

Autumn 2022



Cobalt

Medical Charity

Diagnosis • Research • Education

COBALT NEWS



LEADING THE WAY NEW DIGITAL PET/CT SCANNER INSTALLED

REMEMBER A CHARITY
IN YOUR WILL
Help the work live on...

Registered Charity Number: 1090790

WELCOME

Thank you so much for your interest in the work of Cobalt.

We strive to provide access to the latest diagnostic equipment with the support of highly trained staff.

The Charity works with the NHS with the aim to constantly improve early clinical diagnosis and treatments mainly related to cancer and dementia. This is achieved by investing in cutting-edge technology, supporting and participating in local, national and international research, working with leading experts in the field.

We are delighted to be working with the Royal Brompton Hospital in London by funding a Lung Intervention Clinical Research Fellow, to develop techniques to improve early diagnosis in lung cancer (see page 8).

Donations and gifts in wills play an important role in our work and help us to fund new scanners, which need to be updated with the latest technology, to ensure that they provide the best possible



patient care. We are pleased to offer a free will writing service and have teamed up with will writing specialists Guardian Angel - this allows you to make a simple will with no charge to yourself. In return, all we ask is that after making sure family and friends are cared for, you consider leaving Cobalt a gift in your will.

Cobalt is the leading provider of lung cancer screening services in the UK using ultra-low dose Computerised Tomography (CT) scanners, working in partnership with the NHS in many community locations across the UK (see page 7).

I hope you enjoy reading about all the latest developments in this issue of Cobalt News. If you would like to know more about the Charity please do not hesitate to contact us. Thank you.

Kind regards

Peter Sharpe, Chief Executive

ABOUT COBALT

Cobalt's 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. The Charity has been established since 1964. Last year we provided diagnostic imaging for over 115,000 patients through imaging centres in Cheltenham and Birmingham and through a fleet of mobile Magnetic Resonance Imaging (MRI), CT and Positron Emission Tomography/Computerised Tomography (PET/CT) scanners, supporting NHS hospitals across the UK.

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.

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 us.

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 us.

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





New PET/CT scanner delivered and commissioning started



Construction of new uptake rooms in progress



LATEST DIGITAL PET/CT SCANNER INSTALLED

We are pleased to have achieved our fundraising target of £303,000 to be able to install a new, state-of-the-art digital PET/CT (Positron Emission Tomography / Computerised Tomography) scanner at our Imaging Centre in Cheltenham at a cost of £2m.

Cobalt provides the NHS PET/CT service for Gloucestershire, Herefordshire and Worcestershire and this new digital scanner, one of only three in the UK, will enable Cobalt to provide very high quality images with shorter scan times. As the demand for PET/CT scans

continues to increase, the new scanner will provide more capacity to ensure that patients are seen quickly and can receive an earlier diagnosis.

Roisin Dobbin-Stacey, Head of CT and PET/CT, said 'The new scanner gives us the ability to use the very latest technology, enhancing our ability to support a wider range of research into the early diagnosis and treatment of cancer and dementia. We are so grateful for all the support we have been given to fund this new scanner'.

PET/CT scans combine the information from a PET scan and a CT scan into one single examination that helps doctors make an early diagnosis. The patient is given a small dose of a radioisotope, which usually contains glucose. Cancer cells are more metabolically active and may absorb glucose at a higher rate, these cells can therefore be identified on the scan. This helps in the diagnosis of cancer and dementia, but also in assessing how well the cancer treatment is working, i.e. radiotherapy or chemotherapy. The patient may return for a number of scans.

To accommodate the new scanner, the PET/CT department has had to be extended to include more patient 'uptake rooms'. Once the patient has had an injection of the radioisotope, they relax for up to an hour in an uptake room. As radioisotopes are used, these rooms have lead lining on the walls and the ceilings. However, they are very comfortable rooms with an armchair, TV and radio to help the patient relax.

By donating to Cobalt's equipment fund you can help the Charity to continue to provide the latest equipment improving outcomes for patients now and in the future.

GLoucestershire ROYAL HOSPITAL



Photograph shows the CT scanner being delivered at Gloucestershire Royal Hospital, to join the MRI scanner

Cobalt is supporting the local NHS by providing an imaging centre at Gloucestershire Royal Hospital. This new centre, with the latest CT and MRI scanners, supports both patients from the hospital and wider community.

NHS England are planning to develop over 150 community diagnostic centres, so patients can have their imaging closer to home. Cobalt is working with the NHS to develop a centre in Gloucestershire in 2023. The Cobalt Imaging Centre in Cheltenham has been providing a full range of medical imaging in the community since 2006, supporting the NHS.



