

INTOUCH



We are an independent charity dedicated to putting our region's cancer needs first, funding pioneering research to tackle the cause, improve the care and find the cure of cancer. We fight the types of cancer that affect people living across North West England and North Wales the most.

We are North West Cancer Research.



200 London Road, Liverpool, L3 9TA
www.nwcr.org 0151 709 2919

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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 North West Cancer Research Centre, 200 London Road, Liverpool, L3 9TA **0151 709 2919** www.nwcr.org Registered Charity Number 519357

102 MILES IN A MONTH FOR DEIAN

Deian Williams from Anglesey completed a month-long fundraising challenge in January and started the new year off as a fundraising superstar.

Deian covered 102 miles through daily runs and was inspired to take on the challenge in memory of his mother, Iona Williams, who passed away in November 2017 after a battle with breast cancer.

Combining the challenge with dry January and supported by his wife, Ceri, Deian set out initially to cover 5k a day, keeping his friends and family in the loop with daily Facebook updates. However, as the support came flooding in, he soon increased his target to 100 miles over the month and exceeded his initial fundraising goal of £250, by raising over £2,500!

Deian said: "My mum was the heart and soul of the party, a positive and bubbly character. She battled with cancer not once, but twice - there was to be no victory the second time round, though that was not through lack of fight.

"I remember finding out the first time and thinking this can't happen to my family, but cancer simply does not discriminate. I think of my mum every single day with thoughts of pride and happiness. One thing cancer will never be able to take away is the memories of her that Ceri and I will pass on to our children, her grandchildren.

"While it was my mum who gave me the inspiration to do this challenge, all the motivation along the way came from my amazing family and friends who supported me. I want to thank them all for their immense generosity. Together we've been able to raise a huge amount for a fantastic local charity and contributed in some way to beating cancer for good."



NEW HIGH SHERIFF FOR MERSEYSIDE

The long-serving Chair of North West Cancer Research, Nigel Lanceley, has been chosen as the next High Sheriff of Merseyside.

Nigel succeeds retired Judge, Judge John Roberts in the prestigious role following his selection by the Queen, in her capacity as the Duke of Lancaster.

Nigel has been a trustee since 2013 and Chair of North West Cancer Research since 2015. He stood down as Chairman this Spring but will continue as a Trustee. He has also been a Deputy Lieutenant of Merseyside since 2016.

Nigel said: "I am thrilled to have been selected as the next High Sheriff of Merseyside. It is a great honour and I look forward to continuing the excellent work of my predecessors in this prestigious role."

The Office of High Sheriff is the oldest secular title in British history and among the most ancient in the world, dating back more than 1,300 years.

The principal objectives of the role of High Sheriff include ensuring the welfare of visiting High Court judges, supporting the Royal Family, judges, police and other law enforcement agencies, the emergency services, local authorities, church and faith groups.

Nigel was installed as High Sheriff in Liverpool on April 21.

Nigel's role as Chair of the Trustees at NWCR will be taken over by Catherine Jones. Catherine has been a Trustee since 2016 and was previously The Academic Secretary at the University of Liverpool.

We are looking forward to working with her as we emerge from the pandemic and move forwards in new directions.



SHARON'S ART SALE

Mold Committee Chair and talented artist, Sharon Wagstaff, has continued her support for North West Cancer Research through the latest lockdown with an art sale fundraiser.

After adapting her regular art tutoring classes for a digital world, and creating beautiful nature artworks during Zoom demonstrations, Sharon decided to sell her demonstration pieces and donate 100% of the money raised to local cancer research, with the final total reaching £450.

Sharon said: "Last summer I started running weekly Zoom classes, and it's been worthwhile to see what joy it has given people, as well as an incentive to work on their art again.

"Week by week I was collecting my demonstration pieces from the Zoom classes and thought it was a great opportunity to help raise some funds for North West Cancer Research by offering them for sale. I'm pleased that the sale has gone so well, and I've been able to support the Charity during such a difficult time."



You can see more of Sharon's artwork at: slwagstaff.co.uk



WORLD CANCER DAY at University of Chester

Earlier this year, the Centre for Contextual Behavioural Science at University of Chester hosted a virtual research webinar in partnership with North West Cancer Research.

The virtual event, which was held in early February to mark World Cancer Day 2021, was open to researchers, academics and the public and featured an insight into the three different research projects currently underway at the university.

Professor Eunice Simmons, Vice-Chancellor of the University of Chester welcomed guests to the informative session before Alastair Richards, CEO of North West Cancer Research, gave an update on work at the Charity as well as the partnership between the organisation and University of Chester.

Professor Nick Hulbert-Williams spoke about his team's research project exploring the impacts of the Covid-19 pandemic on the psychological wellbeing of cancer patients and their family members, followed by Dr Brooke Swash, who presented findings from the BEACHeS Study – a research project in which Nick, Brooke, and their team developed a new supportive care programme for people with advanced cancer.

