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200 London Road, Liverpool, L3 9TA

Registered Charity No. 519 357



The newsletter of North West Cancer Research

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STRIDE OF HOPE COMMITTEE UPDATES MIKE'S 30k MILESTONE
LLANDDONA FAMILY FUN DAY A TRIBUTE TO OLIVIA LEY SKIN CANCER
CAMPAIGN AMAZING FUNDRAISING STORIES 2020 EVENTS

AUTUMN 2019

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The newsletter of North West Cancer Research

InTouch

Thank you to everyone who has contributed to this edition of InTouch. We're continually thankful for our great supporters & fundraisers, our dedicated Committees and the people who share their touching stories with us.

If you would like to unsubscribe from InTouch, please contact amy@nwcr.org

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NOVEMBER 2019**
2pm - 8.30pm

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NOVEMBER 2019**
9.30am - 3pm

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At Thornton Manor**
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£5 Admission
Refreshments
Free Parking

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BAZAAR

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STRIDE OF HOPE

Over 100 guests took to Colwyn Bay promenade this August bank holiday, for Stride of Hope, an organised walk to remember a loved one, celebrate a survivor or support cancer research.

The inaugural Stride of Hope welcomed walkers to an event village in Eirias Park, Colwyn Bay before they took on a 3k or 5k walk along the promenade. With an accessible and wheelchair-friendly route those of all ages, abilities and even species were welcome.

The event was supported by the local community in North Wales as Slimming World Colwyn Bay offered a helping hand, LSJ Photography provided all photo services on the day and The Magee Brothers provided the music.

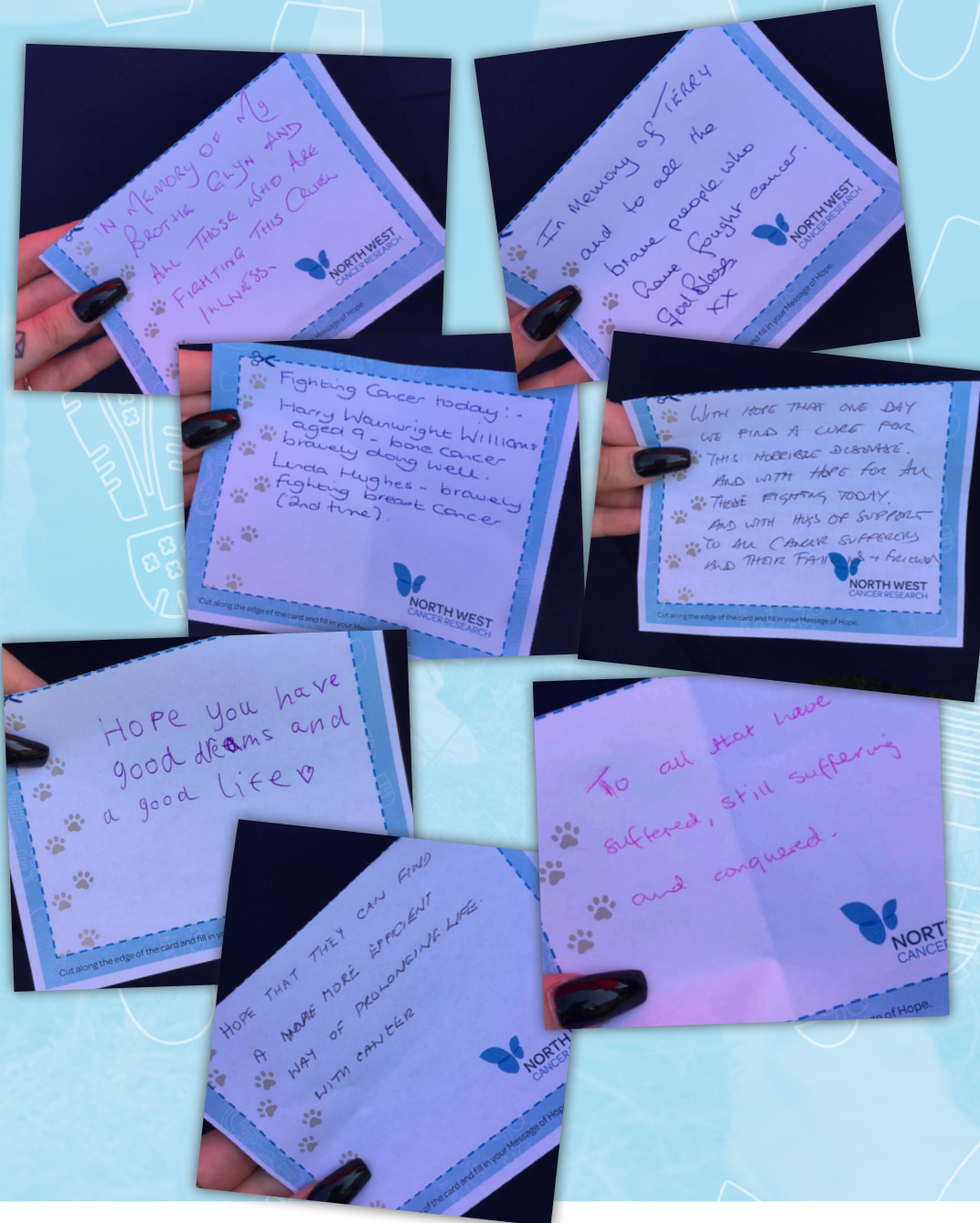
Alastair Richards, CEO of NWCR, said of the event "Stride of Hope was a great success and raised valuable funds for research happening round the corner at Bangor University.

