

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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North West Cancer Research Centre, Liverpool Science Park, 131 Mount Pleasant, L3 5TF **0151 709 2919** www.nwcr.org Registered Charity Number 519357

SHOPPING SUCCESS IN STOCKTON HEATH

North West Cancer Research is delighted to announce that we have opened the doors to our first ever Charity shop.

Since opening in February, the shop has been buzzing with activity and attracting a steady stream of shoppers eager to support a worthy cause while hunting for a bargain.

The shop, located on London Road in Stockton Heath, offers a diverse range of second-hand goods including clothing, books, homeware, designer items and more, all generously donated by members of the community, as well as never worn pieces from popular retailers.

Since opening, the charity shop has quickly become a popular spot for locals looking for affordable, sustainable shopping options. The shop's warm and welcoming atmosphere, combined with its goal to support the cancer needs of our region, has resonated with shoppers of all ages.

Local residents have also embraced the opportunity to contribute beyond shopping. Donations of goods have been generous, and many community members have signed up to volunteer at the shop.

Alastair Richards, North West Cancer Research CEO, said: "We are overwhelmed by the positive response from the community on the opening of our very first shop. The support we've received has been incredible and it's great to already see so many returning customers.

"Every purchase helps fund vital cancer research and education. We encourage everyone to keep supporting by shopping, donating items, or volunteering their time. Together, we can make a difference to cancer rates in our region."

If you would like to find out how you can volunteer at our shop, or donate your pre-loved goods, email alan@nwcs.org or call 07870599548



CROSS BAY WALK 2024

A group of fundraisers successfully completed the iconic Cross Bay Walk to raise funds for life-saving cancer research and education.

The inspiring event spans 7-8 miles across the beautiful but challenging sands of Morecambe Bay, and saw our six participants trek through a variety of terrains including sand, marshland and even wading through knee deep water.

The team embarked on their journey from Arnside Promenade guided by Michael Wilson, the King's Guide to The Sands, who expertly led them across the variable terrain of the bay.

The walkers continued on to the end of the trail with determination, through sand, streams and, thankfully, lots of sun!

Alastair Richards, CEO of North West Cancer Research, took part in the event and said: "Crossing the bay was tough, but thinking about why we are doing it kept us going. It was a brilliant experience and a very different way to spend a Sunday.

"The support we have received has been great and the funds raised will undoubtedly help us continue our fight against cancer in the region."



Breast Cancer Drug Trials

North West Cancer Research team members were delighted to visit the research facility at The Christie Hospital in Manchester in May, for a guided tour by Professor Cliona Kirwan and Dr John Castle.

The researchers are leading a team of experts, funded by North West Cancer Research, to determine if a new drug, Rivaroxaban, and piece of equipment, the PhenoCycler System, can increase immunity in breast cancer patients and assist treatment plans.

Cancer patients have worse outcomes when their tumours have lots of large white immune cells called macrophages in them. This may partly be because macrophages produce a clotting protein (Factor X) that stop the body from attacking the cancer. Rivaroxaban is an anti-clotting tablet that blocks Factor X, and is commonly prescribed by GPs to prevent stroke and thrombosis.

New evidence in skin cancer patients suggests that Rivaroxaban helps immune cells kill cancer cells, and so the research team at The Christie has recently completed a trial of

Rivaroxaban in breast cancer patients across the North West. This 'window of opportunity' trial has seen patients receive the new treatment between their diagnosis and their standard treatments, such as chemotherapy or surgery, and monitored to see if the Rivaroxaban has stopped cancer cells dividing.

The team has studied the effect of Rivaroxaban in tissue samples from the trial, and using the PhenoCycler System, they are able to repeatedly test the same tissue in multiple cycles. This additional analysis has provided extra value from these precious tissue samples.

If it is found that Rivaroxaban aids anti-cancer immunity, this opens the door for a new, affordable anti-cancer drug to aid in breast cancer treatment.





