

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

Our year in numbers

From coffee mornings to concerts, marathons to skydives and all the world-class research these events support, we had an amazing year. And to show that every single supporter counts, we did some counting of our own...

Invested in life-saving research

£2.7m



51

World-class projects currently funded

People directly engaged as part of our cancer prevention work

12,500



18

Fundraising Committees working hard in their communities

Supporters jumping from 11,000ft to support North West Cancer Research

23



6,250

Miles cycled, run, swum and canoed by our intrepid supporters - or enough to get from Liverpool to Hong Kong!

School children raised the roof and sang to support research

200



2,650

Unique donors contributed to NWCR's vital work

LIFE IN LOCKDOWN

Life as we know it has been a bit different the past few months and we've all had to adapt to a new way of doing things, including fundraising. While we've had to put all events on pause and get creative in our fundraising, one thing has remained the constant – the determination of our own team and our amazing supporters. Check out what we got up to during life in lockdown...

NWCR's very own community and engagement officer, Charlotte Ellwood, took part in the nationwide 2.6 challenge campaign. Charlotte challenged herself to cycle 260 miles in 26 days, with a goal of £260. Racking up her mileage during her daily exercise, Charlotte smashed her challenge and exceeded her goal with a fundraising total of £800.

Researchers at University of Liverpool have come together while staying apart to take on the 2.6 challenge in aid of NWCR. PhD research students who form the group working in Prof Judy Coulson and Prof Ian Prior's labs focus their work on understanding the biology of different cancers in order to develop new treatments.

Both groups ran, cycled or walked 2.6 miles each on Sunday 26th April, collectively raising over £760 for NWCR.

Martina Tripari, of Prof Coulson's group said: "It's thanks to this amazing charity that I can work on my project with the hope of identifying potential new therapeutic strategies. For me and my colleagues, it was a real pleasure to take part in the 2.6 challenge and be able to help in such a difficult time, but it was also a great opportunity to do something as a team, especially now that we are unable to meet and work together."





Dr Kit Sampat, a clinical research fellow at University of Liverpool, paused her important research in light of the pandemic and returned to the NHS and clinical practice by supporting the surgical unit at Alder Hey Children's Hospital.

Dr Sampat's regular research, funded by NWCR, focusses on testing and developing drug combinations to achieve better and kinder treatments for children with neuroblastoma.

"I started out as a paediatric surgical trainee so given my qualifications I felt it was important to return to clinical work and provide support where I can. My story is echoed up and down the country - we should be doing something to help, whatever that is."



Our friend Rosie, Business Development Manager at corporate supporter Steven Hunts & Associates, was keeping busy during the lockdown and helping out her community by volunteering at her local pharmacy, delivering prescriptions to elderly and vulnerable patients. Keep up the good work, Rosie!

World-renowned chef Jean-Christophe Novelli supported our life-saving research during lockdown by giving NWCR supporters the chance to win a private cookery lesson via video-chat. Jean-Christophe became a passionate supporter of cancer charities after his son Valentino was diagnosed with neuroblastoma as a newborn.

Jean-Christophe Novelli said: "Cancer charities are having a really tough time at the minute and I wanted to do anything I could to help.

"I personally know just how horrific a disease cancer is and it's one that will still be a problem once the current crisis is over. When I heard, through a friend, of the fantastic work being carried out by North West Cancer Research, I knew I wanted to support them. I am grateful every day that Valentino has been cured but I know that this wouldn't have been possible without the advances made by research."





Supporter Rachel Woodworth was all set to run the Mersey Tunnel 10k in April before the lockdown meant all sporting events were cancelled. Not wanting her training to go to waste and determined to still raise vital funds for our research, Rachel set out on her own modified version of the route and smashed her target, reaching the 10k mark by minute 59. As well as smashing her personal best running time, Rachel also quadrupled her fundraising goal of £500, with a total of over £2,000.

Teachers from Liverpool College, a school who have taken part in our sun safety campaigns with students and performed at our Concert for a Cure, didn't let the school closures stop their passion for education.

