

INTOUCH



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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.

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FEARLESS FUNDRAISERS SCALE CATHEDRAL

This summer, seven fearless fundraisers took to Liverpool Anglican Cathedral for North West Cancer Research's first ever abseil event.

The abseilers enjoyed impressive views as they descended the 150 ft drop down the side of the famous cathedral and made their way down to crowds of friends, family and curious onlookers.

The participants fundraised in the run up to their challenge, raising over £3,500 toward research in our region.

One of the superstar seven, Peter Rolston from Liverpool, said of the event:

"The abseil was fantastic, helped by the glorious weather. Everything was so well organised and there was a real positive vibe around the whole day. I will admit to being a bit apprehensive as I have never abseiled that height before and it was largely freefall.

"I lost both my parents to cancer, dad in 2005 to lung cancer and mum in 2020 to stomach cancer so I believe it's really important to raise as much money as possible for this vital research."

Alastair Richards, CEO of North West Cancer Research, said: "We're so pleased with the success of our first charity abseil, not only did it go off without a hitch but our fundraisers have contributed much needed funds toward cancer research projects across the North West and North Wales.

"We just want to say a massive thank you to our participants for being fearless enough to scale the cathedral and support our mission for a cancer-free future."

To take part in the Abseil next summer, email info@nwcr.org



RESEARCHERS OF TOMORROW

This year we have funded five summer internships for students at Lancaster University, assisting North West Cancer Research researchers with their projects in the labs. We sat down for a chat to find out about their experience of life as a researcher this summer.

LIZZY MORRITT



Lizzy is currently studying for her Masters of Science in Biomedicine and has spent the summer working alongside Dr Andrew Fielding.

"My grandad passed away when I was 12 from pancreatic cancer and it was all quite sudden. From an early age I developed an interest for biology and then the study of diseases but after my dissertation I found a passion for cancer research.

"I wanted to study it further and do more focused research that you don't get the opportunity to experience in lectures. I've had more independence than ever while in the lab this summer, developing my lab and data analysis skills and working as part of a real team.

"I feel more confident going in to further research or a job after next year, having had this valuable, hands-on experience."

CAITLAN BREWSTER-CRAIG



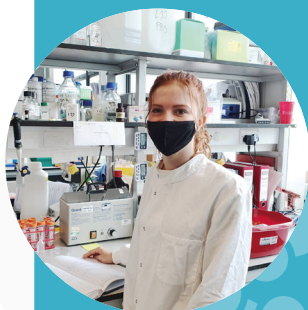
Caitlan is studying an Integrated Masters in Biomedicine and has spent her summer in the labs working alongside Dr Rachael Rigby.

"When I started university I was interested in studying allergies and cancer research seemed quite difficult and competitive, but as I worked through my degree I found cancer research to be really interesting. It's really important, it affects everybody and the science behind cancer is constantly progressing. I was

too invested by that point to let how hard it might be put me off. I've realised that this work is definitely something I want to pursue in the future.

"It's super important to give future researchers the experience they need, and the fact this is funded by a local charity is incredible and gives that drive early on to young researchers who are looking to go in to that world. It shows how important this work is."

KAROLINA BENTKOWSKA



Karolina is studying Biomedicine, and in between her 3rd and 4th year has spent the summer with Dr Lucy Jackson-Jones.

"Since I decided that I wanted to pursue a career in research, I have been looking for opportunities to experience the life of a researcher. This studentship seemed perfect as it allows me to experience working in a research group, while performing a wide range of

experiments for my very own project.

"I think the highlight for me was when my supervisor listed the techniques I have learnt during my first three weeks of the internship and the list already contained around six items. It helped me realise my progress over such a short amount of time and made me feel proud of my achievements so far."

MYLES OSBORN



Myles is studying for his Masters of Science in Biochemistry and this summer has worked alongside Prof. Sarah Allinson.

