

IMPACT

30th Anniversary
act
Addenbrooke's
Charitable Trust

The supporter magazine for Addenbrooke's Charitable Trust Spring/Summer 2025



**Discover 30 years of making
a difference**

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**It's all thanks to you! Your support
makes everything we do, possible**

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Hello

Welcome to the spring edition of Impact, the magazine for loyal supporters like you to showcase the difference you make. It's always a pleasure to share some wonderful stories and say a heart-felt thank you for helping to make them possible.

This year we have a rather special milestone to celebrate, our 30th birthday. As you'll see on pages 4-6, we have achieved some truly amazing things that have transformed the lives of patients and staff – from surgical robots to MRI scanners, pioneering research to calming spaces.

I look back with the utmost admiration at those founding fundraisers who were so determined to ensure that Addenbrooke's Hospital had the best possible radiological equipment. Through their hard work, patients gained benefit from the first MRI scanner in the East of England. And 30 years on, I am delighted to see those same qualities in supporters like you whose generosity, passion and kindness makes such a difference to our hospitals, and the patients we serve. We are incredibly proud to be part of ACT and will be forever grateful for your support.

Although this may be a milestone year for us, rest assured we're firmly focused on the future too, especially our campaigns for the Cambridge Children's Hospital and the Cambridge Cancer Research Hospital.

I hope you enjoy reading about just some of the life-changing equipment, innovation and research you have helped make possible.

Best wishes,

Shelly Thake.

Shelly Thake, CEO
Addenbrooke's Charitable Trust



News in brief



Giving the gift of time



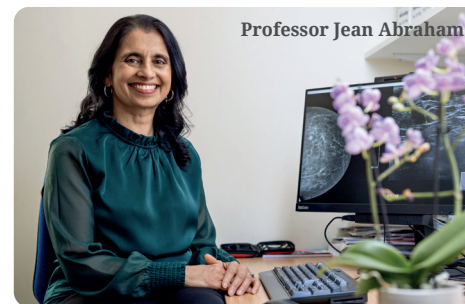
Thanks to your generous support of our Christmas Appeal, we are able to purchase groundbreaking new heated chemotherapy equipment. This important new kit will help patients with incurable ovarian cancer live months, perhaps years, longer giving them precious time they can spend with loved ones and focusing on things other than their cancer.



30 never tasted so good!

If you happen to be in Cambridge this summer, you may notice two businesses are putting their own delicious twists on our 30th birthday celebrations. Bakery and café Fitzbillies have wrapped their shop window in a special ACT birthday vinyl, as well as launching a special edition cupcake in our honour. Jack's Gelato, meanwhile, is busy putting the finishing touches to a new flavour of gelato to mark ACT's 30th birthday.

Transformational research into breast cancer treatment



Every single patient has survived their breast cancer three years after taking part in a groundbreaking trial, funded with the help of supporters like you. This is an astonishing improvement in survival rates for patients with aggressive, inherited breast cancers. Led by Professor Jean Abraham, researchers

have discovered that a new approach to treatment has resulted in 100% survival rates for the patients taking part, three years after surgery. The findings could be applied to other types of cancer caused by faulty copies of genes, including pancreatic, ovarian and prostate cancers.

"One of the greatest privileges we have as a charity is supporting transformative, pioneering and radical people. Jean is one of those individuals and her work remains one of the most powerful examples of what ACT – and the wonderful people who donate to ACT – can make possible."

Shelly Thake, Chief Executive

From 1995 with love 30 years of ACT

There are many wonderful milestones in the long history of Addenbrooke's and this year we get to add another, the 30th birthday of Addenbrooke's Charitable Trust (ACT).

Just as Addenbrooke's hospital itself was founded on generosity and community spirit, so ACT also came into being. Forged out of a group of fundraisers in the 1990s, ACT has gone from strength to strength, making an impressive impact over the last 30 years.

Our Chief Executive, Shelly Thake, explains, *"It was the forward thinking of this group of fundraisers that brought us to where we are today after they decided that the people of Cambridge deserved the best medical diagnostics and fundraised for the first MRI scanners here in the city."*

While ACT's impact is keenly felt across our hospitals, by staff, patients and their families, it has also stretched far beyond Cambridge and the East of England. Through funding early research and investing in home-grown innovations, ACT's work benefits patients nationally and around the world.

Of course, none of the amazing things we have done over the last 30 years would be possible without the kindness of our supporters.

Here are just a few highlights.

Funding the first ever MRI scanner in the East of England.



