



Cobalt
Diagnostic Imaging for Life

COBALT NEWS

Spring Issue

We believe everyone should have access to the best medical imaging for their diagnosis. We are a charity that invests in equipment, research and education to help this happen.



**Update on Dementia from Professor Gordon Wilcock,
Dementia Advisor to Cobalt.**

This Issue

In our first 2017 issue we are bringing you up to date with Dementia in an article written by our Dementia Advisor, Professor Gordon Wilcock and we introduce you to Liz, one of the two Senior Research Nurse Practitioners who works at the newly created Fritchie Research Centre for dementia, in Cheltenham. We take a look at the latest news from Cobalt's new ITM Imaging Centre in Birmingham and how the fundraising is going for this vital research hub.

Catherine who works in our Bookings Team talks about her role and we celebrate the work of our fantastic supporters and give you some important dates for your diary. We have enclosed one of our new money boxes, your small change can make a big difference.

Please enjoy the newsletter and do keep in touch

Julia



Julia Jenkins, Head of Fundraising

THANK YOU FOR YOUR OLD CHRISTMAS CARDS – WE ARE TURNING THEM INTO MEDICAL IMAGING!

Our upcycling scheme involves over 100 amazing volunteers. With help from our fantastic corporate partners Printwaste, card recycling boxes are placed in local businesses and we also collect them here at Linton House. The donated cards then undergo a process of sorting and crafting to produce beautiful Cobalt branded 'new cards' which in turn raise a whopping £30,000 for Cobalt every year.

If you have any greetings cards – don't throw them away, please consider collecting them and donating them to Cobalt. Not only will you be doing your bit for the environment you will also be helping Cobalt to raise valuable funds. We accept Christmas cards in January and greetings cards throughout the year.



The Cobalt year by numbers...



50,000 patients seen each year



6 Mobile MRI Units



£53,000 raised in the Christmas Challenge Big Give Campaign which took place in November 2016. Matched funding was kindly provided by the Clive and Sylvia Richards Charity.



£250,000 largest charitable donation received to the Charity from the Clive and Sylvia Richards Charity



54 In Aid of Events organised by volunteers to raise funds for Cobalt



£15,893 raised from change given in our Collecting Tins

ITM Imaging Centre update

Cobalt is collaborating with a leading research institution, the Institute of Translational Medicine (ITM) and the Queen Elizabeth Hospital Birmingham (QEHB) to develop a new Magnetic Resonance Imaging (MRI) Research Facility. The service will enable a broad range of research for many specialities including cardiac, liver, oncology and neurosurgery.

I am delighted to report that the first major step of making this a reality was taken in December, with delivery of the modular building and the cutting edge MRI scanner. The service has been fully operational since the 16th January 2017. The purchase of the scanner was kindly supported by the Clive and Sylvia Richards Charity, who made a £250,000 donation towards the project. The scanner will be named the 'Ted and Flo Richards MRI Scanner' in memory of Clive Richards' parents.

We would like to thank all those supporters who donated to our Christmas Big Give Challenge which contributed over £50,000 towards this very special project.

Trusts, Foundations and individuals who have supported the ITM project so far, including the Clive and Sylvia Richards Charity, Eranda Rothschild Foundation, Spirax Sarco Charitable Trust, Eveson Charitable Trust, P F Charitable Trust, The Gordon Gray Trust, Bernard Piggott Charitable Trust and Mr John Osborn.

The project is costing £2 million, Cobalt have contributed £1,000,000 and have underwritten the project, which enabled the service to start in January 2017. An additional £470,000 towards the project has also been raised and we are still fundraising for the remaining £530,000 towards our original £2 million target.

Your support helps us to fund the equipment needed to undertake our diagnostic scanning services and also to participate in vital research into the diagnosis and treatment of cancer and dementia. Without you, none of this would be possible – thank you.



Peter Sharpe - CEO Cobalt, Sylvia and Clive Richards

A day in the life of a Cobalt Bookings Clerk

I started working for Cobalt after relocating to Cheltenham 3 years ago, I felt very lucky to get a job for such a great charity. I work in the Bookings Department with a team of 7 Colleagues; the office is manned between 8am-6pm Monday to Friday. We are a team who work closely together to ensure the smooth running of processing referrals and booking appointments, we also take a large volume of incoming calls and enquiries for all departments within the Charity.