REMEMBER WHEN...

If you remember when the first Walkman came out, or the Summer heatwave of 1976, then it may be time to complete your bowel cancer screening kit!

Bowel cancer is the 2nd biggest cause of cancer deaths in the North West. That's why it's so important to use and return your screening kit, as it can help prevent bowel cancer or find it at an early stage, when it's easier to treat.

Earlier this year we launched our 'Remember When' campaign, aimed at reminding those in the relevant age group to use and return their screening kits. We used imagery from popular regional spots such as parks, nightclubs and famous buildings, as well as products that invoke childhood memories, like Walkmans and scooters. The ads served as a reminder that if you're old enough to remember these things, you're the right age to be returning a bowel screening kit.

We also interviewed ex Everton and Republic of Ireland footballer Kevin Sheedy about his bowel cancer diagnosis and treatment, to encourage others to come forward if they have any signs or concerns.

Local football clubs Preston North End, Tranmere Rovers, Accrington Stanley and Chester FC lent their support to the campaign with social media posts including memorable moments from their clubs history with the same messaging - if you remember these milestones, then it's time to complete your screening kit.

Across England and Wales, bowel cancer screening kits are now becoming available to even more people over the age of 50 who are registered with a GP.

If you are registered with a GP and are aged 51-74 and live in Wales or aged 54-74 in England, a bowel cancer screening kit will be sent to your home address. They automatically arrive by post every 2 years, as soon as you become eligible. If you're 75 or over, or have previously had a kit and did not return it, you can ask for a bowel cancer screening kit by phoning the free helpline on 0800 707 6060.

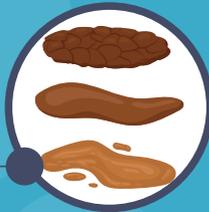


Know the symptoms

If you notice any symptoms of bowel cancer, don't wait to receive your kit. Contact your GP.

These are the symptoms to look out for, particularly if they last for three weeks or more.

Changes in your poo



Tummy pain or bloating



Needing to poo more or less often



Unexplainable weight loss

Blood from your bottom or in your poo



The urge to go the toilet, even if you have just been



If you see something that doesn't look quite right, chances are it's nothing to worry about. But it's better to speak to your GP as soon as possible for a better outcome.

SOUTHPORT'S CHOCOLATE SENSATION

Southport Committee have hosted their first Chocolate Making event, raising £1,268.

Joining the Committee to host the event at Hillside Golf Club was renowned chocolatier, Andrew Thwaite. Andrew treated guests to stories of his work and the origins of chocolate while also demonstrating his chocolate truffle making process and techniques, along with the essential equipment needed and a few tricks of the trade.

Tickets included a welcome glass of wine, and guests sampled Andrew's delicious chocolates before purchasing their favourites.



MOLD'S BIG BAND EVENING

Mold Committee rang in the Christmas festivities with a Big Band Evening at Holiday Inn Chester West in early December.

Lymm based band, Dr Jazz and the Cheshire Cats, delighted the audiences with performances throughout the night, before a raffle was drawn.

An impressive £1,436 was raised from the night, rounding off the Committee's fundraising events for the year.



KELSALL GALA

Kelsall Committee once again hosted the always popular Kelsall Family Fun Day in May, marking the event's 46th year. The event included games, crafts, plant stalls and a barbeque as well as the traditional crowning of the May Queen.

The day was a great success as usual, raising over £1,500 and bringing the Committee's yearly total to £6,500.



COUPLE RUNS EYRI MARATHON

Llanfairfechan couple Rebecca Roberts and Alwyn Parry ran the Eryri Marathon in October to raise vital funds for cancer research and education.

The couple smashed the marathon with amazing times, of 4 hrs 56 mins for Alwyn and 5 hrs 13 mins for Rebecca.

Rebecca was running in memory of her beloved Mum who passed away suddenly following a brave but short battle with cancer in 2020. Alwyn was running in memory of his late father, who passed away in 1985 at the young age of 35 following a short battle with leukemia.

