A Celebration of Hope
For Cancer Survivors’ Day 2017

Join us to celebrate cancer survivorship

Celebration Walk | fashion show | complementary therapies | live music
health and well-being taster sessions | market stalls
exhibits | children’s activities | and much more

Cancer Centre at Guy’s, Sunday 25 June 2pm – 6pm
Cancer Survivors’ Day is an international event which is held on a Sunday in June in many countries around the globe. In 2015 we pioneered this event, making it the first in the UK. It was inspired by a visit to the Sidney Kimmel Comprehensive Cancer Centre at Johns Hopkins Hospital in Baltimore, during their celebrations.

It is acknowledged that survivorship begins on the day of diagnosis, so please enjoy this Celebration of Hope as we offer support to each other, recognise the dedication of our carers, and value the extensive clinical skills offered.

Thank you for being here.
Have a wonderful day.

May I join Diana in extending a very warm welcome to all of you to this celebratory event.

We would be delighted if you could share your enjoyment of, and photographs from, Cancer Survivors’ Day on Twitter. You can join in by using the hashtags #NCSD2017 and #CancerSurvivorsDay. We will be tweeting live throughout the event from @GSTTnhs.

We hope this day is an enjoyable, meaningful and memorable one for you, your families and friends.

Diana Crawshaw
Chair of the Patient Reference Group Cancer Centre at Guy’s

Professor Arnie Purushotham
Joint Director, King’s Health Partners Comprehensive Cancer Centre

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A Celebration of Hope
For Cancer Survivors’ Day 2017

Cancer Survivors’ Day Celebration Walk

A thank you to everyone

We would like to thank everyone who took part in the Celebration Walk today. We hope you enjoyed the experience and that you are truly proud of your achievement.

Thank you for your amazing fundraising efforts so we can continue to provide the care and surroundings our cancer patients deserve. The money raised today will go towards funding innovative cancer treatment and research that transforms patients’ lives not just now, but in the future.

If the Celebration Walk has inspired you to take on some more fundraising challenges why not sign up for Guy’s Urban Challenge on 30 September. Run, spin and climb for Guy’s, St Thomas’ or Evelina London. You can take it on as a relay team or an individual so there’s something for everyone!

For more information visit www.guysurbanchallenge.org.uk

How to support your hospital

Get baking

Organise a fundraising event

Take on a challenge

Guy’s and St Thomas’
www.supportgstt.org.uk
info@supportgstt.org.uk
020 7848 4701
@SupportGSTT
/SupportGSTT

King’s College Hospital
www.supportkings.org.uk
info@supportkings.org.uk
020 7848 4701
@SupportKings
/SupportKings
Fashion Show

Once again, we have several cancer survivors modelling in our fashion show this year. There will be two showings on the main stage in the Welcome Village, so make sure you catch at least one. We are delighted that some of the models from previous years have returned to help this year’s models backstage; Mandip Klear, Nicki Bickford, Gina Lawrence, Evan Russell, Betsy Nelson, Diane Faucher, Angela Cetindal.

Our thanks also go to Newham College for donating clothes, Emma Nissim Wraps, Totes and T-shirts by Silvano, Nicola Quilter for donating skirts and Cecile Millinery.

Christiana Piga
Gardener, keen amateur photographer who also loves fashion and sewing

Every year for London’s Gay Pride Parade she wears one of her own vintage styled creations and could not be happier. Christiana was diagnosed with ovarian cancer which resulted in a radical hysterectomy, however a tumour was successfully removed. Christiana’s diagnosis made her stronger than she thought which boosted her self esteem and confidence.

Sharon Clovis
Full-time Prostate Cancer Nurse Specialist at Guy’s

Sharon loves her job and her colleagues. She enjoys spending time with her partner Michael, her friends and family and loves to travel and experience different cultures. Sharon has had eight cycles of chemotherapy, two surgeries (lumpectomy and complete lymph node dissection) and five weeks of radiotherapy.

Graham Dobson
Retired solicitor, married with two children and five grandchildren

It was a terrible shock when he was diagnosed with advanced prostate cancer but he says “First class surgery, treatment and care by Guy’s and St Thomas’ has cured me”. And aftercare by Guy’s and St Thomas’ physios and a dietitian helped him to shed 18kg – that’s over 40lbs of fat in “old money”!