Mr A and Mr S created Learning Lockdown, a daily Youtube series of fun, educational and free videos to keep the home-school boredom at bay. Best of all, the videos are still available for anyone stuck at home. Check out their channel to learn something new, or just sing along to one of their musical theatre covers!



Having been furloughed, NWCR Community and Engagement Officer, Ffion, has spent her time away from work as a Check in and Chat volunteer, offering telephone support to those isolating due to Covid-19. The telephone support service is a positive step to engage with people who may have little or no contact with others during the pandemic.

"I love working in the community with people, which is why I love my role at NWCR. During the coronavirus pandemic my role paused, so I wanted to fill my time in the community still, helping people out who need it. It's lovely to know that I may have helped someone through a tough moment or just given them someone to talk to while they're isolating and I've had some really interesting conversations along the way."





One of our youngest supporters Ollie, age 8, also chose to take on the 2.6 challenge and raise as much money as possible for NWCR. Starting with a goal of £260, Ollie set out to walk a marathon over a week during his daily exercise with his family in the local park. Ollie kept his supporters updated with regular pictures of his adventures through his mum's Facebook and exceeded his goal, raising over £840 for his favourite Charity.

Ollie said: "I wanted to help because our choir sang at the Charity's concert and they have come into my school to tell us about sun safety. I know the Charity are losing money because of the Coronavirus so I wanted to help. It was hard to do every day but I kept going and I'm really pleased with what I have raised."

NWCR researcher Dr Chris Staples and his lab at Bangor Uni have joined the Pass the Baton for Cancer initiative to raise funds for research like theirs.

From 14 June to 14 July they have been remotely traversing the entire 870 mile length of the Wales Coastal Path, be it by walking, running or cycling. With a goal of £1,000 by July 14th they're well on their way as, at the time of writing, they have over £800 in donations.

Dr Staples said: "We all know someone affected by cancer, or have lost a loved one to this terrible disease, even us here in the labs. Every year, thanks to continued funding for cancer research in our region, outcomes for many cancer sufferers are gradually improving.

This will be a huge challenge for those of us whose muscles have atrophied by being constantly glued to the lab bench or computer, but we're doing it to help NWCR stimulate cancer research in the North West and North Wales."



NWCR BUSINESS BREAKFAST

Earlier this year we partnered up with Professional Liverpool, an exciting organisation promoting professional excellence in Liverpool and the City Region, and opened our doors for an exclusive business breakfast. The morning showcased our University of Liverpool research labs and offered guests an insight into the crucial, life-saving work being carried out right here, in our region.

Dr Jason Parsons, Research Group Leader in Molecular and Clinical Cancer Medicine, led guests on a tour of the labs, allowing them an up close look at live experiments, the machines which mimic medical treatments and the projects that are ultimately developing new, enhanced cancer treatments. Dr Parsons' world-class research group was also on hand to welcome guests and answer any questions they had about cancer, treatments or their research in particular.

After their tours, guests got hands-on with an experiment of their own. Led by the NWCR team, guests were shown how to extract real DNA from a strawberry, using adapted methods similar to how researchers would extract DNA from a cancer cell for investigation. Guests left with a souvenir of their collected strawberry DNA after coffee, refreshments and a catch up with other local businesses.

Our thanks go to Professional Liverpool for all their support.



Sun Safety Challenge

We hit the road for British Science Week in March. Visiting schools across North Wales to talk about sun safety, educate on skin cancer risks and give students a taste of the work we undertake at NWCR HQ.



Schools in Anglesey, Gwynedd and Conwy welcomed Community and Engagement Officer, Ffion, as she came armed with UV camera equipment and an exciting challenge.

The students saw their skin in a new light during a demonstration with our UV camera as they examined the difference proper SPF (Sun Protection Factor) use can make in blocking out harmful UV rays from the sun and saw the hidden changes in their skin invisible to the naked eye.

After being split into teams, the students were asked to get creative and produce a poster or leaflet, as well as a video or audio advert promoting sun safety tips and guidance, with the goal of raising awareness of skin cancer risks and prevention to their peers.

Students were given a suite of materials, including brand colours and logo as well as information from our website to help them with their creations.

