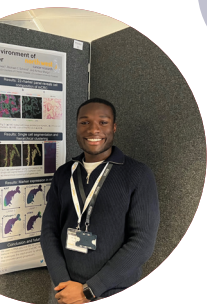


INTOUCH



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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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9 IN 48 CHALLENGE

Ben Clifton, a personal trainer from Heysham, and his client, Richard Halsted, have together raised almost £7,000 with a mammoth endurance challenge this summer.

The duo have supported vital cancer research projects across our region by completing the National Three Peaks, the Yorkshire Three Peaks and the Welsh Three Peaks, all within the short space of 48 hours.

Starting with Ben Nevis on a Friday evening and ending with two separate ascents of Snowdon on the Sunday, the pair completed the challenge with time to spare at only 46 hours and 14 minutes. They were supported by members of BNI Castle who acted as transport between each challenge and assistance on the ground, cheering them on at the end of all nine climbs.

Over the two days, they walked a combined 64 miles and climbed almost 7,000 metres across the nine mountains.

Ben said: "The challenge was hard going in terms of lack of sleep! My favourite moment came on Pen Y Fan when we were greeted with stillness, calm and an absolutely stunning full moon. It was much needed after we experienced terrible weather on the Yorkshire 3 Peaks.

"Cancer research is so important to me as, like nearly everyone, I have lost family and friends to this horrible disease.

"I have close connections to the Charity through our BNI group and I am constantly inspired by the work they do and the lives they touch."



GREAT NORTH RUN

A group of runners have taken to the streets of Newcastle alongside a crowd of 60,000 for this year's Great North Run.

40-year-old **Michael Keane**, from St Helens, took on the run for the first time to support local cancer research projects. Michael, a radiographer working across two different trusts in the Liverpool area, has been inspired to support cancer research charities since his sister's cancer diagnosis in 2018.

This year, Michael chose to support North West Cancer Research and with a goal to raise as much as possible, Michael has even donated £1,000 himself towards his sponsorship.

Michael has smashed his initial target of £350, raising a massive £3,600 by

sharing his Just Giving page with family and friends. After fitting in training around a busy work schedule, his efforts paid off as he finished the race in two hours and ten minutes.

Michael said: "For a number of years now, cancer research has been a cause close to my heart. Thanks to advancements in research, my sister was able to make a full recovery from her diagnosis in 2018.

"The run was an amazing experience from start to finish. The weather was perfect, and the Red Arrows flew over to start us off and get the adrenaline pumping. It was such a good vibe to run with so many who had a different story to tell but are all there for the same purpose."





Paul Russell, a sonographer from Kirkby, also took on the Great North Run for the first time, fundraising alongside friend Michael.

Paul's training regime started back in January with 2km runs on the treadmill before he took to the streets of Kirkby with 5km and 10km runs, progressing to 18km alongside his pal. On the day Paul finished in just under 2 hours 30 minutes, raising £330.

Paul said: "The weather was hot and sunny and everyone was in good spirits. The crowd was a huge help with their support after my pace slowed and I managed to speed up again for the last mile."

"My friend Mike encouraged me to sign up for the charity spot and I'm honoured to be able to run for North West Cancer Research. In my job I unfortunately see patients who are diagnosed with or have battled cancer for many years, so it's great to support a charity that does wonderful work in understanding cancer and developing technologies and treatments that will help improve survival rates."

Saud Khan is also new to the Great North Run, taking on the challenge as he explores his new hometown of Newcastle.

Saud, a doctor who recently started working at the Royal Victoria Infirmary, has raised £380 in sponsorship by sharing his fundraising page on his social media.

Saud started his training at the beginning of August, which paid off as he finished in two hours and three minutes.

Due to his patient-focused role in the NHS, Saud has regular contact with those battling cancer. He said: "I see patients day in, day out who have had their lives turned upside down because of cancer, which inspired me to take part in this year's Great North Run and raise what I can for cancer research.

"Not only does cancer affect one person but the entire family. Seeing them having to deal with such intense emotions does make me wonder about life and how fortunate we all are to have our loved ones with us.

"The run was great and there was so much support throughout the entire event. It was so encouraging to see people of all ages being involved too. It's definitely an event and cause I would suggest to anyone."

Fancy taking on The Great North Run 2024? Head to nwcr.org/events and sign up now!

DON'T IGNORE THE SIGNS

Breast cancer is the most common type of cancer in the UK, and the North West's incidence rate is 4% higher than the rest of England. But catching it early can make a difference.