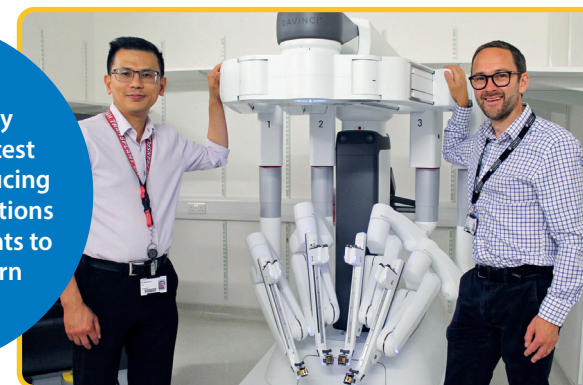
Building a new extension to the Rosie maternity hospital, including one of the biggest neonatal units in the UK, opened by the late Queen and Duke of Edinburgh.



£250,000 for a much-needed refurbishment of the Paediatric Day Unit.

Transforming the Haematology Day Unit into a £1.5 million, state-of-the-art space with new life-saving facilities, doubling the number of patients they could see.

A £1.5 million campaign to buy Addenbrooke's latest surgical robot, reducing the risk of complications and allowing patients to recover and return home quicker.



Seed funding for Professor Rebecca Fitzgerald's pill-on-a-thread – now used in the NHS to help diagnose more cases of Barrett's oesophagus and also part of a ten-year trial to see whether it could be rolled out as a national screening programme.





Funding the UK's first MRI scanner wrap, featuring calming, nature-themed images to alleviate anxiety, allowing patients to go through the scan on the first attempt, saving lives and thousands of pounds.



Funded a virtual reality headset to improve lives of palliative patients by reducing pain and anxiety levels.



Nancy Burridge, Clinical Nurse Specialist, and Dr. Ben Clark, Speciality Lead, Palliative Team at Addenbrooke's Hospital with a virtual reality headset.

Funding a life-changing outdoor terrain area at the new Prosthetics and Orthotics Unit, allowing patients to practise walking on different surfaces before leaving.



Transforming the outpatients X-ray waiting room, with walls wrapped in special woodland-themed vinyl in honour of Emily, who loved going to the woods.



While taking a moment to look back at past achievements is right, we are always looking to the future. And what an exciting beginning we have to our next 30 years with the building of two new hospitals, the long-awaited Cambridge Children's Hospital and the Cambridge Cancer Research Hospital. With your support, we will help to pioneer a whole new approach to caring for children, as well as changing the story of cancer for good. We can't wait!

Small purchases, big impact

Sometimes it's the little things that make a big difference. Here are a few projects you've funded that may not be large in value but have helped patients and staff.



Nina Overend, Ward Clerk

Emergency distractions for children

Waiting for medical interventions or assessments in the paediatric emergency department can be a hugely stressful, anxious time for children. Thanks to your support, ACT has funded wall mounted iPads across the department loaded with games suitable for all ages. They will provide a welcome distraction for children while waiting in the emergency department and help ensure a positive hospital experience for all.

In the swim of things

We've provided crafts and activities to make the dementia ward day room nicer to spend time in, even re-stocking their fish tank with fish – providing entertainment for patients and staff alike!

Making time

Patients with dementia often find standard clocks a challenge, which can lead to heightened confusion and anxiety. So ACT has funded dementia-friendly clocks across Addenbrooke's, featuring easy-to-read, high contrast displays and traditional faces. They will help patients with dementia keep track of time, stay grounded and ease the distress or anxiety they might feel in an unfamiliar environment.



It's all thanks to you!

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.

Are you sitting comfortably?

Tai chi is an effective exercise for patients who have high impact pain due to fibromyalgia. Unfortunately, the chairs available to use were uncomfortable and unsuitable, so with your help we've been able to buy more appropriate chairs that are padded and do not interfere with the movements for this seated version of the class.



Catherine Pride -
Dementia Specialist Nurse



RITA brings back cherished memories

A RITA (Reminiscence Interactive Therapy Activity) system is a truly magical digital device allowing older patients with dementia to rediscover much-loved songs, films and memories, helping to entertain, relax and comfort. A previous trial of RITA machines saw a 63% reduction in falls over two months, so we were pleased to fund seven more machines which will have a huge impact on patients' wellbeing.

A second powered wheelchair for the Lewin unit



Thanks to the generosity of a former patient, we've been able to buy a second powered wheelchair for Lewin stroke and rehabilitation unit. It will make a huge difference to otherwise immobile stroke patients, allowing them to regain some independence moving around the ward and visiting the hospital grounds.

Supporting teenage cancer patients



Thanks to you ACT has continued to support teenage and young adult cancer patients. Over the past year we have funded 11 events including go-karting and pottery, providing an opportunity to meet and talk to people their own age outside of the hospital environment.

Outdoor speech therapy is a GIFT

ACT was delighted to help fund Group Intensive Fun Therapy (GIFT) for children with longstanding cleft speech characteristics to help children practice their speech in real-life group situations, provide psychological support, as well as nurture independence and confidence. Held primarily outdoors, away from traditional clinic rooms that can be intimidating and heighten anxiety, the groups also give children the opportunity to meet others with the same cleft speech characteristics. The feedback from the children attending has been hugely positive and heartwarming in equal measures.



