

Spring 2023



Cobalt

Medical Charity

Diagnosis • Research • Education

COBALT NEWS



MEET COBALT'S NEW MEDICAL DIRECTOR

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

Registered Charity Number: 1090790

ABOUT COBALT

Cobalt Health (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 Magnetic Resonance Imaging (MRI), Computerised Tomography (CT), and Positron Emission Tomography (PET/CT) scanners. The Charity also funds and participates in research mainly within the fields of cancer and dementia.

OUR VISION

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.

OUR VALUES



WELCOME

Welcome to the spring issue of Cobalt News.

As a medical charity, we are committed to providing enhanced diagnostic imaging for people who are sick and injured. What makes Cobalt unique is our commitment to identifying new opportunities and using the most up-to-date imaging technology that may not otherwise be available.

The Charity has recently invested £2.6m in a new digital PET/CT scanner and building works to extend the PET/CT department. This faster scanner has enabled us to increase the number of patients that we see daily, with enhanced image quality. We are also proud to have introduced Cobalt's first mobile PET/CT service. This mobile facility is unique in providing a complete and fully integrated moveable department to support NHS hospitals across England.

Our goal for the future is to continue to enable more patients to access the latest diagnostic equipment. We are investing in the development of our training programmes to support the next generation of radiographers, providing opportunities for students and post-graduates. We will also be further expanding our involvement in clinical research.

Please do contact us if you would like further information or would like to support the work of the Charity.

Julia

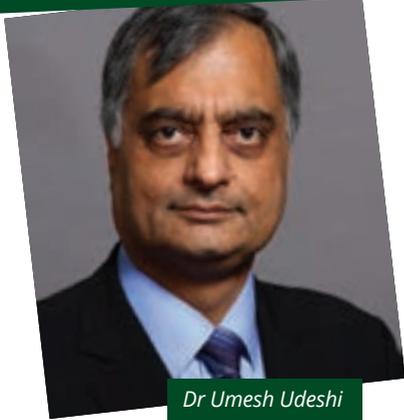
Julia Jenkins,
Head of Fundraising.

t: 01242 535922

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www.cobalthhealth.co.uk/support-us

LATEST NEWS



Dr Umesh Udeshi



Professor Iain Lyburn

NEW KEY APPOINTMENTS

Dr Umesh Udeshi has been appointed as Cobalt's new Medical Director. Dr Udeshi is an experienced radiologist who has also held clinical management positions within the NHS.

Umesh has been a reporting radiologist with Cobalt for many years. He lectures to many professional groups on MRI and general radiological topics and has published clinical papers in peer reviewed journals. Dr Udeshi is an Honorary Senior Clinical Lecturer at the University of Birmingham and a Visiting Specialist Lecturer at the Birmingham City University. He has been an Assessor for the Imaging Services Accreditation Scheme, is a member of the Royal College of Radiologists Service Review

Committee and is an assessor for the Quality Review Service.

As our Medical Director Dr Udeshi will have dedicated time to support Cobalt, he will be a member of the clinical committees and will continue to provide 'one stop scan and report' MRI appointments on Saturdays, meeting patients before their scan and discussing results with them afterwards.

We are extremely grateful to Professor Iain Lyburn who supported Cobalt as our Medical Director for many years and are delighted that he will be taking on a new role as Director of Clinical Research, supporting the development of the Charity's growing research programme.



Sylvia Richards launches the new PET/CT scanner. L-R, Peter Sharpe, CEO, Prof Iain Lyburn, Director of Clinical Research, Roisin Dobbin-Stacey, Head of CT and PET/CT, Sylvia Richards and Neil Holbrook, Chair of the Board of Trustees.

INVESTMENT IN MEDICAL EQUIPMENT

PET/CT

Sylvia Richards, Trustee of the Clive Richards Foundation, launched our new PET/CT scanner which was installed at a cost of £2.6m, partly funded by a successful fundraising appeal. The Clive Richards Foundation is a long-term supporter of Cobalt, in recent years the Foundation has generously supported lung cancer screening programmes in Manchester, Hull, Newcastle and Gateshead. The late Clive Richards CBE KSG DL was a former Patron of Cobalt, a keen supporter of our work, and a remarkable philanthropist along with his wife Sylvia.