Together the couple raised an incredible £1,342!



MARATHON SUCCESS

A team of runners from across the North West and North Wales took to the capital in April to complete the London Marathon.

The Woolley family from Wallasey joined 50,000 other participants to take on the event for the very first time. Julie, who works as an events assistant for the Charity, Alan and their daughter, Katrina, were inspired to take on the challenge after the cancer battles of family and friends.

Alan's mum, Mary, was diagnosed with lung cancer in both 2015 and 2017 and underwent two operations and a course of chemotherapy before being given the all clear. Sadly, they have also recently lost Ann, a close member of their extended family. The family smashed their target and brought in a combined £6,343 for the Charity.

Friends Alex Innes and Dan Tate also took on the marathon side by side. Alex has tragically lost both his parents, grandparents and two aunts to cancer, with his mum passing at only 33 years old from cervical cancer. The duo ran together to commemorate the cancer battle of their friend Jimmy, who is now in recovery after two major surgeries. The duo smashed the course in just under 3 hours, 20 minutes.

Running once again for North West Cancer Research was Chris Hall, who marked his 26th London Marathon jaunt in support of the Charity. Chris was inspired to raise money for cancer research after his father passed away from throat cancer over 30 years ago, at a time when there was no treatment available.

Having taken on a range of fundraising challenges since 2004, Chris has raised £39,000 for the cause to date, and is driven by the promising advances made in cancer treatment over the past three decades. This year Chris has raised an incredible £3,000 for life-saving cancer research.





NORTH WEST CANCER RESEARCH

GALA DINNER & AWARDS

FRIDAY 27TH SEPTEMBER 2024
TITANIC HOTEL, LIVERPOOL

JOIN US TO RECOGNISE AND CELEBRATE
THE DEDICATION OF OUR SUPPORTERS AND
HONOUR EXCELLENCE IN RESEARCH ACROSS
THE NORTH WEST AND NORTH WALES.



NWCR.ORG/GALADINNER
0151 709 2919

OUTREACH WITH CRAWFORD CUBS

North West Cancer Research staff recently visited Crawford Village Cubs Group for an educational session on healthy eating. Charity staff member Tess gave a talk on the importance of making healthy choices, from what we eat to exercise, brushing our teeth and even looking after our mental health.

The Cubs then took part in a hands on activity, recreating the digestive system and making 'poo' using digestive biscuits, bananas and a pair of tights to demonstrate how our bodies keep nutrients and dispose of waste.

We're often out and about at schools, scouts and community groups with our educational outreach sessions. If you know a group that would like to get involved, email info@nwcr.org



BLACK JACK AND BOW TIE

Black Jack and Bow Tie Committee held a New Year's Eve party fundraiser in support of cancer research in our region. The event was hosted at Manor Road Conservative club with over 100 attendees. The event was run by Les, Angie, Colin, and Annie, who rounded off the year in style by raising an incredible £1,162.

At the event, the high energy DJ, Sean the Hat, entertained attendees with a variety of lively games thought up by the Committee and kept the tunes coming all night.

A large number of prizes were donated not only by the Committee and North West Cancer Research, but also local supporters including restaurant Bistro 115, and hairdresser ICP, who donated gift vouchers.



WREXHAM WOMEN'S NETWORKING

Team members from North West Cancer Research recently visited Wrexham for a special Women's networking event, and to give an insight into the work of the Charity.

Around 30 professional women from across Chester and North Wales came together in May for coffee, networking and education.

Regional Fundraiser Tess delivered a presentation including the signs and symptoms of the cancers most affecting women, and small positive changes we can make to our health, as well as sun safety advice ahead of the summer months. Following the presentation, guests were invited to examine their skin under our

special UV camera, which detects sun damage that isn't as easily detected by the naked eye.

A Charity raffle was also held to round off the event, with the lucky winners taking home bottles of bubbly and pamper sets.





