



Barts Guild News

ISSUE 27

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Guild volunteers - as seen on TV

Many of you will have watched the entertaining *Alice Roberts: Our Hospital Through Time* series about St Bartholomew's Hospital, which aired on channel 5 in February and March this year.

The Guild featured in two episodes with Trolley and Shop volunteers Lesley and Rita giving excellent interviews in episodes one and four. Here is what they thought about their TV debuts.

Lesley said: "It was a new experience for me but I found it really enjoyable. Such was the attention to detail that I often had to push the Trolley up and down many times, and for continuity I had to wear the same clothes for both filming days.

"In the speaking parts I had to repeat a question I was asked and follow with the answer many times. I kept forgetting the question – hilarious! The crew were polite, professional and fun, and happy to answer my endless questions. The nicest part was seeing how much patients and staff were enjoying the experience too. Giving joy to people at Barts is what keeps me volunteering."

Rita said: "The camera crew were so nice that they brought out the best in me. I was proud to represent the Shop and hoped that people would see the joy in volunteering and give some time to it. Personally, it makes me feel humble and you make friends. I believe that many people find comfort in visiting the Shop. I think our slogan should be 'Volunteer for the Guild and make friends!'"



Lesley with the Trolley in one of many takes!



Rita getting mic'd up for the cameras.

Continued on page two.

Guild volunteers - as seen on TV cont.



Rita receives a final briefing before the cameras roll.



In another scene, Lesley brings the Trolley to patients.

Should you wish to catch the series again, or watch it for the first time, it is still available to stream on 5 or online.

www.channel5.com/show/alice-roberts-our-hospital-through-time

A Celebration of Christmas 2025

We were delighted to welcome the Christmas season in the Great Hall for the first time since the restoration work commenced.

The Barts and The London Music Society once again demonstrated their versatility with a glorious selection of music in a variety of styles.

Their range embraced an acapella performance of 'Have Yourself a Merry Little Christmas' to Tchaikovsky's 'Waltz of the Flowers' played by a string quartet. Popular carols were included and the audience joined in with great enthusiasm.

Our grateful thanks to the Barts and The London Music Society for entertaining us and to the Great Hall team for their help.

SAVE THE DATE: A Celebration of Christmas 2026 is provisionally set for Wednesday December 2nd, 7pm.



'Waltz of the Flowers'.



The BLMS choir.

Photographs: Bob Cooper

Hard working volunteers



Throughout 2025, our dedicated team of Shop and Trolley volunteers clocked up 4,170 hours of voluntary service.

Their hard work and dedication benefit the whole Hospital community and to show our appreciation the President, Chairman and trustees presented them with a personal certificate of service recording each volunteer's hours and thanking them for the gift of their time.

The Guild has always relied on voluntary service but over 4,000 hours is a truly amazing joint effort.

Thank you!

BARTS GUILD MANAGEMENT COMMITTEE

Would you, or someone you know, like to join the Guild as a volunteer?

We currently have 25 volunteers, but we'd love to hear from you if you'd like to join the team. We provide full induction and training through the Barts Health NHS Trust.

www.bartsguild.org.uk/volunteer/

Thanks to the Newgate Club

We were delighted to learn that the Guild had been chosen as the Newgate Club's Principal's Charity for 2025.

Retiring Principal, Andrew Palacio, and his wife, Caroline, visited Barts to present the Guild with a very generous cheque, for which we are most grateful, and we welcome the Club as an Honorary Corporate Member.

The Newgate Club is a private dining club for gentlemen, which celebrates its 50th anniversary this year.

The 1970's were marked by the IRA's bombing campaign in London resulting in fatalities, injuries and extensive damage. Two pubs in Guildford were also bombed.

In 1975 and early 1976, the Guildford Four and the Maguire Seven were to be tried at the Old Bailey and a meeting was held at the court to discuss security arrangements.



(L-R): Jan, Caroline & Andrew Palacio, Jean.

This was followed by lunch in the Keeper's flat, an enjoyable end to a useful morning. A delegate remarked that "This should happen more often." Next day, everyone received the rules of the Newgate Club and a tradition began.

Why the Newgate Club? The Old Bailey was built on the site of the notorious Newgate Prison.

Grant - Breast Surgery

Dear Barts Guild,

On behalf of the Department of Breast Surgery, I would like to extend a big thank you to the committee of Barts Guild for generously funding the open access publishing fee for our case series.

We hope this novel work led by Miss Aggarwal will contribute to the improvement of outcomes for breast cancer patients, especially for the kind who were the focus of this study – women who are not suitable for the more common methods of reconstruction and are likely to be turned away by plastic surgeons.

I am pleased to inform you that our article has been published and we thank you again for your financial support for this important work.

*ONYEDI MOSES
FY2 Doctor, Barts Health NHS Trust*

The article is available to read online – please be aware that it contains graphic images of breast reconstruction surgery that some may find distressing.

