

IMPACT

act
Addenbrooke's
Charitable Trust

The supporter magazine for Addenbrooke's Charitable Trust

Autumn 2021



Discover the
robots at the
cutting edge of
surgical care

**The PaNDR saving young lives
every day**

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into COVID-19**

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Hello

Welcome to the autumn edition of your *Impact* magazine, our chance to show you the truly life-changing results of your incredible support.

For many of us, it feels like the journey back to normality is cautiously under way, reuniting with family and catching up with friends we haven't seen for so long. For Addenbrooke's, however, the recovery is only just beginning and normality is still a little way off. But with your help we're doing all we can to support that recovery and the wonderful hospital staff who are working so hard for us all.

One of the ways we're doing that this year is by fundraising for an additional surgical robot. This major innovation will radically transform the lives of patients at Addenbrooke's by greatly reducing recovery time, pain and discomfort. You can read more about this exciting project, as well as many other wonderful achievements your support has enabled later in this magazine.

Before I close, I want to thank you from the bottom of my heart - you have been there for Addenbrooke's through one of the most challenging times it has ever faced and that truly has made a big difference. As I hope this magazine demonstrates, your kindness is not only making this wonderful hospital even better, it is also saving lives.

With my very best wishes,

Shelly Thake.

Shelly Thake
CEO, Addenbrooke's
Charitable Trust



News in brief

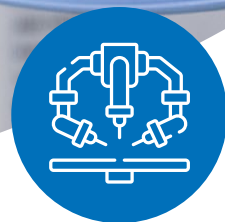
An international award for ACT-funded research

An ACT-funded study into COVID-19 has received an award at the International Society for Magnetic Resonance in Medicine annual congress. Jointly funded with the National Institute for Health Research, the ongoing research will continue helping to monitor patients recovering from COVID-19.





We have some of the best surgeons in the world – a robot could make them even better



A new website for a new type of children's hospital

A new website has been launched for the planned Cambridge Children's Hospital, complete with a video voiced by Stephen Fry, to showcase its pioneering approach to healthcare. It's the first hospital of its kind anywhere in the world, integrating both the physical and mental health of young patients, alongside medical research. You can find out more and catch up with latest progress at www.cambridgechildrens.org.uk



More funding for young Rascals

We are delighted to continue supporting RASCALS (Rapid Assay for Sick Children with Acute Lung Infection Study), which aims to establish whether a new genetic testing kit could improve treatments for critically ill children. Thanks to the donations and fundraising of grateful patients, ACT was able to continue supporting this important research that could help children with suspected lower respiratory tract infections.

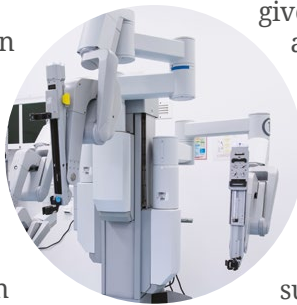


Meet the machines transforming surgery

The prospect of having an operation for many, if not all of us, is stressful and full of worries, such as – will I be in any pain afterwards, how long will it take to recover and go home, will I be left with a scar?



But imagine, instead of a three inch surgical incision you were having highly precise surgery; instead of a week in hospital you could be home in two days; and instead of weeks of potential pain and discomfort you could enjoy a speedy recovery in a fraction of that time.



That's exactly what robot-assisted surgery can offer and it is exactly why we are campaigning this year to *Buy Addenbrooke's a Robot*. It's also why our wonderful surgeons at Addenbrooke's are so whole-heartedly behind us. Despite being under even more intense pressure than usual, they've really stepped up to support our efforts. They've joined us on the publicity trail to raise awareness,

given their time for newspaper and radio interviews and they've even had their photos taken, which you might have seen on bus stops and posters across Cambridge. And all because they know just how much difference robot-assisted surgery could make for the patients at Addenbrooke's.

It's no exaggeration to say there's a revolution under way and the effect on patient care is set to be transformational. At the heart of it all are exciting technological advances in surgical robots. Robot-assisted surgery is a form of keyhole surgery where a surgeon controls a computer-enhanced robot that mimics their hands and wrist movements, making small incisions with absolute precision.



Robot assisted surgery could give our surgeons extra dexterity

“You can take the cancer out with a good margin...this is where the robot really comes in.”

Mr Krishnayan Haldar,
Consultant Gynaecological
Oncologist

We know what a transformational effect a surgical robot can have because Addenbrooke’s already has one. It is dedicated to kidney, bladder and prostate cancer patients and it has had truly life-changing results for hundreds of patients who might otherwise have faced more challenging recoveries.