The final products have been entered into a competition, with finalists attending an awards ceremony with a panel of judges later in the year. Winners will have their creations produced by a designer and shared by local newspapers, councils, Bangor University and STEM Gogledd during summer 2021. We'll also share the winner's final product on our social media and website.

Ffion said of the project "It's been great to get involved with the schools on something so creative and fun. It's really benefitted the students to see the sun safety guidance from a fresh perspective and educate themselves in order to educate their peers. Everyone's work has been great and we're excited to narrow down some finalists and carry on with the project as soon as we can."

The project has been sponsored by and developed alongside STEM Gogledd, an initiative that aims to increase the take up of STEM subjects among 11-19 year olds.

NWCR WIN BIG

We celebrated alongside our PR agency, BIG Partnership, last November as we took home the Gold Award for our #SpeakOut campaign at the prestigious CIPR North West Pride Awards 2019.

We worked alongside BIG to develop a campaign which would raise awareness of head and neck cancer (HANC) among men ages 50 and above, living in the North West. As HANC rates in our region are up to three times higher than the rest of the UK, our main goal was simple: encourage men, who can be reluctant to go to the doctor, to get symptoms checked, since early diagnosis can save lives.

The campaign was fronted by radio DJ, Mark Radcliffe, who has had his own experience with head and neck cancer. As well as starring in a video, along with other local celebrities, Mark gave a candid interview about his cancer journey on BBC Radio 5 Live and the real win came for us when we received a letter from a wife whose husband, Alan, had heard the interview and as a result went to his GP to get his symptoms checked out.

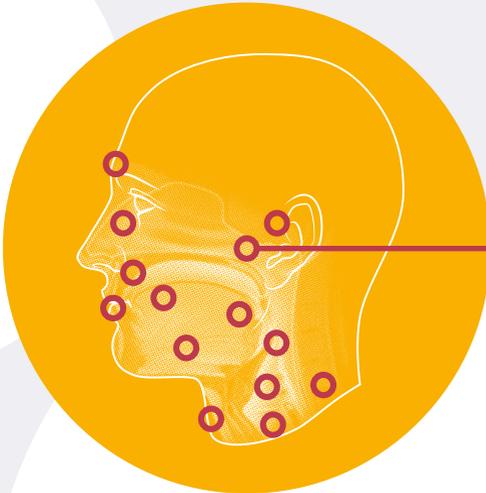
He has since been diagnosed with HANC and is now on the road to making a full recovery after having a 7cm tumour removed from his neck, showing the lifesaving impact of the campaign.

"You are responsible for him finally taking action. For his sins, Alan is a 'it came on its own it will go on his own' kind of guy and no amount of me asking him to see a doctor made a jot of difference. However, 10 minutes after the interview with Mark Radcliffe, he was on the phone to the doctor. I cannot thank you and Mark enough, I will be eternally grateful."

We're thrilled to have won the award and are extremely proud of the awareness work we continue to develop.



Missed our campaign or need a refresher?
Check out the symptoms below and remember to
#SpeakOut if you have any concerns and call your GP.



**THERE ARE
MORE THAN
30 AREAS WITHIN
THE HEAD AND
NECK WHERE
CANCER CAN
DEVELOP**



**A red sore
or ulcer in
your mouth**



**A lump in
your throat
or difficulty
swallowing**



**A hoarseness
or change
in your voice**



**A sore throat
or cough for
more than
three weeks**



**Blood in
your spit**



**Significant
weight loss
over a short
period of
time**

A Hot Success in Carnforth

Hot Success Ladies' Networking Group of Carnforth, has hosted a Ladies' Lunch in aid of North West Cancer Research, supporting life-saving research at nearby Lancaster University. The lunch, organised by Group leader, Jo Geddes, was held at Plato's Restaurant in Kirkby Lonsdale and was the perfect opportunity for local women to network with other like-minded business women, share ideas, spark new business interest and introduce their community to their individual businesses.

Guests enjoyed fizz on arrival, a three course lunch, fashion show and entertainment. Proceeds were split between three charities with the grand total raised reaching over £1,500.



Full House for Cancer Research



A Sandycroft fundraising group has recently celebrated hitting a fundraising milestone of £60,000 – a huge amount that will have a significant impact on cancer research in our region.