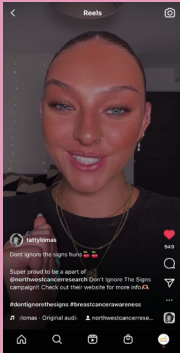
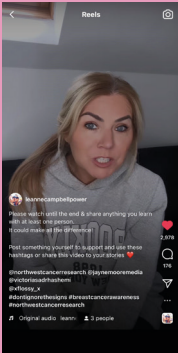
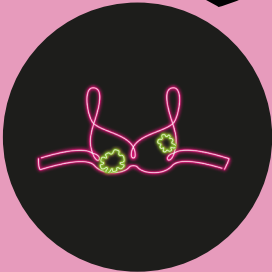
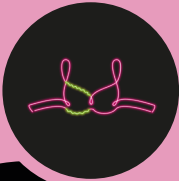
This year we set out to normalise the conversation around breast cancer for young women in the North West with our Don't Ignore the Signs campaign. With bold artwork and simple messages, we left a lasting impression to help catch breast cancer signs early and save lives.

The campaign featured poster designs, each highlighting a different symptom, which were put up in various high traffic venues. Artwork also appeared digitally on bus shelters across North West cities.

The campaign used social media advertising, with video content displaying the symptoms delivered to young women on Facebook and Instagram. The social media activity was supported by a wide range of influencers across the North West, including radio hosts, footballers, personal trainers, artists and musicians, who created their own content in support of the campaign.

Charlotte, Fundraising and Engagement Officer for North West Cancer Research, spoke to BBC Radio Lancashire, Merseyside and Manchester about the campaign and encouraged women of all ages across the North West to get to know their bodies and check for changes regularly.

See more about the campaign, visit nwcr.org/dontignorethesigns



How to Check Your Breasts

Regularly checking your boobs can help you to spot the symptoms of breast cancer. Getting to know what's normal for you means it'll be easier to spot any changes.



VISUAL EXAMINATION

Stand in front of a mirror with good lighting and check for visible changes. Look with your arms by your side and then raised. Turn from side to side and bend forward in each position.

LIE DOWN

Lie flat on your bed with a pillow under the shoulder on the side you will examine first. Use the opposite hand to feel in a circular or up-and-down motion for anything that is unlike the surrounding breast tissue.



FEEL FOR LUMPS

Support your boob with one hand and use the other to firmly feel for any lumps or changes in density, checking the entire breast area.

3 MIDDLE FINGERS

Make sure to feel across and under your boobs, up to your armpits and collarbone. Check for lumps and thickening in each boob.



Not all lumps are cancerous, but if you find something it is best to contact your GP and get it checked.

KRAZY RACES COMES TO LANCASTER

Thousands of spectators descended upon Williamson Park in Lancaster this September to cheer on crazy, wacky and outrageous soapbox downhill racers at Lancaster Krazy Races, with North West Cancer Research as the chosen charity.

The Charity team were present on the day, with children's outreach and craft activities as well as a lucky dip and raffle. Hope Bear was in attendance to cheer on Team TC – a group from business Thomas Consulting who represented North West Cancer Research in the race, with our logo emblazoned on their soapbox.



LONDON TO BRIGHTON CYCLE

James Restall has recently cycled a hilly 55 miles for the London to Brighton Cycle Ride, supporting our life-saving research.

Riding alongside his cousin Rory, the pair travelled through picturesque country lanes before tackling a mile long climb to the top of South Downs and onward, passing the finishing line in just under four hours.

Support has flown in for James from friends and family and he has raised an amazing £1,960.

HESWALL ROTARY

Heswall Rotary have celebrated another successful year of fundraising, with their most recent endeavour being their annual bucket collection, which raised an amazing £2,000.

The group have been raising vital funds for cancer research projects across the region since 1991. In the 32 years since then the group has raised a whopping £36,100 and supported the Charity during events such as the Wirral Bazaar.

Bob Spencer, Rotary President, said: "Our members have always been keen to support the work of North West Cancer Research through our collections, and they're always well received by local residents."

"The impact of the research being undertaken now will be seen long term and improve the future treatment of cancer. That's well worth supporting."



100 ROUNDS OF SPARRING

A Liverpool martial arts group has taken on a mammoth sporting challenge to support the Charity's life-saving research work.

North West Spirit Taekwondo, a family-friendly martial arts club based in Garston, challenged their members to a gruelling 100 rounds of Taekwondo sparring to test their endurance and willpower.

