

Spring Edition 2022



Cobalt

Medical Charity

Diagnosis • Research • Education

COBALT NEWS

TURNING SUPPORT INTO INNOVATIVE TECHNOLOGY

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LATEST NEWS, UPCOMING EVENTS AND WAYS TO GET INVOLVED

Registered Charity Number: 1090790

WELCOME



“Our vision is to pioneer innovation in medical imaging diagnosis by investing in equipment, integrated research and education, to improve outcomes for patients now and in the future.”

Cobalt has been established for over 55 years and has a long history of working with the NHS and pioneering innovation. We were able to support more than 115,000 patients last year, our busiest year ever. We could not have achieved this without help from our supporters and partners.

The Charity provides the NHS Positron Emission Tomography/Computerised Tomography (PET/CT) service for Gloucestershire, Herefordshire and Worcestershire, supporting nearly 4,000 cancer patients each year. In response to the increase in demand for PET/CT and new technology available, we launched our appeal for a £2m digital PET/CT scanner in October 2021.

Cobalt also supports a wide range of research and clinical trials using PET/CT, mainly in the fields of oncology and dementia. This scanner will enable us to support even more research with the aim of improving the early diagnosis and treatment of cancer and dementia.

Our patients

We pride ourselves on delivering excellent patient care, using the latest equipment designed with patient comfort in mind, in modern, clean environments. Last year 99.5% of our patients said they would recommend Cobalt.

We know that for patients with severe claustrophobia, Magnetic Resonance Imaging (MRI) scans can be more difficult. Cobalt has invested in the latest scanners that are quick and have a wide and short bore (aperture). Cobalt was also the first imaging centre in the UK to introduce patient relaxation systems in the bore of the MRI scanner. This includes the very latest Siemens Innovision technology, which enables patients to watch videos and listen to music during their scan. Of course, it is not just about technology, our radiographers really make a difference, they are specialised in helping anxious patients with empathy and understanding.

The future

We know the demand for imaging will continue to grow. It is important that we plan for the additional capacity needed now and in the future. We are immensely proud of what the Charity has achieved and are grateful for your support.

Peter Sharpe, Chief Executive



ABOUT COBALT

Cobalt is a medical charity that works in partnership with the NHS to improve the lives of people affected by disease, including cancer and dementia. We do this by providing the best possible patient care using state-of-the-art imaging technology including MRI, CT and PET/CT scanners. Donations and legacies can help fund new top of the range scanners, support important research and specialist nursing posts.

WAYS TO GIVE

Online - donate through our website, please go to www.cobalthhealth.co.uk and click the donate button.

Telephone - make a card donation over the telephone by calling the Fundraising Team on **01242 535922**.

Post - send a cheque or Charities Aid Foundation (CAF) cheque. Please make cheques payable to Cobalt.

Text - text **COBALT £3 to 70085** to donate £3. This costs £3, plus one standard rate message.

Bank transfer – donate directly through your online banking app, please call for our bank details.

Regular gift – to set up a regular gift, please call the Fundraising Team.

Tribute fund – you, your family and friends can donate in memory of a loved one through a special fund in their name, please call for more information.

A gift in your will – leave a gift to Cobalt in your will. For more information, you can speak directly to your solicitor or call the Fundraising Team.

Call 01242 535922 to speak to a member of the Fundraising Team.

Address Cobalt Fundraising, Linton House, Thirlestaine Road, Cheltenham GL53 7AS.

Email fundraising@cobalthhealth.co.uk

DONATE TODAY AND MAKE A DIFFERENCE



FUNDRAISING UPDATE

For our new digital £2m PET/CT scanner

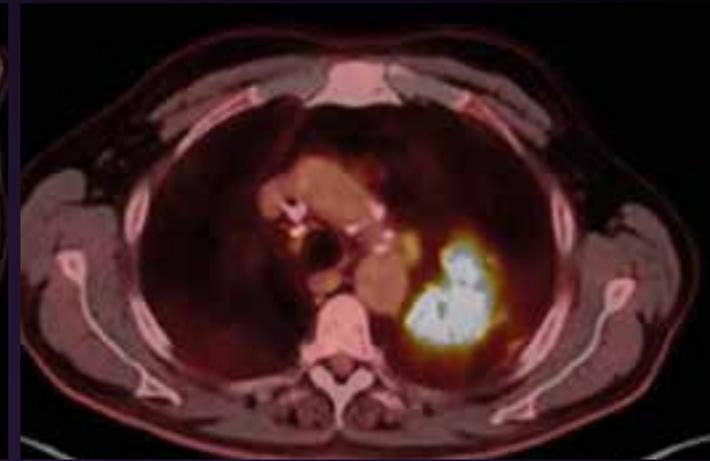
Plans are underway to bring a new £2 million digital PET/CT scanner to the Charity's headquarters in Cheltenham in 2022. Charity reserves are being allocated to this strategically important project alongside a fundraising appeal. The new digital PET/CT scanner, based in Cheltenham, will be one of only six digital scanners in the country.

