

INTOUCH



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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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CHRISTMAS AT DUKE ST MARKET

Liverpool food and drink hub, Duke Street Market, has raised £7,800 to support life-saving cancer research projects across the North West and North Wales.

Duke Street Market is a culinary hub in the heart of Liverpool City Centre, boasting six kitchens and an independent restaurant.

The market added £1 to each bill throughout the Christmas period, and guests ordered their food and drink using the Peazi app, with an optional £1 donation added at checkout.

Lee Bannon Smith, the General Manager for Duke Street Market said: "It was a simple decision for us to choose North West Cancer Research for our Christmas 2022 fundraiser. They're an organisation from our city, serving our communities and improving health in our region. Most people in the world are affected by cancer and for us to be able to support

and raise awareness in our local area was an opportunity we didn't want to miss.

"We would like to thank all of our guests who donated so generously throughout December and helped raise such an amazing amount of money. We hope our donation will help North West Cancer Research continue the amazing work they do, and we look forward to working with them again in the future."

Alastair Richards, CEO of North West Cancer Research added: "We're so grateful to the team at Duke Street Market for running the £1 on the bill fundraiser. A huge thank you to all who visited the market over December and donated to our cause.

"All the funds raised will be a huge help when it comes to advancing our research and education projects across the region to prevent and treat cancer effectively."



LONDON MARATHON

In April, over 40,000 runners took to the streets of London for the annual London Marathon, with a team of runners supporting North West Cancer Research among them.

Kevin White from Liverpool took on the event for the first time and decided to add a challenging twist - completing an additional cycling challenge on his way to the capital.

Kevin, who smashed his fundraising target of £2,000 and raised a staggering £7,280, cycled from his home in Liverpool to London, before donning a 40lb backpack to run the London Marathon course.

The cycle to the capital, which took three days, included two overnight stops in Shawbury and Cirencester to recuperate after tackling at least 100 miles each day. Kevin's route saw him set off in Liverpool and pass through locations including Northwich, Shrewsbury and the Cotswolds before he took to the streets of London for one of the world's biggest marathons.

Kevin said: "I'm so grateful for the support that's flooded in from friends, family and co-workers. It's brilliant to be able to raise so much for such a vital cause and help make a difference to the future of cancer in our region. We recently lost a close family member to lung cancer and felt really supported by the cancer care system throughout, so it means a lot to me and my family to be able to give back."

Another runner taking on the Marathon for the first time was Paul Jones from Wallasey, who was inspired by his dad's battle with cancer.

Paul's dad, Keith, was diagnosed with mesothelioma late last year and is currently receiving immunotherapy treatment in Liverpool. Mesothelioma is a type of cancer that develops in the lining that covers the outer surface of some of the body's organs. Support flooded in from friends, family and colleagues for Paul, who raised an amazing £2,500 as he kept his sponsors up to date with his training on Strava.

Paul said: "I learned about North West Cancer Research around the time of my dad's diagnosis, and how the Charity plays a vital role in supporting the region's delivery of support, treatment and care for those affected. To be supporting a charity that has an indirect role in helping my Dad fills me with a lot of belief and pride. To have done something that will help even more people in the future has been a great motivator."

Mother and daughter duo, Corinne and Charlotte Jones took on the Marathon to raise money toward ovarian cancer projects after Corinne's auntie was diagnosed with the disease in 2022.

The pair took on the course side by side, raising over £4,500.

Runner Chris Hall was a familiar face to the London Marathon, as he took on the challenge for the 25th time after first taking part in 1989.

Chris, from Wrexham, 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.

Since 2004 he has taken on a range of fundraising challenges, driven by the promising advances made in cancer research over the past three decades.

This year's challenge has been no different, as Chris has raised £2,917, bringing his total raised over the years to a whopping £38,000.

Chris said: "Being able to run the London Marathon once again is a privilege and I'm thankful I am able to do so in aid of a cause that is so important to me. I'm incredibly supportive of the research that takes place across the region, so we can all learn more about cancer and how best to treat it."

If you would like to take on the London Marathon, please email carol@nwcr.org for more info.

Kevin White



Paul Jones



Corrine & Charlotte



Chris Hall



NEW PROTEIN COULD LEAD TO IMPROVED TREATMENTS

A North West Cancer Research-funded team of researchers, based across the region, have identified a new protein in cancer cells which could lead to improved treatments for head and neck cancer and ovarian cancer patients.