The office is split into two departments, MRI and PET/CT. We book appointments for all scans at Linton House; these consist of MRI, PET/CT, CT, Ultrasound and X-Ray.

To receive a scan we need a referral from a medical professional. Cobalt is known far and wide and referrals can come from all over the country from Cornwall up to Scotland; sometimes for PET/CT they are international. Firstly we input the details of the referral on to our system; it is then reviewed by one of our clinical members of staff, to ascertain what type of scan is required. We then contact the patient directly to discuss the appointment. For MRI scans we have to go through a list of MRI safety questions. On occasion this may highlight previous medical history that we have to look into first to ensure the patients are safe to go on our scanner.

We run the PET/CT appointments on one scanner, for MRI we can have up to 3 scanners a day working and will always offer the first suitable, available slot. Our busiest scanner is the open MRI scanner which is used mostly for claustrophobic patients. Patients understandably often feel anxious when discussing a booking for the open MRI scanner. We will give as much advice as we can and often advise the patient to speak to their GP about taking mild sedation for their scan.

It is a very fast paced and rewarding job, being able to offer patients an appointment so soon when they are feeling anxious for results. After a day in the office I will go to the stables for some fresh air and ride my horse.

Catherine

Dementia: Where are we now?

The Office for National Statistics recently reported that dementia is the leading cause of death in the UK and that in 2015 it led to the death of 61,000 people. Alzheimer's disease is the largest single cause of dementia which is a major challenge to the NHS and our Social Services, as well as the impact it has on families and other carers.

There has been a lot of research over the last 30 years into the causes of Alzheimer's disease and other conditions that lead to dementia. This includes developing better diagnostic techniques and, of course, treatments and prevention. Currently much of the treatment research is exploring ways of tackling these diseases early on in order to prevent or delay the symptoms.

It is proving a long and complicated process, but despite some disappointments there are still many strategies being evaluated, and more in the pipeline. The UK is playing

a major role including the development of the national Dementia Research Institute. This is funded by the Medical Research Council, the Alzheimer's Society and Alzheimer's Research UK.

Locally we are also playing our part with the partnership between the 2gether NHS Foundation Trust and Cobalt, based on the Fritchie Centre and Cobalt's superb state of the art brain imaging facilities. This means we will be able to offer the Trust's patients the opportunity of participating in more research, including trials of new drugs and diagnostic techniques. I have no doubt we will overcome these diseases in the not too distant future.

Gordon Wilcock
Honorary Consultant Physician, the 2gether NHS Foundation Trust, Emeritus Professor of Geratology, University of Oxford and Dementia Advisor to Cobalt.

Welcome to Liz Walker

Welcome to Liz Walker, the first nurse of two posts funded by Cobalt. Liz has been appointed a Senior Research Nurse Practitioner.

Liz is based at The Fritchie Centre, a newly created centre to carry out research into Alzheimer's Disease and dementia. The research results will contribute towards improving standards of care and treatment locally, and also to the wider research environment nationally and internationally.

Research enables the NHS to improve the current and future health of the people it serves.

According to the Herefordshire dementia strategy, the population of dementia patients for Herefordshire is estimated to be approximately 3,000 people with Dementia but only 34% of people have been diagnosed. In Gloucestershire, the population of dementia patients, aged 65+ exceeds the national average. Currently there are approximately 9,000 over 65+ patients diagnosed and this is estimated to rise to 12,000 by 2025.

We will keep you updated with the research undertaken by Liz and her colleagues at the Centre. Cobalt will also be assisting with a range of small fundraising projects including developing a new garden for the patients and fundraising for some much needed equipment for the new laboratories and the waiting rooms.



Liz Walker



Valuing Active Life in Dementia (VALID) Research Study undertaken by 2gether NHS Foundation Trust in 2015

Be part of our future and help us keep our promise

Over the last 50 years, thanks to local support, Cobalt has helped people affected by cancer, dementia and other conditions, right here in our community. Supporters have helped us to invest in equipment, research and education. Today we offer cutting edge scanning technology and other vital support, not usually available in our local hospitals.

- Our advanced equipment gives exceptional scan images. These precise pictures can enable a more accurate diagnosis and appropriate treatment plan.
- By investing in scientific research we contribute to a greater understanding of diseases from diagnosis to treatment.
- We help advise people living in the Three Counties about healthy lifestyles and cancer prevention. We also ensure that medical professionals have access to the latest developments in diagnostic imaging and research.