CYCLE OF HOPE

SUNDAY 22 SEPTEMBER

SOUTHPORT & BIRKDALE SPORTS CLUB

SIGN UP: NWCR.ORG/CYCLE
OR CALL: 0151 709 2919

FREE CYCLE TOP IF YOU RAISE OVER £100!

£20 REGISTRATION
£30 SPONSORSHIP



BE BREAST SAVVY

North West Cancer Research has taken to the road alongside Anfield and Everton Primary Care Network for a special breast cancer awareness roadshow.

Visiting community centres across Anfield and Everton, the combined forces of Anfield and Everton PCN, BNENC, School of Create, WHISC and Liverpool School of Tropical Medicine, invited women to come along to drop-in sessions and learn about the signs and symptoms of breast cancer, how best to check for any changes in their breasts and get crafty with a bra bedazzling workshop.

Members of the PCN were also on hand to arrange mammograms for any women who had missed theirs, making sure they advocated for their health.

We're delighted to announce that the Be Breast Savvy roadshow was the winner of the Health & Wellbeing Award at the LCR & Creativity Awards this year.



FUNDRAISERS MAKE A SPLASH



A group of fearless fundraisers made waves by taking on a sponsored shark dive, raising a combined £2,500 for life-saving cancer research projects.

Daredevil fundraisers Dan, Jessica, and Jenna travelled to Blue Planet Aquarium in Ellesmere Port to get up close and cage-free with Europe's largest collection of sharks.

After a two-hour training session on safety, equipment, and the different species of fish and sharks they'd be swimming alongside, the trio took to the tank one by one for their encounters with the 10-foot-long Sand Tiger Sharks.

If you would like to get involved in our 2025 Shark Dive, email info@nwcs.org or call 0151 709 2919.

MEDSOC LANCASTER RUN FOR RESEARCH

A group of 23 runners from Lancaster University Medical Society completed various courses at Heaton Park Charity Run in April.

Between the group, three people completed the 5km course, nine team members opted for the 10km course and eleven took on the 21.1km Half Marathon.

The group's charity officers, Kosha and Becky, chose to rally the team and take on the event in aid of local cancer research with the aim of supporting greater understanding of cancer and preventing the most common cancers in our region. With the support of family and friends, the group has raised an impressive £2,200.



IMPROVING WOMB CANCER DETECTION

We know that to realise a future where gynaecological cancers are diseases of the past, we need to invest in the next generation of researchers and support them in becoming leaders in their field.

Together with the Eve Appeal, we are delighted to announce that we will be funding Dr Kelechi Njoku, a senior clinical oncology specialty registrar and academic clinical lecturer from the University of Manchester, to develop a new, kinder, test to diagnose womb cancer.

Womb cancer is the most common type of gynaecological cancer and the fourth most common cancer in women. Currently in the UK, when someone has the 'red flag' symptom of womb cancer, abnormal bleeding, they are faced with a series of uncomfortable and invasive tests. These include transvaginal ultrasounds (where a scanner probe is inserted into the vagina to visualise the inside of the womb), hysteroscopy (where a thin camera is put into the womb through the vagina and cervix to see inside the womb), and biopsies.

Dr Njoku and his team have found that they can use proteins in vaginal fluid to test for womb cancer- without any invasive techniques or discomfort- using a small device that is put into the vagina.

This research represents a significant step forward in improving outcomes for women affected by womb cancer. Dr Njoku's research has found that when someone has womb cancer, cancer cells can be found in the vagina. They have been working on using the proteins in the vaginal fluid (an area of research called proteomics), to detect certain proteins that are signs of womb cancer. So far in their studies this has worked really well, especially in postmenopausal women, and has detected 95% of cancers.

Now their plan is to really put this technology to the test and try it on 500 women who are either known to have womb cancer or are at a high risk of developing it. They want to find out from these women whether the test works as well as they hope, how the women find the test and if it will be cost effective to the NHS to use instead of the current methods.