"Cancer is such a prevalent disease that affects so many, so it's a really important area of medical research. It seems like an area that you could impact a lot of people if you can progress research and develop drugs and treatments further. From a biological perspective it is a really interesting topic to study – how it

develops, why it develops certain ways and what happens when you start fighting it.

"The summer studentship is the sort of experience you can't really get anywhere else. You're in a lab every day, so it's different to the practicals you do during your degree. Rather than one afternoon spent on a task and moving on, this is a continuous project that gives you a proper feel for life as a researcher."

PABLO FUENTES MEDRANO



Pablo is between his 2nd and 3rd years of studying Biomedical Science. This summer he has worked alongside Dr Rachael Rigby.

"I've always been interested in cancer research, that's why I got into biomedical science in the first place and I thought the studentship was a great opportunity to try it out and get an insight in to what it is to be a researcher. I've learnt a lot of techniques I wouldn't have

otherwise learnt, I can actually see the research being done at the bench, which you don't really learn about during your degree.

"I've heard a lot about cancer since I was young and I've always tried to do volunteering and fundraising to support it. I thought now was a good time to get involved in the research side and help to cure it. I've always supported in a general way but this is a great opportunity to make a real difference."



AFTERNOON TEA IN LLANGOLLEN

Wrexham fundraising Committee celebrated the lifting of lockdown restrictions with a fundraising Afternoon Tea event, held in conjunction with Llangollen Operatic Society. The members of the society came together for an afternoon of tea, coffee and delicious cake, along with family and friends, to raise as much as possible for several causes close to their hearts.

The group held a raffle, tombola, lottery tree and 'guess the cake weight' game at the event, raising over £1,050 for local causes, including North West Cancer Research.

Pamela Williams of the Llangollen Operatic Society said: "It was great to get back together with family, friends and the community again and raise some much-needed funds for our amazing charities. The event was a great success and so much fun and we wish to say a huge thank you to not only everyone who came but every person that donated cakes, raffle prizes or their time."



SUN SAFETY DAY AT HEYSHAM GOLF CLUB

Lancashire & Cumbria Community Fundraiser, Charlotte, visited Heysham Golf Club this summer to speak to club members about the importance of staying sun safe.

During her visit Charlotte handed out sun cream samples as they departed for a day of golfing and with blue skies and temperatures into the twenties, it was definitely needed! The samples were the perfect size to pop into pockets or zips on caddies whilst out on the course.

Whilst at the club, Charlotte spoke to the Pro team, members and the team of green keepers, who engaged with the sun safety messages and handed out leaflets and wallet cards with hints and tips for staying safe in the sun, as well as the NHS ABCDE mole checking guide.



ANDERSON'S COMMUNITY COFFEE MORNING

Anderson Funeral Directors has recently held a community coffee morning in aid of North West Cancer Research.

The small, family run business welcomed the local community to join them for tea, coffee, cake and a chat at their premises in the heart of Whitby Village, Ellesmere Port. Cake was donated by local businesses and the family even brought along their pooches to mingle with their guests – a welcome addition to the event.



GILL GETS QUIZZICAL

Gill Stephenson, from Lunesdale, has put her creativity to the test with a research-themed fundraising quiz. Gill devised a word guessing game using crossword-like clues, in which all answers include the series of letters 'CAN', linking it back to our ever important cancer research work.

Originally intended as a fun lockdown activity for the Lune Valley fundraising group, Gill has sent the quiz far and wide and collected participation money, all of which has been donated to North West Cancer Research.

Although is still selling copies of her quiz for those who love a brain teaser. You can request a copy from charlotteellwood@nwcrc.org for a donation

QUIZ!