Peter Sharpe, Cobalt Chief Executive said "PET/CT has a key role to play in the diagnosis and staging of cancer, and the diagnosis of early on-set dementia. This new scanner, a Siemens Biograph Vision PET/CT scanner is the

very latest digital technology, and will enable us to see more patients very quickly, leading to an early diagnosis. It will also enable Cobalt to support more research projects and clinical trials with the aim of improving patient outcomes in cancer and dementia".

Cobalt provides the NHS PET/CT service for patients in Gloucestershire, Herefordshire, Worcestershire and beyond supporting over 4,000 cancer patients a year.

A second appeal raised £57,500 to purchase a new PET/CT automated dose dispenser. This is the latest in technology that measures out the radioactive isotope required and infuses this into the patient, with very accurate doses and a high level of radiation protection for the staff.

DIAGNOSIS FOCUS

REDUCING THE PATHWAY FOR CANCER PATIENTS

A clear, appropriate and best practice-based treatment pathway is crucial to patient outcomes and wellbeing. A cancer pathway is the patient's journey from initial suspicion of cancer through clinical investigations, diagnosis and treatment.

Cobalt has been working with doctors at Cheltenham General Hospital to reduce the pathway from diagnosis to potential treatment. Many cancer patients require a PET/CT scan to assist in the diagnosis of cancer and staging of the disease. The patients may also require other tests such as a MRI or CT scan. For all tests there is a wait, Cobalt has been funding a pilot study to combine the diagnostic CT and PET/

CT during one appointment. This could reduce the patient pathway by up to two weeks, enabling treatment to start earlier if required.

In the last 12 months, Cobalt scanned over 3,500 patients from Gloucestershire, Herefordshire, Worcestershire and Swindon with PET/CT scans. The scans not only assist in the diagnosis of cancer, but also monitoring the effectiveness of treatment.

Cobalt is also one of the largest centres in the UK to use PET/CT to support the diagnosis of early onset dementia for the NHS.

MRI

Cobalt took delivery of their first Siemens Healthineers 1.5 Tesla Aera mobile MRI unit in January. This new scanner features enhanced technology enabling faster examinations making the experience more comfortable for patients with no compromise on scan quality. Following a period of successful training the scanner will support NHS hospitals, starting in Taunton, Somerset.

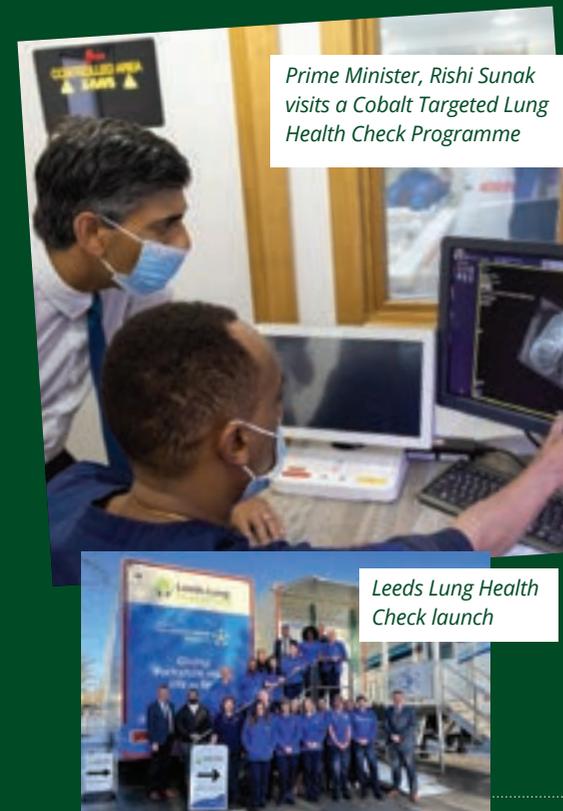
LUNG HEALTH CHECKS



NHS England's Targeted Lung Health Check (TLHC) programme aims to diagnose lung cancer at an earlier stage when treatment is more successful. Cobalt is currently the leading provider of low dose CT scanning to support the TLHC programme, providing over 50,000 CT scans per year.

We are delighted that the UK National Screening Committee, has given a positive recommendation for the introduction of the country's first TLHC

national cancer screening programme. This is a first step to enabling the screening programme to be rolled out across the UK. When up and running, everyone aged between 55 and 74 who smokes or who has smoked, will get an invitation to attend an assessment and if clinically indicated, a low dose CT scan of the lungs. The national screening programme is likely to take some time to roll out. In the meantime, however, the TLHC service will continue to provide this important service.