SNOWDON AT SUNRISE

A group of 22 fundraisers came together in North Wales to conquer Snowdon throughout the night and raise over £9,000.

Starting at 2.30am from the Llanberis path, the participants embarked on a 1,085-metre ascent. Armed with headlamps, they tackled the challenging terrain with resilience.

The team stopped for much needed snack breaks and to check in with one another along the way, before finally reaching the summit just as the first light of dawn broke across the horizon. The climbers were met with stunning views – a fitting reward for their efforts. The group celebrated at the peak before beginning their descent, arriving back in Llanberis in the early morning hours.

Each fundraiser had their own reason for taking on the challenge. For sisters Claire, Kate and Sam, they chose to tackle Snowdon in memory of their beloved mum, Debbie, who passed away in 2010, as well as their Nan who experienced breast and bone cancer. Together they have raised £1,584.

Claire said: "One of our most treasured memories of Mum is a childhood family holiday when we did the walk up Snowdon.

"When we also realised that the event fell on the anniversary of when Mum passed away, we thought it was a no brainer!

"We're so pleased to be able to support North West Cancer Research in mum's memory. We're sure she would be very proud too!"

A team of climbers from DTM Legal, a specialist commercial law firm operating in Chester and

Liverpool, also took on the challenge as part of their Charity of the Year mission, raising £2,500 altogether.

Michael Panton, Digital Marketing Executive for DTM Legal, said: "Climbing Snowdon was on my bucket list for 2024 and when I saw the Sunrise event I jumped at the chance to sign up. It gave me real motivation to train and the fundraising added so much to the achievement of reaching the summit."

Charlotte Crofts, Employment Solicitor at DTM Legal, added: "The walk was tough but incredibly fulfilling. The views from the top of the mountain were incredible, and it was lovely to take part in a large group. I'm not sure I would have made it to the top without the support."

Also among the participants was Charity fundraiser Tess, who faced an extra challenge after having ankle surgery a year ago. Her husband Mark took on the mountain alongside her and together they raised £1,987.

Tess said: "Our goal was not only to conquer the mountain, but also raise crucial funds for cancer research. I am immensely proud of this group and it feels great to have been a part of it, taking on Snowdon alongside them.

"We're thrilled with the support we have received and the funds we've raised will significantly impact our research initiatives, bringing us closer to breakthroughs in cancer treatment and prevention."

SNOWDON AT SUNRISE



70 MILE MEMORY WALK



A group from Stalybridge has taken on a mammoth walk in memory of a beloved father to raise vital funds for cancer research

Stephen and Annette Rawson were joined by Stephen's brother Paul Rawson and colleague John Turner to traverse 70 miles in memory of Stephen and Paul's father, Peter, who passed away from pancreatic cancer in October last year. Together the group have raised over £4,800 for the Charity.

During his life, Peter was a Civil Engineer for Tameside Council and was instrumental in rerouting the Huddersfield Narrow Canal back through to the centre of Stalybridge and the regeneration of Ashton-Under-Lyne Market Hall following a fire in 2004.

To mark this achievement, the group has taken on the South Pennine Canal Ring, covering five different canal networks and just over 70 miles over the course of two days. The route marked a significant beginning and end point in Stalybridge alongside a portion of the canal that Peter and his team worked hard to restore over twenty years ago.

Stephen said: "My dad was diagnosed with pancreatic cancer in May last year and sadly passed away in October at only 69 years old. He cared a great deal about his hometown of Stalybridge and in retirement, he remained involved with the Canal Society and became Chairman of the Stalybridge Town Team, so

it feels only fitting that we walked a route on the canal.

"After a frantic start to our journey the blisters started at around mile 28 and we really wondered if we would be able to continue through the pain the next day. We were spurred on by the fact that we were raising money for such a worthy cause, and thankfully we were joined by friends and colleagues almost every step of the way, which distracted us from the extreme pain in our feet!

