

# IMPACT

*act*  
Addenbrooke's  
Charitable Trust

The supporter magazine for Addenbrooke's Charitable Trust

Autumn 2023



**At the cutting  
edge of cancer  
treatment**

**Meet the game-changing, cancer  
beating machine saving lives**

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**Addenbrooke's gets an NHS 75th  
anniversary present to remember**

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# Hello

Welcome to the autumn edition of Impact, the magazine for wonderful supporters like you showcasing the amazing difference you make.

The hospital had an incredibly busy spring and summer, which included taking time to celebrate the 75th anniversary of our incredible NHS. We are all so very proud of it and I was particularly delighted to be able to present the new surgical robot to Addenbrooke's to mark the anniversary; all thanks to your support.

In this edition we focus on how cancer affects patients at Addenbrooke's and explore some innovative solutions that your support has helped fund. On page 4 we discover a remarkable device that is transforming cancer treatment for patients, some of whom would have received terminal diagnoses were it not for this machine.

Elsewhere, we look at the exceptional facilities available at Acorn House, where families of some of the sickest children in Addenbrooke's can find a home from home and some much-needed support just when they need it most.

We have also received the excellent news that the Chancellor has approved the outline business case for the new Cambridge Cancer Research Hospital.

I do hope you enjoy reading the stories in this edition of Impact. None of what we do for our hospitals, patients and staff would be possible without your ongoing support.

Thank you for continuing to help us make Addenbrooke's even better.

*Shelly Thake*

**Shelly Thake, CEO**  
Addenbrooke's Charitable Trust



## News in brief



Our world-class surgeons gave the new surgical robot a warm welcome

# 75

### never looked so good

The NHS turned 75 in July and thanks to your support we marked it with a thank you BBQ picnic and arts festival for staff – topped off with a performance by the Britten Sinfonia orchestra.

Addenbrooke's also welcomed presenter Kirsty Wark, celebrity Dr Xand and the BBC Newsnight team for a live anniversary edition. With an audience of hospital staff, a range of topics was

**Dr Xand supporting ACT**

discussed and hospital CEO Roland Sinker spoke about challenges in the NHS, but that he *“remains enormously hopeful for the future because of the outstanding care that I and my colleagues see every day in the National Health Service.”* A choir of children representing the Cambridge Children's Hospital project sang happy birthday to the NHS at the end of the programme.



Celebrations for 75th anniversary of the NHS



## The beginning of the end for cancer?



Plans for the ground-breaking Cambridge Cancer Research Hospital (CCRH) took a big step forward with the much-anticipated approval of the outline business case by the Chancellor. Professor Richard Gilbertson, Project Lead for CCRH neatly summed up the news, *“This is an exciting step in our journey to eradicate cancer.”* While Dr Hugo Ford, Director of Cancer Services at Cambridge University Hospitals said, *“This is a huge milestone in our plans to create a new specialist cancer research hospital that will deliver hope and better outcomes for millions of people across the globe.”*



An architect image of CCRH

# Welcome to the future of treating tumours

Our ability to provide Addenbrooke's with cutting edge equipment means that our wonderful hospital can continue to push boundaries and improve patient care. Of course, none of it would be possible without your support and that includes one of our newest additions which is already saving the lives of patients with cancer.



Addenbrooke's surgeon Dr Nadeem Shaيدا treats tumours using the new equipment funded by your generous support

This unique, game-changing device called the CAS One IR System is allowing surgeons to treat small tumours with greater precision than ever before. Using CT scans, rather than ultrasound, means the machine can pinpoint exactly where a tumour is and then calculate the precise amount of treatment necessary. Even hard to reach tumours that would previously have been untreatable can now be successfully treated. It's transforming outcomes and saving lives.



The traditional method of treating tumours via ablation (the burning away of a tumour with a needle) uses ultrasound. It is time-consuming, as multiple scans are often needed to locate the tumour, insert the ablation

needle, check its positioning and reposition. Patients would have to wait three months for a follow-up scan to check if all the tumour had gone. This is because immediately after ablation the tumour area shows as distorted on ultrasound and sufficient healing time must be left. If any tumour remains, then it must be treated again using ablation.

Very small tumours, or those hidden under other organs would not show up on an ultrasound so these patients wouldn't be eligible for ablation. They are now thanks to the new equipment.

We were invited along to an operation by Dr Nadeem Shaيدا, Consultant Vascular and Interventional Radiologist, to see this impressive machine in action treating a liver tumour.

What sets this machine apart is its remarkable precision. Using a special mattress to reduce movement in the anaesthetised patient, the surgeon takes a CT scan to find the exact location of the tumour with complete accuracy. The device calculates the exact trajectory of the needle, how far it should go in and how long to ablate for, then using a robotic arm the clinician burns the tumour away. And because the patient is still in a CT scanner, the surgeon can immediately scan again to ensure the tumour has gone.