The team, which is headed by Dr Christopher Staples at Bangor University, seek to build upon prior research which found that ovarian cancer patients with a certain genetic mutation (in the BRCA genes) respond well to precision medicines called PARP Inhibitors. PARP Inhibitors specifically kill cancer cells with a BRCA mutation.

Researchers in Dr Staples' laboratory have shown that the newly identified protein, named MRNIP, shares overlapping properties with BRCA proteins in that they both help cancer cells deal with chemotherapy. Some cancers have lost MRNIP, and therefore may respond well to certain anti-cancer drugs.

With support from teams at the University of Liverpool and University of Manchester, the researchers are exploring these new findings in head and neck and ovarian cancers by using gene editing technology to generate a series of cancer cell lines lacking the MRNIP gene. They will target these cells with chemotherapy, radiotherapy, and other novel anti-cancer drugs.

The team will monitor the responsiveness of the cells and link the findings with the level of DNA damage to provide a route forward for new, more effective treatments for patients.

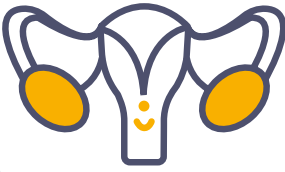
Dr Staples said: "Given that ovarian and head and neck cancers are disproportionately high in the North West, our ultimate goal is to develop new strategies to boost cancer cell killing and to improve survival rates of cancer patients in the region".

"More effective treatments for these cancers are actively being sought, particularly for those types that display resistance to chemotherapy and radiotherapy. Our research will focus on the MRNIP protein as a new target for treatment.

"Our long-term aim is to develop strategies leading to optimisation of patient treatment and improvements in long-term outcome and survival, particularly for cancer patients in the North West and North Wales."

Ovarian and head and neck cancers are among the top ten cancers that occur disproportionately in the North West, with incidences of patients with head and neck cancers 3.5 times the national average, and rates of ovarian cancer in Flintshire, Gwynedd and Anglesey are between 29 and 38% higher than the rest of Wales.





If you spot any signs, or have any concerns, please book an appointment with your GP.

OVARIAN CANCER

Anyone with ovaries can get ovarian cancer, but it mostly affects those over 50. Some symptoms can be missed so it's important to know the signs.

- A frequent swollen tummy or feeling bloated
- Pain or tenderness in the tummy or between hips
- No appetite or feeling full quickly
- An urgent need to wee or going more often
- Indigestion, constipation or diarrhoea
- Back pain
- Feeling tired all the time
- Unintentional weight loss
- Vaginal bleeding after menopause



Many of these symptoms will not be head and neck cancer, but seeing your GP can rule it out and give you piece of mind.

HEAD AND NECK CANCER

There are more than 30 areas within the head and neck where cancer can develop. Make sure you know the signs and symptoms.

- Persistent hoarseness or coughing
- Difficulty or pain when swallowing
- Shortness of breath
- Lump or swelling in the neck, jaw or mouth
- A persistent blocked nose (usually only affecting one side)
- Nosebleeds
- Decreased sense of smell
- Numbness or drooping in part of your face

CHOCOLATE HEAVEN IN BARBON

Barbon and Middleton fundraising Committee hosted a unique Chocolate Making event at the end of 2022, raising £1,095.

The event, which was held at Barbon Village Hall, was a smash hit as guests were treated to an evening with renowned chocolatier Andrew Thwaite. Andrew regaled the audience with stories of his work, as well as the origins of chocolate – from the cocoa bean to the height of chocolate production in York. Andrew also gave demonstrations on how he made chocolates, outlining the different processes and techniques, as well as demonstrating the essential equipment and a few tricks of the trade.

Guests were given the opportunity to help themselves to plenty of free samples, before a fabulous buffet was provided by members of the Committee and a raffle was drawn.



CARDEN PARK GOLF CLUB

We visited Phil and Lorraine, men's and women's golf captains at Carden Park Golf Club in March for a special cheque presentation and to celebrate their year of successful fundraising.

The duo chose North West Cancer Research as their Charity of the Year, hosting a charity day and dinner last August, which included a prize-giving, auction, and raffle. The Captains also boosted their fundraising with collections throughout the year.

Together they raised an amazing £11,200 toward cancer research across our region.



