



The Clatterbridge
Cancer Centre
NHS Foundation Trust



The Clatterbridge Cancer Centre
Magazine - Winter/Spring 2015

Proton Beam Therapy

*Ruth Hawley shares
her experience*

**Outstanding support for
new cancer hospital**

Fundraising team

**New nurse uniforms
- know your nurse!**



New Head of Physics | Trade Union Representatives | Everton surprise for nurses

FREE

Please take me home



Welcome

3Cs: Centre, Clinic, Charity

On behalf of the Trust Board I would like to express our best wishes to you and your families for 2015.

Throughout 2014, the team at CCC continued to deliver excellent care to our patients – you can read about some of them in this issue of C3.

We've had some fantastic news about our plans to develop a new cancer centre in Liverpool. Not only was the public consultation a huge success but we have also been given the go ahead from the local authorities, see page 6 for further details.

As we progress further with these plans our Charity will be undertaking a major appeal to support the new build. On pages 10-11 you can meet the team and get to know a bit more about how their fantastic work supports the Trust.

2015 is set to be another busy year developing new services and continuing to enhance the patient experience – and I am looking forward to it with confidence knowing that we will be continuing to strive to deliver the best care to our patients.

Andrew Cannell
Chief Executive



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HEADLINE NEWS

CANCER VACCINES IN DEVELOPMENT AT THE CENTRE

Groundbreaking gene therapy vaccinations are being used to treat prostate and ovarian cancers, helping to change the way cancer is treated.

The Clatterbridge Cancer Centre is currently involved in two clinical trials in gene therapy, which could mark a shift in cancer treatment. The two trials, BNIT and TRIOC, are offered to men suffering from prostate cancer and women with ovarian cancer. Experts at the Centre are looking at how the gene therapy vaccinations alter the way the body reacts to the cancer cell.

The trials are aimed at those whose first line of treatment has failed, but who show few symptoms of the advanced stages of cancer.

International recognition for radiotherapy standards

Our radiotherapy treatment centre based on the Aintree University Hospital site in Liverpool has received international recognition for rigorous standards in radiosurgery.

The treatment centre was accredited as a 'Novalis Certified Radiosurgery Centre' at a ceremony in Liverpool attended by leading international clinicians specialising in brain and extracranial conditions.

Along with The Christie at Salford Royal and The Edinburgh Cancer Centre, the three centres are the first in Europe to receive this acclaim and are now certified for their high quality of cancer treatment with radiosurgery, radiation therapy and their commitment to patient safety.



WE'RE A GREAT PLACE TO WORK!



We were named as one of the best healthcare organisations in the country to work for in the 2014 annual analysis by the Health Service Journal (HSJ).

The Top 100 Best Places to Work in healthcare list was compiled after looking at data on all the different NHS organisations and assessing staff satisfaction with their roles, the working environment, corporate culture and communications, employee engagement, leadership and planning, and relationships between staff and their supervisors.

Andrew Cannell, Chief Executive said: "Our staff are exceptional people who are not only leading experts in their fields but also compassionate and totally committed to doing their best for patients."



(L-R): Stavroulla Antoniou Latouros, Eimear O'Donnell, Sarah Stead, Lucy Wilcox, Catherine Minard, Janette Simpson and Nicola Rankin.

Blooming great idea

Paediatric Advanced Practitioner Radiotherapist Sarah Stead has come up with a unique way to make the most of the loom band craze and help reduce anxiety for children when they are separated from their parents during radiotherapy treatment.

It took eight radiographers two months to make a 65ft-long loom band which is being used by children to keep connected to their parents.

Sarah said: "The nature of radiotherapy treatment means no-one else is allowed in

the treatment room while the beams of radiation are being delivered to the patient.

"This can be very daunting for anyone receiving treatment, but for a small child to be separated from their parents can be quite distressing for them. The idea is the child can hold one end of the loom band while their parent holds the other end outside the room. So keeps a connection between them."

Eight-year-old Lowri Roberts from Llanfairfechan in North Wales was the first to use the loom band lifeline.

Eyes front in the fight against cancer



Ruth Hawley from Salisbury is one of the patients who has received Proton Beam Therapy at Clatterbridge.

From this point on, Ruth kept her eye under close observation and when the freckle began to appear 'raised' early in 2014 she was immediately referred to an ocular oncologist – a doctor specialising in eye cancer – at Moorfields Eye Hospital in London.

