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## Doctors are charity fundraisers to the Core

Two South Tyneside doctors are preparing for a four-day cycling challenge in aid of a charity dedicated to fighting diseases of the liver, gut and pancreas.

Laura Neilson and Lena Ngu are Gastroenterology Clinical Research Fellows at South Tyneside District Hospital and they will be taking part in GastroCycle 2016 from Newcastle to Liverpool from June 16th to 19th. They have teamed up with gastroenterologist Dr Roisin Bevan and surgeon Mr Mike Jones, who work in the South of the region, to form the North East GastroCycle Team.

Gastroenterologist Dr Neilson, of Gateshead, who completed the GastroCycle 2014 from London to Manchester with Dr Bevan, said: "One in eight deaths in the UK is linked to a gastrointestinal condition, so most people will know of someone who has been affected. We will be doing the cycle ride for the charity Core, which aims to research the causes of these diseases, find cures and improve patient outcomes. It also does important work in raising patient awareness."

Surgeon Miss Ngu, of Newcastle, added: "I'm looking forward to it but training has literally been an uphill struggle. I only bought a bike in April and before that the last time I was on one was when I was 12-years-old. Working in research has made me more aware of the work that Core – which gets its name because the digestive system is at the core of our body and a good digestive system is the core of good health – supports. Raising this money will help support further gastroenterology research."

As part of their training, the pair have been cycling to work from their homes and braving the weather for longer rides over the weekends. They need to raise £3,000 between them from sponsorship. Proceeds from a bake sale in the Endoscopy department at South Tyneside District Hospital will go towards the target. Supporters can also go to their fundraising page [www.doitforcharity.com/gastrocycle](http://www.doitforcharity.com/gastrocycle)

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*Pictured above: All geared up for their charity cycle ride, doctors Laura Neilson, left, and Lena Ngu*

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

For press enquiries on this release, contact 0191 404 1128 or email [kay.jordan@stft.nhs.uk](mailto:kay.jordan@stft.nhs.uk)