The new Siemens Biograph Vision Digital PET/CT Scanner:

- **Latest innovation** – the equipment uses an ultra-dynamic range detector which enables doctors to see the smallest changes. The detector is the most important component of a PET/CT system as it defines the quality of the incoming patient data.
- **Improved efficiency** – the advanced technology reduces the scan time and a patient's exposure to radiation that is used in the scan. This in turn means that we will be able to see more patients.

- **Consistent accuracy** – the scanner has a special self-calibration feature, improved resolution and sensitivity features which mean that doctors are able to understand disease progression, staging and develop treatment plans earlier.
- **Patient comfort** – the scanner has a large bore and short tunnel which enables a more comfortable patient experience.

Thank you to everybody who has supported our appeal so far. We still have a little way to go so please keep your donations coming.



Digital PET/CT scan demonstrating lung cancer

Imaging is an important part of a patient's journey and PET/CT has revolutionised medical diagnosis in many fields. PET/CT scans are primarily used to investigate confirmed cases of cancer, to determine how far the cancer has spread, how well it is responding to treatment and to help plan for operations. PET/CT scans can also help to diagnose cancer and other conditions that affect the normal workings of the brain, such as dementia.

The PET scanner was introduced in the early 1960s, and the CT scanner introduced in the early 1970s. It wasn't until the 1990s, however, that the idea to combine the two for even better image quality was considered by Drs Nutt and Townsend. In 2000, Time Magazine named the PET/CT scanner the Medical Invention of the Year.

PET/CT is able to illustrate anatomy and function in a single diagnostic imaging examination. Before having a PET/CT scan, patients are injected with a radioactive tracer. The main tracer that is used is fluorodeoxyglucose which is very similar to sugar. In general, cancer cells need more sugar to grow, so at cancer sites we'll see increased uptake of the tracer. There is lots of research, leading to major advancement into the types of tracer that can be used for different types of cancer.

A future development in PET/CT is the use of artificial intelligence and the possibility that scanners can help predict a patient's response to treatment.

Using the latest equipment and the exciting developments in PET/CT is key to improving patient outcomes, giving them and their families hope for the future.



Photo: Dr Naeem with a Cobalt mobile CT scanner in a Tesco superstore car park

Lung Health Checks

The Lung Health Check (LHC) programme, provides lung cancer screening across England with the aim of identifying early stage lung cancer, which is treatable. Cobalt supports the LHC programme by using ultra-low dose mobile CT scanners working in partnership with the NHS.

The services are delivered generally in deprived areas of the country, within the community (usually from supermarket car parks or sports facilities). The services are provided for current and ex-smokers and, on average, identify one lung cancer every day at each site, of which 80% are early-stage curable.

Cobalt supports programmes in Newcastle, Gateshead, Hull, Mid Yorkshire, Manchester, Luton, Thurrock and West London.

Cobalt recently started a new LHC service in North Kirklees, West Yorkshire. The programme is supported by the West Yorkshire and Harrogate Cancer Alliance and has been funded by NHS England. The service will work with 27 GP practices to offer people the opportunity to attend a lung health check appointment. There are around 19,000 people in Kirklees who are eligible for a health check.

Dr Khalid Naeem, GP at Mount Pleasant Medical Centre in Batley and Chair of Kirklees Clinical Commissioning Group (CCG), said: "This is a great opportunity for those who are eligible in North Kirklees to be checked out at a convenient location in their local community."

"The message is clear – early diagnosis saves lives." Dr Naeem explained: "Lung cancer can often be caught too late as there are rarely symptoms at the earlier stages. The programme is designed to check those most at risk of developing lung cancer and spot any signs earlier, at the stage when it's much more treatable. Ultimately saving more lives. As well as catching lung cancer early, the lung health check also provides an opportunity to offer support and guidance to any current smokers looking to quit."

The lung health check takes place in two stages. Invitations are sent via text message for a phone appointment with a specially trained healthcare professional who will undertake a cancer risk assessment. They may then be offered a low dose CT scan to check that their lungs are in working order.

Cobalt is working with the CCG to provide mobile CT scanning. The scan is painless and takes just a couple of minutes. By making the process convenient and accessible, it is hoped that as many people as possible take up the offer of a check.