**AN EXCITING COLLECTION OF OVER 60
HANDPICKED STALLS OFFERING A
WONDERFUL VARIETY OF UNIQUE AND
BEAUTIFUL CHRISTMAS GIFTS**

The perfect start to Christmas all under one roof.
All proceeds raised go directly to **North West Cancer Research.**

wirralbazaar.com

**TUESDAY 2nd
NOVEMBER 2021**

2pm - 8.30pm

**WEDNESDAY 3rd
NOVEMBER 2021**

9.30am - 3pm

**Walled Garden Marquee
At Thornton Manor**

Thornton Hough
Wirral
CH63 1JB

£5 Admission
Refreshments
Free Parking



COFFEE MORNING COMEBACK



Now that lockdown restrictions have lifted and normality is on the horizon, our Committees and fundraising groups have got back to organising events, starting with everyone's favourite - the coffee morning!

Frodsham Committee are quite literally back in the swing of things with their latest coffee morning. Hosted by Committee Member, Michelle Heyes, friends, family and neighbours of the Committee congregated on Michelle's drive for the covid-safe event.

Guests enjoyed a spot of outdoor, stand-up yoga, homemade coffee and cake, a raffle and a treasure hunt for the kids.

Not too far away, South Cheshire Committee have hosted their first coffee morning of the year at the home of Committee Member, Michelle Clarke, this September.

Family and friends were invited to come together once again for a cup of tea, homemade biscuits and a chat in the name of fundraising, while local business, Wild Life by Mouse, set up a stall, selling their wildlife and botanical prints, as did Sarah's Finishing Touch, with their lampshades and cushions.

The Committee decided it was never too early to start Christmas prep and offered North West Cancer Research Christmas cards for sale, too.

Most recently, fundraising groups across Lancashire and Cumbria have come together for a social coffee morning hosted by Charlotte, Community Fundraiser for Lancashire and Cumbria. Guests were invited to join the Charity

team for coffee and cake, take a look around the Health Innovation Campus – North West Cancer Research's new Lancashire base, and hear from Lancaster University researchers about their exciting projects, funded by the Charity.

Want to host your own coffee morning? Download everything you could need at: nwcr.org/get-involved/fundraise-for-us/packs/ or email info@nwcr.org to request a pack in the post.



CYCLE OF HOPE 2021 SUCCESS

Over 140 people took part in Cycle of Hope on Sunday 4 July 2021, raising a total of £40,000 for vital cancer research in our region.

The fundraising event saw cyclists complete either a 60km or 60mile loop of Merseyside and Lancashire, starting and finishing at Southport Rugby Club. Together they cycled a combined 6,300 miles.

Both routes rewarded the cyclists with some of the North West's finest views, as they left Southport and ventured southeast before heading north, completing a loop of the region's picturesque countryside.

Alastair Richards, CEO of North West Cancer Research said: "It has been a difficult 18 months for the Charity, as fundraising opportunities have been very limited. Covid-19 has led to delays in people getting diagnosed and treated and so there has never been a more important time for research.

"I'm delighted that Cycle of Hope was a great success. It was a pleasure to offer an opportunity for people from around the North West to come together, have fun and raise money for a great cause. The fact we were able to raise over £40,000 says so much about the fantastic local community.

"From everyone at North West Cancer Research, we want to say a massive thank you to everyone that took part, sponsored, donated or came to support the event!"

The event was supported by headline sponsors Rutherford Direct (rutherforddirect.com), with additional sponsorship from Southport Solicitors, Brown Turner Ross (brownturnerross.com).

James Moran, of Rutherford Direct, said: "After such a tough year, it was a great opportunity to see the community come together for something positive. Well done to all the competitors for making it around the course! Thank you to North West Cancer Research for inviting us to sponsor the event this year. We are proud to share the vision of providing wider access to high-quality cancer care for all and we look forward to supporting the event again next year."

Sam Bushell, Managing Director of Brown Turner Ross, said: "We were delighted to be involved in Cycle of Hope for the first time. It was a great day enjoyed by so many, and lots of money was raised for a great cause. A big well done to everyone involved, especially our own eight cyclists who amazingly raised over £2,000. I am so proud of all they achieved."

Missed out? We're doing it all again next year!
Join us for Cycle of Hope on Sunday 26 June 2022 and help stop cancer in its tracks.