Gary Craig,
Lives in Walthamstow with his partner Freddie and two cats

Gary worked in broadcasting and has taken early retirement to devote his time to his passion of his online nostalgic radio station. Initially Gary was diagnosed with myelodysplastic syndrome which progressed to acute myeloid leukaemia. After a long spell in hospital, a suitable stem cell donor was found and Gary had a bone marrow transplant.

Karen Robertson
Assistant Headteacher and Mum of two

She is so happy that she beat cancer and that she is now able to be around for her family and friends.

Rosemary Drescher
Works at Guy’s in the Division of Cancer Studies

Rosemary loves poetry and enjoys taking part in reading with a local poetry society. She lost her aunt and younger sister to breast cancer and then was also diagnosed in 2011. Rosemary has undergone chemotherapy, surgery and radiotherapy and is looking forward to complete her five years’ follow-up in July.

Karen is currently training for a fundraising marathon walk to raise money for cancer patients. In 2015 she was diagnosed with breast cancer and had six months of chemotherapy, surgery and radiotherapy, followed by reconstructive surgery.

Omonike Akinfe
Diagnosed with thyroid cancer at 15 years old

She is so happy that she beat cancer and that she is now able to be around for her family and friends.

Naila Bleem
Diagnosed with breast cancer in 2015

Naila is grateful to Guy’s and St Thomas’ for her care and cares passionately about changing the world, one person at a time! She has undergone chemotherapy, surgery and radiotherapy with more surgery to follow in the next few months and is now on hormone therapy for a few years.

David Latham
Retired, married with two children and four grandchildren

David is a member of two choirs, one of which promotes singing for health. He loves being with family and friends, reading, music and gardening and keeping fit and also serves on three committees. Prostate cancer was diagnosed in 2014 which followed with a course of radiotherapy. David’s three year hormone treatment is due to end in July and he is proud to say “I’m still here”.

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It was a complete shock to David when he was diagnosed with prostate cancer in 2014. He had previously been diagnosed with Asperger’s Syndrome a few years earlier. David underwent surgery, radiotherapy and hormone therapy and he has found his treatment hard to cope with at times. But he has had a lot of support to help him get through the difficult times. David is a member of a cancer choir and he has entered a 46km charity cycle ride from London to Surrey on July 30th.

**David Clugston**
*Diagnosed with prostate cancer in 2014*

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Kelly Riches

**Mum of two boys, diagnosed with Acute Lymphoblastic Leukaemia at 24 weeks pregnant**

Her baby boy was delivered two months early so that Kelly could undergo chemotherapy and radiotherapy. She then had a bone marrow transplant, with stem cells from her brother, Steven, who was a 100% match. Kelly says that she and her baby were very lucky and is thankful that they are both doing fine.

**Kelly Riches**
*Works with young offenders*

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Anika Peterkin

**Works with young offenders**

Anika loves spending time with family and friends, going travelling and music. Anika was left in shock after her diagnosis of Multiple Myeloma at a young age and with two young children to bring up. She has had chemotherapy and two transplants and her condition will always need to be monitored closely. Anika has had a lot to come to terms with but now welcomes the chance to lead a good life after cancer treatment.

**Anika Peterkin**
*Textile and home decoration business owner*

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Katalin Ngitral

Katalin has a bachelor degree in foreign trade and is fluent in German and French. She is very creative and had her own business in textiles and home decoration. Katalin noticed a lump in her breast which was surgically removed followed by a course of radiotherapy. Post treatment she is looking forward to starting a new phase in her life.

**Katalin Ngitral**
*Textile and home decoration business owner*

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Nancy Genas

**Wife and Mum, worked for HSBC for the past 25 years**

Nancy enjoys cooking, dancing and life! She was diagnosed with breast cancer in 2009, had a lumpectomy, removal of some lymph glands, chemotherapy and radiotherapy. Her family and friends have provided, as always, fantastic support.