IMPROVING PATIENT CARE: NEW CT INJECTOR TECHNOLOGY

Cobalt has always worked with medical equipment suppliers like Philips and Siemens, to introduce the latest technology. We are delighted to be the first mobile CT scanning provider in the UK to install the new Medrad Centargo, a CT scanning contrast media injector.

About 90% of patients having a CT will have an injection of contrast; this shows the blood supply within the body. The contrast injector is a very important device, as it has to deliver the right amount of contrast, at the right time safely. This new system helps automate an existing manual process allowing clinical staff to spend more time with the patients and reducing plastic waste.



Sean Hooper, National Account Project Manager, Bayer at the launch of the new injector with Cobalt CT radiographers, Duncan Reeves and Rejoice Sibanda.

UPDATE ON LUNG SCREENING

Working in partnership with the NHS, Cobalt is the largest provider of lung cancer screening using ultra-low dose CT scanning in the community. Lung cancer screening, or lung health checks as they are known, have been so successful in identifying early lung cancer. The National Screening Committee is now considering rolling out lung health checks as a national screening service.

On average, each lung health check service will identify one cancer per day, of which 80% will be early-stage treatable cancers. The service also identifies other incidental cancers, which can therefore be treated early.

Cobalt started by supporting the Manchester service in 2019, now the Charity supports services in Newcastle, Gateshead, Hull, Tameside, Glossop, Bradford, Wakefield, Luton, Thurrock, Southend and services in Surrey for the Royal Brompton Hospital. In September this year, Cobalt will also provide a lung health check service in Liverpool, and in 2023 Leeds.

Manchester, Leeds, Liverpool and the Royal Brompton were very much early pioneers of the lung health check programme; Cobalt is delighted to be collaborating with the NHS in all four of these key areas.



COBALT FUND A NEW CLINICAL FELLOW AT THE ROYAL BROMPTON HOSPITAL

We are pleased to announce that Dr Syed Rahman has been appointed as the Cobalt Lung Intervention Clinical Fellow at The Royal Brompton Hospital. Cobalt provides the ultra-low dose CT service to support the Royal Brompton and Royal Marsden Partners Lung Health Check Programme. The Royal Brompton is also a key centre supporting lung health check programmes with follow-up and surgical cases.

The clinical fellow will develop a number of research projects in lung cancer and teaching materials to aid other centres. By supporting the post the Charity

will be helping to improve the 'patient pathway' from diagnosis, to supporting vital research leading to effective treatments.

Royal Brompton and Harefield hospitals make up the largest specialist heart and lung centre in the UK and among the largest in Europe. The Royal Brompton has pioneered referral services to offer the fast-track lung cancer and "straight to biopsy" approach recommended by the NHS. They have a strong record of research in lung cancer, in partnership with the National Heart and Lung Institute and we are proud to be working with them.

UPDATE ON THE WORK OF BREAST CANCER RESEARCH NURSES



Cobalt has supported breast cancer services in Gloucestershire since the screening programme launched in 1990. We provide the accommodation for the Thirlestaine Breast Centre in Cheltenham, which is run by Gloucestershire Hospitals NHS Foundation Trust. Over 28,000 screening

One of the research projects is called the BRAID trial. This trial looks at the ability of techniques like MRI to diagnose breast cancer in healthy women undergoing routine breast screening.

The centre currently has over 650 women enrolled in the study locally and is the second highest recruiting site in the UK. The funded research posts have allowed patients and clinicians the chance to be involved in research locally which was not available before. The breast cancer research trials take place under the direction of Professor Iain Lyburn, Dr Sarah Vinnicombe and Dr Dan Nelmes who lead an experienced research team.

Thirlestaine Breast Centre



mammograms are taken each year and up to 125 symptomatic patients are seen each week at the centre. We also fund two breast cancer research nurse specialists working for the NHS. These nurses recruit patients into research projects and clinical trials to improve the early and accurate diagnosis of breast cancer and identify new treatments.

Breast cancer is the most common type of cancer in the UK. About one in eight women are diagnosed during their lifetime.

'Patients actually like trials. Some people think if you have a patient that has just received a diagnosis of cancer then you can't ask them about trials but the evidence refutes that and patients can always say no, however 98% of people want to be involved and the Cobalt research nurses allow us to ask for the first time in our county.'

Professor Iain Lyburn, Cobalt Medical Director

TWO NEW TRUSTEES APPOINTED

We are delighted to have appointed two new trustees, Pam Sissons and Claire Morris to join our existing board. Each new trustee brings a different set of skills and experiences which support Cobalt to achieve its mission. Information about all of our trustees can be found on our website www.cobalthhealth.co.uk

Pam Sissons

Pam began her career in insurance and risk management. Originally from Yorkshire, she moved to Gloucestershire 25 years ago and completed a degree in business management and HR. She has strong governance, financial and commercial experience. Pam is a Fellow of the Chartered Institute of Secretaries and Administrators and a Fellow of the Chartered Insurance Institute. Pam is currently a council member at the University of Gloucestershire and chairs the audit and risk committee; a trustee of a local school and treasurer of the National Garden Scheme in Gloucestershire. Pam lives in Cheltenham with her husband and two dogs.