Michael is just one of many patients who have experienced the benefits. Michael’s surgeon, using a surgical robot, accessed his kidney with just a few incisions. Instead of a lengthy stay in hospital, Michael was soon home, *“I was surprised by how quickly I recovered. My family and friends were phoning up saying ‘How’s the patient?’ and I was saying ‘I’m not a patient anymore, I’m absolutely fine!’”*

And it is these incisions that make all the difference because they can reduce the risk of complications and infection. And by preventing deep muscle scarring, they also minimise pain and discomfort and help patients recover so much more quickly. It can take weeks or months to recover from traditional ‘open’ surgery but, following robot-assisted surgery, patients can be discharged within a matter of days.

“Currently, it can be incredibly challenging to reach some tumours in order to treat them, but robotic surgery allows much better access to the head and neck area.”

Ms Ekpemi Irune, ENT,
Head & Neck Consultant

It is our aim that patients across six more specialities – including our colorectal team, urology, ENT, HPB and two gynaecological departments – will be able to return home to loved ones within days, face less discomfort and be able to bounce back more quickly. Thank you to the many supporters who have already generously donated to our campaign to buy an additional surgical robot for our hospital.



Surgeons have amazing vision with robot-assisted surgery

Saving hundreds of young lives with PaNDR



We're so proud to announce that a new and much-needed, dedicated children's ambulance service hit the road in April.

Funded with the help of generous supporters like you, this life-saving service transports the region's sickest babies and children from hospital to the nearest specialist intensive care unit across Norfolk, Suffolk and Cambridgeshire.

PaNDR (pronounced panda) stands for Paediatric and Neonatal Decision and Support Retrieval service and its role is to transport critically ill children, from tiny newborn babies, right up to 16-year-olds. As you might imagine, these life-saving ambulances must carry a great deal of equipment to meet the needs of such a wide range of ages. That's why we launched our fundraising appeal which, with kind donations and thousands raised by the Chariots of Fire relay race in 2019, has enabled us to fund life-saving equipment for two ambulances. The first is already in action and the second will be fitted out and ready to go soon.

“We are delighted to support the new children's ambulance service and thank all those members of the public who have been so generous with their donations.”

**Shelly Thake,
ACT CEO**

These highly amazing ambulances are just like an intensive care unit on wheels, fully kitted out with all of the specialist equipment needed to transport such critically ill children and babies. That includes a defibrillator, monitors, pumps, oxygen and ventilators attached to an adjustable trolley-bed so that patients of all ages can be cared for by a dedicated paediatric consultant and nurse.

Our new ambulance operates right across the East of England as part of the dedicated children's ambulance service. This service



benefits hundreds of patients a year, from pre-term mums and new-borns, to children up to the age of 16.

Deputy medical director and PaNDR service lead, Dr Sue Broster, said, *“This will give patients in this region the very best service possible.”*

Addenbrooke’s is home to the region’s largest neonatal intensive care unit and its only paediatric intensive care unit, so you might well spot the new ambulance with its PaNDR name, panda logo and staff dressed in dark blue uniforms with gold trim.

“
We want to extend our thanks to ACT, which has been a constant and loyal supporter. **”**
Sue Broster, PaNDR service lead

Small purchases, big impact

Sometimes it’s the little things that make a big difference. Here are a few thoughtful additions to Addenbrooke’s that have made a huge difference to the lives of patients and staff.

Making hospital a bit less scary for little ones



Many of our young patients who are unable to eat or drink must, unfortunately, have a nasogastric (NG) tube that goes through the nose and down their throat to the stomach. It’s never a nice experience, but ACT has funded the purchase of a range of fun, decorative tube dressings for children to choose from, called Tubie Cheeks, that will help make this unpleasant experience a little less scary.

Getting a buzz out of injections



Bright and cheery Buzbuzs provide distraction from pain from injections and are used to help needle phobic patients, young patients and those with learning disabilities to overcome their fears. They work by providing vibration and a cold sensation, ‘taking the sting out of shots’. Your support has helped buy a kit for the vascular access department (specialists in more complex intravenous insertions), along with lots of bravery stickers!

It's all thanks to you!

A new robot could help make our incredible surgeons even better



Quite simply, your kindness and generosity make everything we do possible. Here are just a few of the amazing ways you've helped make our world class hospital even better.

Finding new treatments for rare cancers

ACT received a generous gift from the will of Phil Croft, who sadly lost his battle with cancer, which is supporting vital cancer research at Addenbrooke's. One of the projects benefitting from Phil's kindness is focussed on finding new treatments for rare cancerous tumours, called gastrointestinal stromal tumours or 'GIST', malignant soft tissue tumours of the stomach.

The project, led by Dr Ruth Casey, a Consultant Endocrinologist in the Department of Medical Genetics, is particularly interested in a group of GISTs that have a defect in an important cellular enzyme called SDH.

"Many patients from all over the UK with SDH-GIST attend specialist clinics at Addenbrooke's. This means we have been able to recruit patients to the study so we can

better answer important research questions about new treatments. We are so very grateful that Phil left a gift in his will to support cancer research at Addenbrooke's. Thanks to his kindness, we will hopefully gain further knowledge about suitable treatment options for patients with this rare type of tumour."