FUNDRAISING AT THE BEDFORD

The team from a Rock Ferry pub, The Bedford, also known locally as Luke's, have been on a fundraising mission across 2022 and into 2023, with a calendar of fundraising events and challenges.

The team kicked off the fundraising in early 2022 with a LFC Speaker's Evening featuring LFC Legend Phil Thompson, organised alongside friend of the pub and long time patron Dave Grice. Tickets sold out for the popular event, which raised £1,600.

Not content on stopping there, Pub Manager, Stephen Davies, rallied his staff and patrons to get involved and raise as much as possible for local cancer research.

Customer and friend of The Bedford, Chris Bedford, took on a belated Santa Dash in April 2022 after a head injury a few years earlier delayed his planned fundraising.

Inspired by Chris' physical challenge, Danielle Taylor, Becky Robinson and Luke Saddington took on the Charity's own Cycle of Hope in June 2022, cycling 60km around Lancashire and Merseyside countryside, raising in excess of £200.

After a successful Cycle, the sky was the limit for a team of twelve including customers and staff, who soared to 15,000ft for their own skydive in October 2022. The daredevil team raised over £7,000 with their fearless fundraiser.

Rounding off the year full circle, The Bedford hosted another LFC Speaker's Evening in March 2023, this time with LFC Legend Jan Molby and comedian Jedd Stone, bringing the overall fundraising total to over £10,000.

Stephen Davies, Pub Manager, said: "As a local, family-run community pub it's always been important to us to give back to the community and charity in particular.

"North West Cancer Research is the ideal charity for us, as the Charity was founded locally and we know that cancer rates are higher in our area. We have had several customers and staff affected by cancer in the last few years so it's a cause close to all our hearts and we feel so fortunate to be able to help out.

"The fundraising activities have been fantastic and we are grateful to North West Cancer Research to have enabled us to take part in so many great events. The common goal of supporting the charity has brought us all closer as a community."



FEARLESS FUNDRAISERS SWIM WITH SHARKS

A team of five fearless fundraisers have made a splash by taking on a sponsored Shark Dive.

The fundraisers travelled from all over the North West to Blue Planet Aquarium in Ellesmere Port for the thrilling fundraiser, getting up close and cage-free with Europe's largest collection of sharks.

After two hours of safety training, including equipment use and an introduction to the different species, the group took to the tank.

In pairs, the divers encountered 10 feet long Sand Tiger Sharks, Moray Eels, Southern Stingrays and Bamboo Sharks.

Dare-devil divers included John Barrowcliff from Wallasey and his father-in-law Ian Lamb. John said: "The Shark Dive was an incredible experience. I'm not really a huge fan of swimming and always avoid it where I can, so the diving part alone was enough to get me nervous and adding sharks to the mix made it all the more challenging!

The team at Blue Planet made us all feel extremely comfortable with our training session and by the time we got in the tank my nerves were completely gone.

"I didn't know until recently how much more likely it is for people living in the North West to be diagnosed with cancer, and the fact that North West Cancer Research are directly tackling that issue makes them such a worthwhile cause in my eyes. If I can contribute in any way to helping advance research, then it's worth swimming with sharks!"

The event marks the first of its kind for the Charity, and together the group have raised over £3,000, all of which will go to funding cancer research and education projects across the North West and North Wales.

An extra special participant for the charity was our very own CEO, Alastair Richards, who said: "There was a lot more to consider than I expected taking on the Shark Dive. I had never been diving before so once you're in the water the first thing to think about was breathing. Once I had mastered that and planted my feet firmly on the ground, it was great!

"The sharks were curious and would swim close by for a look. Being in the water with them really made you realise just how big they are – and how many teeth they have!

"I would like to thank the other brave fundraisers that joined me on the day and got up close with our fearsome friends in the tank. Their sponsorship will help to pay for vital research to tackle the cause, improve the care and find the cure for cancer. It was a very different experience for all of us, and one that we certainly won't forget!"



MURDER MYSTERY IN MOLD

Mold Committee have put on a night of dramatic thrills and fundraising, with an exciting new Murder Mystery Evening.

Guests got into the spirit of the interactive show, based in 1947, with period costumes. During the interval, guests voted for the guilty participant of the mysterious murder, while Committee members served a hot pot supper and drew a raffle. The team who correctly guessed the winner left with a collection of wines, donated by McIntocks Accountants – a local firm with Wirral, Chester and Wrexham offices.