Transforming lives in ICU



Patients in the intensive care unit often encounter issues with swallowing after prolonged intubation. Your support has helped to purchase Fibreoptic Endoscopic Evaluation of Swallowing (FEES) equipment helping develop the FEES service – almost doubling the number of critical care patients that have benefitted from this procedure. The FEES service not only aids patients' rehabilitation from critical illness, but often has immediate benefits to patients' quality of life, by allowing them to eat and drink again.

The legacy of ground-breaking research



A recent legacy has funded world-leading research into therapy for Parkinson's disease. Led by research fellow, Dr Saeed Kayhanian, two Addenbrooke's patients are taking part in this first human trial of stem cell therapy. What's more, the initial legacy funding has helped Dr Kayhanian secure a further fellowship that will allow the research project to continue.

Leaving a gift in your will is a wonderful way to leave a lasting legacy, helping to make a difference in the care of generations to come.

Fundraisers in action

We are always so thankful to those superstars who selflessly give their time and energy to raising money for Addenbrookes.

Getting in the swim of things

Diagnosed with chronic kidney disease in 2001, Adam Hextall lived with the disease that continued to gradually worsen. He credits his love of long-distance swimming with keeping him off dialysis and was overjoyed when the transplant coordinators called last October to tell him he had a match.

The very next day after receiving his transplant, Adam knew he wanted to do something to say thank you to the surgeons. Soon after, he planned his fundraising challenge – to swim 15km over 14 days.

Adam raised £1,280!



No socks, donations please

When Malcolm Moore celebrated his 87th birthday with his family, he had a very good idea about the gifts he would like, **“I really don’t need any socks or jumpers, so I asked my family and friends to donate to Addenbrooke’s Charitable Trust. I have had lots of amazing care at Addenbrooke’s and I would like to give back to them.”**

Malcolm raised £350!



Running the streets of Paris

David and his friends have raised an amazing £3,915 to date.

Katie and David Ramsden’s son, Dexter, received life-saving surgery and care at a very early stage of his life. While he was in surgery, Katie and David discovered ACT’s fundraising stand in the hospital. David signed up to run the Paris marathon to support Addenbrooke’s. His friends, Jack, James and Niall offered to join him and we’re delighted to say they completed it!

“Katie and I are hugely grateful to Addenbrooke’s, particularly the surgeons and anaesthetists for providing his treatment, the nurses who cared for Dexter before and after surgery and the radiologists who helped to form a diagnosis.”
David Ramsden

A marathon for Hallie

In February 2023, just five days after bringing home their baby daughter, Hallie, Josh and Fiona Scarlett’s world was turned upside down. Hallie was rushed to hospital with severe intestinal complications that required urgent surgery. After a transfer to Addenbrooke’s by the ACT-funded PaNDR paediatric ambulance service, Hallie received lifesaving surgery.

It was then that they discovered Hallie had cystic fibrosis, requiring extensive medical support from the team at Addenbrooke’s. The good news is that, after four months of hospital care, Hallie returned home and together they could finally start life as a family. Josh told us, **“We can never fully repay the debt we owe to this hospital. They gave us our little girl back! To show our gratitude and help ensure they can continue to support countless children and families like ours, I will be running the London marathon.”**

Josh completed the London Marathon in April and raised £4,708.



Baby Hallie enjoying her tea!



Onwards and upwards!

Your support has made so many wonderful things happen here at Addenbrooke’s and beyond. Thank you for helping us to change lives and save lives, we really could not do it without you.

We will enjoy celebrating our 30th birthday and will look back with pride at what we have achieved together but, as always, our focus is steadfastly on the future. For our next 30 years, we have even bigger ambitions to continue making a difference not just locally, but nationally and internationally.

First and foremost, that will include our public appeal to build two ground-breaking new hospitals. The Cambridge Cancer Research Hospital (CCRH) will bring together clinical expertise, world-class scientists and pioneering research to detect cancer earlier, treat it more precisely and ultimately stop it from happening at all. The Cambridge Children’s Hospital (CCH), meanwhile, will be the first in the world to combine patient care to include both physical and mental wellbeing in children.

Thank you once again for being a part of the Addenbrooke’s family, your wonderful support makes a difference to our patients and staff every single day.



Call us

01223 217 757

(9am-5pm Monday to Friday)

Email us

hello@act4addenbrookes.org.uk

Visit us

www.act4addenbrookes.org.uk

Write to us

Addenbrooke's Charitable Trust
Box 126, Addenbrooke's Hospital
Hills Road, Cambridge, CB2 0QQ

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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.act4addenbrookes.org.uk/free-wills-service/ or call our team on 01223 217 757

We'd love to meet you

Our charity offices are open every day from Monday to Friday so please do drop in to say hello. We are opposite A&E and we are always delighted to see you.



Happy 30th birthday ACT – and a warm thank you
to your supporters for their help over the years!
Jane Olds, Matron Adult Critical Care



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