"It was fantastic seeing the community come together to walk in memory, in celebration and in support of our work."

Stride of Hope has so far raised in excess of £4,000 with sponsorships still coming in.



Walkers were encouraged to let us know their motivations for taking on Stride and share their Message of Hope.





MOLD COMMITTEE

Mold Committee have been busy fundraising with a recent flurry of events.

Starting with a Ladies' Pamper Evening in June, guests were welcomed to Ultimate Nails & Beauty in Mold, who hosted the event. Treatments on offer included Indian head massage, reflexology and relief healing as well as mini nail and beauty treatments. Local makeup artist Hannah Frances also offered her services and Simmi Women's Wear brought the fashion.

The Committee moved straight on to the next event with a Cheese & Wine Evening in Pentrehobyn Hall, Mold. Guests enjoyed a blind wine tasting with a plethora of cheese, donated by Gareth Williams, a cheese and milk wholesalers based in Mold. The Mayor of Mold, Tim Maunders, was instrumental in letting the Committee have use of the venue free of charge and helped in some of the organisation of the event. Entertainment was provided by local musician David O'Connor.

For their most recent event, the Committee held one of their popular coffee mornings, this time hosted in the home of Committee member Jean Williams in Powys Village. This event was particularly special for the committee members as they held it in memory of their friend and NWCR support, Loraine Cook.

The three fabulous events brought in a combined total of £2,242 - amazing work from an amazing group!



Morgan's

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Supporting North West Cancer Research

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NWCR RESEARCHERS MAKE A SPLASH

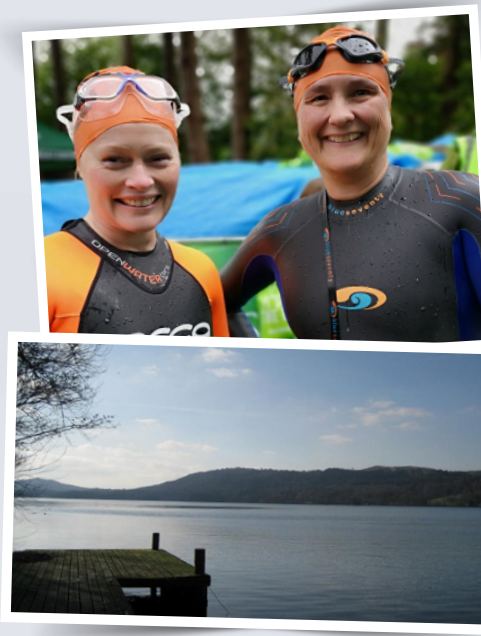
Prof. Sarah Allinson, Senior Lecturer and skin cancer researcher, and Catherine Pennington, Divisional Officer, both from Lancaster University, took on the waters of Lake Windermere earlier this year for The Great North Swim.

Despite warnings from organisers that the swim may need to be cancelled due to bad weather, the event went ahead on a shortened course and the two finished in an impressive 28 minutes.

Sarah said: "Catherine and I were a bit disappointed to not be able to do the full mile, which means we'll probably have to do the whole thing again next year!

"We've raised over £1000 for NWCR and want to say thank you to everyone who helped either by sponsoring us, by coming swimming in the Lune with us or just by politely looking interested as we rambled on about wetsuits, early morning swims and preferred stroke styles. We really do appreciate it."

A huge congratulations to Sarah and Catherine – here's to next year!



