



**Cobalt**  
Diagnostic Imaging for Life

# COBALT NEWS

Summer 2018

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.



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# Welcome

As the weather becomes warmer, in this issue we look at our exciting programme of events for the summer ahead, which you may be inspired to get involved in, either as a visitor, volunteer or participant.

In this issue we continue our look at Cobalt's dementia work and how our Dementia Futures Fund will help to support this. We announce our newly appointed Patron and take the time to thank supporters and volunteers. We update you on our latest projects.

We couldn't do what we do without you.

Julia

Head of Fundraising



## Clive Richards OBE new Patron of Cobalt

We are proud to announce our first ever charity patron, Clive Richards OBE KSG DL.

Clive is the founder of The Clive and Sylvia Richards Charity and has been a long term supporter of Cobalt, along with many other charities. Clive brings a wealth of experience and enthusiasm to the role. He helped Cobalt in 2013 to fund new digital mammography equipment for The County Hospital, Wye Valley Trust in Hereford. The equipment assists with the diagnosis of breast cancer, enabling patients to be diagnosed locally without travelling outside the county.

Last year, The Clive and Sylvia Richards Charity supported Cobalt in the development of the purpose-built Institute of Translational Medicine (ITM) Imaging Centre.



More recently The Clive and Sylvia Richards Charity kindly matched donations during our Big Give Campaign to help raise the funding for our Teenage and Young Adults with Cancer Nurse post.

'I have been committed for many years to charitable causes where financial support makes a real difference. In my role as Patron I hope to be a catalyst to help unlock other funding sources and ensure support for this innovative and transformational charity' - **Clive Richards**

## Research Update

### The Institute of Translational Medicine Imaging Centre

The Institute of Translational Medicine (ITM) Imaging Centre at the Queen Elizabeth Hospital in Birmingham was established in January 2017 to support a wide range of research from the Queen Elizabeth Hospital and the University of Birmingham. The Centre, which was developed by Cobalt with generous support from the community, is now operating 6 - 7 days per week. The number of research projects are constantly expanding and currently include oncology, liver disease and head trauma in sport. Ground breaking international research is being undertaken which would not be possible with the generous support from our donors.

### Cobalt Imaging Centre

Cobalt's Imaging Centre in Cheltenham also supports a growing number of research trials. Of the 30 trials and research projects, 19 relate to the treatment of cancer and 11 to the diagnosis and treatment of dementia.

# LUNG CANCER SCREENING

Lung cancer is curable if found at an early stage, however two thirds of patients present with advanced lung cancer, when survival is short and the cure uncommon. A pilot lung cancer screening programme 'Lung Health Check' using mobile Computerised Tomography (CT) was carried out in the Manchester area where the incidence of lung cancer is high. Over 2,500 smokers and ex-smokers were invited to attend for screening, with a third being current smokers, most were from very deprived areas.

Of those attending the Lung Health Check, just over half had a risk level that qualified them for a CT scan. A total of 46 lung cancers were then diagnosed by the CT scanner, this equates to more than one lung cancer for every 33 CT scans. Almost 8 out of 10 cancers were early stage curable cancers.

As the Lung Health Check was so successful, Manchester and other areas of the country are now rolling out a lung cancer screening programme. Cobalt is hoping to be selected as the lung cancer screening mobile CT provider for the Manchester area, the first lung cancer screening service. This will be a very exciting project for us, as it will be the first time in the world that this unique type of CT scanner will be placed in a mobile unit for lung screening. The scanner is very patient friendly with each screening scan only taking around 10 seconds and with a very low radiation dose. For this project we will be working with Siemens Healthineers who will manufacture the CT scanner.



## The late Bette Pickstock recognised as one of fifty of Gloucestershire's Greatest Women

We were saddened to learn about the recent passing of Gwendolen Elizabeth Pickstock aka Bette who was the volunteer 'Pot Your Pennies/Coins Co-ordinator' at Cobalt, Cheltenham, for 28 years. She was well known to staff and supporters as the 'Penny Pot Lady'. With the help of a large network of fundraisers across Gloucestershire, Herefordshire and Worcestershire, Bette helped to raise an incredible £321,860.13 for Cobalt. For the first 10 years, Bette and her husband counted all the pennies by hand, delivering them to the bank in a supermarket trolley!

We were delighted that Bette was recently recognised as one of fifty of Gloucestershire's Greatest Women by Gloucestershire Echo and Citizen, the list of fifty names has been engraved on to a plaque which is on display at Cheltenham Racecourse. A fitting legacy for a wonderful woman.