£20
REGISTRATION
FEE

£30
MINIMUM
SPONSORSHIP

Find out more and register at: nwcr.org/events



FOCUS ON

CHILDHOOD CANCER RESEARCH

North West Cancer Research is delighted to announce a new, exciting partnership with Kidney Research Northwest, a local organisation which undertakes, promotes, develops, and encourages research and treatment into diseases of the kidney and urinary tract.

Our first joint endeavour with the organisation is to fund research into kidney related childhood cancers at Alder Hey Children's Hospital.

Dr Bettina Wilm and her team will be investigating whether chemotherapy-induced senescence (the process of deterioration) affects the behaviour of stem cells in Wilms' tumour.

Wilms' tumour is the most common kidney cancer in childhood, with up to 10 patients diagnosed in the North West of England every year. With current therapy (chemotherapy, surgery and sometimes radiotherapy) most patients do well, but unfortunately 10-15% patients relapse with poor outcome. These patients need new drugs and approaches to treatment.

The biological mechanisms that allow cancer recurrence remain poorly understood. Relapse can be explained by the persistence of dormant (sleeping) residual cancer cells. Since relapse is the main cause of cancer-related death, understanding these dormant cells on a molecular level is essential for their eradication.

While most cells within a tumour are not capable of forming new tumours, rare cancer stem cells are able to generate tumours and become responsible for relapse and metastasis (when cancer spreads to a different body part). These cancer stem cells can be resistant to chemotherapy.

Chemotherapy and radiotherapy are known to induce cell senescence (ageing) in a proportion of tumour cells. Senescent cells have stopped dividing, and it was thought that they become permanently inactive. Recently it has been recognised that senescent tumour cells can escape senescence and turn again into active tumour cells. Furthermore, senescent cells are metabolically active and produce chemical signals which may promote tumour growth and increase stem cell numbers nearby, thus leading to relapse and metastasis.

Finding ways to eradicate the senescent cells with specific drugs may improve the treatment prospects for Wilms' tumour patients. This is the first study to investigate therapy-induced senescence in pre-treated Wilms' tumour and its relation to cancer stem cells.



HIGH SHERRIFF VISITS HQ

The High Sherriff of Merseyside, Nigel Lanceley, dropped in to greet Charity staff at HQ before a day of official duties recently.

Nigel, who is the ex-chairman and a current trustee for North West Cancer Research, took on the role of High Sherriff in April this year and has been representing Merseyside at important functions, including ceremonies celebrating Merchant Navy Day, honouring volunteers of Merseyside Police and presenting awards to outstanding citizens across the county.

Nigel still found the time to pop in and see us at our office, full uniform and all!



WIN £25,000!

Join the NWCR lottery today

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 of a cancer-free future.

nwcrcr.org/get-involved/lottery



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BREAST CANCER MONTH

Breast cancer is one of the most common type of cancer in the UK, with about 1 in 8 women diagnosed in their lifetime. This Breast Cancer Awareness Month (October) we want to make sure you know the facts, figures, signs and symptoms of breast cancer to stay on top of your health.



IN OUR REGION

Female breast cancer is the most prevalent recorded cancer across every North West county. Cumbria and Cheshire experience markedly higher rates of breast cancer than the rest of the North West counties, with recorded incidence rates 16% and 13% higher than the national average, respectively.

Breast cancer is also a key challenge for North Wales, with rates well above the national average. Denbighshire reported the highest rates of breast cancer, with incidence rates 33% higher than the national average. Conwy also experienced very high levels of breast cancer, with rates 32% higher than the rest of Wales, while Wrexham recorded incidences of breast cancer 22% higher than the Welsh average.



SYMPTOMS

Breast cancer can have many different symptoms, but the first noticeable one will likely be a lump or area of thickened breast tissue. Most breast lumps aren't cancerous, but it's always best to have them checked by a doctor.

