



May 27th, 2014

## Doctors' cycling challenge

Two South Tyneside District Hospital doctors are gearing up for GastroCycle 2014 to raise money to help fight diseases of the digestive system.

Neither Dr Laura Neilson nor Dr Roisin Bevan are regular cyclists but both are determined to complete the four-day, 290-mile ride from London to Manchester in aid of the charity Core, which supports research across all areas of gastroenterology and provides practical information to patients, their families and carers.

Gastroenterology Registrar Dr Neilson said: "I'm looking forward to it but with some apprehension: I have never done anything like this before and I only bought a bike in February. But it is for a good cause and it will, hopefully, help to raise awareness about diseases of the gut, liver and pancreas. One in eight deaths in the UK is linked to these conditions so most people will know of someone who has been affected by them."

Dr Bevan, Gastroenterology Research Registrar, added: "Working in research has made me more aware of the work being done and the difficulties in getting funding for these projects. Raising this money for Core will help support a broad range of gastroenterology research. Getting fit and enjoying the North East countryside on the bikes has been a nice sideline benefit."

As part of their training, the pair have been cycling to work from their homes in Gateshead. They have set themselves a target of raising £3,000 and they are already half-way there, with colleagues and friends pledging cash and money from events, such as a bake sale held in the Endoscopy department at the hospital. Their sponsorship website is [www.doitforcharity.com/LNeilson](http://www.doitforcharity.com/LNeilson)

They will be among a group of 50 cyclists who intend to set off from London on June 12th to reach Manchester in time for the British Society of Gastroenterology Annual Meeting, which is from June 16th-19th.

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*Pictured above: The photograph shows Dr Laura Neilson (left) and Dr Roisin Bevan.*

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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