Claire Morris

Claire is a solicitor with over 25 years' business experience working at board and executive level in a variety of financial services organisations including insurance, building societies, tech start up and banks. Claire has a broad range of expertise in legal and governance matters and has also been responsible for procurement, data protection and IT functions. Claire has always been based in and around Cheltenham and currently works for a specialist lender where she is General Counsel and Company Secretary.



WANT TO FIND OUT MORE ABOUT OUR WORK?

Please join us at an Information Evening

We are pleased to announce that we are running a series of Information Evenings with Chief Executive Peter Sharpe, Medical Director Professor Iain Lyburn and clinical staff in the autumn so that you can find out more about the work of the charity and meet with members of the team and other supporters. The events take place over the course of an hour in Linton House.

Please check our website for the next available date.

Places are free but as numbers are restricted, please reserve your place in advance by phoning 01242 535922 or email fundraising@cobalthhealth.co.uk



Some of 2022's winning images

COBALT'S 2023 CALENDAR

Winning images from this year's Capture a Moment photography competition are being showcased in a beautiful calendar. The proceeds from the calendar and photography competition are going towards funding Cobalt's Teenage and Young Adults with Cancer Specialist Nurse, Megan Willsher.

Megan has around 40 patients across Gloucestershire, South Worcestershire and Herefordshire aged between 16 and 25 years old. This patient population has unique needs so Megan's support is vitally important.

"Looking back over my son's treatment: two surgeries and almost a year prior of chemo, Megan has been a vital source of support. She helped liaise with all the

medical staff and different departments, sat in on important appointments and was able to connect with Lewis and support him, as a young person dealing with cancer." Lewis' Mother.

The calendars make great presents. Order your copy today using the form at the back of this newsletter, from the website or call the Fundraising Team for friends and family too, just £8 collected from Linton House or an additional £2 for postage and packaging.

We have had lovely reviews: 'As good as the Countryfile calendar!'

For 2023, calendar winning entries please check our website, www.cobalthhealth.co.uk/support-us/

Banana and Ginger Cake recipe

Treat yourself to some autumn spice

Ingredients

- 115g butter or soft margarine
- 2 tbsp golden syrup
- 85g caster sugar
- 85g soft brown sugar
- 1 egg
- 2 ripe bananas, mashed
- 225g self raising flour
- 1/2 tsp bicarbonate of soda
- 2 tsp ground ginger
- A pinch of cinnamon
- 1 tbsp milk

Method

1. Beat the butter, golden syrup and sugar together
2. Add the egg
3. Beat in the mashed banana
4. Sift together the flour, bicarb, cinnamon and ginger and mix into the other ingredients half at a time
5. Stir in the milk and scrape the mixture into a lined 20cm tin or a 1lb loaf tin
6. Bake at gas mk 4/180°C (160°C fan oven) for 45 mins or until an inserted cake tester comes out clean.
7. Leave to cool before turning out of the tin

This cake is good with lemon icing, or just plain water icing and is a great way to use up the bananas that are left in the fruit bowl for a bit too long!

WORD SEARCH

- appeal
 - auction
 - cakes
 - calendar
 - cards
 - challenge
 - charity
 - cobalt
 - donation
 - friends
- imaging
 - linton
 - nurses
 - partnership
 - philanthropy
 - pledge
 - research
 - scanner
 - thankyou
 - volunteer

L N V A H S A O T K O G F P W
D I C O P L E D G E N H R H U
H E N O L P N O I P I F E I Q
T N C T E U E N C A K E S L O
W H N P O L N A A R O G E A R
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N O U U L U E H P S S I Y O Y
C A L E N D A R P P C C T E E

REMEMBER A CHARITY
IN YOUR WILL
Help the work live on...



Will you remember a charity in your will and help our work live on?

Cobalt is very proud to be part of Remember a Charity, a national consortium that promotes awareness and the importance of leaving gifts in wills to charity. Each year an annual campaign runs during September centred on raising awareness that, after taking care of family and friends, leaving a gift in your will to charity is the ultimate way to leave a lasting positive impact on future generations.

For Cobalt supporters, this special act helps to ensure Cobalt has the ability to continue to be there for everyone who needs its services in the future. One in two of us will get cancer in our lifetime; a gift in a will could help to ensure more people recover and their families get to spend more precious time with their

loved ones. Last year half of our fundraising income came through gifts in wills. We are so grateful to all those donors and their families for these special gifts.

When supporters, Lyn and Ian, last updated their wills, they made the decision to include gifts in their wills to Cobalt.