Olly (9), Owen (13) and Callum (18) slogged it out in the heat and bested the challenge, raising £1,000 for North West Cancer Research.

Stef Davies, Club Owner, said: "The 100 Rounds of Sparring event is something we look forward to each year. It's super challenging and always lands on a hot day, which makes it even more sweaty! It's great to come together and work hard to raise funds for an excellent cause. However much we might struggle on the day, there's always someone going through something much worse, which is why we do it."



CLASSIC CARS IN LYDIATE

Vehicles of all makes, shapes and sizes descended on the grounds of Lydiate Parish Hall on a sunny Sunday in July, for the annual Lydiate Classic Car Show fundraiser.

Organised by Lydiate Fundraising Committee, visitors were given the opportunity to get up close with more than 300 classic cars and motorbikes, including vehicles from as far back as the beginning of the 20th Century.

Charity bric-a-brac stalls were available inside the hall, as well as a tombola and plenty of refreshments.

The 2023 outing marks 16 years of the popular event, which was well attended by car enthusiasts and local community alike, raising an impressive £3,000, bringing their total raised over the years to around £65,000.

Lesley Blundell, one of the organisers of the Car Show said: "The original idea for the car show came from Shirley Brown who wanted to raise money and help beat cancer after the loss of her husband, Ken. Each of our organisers have lost family or friends though cancer, so when Shirley suggested a charity, we brought along our classic cars as an extra element and the classic car show was born!"



AFTERNOON TEA IN HARLECH

Harlech Fundraising Committee has recently hosted a special Afternoon Tea event. With brilliant backdrop views of Harlech Castle, 85 guests from the nearby community descended upon Neuadd Goffa Community Hall for the festivities.

North West Cancer Research CEO, Alastair Richards, opened the event with a talk on the progress the Charity is making, while local councillor Gwynfor Owen helped in drawing the raffle Grand Prize. Raffle prizes included meals for two at local restaurants, luxury food hampers, a selection of wines and spirits, and more.

Guests enjoyed homemade sandwiches, sausage rolls, quiche and scones with jam and cream, as well as a variety of cakes, all served on donated bone china. Wine and prosecco were available from the hall bar alongside fresh strawberries. Food costs for the event were generously covered by local fundraising group Rock Ardudury, and all made under the guidance of cook Linda Soar, retired Head of Catering at the local school.

Committee Secretary, Sheila Lees, said: "We're so pleased with the success of the event – guests didn't want to go home and we have had lots of requests for a repeat next year! We could not have achieved it without Linda's team of helpers, who were so valuable to us in pulling it together.

"My husband Jim and I joined the Harlech Committee in 2014 as a way of saying thank you for the amazing treatment Jim had received when he was diagnosed with malignant melanoma in 2009. He's a fighter and has tried to be positive throughout his treatment, having had his final operation in 2018 at The Chest, Heart & Lung Hospital in Liverpool. We're pleased to be able to support developments in cancer research that mean more people than ever are surviving."

Altogether the event raised an amazing £4,000, including some match funding from local HSBC workers who were in attendance.



CYCLISTS TAKE TO LIVERPOOL AND CHESTER

Cyclists of all ages hit the roads of Liverpool and Chester for the Liverpool Chester Liverpool Bike Ride in July, to help support local life-saving research.

Father and son duo, Martin and Ollie, along with Ollie's cousin Anya took on the five mile family route, cycling traffic-free through the Queensway Tunnel from Liverpool to Birkenhead and back. Together they raised £470.

Ian Dagger raised a whopping £1,500 as he cycled alongside his partner Karen on the 50 Mile Chester Challenge route. The couple started at Dale Barracks event village in Chester before heading North towards Frodsham and through the beautiful Delamere Forest, finally heading back to the Barracks.

With seven years of cycling experience under his belt, Ian enjoyed every minute of the cycle, saying: "The atmosphere and camaraderie among the riders, organisers, marshals, and spectators was just fantastic. This year I chose to raise funds for North West Cancer Research as I wanted to support a charity that benefits the area local to me, where I grew up and where I live now alongside my family and friends.

"Like so many people my age, cancer has stuck its ugly head into our lives with far too much regularity, so I think it's time I did my bit to make sure the Charity's crucial role in fighting cancer continues."