You should also see your GP if you notice:

- **a change in the size or shape of one or both breasts**
- **discharge from either of your nipples, which may have blood in it**
- **a lump or swelling in either of your armpits**
- **dimpling on the skin**
- **a rash on or around your nipple**
- **a change in the appearance of your nipple, or it becoming sunken into your breast**

To keep an eye out for changes, look at and feel each breast and armpit and up to your collarbone. It might be easiest to check in the shower or in front of a mirror. Although less common, breast cancer can also occur in men.

RISK FACTORS

The exact causes of breast cancer are not fully understood, so it is hard to say why one person may develop it and one not. However, certain factors are known to increase the risk of developing breast cancer.

Risk increases with age, as well as if there is a family history of breast cancer. A previous diagnosis of breast cancer or non-cancerous lump can lead to a future diagnosis. Being tall, overweight, or obese can be contributing factors to breast cancer. Drinking alcohol increases risk.

If you have any concerns surrounding breast cancer, please book an appointment with your GP.





north west
cancer research



THE BIG JUMP

SKYDIVE CHALLENGE
SATURDAY 7 MAY 2022

Visit www.nwcr.org for details

Join #TeamNWCR and take to the skies for a once in a lifetime experience to support life-saving cancer research.

GREAT NORTH RUNNERS

Six fundraisers have taken to the heart of Newcastle for the return of the Great North Run.

Simon Pickerill, Jan Marsh, Adam Miller, Jade Hartford, Lewis Young and Thomas Fearnough completed the half marathon (21km) in September, racing around the city's landmarks and crossing the iconic Tyne Bridge.

A huge congratulations to our runners for taking on the Great North Run and raising, in total, over £2,000 toward life-saving cancer research in our region.

If you would like to take part in next year's Great North Run, please email info@nwcr.org



BLEND'S BIKEATHON

The team from Blend Accountants in Morecambe set out on a cycle challenge in August, in a bid to raise vital funds for cancer research at nearby Lancaster University.



11 team members dedicated themselves to cycling a total of 1,000 miles over the month, with a mixture of road, prom and spin bike cycling. Having enjoyed the challenge so much and feeling the health benefits, the team have decided to continue the challenge until Christmas, increasing their goal to 2,795 miles – the equivalent to the National Trail covering the English coastline.

Dean McGeer, Client Manager at Blend, said of the challenge: "Here at Blend we like to support local charities. One of the reasons we chose North West Cancer Research was because we

have all been touched by cancer, whether it has been a family member or a friend. This means we have felt the effects that cancer can have on the individual and the people around them. It is therefore close to our hearts, and we wanted to do something to help.

"We had support from our clients, family members and friends through donations and words of encouragement. We kept each other on track with regular weekly meetings to see how well we were doing with our target and rewarded ourselves with some delicious cakes and brownies from The Baked House in Lancaster!"

SUPPORTING US THIS CHRISTMAS

We can almost smell the mince pies and hear the carols, and it's never too early to start festive fundraising. There's plenty of ways to support us throughout Christmas and the New Year.

Amazon Smile

Last minute shopper? Start your Amazon shop at smile.amazon.co.uk and pick North West Cancer Research as your chosen charity. We'll receive a donation for every purchase you make, at no extra cost to you! Don't forget to activate it in your Amazon app under 'programmes and features' in your settings.

amazon.smile

Christmas Cards & Gifts

Browse and shop our range of Christmas cards, gift wrap, individual cards and Gifts of Hope – a unique and thoughtful gift that supports our life-saving cancer research on their behalf.

We've included a brochure with this magazine, or you can visit:

Northwestcancer.myshopify.com



Easy Fundraising

Take your pick from over 4,300 shops on Easy Fundraising and we'll receive a donation. The best part is, it's completely free for you! All you have to do is start at Easy Fundraising when you're doing that all-important Christmas shopping!

Go to: easyfundraising.org.uk/causes/northwestcancerresearch or search for 'easyfundraising' in your mobile app store.