Prime Minister, Rishi Sunak visits a Cobalt Targeted Lung Health Check Programme

Leeds Lung Health Check launch

PM VISIT

Prime Minister Rishi Sunak, visited the Cobalt TLHC mobiles in Surrey in October, as one of his first ministerial visits. This service is provided in partnership with the Royal Marston Cancer Alliance and the Royal Brompton Hospital.

Cobalt is now supporting two new TLHC programmes with low dose CT scanning. The Liverpool programme is provided in partnership with the Liverpool Heart and Chest Hospital. The Leeds programme was launched in January 2023 in partnership with Leeds Teaching Hospitals NHS Trust, and is funded by Yorkshire Cancer Research.

RESEARCH FOCUS



Research published by The Journal of the Alzheimer's Association, means that future at-risk patients could be screened to help identify those who might benefit from early interventions to reduce their risk of developing dementia-related diseases.

For the study, researchers analysed data from the UK Biobank database and pinpointed problem solving and number recall as two of the early indicators that patients could develop dementia. These findings raise the possibility of screening at-risk patients in the future to help select those who would benefit from interventions to reduce their risk of developing one of the conditions. This could also help to identify patients suitable for recruitment to clinical trials for new treatments. There are currently very few effective treatments for dementia. One of the reasons for

this is because these conditions are often only diagnosed once symptoms appear, whereas the underlying neurodegeneration may have begun much earlier.

“This is important research as it emphasises the need to detect and intervene at the earliest stage, and suggests a way forward.” said Professor Gordon Wilcock, Trustee, Cobalt

A new drug, lecanemab, that may slow down the rate of decline in early Alzheimer's has just received a licence in the USA. In a single clinical trial it reduced the rate of decline by about a quarter. In reality the results are modest and the drug is expensive with significant potential side effects. However it is really important as it may show the way to develop more effective treatments.

GLOUCESTERSHIRE NHS MSKAPS PARTNERSHIP



Cobalt has provided the imaging service for Gloucestershire Musculoskeletal Advanced Practitioner Service (MSKAPS) for many years. The MSKAPS team includes highly specialised physiotherapists, podiatrists and GPs treating patients with conditions which have not been helped by the usual management methods for the condition, such as exercises, medication, rest, physiotherapy or podiatry. Physiotherapists are able to refer directly for an MRI scan as part of the patients management. The Charity also supports the MSKAPS team with teaching sessions by orthopaedic surgeons and radiologists.

WORLD CANCER DAY 2023

This took place on Saturday 4th February 2023 with the theme of 'uniting our voices and taking action'. The aim of the day was to raise awareness of ways to reduce risk, early detection and treatment of cancer.



GOING FOR GREEN!

- We are the first imaging service trialling a new smaller 160 amp generator to power our new CT scanner and support units. This was developed using formula one racing technology.
- The mobile CT scanner is the first produced using battery backup when in transit, rather than a generator.
- The support units have solar panels and connect to the scanner to create a full mobile clinic.
- All of these measures will reduce pollution and diesel costs and we are planning to roll this out across our fleet of CT scanners and support units in community locations.
- Cobalt was recently awarded ISO14001 Environmental Management accreditation in recognition of our efforts to reduce our impact on the environment.

April is our Make A Will Month



Having an up to date will in place is important for both you and the people you love. It can offer you peace of mind that your wishes have been made clear, whilst also helping to make things easier for your loved ones, at the time they need it the most.

During April, our partner solicitors will again donate their expertise and time to support Cobalt. Through the scheme they will write or update a straightforward will, in return for a voluntary donation to Cobalt. The suggested minimum donation to Cobalt is £150 for a single will and £200 for joint mirror wills.

The scheme was launched by Cobalt over twelve years ago. To date, more than 900 wills have been drafted by our partner solicitors, raising over £115,000 of charitable funding. Whilst there is no

obligation to include a gift to Cobalt in a will made through this scheme, gifts in wills provide a vital source of income to Cobalt.

After taking care of family and friends, even a small amount can make a big difference. By remembering Cobalt in your will, you will be helping to ensure that we are able to continue to provide life-changing services and equipment for future generations to come.