Kenton Barker and Marcus Wilson both opted for the 50 Mile Liverpool Chester route, which started at the historic Old Haymarket in Liverpool, before taking to the Queensway Tunnel, looping through North Chester and heading back through the tunnel to finish at Liverpool's Exchange Flags.

Kenton was inspired by his wife, Kath, and mum, Joan's, journeys with cancer during the pandemic, saying: "As a family we had to navigate not only my mum and wife's cancer journeys as they went through treatment, but also the pandemic and multiple lockdowns. A few years on now and they both fortunately appear okay. After what my family has been through, I felt it was important to support a charity doing vital work to change the outlook of cancer in our region." Kenton raised £694.



Marcus has a similar story, as shortly after signing up for the ride he was informed of his sister's diagnosis. Marcus raised £182, saying: "I think it's important to support a charity that is working hard to improve the future of cancer outcomes and treatment. The coincidence with my sister's diagnosis just made me even more driven to raise what I can."

Cycle enthusiasts John Moore and Simon Smith from Bromborough based cycle group, Brombay Cycling Club, hit the road to support their teammate after a recent cancer diagnosis. Together they took on the lengthy 100 Mile route, starting in Liverpool and exploring Alvanley and Frodsham, with some challenging climbs worth tackling to take in the picturesque Mersey view. Between them the pair raised in excess of £1,189

John said: "Our friend's diagnosis came as a massive shock to us, and so we chose to support North West Cancer Research during this year's ride as it's a charity that focuses on improving cancer outcomes for the people in our region."

"This year we went for the 100 mile ride, as we thought it would be a real challenge that would be worthy of someone going to the trouble of sponsoring us. The support came flooding in from friends, family and colleagues and we couldn't be more grateful."

If you would like to take part in this event next year, visit nwcr.org/livchester



SCIENTIFIC SYMPOSIUM 2023

The North West Cancer Research Scientific Symposium has returned for another day of information, education and networking.

The event, which was hosted at Lancaster University for the first time, saw 150 people from the cancer research community, including academic and clinical staff, postdocs and postgraduate research students as well as those with an interest in cancer research.

The event kicked off with an introduction and welcome from Lancaster University Professor Nancy Preston and North West Cancer Research Chair Catherine Jones, before thirteen professors and doctors from institutions across the region gave in-depth insights into their projects, with exciting updates and breakthroughs.

Rooms of the Margaret Fell Lecture Theatre were adorned with poster displays that acted as an overview of many of the projects spoken about at the event. The posters were voted on by a panel of judges, with prizes awarded to the top three.

Fourteen PhD students were also invited to present their projects in quick-fire flash talks. The top three talks were given a Travel Award, allowing the student to attend conferences further afield in order to broaden their knowledge and meet other researchers in similar fields.

Alastair Richards, CEO of North West Cancer Research, said: "After a four-year break, we were delighted to welcome everybody back to the Annual Scientific Symposium, and thrilled to expand out to Lancaster for this year.

"It was a brilliant day hearing more about the amazing work being done by our research teams tackling cancer and meeting new people. Many great projects come from the inspiration and connections made at events like this, so we hope that in the future we'll be hearing about advances in science which were imagined and began at the Symposium."



AND THE WINNER IS...

Three PhD students were awarded Travel Awards in order to further their knowledge and expand their research. Read about the winners projects below.

Lori Wright

Lori works alongside Dr Brooke Swash and Professor Nick Hulbert-Williams at Edge Hill University School of Psychology, investigating the impact of a cancer diagnosis on individuals who are also caregivers.

The project seeks to better understand the care and support that is provided to people with cancer who have caregiving responsibilities, as well as the physical and psychological impact of this on the person they are caring for. As a result of the project, a toolkit has been developed alongside patients, carers and health professionals to aid cancer care professionals to better support their patients who have caregiving responsibilities.

Rebecca Henderson

Rebecca is working alongside Dr Amy Gadoud and Professor Sarah Brearley at Lancaster University to investigate the issues facing community doctors and nurses that would result in them not recognising a cancer patient's need for palliative care.

After a literature review to collect all current knowledge on the subject, the team have set out to explore cancer patient records in the North West, looking for any factors that may have influenced whether the particular patient received palliative care. The team are also interviewing GPs from the North West and North Wales for their vital input, before presenting the findings with an aim to improve the outlook of palliative care offered.

Jayden Gittens

Jayden has been working at University of Liverpool alongside Dr Ainhua Mielgo and Professor Jason Parsons, researching strategies to treat rectal cancer tumours while simultaneously treating secondary cancers, usually in the liver.