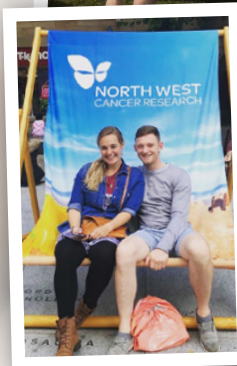
SUN SAFETY AWARENESS CAMPAIGN

More than 15,900 new cases of skin cancer are diagnosed in the UK every year.

With that in mind, this summer we've relaunched our skin cancer campaign and armed with our giant deck chair, Sun Safety Guides and plenty of SunSense sun screens, we've taken to the streets to educate the public on keeping safe in the sun and preventing skin cancer.

Our giant deck chair made its debut at Liverpool John Lennon Airport as travellers and lucky holiday makers made sure to get a snap and grab some free sun screen before their flight. A few weeks later we hit the road and headed for Lancaster city centre, where we made sure our giant deck chair had pride of place on the Lancaster Plinth in Market Square and spoke to the public about the importance of protecting their skin from UV damage.

During the August bank holiday weekend, we were at Chavasse Park in Liverpool One and we couldn't have picked a better day for it. With scorching weather, we made sure to top up our own sun screen often as the deck chair proved a huge hit with shoppers. Nobody left empty handed as we provided everyone with our Sun Safety Guides and Sun Sense sun screen.



As part of the campaign we have also re-introduced our Sun Safety Pledge, a joint initiative between ourselves and Public Health Liverpool designed to encourage employers to put their outdoor workers' safety front of mind by raising awareness of the importance of using adequate sun protection while working outside.

Amongst those signing up to the pledge this year were Liverpool John Lennon Airport, who have over 100 operational staff working outdoors on a daily basis, Magenta Living, the largest housing provider in the Wirral with 200 outdoor workers and Stewart Milne Homes, one of the largest housebuilders in the North West with 70 staff working outdoors daily.

An online toolkit was made available to the businesses and their staff with advice including covering up and using sun screen between May and September, paying particular attention to exposed areas such as ears, neck and lips.



We are proud to be supported by SunSense. SunSense sunscreens provide the highest SPF available, offering both UVA & UVB protection.

Liverpool College pupils have also gotten in on the sun safety action, taking part in a specialised assembly to get them ready for the summer holidays. We worked with the Pre Prep school in Mossley Hill to educate over 200 pupils on how to protect themselves from the sun's UV rays when spending time outdoors, as well as giving them some information to take home to their families to show how to check moles using the NHS ABCDE guidance.

By starting in schools, North West Cancer Research hopes to arm the younger generation with the relevant information about sun safety and encourage a positive association with sun cream application.

Our campaign also took us to Llanrwst in North Wales for the National Eisteddfod festival; a celebration of the culture and language in Wales. We encouraged visitors to check out the difference sun screen can make in protecting your skin with a few snaps in front of our UV camera. Working alongside Bangor University, we also had a few cell slides straight from the lab that visitors could inspect through microscopes to see the different stages of cancer growth.

Our Sun Safety Accessory Kits were a big hit with kids who could choose to make a keyring or bracelet with UV sensitive beads that glow under the sun's rays. We made sure to supply our craft-makers with some sun screen to keep topping up throughout the festival.



Have you been sun safe this summer?

It's important to protect your skin and help prevent skin cancer.



Our Sun Safety Guide contained handy tips on staying safe in the sun as well as the NHS' mole checking guide, the ABCDE method. Check it out below.



A

ASYMMETRY

Does the mole look uneven or misshapen?

B

BORDER

Is the edge of the mole blurred?

C

COLOUR

Is it a mix of shades, has it darkened since the last time you checked?

D

DIAMETER

Is it bigger than 6mm?

E

ENLARGEMENT

Has it changed in shape or become raised above the skin's surface?

If you notice anything unusual please book an appointment with your GP.



Concert for a Cure

Join us for an afternoon of Christmas classics and other favourites, featuring choirs from across the region.

LIVERPOOL ST GEORGE'S HALL CONCERT ROOM

SUNDAY 24TH NOVEMBER, 2PM.

With music from Liverpool
College Preplings Choir,
Stagecoach and Over The Water



**NORTH WEST
CANCER RESEARCH**

Registered Charity No. 519 357

Adult: £9 Child: £6

For tickets visit www.nwcr.org
or call 0151 709 2919



LYDIATE CLASSIC CAR SHOW AS POPULAR AS EVER

A firm favourite in everyone's calendar, the Lydiate Classic Car Show has had another successful year, beating last year's fundraising totals with an amazing £5,000.