NWCR Head of Marketing and Fundraising, Cara Newton, joined the group in Deeside at one of their weekly bingo nights to commemorate the occasion and receive their latest donation of £6,500.



Cara said: "I had a great night at the bingo evening, it was such a lovely community feel – I can see why it's become such a popular weekly event. As a charity, we're so proud to have supporters like this group at Sandycroft, who show their dedication to tackling cancer and supporting our research each and every week. We owe them a big thank you!"

IN LOVING MEMORY

We were saddened to hear about the loss of three members of the NWCR family. Their legacy will live on in our research for generations to come.

JOAN PETTITT



Joan Pettitt, former President of Southport fundraising Committee, lived a full and active life and leaves behind a legacy of caring for her community. Happily married to Freddie for 32 years before his passing, they had two children together – Michael and Gillian, who Joan loved dearly.

Always one to help her community, Joan joined a local control room during WW2 and, when peace was declared, was honoured to call the last 'all clear' for Southport. As one of

the longest serving Committee members, Joan was a great ambassador for the work of NWCR and was a proud and passionate advocate.

"Joan was well-known face within our community. She was fun loving, intelligent and a force to be reckoned with. She will never be forgotten. I was privileged to call her my friend, as well as a role model. May she rest in peace."

**- Olive Cutts
Chair of Southport Committee**

RUTH ADORIAN



The Hon Mrs Ruth Adorian, an active fundraiser with the Lunesdale Committee, died peacefully aged 87 with her immediate family around her.

Serving variously as chairwoman, vice-president and president of the NWCR fundraising group over 30 years, Ruth also worked with many other local charities and in her last 13 years established charity Action for the

Independence of Disabled People, after her own diagnosis with motor neuron disease.

"Ruth was an extraordinarily generous person who made sure she attended all events she could and was a huge supporter of the Charity, always donating to NWCR."

**- Wendy Hadwin
Chair of Lunesdale Committee**

JOYCE HEWITT



The Holywell Committee is remembering and honouring the life of founding member Joyce Hewitt, who passed away in May, aged 95.

Taking on several roles during her time on the Committee, such as Chair, Secretary and Treasurer, Joyce was a keen advocate for NWCR and was always actively fundraising. From charity golf days at her local club, to memorable cancer supper evenings and even a few fashion shows, Joyce was always at the

forefront of event organising and recently received a long service award after 56 years on the Committee.

"Joyce will be sorely missed by all of our members, as well as by the community of Holywell. Everyone knew Joyce and she was always smiling, always ready to help others and raise money for cancer research."

**- Joan Davies, Secretary of
Holywell Committee**

ANOTHER WONDERFUL WIRRAL BAZAAR

Over 3,200 visitors got into the Christmas spirit last November for Wirral Bazaar 2019, an annual two-day shopping extravaganza held at Thornton Manor.

With over 70 stalls from all over the UK, offering unique and beautiful Christmas gifts, food and drink products not found on the high street, it was the perfect opportunity for visitors to kick start their Christmas shopping or to treat themselves!

Each stallholder donated 10% of their takings, giving shoppers the unique opportunity to donate to North West Cancer Research, whilst doing their Christmas shopping. These donations were added to the £5 entry fee, along with profits from the catering tent, to raise an incredible £43,300.

Visitors enjoyed prosecco, kindly donated by Majestic West Kirby, whilst enjoying entertainment from SingMeMerseyside, Birkenhead School Chamber Choir, Off Pitch, and NWCR favourites, The Luminelles. As ever, we were joined by the Bazaar's resident saxophonist, Dick Neal.

Chair of the Wirral Bazaar committee Kate Williams, said: "It was a fantastic two days. The atmosphere was so happy and it was wonderful to welcome so many visitors through the doors, and to see the full shopping bags heading out.

"Whilst the volunteer committee works hard all year to pull the Bazaar together, it's not possible to put it on without the help of our friends and huge army of volunteers who support the committee, so a big thank you to them.



"All the hard work over the year is worth it when we know that we can enable North West Cancer Research to continue its work in supporting research, and that every penny stays in the North West."

