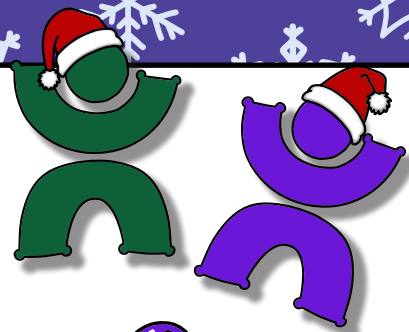


Under the Microscope



Paediatric Gastroenterology Research Team newsletter
Addenbrooke's Hospital, Cambridge University Hospitals NHS Trust

Issue 3

November 2022

HELLO!

Welcome to the winter edition of our newsletter - we have lots to report!

Our team have moved into our new offices and labs in the Jeffery Cheah building, on the Addenbrookes campus. It was hard work packing up the old lab after 10 years! But our new lab is amazing, and will give the team even more opportunities to continue their research.



We said goodbye to April, who has gone to work at the Sanger. Tom has taken over April's job at the Milner Institute, and continues the research aimed at developing the best use of organoids to give results that directly benefit our patients. Ellie Slater is our newest team member, joining us as a PhD student. You can learn a little more about Ellie (and her dog!) on the 'Meet our team' page.

And late in the summer we held our first patient and family research day. You can find out all about that exciting day (there's pictures too!) later...

In other news, the TRIPP study will soon be carried out at the Norfolk and Norwich University Hospital too. We would like to say a big welcome to the research team there!

calling all young journalists!

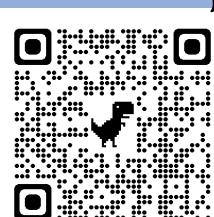
Would you like write, or draw, or share something for our newsletter?

Or do you have ideas about what we could add? Maybe you would like to interview a member of staff? Or you have a 'Tip of the month' to share? Or maybe you have discovered the best chocolate cake recipe (remember, cooking is science too!). We would love to hear from you.

To share your ideas, scan the QR code or email:

claire.glemas@nhs.net

It's really important you like our newsletter! Scan this QR code to access a short feedback form where you can share ideas and tell us what you think (You can tell us to stop sending you our newsletters here too!)



"Research is formalized curiosity. It is poking and prying with a purpose."

Zora Neale Hurston

Newsletter reporter, research nurse Claire Glemas
Design and illustration, Jen Rose (Creative Patient)
Guest editor, Daisy Pope

Meet our team...



This is where you can learn a little more about us and what we do!

FRANCESCA

Hi, I'm Francesca and I am a Biology Scientist working in the lab. I study the functions of a cell, which is the smallest parts that make up our body. In fact our bodies are made of trillions of cells!

A cell is like a container, full of different structures and substances that work to keep the cell (and our bodies!) alive.

In my research career, I am very interested in understanding why a cell stops doing its job and becomes a bad cell (diseased cell). This will help us, researchers and doctors, to fight these bad cells!

Even though I spend a lot of time doing complicated experiments, I am very bad at cooking - I always burn the food and put too much salt in it! And I often get lost when I drive, even if I am following google maps!



"I enjoy going out with friends and having fun with them!"

"I love reading fantasy and thriller books"

"I love travelling and visiting new places!"

ELLIE

Hi, my name is Ellie! I joined the team in October as a PHD student. Over the next three years I will use the biopsies given by our patients to generate mini-guts called organoids.

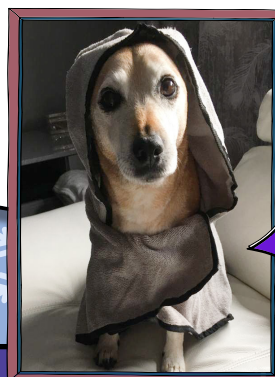
Using these mini-guts, I will be testing different drugs and, hopefully, identifying new treatments for conditions like IBD.



"I love reading sci-fi and fantasy books"

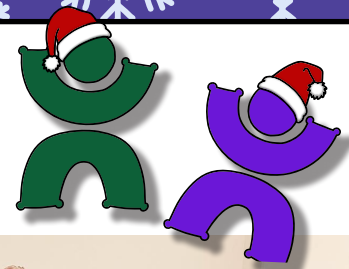
"I have daily sing-a-longs to Taylor Swift!"

"I have a grumpy Jack Russell cross, called Milo"



MILLO

Our patient & family day



In August we welcomed a group of patients and their families to the Jeffrey Cheah Biomedical Centre for our first ever patient and family research day!



Our patients are at the heart of everything we do, and we cannot do our research unless our amazing patients are part of it. The day provided an opportunity to prioritise time with our young people and their parents, and to help shape the IBD service in a truly patient centred way. It is so important that you, as a patient, can truly have a voice in your care



See a video of our patient day (filmed by one of our patients!) here:

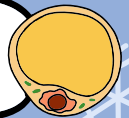
<https://tinyurl.com/5adwh4fu>



Members of the research team worked as lab assistants for the day, helping at special research stations. Patients looked at their own cheek cells through a microscope, practiced pipetting samples (not as easy as it looks!), made blood soup, and made Play-Doh cells in petri dishes. They also looked at biology slides through a microscope and learned how the microscope worked. We even got to have a tour of the labs! The team had so much fun meeting the everyone!



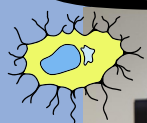
"To me this is what patient engagement should look like - generating excitement for our research, receiving constructive feedback from parents, and most of all a huge amount of fun for our paediatric patients!" - Dr Matthias Zilbauer



"The patient day was fun, I liked meeting other people and I liked the fun games there. I mostly enjoyed that one game when I saw my own cells and I liked one with colours. I felt formal when I wore a scientist lab coat. The other children were really nice too and it was fun!" - Assaf Taiber



We're planning another patient day next year. Are you interested? We'll let you know more, and how to get involved, soon!



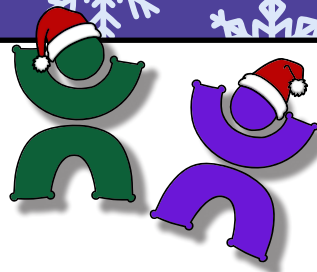
"The Patient day was a wonderful experience! I can honestly say it was a highlight of my time in the team. I loved meeting and chatting with everyone who attended (they are, after all, the reason we do what we do) and seeing how much fun they also had. I hope that there will be many more!" - Fliss, Bioinformatician



"The team put in a lot of effort to make an interesting and meaningful patient day, both for the children and the parents. It was very important for me to have the opportunity to meet other parents who experience the same difficulties as I do, and it was so lovely to see how quickly the children got along together and felt comfortable with each other. Both me and Assaf are looking forward to the next patient day." - Assaf's mum!

"Helping to organise the patient day was one of the most fulfilling and rewarding experiences for me. Thank you for letting me be part of this!" - Komal, Lab Manager

Time to play!



Let's have some fun!

DNA MAZE

challenge!

start

What a tricky journey!

Can you make your way through the DNA maze from the start all the way to the finish?

Fact!

If you put all the DNA molecules in your body end to end, they would reach from the Earth to the Sun and back over 600 times!

finish

gene

nucleotide

What is DNA?

DNA is the material that carries all the information about how a living thing will look and function, a bit like the code to a video game

chromosome

Fact!

In 1953, the combined work of scientists Rosalind Franklin, James Watson, and Francis Crick uncovered that our DNA is shaped like a corkscrew or a double helix

Fact!

99.9% of the DNA of each person is the same!

If you would like to help us with our newsletter, get in touch with Claire, our research nurse:

claire.glema@nhs.net