The research has established a new collaboration in the North West, bringing together scientists and specialist doctors who treat advanced rectal and liver cancer to provide strong evidence to inform treatment strategies employed in this complex condition and ultimately offer more personalised therapies based on the individual's tumour biology.

THINK SUNSCREEN IS JUST FOR YOUR HOLIDAYS? THINK AGAIN.

The North West's skin cancer rates are 10% higher than the rest of the UK, so we took to the road, visiting locations across Manchester, Merseyside, Chester and Wales to educate the public on the importance of properly protecting their skin against the sun and how to check their moles for changes.

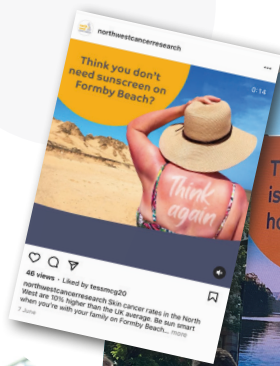
Accompanied by a digital ad van, which had important stats about skin cancer in our region, we handed out handy, informative leaflets and armed the public with free sunscreen.

The campaign was supported by social media ads, which displayed the dangers of not wearing sunscreen, as the people in the ads got pinker the longer the ad played.

You may have spotted us talking about the campaign on the television as we appeared on

BBC North West a handful of times, as well as That's TV Manchester and Lancashire, or heard us on Global Radio and BBC Radio Manchester.

To find out more about the campaign and skin cancer, visit nwcr.org/thinkagain



PLAS GARNEDD GOLF DAY

Plas Garnedd Care, a homecare services group for Anglesey and Gwynedd, has recently held their annual Charity Golf Day fundraiser, this year in aid of North West Cancer Research.

Hosted at Henllys Hall Golf Club in Beaumaris, the group welcomed people of all ages and abilities to play for the day, with individual and team prizes up for grabs, as well as various on-course prizes.

The group also hosted a raffle and encouraged donations and sponsorship during the fundraiser, raising £1,320 on the day to help support cancer research projects across North Wales and the North West.



FUNDRAISERS AT JAMES JAMES KITCHENS

James James Kitchens, award winning kitchen designers based in West Kirby, has set out to support life-saving cancer research projects in our region.

Teeing off their support off in July, the company hosted a four-day in-house Golf Day to coincide with the 151st Open at Royal Liverpool Golf Club. The team opened their show room and invited customers, colleagues and the local community to come try their luck on their miniature putting green while grabbing a refreshment.

In September the team transformed their show rooms and hosted a cancer coffee morning, complete with tea, coffee and cakes, as well as a fabulous raffle. Altogether the team has raised over £1,000 so far in aid of our vital work.



TRIO TAKE ON EPIC CYCLE

Stu Powers, Health Innovation Community Manager, Sam Cusworth, a PhD student at Lancaster Environment Centre and Bob Hart, owner of Rosebank PR and Communications, recently cycled from Glasgow to Lancaster – completing the full 170-mile journey in just one day.

The Trio, who came together through their work at Lancaster University, decided the summer would be the perfect opportunity to celebrate cross-University collaboration and take on a cycling challenge in support of vital cancer research projects being undertaken at the University by North West Cancer Research.

Bob and Stu, multi-day long distance cyclists and Sam, an Ironman World Championships qualifier, have spent the year clocking up miles on the bike and wondering just how far might be far enough. With Bob cycling around Belgium and Stu and Sam completing a Coast2Coast for a local Community Group earlier in the year, they felt there was enough

in the legs to take on something a little longer. Ideas bounced around with Glasgow to Lancaster confirmed.

Setting off from Glasgow at 4.22am on 16th August the trio rode the 170 miles back to Lancaster in 10 hours 27 minutes and arrived back to a well-earned beer and burrito.

In the spirit of collaboration, they have also handed over their ride and health data to Lancaster's Sports and Exercise Science Team to investigate the effects of endurance activity.

The group have so far raised just over £700, with Stu saying: "The ride was a good, fun day with the highlights being the Lake District mountains coming in to view, approaching Gretna and reaching Shap Summit.

"It's been great to raise money for a much-needed cause, doing important work right here in our region. Cancer affects us all at some point."

Inspired to take on a cycling challenge? Visit nwcr.org/events and find the event for you!



MOLD COMMITTEE TURNS 70

Mold Fundraising Committee has recently celebrated their 70th year of fundraising with a special afternoon tea event.