[www.jprasopen.com/article/S2352-5878\(26\)00179-8/fulltext](http://www.jprasopen.com/article/S2352-5878(26)00179-8/fulltext)

Grant - Extendable Chairs

Dr Natalie Hills has written to the Guild thanking us for a grant that we awarded recently.

The grant paid for two chairs that extend out into beds to provide adequate rest facilities for on-call resident doctors working on the 6th floor ICU.

Due to the location of the chairs, when not in use by staff, they have the potential to be used by patients' relatives and other staff members.

As you can see from the picture, which Natalie shared with us, the chairs received an enthusiastic welcome and are much appreciated.



If you are a member of staff at St Bartholomew's Hospital, you and/or your Department could be eligible to receive a grant from the Guild.

www.bartsguild.org.uk/grants/

A lovely day to get caught in the rain - View Day 2026

Or so the song would have it. View Day is firmly in our memories as a succession of gloriously sunny days. The Square crammed with people keen to learn and to have fun sunning themselves and enjoying an ice cream and a chat.

Unfortunately, the weather had different ideas this year. The morning began with winds so strong that three stalls were blown away. This was followed by short periods of sun, heavy rain and more wind. Just to make things perfect it was bitterly cold all day.

The Grand Finale was a passable re-enactment of Noah's flood – torrential rain, thunder and lightning flashes.

Were the Guild downhearted? Of course not! Our wonderful Shop volunteers, aided and abetted by Guild President, Penny Wainwright, her husband, Martin, and several trustees stayed at their posts all day cheerful, positive and chatty as always.

Despite the greatly reduced number of View Day visitors, they handed out Guild leaflets, chatted with all-comers and sold a respectable quantity of Shop stock. The cold, unsurprisingly, made our cosy sweatshirts very popular. Shop Manager, Andy, and Assistant Manager, Mariola, chose a winning selection of stock and helped in other ways too throughout the day. We were fortunate to have such a great team.



(L-R): Monique and Mariola next to the Guild's new pop-up banner.



One of the weather-stricken stalls.



View Day visitors battling the elements.

A lovely day to get caught in the rain - View Day 2026



Martin talks to visitors about the Guild's work.



Chatting with Barts staff enjoying their ice creams.



Martin doing the welcome coffee run.



(L-R): Jan, Penny (President), Lesley, Mariola, Lorraine.



Proof that the sun did shine in between the rain showers!

Photographs: Bob Cooper

London Hospital Gardens

London Parks and Gardens (LPG) is a charity that aims to protect London's established green spaces and promote new ventures.

The charity recently published 'Getting Better', a research report written by Mary Kuhn MA, one of LPG's volunteer researchers, which details present day London hospital gardens.

The therapeutic effects of access to attractive open spaces were well known to hospitals since the Middle Ages and scientific research published in the 1980's confirmed their value. Roger Ulrich's 1984 study 'View Through a Window' took a scientific approach and is regarded as a seminal work on the subject.

Ulrich's research revealed remarkable results. He reported that surgical patients had shorter post-operative stays in hospital, required less pain medication and experienced fewer minor complications when compared with patients who could see only a brick wall from their wards.

Barts has had a garden since the Hospital's foundation in 1123 and in those days, it grew medicinal herbs and vegetables for the benefit of patients. The Hospital is mentioned twice in Mary's report.

The Princess Alice Garden, maintained by the Guild, continues the tradition of giving access to a calm and beautiful space that welcomes the whole hospital community, while Barts Square receives praise for the sheltered seating which allows access in inclement weather.

'Getting Better' is an extremely interesting read and available to download from LPG.



*St Bartholomew the Less pictured from inside the Princess Alice Garden.
Photograph: Bob Cooper*

<https://londongardenstrust.org/conservation/research/>

Elizabeth Shaw 1941 - 2025

Elizabeth was born in Melbourne, Australia. She moved to London in 1970 to work on a postdoctoral fellowship by undertaking two years of microbiological research at Hammersmith Hospital.

Elizabeth toyed with the idea of returning to Australia but she was offered a job at Barts, initially for five years. In 1972, a time when female consultants were relatively rare, Elizabeth became a Consultant Microbiologist and remained at Barts until she retired.

Elizabeth was devoted to the Hospital and was a great supporter of the Guild. She served on our Management Committee for many years and often walked with the Guild in the Lord Mayor's Show. Her name in gold lettering is on display in the Great Hall acknowledging her generous donation to support the restoration the North Wing.

Always kind and willing to help others Elizabeth joined Re-Engage, a charity which aims to prevent isolation and loneliness in elderly people. Her role was to ferry guests to tea parties in pleasant locations, sometimes with their wheelchairs lashed to the roof of her small car. She celebrated 50 years with the charity in 2024.

Elizabeth and her husband, Michael, were keen hikers and travelled far and wide to pursue their hobby. They explored many countries including the Arctic, Antarctic and Elizabeth's homeland, Australia.

Great lovers of opera, Elizabeth and Michael were regulars at the English National Opera, Glyndebourne and the Royal Opera House, and they attended the BBC Proms every year.



Elizabeth Shaw with Sir Marcus Setchell - AGM 2023.