This work has been kindly supported by the Clive Richards Foundation.



Gloucestershire Royal Hospital MRI and CT Service

Last month, very early one morning, we delivered a Siemens Somatom go.Top CT scanner to Gloucestershire Royal Hospital to join a Siemens Magnetom Sola MRI scanner, which was delivered to the hospital last year. We are excited to support our local hospital and the local community with state-of-the-art diagnostic imaging equipment.

Cobalt Careers

Our new dedicated careers website makes it easier to apply for any advertised roles, both clinical and non-clinical. Users can create a profile and set up job alerts, which are tailored to their individual preferences and needs, they can also request updates to be sent directly to their inbox. The site features interviews with staff members and our latest recruitment news, visit www.cobalthhealth.careers.

Annual Report

Our latest Annual report is now available – please download a copy from our website or call the office if you would prefer a paper copy.





RESEARCH FOCUS

Research

Cobalt continues to support clinical research trials providing imaging in CT, MRI and PET/CT. These trials test the safety and effectiveness of drugs, usually compared to a placebo or to the current standard drug. We scan trial participants, often regularly, to evaluate the response to these drugs.

We currently provide imaging for 30 trials including trials for dementia and oncology.

Cobalt's multidisciplinary research team, led by Medical Director, Professor Iain Lyburn, work collaboratively on clinically impactful research (for more information refer to the publications

page on the Cobalt website). The team's commitment to producing novel research has developed relationships with external research teams. This has led to an exciting collaboration with industry partners evaluating the role of artificial intelligence in PET/CT.

Interested in taking part in research?

Taking part in research helps advance medicine, find better ways to diagnose and treat conditions, and can find cures. Are you interested in finding out more or taking part in research? Visit the National Institute for Health Research website for more information.

The Institute of Translational Medicine (ITM) Imaging Centre - five years on

The ITM Imaging Centre at Queen Elizabeth Hospital (QEH), Birmingham will be celebrating its fifth birthday in April. The QEH and University of Birmingham, host a wide range of clinical research projects and many researchers need access to imaging, to help develop more effective targeted treatments with a personalised approach to healthcare.

Access to high quality MRI scanners to support this research was a problem, as the existing scanners were in use full-time to support clinical patients. With the support of the Clive Richards Foundation, Cobalt installed the very latest ultra-high field MRI scanner in a building adjacent to the ITM. This new facility was ring-fenced to support research.

During the COVID-19 pandemic, research slowed down and the imaging centre was repurposed to be used as a safe 'Green Site' out of the QEH. The centre provided urgent support for oncology and vulnerable patients.

Research did not take long to feature again at the imaging centre in the form of urgent studies into the effects of COVID-19. One such study aims to understand the effects of COVID-19 on the health of the lungs, heart, brain, liver and kidneys. The MRI capabilities at the centre are well placed to capture the specialist images required for the study.

In the last 12 months the imaging centre has supported trials looking at sarcopenia (a progressive skeletal muscle disorder), cardiac disease, stroke, brain tumours and liver disease. The unique technical capabilities and highly skilled team enable researchers to deliver the quality of imaging and patient care needed for any given trial.

The ITM Imaging Centre affords the opportunity to bring together radiographers, clinical scientists, specialist nurses, care assistants and administrative teams that can work alongside clinicians and research fellows to deliver these services that would otherwise not exist in this unique setting.

COBALT EVENTS 2022

Cobalt's Make a Will Month

Friday 1st April to Saturday 30th April

During the month of April local solicitor partners are donating their time to support Cobalt. Now is the time to make or update your will. Please check the Cobalt website or phone the Fundraising Team for further information.



Capture a Moment for Cobalt 2022 Photography Competition

Friday 1st April to Sunday 31st July

Amateur, professional or just interested in photography – enter your best images to win the opportunity to have your image featured in Cobalt's 2023 calendar and one of our great prizes.

Quenington Rare Plant Fair and Open Garden

Sunday 10th April 11am to 4pm

Specialist nurseries offering a wide range of plants available to buy, along with all the advice that you need to ensure that they thrive in your garden. The majority of the fair and delightful gardens are accessible to wheelchairs and those with mobility issues. Light lunches, cakes and hot and cold drinks will be available.

Admission £6 per adult includes the garden, children under 16 free.

Address: The Old Rectory, Quenington, GL7 5BN



Lucy and David Abel Smith (former Chairman of the Board of Trustees, Cobalt) are opening their beautiful garden in April. 'We wanted to carry on helping where we could. The garden has a healing quality, a stillness which revives people's spirits'. For the full interview with Lucy and David please check our website.