**Nancy Genas**
*Wife and Mum, worked for HSBC for the past 25 years*

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Morag Day

**Retired Nurse**

Diagnosed with Non Hodgkins Lymphoma in 1999, she had a bone marrow transplant in 2004. To mark 13 years since her transplant, she will be walking 13 miles per day, for 13 days from King’s to arrive home in Poole on 13th September, which was the day she was discharged.

**Morag Day**
*Retired Nurse*

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Emma Nansen

Emma is delighted to be taking part today. She is so very grateful for the incredible care she received following her breast cancer diagnosis and feels blessed to be sharing the stage with such lovely and inspirational people.

**Emma Nansen**
*Diagnosed with breast cancer in 2011*

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Desna Hylton

**Cancer patient since 2004**

Desna is still receiving preventative treatment and having regular checks.

**Desna Hylton**
*Cancer patient since 2004*

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**Anika Peterkin**
*Works with young offenders*
We have a wide range of activities and entertainment for all ages, throughout the Cancer Centre for Cancer Survivors’ Day. Please see maps for activity locations.

**Evelina Zip Band**
Paul (guitars) and Jonathan (bass) work at Evelina London Children’s Hospital. They have put together a scratch band of musicians – Abby on vocals and Joe on drums, playing their own take on songs spanning pop, jazz and funk.

**DJ David Cheesman**

**MC Steven Gainsford**

**Tenovus Choir**
Tenovus are a choir made up of cancer survivors, and will be closing the day on the main stage.

**Tree of Hope**
An origami workshop for everyone. Come along and make origami with your own message of hope on the wings of a bird. These will be made into an installation and displayed in the Cancer Centre for everyone to enjoy!

**Activities Gordon Survivorship Centre**

**Welcome Village, Ground Floor and outside**
- Tree of Hope and Origami workshop
- Marley the Therapy Dog
- Ponies
- Inflatable Colon
- Penalty Shootout – Tottenham Hotspur Football Club
- Balloon Artist

**Outpatients’ Village**
- Science Boffins
- Face Painting
- Cooking Demonstrations on the balcony

**Welcome Village, 1st Floor**
- Yoga Inspired Movements
- Seated Exercise Group
- Bowling
- Activity Challenges

**Cookies and creative fun!**
Join Rola Gordon and friends in The Gordon Survivorship Centre to decorate leaves for our Tree of Hope. We will also have cookie decorating (and eating) throughout the afternoon, so bring your children along for some creative fun!

- 2pm - 4.30pm, The Gordon Survivorship Centre
Stalls

Please visit our many stallholders to find out more about some of the great work of our different hospital teams, as well as external charities and organisations who are exhibiting today. Stalls can be found throughout the Welcome Village and the Outpatients’ Village.

Welcome Village, Ground Floor

- Haematology
- Clinical Trials
- Fundraising For Your Hospital
- Biobank
- Pharmacy
- Smoking Cessation
- Breast Clinical Nurse Specialist
- National Institute for Health Research – Biomedical Research Centre
- Upper and Lower Gastrointestinal Clinical Nurse Specialist
- Breast Cancer Care
- Friends of Guy’s and St Thomas’ Book Stall
- Totes and T-Shirts
- Jewellery and Stationery

Welcome Village, 1st Floor Rehab Teams

- Dietitians
- Community Head and Neck Team
- Physiotherapy
- Occupational Therapy
- Lymphoedema
- Speech and Language

Outpatients’ Village

- Lung Team
- Teenage and Young Adult
- Chemotherapy
- Dermatology
- Gynaecology with Eve Appeal charity
- Neuro-oncology
- Cancer Research UK
- Macmillan SE London Buddies
- Metro Walnut Support LGBT
- Prostate Cancer UK
- Carers UK
- Home-made Jewellery
- Postcards and Paintings
- Cushions, Cloth and Patchwork
- Bags, Hats, Aprons for kids
- Wraps and Cloth
- Forever Skin Products
- HipHeadWear

 Talks

We have a fantastic range of talks at this year’s Cancer Survivors’ Day, taking place on levels throughout the Cancer Centre. Our talks will be delivered by a range of speakers and cover diverse topics from research to wellbeing and many more. Read on for information on some of our fantastic speakers.

Dr. Sophie Papa
Cancer Immunotherapy: Where are we now and what happens next?