Technology moves fast and, for the sake of future generations, it is critical that Cobalt stays ahead. We must be ready to invest in the best diagnostic scanning equipment, undertake and enable new groundbreaking research and give people up-to-date information to help them stay healthy. Gifts in Wills account for about half of our voluntary income each year, so they are vital to us.

“My partner visited Cobalt’s Imaging Centre when she first had cancer. We are sure that the early and accurate diagnosis they gave helped plan the best possible treatment and put her on the way to recovery very quickly. We both feel very fortunate to have this wonderful charity in the area and have each decided to leave a legacy in our Will to ensure their ongoing support for people like us, with cancer or other illnesses, in the future.”

Nick Brotherton and his partner, Stroud

Cobalt’s Make A Will Month takes place April 2017

Having your Will written professionally can give you great peace of mind. Each April you can use a local solicitor who has signed up with Cobalt’s Make A Will Month and you can enjoy the added feel-good factor of supporting Cobalt. Instead of paying your solicitor’s fee, you will be invited to make a donation to charity. The suggested voluntary donation is £95 for a basic Will or £150 for a pair of basic mirror Wills.

Five easy steps to take part in Cobalt’s Make A Will Month

1. Choose a solicitor from the list of participating solicitors on our website and contact them directly to make an appointment. You can also request a list from the Fundraising Office. Places are limited and are on a first come first served basis, so please call early.
2. Meet your solicitor who will advise you on how to word a basic Will. If you need additional services, such as advice on tax planning, your solicitor will inform you of the costs of this additional work and you can decide whether you wish to proceed.
3. Approve your Will - your solicitor will send you the Will to approve and any changes can be made at this point. Once you are happy with the document, you will need to sign it in the presence of two witnesses.
4. Your donation – your solicitor will invite you to make a donation to Cobalt instead of paying their fee. You can make a cheque out to Cobalt and give it to your solicitor to pass on to us, or donate safely online at www.cobalthhealth.co.uk, (please give your solicitor a copy of the online receipt).
5. Keep it safe! Your Will should be kept safely at home or your solicitor may offer to hold it in their strong room. Don’t forget to tell your family where it is.

I would like to help Cobalt by...

(please tick all that apply)

- Making a donation of £.....
- Volunteering my time - please contact me about opportunities
- Fundraising - please send me an ideas pack
- Leaving a legacy - please contact me about this

See over for posting details

Our volunteers

Volunteers are the lifeblood of Cobalt, without them we would not be the charity we are today. Volunteers help in many different ways; including making and raising donations from our upcycled greetings cards, staffing our Fundraising Reception, delivering and retrieving our collecting tins, as well as supporting us at a range of events throughout the year. The volunteers are amazing ambassadors and we are delighted to have welcomed so many new volunteers to the team this year.

A new 'Archive Group' will be starting work in the New Year to help digitise our many boxes of press cuttings and to help create a timeline for our new website. This will illustrate our journey from the 1960's when we were fundraising for Cheltenham's first mega voltage radiotherapy treatment machine (the Cobalt machine), to today's impressive diagnostic imaging facilities, with our fleet of mobile MRI scanners and the Cobalt Imaging Centre. If you would like to know more about volunteering please call Kirsty in Fundraising on 01242 535922.



It is a pleasure to work with such lovely enthusiastic people and their help is absolutely invaluable to Cobalt.
Kirsty Bradbury, Fundraising Engagement Officer



Please make any cheques payable to 'Cobalt' or call us on 01242 535922 to make your payment/donation by phone or visit www.cobalthhealth.co.uk for online options.

Mr Mrs Miss Dr Prof Other

First Name

Surname

Full address

Postcode

Phone

Email

Please cut out and post this slip to:
Freepost RTKY BACK LURC, Cobalt Health, Linton House, Thirlestaine Road, Cheltenham GL53 7AS

Excluding council tax and VAT, do you pay tax? If so, you can boost the value of your gift by 25p for every £1, which Cobalt will reclaim through ** please note that this will apply to donations only, not purchases **

Gift Aid Declaration

Yes, I want Cobalt to treat all donations I have made for the four years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations. I confirm I pay an amount of Income Tax and / or Capital Gains Tax to cover the amount that all charities and Community Amateur Sports Clubs will reclaim on my donations in the tax year and it would be my responsibility to pay any difference.

giftaid it

Date: / /

A BIG thank you to...