Last on the roster was Dr Monica Leslie, who was joined by Nick Hulbert-Williams again to give an update on the North West Cancer Research funded trial of the Finding My Way online intervention, a project which aims to improve the wellbeing and quality of life for cancer survivors.

The team has adapted an Australian programme for use in a UK context and will shortly be rolling it out to 300 people in the North West and North Wales to measure how useful it is for improving quality of life and emotional wellbeing.

Professor of Behavioural Medicine, Nick Hulbert-Williams said of the event:

"So many people contribute to our research – whether that's directly as participants, as research partners in the development of our projects, or because they fundraise for North West Cancer Research. Their activities make our research possible and so it's important that all those people know about the progress being made. These kinds of public events are a really important part of that process."

"Although it was a shame to miss the personal contact of an in-person event, it was still very motivating to hear such good feedback and to know that all the hard work is worthwhile."



*North West cancer centre –
now open for treatment*

The Rutherford Cancer Centre North West in Liverpool is now open, with treatment options including chemotherapy, immunotherapy, targeted therapies and MRI diagnostic services, all backed by our range of supportive care services.

Across our UK network of centres, our consultants, specialists and staff provide an all-encompassing cancer care service. Treatments and services include diagnostic imaging, chemotherapy, immunotherapy, radiotherapy, proton beam therapy and ongoing supportive care.

Rutherford
Cancer Centre North West

0800 210 0402
therutherford.com

All our registered centres undergo a registration inspection by the independent healthcare regulators of each country (Healthcare Inspectorate Wales, Care Quality Commission) to ensure that the quality and safety of services meet the required standards of care. In addition, ongoing inspections are undertaken, and where these have taken place, full reports are made available on our website.

MEN'S HEALTH WEEK

14-20 June marked Men's Health Week 2021, so we're highlighting the signs of the most common cancers in men to make sure you can stay ahead of your health.



TESTICULAR CANCER

Around 2,200 men in the UK are diagnosed with testicular cancer every year, with it mostly affecting men between 15 and 49 years old. Testicular cancer is one of the most treatable types of cancer, with 98% of men surviving for over five years following a diagnosis.

A family history of testicular cancer or an undescended testicle can increase your risk. If your father had testicular cancer, you're four times more likely than someone with no family history.

Signs & Symptoms

- A lump or swelling in part of one of the testicles
- Scrotum may feel heavy
- A sharp pain or discomfort in the testicle or scrotum.



PROSTATE CANCER

Across the UK, the number of men diagnosed with prostate cancer has increased significantly over the last 10 years, making it the most common cancer in men. Within our region, North Wales has 16% more incidences of prostate cancer than the rest of Wales, with Denbighshire having the highest number of cases recorded.

The chances of developing prostate cancer increase as you get older, and most cases develop in men aged 50 or older. Men whose father or brother have been affected are at slightly increased risk themselves.

For reasons not yet understood, prostate cancer is more common in men of African-Caribbean or African descent.

Signs & Symptoms

- An increased need to urinate
- Straining while you urinate
- A feeling that your bladder has not fully emptied



HEAD AND NECK CANCER

Although not specific to men, cancers of the head and neck are more common in male patients. Our region faces a particular challenge with head and neck cancers, with Merseyside recording a 30% higher rate than the rest of England.

Alcohol and tobacco use are the two most important risk factors for head and neck cancers. People who use both are at greater risk of developing these cancers. Infection with cancer-causing types of HPV is a risk factor for some types of head and neck cancer.

Signs & Symptoms

- Persistent hoarseness or cough
- Difficulty or pain when swallowing
- Shortness of breath
- Lump or swelling in neck, jaw or mouth
- Numbness or drooping on one side of the face
- Persistent blocked nose or nosebleeds
- Decreased sense of smell

If you have any signs, symptoms or concerns, please contact your GP and arrange a check-up.



CATRIN'S RAFFLE FOR CANCER RESEARCH

Welsh Makeup Artist, Catrin Hicks, has hosted an online raffle to support local, life-saving cancer research.

Earlier this year at the height of the Welsh lockdown, Catrin decided to host a fundraiser in aid of North West Cancer Research, but with all hair and beauty services closed across the country, she was forced to get creative with her fundraising.

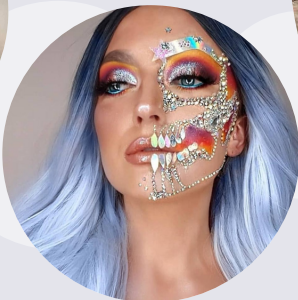
Catrin, who is also a secondary school teacher throughout the week, handpicked £300 worth of her favourite luxury and high street makeup brands to be raffled off to customers and online followers. Tickets were sold at £3 each for the luxurious hamper of goodies, with 100 people purchasing a ticket.

Catrin said "I came up with the idea for the raffle as a way to support cancer research because this awful disease has affected our family for the past two years.

