



Brighter futures for liver, pancreatic,
bowel and gastrointestinal cancer patients

BRIGHT needs your help to fund essential cancer research.

If 150 people commit to giving £25 a month for colorectal research, we can fully fund our colorectal trial co-ordinator for an entire year. Your monthly support doesn't just fund research - it fuels hope.



Dr Alex Stewart
Consultant Clinical Oncologist



Helen Minnaar
Research Data Manager

Meet Helen - the driving force behind the CITRuS Trial, which she runs alongside Dr Alex Stewart - without her, the trial simply couldn't happen.

Thanks to funding from BRIGHT, Helen's position was supported so the trial could recruit 380 patients across 26 centres in England. Through this work, we've been able to truly understand how patients feel after their colorectal cancer treatment, exploring important aspects of recovery such as sleep, exercise, anxiety, bowel function, and overall wellbeing.

Helen is now co-ordinating the next stage of the trial: developing a system that allows us to provide immediate, tailored information to patients the moment they report symptoms. This means faster support, better self-management, and a real impact on quality of life. Helen knows that life after cancer treatment isn't just living - it's living well.

By helping to fund Helen's salary, you are directly improving the lives of people recovering from colorectal cancer.

The CITRuS1 study found that:

- Patients with rectal cancer had more symptoms after surgery or radiotherapy than patients with colon cancer and they lasted longer.
- Half of the patients still had bowel issues affecting their life at one year after treatment.
- One third of patients had some leaking of urine and 10% had pain when passing urine at one year.
- Rectal cancer treatment affected people's sex life even after many months.
- Many aspects of daily life were assessed and found to be worse after treatment-sleep, exercise and food intake.

No other study has the amount of information that CITRuS1 has gained.

CITRuS2 has developed ways to try to not only identify these symptoms but to deliver information to help people feel better after treatment. Please help us fund the salaries that allow CITRuS2 to run and help us to help more patients live well.

To set up a Standing Order please use the account details below.

BRIGHT account details:
MetroBank
Account number 49601629
Sort Code 23-05-80
Account type: Business

Donate today via
our webpage



Gift Aid Declaration

Please tick the box below:

I want to Gift Aid my donation of £_____ and any donations I make in the future or have made in the past 4 years to [Insert Charity Name]_____

I am a UK taxpayer and understand that if I pay less Income Tax and /or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference.

Signature: _____

Date: _____

Notes for Donors

Please send a copy of your completed Gift Aid form to:

Dr Alex Stewart
BRIGHT/Royal Surrey Hospital
Level A Egerton Road,
Guildford GU2 7XX

Or drop in at the cancer centre reception on level A or B if you're in the Royal Surrey

You can also donate at www.brightcancercare.org.uk/donate

Registered Charity no. 1064857
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 BRIGHTCancer
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