Over 350 classic cars and bikes were on display at Lydiate Parish Hall grounds, with some vehicles dating back to the early 20th century. Visitors were welcome to grab a slice of cake and cup of coffee inside the hall and browse charity stalls or take part in the raffle and tombola.

Organiser of the car show, Shirley Brown, said: "The event was a brilliant success and is definitely a staple in everyone's calendar as it just gets bigger every year! It's a great day out for locals, as well as raising important funds for cancer research."





NWCR is funding scientists at the University of Liverpool to identify how to improve the effectiveness of head and neck cancer treatments.

The funding comes as rates rise across the region. In the North West alone, around 1,100 people a year are diagnosed with head and neck cancer and in Liverpool you are three times more likely to be diagnosed with this type of cancer than anywhere else in the UK. In general, men are also three times more likely to develop head and neck cancers than women.

Symptoms of head and neck cancers can often be mistaken for more common illnesses, which mean that many cases are already advanced by the time they're diagnosed, making treatment more difficult.

We've funded £200k into a three-year research project which will seek to improve treatment outcomes for those types of head and neck cancers which are more difficult to treat.

The research team, headed by Dr Jason Parsons, has already discovered the mechanisms through which certain types of head and neck cancers respond well to proven radiotherapy treatments.

Now the team are turning their focus toward the majority of cancers which don't respond well to treatment and to identify new, more effective strategies in combination with radiotherapy.

Dr Parsons and his team are using innovative 3D models of head and neck cancers to mimic the behaviour of the original tumour and see how they respond to radiotherapy and drug combinations. Importantly, this work is focussed on proton beam therapy, which is a targeted cancer treatment.

Dr Parsons said: "The funding from NWCR will allow us to make important advances in our understanding of the effects that radiotherapy treatments, particularly proton beam therapy, can have on head and neck cancer cells.

"We are working to make what we hope will be new and significant discoveries to develop more effective treatments for patients, leading to improved prognosis. Head and neck cancer is the sixth most common cancer in the UK and here in the North West rates are rising at an alarming rate, which is why it's crucial that we keep working towards finding the best treatments for this type of cancer."

You can find more information on head and neck cancer, including signs and symptoms, at www.nwcr.org

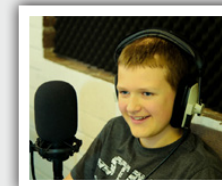


NWCR SUPPORTS TEAM REECE

We joined forces with Team Reece Charity this summer for a day of tea, cake and Lab Coat Learning at Overton St Helen's CE Primary School.

During the Team Reece day, NWCR hosted a Lab Coat Learning session, introducing the students to the science of cancer research and letting them have a go at their own experiments as they extracted DNA from strawberries. The kids also got crafty as they made a keyring replica of a DNA double helix.

The Team Reece Charity was set up by Reece Holt, an Overton schoolboy who passed away at age 13 after a lengthy battle with brain cancer. The Charity supports children with cancer and their families as well as providing funding for vital research into brain cancer in children.



Reece Holt

SOUTHPORT AFTERNOON TEA

Southport Committee is once again celebrating after another successful Afternoon Tea, their most popular annual event, which this year raised £1,650 toward local research.

180 guests came together at Hillside Golf Club to enjoy the afternoon tea of delicious sandwiches and cakes, accompanied by tea and scones while overlooking scenic views of the golf course.

Guests also enjoyed the beautiful voice of well-known, local singer Julie A. Scott.

Olive Cutts, Chair of the Committee, said "The afternoon tea is always such a popular event and a joy to behold. Julie sang all the tunes we love and everyone was up dancing. It's such a lovely afternoon spent with great friends and supporters, we can't wait for 2020!"



**60 MILES
or 60KM
ROUTES**

CYCLE OF HOPE

£20
REGISTRATION

£30
MINIMUM
SPONSORSHIP

**ONE DAY CYCLE
LIVERPOOL TO LANCASHIRE CIRCLE**

**SUNDAY 14 JUNE
2020**

**JOIN US FOR A ONE DAY CYCLING ADVENTURE AS WE TRAVEL
FROM LIVERPOOL TO LANCASHIRE AND BACK AGAIN
TO SUPPORT LIFE-SAVING RESEARCH IN THE REGION.**

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Olivia Elizabeth Ley

It is with much sorrow that we report the death of Mrs Olivia Ley on 25th May 2019. Olivia was a Vice-President of NWCR and a former Chair of the Lunesdale Branch and had been a voluntary helper in the Lune Valley for over 40 years.