Supporter Lynne pledges her commitment to Cobalt's future

Pass on something wonderful to the world of tomorrow. Leaving a gift in your will to charity will help future generations to come.



Our special supporter Lynne shares why she chose to include a gift to Cobalt in her will.

"I am keen to support Cobalt as it is a unique, innovative medical charity involved in the diagnosis of cancer and dementia, to which I have sadly lost relatives. The work of Cobalt is constantly evolving through research, outreach projects, training and the acquisition of 'state of the art' equipment.

Cobalt is here for people locally, but reaches those further afield through its work. Overall, in my opinion it is a very worthwhile cause and we are extremely fortunate to have it, but for its continuation and development it needs our support."

If you haven't yet made a will or need to update your current will, please do consider Cobalt's Make A Will Month scheme.

For a list of the participating solicitors and further information, please visit the Support Us pages of our website or call the team on 01242 535922 or email helen.tomes@cobalthhealth.co.uk for a pack. Please note that places are limited, therefore early enquiries are recommended.

We are so grateful to all our partner solicitors who donate their time and expertise to support Cobalt through this scheme.



COMMUNITY ENGAGEMENT



L to R, Hannah Dawson, Alex Sansone, Megan Willsher (TYA Nurse), Julian Carter.

We are delighted to announce that Peter Ball & Co estate agents have selected Cobalt as their Charity Partner for 2023. They have committed to donating £2.50 for every market appraisal they undertake. The estate agents have offices in Leckhampton, Charlton Kings, Cheltenham town centre and Tewkesbury/Bishops Cleeve. They will be taking part in a number of physical challenges and other activities to help reach a fundraising goal of £3,000 by end of April 2023.

Please keep an eye out on their social media, office window displays and website to find out how you can help them reach this target. www.peterball.co.uk

All funds raised will go towards our Teenagers and Young Adults with Cancer Nurse Specialist, Megan Willsher, who offers care and support to 16-25 year old cancer patients and their families in the Three Counties.

Partnerships like this are important to raise awareness of our work as well as funds. If you know a company that could support Cobalt in a similar way, please contact the Fundraising Office at Cobalt.

Cobalt has been funding the role of a Teenagers and Young Adults with Cancer Nurse Specialist supporting patients in Herefordshire, Worcestershire and Gloucestershire since 2011. We have made another three-year commitment to this important role. Megan Willsher cares for around 35 young cancer patients, helping both the patients and their families and friends.

'Looking back over my son's treatment: two surgeries and almost a year prior of chemo, Meg has been a vital source of support. I am really grateful that she was that friendly and reliable point of contact who we could go to for information. 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.'

You supported both of us, thank you so much. You must make a big difference to many families.'

Quote from family member.

PETER BALL & CO

EDUCATION FOCUS

NEW ROLE HEAD OF EDUCATION, TRAINING AND RESEARCH

As the Charity grows both the development of our workforce and our capacity for research becomes greater and along with it the requirement for someone to co-ordinate the projects. We are delighted to announce the appointment of Áine McGovern to a newly created role of Head of Education, Training and Research who will be leading these initiatives.

Áine has a wealth of experience as a senior radiographer, both in MRI, CT and PET/CT, she has previously held roles at Cobalt as MRI Training Facilitator and Research Radiographer.



COBALT ACADEMY

The Cobalt School of Clinical Imaging delivers an already established and successful programme of educational events for medical professionals throughout the year. These are usually case-based lectures by leading consultants, sharing research findings, best practice and knowledge with other medical professionals.

The development of Cobalt's Education, Training and Research department, headed by Áine, provides opportunity for further innovation and growth in our educational offering. We have ambitious plans for the future of education at

Cobalt. Áine's business relationships with universities locally and beyond and with international healthcare innovators, will support radiography students as undergraduates and into their first post-graduate roles.

In the most recent census conducted by the College of Radiographers (reported in November 2020), the average current UK vacancy rate for radiographers across respondents was 10.5%. In order for Cobalt to thrive it is important for the Charity to invest in training the next generation of radiographers.



Silke and Jake spinning

Thank You!

Silke and Jake's Super Spin

Cheltenham couple, Silke and Jake raised money for Cobalt in December by undertaking a super spin challenge at Welcome Gym. They set up a JustGiving page asking people to sponsor them £3 for a minute of spinning and gained sponsorship that kept them spinning for 13 hours! With just three 5-minute breaks in those hours they kept the wheels turning to raise over £2,679 for Cobalt.