Sophie Papa is a Senior Lecturer and Consultant Medical Oncologist at King’s College London and Guy’s and St Thomas’ NHS Foundation Trust, with a practice in malignant melanoma and is the lead for skin cancer research. She completed a PhD in cancer immunotherapy from King’s College London in 2011. She is a clinical academic with research interests in the field of immune-oncology. Working with clinical and academic colleagues Sophie is developing an interest in discovery science behind the immune related toxicities seen with new immunotherapy drugs.
Dr. Anita Grigoriadis
Cancer research needs computational scientists!

Anita received her Masters degree at the Institute of Molecular Pathology, University of Vienna, before moving to London to do her PhD at the Ludwig Institute for Cancer Research (LICR). Anita’s computational work has identified genes which when found in tumour cells might explain why certain patients respond to treatment and others do not. In 2013 Anita became a lecturer and now leads the cancer bioinformatics team (http://cancerbioinformatics.co.uk/) at KCL. Her biological/computational interest lies in researching changes in the DNA sequence of cancer cells and what immune cell-related features in breast cancers tell us about the disease, with the ultimate goal of establishing better therapies.

Dr. John Maher
Treating head and neck cancer with genetically engineered blood cells

Dr. John Maher is a clinical immunologist who leads the “CAR Mechanics” research group within King’s College London. His research group is focused on the development of cancer immunotherapy using white blood cells that have been genetically engineered to produce new proteins called CARs. He is the chair of the scientific advisory committee of Worldwide Cancer Research and deputy chair of the scientific advisory board of Breast Cancer Now. In addition, he is chief scientific officer of a spin-out company named Leucid Bio and is a practising consultant immunologist within King’s Health Partners and Eastbourne Hospital.

Professor Farzin Farzaneh
D.Phil., FRCPath. FRSB
New breakthroughs in immune therapy of cancer

Farzin joined the Faculty at King’s College London in 1985. He was awarded the Chair in Molecular Medicine (1996), elected to the Fellowship of the Royal College of Pathologists (1996) and the Royal Society of Biology (2012). Having co-founded the International Society for Cell and Gene Therapy of Cancer (ISCGT), he served as its president in 2007/2008. He has run a laboratory for the clinical development of cell and gene therapy since 2001, producing the largest number viral vectors for clinical studies in Europe. He was awarded the Distinguished Scientist prize by the US Society for Experimental Biology and Medicine in 2016 and has an active programme of research supported by competitive grants from UK and overseas agencies.

Professor Francesco Dazzi
How to evict tumour squatters

Francesco Dazzi is Professor of Regenerative Medicine at King’s College London and a Consultant Haematologist. He was appointed Senior Lecturer and then professor at Imperial College in 2005 and he moved to King’s College London in 2014. Francesco pioneered a large and highly successful immunotherapy programme for blood cancers and developed experimental approaches to investigate outstanding clinical problems. The focus of his research is on the characterisation of the tumour microenvironment with a particular interest in how tumour hijack patients’ body to thrive.
Professor Tony Ng  
(FMEDSCI, MB ChB, MRCP, FRCPath, PhD)  
A journey through  
Cancer Imaging: from fundamental science  
discovery to predicting cancer patient response

Professor Tony Ng is the Richard Dimbleby Professor of Cancer Research at King’s College London with experts in several different fields. Since setting up the Dimbleby Laboratory, Professor Ng has successfully interwoven these scientific fields to develop better approaches to creating images of cancer, all the way from cultured cancer cells in the laboratory to the disease in patients. In the past eight years he has also developed new imaging strategies that are being used in a number of clinically relevant contexts, from helping diagnose cancer to monitoring whether a patient’s treatment is working. On top of that, doctors could use the information from these images to tailor treatments to the individual patient, making therapies kinder and more effective.

Dr. Trevor Coward
Patient prosthetic rehabilitation

Trevor Coward is Reader and Consultant in Prosthetic Facial Rehabilitation and has recently formed the “Academic Centre of Reconstructive Science”, and has over 30 years of experience with rehabilitating patients with facial/body prostheses. The focus of his research is to rebuild faces using innovative prostheses based on novel technologies. The patients rehabilitated include children, young adults who have congenital malformations of the face, adults who have been treated for oral and facial cancer, those following trauma to the face and neck or suffering from war wounds.

