

COBALT

SPRING 2025

# NEWS



HANNAH RUNS  
LONDON MARATHON

BEN'S SUNRISE TREK

ANNA'S STORY



**Cobalt**

Medical Charity

Diagnosis • Research • Education

Registered Charity No. 1090790

# Welcome to Cobalt news!

My name is Ben, and I am the Superintendent Radiographer for Magnetic Resonance Imaging (MRI) at Cobalt. I have been proud to work with the charity for over four years, following my previous experience in the NHS. Before training as a radiographer at the University of Exeter, I served as a tank mechanic with the Royal Electrical and Mechanical Engineers, based in the UK and Germany, with active service in Northern Ireland, Bosnia, and Kosovo.



One of the most rewarding aspects of my role at Cobalt is implementing the latest technology to provide patients with the best experience and treatment outcomes. I am also part of the research team, collaborating with colleagues, industry partners, researchers, and patients to advance medical understanding. Your support can help us bring this vital technology to our community and make a real difference in the lives of our patients.

Warm regards

Ben



## Keep in touch

Get our latest news straight to your inbox. Sign up at [www.cobalthhealth.co.uk/support-us](http://www.cobalthhealth.co.uk/support-us)  
To let us know how you want us to contact you (by post, email or telephone) email [fundraising@cobalthhealth.co.uk](mailto:fundraising@cobalthhealth.co.uk) or call 01242 535922

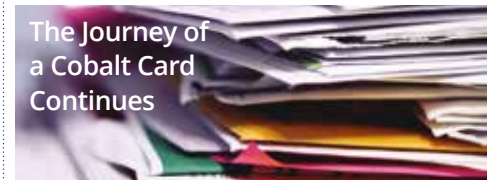
## Follow Us on Social Media

- 📧 @cobaltfr
- 📘 @cobaltsupporters
- 📺 @cobaltsupporters

Care Quality Commission (CQC) is the independent regulator of health and adult social care in England. Following an inspection by the CQC in 2024 we are delighted to report that Cobalt's overall rating is classed as Good, and outstanding or good in all areas assessed.

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# The impact of Cobalt

## Why I'm running the London Marathon for Cobalt

Hannah Locke, 29 shares her story about why she is running this year's TCS London Marathon for Cobalt.

### Why did you sign up for the London Marathon?

During the 2020 lockdown, I started running to stay busy and get out of the house. Over time, running became a part of my routine to keep fit. Although I've only managed one park run so far, I typically run about 5k.

Watching the London Marathon in 2024 was such an inspiring experience. I felt so motivated by the runners that I decided to enter the ballot - never in a million years thinking I'd actually get a place! You can imagine my absolute shock

when I opened the email and saw that I'd been accepted! I know so many friends who have entered the ballot multiple times without success, and there I was, lucky on my first try. At first, I wondered, Should I do it? But the answer was obvious - Of course, I'll do it! It's London, such an iconic event, and I love a challenge. Why not take on the most famous and biggest marathon in the world?

### Why is Cobalt so important to you?

On a Friday, my amazing mum Gail was diagnosed with cancer, and just a few days later, on Wednesday, I found out I had a place in the marathon. When I asked her which charity I should run for, she said, "Cobalt." Mum is only 54, so her diagnosis was a massive shock to me and my



family. She had her scans at Cobalt, which helped establish her diagnosis and plan her treatment. Mum told me, "Cobalt is amazing, and they're a charity."

Until Mum's diagnosis, I didn't know much about Cobalt. But as I started talking to others, I realised how many people have benefitted from their services. Recently, my gran also visited Cobalt for scans to determine if she had dementia.

I've gone from knowing nothing about this charity to discovering how deeply it impacts so many lives. Supporting Cobalt means supporting the incredible work they do for cancer and dementia patients. It's a

cause close to my heart, one that has directly impacted my family.

### Have you started fundraising?

As soon as I secured my place, I created an online fundraising page. Thanks to the incredible generosity of my friends and family, I've already raised £1,000!

I'm so excited for the big day and can't wait to have my family cheering me on as I run for Cobalt.

**To support Hannah visit <https://2025tcs londonmarathon.enthuse.com/pf/hannah-locke>**

# The Journey of a Cobalt Card Continues

In the Autumn edition, we highlighted the incredible work of Cobalt's card-making volunteers, who upcycle and create thousands of cards annually to raise funds for the charity.

But have you ever wondered what happens to the leftover bits of card we can't use? Our wonderful friends at the local recycling company Printwaste step in to help. They collect these scraps and recycle them into newspapers and other paper products!