"We decided to leave a gift to Cobalt in our will because we thought 'why wouldn't we?' If it goes towards saving even one person's life, it would be worth it. We are so lucky to have such up to date scanning equipment available to us locally that we need to ensure it is there for many years to come" Lyn and Ian from Cheltenham.

Free will writing service



We have now teamed up with wills specialist Guardian Angel, which allows our supporters to make a simple will at no charge. Free wills will be available until the end of December and are subject to availability. These wills can be made online, over the telephone or face-to-face. An expert oversees every will. You do not have to include a gift in your will to Cobalt to use our will writing services, but we hope you will consider this once loved ones are provided for. More information and access to the service can be found on our webpage or call Helen Tomes in our Fundraising Team on 01242 535922.

Donating in memory of a loved one

Remembering a loved one through 'in memory' donations is a wonderful way to honour a special person during a difficult time. There are many ways you can make a meaningful and lasting tribute to their memory. Donations in memory of a special person can be made in lieu of flowers at a funeral or directly to Cobalt at any time. To talk to the Fundraising Team about funeral donations, please contact us.

Special ongoing tribute funds can also be set up in memory of a loved one. One of our supporters, Sue, has set up family funds which she donates into at special times of remembrance. Sue says: "at significant times of the year, like



birthdays and Christmas, making a donation into the tribute funds makes me feel that I am remembering my loved ones by doing something good in their memory".

If you would like to make a long-lasting tribute on a date that is special to you – perhaps on a birthday or on an anniversary, please call the Fundraising Team who can assist.



Photo taken by Sarah Turton.

Thank You!

Robert Beaumont held a lunch at a golf club to celebrate his 80th birthday

"I decided that I would rather have my friends make charitable donations than give me presents, for my 80th birthday, as at that age there was very little I needed and I would prefer to do something to help local good causes that had been a great help to me when my late wife, Margaret, was being treated for Cancer. I chose Cobalt as one of the charities as they offer an excellent scanning service that operated so efficiently when it was needed. There was easy parking and almost no delays, making it a less stressful occasion than many others at a very difficult time."



Karen and Steve Thomas kindly asked for donations to Cobalt in lieu of wedding gifts

"I was diagnosed with breast cancer in 2009, but, because it was such an early intervention, I had a very good outcome. So we are so happy to support a charity which provides early diagnosis." Karen Thomas



Jenny, Judith and their stalwart band of volunteers raised over £650 through a clothes swap event with added coffee and cake. Thank you to all involved!

Ryan Fortey of HeadKandy hairdressers in Gloucester Quays held his annual fundraiser, a Cutathon and Cyclathon that raised over £1400. An amazing 24 hours of hairdressing and cycling, with lots of fun thrown in.



Thank you to Simon Overthrow, Captain of Painswick Golf Club who held a charity day in August in aid of Cobalt. Please check out our website for photographs of the event.



Elissa Blackburn held a cake sale on her drive for Cobalt and made over £400 in just a few hours.



Coates Horticultural Society held a fantastic plant sale to raise funds for Cobalt.



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:

- Equipment Appeal
- Breast Cancer Nurses
- Teenager and Young Adult Cancer Nurse
- 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 (please provide email address above)
- I would like to set up regular direct debit donations, please send me details
- Please contact me about setting up a tribute fund
- Please send me details of how to leave a gift in my will

Are you donating in memory of a loved one? Please tell us more and in whose memory you are donating

I would like to buy number of Cobalt's 2023 Calendar and I enclose a cheque (payable to Cobalt) for £ 10.00 for each calendar (includes p&p)

I would like to order packs of 20 assorted upcycled Christmas cards and enclose cheque (payable to Cobalt) for £8.95 for each pack (includes p&p)



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.

WANT TO KNOW MORE?

If you are interested in organising a fundraising event for Cobalt please call Kirsty Bradbury, Fundraising Engagement Officer on 01242 535922.

'I am here to help. If you need ideas or support for your fundraising, whether you need Cobalt T-shirts, bunting or collecting buckets, just give me a call. We can also help with setting up JustGiving pages and social media.'



CHRISTMAS COUNTDOWN

Christmas cards are now available - each card has been lovingly upcycled by our volunteers.

Assorted pack of 20 Christmas Cards £8.95 including p&p. Please order using the response form, online or call 01242 535922.

THE BIG COBALT online auction is back.

Please save the dates. Live from Friday 18th November 10am, bidding closes on Sunday 4th December 6pm. Bid on luxury hampers, delicious meals out, stunning artwork and unique experiences. **There is something for everyone.**

We are still collecting lovely lots for this important fundraiser, so if you are able to help please do give us a call on 01242 535922 or email fundraising@cobalthhealth.co.uk



www.cobalthhealth.co.uk

Registered Charity No: 1090790