Olivia was born in Egypt on 2nd September 1933 into an Army family stationed in the Middle East until 1935 when they returned home to the Lune Valley. With the outbreak of the Second World War, Olivia's father rejoined the Army and the family moved to Farnborough to be near relations.

After leaving school at sixteen, Olivia spent a year in Switzerland and became fluent in French. On returning to England, she met and married Peter Maude and in 1951 they were living in Cheshire on the outskirts of Manchester. Within two years, Olivia's first daughter, Sarah, was born. However, tragedy struck three years later when her husband Peter was returning home from a business trip to Iran. The aircraft crashed on coming in to land at Manchester killing Peter and all twenty passengers on board.

Olivia and her daughter moved to Bowden and started to make new friends in Cheshire. She met a serving officer, Brigadier Hugh Ley, and in due course were married in May 1961. They moved to Paris where her second daughter, Miranda, was born. The next move was to Lymm in Cheshire, then Altcar near Formby, where they lived until her husband retired, at which point they returned to the Lune Valley and lived in Burrow.

In 1976 Olivia became involved with the Lunesdale Branch in a modest way as a volunteer distributing and picking up collecting boxes. Over the years she became more involved with the activities of the branch and joined the branch committee. She was appointed Vice-Chairman in 1992 and Chairman in 2005.

For many years Olivia had been the branch representative and together with Wendy Hadwin attended the charity's quarterly board meetings in Liverpool. The branch was very successful at fundraising in the majority of the villages in the Lune Valley, thereby contributing substantially to the funds of the charity.



After ten years of successful leadership of the Lunesdale Branch, Olivia decided that the time had come to hand over the chairmanship for health reasons. She was very well known in the Lune Valley, a keen tennis player and a Lady Captain and subsequently a Lady President of Kirkby Lonsdale Golf Club. She supported a number of local charities and was much loved by the people who worked with her and those who benefitted from her charitable work. Tunstall Parish Church was very important to her and she served as a church warden for a number of years.

Olivia was a great enthusiast, full of fun and wonderfully persuasive. Consequently, NWCR and other charities benefitted hugely. On her retirement as Chairman of the Lunesdale Branch, Olivia was appointed a Vice-President of NWCR in recognition of her work for the charity over a very long period.

We all have our memories of a truly lovely person, who will be greatly missed by all who knew her, especially those in the Lune Valley.

Micheal S Potts
President, NWCR



In aid of North West Cancer Research. Registered Charity No. 519 357

Pwyllgor
Llanfairfechan, Aber & Bangor
Committee

CYNGERDD MAWREDDOG GALA CONCERT

St John's Church,
Llandudno, LL30 2NN

Dydd Iau 24ain Hydref, 7yp
Thursday 24th October, 7pm

ROTARY CLUB FUNDRAISING

The Rotary Club of Heswall have visited their local Tesco for a collection earlier this year and again last month.

"Thanks to generous customers we were able to raise £720 at our most recent collection, bringing our NWCR collection total for the year to £1,520.

"NWCR fund long term research into the fundamental understanding of cancer and knowing that the work we support now will help our grandchildren's lives is the reason we have supported the Charity for so many years."

The club's recent collections bring their fundraising total over approximately 30 years to £30,000, an amount that will make a huge difference in the future of cancer research.



ONE SMALL STEP FOR FUNDRAISING

One Small Step, Halton's annual Charity dance festival held at The Brindley Theatre, has returned for another year to entertain guests, celebrate the best in dance and raise money for local research.

The festival, which has been supporting NWCR since its inception in 2001, features students from 14 local dance and theatre schools and runs for four days, attracting an audience of 1000 each year.

The festival will be contributing £3,860 toward life-saving research this year, bringing the festival's overall fundraising total to over £85,000.

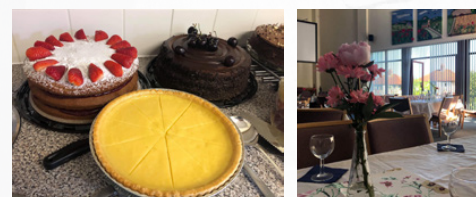


HOLYWELL ARE ALL SHOOK UP AT SUMMER SUPPER

Holywell Committee has recently brought back an old favourite event 25 years after the last one as they hosted their Mid-Summer Supper. Over 100 guests took to St Peter's Church, which had been transformed into an elegant dining hall, for a night of food and entertainment.