Silke was inspired to raise funds because she has an annual mammogram and then an MRI scan at Cobalt as a high-risk patient, and this was their way of saying "thank you for all your hard and important work at Cobalt". Silke and Jake are getting married in May 2023 and we wish them health, happiness and fun together.

Winchcombe card makers reach £10,000 milestone

For over 10 years a dedicated group of card makers in Winchcombe have made and sold cards for Cobalt. They carried on through the pandemic working individually at home and were thrilled when they reached a milestone of raising over £10,000 for Cobalt. Cheltenham Mayor, Sandra Holliday, kindly hosted tea for the Winchcombe volunteers at the Mayor's Parlour in the Cheltenham Municipal Offices to celebrate their wonderful achievement.



Winchcombe card makers



The Stroud Stragglers

A big thank you to **Stroud Stragglers** (community fundraising group) for their incredible support. The group threw themselves into the Coffees that Count campaign, raising over £700 at a coffee morning at Rodborough Community Hall, £576 from a Craft Fair in Stonehouse and almost every week during the autumn sold Cobalt cards and calendars anywhere they could, including markets and local stores. The total raised was a fantastic £2,710.

Nick Dolan and Maria Padillo Rivademar celebrated their Diamond Wedding Anniversary with family and friends in December 2022. The couple asked for donations to Cobalt instead of gifts, raising £1,323.



Philip Pinchin

Cobalt supporter, **Philip Pinchin** is preparing to climb the world's fourth highest mountain, Lhotse (which sits next to Everest) and is 8,516 metres high. Philip selected Cobalt because his mother supported Cobalt coffee mornings in the 1960's and 1970's. He will be doing the trip this April, just before his 67th birthday. Details of his challenge and updates on his progress along with an opportunity to support him are available on the Cobalt website supporter pages.



Harry and Clare Shearer

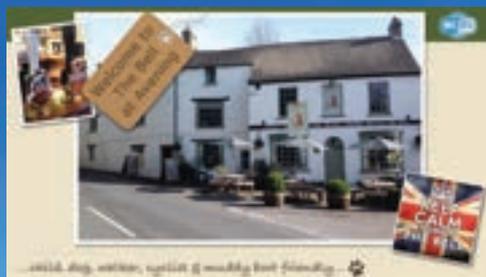
Thank You!

Running for Cobalt

Our fantastic young supporter **Harry Shearer** will be running the 2023 London Marathon in April to raise money for Cobalt. Our charity is very personal to Harry because his Nan raised money for one of the original diagnostic imaging machines, by knitting blankets whilst she was in sheltered accommodation. She was later diagnosed with breast cancer after having a scan at Cobalt. Harry's mum Clare has also been a long-term supporter of ours helping at open gardens and other Cobalt events.

Harry and his mum head up a recruitment business Shearer Associates and are expecting to organise lots of fundraising activities in the future. If you want to sponsor Harry, please donate via JustGiving and search for **harry-shearer3**.

The first Saturday evening of every month at **The Bell at Avening**, is quiz night, hosted by quizmaster Tony Williams. Tony presented a cheque for £1,520 to Cobalt from recent quizzes. Thank you to everyone at The Bell for their support.



Coffees that Count is back! Can you help us by holding a coffee morning with your friends this spring? If 20 coffee mornings each raise £250, together we will raise £5,000. Here are some ideas to help you raise money from your coffee morning. Invite 20 people, ask them to pay £2 to come along and pay £5 for a drink and cake, hold a small raffle charging £1 per ticket (prizes can be home baking, home-grown plants, box of chocolates) and have a cake or produce stall selling goodies to take home.

We started Coffees that Count last January and a fabulous £5,186 was raised. The events ranged from a supporter inviting friends to her garden for tea and asking for small donations, to groups booking a village hall and selling crafts and cakes as well. If you'd like a chat about this or another idea, please call Kirsty on 01242 535922



Kirsty Bradbury

A day in the life of Kirsty Bradbury, Fundraising Engagement Officer

I work with our super volunteers and supporters to help raise money for Cobalt. Many years ago, I worked as a radiographer for Cobalt on the machine the Charity is named after, so I know the importance of diagnostic imaging equipment and also how technology has improved over the years.