Professor Mark Emberton, University College London (UCL)
The exploitation of a novel image-based risk stratification tool in early prostate cancer – The Re-Imagine Consortium

Mark Emberton is Professor of Interventional Oncology at UCL, an Honorary Consultant Urologist at University College Hospitals NHS Foundation Trust and Founding Pioneer of the charity Prostate Cancer UK. Professor Emberton’s clinical research is aimed at improving the diagnostic and risk stratification tools and treatment strategies for prostate cancer. He specialises in the implementation of new imaging techniques, nanotechnologies, bio-engineering materials and non-invasive treatment approaches, such as high intensity focused ultrasound and photo-dynamic therapy. Professor Emberton was appointed Dean of UCL Faculty of Medical Sciences in 2015. In addition he is a member of various urological and medical organisations (AAGUS, BAUS, EAU). He is a founding partner of London Urology Associates.

Cheryl Gillett is Head of Biobanking for King’s College London and Manager of the King’s Health Partners Cancer Biobank. She joined King’s College London in 2006, becoming a Senior Lecturer before Head of Biobanking, in 2010. Cheryl is director of King’s College London MSc Research Biobanking programme and has supervised PhD and other Masters students. A keen advocate of public involvement in developing and supporting research, she has introduced trained volunteers (members of the public) into clinics to seek consent to bank research samples.

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Invest in our Bank to beat cancer

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James Spicer is Professor in Experimental Cancer Medicine, King’s College London, and Consultant in Medical Oncology, Guy’s and St. Thomas’. His clinical interests include the care of patients with thoracic malignancies, including lung cancer and mesothelioma, and clinical trials in these diseases. He set up and runs the Cancer Early Phase Trials programme at Guy’s and St Thomas’. He co-leads the King’s Experimental Cancer Medicine Centre, funded by CRUK/NIHR, and is a member of the Board of the King’s Health Partners Clinical Trials Office. He also conducts translational research on novel immunotherapies, pharmacogenetics and molecular diagnostics.

Dr. Jo Armes
Mind the gap: Assessing and meeting the supportive care needs of people with cancer

Jo Armes is a Registered Nurse and is currently Senior Lecturer at King’s College London. In 2000 she was awarded a CRUK Nursing Fellowship to undertake a PhD at King’s College London in which she developed and tested a behavioural intervention for cancer-related fatigue. Her research programme aims to enhance supportive care provided to patients in order to help optimise the benefits of treatment whilst living as possible with the effects of the disease and consequences of its treatment. She has considerable experience of developing complex interventions and evaluating their outcomes through mixed method research designs.

Monika Siemicka
Does cancer have a sweet tooth?

Monika has been a dietitian since 2005 and has worked at Guy’s Hospital since 2011, working in different areas of oncology including lung, upper-gastrointestinal, teenagers and young adults, and haematology. She provides nutrition advice for people at different stages of their cancer journey, from diagnosis through to survivorship. Monika is a spokesperson for the British Dietetic Association, helping communicate reliable nutrition information to the public. Her talk today aims to answer some of the questions around sugar and cancer.

Eszter graduated as a Physiotherapist in 2000 and completed an additional course on Lymphoedema Management in 2002. In 2011, Eszter started working within the Lymphoedema Service at St George’s Hospital where she gained more in depth knowledge and valuable skills on this field. Eszter has been a member of the Lymphoedema team at Guy’s Hospital since 2013.

Monika Siemicka
Does cancer have a sweet tooth?

Eszter Valach
Living a full and active life with Lymphoedema

Health and wellbeing talks
Brooke Russell
What to do when you’re running on empty – tips for managing fatigue

Brooke is an Australian trained Occupational Therapist. She began specialising in the role of Occupational Therapy in Oncology and Palliative Care in an acute care setting in Western Australia and since moving to London has continued to develop a passion for optimising quality of life for patients with a cancer diagnosis. Occupational therapy helps people living with cancer participate in the things they want and need to do through the therapeutic use of everyday activities or occupations. Brooke and her team assess what people need and want to do, what the barriers to that might be and how to overcome these barriers, ultimately leading to a greater sense of well-being and independence in their preferred environment – whether it be home, work or on the wards. Brooke enjoys getting to know her patients and their stories and working with the rest of the multi-disciplinary team here at Guy’s. And yes – she misses the Australian sunshine.