From salads to sweets, all food was prepared by the Committee members with meats donated by a local butcher. Guests were soon on their feet as the entertainment for the evening was an Elvis impersonator, singing all of the classics and giving the audience a laugh.

Joan Davies, Treasurer of the Committee, said: "The idea for the Mid-Summer Supper came about as we remembered that about 25 years ago it had been one of our main fundraising events and was always a popular evening. We knew we had to revive it and we're so glad we did. A fantastic time was had by all with over £1000 raised for much needed research."





LLANDDONA UNITE FOR FAMILY FUNDRAISER

A group of friends in Llanddona have joined forces with local businesses for a family fun day event to raise money for NWCR.

Inspired by the strength and bravery of those close to her fighting the disease, Tina Simpson was determined to do something memorable and help in the fight against cancer. She set her sights on organising a family fun day and as news of the event spread, so did the generosity of Tina's community.

Local farmer and owner of Hogs Mon, Eilir Williams, donated a full hog and services free of charge, while Becws Môn Bakery in Gaerwen kindly donated all the bread needed for the barbecue. Entertainment for the day was provided by Daf Jones, Josh Weaver and brothers Ben and Todd Sterriker, all of whom offered to perform free of charge, while the landlady of The Owain Glynwddwr, Vicky, offered full use of the pub to host the event.

Raffle prizes on the day included sheep shearing, campervan hire, salon and restaurant vouchers and even bungee jumping.

"I still can't believe we have been able to pull together such a huge, successful event. I couldn't have done it without my friends and family who helped me organise everything and the generous people of our community who donated prizes and services for the day. We have continued to be completely bowled over by the generosity of our community and touched by the kindness of so many people."



"Every single person is so proud to have been a part of this amazing experience and support such a wonderful charity doing such life-saving work right on our doorstep. To know we have made an impact in the future of cancer research is a great feeling."

The Family Fun Day raised in excess of £10,000 – an incredible amount with numbers still rising. The group have chosen to support NWCR, along with Gwynedd Haematology & Cancer Relief Fund.



CHARLOTTE HITS THE ROAD

Here at NWCR, our Community Fundraisers are always on the go – from committee events to regional expos, they're non-stop promoting the work of the Charity and chatting with the public about our important research. We caught up with Charlotte, Community Fundraiser for Lancashire & Cumbria, to find out what she's been up to this summer.

“As a Community Fundraiser it's really important to me to make sure I get out into the communities we serve and meet the people that inspire our work at the Charity and who ultimately will be impacted by the research we fund. In Lancashire, just a few miles can see you hopping from a seaside town to an agricultural fair and I've made sure to visit as many events and meet as many people as possible.

During the May bank holiday some trusty volunteers and I took to the Wray Scarecrow Festival for the first time and amongst the hordes of homemade scarecrows, we promoted the upcoming challenge events of the summer and made DNA keyrings with visiting children.

Carnforth Carnival in July was another first for NWCR and is within my local community so I felt right at home at the revived event. We used this platform to promote the Sun Safety Campaign and make sure all visitors knew the signs and symptoms, as well as how to stay safe in the sun, by giving out our Sun Safety Guide and Sunsense sun screen samples.

Fleetwood Festival of Transport was another gorgeous sunny Sunday as we carried on with our mission to protect the North West against skin cancer. As well as giving out Sun Safety Guides and sun screens, we also invited children to make UV sensitive accessories that glow under UV rays and made sure they left with a goody bag.

Members of the research team at Lancaster University joined us at Morecambe Carnival and, despite the weather trying its best to blow everyone away, all had a fantastic time delivering lots of fun, educational experiments for the public.

Rounding up the summer was the North Lincs Business Expo, a buzzing two day event showcasing the best that North Lincs has to offer. We exhibited with the help of Lancaster University researchers once again, offering attendees the chance to see their own cheek cells under a microscope. We also sold DNA accessory making kits for children and made sure to have plenty of corporate supporter info on hand for the businesses there.

I've had a brilliant time this summer sharing the importance of the life-saving work happening in Lancashire and beyond. Now it's time to get ready for the Christmas season!”



STEVEN HUNT & ASSOCIATES MARK 30 YEARS

The team at Liverpool-based mechanical and electrical engineering consultancy, Steven Hunt & Associates, have been facing their fears this year with a trilogy of high-energy challenges to celebrate the firm's 30th anniversary.