There is no such thing as a typical day in fundraising! I work with over 100 volunteers; many are involved with our card upcycling programme which last

year generated just over £25,000. Other volunteers have created groups and help to raise funds within their local area. Some of our supporters undertake challenges to raise sponsorship for the Charity. I also organise Cobalt's open gardens programme each year, these are great fun and would not be possible without the team of volunteers who bake in advance and help with our pop-up cafes.

My highlight each year is the Volunteers Thank You Event, where charity staff serve tea and cakes to our volunteers, as a small token of our appreciation!



2023 Photography Competition, 1st April – 31st August 2023

Cobalt's Capture a Moment Photography Competition is seeking the best moment captured by you and your camera or smartphone. Entries cost just £2 with a chance to have your winning entry featured in Cobalt's 2024 calendar and win exciting prizes. All proceeds will help fund Cobalt's Teenagers and Young Adults with Cancer Nurse Specialist.



Arthur's Spring Stroll, Sunday 16th April 2023, 10am start from outside Nailsworth Fire Station

A seven mile sponsored walk from Nailsworth to Dudbridge along the old picturesque railway line. The event is family and dog friendly. Free parking is available in Nailsworth Town Car Park. Contact John Perkins on 01453 834066, Richard Hardwick on 01453 872635 or fundraising@cobalthhealth.co.uk for a sponsor form.

Rare Plant Fair and Open Garden, Sunday 16th April, 11am – 4pm, The Old Rectory in Quenington, Gloucestershire, GL7 5BN

This beautiful spring garden will be hosting plant stalls run by specialist growers, with plenty to see and plenty to buy. There are herbaceous borders, a pool, bog garden and the River Coln flowing by, as well as a permanent sculpture display. Cobalt will be running a pop up café serving light lunches and homemade cakes. Adults £6, children under 16 free, no dogs allowed (except assistance dogs).

Garden Party at the home of Laurence and Jackie Llewellyn Bowen, Friday 9th June – 2pm - 5pm, Siddington

Join us for afternoon tea with live music and lots of wonderful stalls in their beautiful Cotswold garden. Tickets need to be booked in advance and are available from the website. Tickets £25.

Rare Plant Fair and Open Garden, Sunday 23rd July, 11am – 4pm, Highnam Court, Highnam, near Gloucester GL2 8DP

Explore the extensive gardens at Highnam Court, as well as a great selection of plant stalls. The Rare Plant Fair is renowned for being the best specialist plant fair with knowledgeable nurserymen on hand to advise. The Orangery Café will be run by Cobalt and will offer light lunches, cream teas and delicious homemade cakes. Adults £6, children under 16 free, well-behaved dogs on a short lead allowed in the fair and gardens.



Please cut here



Together we can make a difference

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.cobalthhealth.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@cobalthhealth.co.uk

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

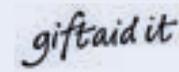
Full name:

Address:

Postcode:

Email address:

Telephone number:



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

Your gift

I would like to support:

- Equipment Appeal
- Breast Cancer Nurses
- Teenagers and Young Adults with Cancer Nurse Specialist
- Research
- 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:

.....
.....
.....

WAYS TO GET INVOLVED

SUPPORT US



There are lots of ways to get involved and support our work.

**HOLD A COFFEE AND
CAKE
SALE**



**DO A SPONSORED RUN
VOLUNTEER YOUR TIME**

DISPLAY OUR POSTERS IN YOUR STAFF ROOM
OR LOCAL VENUE, HELP US TO RAISE AWARENESS



STOCK OUR UPCYCLED CHARITY CARDS

PROMOTE US AS CHARITY OF THE YEAR OR NOMINATE US AS
THE CHARITY FOR A DRESS DOWN DAY
AT A LOCAL SCHOOL?



**SIGN UP TO
CHELTENHAM
LOTTERY**

**DONATE UNNEEDED
GIFTS FOR PRIZES
FOR RAFFLES AND TOMBOLA**

**DROP OFF YOUR USED STAMPS, GREETING CARDS AND
UNWANTED FOREIGN CURRENCY - WE CAN TURN THEM INTO
VALUABLE MEDICAL EQUIPMENT**

www.cobalthhealth.co.uk

Registered Charity No: 1090790