Sharon Knott, Chair of Mold Committee, said: "It was such a fun evening, watching a fantastic show and trying to guess who was guilty! It was lovely to see everyone getting into the spirit of the evening with their 40s inspired dress. The event was a great success and we raised £1,780 toward life-saving research. A huge thank you to all involved in the planning and running of the event and everyone who attended!"



IN MEMORY OF MARGARET

Three life-saving projects have been funded by the estate of the late Miss Margaret Hopwood, totalling £652,994.

Margaret's legacy gift will support teams at Lancaster University, University of Liverpool and Bangor University as they work on projects that will improve breast cancer treatments, analyse tumour growth and study the 'Warburg Effect' respectively.

Margaret, from Preston, was a very private person who was much devoted to her parents and loyal to a small group of friends. With a love of culture, Margaret had an extensive library and a love of cooking.

She spent much of her life at the family firm in Bamber Bridge and following the passing of her parents, travelled extensively across Europe, documenting her many trips.

After inheriting her parent's wealth, Margaret stipulated in her own will that the funds should be used to study 'the cause of cancer with particular reference to protoplasm and anerobic conditions'.

Margaret's legacy will have a huge impact on the outlook of cancer research and treatments for our region and help to save countless lives.



BLACK JACK AND BOW TIE ARE BACK

A Wallasey based fundraising Committee have put their fundraising caps back on after a prolonged break due to the pandemic.

The Black Jack and Bow Tie Committee, who have been supporting the Charity with fundraising events since 2006, have come back in style with a big New Year's bash.

Over 120 people came together for the New Year's celebrations, and enjoyed a raffle, lively disco and a bit of bubbly, raising £1,761 in the process.

In June, Committee member Les Henderson took to Penrhyn Quarry in Wales for the world's fastest zip line.

Having been gifted the experience as a Christmas present, Les decided to make it all the more worthwhile and turned it into a fundraiser, raising over £700.

FAMILY FUN IN KELSALL

The ever popular Kelsall Family Fun Day returned in May, for a day of festivities and fundraising.

The event, which has been running for 45 years, welcomed people from across West Cheshire and included a dance show, games and crafts, lively entertainment, plant stalls and a barbeque. As ever, the crowds gathered to watch as the Committee crowned the May Queen of the year, a longstanding tradition.

The event was a roaring success with brilliant weather, raising £1,750 which was added to the Committee's fundraising pot, topping them up to £6,000 for the year.



Caregivers with Cancer Project

A team of North West Cancer Research funded researchers are exploring the psychological impact of cancer diagnoses on informal caregivers.

Professor Nick Hulbert-Williams from Edge Hill University's Department of Psychology, along with Dr Brooke Swash from University of Chester, and Professor Valerie Morrison at Bangor University are leading the project, with Lorraine Wright from Edge Hill University appointed as the PhD student supporting.

Together the team have set out to understand the lived experiences of informal caregivers after receiving a cancer diagnosis, with the aim of producing a toolkit to aid cancer care professionals in their patient support.

1 in 8 adults in the UK are informal carers, with two thirds over the age of 65. This age group accounts for 60% of UK cancer diagnoses and the North West has higher proportions of carers compared to the national average. Being diagnosed with cancer whilst undertaking this role brings additional challenges to the caregiver. This research aims 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 on the person they are caring for.

The first step of the project included a systematic literature review to understand what is already known about the experiences of informal caregivers, who are themselves unwell, and highlight any gaps in knowledge. Findings so far confirm that little research has been carried out on this topic, with limited evidence showing an impact not only on the caregiving role but also the psychological wellbeing and quality of life of the caregiver.

The team are now underway with a series of interviews and discussion groups, exploring the experiences of the caregiver with cancer, the person they are caring for and healthcare professionals involved in the delivery of cancer care.

Following this they will develop a toolkit to help cancer care professionals better support their patients with caregiving responsibilities. The toolkit will be developed with involvement from patients, carers and health professionals.

Prof Hulbert-Williams said: "The North West and North Wales have high prevalence of cancers with poorer prognosis and high treatment burden. Informal caregiving has increased faster than population growth across England, including in the North West, which has one of the highest percentages of local population providing informal care in England.

"This project will provide novel insights into the experiences and the challenges faced trying to navigate cancer recovery whilst maintaining caregiving responsibilities. It will help us to understand the impact of cancer diagnosis in someone with caregiving responsibilities and what support they need, and ultimately enable us to develop the right tools to help."