Arthur's Spring Stroll

Sunday 24th April meet at 10:00am

A sponsored countryside walk to raise funds for Cobalt. The popular annual walk is named after the late Arthur McTiffin who founded the event. The walk spans seven picturesque miles and starts outside Nailsworth Fire Station. Refreshments will be laid on at the mid-way point of the walk. Free parking is available in Nailsworth Town Car Park. Register to take part at fundraising@cobalthhealth.co.uk or call 01242 535922.

Dementia Awareness Week

Monday 16th May – Sunday 22 May

Please check our website for ways to support our work with dementia.

Highnam Court Rare Plant Fair and Open Garden

Sunday 24th July 11am to 4pm

A chance to visit this beautiful setting with enticing stalls from specialist nurseries. Light lunches, cakes and hot and cold drinks will be available from the Orangery, provided by Cobalt. Well behaved dogs on a short lead are welcome in the fair and gardens. Mostly accessible to wheelchair users – some slopes and gravel paths / driveways.

Admission £6 per adult includes the garden, children under 16 free.

Address: Highnam Court, Highnam, Gloucester GL2 8DP

Vintage and Country Extravaganza

Friday 5th, Saturday 6th and Sunday 7th August

A family fun day with demonstrations from steam engines to dancing tractors. SVTEC are kind supporters of Cobalt. For further information visit: www.glosvintageextravaganza.co.uk
Address: South Cerney Airfield, Cirencester, GL7 5QD

**For up-to-date information on all our events please go to:
www.cobalthhealth.co.uk/support-us**

CAPTURE A MOMENT FOR COBALT 2022

PHOTOGRAPHY COMPETITION

Please take part and submit your photographs between Friday April 1st and Sunday July 31st

Enter any photograph that you have taken, either on a smartphone or with a DSLR camera. Winning entries will feature in Cobalt's 2023 Calendar and Capture a Moment Exhibition.

Each winner will receive a framed copy of their photograph, as well as one of many other prizes including; membership of The Royal Photographic Society, London Camera Exchange voucher, photography workshops and more. There is an Under 16 category too so spread the word to family, friends and colleagues and keep any eye out for a great photo opportunity!



Mice Beware! A winning entry photo by Roger Thomas for the Capture a Moment Photography Competition 2021

Owls are used as the symbol for the radiology branch of medicine. Radiology uses imaging technology to diagnose and treat disease and the owl symbolically represents the 'wisdom and all-seeing' nature of this type of medicine.

Please check our website, www.cobalthhealth.co.uk for further details. Entries cost £2 with all proceeds supporting Cobalt's Teenage and Young Adults with Cancer Nurse Specialist.

Thank you to our 2022 sponsors so far: Wallspace, DS Colour Labs, The Royal Photographic Society, London Camera Exchange, Image Seen and Will Gray Photography.

TAKE ON A CHALLENGE FOR US!

If you are seeking fun and adventure this year then we have teamed up with Charity Challenge to offer you a great selection of challenges, suitable for all ages and abilities. There are treks, cycling, climbing, rafting, kayaking, skiing and sledging with some amazing locations and stunning scenery as a backdrop to your adventure.

Booking is quick and easy and you will have access to advice on training, fitness and fundraising. You'll be accompanied by like-minded people and fully supported by the Fundraising Team here at Cobalt.

Paul Fitzsimmons, from software development company Iress, recently completed a challenge for us. He said, "I completed a virtual challenge with sons Matt and Jay walking from Land's End to John O'Groats – a route covering 1,744.2kms! We walked in

memory of my late wife Pat, mother of our three children, she succumbed to an aggressive cancer 20 years ago this year." As the country was in and out of COVID-19 related lockdowns during 2021 the family realised that the actual walk could be difficult, so they signed up to do the walk virtually. This meant they could walk the miles anywhere and the interactive map showed them the distance they had walked from Land's End. Paul and his sons raised over £1,500.

Photo: Paul and his sons



If extreme challenges are not your thing then we have many other inspiring ways for you to get involved including sponsored walks and daily challenges on our website.

Can you or a local group hold a coffee morning for Cobalt? Please contact Kirsty for your coffee morning pack or for further information phone 01242 535922 or email kirsty.bradbury@cobalthhealth.co.uk



Thank you



Tewkesbury Rock and Roll Club danced the night away to raise a fantastic £650 in December. Mike and Sue Wyman, members of the club are going to carry on raising money for Cobalt with a clothes rail of pre-loved rock 'n roll clothes for sale, a great idea! Thank you to all at Tewkesbury Rock and Roll Club for supporting Cobalt.