Dr Shaيدا told us, **"This equipment makes such a difference to patients, in a few minutes a tumour will be gone. One of my patients asked me to use this machine again on a second tumour as their first operation had been such a success."**

It was fascinating to witness the teamwork involved in making a

sophisticated operation like this happen. From the initial briefing at 8am, it took two and half hours to set up the machine as there are so many elements and steps as well as a full theatre team of 10 highly skilled staff to assemble. The operation we saw involved a tumour that was hidden by the lungs. The device pinpointed the exact location of the tumour and calculated a precise treatment time based on its size. After just 4 minutes of treatment, the tumour was gone.

It's estimated that three times as many patients can be treated using this device compared with a traditional approach, which could help to reduce waiting lists. And as it is so accurate, there are also fewer follow-up treatments necessary. The surgery leaves only a pinhole, which means it is often performed as day surgery, with no overnight stay necessary. What's more, it's possible to treat multiple tumours at the same time, greatly reducing surgery time. But perhaps the most moving aspect of this machine is that, were it not for the incredible accuracy it offers, many of the patients it treats would have previously received terminal diagnoses.

In the future, we're hoping to expand the use of this remarkable, life-saving device to include kidney tumours and then, hopefully, even lung tumours. We are so lucky that with your support we can help bring cutting edge innovations like this to Addenbrooke's and change patients' lives.



# Bringing a bit of familiarity to our youngest cancer patients

## Providing an oasis of calm for families



Acorn and Chestnut Houses are more than just accommodation for the families of very sick children. They provide a home from home, an oasis of calm and a private space to retreat to during the most challenging of times.

Thanks to you, ACT has continued to support this vitally important facility, which does so much to help young patients and their families. Located on the Addenbrooke's hospital site the houses, run by The Sick Children's Trust, offer 24 private family rooms in total, just minutes from the children's cancer ward and Paediatric Intensive

ACT funding has helped create comfortable, calming and thoughtfully decorated living areas, with artwork throughout. A great deal of effort has gone into creating a homely environment. When children are undergoing surgery, parents often prefer to wait in the lounge rather than the busy hospital waiting areas.

To make sure that whole families can stay together here, including siblings, we've also helped to buy new pots and pans, a breast milk fridge, toys and books for all ages. That's as well as a new key card system that gives families access to the houses any time of the day or night, 365 days a year.

Emily, the house manager and her team are on hand to welcome guests and they often become a great source of emotional support to families too – friendly faces to talk to at a very difficult time.

Emily told us about one family who came to Addenbrooke's with their very sick child, "They had brought



Your support has helped to create calm living areas for families

*along a mattress in their car because they had assumed they would need to sleep in their car when they could while spending as much time as possible at the bedside. The parents were in tears when they heard that there was a place they could go and stay for free."*

Thanks to you, ACT has been able to make this facility even better for over 600 families that have needed this service in the last year, just when they needed it most. With your ongoing help, we hope to continue supporting this important service and the families who benefit from it.



Acorn House, family bedroom

## Bonding, bowling and bath bombs



Over the last year, ACT has funded a variety of engaging activities for teenage cancer patients receiving treatment at Addenbrooke's.

A wonderfully fragrant bath bomb workshop popped up in the teenage cancer ward social zone, where in-patients and day patients could make their own bubbly creations. It proved to be a great distraction for patients and helped them get to know each other. Your donations were also able to fund a pottery painting session on the teenage cancer ward, which was a brilliant way for the young people to interact in a fun environment.

And, following a suggestion from some of our young patients, we were delighted to be able to send 12 of them off bowling in Cambridge. They all had a great time and the activity not only brought a little bit of normality back into their lives, but it also gave them an opportunity to bond and chat with people they can relate to.

## Enhancing mental health care for young cancer patients



Your support funded travel costs that allowed a Teenage and Young Adults Counsellor to attend a Children & Young Peoples' Mental Health meeting in London. Attendees explored the factors affecting the wellbeing and mental health of younger patients and discussed how they can be best supported through an exchange of ideas.



Acorn House, playroom

# It's all thanks to you!

ACT relies completely on your generous and unstinting support. Without you, none of these wonderful things would have been possible.

## The robotic revolution continues

This year saw the successful culmination of our ambitious appeal to buy Addenbrooke's a new surgical robot. ACT CEO, Shelly Thake, was delighted to present this incredible new piece of equipment to the hospital on the 75th anniversary of the NHS.

It was so inspirational to see the wide variety of ACT supporters who stepped up to help us raise £1.5 million in so many different ways – from individual supporters to large trusts like The ALBORADA Trust and Mark Benevolent Fund. What's more, by using a generous gift from a will, we were able to buy a training console that allows

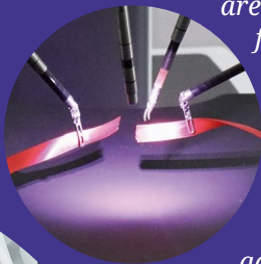
surgical trainees to gain hands-on experience of robot-assisted surgery alongside an experienced surgeon, allowing more teams to train and use the new robot.

The purchase of a new surgical robot is life changing, not just for patients at Addenbrooke's, but their loved ones too. More than 3,000 supporters and fundraisers played a part in helping us to achieve this goal.