WESTHOLME
SCHOOL

BLACKBURN SCHOOL'S CHRISTMAS CAROL FUNDRAISER

Westholme, a top independent school in Pleasington, has raised over £1,200 to support cancer research and education in the North West.

The school, which hosted a carol service at Blackburn Cathedral in the run up to Christmas, has donated £1,244 – the proceedings of their service collection, to support vital cancer research and education across the North West.

The service was led by The Very Reverend Peter Howell-Jones and included traditional lessons, prayers, and a repertoire of carols, solos and performances by the impressive school orchestra and popular swing band.



AUDREY'S PIER WALK IN BANGOR

Audrey McSorley, from Bangor, has taken on a sponsored walk of Bangor Garth Pier, raising money for life-saving cancer research across the North West and North Wales.

Audrey, who has previously suffered a serious stroke and has difficulties walking and talking, took on the challenge to commemorate the 127th Birthday of the Pier, which is the second longest in Wales.

Accompanied by her friends, Linda, Michelle, Brian and Steve, Audrey completed her walk in just over an hour, despite a grey and drizzly day with winds fighting against her on the way up, raising £464 which was split between North West Cancer Research and the Friends of Bangor Garth Pier.



CYCLISTS GET BACK IN THE SADDLE

Cyclists from across the region have saddled up once again for Cycle of Hope, raising a massive £20,000. The annual event saw a total of 87 people cycle through Merseyside and West Lancashire to help raise funds for our vital work.

Featuring a choice of two routes – 60km and 60 miles-long – the Cycle of Hope has become a staple in North West Cancer Research's calendar for the last three years, with more than £80,000 having been raised to date.

Among those taking part was a team of researchers from Lancaster University who collectively raised over £700 in sponsorship.

Andrew Fielding, Senior Lecturer in cancer research at the university, was joined by colleagues from the Department of Biomedical and Life Sciences to complete the cycle. The team are currently working on a breast cancer project, developing new treatments for triple negative breast cancer.

Andrew said: "The charity supports a lot of research in our department, and at Lancaster University more widely, so we thought this would be a great opportunity to give something back.

"It was a fantastic day riding together through the lanes of Merseyside and Lancashire and, although some of the steep hills were certainly challenging, we'd trained in the run up to the event and we were able to power through.

"We're already looking forward to next year's event and are hoping to recruit more of the team to take part with us!"



**CYCLE
OF
HOPE
2023**



GARDENS OF LLANFAIRFECHAN

The Llanfairfechan, Aber and Bangor fundraising committee have once again held their popular Open Gardens event, with nine residents of Upper Valley Road in Llanfairfechan opening their gardens to the public, raising £1,391.

The trail included a plant stall, wildlife gardening and flower pot recycling. Visitors each paid a £5 donation to the Charity to peruse the picturesque gardens before all joining together at the end for a cup of tea and a slice of cake.



SOUTHPORT LADIES' LUNCHEON

Supporters of Southport fundraising committee came together in May for a special Ladies' Luncheon at Hesketh Golf Club, the oldest club in Southport, raising £546.

Guests were treated to a glass of fizz on arrival and indulged in a two-course lunch of salmon and a lemon roulade, followed by a raffle and talk from guest speaker Jean Ellis.

Jean spoke about her journey to becoming a bespoke hat maker and gave pointers on what fashions to wear certain hats with.

Olive Cutts, Chair of Southport Committee, said: "We had such a wonderful afternoon at the Ladies' Luncheon raising funds for such a worthwhile cause. We thoroughly enjoyed Jean's talk about her profession and how to best style our hats, and as always the food and the company were fabulous!"



HESWALL GOLF CLUB

Hope Bear took a special visit to Heswall Golf Club in early April for a special cheque presentation with the male and female team captains, Shaun and Christina.

The captains both chose North West Cancer Research as their Charity of the Year, starting in 2022. The duo held a number of raffles, including golf vouchers with the chance to play some prestigious courses, while the Ladies' team received some generous donations from local businesses. The Men's team also paid to wear their favourite football shirt for one of the golf competitions, instead of their usual polo shirts.

Christina said: "Cancer has had an impact on both of us, as it has done to so many others. We felt that a local charity trying to help cancer rates in our region was the best choice and we knew our teams and golf friends would get behind the cause too."