"My step mum was first diagnosed with stage three breast cancer and then in December she was diagnosed with a brain tumour that was also cancerous. Thankfully, she has since had a successful operation to remove the tumour but it has had a lasting effect on her memory and walking.

"As you can imagine, the research funded by North West Cancer Research is very important to us and as a family we are extremely thankful for it."

Catrin is based in Tanygrisiau, Gwynedd and you can find her beauty page on Instagram @heyhoney_mua



LIVERPOOL COLLEGE ARE FUNDRAISING SUPERSTARS!

A huge thank you goes to prep and pre prep students and teachers from Liverpool College, who recently became the first to take on our newest school fundraising activity, Hope Run.

Students collected sponsorships from family and friends before competing in a fun filled run during their school day and raised an outstanding £11,400 including gift aid.



Liverpool College

If you know a school that would love to get involved with a Hope Run fundraiser, Lab Coat Learning activities or sun safety engagement work, email carol@nwcr.org for more information.



SAY HELLO TO HOPE BEAR!

North West Cancer Research would like to introduce our new Charity mascot, Hope Bear.

Hope will be joining us as our VIP guest at events, during our engagement work and some school visits.

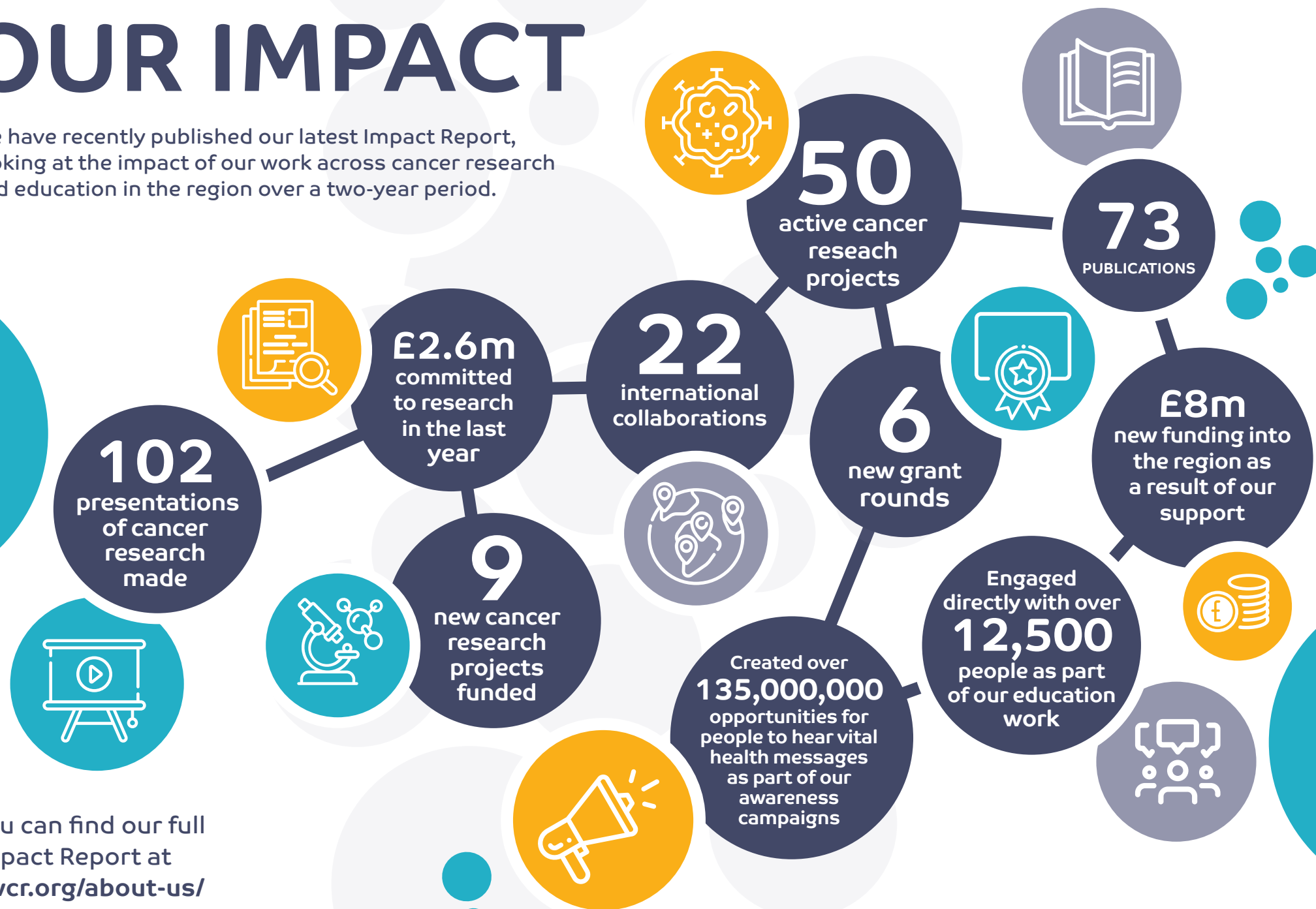
Currently, Hope is on a mission to make sure younger school kids are best prepared to protect themselves from the sun's UV rays this summer with special Hope Bear themed classroom activities and worksheets.