Seventy guests from the local community joined the Committee at Gwernymynydd Community Centre for an afternoon of delicious homemade sandwiches and cakes, served in the finest bone china.

Mike Carter, North West Cancer Research Deputy Chair, was on hand to say a few words while Community Fundraiser, Tess, presented the Committee with a commemorative plaque to recognise their longstanding devotion to fundraising for cancer research projects.

The event raised £1,400 which is added to the £1,075,589 raised by the group since their inception.

Throughout the years the Committee have hosted a plethora of fundraising activities, including quiz nights, coffee mornings, murder mystery events and garden parties.

In 2018, the Committee was honoured with the President's Lifetime Achievement Award at the North West Cancer Research Gala and Awards Dinner, recognising and thanking the group for their efforts in holding fundraising events and raising awareness of the Charity in their community.

Sharon Knott, Chair of Mold Committee said: "The Committee would like to say a big thank you to everyone who has supported our fundraising efforts over the years. The generosity of people and companies in our area is fantastic. Without their help and support we wouldn't be able to raise the money we do for North West Cancer Research."

Alastair Richards, CEO of North West Cancer Research said: "As a Charity we want to thank Mold Committee for the amazing work they have undertaken throughout the years. Over the last seven decades they have raised an enormous amount of money which has gone a great distance in helping to understand the cause, improve the care and find the cure for cancer in our region and beyond."



ROUNDTABLE REPORT

Inequalities are experienced across society in a number of different ways, including job opportunities, education, skills, transport, housing and, crucially, differences in health and wellbeing standards.

This was highlighted in our regional report, which found that Liverpool's communities are experiencing cancer rates at starkly higher levels than the national average. In Merseyside, which is the most deprived county in the North West, liver cancer cases are 43% higher than the national average, while Lung, trachea and bronchus cancer rates are 44% higher and oesophagus cancer is 33% above the norm.

The unbalanced nature of the UK's health landscape means that urgent, localised support is needed to bring Liverpool's deprived communities into alignment with the rest of the UK.

To help amplify the issue and share important insights, we brought together influential voices from across Liverpool's health, politics, charity and academia worlds to reflect on what needs to be done and how we can make changes that will achieve a cancer-free future.

The roundtable included CEO of North West Cancer Research Alastair Richards; Dan Carden, MP for Walton; and Jane Corbett, Deputy Mayor and Cabinet member for Fairness and

Tackling Poverty. The local NHS and clinical landscape was represented by Dr Cheryl Lowes, GP Principle at Jubilee Medical Centre; Dr David O'Hagan, GP at Brownlow Heath practice in Kensington; Rahima Farah, Network Engagement Lead at the Central Liverpool Primary Care Network; and Mansha Bhiryani, a medical student at the University of Liverpool.

Leading researchers in the field at the roundtable included Professor Martin O'Flaherty from the Institute of Population Health and Alexis Darby, Senior Public Affairs Manager at Northern Health Science Alliance (NHSA).

The attendees gave a well-rounded overview of the health challenges facing Liverpool and what needs to be done to resolve the city's serious health inequalities.

The fact that cancer is tied to people's genetic backgrounds, environment, housing, income, lifestyles, experiences and the communities they live in was a key talking point. It was agreed that this means effective cancer prevention and treatment as well as wider health promotion requires the medical world to holistically understand these core determinants of health and the roles they play.

On this point, Dan Carden said: "While we have a health system that is only looking at how we treat illness, and the final stages, and how we prescribe a certain drug to deal with a certain symptom, I don't see any possibility of restoring society and community to what it could be."

This is clearly a layered issue, as not only are accurate assessments in this field often very difficult but it's important that we don't only focus on what can be measured and risk overlooking that which can't.

Jane Corbett pointed to a key problem with current measuring methods: "To get the money, you have to put forward a case that includes outcomes and what you are going to measure. This is counterintuitive - we want them [local people] to co-produce what the outcomes are going to be so that they're part of the solution. But currently to get the money, you must predefine something."

Working effectively within communities was consistently flagged as vital to tackling health challenges. This means understanding the people of Liverpool and how to best communicate with them, such as language requirements, communication channels, messaging, and barriers to confidence in public sector organisations.

Dr David O'Hagan said: "We need our primary care professionals to become part of our communities. Increasingly, as primary care networks get bigger, we're no longer seen as being part of these communities but, instead, we're seen as being overloaded."

The need for long term investment in the most deprived areas was flagged during the roundtable. In addition, the groups working to improve health outcomes must have confidence in the longevity of the support they receive.