"We'd like to thank everyone who joined us at various stages of the walk, including friends of ours and of my Dad. Without their encouragement and support the experience would have been much less enjoyable and far more difficult. The sight of my Dad's colleagues waiting for us around seven miles from the end, clapping as we passed under a bridge are far more fondly remembered.

"Our feet have since, thankfully, recovered and returned to normal. While the experience was painful and a huge challenge, it was nothing compared to the battle that people are going through everyday when suffering with cancer."





Wirral

BAZAAR

Supporting North West Cancer Research

An exciting collection of **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.

Monday 4th

2pm – 9pm

Tuesday 5th

9.30am – 3pm

November 2024

Hulme Hall

Port Sunlight, CH62 5DH

christmasbazaar.co.uk



LANCASHIRE & CUMBRIA ROUND TABLE TALK

A group of influential experts across healthcare, community, politics and public health came together at Lancaster University for a roundtable discussion around cancer rates in Lancashire and Cumbria in a bid to discover what needs to be done to resolve the disparity between the local cancer outlook and the national picture.

Plenty of significant insights and thoughts were shared to form a valuable conversation on how we can improve cancer diagnosis, treatment and outcomes in the area. We'll be summarising the discussion into a report so that these observations and ideas can be shared to help increase our collective understanding of these vital issues.

When compared to the English average, the cancer incidence rate in Cumbria is higher than any other North West county at 23% above the national average. Cumbria's healthcare infrastructure is facing a kidney cancer incidence rate that is 42% above the rest of the country, and rates of ovarian cancer are more than 40% higher.

Incidences of oesophageal cancer in Lancashire are close to the highest levels in the North West, being 33% above the national

average, while the cervical cancer incidence rate is the highest in the North West at 32% above average.

Our thanks to Professor Jo Rycroft-Malone OBE, (Executive Dean of the Lancaster University Faculty of Health and Medicine), Tim Farron (former Liberal Democrat MP for Westmorland and Lonsdale), Sakthi Karunanithi (Director of Public Health for Lancashire), David Blacklock (Chief Executive of People First), Dr Lisa Ashmore (Senior Lecturer in Social Sciences at Lancaster Medical School and Associate Dean for Engagement in the Faculty of Health and Medicine) and Mr Daren Subar (Clinical Director for Cancer Services) for their valuable input. A special thanks to journalist Christopher Maguire for chairing the event.



CANCER EXPERIENCES IN THE REGION

We visited Arrowse Park Hospital in March for a special Cancer Experiences event, sponsored by North West Cancer Research and hosted in collaboration with Liverpool John Moores University Cancer Special Interest Group.

Patients involved with the University's special interest group gave poignant talks on their experiences through diagnosis, treatment and life beyond cancer. Professionals gave insights into current research that focusses on the experiences of patients with cancer.

North West Cancer Research Chair, Catherine Jones, spoke about the Charity's mission, as well as how cancer has affected her own family throughout the years, before Dr Lisa Ashmore gave updates on her team's Gynae Cancer Narratives Project, funded by North West Cancer Research.

The event was held in memory of Professor John Hyatt, a professor of art and a cancer patient, whose artwork was displayed throughout.



LIVERPOOL LADIES' LUNCH



Over 140 business women from across Liverpool came together at Gaucho, Liverpool this April for our third annual Ladies' Lunch fundraising event. The event was held in conjunction with Professional Liverpool and raised £9,000 to support cancer research in our region.

Guests included women from local businesses such as DTM Legal, The Little Beauty Company, Influential and more, who enjoyed an interactive empanada making activity, led by Head Chef Ervin Pongracz.

Shirley Pringle, Research Matron at Liverpool Head and Neck Centre, gave a talk detailing her twenty-year experience in cancer care and nursing, emphasising the importance of vital research.

A three-course Argentinian inspired lunch followed before Charity staff drew a raffle featuring prizes such as designer handbags and sunglasses, wine tasting and overnight stays.