To fundraise for NWCR, the team of 22 engineering specialists have jumped out of a plane in a 10,000ft skydive and taken on a gruelling spinathon to cycle 300 miles in less than 12 hours. The final challenge was the famous Three Peaks Challenge - tackling 23 miles across the country's highest mountains, Ben Nevis, Scafell Pike and Snowdon, in less than 24 hours - three challenges representing the three decades the firm has been in business.

Launched in 1989, Steven Hunt & Associates has gone on to become the go-to mechanical & electrical engineering firm in the North West and are currently the only BIM level certified consultancy in the region.

Steve Hunt, managing director of Steven Hunt & Associates, said: "Over the 30 years in business Steven Hunt & Associates have been a 'collector of people', collecting the best people in our



industry all under one roof. A number of staff members have had their own individual battles with cancer, while the rest have all been touched by it in some way, shape or form with family members. We feel that the continuing research is vital and are proud to play our part, however small.

"The challenges have given us the opportunity to break away from the daily routine of engineering and brought our staff closer together through the sheer drive to achieve. It has also given us the opportunity to engage with our clients and suppliers in a light hearted way for an incredibly important good cause."

Alastair Richards, CEO of NWCR, said: "We are honoured to be the chosen charity for Steven Hunt & Associates' 30th anniversary and are blown away by the lengths the team have gone to in order to raise much needed donations. To take on not one but three challenges is amazing and they've shown such dedication and perseverance - they definitely deserve huge congratulations."

The team's fundraising success has been an amazing trilogy of challenges, raising an astounding £7,000, with donations still pouring in.



We're beaming with pride for our Head of North West Cancer Research Centre, Prof. Sarah Coupland, who has made The Power List of Top 100 Pathologists!

Posted at www.thepathologist.com, the list highlights the industry's top trailblazers - the people we have to thank for breakthroughs at the bench, in the clinic and in the lab.

As Lead of the Liverpool Ocular Oncology Research Group, Sarah is an expert in ophthalmic pathology, oncology and hematopathology. She recently contributed to the fourth volume of the World Health Organisation Tumors of the Eye classification and has won several awards, including the International Council of Ophthalmology's Eye Pathology Award in 2018.



CONGRATULATIONS TO PROF. SARAH COUPLAND

NWCR STAFF TAKE ON THE GREAT NORTH RUN

Two NWCR staff members have taken on The Great North Run to support the research they work closely with.

Travelling to Newcastle for the race last month was Zoe Chapman, a PhD student researching the history of North West Cancer Research, and Julie Woolley, Finance and Admin Assistant from head office who was joined by her husband Alan.

Julie said: "It was a great experience with some amazing weather. The crowd really made the day and spurred us on when we really needed it - the atmosphere was incredible."

The two are still raising money online. If you would like to show your support you can visit <http://bit.ly/ZoeNWCR> and <http://bit.ly/JulieAlan>

Well done guys, we'll get the next brew round!



GIN TASTING EVENING

A group of gin-lovers enjoyed a night of tasting and fundraising at North West Cancer Research's first Gin Tasting Evening last month.

Hosted by the Liverpool Gin Distillery, the night included a full-size drink on arrival, samples from the iconic Liverpool Gin range as well as tasting plates to compliment the flavours.

Guests were invited to enter a raffle to win some fantastic prizes, including: Benefit cosmetics bundle, pantomime tickets for the Epstein, Semi-permanent eyelash treatment from Cesca Makeup and Amelie tickets at the Playhouse theatre.

An auction was also held with lots including Afternoon Tea for Two at 60 Hope Street, a Liverpool Gin Distillery experience which features a lab tour and gin making class, a cocktail masterclass for six from Red Door and a three-night break for two people at Holyrood Cottage in Edinburgh.

A fantastic £2,500 was raised from the evening and will benefit life-saving research in the region. We would like to thank the following businesses for supporting our event by donating a prize or service:

Benefit Cosmetics
@benefitcosmeticsuk

Epstein Theatre
@EpsteinTheatre

60 Hope Street
@60HopeSt

Holyrood Cottage
www.holyroodcottage.co.uk

Cesca Makeup
@cescie.k

Red Door
@RedDoorLpool

Playhouse Theatre
@LivEveryPlay

Liverpool Gin
@LPLGinDistiller

CUMBRIAN GRANDAD HITS 300KM MILESTONE

Long-time supporter and runner extraordinaire, Mike Threlfall, has completed his 30th 10km run in nine years to raise money for NWCR.