The recycling process involves seven quick steps - from collection to sorting, pulping, and finally transforming the waste into recycled paper, all within just seven days.

If you'd like to join our amazing Cobalt card-making team or learn more about how you can support us, please get in touch by [fundraising@cobalthealth.co.uk](mailto:fundraising@cobalthealth.co.uk) or call **01242 535922**. Together, we can make a difference!



## STEP ONE: COLLECTION

After our Cobalt volunteers have used the front of the cards the leftover bits of paper are collected and transported back to the recycling facility.

## STEP TWO: SORTING & BALING

Once there, the paper gets sorted by grade and baled it up, ready to send to a specialist paper mill.

## STEP THREE: PULPING

At the mill, the paper will be placed into a large cone-shaped drum and mixed with water to break the material down into its natural fibres, creating a pulp.

## STEP FOUR: CLEANING

The pulp will then be filtered and screened to remove any debris and contaminants like paper clips, labels and bits of plastic. Colouring agents will be added at this stage if required.

## STEP FIVE: DRAINING & BONDING

Now clean, the pulp will be sprayed onto a large, fast-moving mesh screen which will drain away excess water and help the fibres bond together to form a sheet.

## STEP SIX: PRESSING & DRYING

To further remove any leftover water, the sheet will be pressed and, put through 130°C steam-heated rollers to dry (removing 93% of water content), until the right moisture level and thickness is achieved.

## STEP SEVEN: RECYCLED PAPER

Lastly the dried sheet will be wound into rolls and made into recycled paper products, such as newspapers and office paper.



## Did you know?

These seven steps are done in just seven days!

Anna's Story:

# A Decade of Making a Difference



This year, Anna Seedhouse marks 25 years at Chipping Campden School and 10 years of dedicated support for Cobalt, a charity close to her heart. We spoke to Anna about her inspiring journey.



**Anna, congratulations on 25 years at Chipping Campden School! What makes this milestone so special?**

"It's incredibly meaningful to celebrate this at the school I once attended. Chipping Campden is more than a school—it's a community. I love working with the pupils and seeing them grow into amazing young people."

**This year also marks 10 years of your support for Cobalt. What inspired you to start fundraising?**

"Over 10 years ago, I was diagnosed with breast cancer after taking part in a clinical trial for mammogram screening. I wasn't the usual age for a mammogram, but the trial caught the cancer early, and I got the treatment I needed. That's why I'm so passionate about supporting Cobalt's work."

**Your school's pink days have raised over £10,000 so far—an incredible achievement! How does that feel?**

"It's fantastic! The coffee mornings bring pupils, staff, and the community together for such a great cause. Last year, we raised nearly £3,000 thanks to the Big Give doubling donations. It's amazing what can be achieved when people come together."

**What's planned for this year's pink day?**

"This year, I want to make it extra special to celebrate 10 years of supporting Cobalt. Their breast cancer research trials can be life-changing, and I'm determined to do even more to support them."

**What would you say to someone thinking about supporting Cobalt?**

"Go for it! Fundraising doesn't have to be complicated, and even small efforts can make a big difference. Cobalt's work saves lives. It's a wonderful way to give back and help others."

Anna's story is a reminder of the difference we can all make. Join her in supporting Cobalt by hosting your own fundraiser or attending a Cobalt event.

# Come Along to Our Events and Support Cobalt!

We've got some fantastic events lined up, and we'd love for you to join us. Find full details and updates on our website: [www.cobalthhealth.co.uk/support-us/supporter-events](http://www.cobalthhealth.co.uk/support-us/supporter-events)



## Walk for Cobalt 22nd March 2025

Step into Cheltenham's history on this fun, family-friendly walk through iconic Regency landmarks (and hear the tale of a loose circus elephant!). Meet us at 10 AM for a great day out supporting Cobalt.



## Quenington Open Garden and Rare Plant Fair 13th April 2025

Wander through beautiful riverside gardens, browse rare plants, and treat yourself to homemade cakes. Entry: £8 (cash only). Open 11 AM – 4 PM.



## Networking Lunch at Prithvi May 9th 2025

Enjoy a delicious two-course lunch with wine and canapés at Cheltenham's Prithvi restaurant. Tickets: £40. Meet new people and support Cobalt in style!

## Snowdon Sunrise Trek 16th May 2025

Embark on a magical adventure to the summit of Snowdon under the stars. Witness an unforgettable sunrise as we climb together for a great cause.

## Highnam Court Open Garden 22nd June 2025

Spend a relaxing summer afternoon exploring stunning gardens and enjoying lakeside views. Admission: £6. Dogs welcome on leads! Open 11 AM – 4 PM.

