



GUTS

FIGHTING BOWEL CANCER

Autumn 2017 newsletter

The latest news from GUTS, the Guildford-based charity dedicated to improving bowel cancer survival rates through better screening, treatment, research and care.

Bowel cancer: the good news

When GUTS was established by Professor Chris Marks in 1983, the charity's aim was to improve survival rates by early diagnosis through the introduction of a local screening programme. The significance of this ambition is reflected in the latest statistics from Cancer Research UK, showing that over the past 20 years bowel cancer deaths in the UK have declined by 31%. The improvement is attributed to a number of factors, including the introduction of the National Bowel Cancer Screening Programme, more effective treatment and an improved awareness of symptoms* among both GPs and patients.

The incidence of bowel cancer has actually increased slightly over the same period so a reduction in deaths is particularly encouraging.

The national screening programme is identifying some early cancers and pre-cancers before any symptoms have become apparent and these

are being treated with a greater than 90% success rate; survival from later stage cancers is also improving, thanks to better diagnosis, surgery, imaging, radiotherapy and chemotherapy.

The national bowel cancer screening programme (for people aged 60-74) has a new, more user-friendly test in the pipeline which should be rolled out in the near future. The expectation is that this should increase the uptake for testing (currently less than 50%), leading to more cancers being detected at an earlier stage. GUTS continues to offer screening for people outside that age range who are particularly affected by bowel cancer because of their family history.

***Symptoms of bowel cancer include a change in bowel habit (constipation/going more often), blood in stools or bleeding from the bottom, a lump in your tummy, abdominal pain, weight loss and tiredness.**

If you experience one or more of these symptoms, tell your GP.

Join our fight against bowel cancer: make a donation using the form on p4 or give online: www.gutsfbc.co.uk



Jane Carnall (right) and swimming pal Stefanie with their Big Chill medals

Jane splashes the Chill Swim

Jane Carnall is a regular wild water swimmer but even so taking on the annual Chill Swim at Coniston Water was a huge challenge. Before signing up for the event, the furthest she had swum was 3km but the distance of this race is 8.4km (5.25 miles) and the water temperature a bracing 16-18C. She decided to use the swim to raise money for GUTS and set herself a target of £500. On the day of the swim the weather was ideal: sunny with virtually no wind. Jane smashed her target of 3 hours 15 mins, coming in at 3 hours 2 mins.

Jane is a chef and has her own catering business ('Really Hungry') so belongs to a local BNI business networking group. To encourage sponsorship from the other members she promised to come to the meeting dressed

in her wet suit and swim cap if they helped her reach the target.

It was more than doubled and true to her word she made quite a splash at the first meeting after her swim, turning up and sitting throughout the two-hour meeting in her swimming gear!

The distance is equivalent to 360 lengths of the Spectrum pool or 21 laps of an athletics track. Jane would have burned about 2500 calories during the swim.

She said: "I chose to support GUTS because it's a local charity and a really good cause but I subsequently found out that a friend had bowel cancer and is now being treated at the RSCH, so it meant a lot to me.

"I might do a similar swim again but go to a meeting in a wetsuit? Probably not!"

inside stories

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John's chemo stroll comes to a close

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The GUTS tea towel: virtually famous!

Have you heard of the Virtual Tea Towel Museum (www.virtualteatowelmuseum.com)? We hadn't but were thrilled to be invited to contribute to the museum's 'collection' by its curator, Barbara Howard. Barbara wrote a fantastic preamble to our tea towel story, reproduced here for those of you that don't use the internet:

When I reached the age of 60, just after my actual birthday the NHS sent me a surprise present. A small envelope arrived in the post. I couldn't guess what it was. Is it a birthday present that I wasn't expecting? Well, it certainly wasn't a birthday present and, as Lyra would say, it wasn't something that I was expecting! Looking with horror, I found a bowel cancer screening kit. Part of me thought 'that's a good idea; something that can be done in the privacy of my own home' and the other part thought 'OMG, how am I going to cope with that?'. I diligently read the instructions; I didn't understand them because I wasn't concentrating, I was just too taken up with the little spatula and having to do this three times, on different days. I put it to one side; I discussed it with Pete, in a vague, non-committal way sort of a way, where neither of us mentioned faecal matter (or whatever phrase you might use). He has completed his screening so I sat down, and said to myself, "Get a grip. This is for your own good. You're not having a tube shoved up your backside. It's a simple test. No one does it to you; you can do it in the privacy of your own bathroom". Having had a good chat with myself, all I had was the mental image of a room in the Royal Infirmary where some poor sod receives hundreds and thousands of envelopes, with three stool samples in each. After that I posted my envelope and a couple of weeks later a letter comes back saying my test was clear. That was my birthday present; the 'all clear'.