JEREMY AND MATT'S HALF MARATHON

Two occupational therapists from Lancaster have taken on the Lancaster Half Marathon in November, raising over £1,200 toward vital cancer research.

Jeremy Wilkinson and Matt St John met many years ago working for the NHS and believe doing activities that you enjoy has a positive impact on your health and wellbeing.

They said: "We've walked and run a lot over our lives, last March we decided to run some more, and once we ran regularly, it seemed inevitable that we'd set ourselves up for a challenge! The next step (pun intended) was to run a half marathon.

"The conditions on the day were perfect, clear skies and no wind, what's more no rain! We would just like to say a big thank you to all the people, whom we didn't know, that cheered and clapped us on, during the run. It meant a lot and gives you that little bit more energy to keep going. Finally to all those donors, work colleagues, friends and family that have generously donated, thank you for your kindness and belief in us that we could do it, truly inspiring, we thank you all!"



10K FOR FATHER'S DAY

Tanya Harris, a virtual assistant from Morecambe, has recently taken on the Lancaster Father's Day Celebration of Running 10k in memory of her dad who passed away from bowel cancer in 2020.

Tanya was joined by her friend Sally, and together the duo have raised over £670 for life-saving cancer research.

Tanya said: "Anyone who knows me knows that for my whole life I have hated running! But they also know that I do like challenges and this year I decided to finally give running a proper go and find a challenge to train for.

"North West Cancer Research is an amazing Charity that I have worked with and supported since moving up to Morecambe and I can't think of a better cause. It was bittersweet for both me and Sally, who both lost our Dads to cancer, but running for them and for the Charity on Father's Day was such an experience I will never forget!"



CHINESE WELLBEING VISIT

We were delighted to visit Chinese Wellbeing in late 2023, to give an important session on the signs, symptoms and risk factors of lung cancer, as well as the importance of early detection.

The group is dedicated to the physical, mental and social wellbeing of the Chinese community in Liverpool. They provide community support and promote social interaction and inclusion among older people in their communities.

To express their gratitude, members of the group treated Charity staff members to a beautiful performance of Jingle Bells in their native language!



PROFESSIONAL QUIZZING

Team members from DTM Legal, a specialist commercial law firm operating in Chester and Liverpool, have recently organised a Young Professionals Quiz, hosted at the Angus Pub in Liverpool.

Companies from across the region, including Evelyn Partners, Metro Bank, Rathbones and many more joined DTM Legal for an interactive digital quiz to raise money for cancer research needs in our region.

The young professionals were mixed up into different teams to give them an opportunity to network and get competitive. Questions ranged from 80s music, sport and general knowledge, with the added challenge of 'fastest finger', with those answering quickest receiving bonus points.

Georgia Morris from DTM Legal said: "It was a highly charged and fun-filled evening. Everyone seemed to really enjoy it and we're hoping to arrange another one soon."



HAVE A FREE WILL ON US

More than a third of our vital work is funded by generous gifts in Wills.

You can make supporting our mission for a cancer-free future an important part of your legacy by leaving a gift in your Will and ensuring that advancements in cancer medicine will continue to benefit your family for generations to come.

We've teamed up with The National Free Wills Network and Accord Legal Services to help you write or update your Will in person with a local, qualified solicitor.

Any gift in your Will, big or small will make a huge difference to the future of cancer research.

Get started today at nwcr.org/freewills or call 0151 709 2919



It's quick and easy to get started - just register your interest and The National Free Wills Network will send you an information pack.



REMEMBERING MICHAEL POTTS

It was a sad day for North West Cancer Research to hear of the death of Mr Michael Potts DL who passed away in his sleep on 19th October 2023. Michael was a Trustee of North West Cancer Research, and served as our Chair for many years before becoming our Honorary President from 2009.