## WHAT IS USEFUL TO COBALT?

We collect new and unused gifts that would be suitable for a tombola or raffle prizes throughout the year. We also collect foreign coins, used stamps and used greetings cards. If you have something of value that you would like to donate to the charity that can be sold on eBay or auctioned please do phone a member of the Fundraising Team to discuss 01242 535922.

Sorry, we no longer collect books, jigsaw puzzles or bric-a-brac. If you like to knit please do contact us for a range of knitting patterns that we are able to sell through our off-site craft fairs.

If you are interested in fundraising please do let us know and we will send you a fundraising guide full of helpful hints and ideas.

## LOCAL DEMENTIA PATIENTS TO BENEFIT FROM COBALT SUPPORT

We recently visited the Willow Ward at Charlton Lane Hospital, Cheltenham to meet some of the staff who care for dementia patients there.

The Willow Ward is a 16 bed ward within Charlton Lane Hospital. The Ward specialises in Dementia Care where patients are no longer able to care for themselves or be cared for in their own homes. During Dementia Awareness Week Cobalt and some of our corporate volunteers are planning to transform one of the gardens off the ward. This will help provide a colourful and tranquil area, a safe outdoor space where patients can sit, walk and actively engage in some gardening.

'We are delighted to be working with medical charity Cobalt. We have also been gratefully receiving twiddle muffs from Cobalt volunteers who take pleasure in knitting them for our patients.' Tracy Cresswell, Willow Ward Manager, Charlton Lane Hospital.

A twiddle muff is a double thickness hand muff with sensory objects, for example bells and buttons attached inside and out. It is designed to provide a stimulation activity for patients with dementia who often have restless hands.



Jo Parker – Activities Co-ordinator and Tracy Cresswell – Willow Ward Manager, Charlton Lane Hospital with Kirsty Bradbury, Fundraising Engagement Officer pictured with Cobalt 'twiddle muffs'.

## MRI AND DEMENTIA

In the last issue we looked at how Positron Emission Tomography / Computerised Tomography (PET/CT) works and how we use these scans in dementia diagnosis and research. In this issue we talked to Karen Hackling-Searle our MRI Manager about MRI and its role in Cobalt's dementia work.

### What is MRI?

MRI produces very detailed pictures of any part of the body in any direction. The scanner uses a high strength magnet, radio waves and computers to generate images. MRI is a very safe way of producing images that can be used to diagnose medical conditions.

### How can MRI be used for dementia diagnosis?

MRI is very sensitive at detecting abnormalities and changes in the structure of the brain, providing useful information for the diagnosis and the clinical management of patients with Alzheimer's, other forms of dementia and other degenerative brain conditions.

Degenerative diseases of the brain such as Alzheimer's cause cerebral atrophy. Atrophy of any tissue means loss of cells and in brain tissue, atrophy describes a loss of neurons (which transmit information to and from the brain and throughout the body) and the connections between them. Atrophy can be

throughout the brain, which means that all of the brain has shrunk; or it can be in small areas, resulting in a decrease of the functions that area of the brain controls. The pattern and rate of progression of cerebral atrophy depends on the disease involved. The progressive loss of normal daily functioning is devastating for the individual and their families, so early diagnosis allows early treatment using currently available therapies and enables families to plan for the future.

### How does Cobalt use MRI for the benefit of patients?

Cobalt participates in a number of Alzheimer's and other dementia research trials providing high resolution 3.0 Tesla MRI imaging and advanced scanning methods. Three dimensional MRI scans measure the volume of brain tissue which can demonstrate any changes and is becoming a valuable outcome measure for clinical trials for these conditions. The scans are also used to assess the progress of a condition, and the response to new treatments and therapies which could be used in the future.



Karen Hackling-Searle, MRI Manager

## Dementia Conference 2018

On the 5th April, we hosted over 100 medical professionals involved in the diagnosis, treatment and care of dementia patients, from all over the UK for our annual Dementia Conference. The programme included presentations from some of the UK's dementia leaders, sharing updates on the current status of dementia in the UK and their latest research findings, which provided a platform for discussion.

Your donations enable us to continue to support these important dementia projects.



Alistair Burns, Dementia Tsar/National Clinical Director for Dementia and Professor of Old Age Psychiatry from the University of Manchester delivered the keynote speech.