Shelly said, *"Once again our fantastic and generous supporters are revolutionising healthcare for patients. Charitable donations not only help us fund that which cannot be funded by the NHS alone, but importantly helps us demonstrate the value of innovation that can then be adopted by the NHS."*

New specialities will benefit from robotic surgery, which means even more patients will be able to benefit from faster and less intrusive surgery, quicker recovery times and reduced scarring.

**New surgical robot cutting its own ribbon**



Quicker recovery times mean shorter hospital stays, which will in turn free up beds for use by other patients.

**“Addenbrooke's has always been at the forefront of surgical innovation and the arrival of a second robot is fantastic news for patients and the clinicians who treat them.”**

Professor Grant Stewart

Consultant, Mr Siong Seng Liau said, *"We thank ACT and the donors who made this possible. Their immense contributions will allow CUH to offer robotic surgery for the first time in five new specialities in addition to urology – with a large number of patients likely to benefit from these innovative surgeries."*

You may remember that Professor Stewart and Mr Liau both played very active parts in helping us raise money for this appeal and so it was a real pleasure to be able to present the robot to them on behalf of wonderful supporters like you.



ACT CEO Shelly Thake (second right) presenting the new robot to the hospital team

## Keeping cancer patients covered in cold weather



With the cost-of-living crisis continuing to bite, the Cancer Support Advice Hub has seen increasing numbers of cancer patients seeking help. Amongst them have been patients who, because of hair loss due to their cancer treatment, have felt the effects of cooler temperatures and lack of heating at home over the winter.

Your support for ACT has helped fund a second batch of super soft head coverings that the team can give out to patients when they come in for an initial discussion about financial support. Patients tell us the head coverings are not just comfortable and warm, they also help to boost confidence too.

# Fundraising superstars

Once again we have been inspired and moved by the remarkable fundraising stories and efforts of our fabulous supporters – especially those of all ages living with cancer. Thank you!

## Small steps making a big difference

In February this year, **Sue Banks** was diagnosed with ampullary cancer, which is rare and dangerous. It was devastating news for Sue and her family, but fortunately the cancer had been detected early. After extensive surgery at the beginning of March, Sue began the long road to recovery by setting herself a mammoth challenge to raise money for Addenbrooke's. Sue was advised to take small steps every day to aid her recovery and aimed to walk 30km by the end of March. She not only achieved her goal, but she raised an amazing £1,000 in the process.



## Kicking cancer

**David Bateson** was diagnosed with melanoma in late 2019, which unfortunately spread to his liver, lungs and spine. However, a course of immunotherapy has had some astonishing results. David's cancer has stabilised and he is now learning to live with cancer. By way of thanks, David – who is a huge football fan, arranged a pre-season friendly between Luton Town and Ampthill Town. David's football match has so far raised over £25,000 for Addenbrooke's to help us fund further research into treatments like immunotherapy.



David with ex-England goalie David James



## More than a cake sale

**Nemile** was six years old when she fell ill and was diagnosed with leukaemia. What followed was two and a half years of chemotherapy, hospital admissions and a great deal of pain. What made things even more difficult was the fact that the pandemic was reaching its peak at that time. So, as well as a worrying illness, she also had the restrictions and uncertainty of a global pandemic to contend with.

Nemile, who spent a lot of time on the children's oncology ward, told us, *"My time there, despite being ill, was memorable. The nurses made sure of that."*

To thank the team who looked after her so well, Nemile decided to hold a bake sale at her primary school to raise money. Nemile's mum said

**“This is just to say thank you to the team on the children's oncology ward for their relentless effort in seeing Nemile beat the deadly big C and to encourage them to keep up the good work.”**

To date she has raised over £1,000 for Addenbrooke's. Thank you Nemile!

## Here's to an exciting year ahead!

Thank you so much for continuing to be an essential part of the Addenbrooke's family. Every day you help us make a difference to the patients and staff of our wonderful hospitals.

As we move into the autumn and winter months after a busy summer, we can start looking forward to this Christmas and our exciting plans for 2024. As ever, our plans are centred around helping Addenbrooke's and the Rosie become even better with investment in research, innovation, cutting-edge equipment and, of course, the wonderful staff who work here.

Plans for the Cambridge Cancer Research Hospital (CCRH) are advanced and set to progress to an exciting new stage now that the outline business case has been approved by the Chancellor. We're also thrilled to report that a construction partner has been appointed for the Cancer Research Hospital.

We're so glad to have you with us and can't wait to share more about this ground-breaking project and how you will be able to get involved in the coming year.

## Call us

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## Email us

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## Visit us

[www.helpyourhospital.co.uk](http://www.helpyourhospital.co.uk)

## Write to us

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Hills Road, Cambridge, CB2 0QQ

## Join us online

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## Gifts in wills and our free wills service

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](http://www.helpyourhospital.co.uk/free-wills-service) or call our team on 01223 217 757



Registered charity number: 1170103  
Company registration number: 10469089

## We would love to meet you

Our charity offices opposite A&E are open every day from Monday to Friday. We'd love to see you, so please do drop in to say hello.



## Thank you

to the generous ACT supporter who baked this delicious cake celebrating 75 years of the NHS - which was enjoyed by some of our busy nurses, including Lee!