## Capture A Moment Photography Competition 2025

We're thrilled to announce the return of Cobalt's Capture a Moment Photography Competition for 2025 and entries will open in April. So do keep an eye out on our website and social media for more details! The competition is open to everyone, no experience is necessary, just share what you see behind your lens.

## Make a Difference with Cobalt: Fundraise Your Way!

Looking for a fun and meaningful way to support Cobalt? Whether you're an individual, a school, or part of a community group or at work, you can help us raise vital funds to provide life-changing services and equipment. Here are some ideas to get you started:

- **Host a Coffee Morning:** Brew some tea, pour a coffee, bake some treats, and bring people together for a chat—all while raising funds for a great cause.
- **Take on a Challenge:** Whether it's a sponsored walk, a bake-off, or climbing a mountain, challenge yourself while supporting Cobalt.
- **Organise a School or Workplace Event:** From non-uniform days and raffles to sports tournaments and quiz nights, the possibilities are endless!
- **Get Creative:** Host a craft fair, book sale, or even a dance-a-thon. Let your imagination lead the way!

And don't forget we are here to help, so email or call the Fundraising Team!

## Farewell and Thank You, Kirsty!

After nine incredible years with Cobalt, Kirsty Bradbury our Fundraising Engagement Officer is retiring. While it's not goodbye, as Kirsty will remain a valued volunteer, her departure marks the end of a remarkable chapter. Kirsty has been a passionate ambassador for Cobalt, helping to grow the success of initiatives like Cobalt Cards and our Open Gardens events.

Malcolm MacKeith, Interim CEO, shared his thoughts, "Kirsty brought immense enthusiasm and joy to fundraising. Her therapeutic radiographer background gave her a unique insight into the impact Cobalt has on patients. Under her guidance, volunteer numbers have soared and diversified, from bakers to card makers and event helpers. On behalf of the charity, I want to thank Kirsty for her incredible dedication and hard work."

On her time at Cobalt, Kirsty said, 'The nine years that I have spent here have flown by, and have been lots of fun. I am taking away so many happy memories of people and events, from our beautiful open gardens to the large steam show in August, to supporters who walk, run and cycle to raise funds, and even very memorably, Betty wing walking in her eighties. Cobalt is a big happy family, and our amazing volunteers and supporters add so much to this. It has been a privilege to work for such a fabulous, worthwhile charity. And I am not disappearing completely as I intend to volunteer so will hopefully still see many of you at events.' Thank you, Kirsty – you'll always be part of the Cobalt family!



## Be there for Breast Cancer

This year's Christmas Big Give Campaign raised an incredible £40,000, with all donations doubled to support our breast cancer research nurses. These funds will help cover the costs of these vital roles at Thirlestaine Breast Clinic.

Minna, a research coordinator, shared, "I lead the team covering breast screening trials, including the BRAID study, which recruited over 1,300 participants. This trial focused on supplemental imaging for women with dense breasts. One participant was especially grateful as the trial's contrast mammogram detected a cancer early, enabling timely treatment."

Rekha, lead research nurse, reflected on her work, stating, "Over the past 20 years, breast cancer survival rates have dramatically improved, thanks to advancements in diagnostics and treatments achieved through research. Our trials have enhanced early detection and provided better outcomes for patients."



Professor Iain Lyburn, Director of Research, expressed his gratitude to donors, emphasising the transformative impact of research nurses. He remarked, “Our research nurses are integral to clinical trials, excelling in simplifying complex science for patients and providing holistic support. They ensure patients’ physical and mental well-being throughout the trial process, making their journey as positive as possible.”

He added, “Patients who participate in clinical trials are extraordinary. They contribute their precious time, often without personal benefit, to advance future treatments. Their involvement embodies hope, and ensure their experience is handled with utmost care and respect.”

Thank you to everyone who supported this campaign and made a difference to our research.

You can still choose to support our breast cancer research contact [fundraising@cobalthhealth.co.uk](mailto:fundraising@cobalthhealth.co.uk) or call 01242 535922



## Ben’s Sunrise Trek: Climbing Snowdon for a Cause

As a Cobalt radiographer, Ben knows just how vital public support is in helping his department do life-saving work. From funding new equipment to supporting clinical trials, every pound raised makes a difference. So, when the chance came to take on the Snowdon Sunrise Trek to raise money for the charity, Ben and his colleagues jumped at it.

“I’ve got an army background and live in Gloucestershire, so you’d think I’d be used to climbing hills,” Ben laughs. “But that was a long time ago! The

idea of getting on a coach, sleeping, and then climbing a mountain in the dark is both exciting and a bit nerve wracking.”