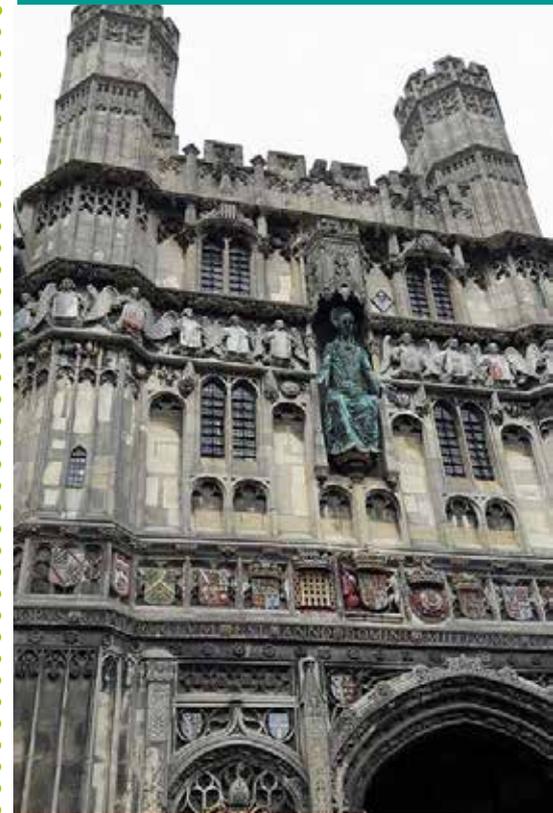
The fact is 1 in 18 of us will get bowel cancer at some time in our lives; it is the third most common form of cancer in UK and the second biggest cancer killer after lung cancer. With stats like that, why wouldn't you do a bowel cancer screening test when the NHS is giving you the opportunity to do it painlessly and privately at home? As I said to myself, "get over yourself, Barbara".

It is thanks to organisations like GUTS that I have that opportunity. GUTS was founded in 1983 with the aim of improving screening and detection. GUTS is based at the Royal Surrey County Hospital. As a charity it funds research, equipment and better ways of treating the disease. It runs a Family Colorectal Cancer Clinic offering advice and screening to people at a high risk of developing bowel Cancer. As part of its fundraising it has a fabulous tea towel and this is its story:



Although the pig featured on our tea towel is not the charity's official logo, it is part of our history. GUTS was set up by Professor Chris Marks in 1983. A group of his friends and patients got together to raise money to establish a local screening programme for bowel cancer. They needed to raise a considerable sum and so hit the streets of Surrey with Gertie Guts in tow. She was a life sized pig on wheels, made out of papier-mâché – basically a giant piggy bank. Gertie was responsible for raising a lot of the charity's start-up money – although she did get a bit of help from the late George Michael when two of the charity's early supporters ran in the first London Marathon and he sponsored each runner for an incredibly generous £500 a mile. Gertie continued to put in regular appearances at GUTS fundraising events and street collections but she is now enjoying a well-earned retirement in leafy Godalming. Like a lot of women of a certain age, she has been plagued with what might politely be called 'undercarriage trouble'! Gertie may be gone but is never forgotten as she has now been immortalised on the charity's official tea towel. The colourful interpretation of Gertie was designed by GUTS trustee Phill Davies, a graphic artist by profession. The tea towels are sold in the Endoscopy Department at the Royal Surrey County Hospital and at events, local fairs and markets as well as online. The tea towel is perennially popular, raising several hundreds of pounds a year for GUTS.

If you already have the GUTS tea towel, maybe you'd also like one of our new GUTS aprons, featuring the same design and available from the GUTS website, by post or from the GUTS stall at Guildford Farmers' Market on the first Tuesday in November and December. Aprons are £10 each, tea towels £5 - or buy a gift set of an apron and tea towel together for £13.