Clothes Recycling

Get ready for Christmas with a much-needed clear-out. You can turn your unwanted items into life-saving research with our FREE collection service for your clothes, shoes, toys and accessories.

Visit collectmyclothes.co.uk/north-west-cancer-research/ to get started.



Remember A Loved One

Christmas often makes us remember those near and dear to us who we have lost over the years. Gone but never forgotten, their legacy can live on at Christmas time with a remembrance fundraiser.

Start at Visufund and light a star on our Christmas tree in memory of those special to you that you'll be thinking of this year.

Visit visufund.com/nwcr-light-of-hope





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Or call on:

01704 542002

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 nwcs.org/what-we-do/grief-chat**

HOPE BEAR VISITS HARLECH

Harlech Fundraising Group took to the grounds of Harlech Castle earlier in the summer for a fun-filled family community day, supporting local organisations such as North West Cancer Research.

Group members spoke to the local community about fundraising and volunteering opportunities and hosted a bucket collection, before being joined by North West Cancer Research mascot Hope Bear, who was a massive hit with the crowd.



MC CONSTRUCTION GET MUDDY

A team of 4 from regional construction company, MC Construction, have completed the Tough Mudder this September, as part of an ongoing series of fundraising events in aid of North West Cancer Research.

Russ Forshaw, Aaron Cain, Paul Harris, and Ben Webber tackled 13 brutal obstacles over a 5km course at the muddiest Tough Mudder in the country, located at Cholmondeley Castle.

The fundraising drive for the team at MC Construction comes as they celebrate their 50th Anniversary, with the most recent challenge of the Tough Mudder having followed a skydive, Cycle of Hope and Three Peaks Challenge.

In July, Jason Houghton, Karl McDonald, Georgia Tennant, Dylan Brown, Elysia Biggerstaff, and Jordan Band took on the 24-hour challenge starting with Ben Nevis, the highest mountain in Scotland, before heading to the Lake District and scaling Scafell Pike.

More fundraising activities include employees Sarah Purcell, Chris Greener, and Mike Roberts having taken on the Great Manchester Run in late September – a 10k course around the city centre, as well as office collections, raffles and an Olympics sweepstake.

Dave Lowe, Managing Director of MC Construction said: "I'm immensely proud of my team for all the amazing fundraising challenges and events they've taken part in to mark our 50th anniversary.

"The support we've received from our staff, their family and friends, and our supply chain has been brilliant and with £9,360 raised so far, we're well on our way to smash that £10,000 target before the year is over.

"The work undertaken at North West Cancer Research means a lot to us, so we're thrilled to be able to contribute toward such pioneering, vital research right here in our region."

Alastair Richards, North West Cancer Research CEO said: "It's been amazing to watch the team at MC Construction complete challenge after challenge, each time something new and exciting.

"As an independent charity we rely solely on donations from generous businesses and fundraisers, so we've been cheering on the team at each of their challenges and following them closely along their journey."





Concert for a Cure

**LIVERPOOL ST GEORGE'S HALL
CONCERT ROOM**

SUNDAY 28th NOVEMBER

With music from
Liverpool College Preplings Choir,
Stagecoach and The Luminelles.

Adult:

£10

Child:

£5

For tickets visit nwcr.org/events





RESEARCH IN OUR REGION



At North West Cancer Research we're committed to ensuring everyone across our region knows how to be the healthiest version of themselves.

We can visit your rotary, club or special interest group to deliver drop-in sessions in order to raise awareness, educate on cancer statistics across our region, provide the tools to spot the signs and symptoms and keep you in the know about our latest research projects.

If you would like us to deliver a bespoke presentation to a group or school you know, please email info@nwcr.org with your request.

NORTH WEST CANCER RESEARCH GALA DINNER & AWARDS

THURSDAY 19TH MAY 2022
ISLA GLADSTONE CONSERVATORY

Join us in celebration of research
across our region at our Gala Dinner &
Awards ceremony.