Mike, a retired head teacher from Kirkby Lonsdale, has raised over £5,000 by sticking to a plan of running three 10k courses a year since 2010. He has marked his milestone after undertaking the Bristol 10k, Great Manchester 10k and finally, Great North 10k Run in Gateshead earlier this year.

Mike was motivated to start raising money for the Charity after he lost his father to prostate cancer more than ten years ago.

He said: "Running has always been a passion of mine but finishing my 30th run and raising more than £5,000 for life-saving cancer research is an achievement I am really proud of."

"North West Cancer Research funds life-saving research into cancers that affect people living right here in the North West and as long as I am able to run, I will keep on raising money for this worthy cause."

Over the last nine years, the support of my friends and family has been amazing and they have all made invaluable contributions to help me smash my fundraising targets year after year. On several occasions, my sons Jamie and Tim have joined me on runs in Bristol and I am especially grateful to have them by my side."

Alastair Richards, CEO of NWCR, said: "Mike has been an unwavering supporter of North West Cancer Research, raising over £5,000 since 2010."

"Completing his 30th run is testament to his dedication and passion for fundraising, and we are truly grateful for his ongoing support. As an independent charity, his efforts will fund life-saving cancer research across the North West and Wales, as we make important progress towards finding a cure for cancer."

Thank you Mike - you're a superstar!



OCTOBER 24 7pm Llanfairfechan Gala Concert St John's Church, Llandudno	OCTOBER 25 7.30pm Southport Rock Choir Evening Lord St West Church, Southport	OCTOBER 26 tbc Mold Craft Show St Mary's Church Hall
OCTOBER 26 2pm Warton Afternoon Tea Warton Church Hall, Main Street	OCTOBER 30 10am Mold Coffee Morning Location tbc	NOVEMBER 2 10am-12pm Kirkby Lonsdale Christmas Fair Lunesdale Hall
NOVEMBER 5 2pm-7.30pm Wirral Bazaar Thornton Manor, Wirral	NOVEMBER 6 9.30am-3pm Wirral Bazaar St Mary's Thornton Manor, Wirral	NOVEMBER 16 Tunstall Coffee Morning Highwayman pub, Burrow
NOVEMBER 14 Frodsham Coffee Morning Frodsham Community Centre	NOVEMBER 23 10am Ruthin Christmas Fayre Llys Erw, Ruthin	NOVEMBER 24 2pm Concert for a Cure St George's Hall, Liverpool
NOVEMBER 26 Aughton Coffee Morning WI Hut, Aughton	NOVEMBER 27 10.30am Southport Coffee Morning Masonic Hall, Southport	DECEMBER 8 8pm Burscough Committee Sequence Dance Royal British Legion, Lord St, Burscough

UPCOMING EVENTS

Whether you're after a morning of coffee and cake or a Christmas shopping extravaganza, you can find the perfect event and support life-saving research below. For more information, or to register for an event, please visit www.nwcr.org/events.

GET READY FOR 2020 AND TAKE A LOOK AT OUR UPCOMING CHALLENGE AND SPORTING EVENTS



Sun 8th March Chester City Centre

ALDI Chester 10k



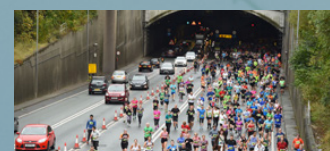
Sun 15th March Liverpool Pier Head

Liverpool Half Marathon



March - TBC Menai Bridge, Anglesey

Menai Bridge 5k or 10k



Sun 19th April Kingsway Tunnel, Liverpool

Mersey Tunnel 10k



Sun 26th April London

London Marathon



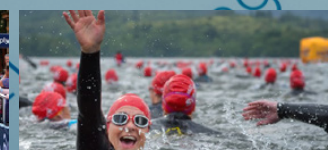
Fri 8th May Lancashire

The Big Jump Skydive



Sun 24th May Manchester

Great Manchester Run



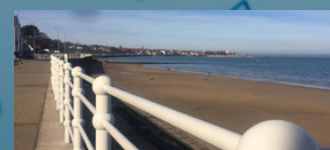
Sun 7th June Lake Windermere

Great North Swim (1 mile)



Sun 14th June Liverpool - Lancashire

Cycle of Hope (one day cycle)



28th June Colwyn Bay

Stride of Hope



December - TBC Liverpool

Santa Dash



TBC Anglican Cathedral, Liverpool

Abseil