Photographer John has recorded his Chemo Stroll in pictures - go to www.facebook.com/chemostrollin or www.johnmundyportfolio.com to see more of his fabulous images.

John's Canterbury tale...

John Mundy finished his Chemo Stroll along the Pilgrims Way in Canterbury on September 16, raising a fantastic £3,000 for GUTS along the way. John was having chemo sessions in between stretches of the walk so it was quite a feat. He said: "It was really good to have something else to focus on while I was having the chemo. I found the walking beneficial both mentally and physically, and it gave me the opportunity to get together with friends so I'm pleased I did it." The strollers ended in true pilgrim style at the Cathedral for Evensong, after which they met with the Archdeacon. Then the day was rounded off with a curry and a few well-earned pints!

...Jenan's fun fundraiser

It's not often a surgical registrar has licence to publicly mock a consultant so Jenan Younis took full advantage of the opportunity when she organised our 'Spill Your GUTS' comedy night in July. Unfortunately despite her best efforts in priming the comedians on our consultants' various foibles, they proved to be incapable of embarrassment – in fact some might say they actually enjoyed the attention! The five acts and brilliant MC went down a storm in front of a capacity audience in the hospital social club and a good time was had by all. We are really grateful to Jenan for organising the evening, which raised £1300 for GUTS.

Shoot hits big target!



The **Hoopwick Farm clay pigeon shoot** raised an amazing £12,000 for GUTS earlier this year. The morning's sport was followed by a delicious lunch courtesy of Conisbee Butchers, a raffle and auction. A great day!

Many thanks to all concerned, especially host John Camping, family and friends, including Charlie Fulk and Mr Fulk snr, pictured left.



36 miles all in a day's run for Ultra athletes

Our inaugural GUTS Ultra run was not for the faint hearted – over 50 athletes followed a 36-mile trail from Barnes to Guildford, joined by more than 100 half-marathon runners for the final stretch from Effingham Junction. Many thanks to our wonderful volunteer marshals for manning the pitstops – we genuinely couldn't have done it without you.

Swinging in the rain

After being incredibly lucky with the weather for the past three years, this year's Jazz at Loseley Park was a bit damp, even though the Ella Fitzgerald inspired music was most definitely HOT!

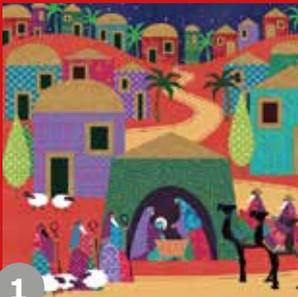
We are as ever grateful to Marianne Windham of Guildford Jazz and everyone at the Loseley Estate for their support - despite the rain we raised over £3000.



The annual **GUTS Motor Tour** raised £4000 for GUTS this year. Thank you to everyone involved, in particular the Lewis family for hosting the destination point, where our 'tourists' were treated to a guided tour of a private motor museum. The museum houses a fantastic collection of vintage and classic cars, and some wonderful motoring ephemera.



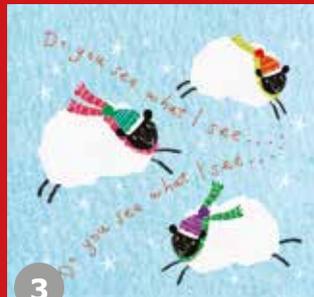
CHRISTMAS CARDS FROM GUTS: Order by post or online: www.gutsfbc.co.uk/shop/



1



2



3



4



5



6

QUANTITY	DESIGN	COST PER PACK	£ TOTAL
	1 The Christmas Story	3.80	
	2 The Little Toy Shop	3.80	
	3 Do you see what I see?	3.80	
	4 Oh Christmas Tree	3.80	
	5 On the Rooftop	3.80	
	6 A Pile of Presents	3.80	
		SUB TOTAL	
		DONATION	
		TOTAL	

Postage: there is no postal charge but if you would like to make a voluntary contribution, please include it as a donation (which can be Gift Aided if you sign the declaration overleaf).

CHEQUES MADE PAYABLE TO GUTS. DON'T FORGET TO COMPLETE YOUR ADDRESS DETAILS OVERLEAF!

ALL CARDS COME IN PACKS OF 10.