Michael first became a Trustee of the Charity in 1993 following a successful business career as a Partner in a large accountancy firm and was immediately appointed as the Chair. At the time, he admitted that he knew little about the organisation, but his hands-on style soon won him many supporters amongst the local fundraising groups and committees which had been in decline for many years. He understood and supported their passion and enabled many of them to continue generating funds for the Charity.

Michael appointed the Charity's first public relations and marketing firm to enable it to grow its brand and he also achieved membership of the Association of Medical Research Charities – a standard which the Charity still follows to this day. One of Michael's proudest achievements came in 1996 when the Charity hosted a visit by HRH Duchess of Gloucester to celebrate the Charity donating over £10 million to cancer research. The result of all these activities was an increase in donations which were then invested into cancer research.

In 2009, Michael stepped down as Chair and was nominated as the Charity's Honorary President. He became Chair again following the merger with Clatterbridge Cancer Research in 2012 and went on to appoint a new generation of Trustees including Nigel Lanceley DL, who would ultimately succeed him as Chair with the two enjoying a close and supportive relationship.

In 2017, a history of North West Cancer Research was written by Zoe Chapman as a part of her MA studies. She wrote: *"Mr. Potts revived North West Cancer Research and offered a new style of Chairmanship which allowed the [Charity] to become more person-centred; The main difference since the last Chairman was that Mr. Potts cared for the research and the people involved in the Charity as much as he cared about the success of the investments that would allow the fund to continue to do research at a high standard."*

Michael Potts will be missed dearly by many North West Cancer Research supporters across the region.



In Beloved Memory of Beryl

The Charity was saddened to hear the news from Mold Committee of the passing of Beryl Shannon.

Beryl was a beloved member of the Mold Fundraising Committee, and after joining in 2012, she quickly became one of the group's core members, integral to the success of their fundraising events.

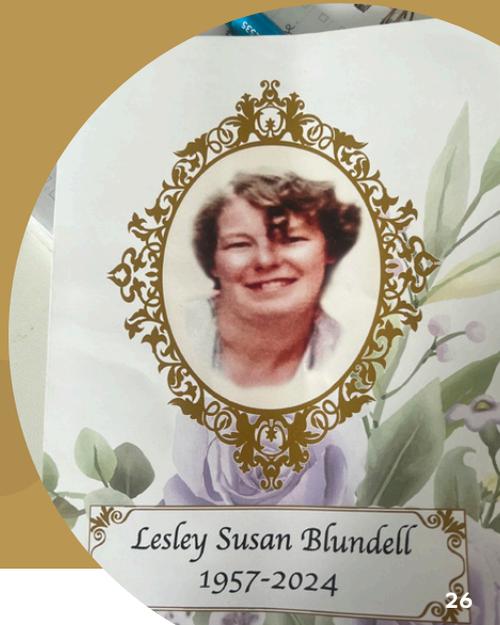
Sharon Knott, Chair of Mold Committee, said: "Beryl rarely ever missed a coffee morning or lunch event – she particularly loved doing the lunches and being out front chatting to all of our supporters. She enjoyed helping and loved to catch up with and help everyone who attends our events. Her passing was a shock to us all and she will be deeply missed by all who knew her."



In Loving Memory of Lesley

North West Cancer Research was saddened to hear of the passing of avid Charity supporter and fundraiser Lesley Blundell. In 2007, Lesley was instrumental in setting up the popular Lydiate Classic Car Show, and over the years has raised around £30,000 for the Charity.

Lesley was described by close friends as: "a beacon of kindness, a pillar of strength, and a source of endless inspiration. Les lived a life guided by integrity and compassion. Her unwavering commitment to helping others was evident in every action she took, whether it was lending a listening ear to a friend in need or offering a helping hand to a stranger. Les had a remarkable ability to make everyone feel valued and loved, leaving a lasting impact on all those fortunate enough to cross her path."





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.



Liverpool Science Park,
131 Mount Pleasant, Liverpool L3 5TF
www.nwcr.org **0151 709 2919**