Over the past 29 years the Wirral Bazaar has raised over £500,000 for North West Cancer Research.

CEO of North West Cancer Research, Alastair Richards, said of the event: "It amazes us every year to see an event of this scale be carried out so wonderfully and it's all down to the hard work, dedication and impressive organization skills of the Wirral Bazaar Committee.

"Now in its 29th year, it's fair to say the event is exceedingly popular and an absolute staple in calendars across the North West, which I'm sure it will continue to be for years to come.

"Each person that attends the event, whether a shopper, stall holder, performer or volunteer is making an extraordinary difference to the research funded right on our doorstep."

Make sure to join us for Wirral Bazaar 2020 on Tuesday 3rd November and Wednesday 4th November. For more details, visit wirralbazaar.com

WORLD CANCER DAY

This World Cancer Day saw two NWCR funded institutions open their doors to the public for a day of education.

The team at North West Cancer Research Centre in Liverpool brought together local scientists, researchers and health and social care professionals with current patients, survivors and members of the public to celebrate the progress being made in diagnosis and treatment.

The day's activities included a tour of a radiotherapy simulation suite before a line-up of presentations from professors and researchers across the University, led by Professor Sarah Coupland.

Over in North Wales at Bangor University, researchers and oncologists at the School of Medical Sciences hosted a number of talks followed by a lively Q&A session. The event was open to students, staff and anybody in the local community with a desire to learn more about life in the lab and the life-saving research happening right on their doorstep.

PhD researcher, Angharad Wilkie organised the event and said: "A priority for me was to highlight the variety of people and organisations involved in cancer research in the local area.

"The involvement of oncologists from the local hospital meant that the public could see, not only the potential future for cancer treatments through the researchers talks, but the present treatment options available and the research carried out in the hospital to improve patient wellbeing.

"NWCR established the Cancer Research Centre in Bangor in 2004, and ever since have played a crucial role in supporting the research carried out in this region. In addition, other local charities, such as Tenovus and Cancer Research Wales, also provide important research support to the North Wales area. By having all three of the cancer charities present, the specialisms of each charity were highlighted, and there was a sense of togetherness and community throughout the event - a feeling that everyone was working together towards the common goal of beating cancer."



north west
cancer research



MERSEYSIDE - LANCASHIRE CIRCLE

Join us for a
one-day cycling
adventure to
support life-saving
research in
our region.

£20

REGISTRATION
FEE

£30

MINIMUM
SPONSORSHIP

FIND OUT MORE OR REGISTER
NOW, VISIT NWCR.ORG/EVENTS

**CYCLE
OF
HOPE
2021**

SUN 4 JULY 2021



ROTARIES TAKE ON RESEARCH

Community and Engagement Officer for the North West, Charlotte, has embarked on a tour of the region's rotaries, as well as following a Lab Coat Learning session with a local scout group.

Charlotte was invited to present at Carnforth Rotary, where she introduced the group to the Charity and the vital, life-saving research being carried out at nearby Lancaster University.

Following their intro to NWCR, Charlotte continued her visit by asking the group to get hands on with our ever popular strawberry DNA extraction experiment. The group enjoyed their session so much they made a £550 donation.

The visit follows a similar event with Lancaster Rotary at The Globe Arena, Morecambe and has opened the door for Charlotte to continue such visits, with Heswall Rotary next on the agenda, followed by a future Rotakids Convention, where local schools come together at University of Cumbria for a day of activities.

Charlotte said: "It's great to get involved with the Rotaries and it's always fun to take them back to the classroom with our experiments. They're a real pillar of the community so I'm very grateful for their support."



MERVYN SUPPORTS MOLD

Mold Committee have accepted a personal donation on behalf of NWCR recently as Mervyn Davies donated an incredibly generous £5,625.

The donation comes after Mervyn petitioned to name North West Cancer Research as Charity of the Year during his tenancy as Captain of Mold Golf Club in 2019, but lost out to another local charity.

Motivated by his own battle with cancer, when he was treated at Shooting Stars in Wrexham, and not one to break a promise, Mervyn took it upon himself to make sure local cancer research was

supported and got in touch with Mold Committee to make his donation.