Education and information sharing also has a vital role to play. This includes school-based learning as well as commitments to life-long learning opportunities for everyone regardless of age, income or background. Importantly, education isn't just the responsibility of schools, as charities, local authorities, and medical organisations should all help ensure that the right information is circulated throughout Liverpool's communities.

More roundtable discussions are planned in the coming months in other parts of the region.

Read the full report at:
<https://bit.ly/roundtablereport>



WHITEHAVEN TO WHITBY

Long time charity supporter, Julie Stilgoe, has taken on a fundraiser with a twist this summer alongside her husband Pete.

Julie and Pete travelled coast to coast on their Honda 50cc mini bikes, along with five of their friends and family. Starting at Whitehaven and finishing at Whitby, the journey took the pair nine hours and they raised an amazing £3,000.

Julie said: "It has always been Pete's dream to do the Coast to Coast and after he had a hiccup 18 months ago with bowel cancer, he became even more passionate to complete it. I've supported North West Cancer Research for many years, alongside my employer Mitchell Group and they came instantly to mind while we made our plans.

"I was quite nervous ahead of time but it turned out to be an amazing experience – we did it all in one go and the sun was shining! Above all we're just so thrilled to have raised so much for such a worthy cause."



HOPE BEAR VISITS CULCHETH PRIMARY

Our fundraising team visited Culcheth Community Primary School in Warrington recently for a special cheque presentation and brought Hope Bear along for the ride.

The students were thrilled to meet Hope Bear as they celebrated raising an amazing £1,271 from their recent Hope Run fundraiser.

If your school or community group would like a visit from Hope Bear or more information about how to get involved in our fun, educational workshops and Hope Runs, please email info@nwcrc.org



HOPE CAPITAL GET COMPETITIVE

Hope Capital, a Liverpool based specialist provider of bridging loans, has taken on a companywide money multiplying challenge to raise funds for local cancer research and education.

The team were split into five groups and each given £50 to compete against one another and raise the most money possible using creative money-making missions.

Team 'From Hope to Cures' hosted a series of exciting events, including a bake sale and raffle with amazing prizes, as well as a side-splitting comedy night. Team 'J.E.R.K.S' organised a fantastic virtual raffle with the support of local businesses and personalities, including signed shirts from UFC fighter Paddy the Baddy and the Everton FC team, along with experiences at The Alchemist, Ghetto Golf and The Brunch Club.

Team 'Charlie's Angels' also set up a virtual raffle with great prizes including a VIP ticket for Liverpool FC executive lounge, a round of golf for three at Hillside Golf Club, and a personalised butler experience from Hope Capital BDM, Charlie Gregory. Team 'Try Nations' kept everyone in the Hope Capital offices sweet with a tuck shop before raffling off over £100 worth of sweet treats and goodies to round up their fundraising.

Team 'Dream Team' hosted two lively events for the whole office to get involved in, including beat the keeper and spot the ball games. Together the Hope Capital team has raised an amazing £6,243 with the winning group being Team Charlie's Angels.

Jonathan Sealey, CEO at Hope Capital said: "It was an absolute privilege to support North West Cancer Research and take part in the £50 Challenge. From raffles with very impressive prizes, to a comedy night, bake sale, tuck shop, beat the goalkeeper and so much more, our team went above and beyond to support this charity which is very close to our hearts. At the end of the campaign, we raised over £6,000 and hope this will make a big difference in supporting the charity's work in the North West region."

Alastair Richards, CEO of North West Cancer Research said: "We would like to say a huge thank you to Hope Capital for raising such a stellar amount for our vital work. It has been brilliant to see the creativity of the teams as they competed to raise the most funds. Every penny raised will help us to continue to put our region's cancer needs first."



GREAT HEIGHTS FOR GREENHAIGH KERR

A Wigan based litigation practice has taken on a series of challenges to support cancer research and education projects locally.

Employees from Greenhaigh Kerr, which deals with all levels of dispute from small debt claims, to highly complex commercial matters, set themselves physical challenges over the course of the summer in order to raise sponsorship for North West Cancer Research.

Starting in May, the team took on an 'Iron Month' challenge – teaming up to complete a 2.4 mile swim, 112 mile bike ride, and 26.2 mile run within the month, with the firm donating £1 for every mile that was completed.

Practice Director, Dan Tate, got in the saddle for the Charity's own Cycle of Hope event in June, taking on a 60km cycle of Merseyside and Lancashire countryside.

