thank you all for being part of our HCC community and supporting, and for raising £20,000 so far this year, and yes, an incredible £1,000,000 in total since our first event in 1994! Thank you, Georgia Bakes, for the amazing cookies!

It's good knowing our 'local to you' walks still going strong! This year in London, Reading, Suffolk, and Madeira! To sponsor our London Bridgathon please visit www.justgiving.com/campaign/londonbridgathon



London 10k

The bumper team of 45 felt like a wonderful celebration of our 30th birthday this July! Running in the sun this year were our Lymphoma Consultant Kate Cwynarski and son Joe, our complementary therapists Ceris Fender-Reid and Domini Stone, Jules and Issie from the GT Fan Club, Claire Imam and her son Joseph running in support of husband and dad Elias' treatment, and team from T16N, staff from across the unit and our first team from the Georgia Hutchins Fund in their bespoke running shirts! As always, Team Haem produced a wonderful performance and our amazing runners raised over £11,000! This event is an HCC staple, thank you to everyone who took part whether you ran or joined our cheer point!



Royal Parks Half

HCC supporters and staff are gearing up for the Royal Parks Half Marathon next month (October 13) with HCC's team numbering 20 runners, including haematology staff, patients, loved ones and supporters! The route takes in some of the capital's world-famous landmarks, on closed roads and within four of London's eight Royal Parks - Hyde Park, The Green Park, St James's Park, and Kensington Gardens. We'll be there to cheer on Team Haem! Good luck to Charlotte, Nancy, Alyse, Sanjay, Florin, Jessica, Jade, Joanna, Johnny, Keely, Geoff, Stephanie, Tom, Eva, Soleen, Dhruv, Rita, Amina, Jackie and Louise!



RideLondon-Essex 100

Our team of eight cyclists took on the Ford RideLondon-Essex100 in May including staff members Gavin Cooper, Diego Prieto, and Kerry White (who completed The London Classics medal following her London Marathon run in 2021 and Swim Serpentine last year). They were joined by RideLondon veteran Michael Okarimia (riding in memory of his Uncle Mark Titcombe), pictured with mum Rachel and sister, Miriam, and cyclists from Pearse Partners Group, Katherine Howells, and Julian Chittock. Also taking on the 100-mile route were Stuart Norris and Georgina Waller, whilst UCLH RNT & EDH consultant Alam Hannan rode the 60-mile route on a Brompton folding bike in memory of his wife Nasifa. In total the team raised over £4,500! Thank you so much to our brilliant cyclists! #loveHCC

Community Roundup

Harry Katz successfully raised £1,220 for HCC by completing 1,000 push-ups over the course of one month. He undertook this challenge to express his gratitude to UCLH, where he received treatment for Non-Hodgkin's Lymphoma CNS. Harry praised the "world-leading department staffed by the most wonderful people" who saved his life.



Joanna Chlopas and her family hosted a charity football match that raised over £5,000 for Haematology Cancer Care. The event was a great success, and even featured a special appearance by England and West Ham football legend Sir Trevor Brooking.



Andrew Dunning swam an impressive 50 kilometres in support of his husband Andrew's leukaemia treatment at UCLH. In just one

month, Andrew completed 50,000 metres—equivalent to one and a half times the length of the English Channel—raising over £4,200!

Aisling Marken ran the Paris Marathon, and chose to fundraise for HCC after realising "how great a cause it was!" after she attended UCLH on a clinical visit as part of her course in health psychology. Aisling raised over £1570!



By Tori Marshall



Run a Marathon!

HCC supporters have run Marathons all over the world, including London, Brighton, Cardiff, Paris, Berlin, Reykjavik, and Sydney! If you'd like to try a Marathon in 2025 - as we do not have London Marathon places - why not apply for another one? The ones listed or there are many other fantastic options in the UK! We will give you lots of support as usual! Get in touch if you would like to run a Marathon for us!

We have places for the Brighton Marathon Sunday 6 April 2025! Get in touch to run this exciting Marathon!



Kerry's gets the London Classics!

Advanced Nurse Practitioner, Kerry White added another medal to her collection – the London Classics Medal! Kerry ran the London Marathon in 2021, completed Swim Serpentine in 2023, and cycled the RideLondon-Essex 100 this year, despite being a novice at all three sports! Kerry did all this for HCC! What an inspiration! Congratulations and thank you, Kerry!

£30 for 30!

To celebrate our 30 years anniversary of supporting haematology at UCLH, our £30 for 30 Campaign is helping us continue making a difference to the haematology unit! Donations to HCC sponsor all-important professional training and education for our nursing staff, free complementary therapy for patients and staff, state of the art medical equipment and research, and support for patients and staff! We're asking our supporters to consider making a donation of £30 or an amount of your choice - from £3 up - it all helps! Donate in the most convenient way, but please let us know if you are supporting this campaign by quoting £30 for 30!