If you want to know more about our educational outreach programme, or want Hope to visit your school, please email carol@nwcr.org



OUR IMPACT

We have recently published our latest Impact Report, looking at the impact of our work across cancer research and education in the region over a two-year period.



You can find our full Impact Report at nwcra.org/about-us/

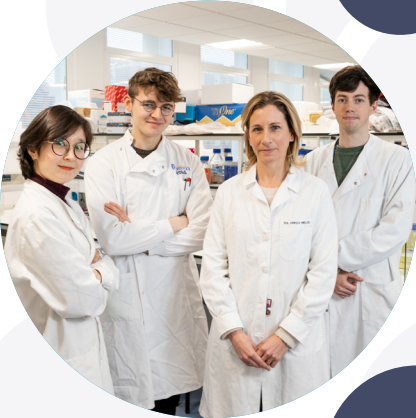
OUR IMPACT

Putting our region’s cancer needs first by funding world-class cancer research

We fund only the highest quality research that has the greatest impact on the lives of people in the region.

We are proud to be members of the Association of Medical Research Charities (AMRC) and adhere to their processes and guidance to ensure our funding and the management of our research priorities are transparent and rigorous.

We work collaboratively with a team of scientists, researchers, clinicians and patients who form our Advisory Groups and help determine which projects are most relevant and impactful to our community.



In 2019/20, we introduced greater diversity into the types of projects that we fund to ensure that we are:



Tackling the Cause

44%
OF PROJECTS FUNDED

Tackling the cause by funding research that seeks to understand the biological mechanisms that cause cancer and the differences in our communities that lead to higher cancer levels



Improving the Care

34%
OF PROJECTS FUNDED

Improving the care by finding kinder treatments and better ways of communicating



Finding the Cure

22%
OF PROJECTS FUNDED

Finding the cure by funding world-class research to create new drugs and surgical techniques



18,000 MILES FOR EASTHAM MOTORS

A ten-person team from Eastham Motors, a Suzuki dealership in Wirral, has committed to virtually traverse the almost 18,000 mile journey from their base in Eastham to the Suzuki headquarters in Japan and back again.

The year-long challenge, started on 1 February 2021, will see the team running, walking, cycling rowing and swimming to collectively rack up the mileage and raise money from family, friends, and the local community.

Jon Foggo, Service Manager at Eastham Motors, said of the fundraising challenge: "Cancer affects so many people and we wanted to work with a local charity so we can see how the money raised will become real-world treatments. North West Cancer Research keep it in our region and help local people, and that's really important to us."

Follow Eastham Motors challenge at: justgiving.com/team/EasthamMotors



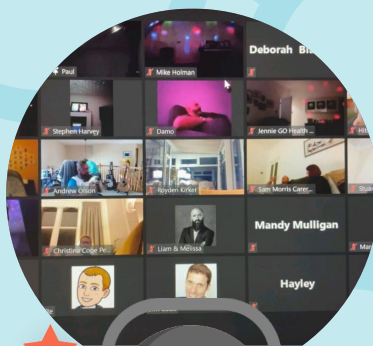
JAN THE MAN

DJ Jan Evans, known locally in Lancashire as 'Jan the Man With No Tan', has made his live online debut with a fundraising stream in support of North West Cancer Research and other charities across Lancashire.

The streaming party took place on Saturday 6th March to mark the last weekend before children ventured back to school and featured a live DJ set from Jan, including current chart hits and popular classics.

Jan worked alongside the BNI Foundation for Lancashire to promote his streaming party, sell tickets and share funds raised across five local Lancashire charities.

BNI Foundation for Lancashire will be back and live this summer with an Olympic event – watch this space!



HOST YOUR OWN FUNDRAISER

Whether it's marathons, car boot sales, coffee mornings or skydives, every penny counts and our dedicated fundraisers have been vital in helping us to put our region's cancer needs first.

One way you can support us and raise vital funds is by hosting your own event or challenge.

Our fundraising packs are the perfect place to start. Filled with tips, tricks and everything you could need to be a fundraising superstar!

There's plenty to choose from, including...

Step Challenge

Whether you're a regular rambler or stuck at your desk most days, up your exercise with a step challenge!

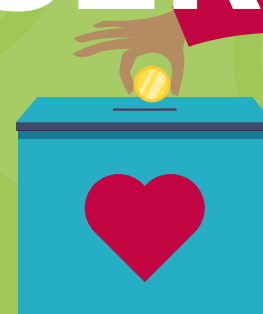
Afternoon Tea

Virtual or in-person, traditional or with a bit of fizz, we've got you covered!