WIN £25,000!

Fancy spoiling yourself while supporting life-saving research in your region?

Join the North West Cancer Research Lottery for only £1 per week to be in with a chance of winning the £25,000 jackpot and help to support us in our mission for a cancer-free future.



nwcr.org/get-involved/lottery

north west
cancer research



OUR HOME CAMPAIGN



Our incredible region is made up of iconic landmarks and brilliant people that you won't find anywhere else. But the same goes for our rates of cancer. Living in the North West you are 25% more likely to be diagnosed with cancer than elsewhere in the UK.

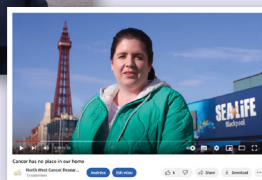
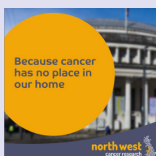
That's why we launched the Our Home campaign earlier this year – to raise awareness about how our region is affected by cancer, and highlight the cancer inequalities in our communities.

We kicked off the campaign by visiting Crosby Beach in Liverpool, creating 'neighbours' for the famous Antony Gormley's Iron Men. We installed six temporary versions of the famous figures, whose bodies were emblazoned

with stats relating to the shocking rates of five common cancers across the region.

The new additions stood in place alongside one of Gormley's real statues, looking out to the horizon and standing in solidarity on the path to a cancer-free future. News of the Iron Men stunt reached an audience of 51 million, with coverage including BBC North West Tonight, ITV News and various local newspapers.

The campaign was supported with a brand film and social media adverts, featuring people of our region and iconic landmarks to tell the Charity's mission and highlight the work we are doing to fight cancer inequalities. This garnered 7.5k views across social media and 1.5 million video views on Youtube and Connected TV.



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SUPPORT FROM SWINTON LIONS

North West Cancer Research has teamed up with Swinton Lions RLFC for the 2023 season, to help spread awareness of the cancers most affecting the region.

The partnership comes as part of Swinton Lions' ongoing commitment to their local community, with plans to work alongside North West Cancer Research throughout the year to deliver educational outreach sessions surrounding cancer risk factors, signs and symptoms and healthier lifestyle choices.

The team have shown their support of the Charity already by including North West Cancer Research hoardings on their home pitch and sporting North West Cancer Research branded socks, incorporating the Charity into their kit to further showcase the sponsorship.

The team are also hosting a series of bucket collections during home matches, the first of which took place Friday 7th April, during the Swinton Lions v Widnes match. A mascot race was also held, including Swinton Lions' Dana the Lion and North West Cancer Research's Hope Bear, with the latter being crowned winner!

Damian Ridpath, Director of Development for Swinton Lions said: "It's brilliant to be partnering up with a local charity that has such a community focussed mission. The health of our local communities matters greatly to us, so alongside North West Cancer Research we're pleased to be able to bring special educational sessions and insights to our family, friends and neighbours and do our bit to reduce cancer rates in the area.

"The pitch looks great with the North West Cancer Research branding on and we're proud to be playing not only alongside their branding but also in it, once we get the socks incorporated into our kit. We're looking forward to what the year will bring working with the Charity and look forward to raising funds for such a worthwhile cause."



HAPPY HEALTHY ACTIVE!



North West Cancer Research is proud to announce that we are working alongside Liverpool School Sports Partnership (LSSP) to deliver our Happy Healthy Active programme to around 40 primary schools across Liverpool.

The innovative programme comprises a number of creative and engaging sessions that will give children the knowledge and insight needed to make healthy life choices, as well as the confidence to adopt healthy behaviours and thrive throughout their lives.

Including sessions on healthy eating and lifestyle choices, staying safe in the sun and exciting science experiments, the sessions will enable children to get to grips with health in a fun way. Getting hands on will help them to explore the science behind the important messages, rather than lecturing them, which can be ineffective.

Along with LSSP, we believe that the earlier we educate children about healthy choices, the more embedded it will become in their natural behaviours, providing them with the perfect foundation to thrive and impact their long-term health.



Funded by



Liverpool
City Council

NHS
Alder Hey Children's
NHS Foundation Trust



THE CHRISTMAS BAZAAR TAKES CHESTER

North West Cancer Research brought its iconic two-day Christmas shopping event to Chester Racecourse last November, raising over £38,000.