Here she was diagnosed with a rare form of eye cancer known as ocular melanoma which develops from cells called melanocytes. We all have these cells – which produce the pigment melanin – in many places in our body including the skin, hair and the lining of internal organs such as the eye.

Ocular melanoma is rare and the exact cause is unknown, although it is thought that exposure to UV rays may have an influence. This made sense to Ruth, who explained: "Having lived and worked in hot climates for a number of years when I was younger, and being fair-skinned and blue-eyed, I was more prone to developing this type of tumour. In those days we didn't know the importance of protecting your skin and eyes from the sun."

The consultant in London informed Ruth that the usual treatment for this form of cancer was surgery to remove the affected eye. There was an alternative, however – she could receive proton beam therapy at The Clatterbridge Cancer Centre. "I wanted to avoid losing my eye if at all possible," said Ruth. "It was a very simple choice."

Proton beams are different from traditional radiotherapy in a way that makes them particularly suitable for eye cancer. The beam is so precise that it allows tumours of any size, shape or position to be treated with very little effect to surrounding areas – and in a very small area like the eye, where millimetres matter, this is a huge advantage.

The treatment damages the DNA in the cancer cells so the tumour stops growing and begins to shrink away. This means that the eye does not need to be removed.

In February 2014, Ruth had initial surgery at Moorfields Eye Hospital to place 'markers' at the back of her eye. The markers act as guides

her experience of having proton therapy at The Clatterbridge Cancer Centre for her eye cancer.

Three years ago a routine check at the opticians revealed something Ruth Hawley hadn't been expecting. The optician noticed 'a freckle' on the retina of her right eye. Although Ruth wasn't experiencing any worrying symptoms, the optician advised her to have regular check-ups to monitor it.

Ruth Hawley, 75, from Salisbury, shares

to ensure the accuracy of the proton beam. She then travelled up to The Clatterbridge Cancer Centre for treatment.

"What was quite a daunting prospect was greatly improved by the reception I received at the Centre," Ruth explained. "The staff were so helpful, kind and informative. They gave you straight answers and went to every effort to make you feel comfortable."

Her proton beam therapy was delivered over the course of one week. Each daily session took about half an hour. The radiographer and the physicist conducted a number of tests before delivering the beam therapy. They were incredibly meticulous in ensuring that her head was in exactly the right position.

Now, several months on, Ruth is feeling positive about the future. Post-treatment check-ups indicate that the tumour appears to be shrinking. She said. "It is likely that I will still lose sight in that eye, as the tumour was close to the optic nerve. However, it has meant that I have not had to have the eye itself removed which has been a saving grace."

"Life has continued much as before. I have a very active life and a big family; four children and eight grandchildren. I still love to travel, though I take greater precautions now and consciously wear dark glasses when I'm in the sun. I have recently spent a week sailing off the Dalmatian Coast."

What was quite a daunting prospect was greatly improved by the reception I received at the Centre. The staff were so helpful, kind and informative.



The proton therapy team recently celebrated 25 years at Clatterbridge

WHAT IS PROTON BEAM THERAPY? ... AND WHY COULDN'T WE HAVE TREATED ASHYA KING?

When the parents of five-year-old Ashya King removed him from hospital in Southampton because they wanted him to have proton beam therapy for his brain cancer, the story made headlines around the world.

It wasn't surprising that some people asked why he couldn't have had this treatment here at The Clatterbridge Cancer Centre. After all, we're the only place in the UK that provides proton beam therapy.

Even if Ashya King had been referred to us, however, our proton therapy team still couldn't have treated his form of cancer. The reason is that there are actually two very different forms of proton beam.

Our proton beam has been specifically designed to treat eye cancers. It is low-energy so the beam only travels very short

distances up to three centimetres, which is ideal for the eyes but not far enough to treat a tumour inside the body – for example, in the brain.

That requires a high-energy proton beam and there is currently nowhere in the UK that offers this treatment although two national facilities are due to open in London and Manchester in 2018.

So what's the difference between proton beam therapy and other radiotherapy which uses x-rays? The cure rates are the same but the benefit of proton beam therapy is said to be a potential reduction in side-effects later on. This can be especially important for young children with cancer.

That's because, unlike x-ray radiation which decreases gradually as it travels, proton beam

radiation reaches its target and then falls off very sharply in a 'cliff'. It delivers an intense radiation dose to the tumour but then doesn't travel much further.

This makes proton beams suitable for treating vulnerable areas of the body where it's important to minimise the risk of unwanted side-effects to surrounding tissue – such as the sensitive eye area. The tissue behind the eye is brain tissue, and it is vital to minimise the exposure of any healthy brain tissue to radiation.