Dementia Awareness Week takes place this year from Monday 21st to Sunday 27th May

## Dementia Futures Fund – tackling the challenges of dementia

Dementia is a degeneration of the brain that causes a progressive decline in people's ability to think, reason, communicate and remember. Everyone's experience of dementia is unique and the progression of the condition varies. Personality, behaviour and mood can all be affected. Through our Dementia Futures Fund we want to make a difference to people living with dementia and their families and carers.

### We are raising money to:

- Fund two research nurses, to work with doctors and patients, to recruit patients onto national research trials. These nurses are based at the 2gether NHS Foundation Trust, Fritchie Centre in Cheltenham.
- Support research trials with state-of-the-art diagnostic imaging (scanning) equipment at the Cobalt Imaging Centre.
- Provide dementia education events for medical professionals including reports on the latest research findings.
- Provide free scans for patients with Young Onset Dementia.
- Work in partnership with local hospitals to enhance facilities for patients with dementia.

We need to raise over £150,000 each year to support this important work. This is a large sum and every donation will make a difference. Since the last newsletter £15,000 has been raised towards this area of work.

### What is Young Onset Dementia?

Young Onset Dementia (YOD) is defined as dementia diagnosed under the age of 65. Current figures suggest that there are 44,000 people with YOD in the UK. Unlike late onset dementia; in which the commonest causes are Alzheimer's disease, vascular or mixed dementia, YOD is more often due to rare causes, unusual presentations of the common dementias and genetic causes. As these rarer causes of dementia are often more difficult to diagnose, there is often a delay to diagnosis. People can also be very reluctant to accept there is anything wrong when they are otherwise fit and well, and they may put off visiting their doctor. Dementias that affect younger people can be rare and difficult to recognise.

### Why diagnosis of dementia is important

Diagnosis ensures that people can get the right support and treatments and can plan for the future, allowing them to take control of their condition at an early stage.

# THANK YOU

Renishaw for their kind donation of £5,000 towards our new MRI scanner. We were delighted to welcome representatives from the Charities Committee to Cobalt to meet with staff and see the new equipment in operation.



Kevin Vodden and Jane Ind part of Renishaw Charities Committee.

Spirax Sarco for their ongoing support and £10,000 donation towards our new MRI scanner.



## Make A Will Month Solicitors

We would like to say a huge thank you to all the local solicitors who partnered with us to make our 2018 Make a Will Month campaign another great success. These solicitors volunteered their time and expertise and saw over 100 appointments between them, which has raised vital funds and also created new pledges of gifts in wills to Cobalt – this is great news for our future.

- Dee & Griffin of Gloucester
- DF Legal of Stroud
- Harrison Clark Rickerbys of Cheltenham
- Lodders of Cheltenham
- Thomson & Bancks of Cheltenham
- Willans of Cheltenham
- Sewell Mullings & Logie LLP of Cirencester



Helen Tomes from Cobalt photographed with Tom O-Riordan and Jennifer Cockett from Willans LLP visiting Cobalt.



Volunteers from our Archive Group who have helped to organise and document the Cobalt's history.

Pictured: Susan West, John Hunt, Rachel Norton, Pat Hicks, Sue Hunt.

Westbury Young Farmers raised money for Cobalt through a bonfire night, Harvest Supper and a Christmas event.



Angela Noble and friends raised money through a coffee morning.

Jenny Bailey and friends held a clothes swap coffee morning for Cobalt.

The family and friends of the late Max Le Grand raised donations for his tribute fund through an event and raffle.

Gabrielle Inglis and Abi Beswick took part in the Battle of Lansdown.

## Marathons runs in aid of Cobalt

Jackie Williams ran the Brighton marathon.



Alan Whitby ran the Great Welsh marathon.

Roisin Dobbin-Stacey and Marcia Thompson ran the London Marathon.



## Charity of the Year Partner, IRESS



Left to Right - Florena Evans, Andy Scott, Lorraine Wood, Stephanie Chatburn, Jessica Hughes, Jacqueline Boxall, Hollie Dinwoodie, Kate Atkinson, Barry Brown, Laura Rawlinson.

Cheltenham based technology company IRESS is supporting Cobalt with a year long partnership including volunteering and a variety of fundraising activities. The support is going towards our Dementia Futures Fund.

## VOLUNTEER THANK YOU EVENT

Over 100 of our wonderful volunteers accepted our invitation to a thank you event to recognise how important they are to the work of Cobalt.

During the event we were delighted to present the annual Fred Hanna Award to Jenny Miller and Irene Finlayson. The award is made each year in memory of the Cobalt founder, Dr Fred Hanna OBE, in recognition of outstanding volunteering efforts. Jenny and Irene have supported Cobalt for a number of years through our events programme and also by giving talks about the Charity.