The Christmas Bazaar, which took place on the first week of November, offered the public the chance to browse 50 different stalls, selling a wide variety of unique Christmas presents.

Held in the County Stand of the historic racecourse, over 2,000 people attended the event to browse handpicked stalls offering gifts such as jewellery, cashmere clothing, art, stationery and culinary delights. The Festive Group dressed the venue, ensuring it was decked out in full Christmas theme, while SingMe Merseyside choir and the Annie and Keith Jazz Duo provided festive performances across both days.

Each stallholder donated 10% of their takings, while Mitchell Group, Boodles, Evelyn Partners and Gordale sponsored the event.

With the Charity team currently gearing up for the 33rd outing of the event, the annual shopping spectacular was previously held in the Walled Garden Marquee at Thornton Manor on the Wirral. Since it began, the event has raised an incredible £550,000 for life-saving cancer research.

Alastair Richards, CEO at North West Cancer Research, said "The Christmas Bazaar is undoubtedly our most successful and eagerly awaited event in the calendar, so we are happy it was a huge hit in its new home in Chester.

"The money raised at the event will fund much needed life-saving cancer research in the region, so we thank everyone who came along to Chester Racecourse and helped us kick off the festive season in style. We look forward to returning to the Racecourse later this year and hope to see you all there!"

Mark your calendar! Join us for the 33rd Christmas Bazaar at Chester Racecourse on Tuesday 7th and Wednesday 8th November 2023.

Find out more at
www.christmasbazaar.co.uk



KESWICK TO BARROW

A group of supporters have taken on the Keswick to Barrow walk, a 40 mile trek in its 56th year.

Pete Burdell, regular supporter of the Charity, was joined by five friends to take on the challenge in May, which starts in Keswick, Lake District and follows picturesque hills, rivers and villages before finishing on the outskirts of Barrow-in-Furness.

With a challenging ascent up Kirkby Moor, and scorching hot weather to contend with, the group still passed the finish line in 12 hours, raising £1,420 toward cancer research in our region.

Pete said: "This event is a real endurance challenge on its own but the intense heat on the day made it all that more of a test. All of the team really pushed through and fought to

make it to the finish line. Cancer is something that sadly affects all of us in one way or another, so to be able to support this amazing charity in its efforts to eventually find a cure motivated us throughout the day!"



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 to help you write or update your Will in person with a local, qualified solicitor.

**Get started today: nwcr.org/freewills/
Or call us on: 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.



LADIES' LUNCH AT LUBAN

The popular LuBan Ladies' Lunch event returned for a second year in April, hosted in partnership with Professional Liverpool, an organisation promoting professional excellence in the Liverpool City Region.

Over 80 women from businesses across Liverpool came together for an afternoon of delicious food, bubbly and fundraising at LuBan restaurant in Cain's Brewery Village. Guests enjoyed an interactive spring roll-making activity led by Executive head Chef Dave Critchley, followed by a three-course Chinese inspired lunch.

Guests also heard from guest speaker, Maria Challis, who spoke about losing her husband Paul suddenly to brain cancer and the importance of early diagnosis, reminding guests of the vital work the Charity funds.

The afternoon was rounded off with an indulgent raffle and auction, including spa breaks and designer handbags. The event was a success once again, raising £7,000 toward cancer research projects across the region.



WHELPRIGG HOUSE WELCOMES COMMUNITY

Henry Bowring has once again opened the doors of his grade II listed home, Whelprigg House, alongside the Barbon and District fundraising Committee for an open gardens event. Together they welcomed around 300 guests from the local community to explore the extensive woodland and gardens while daffodils are in full bloom.

The Committee served tea and coffee to guests, as well as hosting a raffle, bric-a-brac stall and selling fresh homemade cakes, raising £2,252 – a record amount for the event.

Sue Thornber of Barbon and District Committee, said: "The sun came out for our event and we couldn't be happier with the turn out – welcoming more guests round the gardens than ever before! It's great to see so many people from our nearby communities helping us to support such a deserving charity and we are blown away by the amount we have raised this year!"



FAIRPORT'S FUNDRAISER

Fairport Containers, a leading provider of refurbishment, resale and hire solutions for steel waste containers, has undertaken a series of fundraising events, with a £30,000 target set to coincide with the company's 30th Anniversary.

The fundraiser comes in support of staff member Mel Altham, who has been diagnosed with multiple myeloma.