Carolyn Franks is an inspirational fundraiser, having supported Cobalt for over 15 years following the death of her husband; from great sadness came a decision to do something each year to raise money that would help other people. We are grateful that Carolyn chose Cobalt and over the years she has raised almost £8,000.



The money has been raised through a variety of challenges within Gloucestershire. "The experience has enriched me. I have explored incredible places that I wouldn't have otherwise discovered". In the same spirit the pandemic didn't deter her fundraising; as soon as lockdowns were over Carolyn was back to inviting small groups of friends to her garden for coffee mornings or afternoon tea to help raise funds for Cobalt.

Layla Gunter ran the 2021 London Marathon for Cobalt and finished in an incredible 4 hours and 21 minutes! She said "Many of my friends and family have been helped by the great work that Cobalt does. Currently a family member regularly visits for brain scans to check on the growth of his tumour and has done since 2010. I've had a family member whose breast cancer was identified by Cobalt 18 years ago and has since fully recovered. My Nan has also been helped. I am truly grateful to everyone involved. Without this incredible medical charity pioneering medical imaging diagnosis, who knows where all these cherished people in my life would be today".



Please help Cobalt to remain a centre of excellence and provide hope for cancer and dementia patients and their families now and in the future by making a donation to our PET/CT scanner appeal.



Do you have an up to date Will?

Throughout April, local solicitors will be donating time and expertise to support Cobalt. For those of you who have making or updating a will on their to-do list, Cobalt's Make a Will month may be just what is needed. Solicitors will write or update straightforward wills in return for a voluntary donation to charity. The suggested minimum donation is £150 for a single will and £200 for joint mirror wills (this is a fraction of what you would ordinarily pay for the same service).

Peter Sharpe, Cobalt CEO said "A gift in your will, ensures we are here for patients in the future too. After remembering family and friends, we are grateful for any support you can give. This year all the money raised through the scheme will go straight into supporting the purchase of the new PET/CT scanner."

For a list of the participating solicitors and further information about the scheme, please take a look at our Make a Will Month page on our website www.cobalthhealth.co.uk or phone the team on 01242 535922 or email helen.tomes@cobalthhealth.co.uk for a Make a Will Month pack.



2021 HIGHLIGHTS

IN 2021 COBALT:

 <p>SCORED OVER 99% IN OUR PATIENT SATISFACTION SURVEY</p> <p>(Over 99.5% of patients said they would recommend Cobalt)</p>	 <p>SAW OVER 115,000 PATIENTS</p> <p>(A 40% increase since 2020)</p>
 <p>SUPPORTED MORE NHS HOSPITALS ACROSS THE UK</p>	 <p>ADDED EIGHT NEW SCANNERS TO OUR EXISTING FLEET</p>
 <p>RAISED OVER £700,000 THROUGH FUNDRAISING ACTIVITIES</p>	 <p>INTRODUCED A 24 HOUR 7 DAYS A WEEK CT SERVICE FOR THE NHS</p>

Please cut here



Together we can make a difference

Every year, thousands of local people need life-changing scans to give their medical teams crucial information, which is vital in determining their best treatment. We want you to know that we are determined to do all we can for our patients now and in the future.

Please make a gift today

Full name:

Address:

Postcode:

Email address:

Telephone number:

Your gift

I would like to support:

- PET/CT Appeal
- Medical Research
- Specialist Nurses
- Where the need is greatest

My chosen amount £
(please make cheques payable to Cobalt)

- Please save the postage, a thank you letter is not necessary
- Please email me with an acknowledgment
- I would like to set up a regular direct debit donation please send me details
- I would like to fundraise for Cobalt, please contact me with further information
- Please send me details of how to leave a gift in my will



Boost your donation by 25p per £1 donated

- Yes, I would like Cobalt to treat all donations I have made for the four years prior to this year and all donations I make from this date until I notify you otherwise, as Gift Aid donations. I confirm I have paid or will pay an amount of Income Tax or Capital Gains Tax to cover the amount that all charities will reclaim on my donations in the tax year and it would be my responsibility to pay any difference.
- No I am not a UK tax payer

**Please return to: Cobalt, Linton House, Thirlestaine Road,
Cheltenham, Gloucestershire, GL53 7AS.**

For further information about how we protect your information please view our privacy policy at www.cobalthealth.co.uk/privacy-policy. You can change your contact preferences, request a copy of our privacy policy or ask any questions by contacting the fundraising team on 01242 535922 or fundraising@cobalthealth.co.uk



PLEASE HELP US TO HELP OTHERS

**Support the latest technology
diagnosing cancer and dementia.**

Call 01242 535922 to donate by phone

Text 'Cobalt £3' to 70085

This costs £3 plus one standard rate message



Scan QR code
to donate

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