Their impact is far reaching and we are proud that they are ambassadors for the Charity. They bring a sense of calm and reliability to everything they do, utterly dependable and wonderfully supportive of Cobalt. Kirsty Bradbury, Fundraising Engagement Officer.



Presentation of Award by Peter Sharpe, Chief Executive, Cobalt with Kirsty Bradbury to Jenny Miller and Irene Finlayson

**Jenny and Irene regularly give talks to the local community and other interested groups about the work of Cobalt – if you are interested in a talk for your local group contact the Fundraising Team on 01242 535922.**

## CAN YOU HELP WITH VOLUNTEERING?

Cobalt is very fortunate to have volunteers who share both their time and skills by volunteering with Cobalt. When you volunteer, you are making a commitment to share that most precious of resources – your time – to support the work of Cobalt. There are a whole range of ways to get involved from helping the fundraising office, assisting with collecting tins, making and sorting cards,

helping at our events on the day, or in advance through baking homemade cakes.

If you are interested in volunteering please contact Kirsty Bradbury, Fundraising Engagement Officer on 01242 53922.

# UPCOMING EVENTS

## Mill Dene Open Garden – Sunday 3rd June, 2.00pm to 5.00pm

This delightful garden is set around a mill in its own steep sided valley. The garden has hidden paths winding up from the mill-pool, through the Rose Walk to the Cricket Lawn. Entry is £6, children under 16 – free entry. Homemade refreshments are available. Please note parts of the garden are steep and there is very restricted wheelchair access. The garden is not suitable for children under 10. Assistance dogs only. Address: Mill Dene Garden, School Lane, Blockley, Moreton-in-Marsh, Gloucestershire, GL56 9HU.

## Stowell Park

### Sunday 1st July, 2.00pm to 5.00pm

Explore the stunning gardens at this private country estate, including a herbaceous plant collection, kitchen garden, and everything from alpine flowers to tropical orchids in the glasshouses. Entry is £6, children under 16 - free entry. Homemade refreshments available in the ballroom. Assistance dogs only. Address: Stowell Park, Northleach, GL54 3LE.



## The Gloucestershire Vintage and Country Extravaganza Friday 3rd August to Sunday 5th August, 10.00am – 16:00pm

The Gloucestershire Vintage and Country Extravaganza is an annual event which takes place at South Cerney Airfield, near Cirencester. Each year the show features the popular Steam Arena, with non-stop steam demonstrations and literally thousands of vintage vehicles from classic cars, tractors, commercial vehicles.

Entry £10 (£7 on Friday) and £5 (£4) for juniors. Disabled access. Dogs on leads. Address: Northmoor Lane, opposite South Cerney Golf Club, GL7 5QD.



# CHALLENGE EVENTS

**Taking part in a challenge event gives you a great opportunity to achieve your own personal goals and raise funds to support the work of cancer and dementia charity Cobalt.**

## Walking

**Did you know that May is National Walking Month? So why not help celebrate by organising your own walk this May and raise money for Cobalt at the same time?**



## Running

**If you fancy going a little faster, take a look at the following organised events.**

- **Cirencester Park 10k race**  
Wednesday 13th June 2018  
[www.cirencester-ac.org.uk/](http://www.cirencester-ac.org.uk/)
- **Cheltenham Challenge,**  
Sunday 17th June 2018 - This is a multi-terrain event offering 5K, 10K and Half Marathon distances.  
[www.cheltenhamchallenge.org.uk/](http://www.cheltenhamchallenge.org.uk/)
- **Gloucester City Marathon and Half Marathon** - Sunday 5th August 2018  
[www.gloucestercitymarathon.com](http://www.gloucestercitymarathon.com)
- **Great Bristol Half Marathon**  
Sunday 23rd September 2018  
[www.greatrun.org](http://www.greatrun.org)

## Cycling

**Coast to Coast Cycle Challenge**  
**Saturday 22nd September**  
**- Sunday 23rd September 2018**

A classic bike ride from west to east. Departing from the coast of West Cumbria at Whitehaven, this challenging itinerary stretches for 225km finally reaching the North Sea at Whitley Bay.

[www.charitychallenge.com](http://www.charitychallenge.com)

**Take part in one of our events, an organised event or organise your own event. Whether it's walking, running, swimming or cycling we'll give you the support you need.**

**For a Supporters Pack to help with your fundraising please contact us.**

 @cobaltfr

 Cobalt Supporters

Registered Charity Number 1090790

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