Scouse Night or Lancashire Hot Pot Night

Cook up a taste of home with our food event night packs – treat your friends or make it into a challenge.

To see our full range of packs and download, visit: nwcr.org/get-involved/fundraise-for-us/packs/



Julie from Egremont used our Scouse Night pack to mark Global Scouse Day and get her family in on the fundraising!



Amy from Anfield treated her mum to a home-made afternoon tea for Mother's Day, using recipes from our pack.

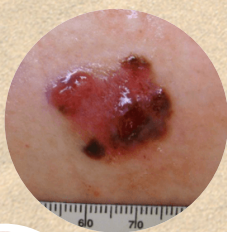


SUN SAFETY GUIDE

Around 16,000 new cases of skin cancer are diagnosed in the UK every year. If caught early skin cancer is highly treatable. One way you can stay vigilant is by regularly checking your moles using the **ABCDE** method.




-  **ASYMMETRY** Does the mole look uneven or misshapen?
-  **BORDER** Is the edge of the mole blurred?
-  **COLOUR** Is it a mix of shades, has it darkened since the last time you checked?
-  **DIAMETER** Is it bigger than 6mm?
-  **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.



WHAT IS SKIN CANCER?

Skin cancer is the uncontrolled growth of abnormal skin cells, which occurs when DNA damage triggers mutations or genetic defects in the skin cells. These defects then cause the skin cells to multiply and form tumours. It's important to protect your skin and help prevent skin cancer.

-  Stay covered with a hat, t-shirt and sunglasses
-  Keep topping up that sun screen! Wait 20 minutes after applying before you head into the sun and aim to top up every 2 hours
-  Keep the kids covered, especially if they're playing in the pool
-  Spend time in the shade between 11am - 3pm
-  Regularly check your moles for any changes

WHAT CAUSES SKIN CANCER?

Skin cancer is caused by exposure to harmful UVA & UVB rays, which damage the DNA in skin cells. Artificial sources of UV light, such as sunbeds, can also increase your risk of skin cancer. Whether it's a sunbed or the real thing, the more damage that occurs over time, the more likely skin cancer is to develop.



LIVERPOOL CANCER RESEARCH INSTITUTE

The Liverpool Cancer Research Institute (LCRI) is a new strategic initiative which aims to consolidate the existing strengths in biomedical and translational cancer research in Liverpool, grow its capability and accelerate the translation of research into improved patient outcomes.

At the heart of the endeavour is a three-way partnership between the region's three biggest stakeholders in cancer research, namely the University of Liverpool, Clatterbridge Cancer Centre NHS Foundation Trust and North West Cancer Research, working alongside Liverpool Health Partners.

The Director of Liverpool Cancer Research Institute is Professor Andrew Pettitt and Dr Matina Tsalavouta is the Head of Strategic Planning and Engagement.



KEVIN'S ROUTE 66 SUCCESS

Our very own Corporate Partnerships Manager, Kevin Byrne, took on a fundraising challenge of his own at the end of 2020, by setting out to virtually cycle Route 66, one of the original highways of the United States, stretching from Illinois to California.

Inspired by his love for all things American, Kevin completed the staggering 2290.3 mile route over 20 weeks with regular bike rides across Liverpool, around his local Sefton Park and even a stationary spinathon during a day full of meetings. Kevin kept all of his supporters updated along the way with postcards from his virtual state-side journey posted on his JustGiving wall and set an initial fundraising goal of £666 but through the support of family and friends has managed to raise over £1100 for local, life-saving research.

Kevin said: "Times have never been tougher for the Charity with lots of our usual fundraising avenues temporarily closed. I wanted to recoup a fraction of the loss with a mammoth challenge and really put myself to the test.

"It was tough at times and I'm sure cycling the actual route would have been a lot more interesting, but it was all for the world-class research we support. I want to say a huge thank you to all of my sponsors – I'm delighted I was able to raise even more than expected and smash the £1000 mark!"



MR FARRALL'S LASTING LEGACY

North West Cancer Research has recently received an extremely generous gift, as Mr Fred Farrall has left the Charity his house in Widnes in his Will.

Fred passed in 2020 at the age of 82 and we recently spoke to his lifelong friend Sheila to find out a little bit more about him.

"Fred was the life and soul of the party, a regular Jack-the-lad in his younger years and always a cheeky chap. In short, Fred just loved life. He met his beloved Maureen on a train as a teenager and they were inseparable ever since – he idolised her. Although they had no children they enjoyed a full life of travelling, amazing holidays and regularly entertaining friends.

"Together they built their bungalow with a granny annexe for Maureen's mother who, in her later years, would often join the couple on their adventures and spend much of her time with them.

After Maureen's mother passed away they were often accompanied by Fred's friend Ron, who he worked with for many years before retiring.

"Sadly, Maureen passed away in her early fifties, after a fight with bladder cancer. Some years later Ron also passed after a cancer diagnosis. It was from then on that Fred vowed to leave his home to cancer research.