He said: "I felt that I had let the Charity down a bit and I wanted to rectify that – I know that charities are struggling at the moment so it was important to me that I do my bit for NWCR."

Sharon Knott, Chair of Mold Committee, said: "We're so honoured that Mervyn took it upon himself to support the Charity in such a huge way. As a representative for NWCR, we're extremely grateful and know what a huge difference this amount can make. Thank you Merv."



LLANFAIRFECHAN'S FUNDRAISING MILESTONE

Llanfairfechan, Aber and Bangor Committee have recently celebrated a huge milestone as the fundraising group turned 70 years old. Committee members came together for a celebratory anniversary meal, along with members of the NWCR charity team and researcher Dr Edgar Hartsuiker and Prof Dean Williams, Head of the School of Medical Sciences at Bangor University, whose work has been supported by the Committee's dedicated fundraising.

The celebration follows an official anniversary gala concert in October, hosted at St John's Church in Llandudno and featuring a lineup of stellar performers, including opera singers Huw Priday and Elizabeth Woollett. The commemorative event was a huge success, raising over £1,000 – another great amount raised by the Committee since they were established in 1950.

Committee Chair, Linda Wyn Rogers said: "I feel honoured to play a part in a Committee which has been raising much needed funds for cancer research for so many years. We've been put on pause at the moment and I know the members are desperate to get back to what we do best – fundraising for a charity which we all hold dear to our hearts."



WIN £25,000!

**Join the
NWCR
lottery
today**

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

nwcr.org/get-involved/lottery



north west
cancer research

The logo for North West Cancer Research, featuring a stylized map of the North West region of England composed of small grey and yellow dots.

PUTTING OUR REGION'S CANCER NEEDS FIRST

For a charity like NWCR, with a specific regional focus, exploring the impact that cancer has on communities across the North West and North Wales is critical. In order to gain a greater understanding of how communities are being impacted by the disease we have conducted an extensive research project to explore the levels of cancer afflicting people living in our region.

This research has highlighted a number of key trends and areas of need. We've also identified which counties struggle with the highest incidences of specific cancers.

Some of the findings were particularly alarming and we found that incidences of lung, trachea and bronchus cancers are 26% higher in the North West compared to rates across the rest of England. Lung cancer is also a key challenge for North Wales, with an incidence rate 12% higher than the Welsh average.

Bladder cancer is another area of concern, both North Wales and North West England showed markedly higher rates of this disease than the national rates across Wales and England.

North Wales recorded an incidence rate 18% higher than the national average, while communities across the North West showed a 13% higher rate than the rest of England, with four of its five counties recording higher than average incidences of the disease.

Our report aims to strategically assess key areas of need across our region, providing a comprehensive overview of the key health challenges faced by the North West and North Wales. We hope businesses and the community will join with us in this vital work to understand why communities in the North West and North Wales are overly impacted by specific cancers and support us as we work to provide the insights, awareness and understanding to empower communities to tackle cancer.

To read the full report visit
<https://nwcr.org/what-we-do/cancer-in-our-region/>