Card sizes: Cards 1, 3 & 4: 135mm x 135mm

Cards 2 & 6: 120mm x 170mm Card 5: 95mm x 185mm

Please indicate your preference if your selection is out of stock:

Substitute with similar card Refund

Message inside all cards reads:

With Best Wishes for Christmas and the New Year

MORE CARDS ONLINE: www.gutsfbc.co.uk/shop/



Christmas Carols at St Marks

December 9, 6.30pm
St Mark's Church, Wyke
£15, children free

A local choir will lead the singing at this traditional carol concert. The service will be led by Revd. Alison Craven with readings from the Christmas story by friends of GUTS. After the service, mince pies and mulled wine/fruit juice will be served in the Church Hall.



Bolt Round the Holt
Alice Holt Forest GU10 4LS
March 2018

Our popular running event will be celebrating its 10th year in 2018. It's going to be an extra special year so register early to ensure your place! Offering distances of 5k, 10k or 21k the run follows lovely undulating paths through the forest, and is entirely off-road. Children's 2k/5k fun runs, and cani-cross runs on offer too, so a great day out for all the family, two-legged or four!



London-Paris Cycle
6-10 June/ 15-19 Aug
Registration Fee £125 +
Min Sponsorship £1600

Four days in the saddle cycling 308 miles from capital to capital. Our route follows quiet lanes and passes through market towns, also taking in the war memorials and cemeteries of the Somme. A spectacular finish awaits - the Champs Elysées to the Arc de Triomphe and finally the Eiffel Tower, marking our finish line.



Three Peaks Challenge
September 21-23 2018
Registration Fee £75 +
Min Sponsorship £760

A total 10,000 feet climb and 26 mile walk, taking up to 15 hours - it's no wonder this charity challenge is the most highly regarded trekking event in the UK. This professionally-led challenge will test you physically and mentally but your sense of achievement will be second to none!



Machu Picchu
25 Sept-Oct 4 2018
Registration fee: £250 +
Min Sponsorship: £3500

A once in a lifetime adventure! Spectacular scenery, sub-tropical jungle and a mix of Inca ruins are your reward for your physical and mental endeavour. This Machu Picchu trek is organised through the best tour operators in Cusco who ensure that porters and guides are fairly paid and provides our own chef cooking delicious filling food each day.

For details, more events and tickets go to www.gutsfbc.co.uk/events or telephone 01483 408316

MAKE A DONATION AND HELP OUR FIGHT AGAINST BOWEL CANCER...

WE CAN ONLY CONTINUE OUR WORK THANKS TO THE SUPPORT OF OUR DONORS - THANK YOU!

DONATIONS

I enclose a cheque/postal order payable to GUTS for:

£10 £25 £50 Other £

Name

Address

Postcode

Email

Telephone

GIFT AID

If you pay tax in the UK you can Gift Aid your donation, which means we can claim the tax you have paid on the amount. In order to Gift Aid your donation you must tick the box below:

I want to Gift Aid my donation of £ to GUTS
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.

Signature Date

REGULAR GIVING

By making a Standing Order you will be helping us to plan our future charitable activities - thank you!

To: The Manager (YOUR BANK DETAILS).....

Please pay the sum of £..... on..... and thereafter

Monthly on the..... day of the month OR

Annually on..... until I notify you otherwise, to:

GUTS at National Westminster Bank Plc
Account 10326103 Sort Code 60-09-21

Account Holder(s).....

Signature

Sort Code Account No

KEEPING IN TOUCH: FIRST TIME DONORS

If this is the first time you have made a donation to GUTS - thank you! We would like to keep you up-to-date with news of our events and charitable activities but will only do so if you indicate consent by ticking the box below.

Yes I would like to receive GUTS news

Preferred method(s): Post Email Both

KEEPING IN TOUCH: EXISTING SUPPORTERS

You can change your mailing preferences by contacting us on 01483 408316.

To make a donation by post, please complete and send to:
GUTS Fundraising Office, Level A, Royal Surrey County Hospital, Egerton Road, Guildford, Surrey GU2 7XX
To make a donation by credit/debit card please go to www.gutsfbc.co.uk and follow the 'Donate' link.

WE DO NOT SHARE DONORS' DETAILS WITH ANY OTHER ORGANISATION.