The team celebrated their successes with a summer social fundraiser in July, hosted at 20 Stories rooftop bar in Manchester. Guests included the practice's North West based clients, who took part in a luxury raffle including a designer ladies' handbag and men's wallet, with the top prize of a £250 voucher for The Ivy.

It was back to the gym gear in September as the team took to new heights with a Three Peaks challenge. Thirteen staff members tackled Ben Nevis, Scafell Pike and Snowdon, covering 25.5 miles and climbing over 5,000ft in total. They were even joined by Director Dan Tate's 12-year-old son, Ernie, who took on the challenge along with them!

Not content with fearless fundraising, the practice is also donating funds paid to them by debtors that have not been able to be allocated to an account. Along with their other fundraising endeavours, this will bring the group's total to £4,600 with no plans on stopping soon.

Dan Tate, Director, said: "Everyone in the firm knows someone who has been touched by cancer, so helping to contribute in some way, to finding cures and improvements in treatment is a no-brainer. It appealed to us that North West Cancer Research is a local charity that focusses on the places we all live with our family and friends.

"Life can be hard in the legal profession – it's a stressful career so I wanted to make sure all staff at Greenhaigh Kerr are supported well in relation to their mental and physical well-being. Working with a charity, giving staff the opportunity to help out and coming together for these challenges has been an important piece of that jigsaw."



RB ARCHITECTS TAKE ON TOUGH MUDDER

A team from RB Architectural Hardware in Liverpool has taken on Tough Mudder this September.

The team of eight braved the 15km course, tackling obstacles such as ice pits, electric shocks and 15-foot walls. The fundraiser comes as part of ongoing efforts from the company to help fund cancer research projects while also showing support for Catherine Bobby, the wife of RB's Managing Director, who is currently battling cancer for the third time.

John Hornby, Director of RB, said: "The Tough Mudder was hard but so much fun! The team always bands together when needed and we all helped each other overcome obstacles.

"Cancer is an illness that effects every family in some way. I lost my father and grandfather in a short space of time to lung cancer, which hit hard. Catherine is an inspiration in the way she deals with the illness with bravery and courage and we were all thinking of her as we took on the challenge."



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HEATHER'S GREAT NORTH SWIM

Heather Harley, a live-in support worker from Milnthorpe in Cumbria, has taken to two Lancashire lakes, raising over £400 for cancer research projects in the area.

Taking on the Great North Swim in Lake Windermere, Heather joined 10,000 others for the weekend-long celebration of open-water swimming. She opted for the 1 mile challenge, which is the equivalent of 64 lengths in a 25 metre pool. Heather replicated her challenge at another Lake District spot, swimming 1 mile of Derwent Water, before boosting her fundraising with a car boot sale.

Heather said: "We had a lovely warm day for the Great North Swim, but Derwent was a lot rougher and colder, which really challenged me!

"I lost my eldest brother Norman to brain cancer so the swims were dedicated to him as he loved to swim and was always ready for a new challenge."



FLOWERS FOR ALL IN RUTHIN

Ruthin Fundraising Committee has hosted a special Flower Arranging Evening this September.

Over 40 members of the local community took to Ruthin Rugby Club for an evening of socializing, refreshments and flower arranging. Flowers were supplied by Diane Molesdale, who taught guests how to make their own arrangements.

After a pause for a homemade buffet, provided by Committee members with drinks donated from a local Tesco, guests then got creative imagining their own arrangements, before raffling them off, raising over £515.

Sandy Williams, Chair of Ruthin Committee, said: "The Flower Arranging Evening is our most popular event. It combines skill, good food and drink and everyone has a really good time, as well as producing an amazing amount of money which is then used toward hopefully making breakthroughs in our fight against cancer."



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SATURDAY 23RD MARCH
BLUE PLANET, ELLESMERE PORT

THE BIG JUMP SKYDIVE
SATURDAY 4TH MAY
COCKERHAM, LANCASHIRE



SNOWDON AT SUNRISE
SATURDAY 11TH MAY
SNOWDONIA, WALES

BOXING DINNER
FRIDAY 17TH MAY
TITANIC HOTEL, LIVERPOOL



CYCLE OF HOPE
SUNDAY 30TH JUNE
MERSEYSIDE - LANCASHIRE CIRCLE

LIVERPOOL CHESTER BIKE RIDE
SUNDAY 7TH JULY
LIVERPOOL AND CHESTER



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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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