Regional
Report

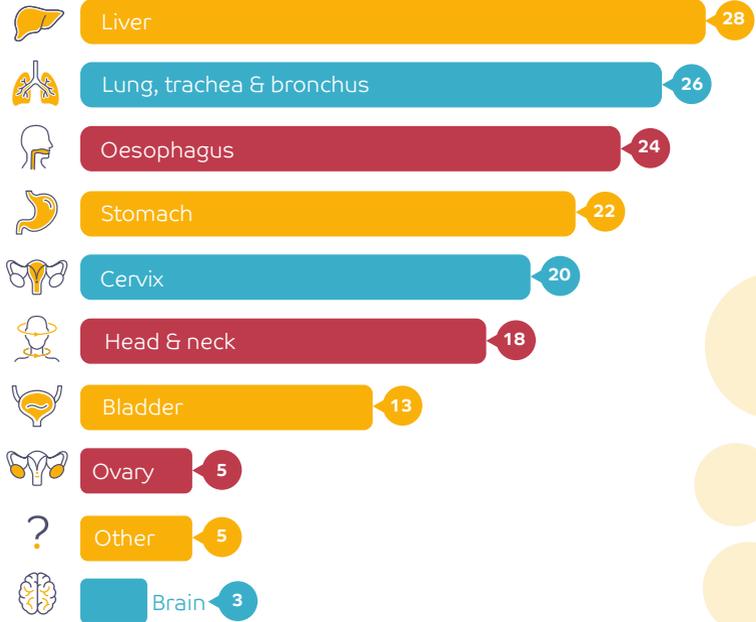
Putting our region's
cancer needs first

north west
cancer research

TOP 10 CANCERS

PERCENTAGE ABOVE NATIONAL AVERAGE

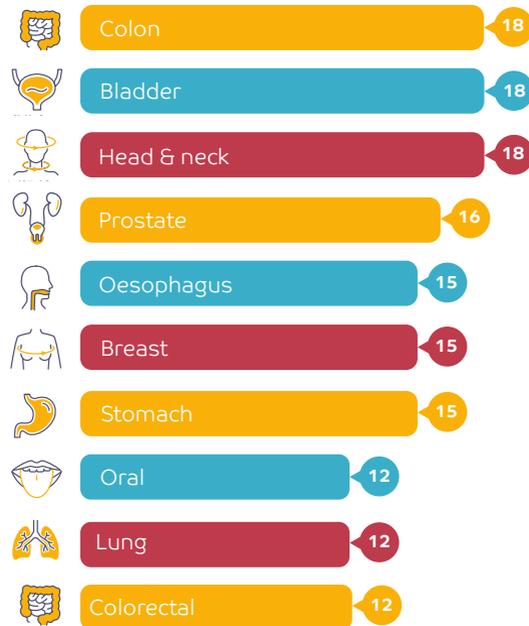
NORTH WEST ENGLAND



TOP 10 CANCERS

PERCENTAGE ABOVE NATIONAL AVERAGE

NORTH WALES



Had a spring clean or refreshed your wardrobe for the summer? Turn your clutter into life-saving research right on your doorstep.

We've partnered with Collect My Clothes to offer a contact-free collection service for your pre-loved goods.



Gather your unwanted clothes, shoes, accessories and toys



Bag it up



Organise your collection time



Sit back and relax as your clothes are ethically recycled

Visit collectmyclothes.co.uk/north-west-cancer-research/ to arrange your collection. Areas covered: Liverpool, Southport, Wigan, Leigh, Warrington, St Helens, Wirral and Cheshire.

PANCREATIC CANCER

There are around 10,300 new pancreatic cancer cases in the UK every year. There are disproportionately high rates in the North West and North Wales, with incidences of pancreatic cancer being 37% higher in Wrexham than the national average.

31% of cases of pancreatic cancer are preventable. Make sure you know the signs, symptoms and risk factors.

Symptoms

Symptoms of pancreatic cancer can be hard to spot and early pancreatic cancer may not have any symptoms. It's vitally important that if you notice any of the following symptoms, you have them checked as soon as possible.

- Pain in the stomach which may spread to the back. The pain could be worse after eating and when laying down but may get better when you lean forward
- Jaundice, causing a yellowing of the skin and whites of the eyes
- Darker colour urine than normal
- Lighter colour bowel movements
- Unexplained weight loss
- Loss of appetite
- Itchy skin
- Feeling tired or having no energy
- A high temperature, or feeling hot or shivery
- Indigestion, such as feeling bloated

Risk Factors

It is possible for anyone to get pancreatic cancer and it is not always clear what causes it. However, you might be more likely to get it if you are over 75 years of age, have had certain medical conditions, such as long-term chronic pancreatitis, or there is a history of pancreatic cancer in your family.

There are also links between many pancreatic cancers and lifestyle and you could lower your chances of getting it by making healthy changes such as cutting down on red and processed meats, limiting alcohol intake to less than 14 units a week, quitting smoking and losing weight if you are overweight.



31%
of cases of
pancreatic
cancer are
preventable

If you have any concerns regarding the above symptoms or pancreatic cancer, please contact your GP as soon as possible.