(L-R): Wendy Mead, Ann Wickham, Elizabeth Shaw - AGM 2024.

Photographs: Bob Cooper

Sadly, Michael developed dementia and when the disease progressed, he moved into a care home. Elizabeth joined him to ensure that he received compassionate and appropriate care and, typically, she found time to befriend other residents – chatting, fetching their newspapers and helping them to solve puzzles.

Thank you, Elizabeth, for being a wonderful colleague and a kind and charitable person. You will be greatly missed.

JAN O'NEILL



Bannister Community Mile

Encouraged by an age range of two to ninety-two (both of us distinctly nearer the upper end of the scale), we took part in the Bannister Community Mile, a run that takes place through the streets of Oxford on May Bank Holiday with the finish line at the sports ground where Roger Bannister ran the first sub 4-minute mile on May 6th 1954.

Neither of us are regular runners, or even joggers, so we trained for a few weeks beforehand round a field near our home in Oxfordshire. Our practice sessions could hardly be called running; to be more accurate, it was a few minutes jogging alternating with walking to get our breath back.

The training, such as it was, nonetheless paid off as we each knocked 20 seconds off what we have learned to call our PBs. At this rate, Martin has calculated, we could meet RB's record by the time we are 106!

It was a pleasure to honour the memory of a great neurologist as well as a runner; Sir Roger said in later life that his 60 years in medicine were more valuable and gave him more satisfaction than his eight years of running.

Nonetheless it remains the case that nearly four times as many people have climbed Mount Everest as the 2,350 who have run a mile in under four minutes.

We tapped family and friends for sponsorship and were able to make a modest donation to the Guild. So do join us in Oxford next May Bank Holiday Monday where you can be confident you won't be the slowest in a large and cheerful field of all-comers.

*PENNY & MARTIN WAINWRIGHT
Guild President & her husband*



Penny finished in a time of 13:38.9...



...and Martin 14:31.0



BANNISTER MILES

Mariola Kwasniewska - welcome!

Mariola has recently joined the Guild as Assistant Shop Manager and here she introduces herself.

My name is Mariola Kwasniewska, and if there is one thing that truly defines me, it is my belief in human connection. I am someone who genuinely cares about creating environments where people feel seen, heard and valued.

Over the years, I supported senior leaders across Barts Health NHS Trust in corporate, frontline, and critical care environments. Alongside this, I've always worked in people-centred and community environments, and I supported several local volunteer initiatives myself, including local community events and vulnerable groups, which left a lasting impression on me.

Those experiences – and now being part of the Guild – taught me something profound, that our true impact is not defined by where we sit in the hierarchy. It lives in the dignity we give others, in the way we help people feel safe, respected, and genuinely cared for.

Even from my early years, I found myself drawn to use my own initiative in organising charity events and supporting friends and their families during incredibly difficult times for them, including those affected by leukaemia.

These experiences shaped who I am today and strengthened my empathy, communication, and ability to see people not as tasks or roles, but as individuals with their own needs and stories. That's where my passion for people and genuine connection truly began.

Outside of work, I enjoy being involved in events and performance-based activities that create connection and positive energy. One of my most meaningful experiences was taking part in Ultra Ballroom for Cancer Research UK, where I placed second in a dance competition while helping raise funds for such an important cause. I love stepping into challenges that push me beyond my comfort zone because that is where real growth happens.



And it's that same spirit of connection and purpose that I see reflected in here. To me, what makes the Guild truly outstanding is its volunteers. Their dedication is remarkable – they give their time, energy, and compassion without expecting anything in return. Their long-standing commitment and genuine enjoyment of supporting the charity speaks volumes about them and the people behind the scenes.

As Assistant Manager in the Guild Shop, my purpose is simple: to support our leaders and empower our volunteers so they can continue creating those moments of kindness that mean more than we ever realise. I am grateful to be part of this community, and I look forward to continuing this journey with you.

MARIOLA KWASNIEWSKA



BARTS GUILD

Friends of St Bartholomew's Hospital since 1911

Honorary Secretary Required

The Guild urgently needs a new Honorary Secretary.

If you like administration, helping to organise events and would enjoy being an officer of our charity, we would love to hear from you. This important role is unpaid but we can guarantee job satisfaction for the right person.

Full details are available on our website.

This post is open to all suitably qualified persons and membership of the Guild is not a prerequisite.

www.bartsguild.org.uk/hon-sec/



Barts Guild



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DATES FOR YOUR DIARY

**Every Monday, Tuesday and 1st Sunday
in the month**

BARTS NORTH WING

Open 10am - 4pm, admission free

www.bartsnorthwing.org.uk/

Wednesday October 21st

BARTS GUILD AGM

12.30pm for 1pm afternoon tea; 2pm meeting

Details will be sent directly to members

Wednesday December 2nd* tbc

A CELEBRATION OF CHRISTMAS

Doors 7pm for 7.30pm

Confirmation of the date and ticket details will
be shared on our website and social media

BARTS GUILD NEWS

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