Sue has practised for 20 years as a Clinical Psychologist in the NHS within primary care, community, hospice and the hospital context. She is clinical lead for the psycho-oncology support team (POST) here at Guy’s and St Thomas’. Sue intends to create a context of safety for people living with cancer, significant others, and colleagues seeking help, i.e. creating relationships of help that are collaborative, clear, and compassionate, working with people rather than ‘on’ them, and ensuring they are heard, understood and responded to meaningfully.

Emma Tyrer
Complementary therapies for health and wellbeing

Emma is a Complementary Therapist at Dimbleby Cancer Care based both at the Cancer Centre at Guy’s and the new satellite centre at Queen Mary’s Hospital in Sidcup. Emma uses clinical aromatherapy, massage, reflexology, guided relaxation and stress management strategies to help patients and carers better manage the symptoms and stresses associated with cancer and its treatment.

Nicola Peat and Kate Sole
CanBeActive – What has exercise got to do with it?

Nicola and Kate’s work includes delivering cancer rehabilitation interventions for both in-patient and out-patient services at any stage of a patient’s journey of care. Both Nicola and Kate’s clinical and research interests are focused on the exercise, rehabilitative and supportive care needs of cancer patients. This has led to the developing of cancer clinics, symptoms programmes and our successful physical activity/exercise pathways. Nicola and Kate are passionate in improving education around the consequences of cancer and its treatment, and consider holistic management as a vital ingredient in improving patient care.

Dr Sue Smith
“I thought I’d go back to being me again”: the emotional impact of cancer diagnosis and treatment

Brooke Russell
What to do when you’re running on empty – tips for managing fatigue

Emma Tyrer
Complementary therapies for health and wellbeing

Nicola Peat and Kate Sole
CanBeActive – What has exercise got to do with it?
Cancer Survivors’ Day would not have been able to happen without the hard work of a huge number of people.

We wanted to say special thanks to the following…

**Fashion Show**
- Cecile Millinery
- Emma Nissim Wraps
- HipHeadWear
- Newham College
- Nicola Quilter
- Our fantastic models
- Our fashion show helpers
- Petula Duvignea
- Stock Shop
- Totes and T-shirts by Silvano

**Speakers**
- Brooke Russell
- Dr Anita Grigoriadis
- Dr Cheryl Gillett
- Dr Jo Armes
- Dr John Maher
- Dr Sophie Papa
- Dr Sue Smith
- Dr Trevor Coward
- Emma Tryer
- Eszter Valach
- Kate Sole
- Louise McDonald
- Martine Huit
- Monika Siemicka
- Nicola Peat
- Professor Farzin Farzaneh
- Professor Francesco Dazzi
- Professor James Spicer
- Professor Mark Emberton
- Professor Tony Ng
- Rosie Marshall
- Sharon Whelan

**Speeches**
- Diana Crawshaw
- Euan Russell
- June Casson
- Ria Jones
- Rola Jones
- Sir Hugh Taylor

**Event Committee**
- Arnie Purushotham
- Bede Shaw
- David Cheesman
- Emma Simpson
- Felicity Stevens
- Gavin Tiffin
- Jerrina Eteen
- Liz O’Sullivan
- Mairead Griffin
- Martina Bohn
- Michelle Kenyon
- Nicki Bickford
- Rowan Finch
- Roz Woodham
- Saskia Krijgsman

**All other support**
- All our entertainers
- All our stall holders
- All our enthusiastic volunteers
  - AMT Coffee
  - Anna Tiffin
  - Dimbleby Cancer Care
  - Evelina Zip Band
  - GSTT Trust Security
  - HCA
  - King’s Health Partners
  - Steven Gainsford
  - Tenovus Choir

**Guests**
- The Mayor of Southwark

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**A Celebration of Hope**
For Cancer Survivors’ Day 2017

Join us to celebrate cancer survivorship