He wanted nothing more than to leave a legacy that could help generations to come and prevent the heartache of losing a loved one as he had his dear Maureen, and even through suggestions from his friends to downsize, Fred was unwavering in his promise to leave his home to North West Cancer Research.

"Fred, who was so full of life, laughs, kindness and generosity will never be forgotten by his friends Sheila, Jim and Gail and anybody else who had the pleasure to know him. He would be so pleased to know the impact his legacy will have."

Our condolences go to Mr Farrall's loved ones. We are extremely grateful for such a generous gift that will undoubtedly help shape the future of cancer research in our region.



THE JONES' COVER 500K

Retired couple, Marilyn and Doug Jones have walked over 500k during January in aid of local, life-saving research. In her own words Marilyn talks about their challenge.






"Let's do it!" I rushed into our conservatory disturbing my husband's latest lockdown hobby of jigsaw making.

"Do what?" my husband asked nervously.

I excitedly handed him my phone with our local celebrity friend's latest Facebook post. We live in Rhydymwyn, Flintshire which is a village famous for its disused mustard gas production plant now a nature reserve. Rhydymwyn is also the home of Sean Conway, extreme adventurer and record holder and he was challenging everyone to run, walk, cycle or by any other means other than drive 1k on the 1st January, 2k on the 2nd, 3k on the 3rd and so on. We are both retired (I am late 60s and my husband a few years younger) so have plenty of time on our hands.

"Are you sure about this?"

My husband had legitimate concerns about this sort of challenge. I have absolutely no sense of direction whatsoever and can't find my way back from the toilet block to our camper van when on holiday; have a propensity for accidents and have sight and hearing problems. Accompanying me on annual fundraising walks to support our village church are essential if he ever wants to see me again. My record for fundraising hasn't been without challenges and I could see in my husband's face his anguish in visualising the final week of January in having to walk 20k plus each day to reach the final target of 31k. From memory my charitable achievements have included the following:

-  **Crawling on all fours with a torch to pick up every single poppy on a dark November evening following a gust of wind which caused them all to cover a very angry lady's garden.**
-  **Covering myself in hundreds of baby stick insects during the cleaning process of the terrarium at Colwyn Bay Zoo.**
-  **Locking myself in a charity shop.**
-  **Falling off the stage playing the part of Blind Pugh in Treasure Island – yes, I see the irony!**
-  **Redecorating the kitchen in homemade pea soup whilst attempting to help out our very elderly neighbour.**

There are bound to be other examples, but you get the gist and can well understand my husband's skepticism. He did, however, valiantly agree to join me.

During lockdown we have explored nearly all the public footpaths in creation around where we live and of course we were unable to drive anywhere without breaking the rules. We are exceptionally lucky to live in such a beautiful part of Wales with easy access from our front doorstep to stunning countryside. Our walks included the Clwydian range via Moel y Crio, Gwernaffield, Mold, Nercwys and other surrounding villages, our options were endless and we never tire of the scenery.

January wasn't without its inclement weather but in the early days it was kind to us and we inevitably completed far more than the required distance. Unfortunately towards and during the final week of January snow and ice made an unwelcome appearance. Of course snow makes everywhere look beautiful but we live on a private road with quite a slope and when it snows it's hard work. We are fortunate enough to own a treadmill so on a few days we had to take it in turns to clock up the kilometres in the garage as well as the task of clearing snow. During the final week we had to start at 8am and finally finished the challenge at 6pm and even 8pm on one unfortunate day. The previous day had seen quite a few inches of snow and overnight it had frozen hard. Looking through our front door the blanket of pure white snow was inviting us to make careful virgin footsteps to begin our daily challenge. We didn't get far before we were both literally in mid air.

My husband fell twice and struggled to get up off all fours and I had landed very heavily onto my back, hitting my head. My neighbour heard my shouts and fell twice trying to come to my aid sliding on his knees in the process. Thinking back it must have looked extremely comical but with a couple of hours off, a bump on my head, bruised eyes and a bruised wrist we set off again and successfully completed that day.

Initially we hadn't thought of taking up the challenge for charity but a friend suggested that we would find a lot of support if we did. We chose North West Cancer Research as we have personal experience of the scars the talons of this vicious, indeterminate creature we call cancer can cause. It can creep up on you over years like a silent stalker ready to pounce when you least expect it or it can destroy you in under six weeks as it did one of our close friends. Choosing the Charity wasn't difficult for us and we were absolutely astounded and thrilled at the generosity of the friends and family we informed about our intentions to donate. We didn't ask for sponsors or set up any fundraising page but everyone rallied and the funds came pouring in. We raised £1,365.60 and are hugely grateful to all who supported us in our very small effort to aid the fight to disarm this disease.

A huge thank you to Marilyn and Doug, for helping to support local, life-saving research.