Find out more at: nwcr.org/galadinner



HEALTH INNOVATION IN LANCASTER

The Health Innovation Campus at Lancaster University has brought together a taskforce of experts for a major investigation into the prevalence of cancer in the region, to help improve early detection and save lives.

Lead academic Dr Luigi Sedda said that the majority of previous studies considered cancers as single disjointed entities but identifying the presence of more cancers in the same area can shed light on the wider causes of the disease.

The new study – funded by a £170k North West Cancer Research grant – will analyse and map different factors including environmental, social and economic factors and how they impact on cancer diagnosis. Researchers will take advantage of a huge comparable patient data set in the region, which will give medics vital information to help diagnose and treat the disease.

Dr Sedda, from Lancaster University Medical School, said: "This is a very important study because it could give us a detailed picture of where there are correlations between potential causes and common types of cancer in our region, on a micro and macro level.

"In north Lancashire and south Cumbria we have quite a unique situation where most patients fall under one large primary care provider, so the data for the complete area is really accessible and uses all the same measures – so hopefully you are able to see patterns more clearly, around which new interventions can be designed."

The project is backed by Lancashire's Director of Public Health Dr Sakthi Karunanithi and Director of Population Health and Engagement for Morecambe Bay CCG, Dr Andy Knox. Importantly, it is also supported by Lancashire Teaching Hospitals' Consultant Oncologist, Professor Alison Birtle.

Once the research phase of the project is completed, the team will create a range of mapping tools which will allow stakeholders and members of the public to look at the findings in a visually accessible format.

It is hoped the project and its methodology will then be disseminated to other regions around the UK through the team's various networks, increasing its impact on a national scale. Dr Sherry Kothari, Director of the Health Innovation Campus, said: "This project is exactly what the Health Innovation Campus was designed for – to bring experts together to look at important health issues and find solutions with significant societal impact.

"North West Cancer Research was one of the first organisations to move into our new building because they understand the importance of these types of collaborations.

"My team was able to put them together with Luigi and his colleagues, as well as bringing in the NHS partners who can provide the data which allows this kind of detailed study to take place.

"We're delighted the funding has been agreed and are looking forward to seeing how the project helps improve our understanding of some the correlations between causes of cancer in our region – and how we can use its findings to diagnose cancer early to save lives, while inspiring similar research to be undertaken across the country."

As well as exploring existing health data, the project will also bring in researchers from Liverpool John Moores University to carry out interviews and gather first-person accounts of patient experiences.

Alastair Richards, CEO of North West Cancer Research, said: "We are delighted that this important project is getting underway to help us understand cancer and its causes in our region. In both Lancashire and Cumbria there are high-levels of cancer incidence and helping us to understand why, will enable the NHS, Public Health, North West Cancer Research and others to make a difference to the lives of people who live in the area."



CEO'S SKIN CANCER STORY



After navigating North West Cancer Research through three annual skin cancer awareness campaigns, CEO of the charity, Alastair Richards, was diagnosed with basal cell carcinoma (a type of skin cancer), following the growth of an unchecked mole.

Alastair, who has worked for the charity for more than five years, became increasingly aware of a changing mole under his left eye.

Despite warning others of the dangers of not checking unusual moles, it took him three years to book in for a check-up with his GP.

Alastair said: "Between managing North West Cancer Research, attending business meetings, and finding time to spend with my family, booking to see a GP about the small mole under my left eye was constantly put to the bottom of my list.

"After two years of constant reminders from the people I work with that the health messages we put out are for everyone, I finally booked an appointment with my GP in March this year.

"As it was during lockdown I had a remote appointment, and after exchanging some close-up photos of the mole, I went through a series of referrals until one month later, I was diagnosed with basal cell carcinoma."

Basal cell carcinoma, also known as the 'rodent ulcer', is the most common form of skin cancer, accounting for 75% of skin cancer diagnoses.