Nailsworth and Woodchester supporters group
The group have been supporting Cobalt for 30 years.



Cheltenham Beer Festival
raised a fantastic £381

Harry Buckland Team for fantastic support and have raised a phenomenal £32,000 for Cobalt in the last ten years.

Fantastic Coffee Mornings Jenny Bailey' and Judith Anderson's Coffee Morning £1,240 Coates Annual Cobalt Sale held by Betty Mixture raised £665 and Kay Mills Coffee Morning £437



Wear Pink Day at Chipping Campden School raised £1,894 including Splat the Teacher and Cake Sales

Supporters kept active and raised vital funds: **Cheltenham Half Marathon** runners raised over £5,000



Wonderful Christmas Fairs including Pegasus Court, Alderton Charity Christmas Fair, Birdlip & Miserden Christmas Sales, Winchcombe and Eastcombe Christmas Sale. Montpellier Christmas Fair raised £1,453 Creative Christmas raised a fantastic £2,250 Cowley Christmas Fair raised over £2,000

Northleach Steam Fair Mrs Monica Nichols raised £600+



Karen Duffy's Fancy Dress Walk to celebrate 10 years cancer free £1,302



Christmas Bag Packing £1,365

Cobalt Raffle raised over £1,000 supported by Malmaison Cheltenham, Head Kandy, Three Choirs Vineyard in Newent, Cotswold Farm Park and Off Piste wines.

Ryan Fortey from Head Kandy raised £639 with a 24 hour cutathon at his salon in Gloucester



... all our supporters. THANKYOU! Please keep sending your photos in.

Save the dates

Saturday 11th March

Cobalt Spring Event, with refreshments at Linton House

Welcome in Spring with friends at Cobalt. Visitors will also be able to sample refreshments including delicious homemade cakes and browse greetings cards 11am - 2pm. Programme for the event will be available online nearer the date.

Saturday 13th May

Cobalt Plant Sale and Stalls

Join us at Linton House, for your bedding plants, hanging baskets, fruit trees and shrubs all for sale alongside the works of local crafts people. Visitors are also able to sample refreshments including delicious homemade cakes and browse greetings cards. The Cobalt Plant Sale is kindly supported by Greenway nurseries 10am - 1pm.



Monday 3rd - Friday 28th April

Make a Will Month

In April, local partner solicitors give their time to support Cobalt's annual Make a Will Month. Details are available on the Cobalt website, please note that places do book up fast.

Saturday 24th June

Cobalt Summer Event

An event with refreshments including delicious homemade cakes at Linton House. Programme for the event will be available nearer the date.

Sunday 9th April

Quenington Rare Plant Fair / Open Garden

Buy interesting and unusual plants from local nurseries, all of whom are genuine growers dedicated to offering you well-grown plants and advice on the plants they sell. Homemade teas available, all helping to raise vital funds The Old Rectory, Church Road, Quenington, GL75BN (11am-4pm, Admission £5.00 per adult, under 16s free. Homemade teas available. Guide dogs only).

Sunday 2nd July

Stowell Park Open Garden

Stowell House has commanding views across the unspoiled Gloucestershire countryside and elegant terraces. Stowell Park, Northleach, GL54 3LE. (2pm-5pm Admission £6.00 per adult, under 16s free. Homemade teas served in the Ballroom. Guide dogs only).

Sunday 23rd April

Arthur's Spring Stroll

Join us on this 7 mile sponsored walk leaving from Egypt Mill car park in Nailsworth at 10am. All walkers are invited to the Nailsworth Social Club for refreshments after the walk. Organised by the Nailsworth, Woodchester and Painswick Supporter Groups in aid of Cobalt.



Sunday 23rd July

Highnam, Court Rare Plant Fair / Open Garden

The gardens are beautifully restored. As well as the beautiful grounds we will also be joined by the Rare Plant Fair selling exquisite plants. Highnam Court, Highnam GL2 8DP (11am-4pm, Admission £5.00 per adult, under 16s free. Homemade teas available. Guide dogs only).

An up to date list of all of our events is available on our website at www.cobalthhealth.co.uk or please call the Fundraising Team on **01242 535922**