Mel was diagnosed with cancer in 2021 and underwent treatment at Blackpool Hospital. After a ground breaking stem cell transplant and stay in hospital to recover, Mel returned to the office in February in good spirits and settled back into his routine well. Mel continues to receive ongoing maintenance treatment.

The company kicked off fundraising in March, as staff member Ste Fischer underwent an exciting transformation with a bright orange mohawk, raising over £1,000 from family, friends and colleagues.

The entire Fairport team got in on the action in May, as the company hosted a Charity Dinner. Including a three-course meal, raffle and auction. Entertainment was provided by a local comedian and a lively band.

Soon to follow was the Yorkshire Three Peaks Challenge in early June, which saw ten members of staff take on a 24-mile route, climbing 2,153 metres over three of Yorkshire's best known peaks. With an early 6.30am start, the team conquered the challenge in nine and a half hours.

June was a busy month for the business, as another thirteen employees donned their helmets and got in the saddle to cycle the 127-mile Liverpool Leeds Canal route. With a 5am start in Liverpool on Saturday, the group reached Leeds by 1pm Sunday, with regular stops to refuel and rehydrate.

Steve Collinson, now retired Managing Director at Fairport Containers Ltd and good friend of Mel's said: "Mel is an extremely valued member of our team and clubbing together to raise vital funds for such an important cause that will benefit people in our region is the least we can do to support him."

Alastair Richards, CEO of North West Cancer Research, said: "We're so grateful for Fairport's fundraising efforts to support our charity and wish Mel all the very best in his treatment and recovery.

"All the funds raised will be a huge help when it comes to advancing our work and efforts across the region to prevent and treat cancer effectively."

Fairport have no plans to stop, having raised over £25,000 so far, they're gearing up for an adrenaline fuelled skydive in July, which Mel and his adult children will also take on. Keep an eye out for further updates!

**To donate to Fairport, visit:
bit.ly/fairportfundraiser**



SINGING FUNDRAISERS

Peter Quinn, a volunteer fundraiser and singer, from Atherton, has added North West Cancer Research to his regular roster, with bucket collections across the region, raising over £7,000.

Peter and his team of singers and volunteers started fundraising in 2004, combining performance and collections to entertain the public while raising funds for much needed causes.

Since they started to support the Charity a year ago, Peter's team have visited many spots across the North West, including; Belle Vale Shopping Centre, Oldham City Centre, and Tesco stores in St Helens and Great Harwood.

Peter said: "We've helped many charities but we've never been more impressed than by the team at North West Cancer Research. They all go the extra mile to help us do events for them. The encouragement they give us is second to none."



FLOWERS IN FRODSHAM



In memory of Marg Jacks



Summer bloomed in Frodsham as the local fundraising Committee held a flower and plant sale.

Frodsham Methodist Church was filled with annual bedding plants, perennials, and vegetables and even a some trees, with all plants donated by friends of the church, from cuttings or plants grown from seeds.

The event has traditionally been organised solely by Marg Jacks who sadly passed away two weeks before this year's event, after a battle with cancer. The Frodsham Committee came together with members of the church to make sure Marg's event still took place, raising over £700 which was split between the Charity and Church.



GET INVOLVED



TOUGH MUDDER

Saturday 9th September
Cholmondeley Castle, Cheshire
Free Entry / £300 Sponsorship

Buckle up because Tough Mudder is waiting for you! Step outside of your comfort zone for a unique experience based on courage, teamwork and personal accomplishment.



LANCASTER KRAZY RACES

Sunday 17th September
Williamson Park, Lancaster
£150 Competitor / Free for spectators

Join thousands of spectators and cheer on crazy and outrageous soapbox downhill racers or take on the challenge and build your own to be in with a chance to take home the winner's trophy.



BOXING DINNER

Friday 29th September
Titanic Hotel, Liverpool
£55pp / £500 table of 10

Join us at the famous, historical Titanic Hotel in Liverpool for a night of food, drinks, and amateur boxing. Includes 3-course meal and ten rounds of amateur boxing.



THE CHRISTMAS BAZAAR

Tuesday 7th, Wednesday 8th November
Chester Racecourse
£5 Entry

An exciting collection of over 50 handpicked stalls offering a wonderful variety of unique and beautiful Christmas gifts, as well as festive entertainment. It's the perfect start to Christmas.



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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www.nwcr.org **0151 709 2919**