FREE WILL SERVICE

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

Thanks to our partnership with McClure Solicitors, we can offer a no-obligation, free Will writing service. All we ask is that you consider leaving a gift to us to help transform lives in our region.

Visit nwcr.org/get-involved/legal-services/
Call 0151 709 2919 or email carol@nwcr.org



northwest
cancer research



ANN BRAVES THE SHAVE

Ann Roberts, a healthcare support worker at Ysbyty Gwynedd, Bangor has braved the shave to raise vital funds for local, life-saving research.

In 2018, Ann and her family were given the devastating news that her husband, Richard, had developed a brain tumour. After being referred to Walton Hospital, Liverpool where the lump was removed successfully, he was diagnosed with non hodgkins lymphoma, a type of cancer that develops in the lymphatic system. Richard then went on to have seven months of gruelling chemotherapy as well as a stem cell transplant, with his treatment ending April 2019. Thanks to the treatment Ann's husband received at both Walton hospital and Ysbyty Wgynedd, he is doing exceptionally well and has been in remission for the last 15 months.

Inspired by her husband's bravery and tough journey, Ann wanted to do something personally to give back to the cancer research that had helped to save his life. Always up for a challenge, Ann knew she had to do something big and memorable to raise as much sponsorship as possible.

Aided by her daughter-in-law, Sioned, she set up a Justgiving page and put the word out on Facebook that Ann was set to brave the shave on 13th June. Before they knew it the support came flooding in and what started as a £250 target, quickly grew to over £1,850.

Ann said: "It's been a long journey for Richard and all of our family, but the love, support and positive thinking we have received from family, friends and neighbours has brought us through it.

"We give our thanks to the care and support we received from all the doctors and nurses at Alaw Day Unit at Ysbyty Gwynedd and Walton hospital, and so I wanted to raise money for the cancer research that makes these treatments possible.

"Cancer touches so many lives and devastates so many families, we will not let it beat us. To everyone who is going through cancer treatments, or has had it, think positive, be strong, there is light at the end of the tunnel. We are all so proud of my husband having been through this and come out fighting.

"I knew if I ever did brave the shave it would be for charity, but the response has been amazing. So many kind people have donated to this worthy cause, I'm so overwhelmed! I'm glad I did it and I really like the look, I think this will be my hairstyle for a while- it saves on the hairdressers!"

It certainly suits you, Ann!





CONCERT FOR A CURE

Choirs from across Merseyside came together last November to raise over £4,000 at our annual Concert for a Cure Christmas celebration at St. George's Hall Concert Room, Liverpool.

An audience of more than 400 guests listened to a selection of festive favourites performed by Liverpool College Preplings Choir, Stagecoach Liverpool and The Luminelles, a group of young singers from Birkenhead High School Academy.

Special guests in attendance at this year's Concert for a Cure included the High Sherriff of Merseyside, David Steer, and TV presenter and journalist Emily Bonner who hosted the event.

Alastair Richards, CEO, North West Cancer Research, said: "Concert for a Cure is an event that's really grown the past few years and it's great to come together with local schools, organisations and other figures to celebrate the end of another stellar year of fundraising.



"It's a fantastic opportunity to look back at everything we have accomplished in the past 12 months and showcase some of the amazing talent in our region. We want to say a huge thank you to those schools and organisations that helped us make the event such a success, as well as our team of volunteers for their endless support."

Keep an eye out on our social media for tickets to this year's Concert for a Cure, Sunday 29th November, or email info@nwcr.org to be reminded nearer the time.





29/8/20
The Big Jump Skydive



03 & 04/11/20
Wirral Bazaar
Thornton Manor



29/11/20
Concert for a Cure
St George's Hall



06/12/20
Santa Dash 5k
Liverpool



05/3/21
NWCR Gala & Awards
Liverpool



18/4/21
Mersey Tunnel 10k
Liverpool



04/7/21
Cycle of Hope
Southport & Lincs



17/7/21
Abseil Liverpool
Anglican Cathedral

**MORE
EVENTS
TO BE
ADDED**

CALENDAR OF EVENTS

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



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

We are North West Cancer Research.



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