HCC Stars:

Olly Briggs, Wendy Carlisle, Joanna Chlopas, Eleni Dee, Calum Dunn, Andrew Dunning, Tony and Jenny Goldstone, Sophie James, Harry Katz, Carol Kennedy, Aisling Marken, Matthew McArdle, Olly Milner, Lucy Musgrave, Enid Popple, Sonia Thomas, Daniel Van den eynde

Thank you for your extraordinary support!

SPECIAL DONATIONS

We gratefully acknowledge donations from friends, family and colleagues of:

Chris Baker, Neville Grant, Mark Titcombe, Glyn Wyman, Joyce Beverley Adigun, Chris Fassis, Efi Athanasiou, Vikki Box, Colin Burns, Ian Churley, Eileen Foster, Peter and Yvonne Higgs, Barbara Hutchinson, Mark Janes, Christine Kissock, Robin Ling, Lily Matharu, Sharon Elaine Mills, Marion Peach, Ian Revell, Michael Spencer, Christine Thorpe, Penny Wesson, David Wood, Don Urquhart, The Andy Sarsby Foundation, The Georgia Hutchins Fund, The GT Fan Club & Jessica Trotman Fund

I'm leaving a Legacy

HCC was a huge part of our daily lives while Graham was a patient, and since his passing, the team has remained a real source of comfort and inspiration to me, together with my friends and family as the GT Fan Club; and I do as much as I can to support them!



Graham and I wanted to make a provision to HCC as part of my updated will, which was simple to put in place and my solicitor was happy to advise how to manage the wording in a way that worked best for me. It means that I can gift money to HCC when I die, all as part of Graham's ongoing legacy. I encourage others to do the same. - **Mel Threader**

Haematology Cancer Care
Sara Goldman, Head of Fundraising
Simon Tolhurst, Fundraising Officer
Tori Marshall, Fundraising Officer

Editorial Board: Nicola Andrews, Tori Marshall, Mark Matharu, Simon Tolhurst

Design: David Wheeler
www.davidjwheeler.co.uk

Support Haematology Cancer Care!

HCC is completely funded by donations and directly supports the haematology services at UCLH. We are grateful for all donations, large and small, or use the order form below to purchase HCC cards, raffle tickets and merch. Please print your details clearly and return this donation / order form via mail.

Name: _____

Address: _____

Postcode: _____

Phone: _____

Email: _____

I enclose £ _____ Grand total.

giftaid it

Gift Aid Declaration - making your gift go further

I am a UK tax payer and would like UCLH Charity to treat all donations I make or have made for the past four years as Gift Aid donations until I notify you otherwise. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference. I understand that other taxes such as VAT and Council tax do not qualify and that the UCLH Charity will reclaim 25p of tax on every £1 that I give.

Signature: _____

Date: _____ / _____ / _____

Christmas Cards!



Rudolf
£4 pack



Madonna and Child with St. Francis
£4 pack



Special Delivery
£4 pack



Town Tree
£4 pack



Noel
£4 pack

Raffle Tickets

Please send me _____ book(s) of raffle tickets (five/£5 per book)

Shop Orders



Tote Bag
£5 each



Water Bottle
£10 each



Bandana
£3 each



Pack of 10 plain cards
Three colours!
£4 pack

Online Donations and Orders

- To donate online please visit justgiving.com/campaign/hcc - scan the QR code to visit this page
- Or, to sponsor staff directly visit justgiving.com/fundraising/hcc-teamhaem
- To order online, please email us with your chosen items and postal address.
- Cheques can be made payable to Haematology Cancer Care and posted to our mail address.
- To donate via BACS, please get in touch for our bank details.

Please contact us about anything fundraising or donation-related, including gifts for HCC in your will, or setting up a fund in someone's name.



HCC HaematologyLife Magazine (free, twice yearly) and HCC monthly supporter's email

Please tick below if you would like to receive news and updates from Haematology Cancer Care, and let us know how you would prefer to receive updates:

☐ Just mail ☐ Just email ☐ Both

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HCC, 5th Floor Garden Lift, UCLH Cancer Centre, Huntley Street, London, WC1E 6AG

Freepost RTKU-LJHX-LEJH, Haematology Cancer Care, 250 Euston Road, Ground Floor North, London NW1 2PG

mail: HCC, Ground Floor North, 250 Euston Road, London, NW1 2PG

e: uclh.hcc@nhs.net - t: 020 3447 9526 - m: 07930 260985

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