You can take on your own step challenge! Set your own goal and pace. Download our Step Challenge pack for everything you need to get started!

Visit: nwcr.org/get-involved/fundraise-for-us/packs/



ROTARIES ACROSS THE REGION

The North West Cancer Research team has set out on a Zoom tour of our region's Rotary clubs, with drop-in sessions to raise awareness of our research and education of cancer statistics.

CEO Alastair Richards and Community Fundraiser and Engagement Officer, Charlotte Ellwood, have virtually traversed a large portion of the North West, from the Western Lake District to Lunesdale, the Ribble Valley and beyond to introduce local Rotary groups to the work being undertaken by North West Cancer Research.

The duo have delivered bespoke presentations for each group which give an in depth look at our research projects, fundraising initiatives and awareness work as well as tailored information relevant to the group's local area, including cancer statistics and particular interest topics. The Rotary members have also been presented with the most recent Regional Report, highlighting cancer findings across the North West and North Wales and given an insight into the research happening locally, before a lively Q&A session.

As lockdown lifts, the Charity team is planning to widen the circuit with visits to Rotaries across the rest of our region, with some already lined up in North Wales.

Charlotte said: "It has been great getting back out into the community, even if it is via a virtual meeting. It's been beneficial to us in some ways as we have been able to easily connect with otherwise hard-to-reach areas in our region and given us some great insights into what our local communities care about and want to know from us."

"All the Rotaries we have visited so far have given us a big warm welcome and are all eager to learn about the work we do and what it means for our region, so we can't wait to visit them again face to face when the time is right."

Richard Parsons, Secretary of the Rotary Club of Lunesdale, said of the sessions: "A big thank you to the team from North West Cancer Research for joining us on Zoom for our Rotary Club meeting. The presentation was interesting, relevant, and professionally presented. I think that, judging from the questions received from our members, that they were all very interested in understanding the work undertaken locally by the Charity."

"We will be delighted to see the team face to face when we eventually resume normal meetings and want to thank you again for the vital work you are all engaged upon."

If you would like to nominate a rotary for us to speak at, please contact charlotteellwood@nwcr.org or call 0151 709 2919.



Grief Chat

Sometimes it's easier to talk to someone outside of your family and friends about grief and the impact of bereavement in your life. This is why we offer the GriefChat service.

Created by bereavement experts, GriefChat is a completely free service that allows you to chat directly to a specially trained bereavement counsellor. GriefChat counsellors are experienced in supporting bereaved people and will listen to your story, explore how your grief is affecting you, and help you find any additional support you may need.

**GriefChat is available Monday - Friday, 9am - 9pm.
Visit nwcr.org/what-we-do/grief-chat**

FREE WILLS

Making a Will is one of the most important things you can do to make sure your family is taken care of when you're no longer here.

We've got you covered with our simple and FREE Will writing services.

Whether you prefer to get it done quickly at the kitchen table, or want to talk it through with a professional, we have a range of legal services to suit you and make your family feel secure for the future.

Visit nwcr.org/get-involved/free-wills-legal-services/



THRILL SEEKING SUPERSTARS TAKE ON THE BIG JUMP



**Eight daredevil fundraisers
have taken to the skies this June
for the thrill of a lifetime in the
name of life-saving cancer research.**

The group included six colleagues from MC Construction; Hazel, Georgia, Michael, Chris, Andy and Sophie, as well as Lancashire local Sam and Danielle from Cumbria.

Taking off from Black Knight's Parachute Centre in Cockerham, Lancashire, they each hopped on a plane to soar to the dizzying heights of 15,000ft before taking a leap of faith in an adrenaline fuelled tandem skydive.

Sam, a manager at Sainsburys in Lancaster, decided to take on the challenge in memory of his stepmother Wendy, who sadly passed away in August last year after a short battle with duodenal cancer, a rare cancer of the intestine.

Sam said: "I've always been a bit of an adrenaline junkie so a skydive was the perfect challenge for me and supporting North West Cancer Research at the same time was an obvious choice as they fund researchers right here in the North West who are working to stop the cancers affecting us the most.

"I'm sure Wendy would think I'm mad for doing this but would have had a good laugh at me on the way down too. She would have been with me 100% of the way, and she was as I kept her favourite necklace in my pocket when I jumped so that she was with me in spirit. She was a kind, fearless, funny and inspiring person, so I wanted to do something she would find amusing while raising money for a fantastic cause, in her memory."

Sam raised over £1,500 and has been supported by his friends, family and colleagues in the run up to the big day.

Danielle, a conveyancing solicitor from Kendal, Cumbria, has raised over £1,650 in memory of her grandparents Tucker and Marie, who she lost to cancer in 2012 and 2020 respectively. Danielle said of her challenge: "I wanted to raise money in memory of my Granny and Granda, in hopes that funds can be used to make a difference in people's lives.