“ Phil was really grateful for the care and treatment he received at Addenbrooke's. He would be so glad to know that his gift is now making a difference for future generations. ”

Angela, Phil's sister

ACT-funded research pilot leads to new COVID-19 findings

Addenbrooke's has been at the forefront of COVID-19 research and a pilot study funded by ACT has discovered a marker in blood that shows if someone has previously been infected by COVID-19. It's an important discovery, as antibody testing alone is not a reliable indicator, as Dr Mark Wills from the Department of Medicine (University of Cambridge) explains, *"Antibodies are one sign we look for, but not everyone makes a very strong response and this can wane over time and become undetectable."* By being able to identify and follow patients who have been infected, the team hopes to be able to identify patients who will need a booster. This information will become increasingly important as we return to work and school. The biomarker



could also become the first reliable way to diagnose long COVID-19, which, in turn, will provide a valuable measure in the search for effective treatments.



Testing time at home with DigiVis

We are delighted to have funded the development of a web-based App that allows patients to self-test their vision at home. DigiVis was created for those whose access to opticians, GP surgeries or hospitals is limited – all you need is two digital devices (a tablet and a mobile phone for example), a ruler and a piece of A4 paper! DigiVis has been made possible, in part, thanks to a kind legacy gift.



Taking steps to buy a robot with cakes and tractors

Hundreds of people across the country, including our amazing ACT community and staff at Addenbrooke's, have signed up for ACT's *1,000 Challenge*. The challenge is to fundraise £1,000 either individually or as a group towards our £1.5 million surgical robot appeal.

Here are just a few inspiring examples of how people have stepped up to the challenge:



The Vintage Tractor Club

The Cambridgeshire Vintage Tractor Club helped raise more than £6,000 for the robot campaign with their annual tractor run. More than 100 tractors, led by **Ray Parcell**, were seen driving through south Cambridgeshire villages, with onlookers cheering them on.

Stairway to the past, present and future

Cambridge resident, **Frances Dewhurst**, has challenged herself to walk up her flight of stairs 10 times a day for 100 days. Frances, who has arthritis, is doing the *1000 Challenge* in memory of her late sisters, Hilary and Charlotte. Hilary suffered from pancreatic cancer and Charlotte an untreatable brain tumour. Frances believes that they would both have benefitted greatly from robotic surgery had it existed at the time. She also revealed that her great-great-grandfather, George Wherry, came to Addenbrooke's Hospital in 1874 as the house surgeon and later worked as a surgeon during the First World War. Frances, who began her challenge using her stairs at home now includes stairs wherever she goes, said, *"I am using my connection to the past to fundraise for the future."*





Surgeons can't see inside a body in 3D – a robot can



Steps in the right direction

Tracy Hall stepped up to the challenge by walking for an astonishing 1,000 minutes in 24 hours to raise funds for the robot – that's over 16 ½ hours altogether. Tracy, who started this mammoth challenge at 4am, suffered infected legs but told us, *"It was a small price to pay. I was panicking that I wasn't going to raise enough money, but everyone was so generous."* Tracy, who is area manager of the Stock Shop at Addenbrooke's, was joined by friends and family en route and only stopped once for a 15-minute lunchbreak. She raised an amazing £1,625 in total.

And finally...our very own surgeon **Atanu Pal** ran the virtual London marathon to raise funds for the robot. His route spelt out the word ROBOT.



"Though running solo I was spurred on by passing locals and virtual support really kept the legs ticking over the last few miles"

Looking forward with hope for the year ahead

As the teams at Addenbrooke's prepare for the winter ahead, there is hope that the vaccine programme will limit the number of COVID-19 hospitalisations. We are also mindful that many other patients will continue to need the care of our incredible hospital staff. So it is more important than ever that ACT continues to be a steadfast friend of patients and staff. With your support we will continue to do just that throughout the year ahead, whatever it brings.

Further ahead, there is much to look forward to. We have plans to support a new cancer hospital and a trailblazing, new children's hospital. And every day, more people like you commit to helping us and our amazing hospital. We very much hope that together we will be part of the exciting developments to come, making our hospitals even better.

Thank you once again for your unstinting support, we really could not have navigated this pandemic without your kindness. Let us hope that 2022 will be a brighter year for the patients and staff of Addenbrooke's and for us all.

Heartfelt thanks to our incredible clinicians, and CUH Media Studio photographers, for the compelling images of our world class surgeons at work.

The surgical robot imagery featured is for illustration purposes only.

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If you would like to find out more about supporting Addenbrooke's with a gift in your will or our Free Wills Service, please visit www.helpyourhospital.co.uk/free-wills-service or call Alice on 01223 734 948.

We'd love to hear from you!

Good news, our charity offices are opening back up. Some of us won't be in everyday, but there'll always be someone there to say hello. You can also contact us through any of the usual channels too.



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