



## The Serious Stuff ...

Raising 21K for 21 Years of Care

**What is the 21Kay Appeal?** Bowel cancer and other related serious bowel conditions affect thousands of people each year. A subject many choose to ignore, yet early detection and treatment saves lives. Having the right equipment available in your local hospital is vital and currently some patients and their families living in Shropshire are required to travel into Birmingham to undergo treatment – a journey they could well do without during this difficult time.

The 21Kay Appeal is a fundraising effort to help towards the purchase of two pieces of much needed diagnostic equipment for the colorectal unit at **The Shrewsbury and Telford NHS Trust**. A trained surgeon is on-hand - just the equipment is missing! First, is an 'endo-anal ultrasound scanner and probe' (costing 54K) used to detect early rectal cancer and assess damaged muscles, particularly in women after childbirth injuries. Second, is a 'transanal endoscopic microscope' (costing 47K) used for resecting large rectal polyps.

**Why does the 21Kay Appeal start here and now?** 21 years ago at the age of 25 and having recently given birth to my first child, I was diagnosed with a rare condition called 'Familial Adenomatous Polyposis' (FAP). Left undetected FAP causes bowel cancer in young adults and when eventually discovered it's often too late to treat successfully. In addition, FAP causes other potentially serious health issues, all of which require medical and surgical intervention on a regular basis.

I was fortunate enough to receive an early diagnosis and within days underwent a major life saving operation to remove my colon. Without this operation and the ongoing NHS care I have received during the last 21 years, I would not be alive today.

As the NHS celebrates its 60th birthday and I celebrate the past 21 years, I'd like to give something back. The 21Kay Appeal has been established to raise £21,000 for the 21 years of care I've received – a tribute to the many talented Surgeons, Doctors and Nurses and a contribution towards securing this life saving equipment. To support the system, which has helped me and helps all those facing ill health would be a dream come true.

**How can you help?** Please support our effort – whether it's to celebrate the life you've been given, or show thanks for the care you or someone in your family has received, or simply help those who, with this equipment, could receive the treatment they need.

When many people come together great things can be achieved – see overleaf how you can participate in one of a number of fundraising ideas. Alternatively any donation, however small will help reach our goal.

Please help **The 21Kay Appeal** raise **21K** for hospital equipment.

If you would like to know more about FAP visit: [www.polyposisregistry.org](http://www.polyposisregistry.org) or [www.fapgene.org.uk](http://www.fapgene.org.uk).  
ia (the ileostomy and internal pouch support group) provides information and support to those who have had or need to have their colon removed.  
They also send a quarterly journal free to members - visit [www.iasupport.org](http://www.iasupport.org)

Kay Shinton

pto for the Fundraising Stuff ...



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## The Fundraising Stuff ...

You could take part in the already organised sponsored events:

- Tandem Skydive (20 June 2009)
- The 22 mile Bridgnorth Walk (25 May 2009)
- 7 mile Solstice Walk over the Malvern Hills (4am on 21 June 2009)

Or - here are some other fundraising suggestions ...

- Sponsored Parachute Jump
- Sponsored Bike Ride
- Sponsored Run
- Sponsored Walk/Hike
- Coffee Morning
- Tea Afternoon
- Sponsored Pub Crawl
- Sponsored Swim
- Cocktail Evening
- Wine Tasting Evening
- Fancy Dress Party
- Grow/Sell Plants
- Bake a Cake - sell slices to your friends/colleagues
- Car Boot Sale or Bring & Buy Sale - sell all your unwanted stuff
- Go Bald .....

**All funds raised will go towards  
this lifesaving equipment.  
For more details, telephone Kay on  
07919 667844.**

Please make cheques payable to The 21Kay Appeal. Cheques or donations can be delivered (by hand only) to the HSBC in Bridgnorth (this branch only, please do not post).

Or sent to The 21Kay Appeal, 16 Claremont Drive, Bridgnorth, Shropshire WV16 4LE.

For more information, telephone 07919 667844 or email [the21kayappeal@googlemail.com](mailto:the21kayappeal@googlemail.com)