Most likely to appear on the face, neck and head, in areas that are often exposed to UV-rays, the cancer cells spread by damaging tissue around the affected area.

This type of skin cancer can usually be treated by surgically removing the affected area, but because of the position of Alastair's tumour, removal was more complex.

Alastair continued: "I went in for a 90-minute surgery, which was in two parts - removal of the tumour and a skin graft to repair my eyelid.

"Before going in for the operation, I was given a list of possible complications and side effects which I found very daunting, although there are things that can go wrong with any surgery, having one around the eye heightens those risks.

"As I was given local anaesthetic, I was discharged after the surgery with a bright yellow dressing sewn onto my face covering my skin graft. The dressing and stitching has now been removed, and the resulting wound healed.

"I'm overwhelmed by the support received from my family and friends since my diagnosis, however, I do struggle to tell people about the operation.

"My run in with skin cancer has been a huge learning experience in my life. Although I've been at the helm of North West Cancer Research during its skin cancer awareness campaigns, it's taken me being diagnosed with the disease itself to learn the importance of prioritizing your health."

Alastair is urging people to be more aware of the affects that overexposure to the sun's harmful UV rays can have on our bodies, as well as to take sun safe preventative measures and make sure they check their moles for any unusual changes.

He added: "Skin cancer is one of the major cancer killers in the UK, but if caught early, can usually present a good prognosis. Changes in your moles, as well as the appearance of new moles and skin blemishes, are potential markers of skin cancer. Get to know your skin and make sure you check it regularly for any changes.

"You should always also look out for itching, bleeding and crusting and contact your GP straight away if you spot these symptoms."

You can find more information on skin cancer, as well as the NHS ABCDE mole checking guide at: nwcr.org/cancer-types/skin-cancer/



FOCUS N

North West Cancer Research has joined forces with The Bloom Appeal to offer a unique fundamental science PhD.

The Bloom Appeal makes a difference for blood cancer patients in Merseyside and surrounding areas through supporting the care and wellbeing of patients with blood cancer and funding scientific research into treatment and cure of all types of leukemia, lymphomas and other blood cancers.



Merseyside against
blood cancers

Together we have funded a new project from **Professor Joseph Slupsky and his team at University of Liverpool**. They describe the project:



Chronic lymphocytic leukaemia (CLL) and diffuse large B cell lymphoma (DLBCL) make up more than half of all the newly diagnosed cases of non-Hodgkin's lymphoma (NHL), the sixth most common cancer in the UK.



Some cases of these diseases have a deletion in one of the chromosomes, which means these cells lose about 394 genes. Patients who have this deletion have a higher risk disease as not only is their disease more aggressive, but it can also become more resistant to therapy.



Unfortunately, we know very little about how these genes work together, as there are no models we can use to study how their loss affects the way that the cells work.



In this project, we will use a technique called CRISPR/Cas9 (known as molecular scissors) to remove these genes from cells that have been developed from patients with CLL and DLBCL. This will allow us to study them in the laboratory to see how the cells develop resistance to therapy, and potentially uncover new ways to treat these diseases by understanding how the genes work together.



2-3/11/21
Wirral Bazaar
Thornton Manor



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



27/3/22
Harlech Triathlon
Harlech



7/5/22
The Big Jump Skydive
Cockerham, Lancashire



19/5/22
Gala Dinner & Awards
Isla Gladstone



26/6/22
Cycle of Hope
Lancashire – Merseyside



3/7/22
Lydiat Classic Car Show
Lydiat Parish Church



JULY
Abseil - Liverpool
Anglican Cathedral



9-10/7/22
Snowdon24
Llanberis



10-11/9/22
Tough Mudder
Cholmondeley Castle



10-11/9/22
Sandman
Newborough Forest



11/9/22
Great North Run
Newcastle-upon-Tyne

CALENDAR OF EVENTS

For more exciting events
and up to date information,
please visit nwcr.org/events



We are an independent charity dedicated to putting our region's cancer needs first, funding pioneering research and education 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.



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