Despite the challenge, Ben is eager to share the experience with his team. Snowdon (Yr Wyddfa), standing at 1,085 meters (3,560 feet), is the highest peak in Wales. The trek promises stunning scenery – glacial lakes, dramatic ridges, and cascading waterfalls – but the real prize is reaching the summit just as the sun rises.



“Watching the sunrise up there will be magical,” Ben shares. “It should be so peaceful, beautiful, and totally worth the climb, (I hope!)”

The trek is no stroll in the park. Climbing in the dark makes it even more adventurous, and unpredictable weather can add extra challenges. But with experienced mountain guides leading the way, Ben is confident they’ll make it to the top. “We know it’ll be hard work,” he says. “But we’re doing it for a great cause, and that makes every step worth it.”

Ben and his team hope their journey inspires others to support the charity. “We rely on amazing people who raise money to help us do our job – whether that’s buying new diagnostic equipment or funding clinical trials. People like you make all that possible.”

Want to help Ben and his team reach their fundraising target or join them on their climb? Visit <https://www.cobalthhealth.co.uk/event/cobalt-sunrise-trek-2025/> to sign up and make every step count!





## Make a Will and Make a Difference

Having a will ensures your wishes are clear and offers peace of mind for you and your loved ones during difficult times.

This April, our partner solicitors are generously donating their time to support Cobalt. In return for a suggested donation of £150 for a single will or £200 for joint mirror wills, they'll help you write or update a straightforward will.

Over the past 14 years, Cobalt's Make a Will Month has raised more than £130,000, funding life changing services and equipment for future generations. While there's no obligation to leave a gift to Cobalt, even a small amount can make a big impact.

Supporters like Lynne share why they chose to include Cobalt in their will: "Cobalt's innovative work in cancer and dementia diagnosis makes a huge difference locally and beyond. Supporting their future feels so important."

Don't wait—places are limited. Visit our website or contact us at 01242 535922 or email [helen.tomes@cobalthhealth.co.uk](mailto:helen.tomes@cobalthhealth.co.uk) to learn more or receive a pack.

A big thank you to the solicitors Willans, Davis Gregory, Langley Wellington, Dee & Griffin, and Sewell Mullings Logie for making this possible by donating their time and expertise.

## Business Support for Cobalt

Cobalt celebrated its 60th anniversary in 2024 with exciting initiatives, including bi-annual networking lunches at Prithvi and the launch of our Business Networking Club. We are thrilled to welcome businesses that have shown their support by joining the club, including:

- **The Lines Group** – a leading brand, design, and digital agency.
- **JMP** – a Cheltenham-based general insurance broker.
- **Farquhar's Vocabulary Flash Cards** – creators of innovative learning tools.

To learn more about supporting for Cobalt as a business, please contact Claire on [claire.charlton@cobalthhealth.co.uk](mailto:claire.charlton@cobalthhealth.co.uk)

We also extend our heartfelt thanks to The Nook, Cheltenham's only rooftop restaurant, for hosting a special evening Cobalt. The event raised over £1,300 – thank you to everyone who made it such a success! Join us in supporting Cobalt and make a lasting impact.

## Supporting Cobalt

**As a charity, we need your help to enable us to do what we do best for patients.**



**Donating online is easy.** If you are eligible for Gift Aid, we can maximise your donation by 25%. To make a single donation, or to set up a monthly gift, visit [www.cobalthhealth.co.uk/support-us/make-a-donation/](http://www.cobalthhealth.co.uk/support-us/make-a-donation/)



**By CAF or Cheque**, payable to 'Cobalt' post to Cobalt Fundraising, Linton House, Thirstaine Road, Cheltenham, Gloucestershire GL53 7AS. Don't forget to include your name and address so we can say thank you.



**Fancy organising an event, volunteering or getting involved in some way with Cobalt?** Call us on 01242 535922 or email [fundraising@cobalthhealth.co.uk](mailto:fundraising@cobalthhealth.co.uk) and we'll be delighted to help.

# Donate to Cobalt today

I want to give today £: ..... (cheques payable to Cobalt)

Call if you would like to donate by card 01242 535922

Full name: .....

Address: .....

Postcode: ..... Email: .....

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 the donations I make from this date until notify you otherwise as Gift Aid donations. I confirm that 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

Please do not send an acknowledgement

I am interested in leaving a legacy

I am interested in becoming a regular giver

I am interested in being a volunteer

*giftaid it*

**SEND THIS FORM AND YOUR CHEQUE TO Cobalt Fundraising**

**Linton House, Thirlestaine Road, Cheltenham, Gloucestershire GL53 7AS.**