"As we all know, cancer is an awful disease that has likely touched us all in some way or another. Watching my loved ones battle this disease was the hardest thing I have ever experienced in my life. They are missed and loved very much every day."

The sky was also the limit for the team from MC Construction, a leading building contractor operating across the North West. The team of six have taken on the challenge alongside their colleague's other fundraising activities, including a virtual mission to cover the 10,700 miles to Australia's Gold Coast and back, in order to celebrate the company's 50 th anniversary.

Chris Purcell, Director at MC Construction, said of the challenge:

"Taking part in this exhilarating skydive with my work colleagues would have been special enough, but knowing we were raising money for a vital charity such as North West Cancer Research at the same time made it a once-in-a-lifetime experience."

The team have raised over £4,000 for local, life-saving research and are well on their way to reaching MC Construction's goal of £10,000. You can read more about their mammoth fundraising mission on page 29.

You can join us for The Big Jump 2022 on 11 June. Visit nwcr.org/events for more details.



FOCUS ON

Gynae Narratives

Women undergoing radiotherapy for gynaecological cancer can experience psychosocial and physical symptoms that impact, in particular, on their sexuality and mental health.

Over half of women treated with radiotherapy for gynaecological cancer still experience decreased sexual function 14 weeks after the completion of their treatment. A lot worry about the status of their sex life and, whilst the literature acknowledges that support is necessary for all women following treatment, the focus is frequently on developing technological treatment techniques, rather than on information and support.

This North West Cancer Research funded project, taking place at Lancaster University, will explore how patients experience radiotherapy for gynaecological cancer using interviews and diaries from the start of treatment to six months after treatment has finished.

Specifically, this will focus on:



Coping with radiotherapy



Expectations of radiotherapy



Levels of support needed

The narratives will be shared via a website and, at the end of the project, a book will be published on be shared with other patents with gynaecological cancer.

The impacts of the project will be far reaching and will support patients and families to build on positive strategies used by others as well as helping to identify ways to overcome barriers preventing healthcare professionals and people with cancer having the right conversations about treatment demands at the right time.



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NOVEMBER 2021**
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Fancy spoiling yourself while supporting life-saving research in our region? Join the North West Cancer Research Lottery for only £1 per week to be in with a chance of winning £25, £1,000 or £25,000 every Friday and help support us in our mission for a cancer-free future.

nwcr.org/get-involved/lottery



north west
cancer research 

MC CONSTRUCTION GOES FOR GOLD

MC Construction, a leading construction firm based in Salford, will raise more than £10,000 for North West Cancer Research, to mark its 50th anniversary.

The golden anniversary challenge will see the firm's employees come together to walk, run, cycle or swim a combined total of 10,700 miles – which is the distance from its headquarters in Salford to Australia's Gold Coast.

As well as the golden anniversary challenge, a calendar of bespoke fundraising activities is planned throughout the year, including a 11,000 ft sky dive for six of the firm's daredevil employees in June.

North West Cancer Research was chosen as MC Construction's charity of choice, following a survey in which staff overwhelmingly voted for the charity.

MC Construction has opted to raise money to pay for the laboratory supplies needed for an innovative prostate cancer project, the most common male cancer in the North West. There is currently no effective screening programme to help early diagnosis and the project aims to identify ways to improve detection rates. As part of the firm's commitment to the health and well-being, it will also launch a series of educational and awareness programmes to help staff and clients better recognise symptoms and encourage regular checks and GP visits.

Dave Lowe, Managing Director at MC Construction, said: "For this very special 50th year we wanted to support to a local charity whose cause was close to the hearts of our employees.

"Through North West Cancer Research, we can directly contribute towards vital, pioneering work in cancer prevention, detection and cure in our region."

Alastair Richards, CEO at North West Cancer Research, said: "We are grateful to MC Construction for naming us as their charity of choice this year.

"As an independent charity, we rely solely on the donations from businesses and individuals to help us continue our mission to reduce cancer rates in the North West and achieve a cancer-free future for all. We would like to offer our congratulations to MC Construction on their Golden Anniversary and wish them luck for their fundraising challenges ahead."

You can donate towards MC Construction's Going for Gold challenge at myvirtualmission.com/missions/105089/mc-construction-going-for-gold



04/7/21
Cycle of Hope
Lancs – Merseyside



04/7/21
Lydiate Car Show
Lydiate Parish Church



17/7/21
Abseil Liverpool
Anglican Cathedral



02-05/9/20
Corporate Games
Lancaster



04-05/9/20
Tough Mudder
Cholmondeley Castle



12/9/21
Great North Run
Newcastle Upon Tyne



30/10/21
Halloween Dash
Lancaster University



02-03/11/20
Wirral Bazaar
Thornton Manor



28/11/21
Concert for a Cure
St George's Hall

CALENDAR OF EVENTS

Times are uncertain and events are currently postponed, but as lockdown eases and we look toward normality, these are the events we're getting excited for. Please visit nwcrc.org/events for all up to date event information.