We developed our low-energy proton beam therapy service specifically for eye cancers 25 years ago to address this issue. Now known as the National Centre for Eye Proton Therapy, it is still the only service of its kind in the UK and has been successfully treating patients from around the world ever since.

How does it work?

- All radiotherapy works by depositing energy in the target tumour. This damages the cancer cells' DNA, causing them to die.
- However, protons scatter less easily than x-ray particles so there is less damage to tissue around the tumour. In addition, a proton beam can be adjusted to focus more precisely on the tumour location. This combination means proton beams target the tumour more precisely – and with a more potent dose of radiation.
- Specialist staff can decide exactly when and where the proton beam releases most of its energy, a point called the 'Bragg Peak'. Determining the exact location of the Bragg Peak means we can inflict maximum damage to cancer cells and minimum harm to nearby tissue.

TRANSFORMING CANCER CARE GETS GO-AHEAD TO NEXT STAGE



Plans to develop a world-class specialist cancer hospital and research centre in the heart of Liverpool have been given resounding approval from patients, the public and local authorities in the region.

Our Transforming Cancer Care ambition is to develop a new hospital providing expert care and carrying out ground-breaking research and clinical trials on the same site as the Royal Liverpool University Hospital and the University of Liverpool.

Services would also continue at the current Wirral and Aintree sites and our chemotherapy and outpatient clinics in hospitals across the region.

Now the results of the Transforming Cancer Care public consultation on the proposals, which ran from July to October 2014, have been independently analysed by experts at Liverpool John Moores University.

In total, 91% of people supported the vision for expanding and improving cancer care and 88.5% said the proposals for the new hospital would achieve it.

Even in areas where some people would have further to travel if inpatient beds and the most complex care moved to Liverpool, there was strong support. In Wirral, 78% of people supported the vision and 71% said the proposals would achieve it. In Cheshire West and Chester, 82% supported the vision and 74% said the proposals would achieve it.

Proposals for the new hospital have also received unanimous approval from the Joint Health Scrutiny Committee for Cheshire and Merseyside, which was established by the region's local authorities to consider whether the new hospital was in the best interests of people's health.

Councillors from Cheshire West and Chester, Halton, Knowsley, Liverpool, Sefton, St Helens, Warrington and Wirral voted unanimously to support the proposals after considering evidence from a number of witnesses including frontline staff and patient representatives over several weeks.

Andrew Cannell, Chief Executive of The Clatterbridge Cancer Centre, said: "We passionately believe this £118m investment will significantly expand and improve cancer care in Merseyside and Cheshire with an additional radiotherapy site, a more central location with on-site specialties including intensive care, and enhanced research capability through closer working with the university.

"Needless to say, we're thrilled that patients, the public and the local authorities have given their resounding endorsement."

We will now develop an outline business case, which we expect will be approved in summer 2015. A full business case will follow a year later, enabling building work to start in 2016. The new hospital in Liverpool would open in autumn 2018 and work to remodel and upgrade the Wirral site would be complete in 2019.

- For more information about the Transforming Cancer Care proposals, visit www.transformingcancercaremc.nhs.uk
- The full consultation report from Liverpool John Moores University can be viewed at http://www.transformingcancercaremc.nhs.uk/files/2814/1805/5902/Consultation_report_from_JMU_-_final.pdf

Consultation roadshows and questionnaire

- There were 117 public roadshows across Merseyside. We also visited groups and meetings of GPs, patients and community/voluntary organisations.
- We engaged with 100,950 people, had face-to-face contact with 10,433 people, and distributed 38,749 summary consultation documents.
- 1,054 individuals responded to the consultation questionnaire. There were 14 responses from organisations/groups.
- Individual respondents' areas of residence broadly correlated to The Clatterbridge Cancer Centre's patient population.

Key findings

- 91% supported the vision for Transforming Cancer Care.
- 88.5% thought the proposals would achieve it and improve quality of care.
- 84% of respondents said quality of care was more important than the distance travelled to receive it.
- 94% said they agreed that inpatients would get better, safer care on a site with intensive care and other key specialties.
- The vast majority said all groups (patients, families, carers, others) would be positively affected by the proposals.

Two new members join the team

Radiographer Danny Hutton and Laura Atkinson from IT are joining the Transforming Cancer Care team as Change Managers. They will play a key role working with staff and patient user groups, the contractors Laing O'Rourke and the architects BDP as we develop detailed designs for the new hospital.

Laing O'Rourke appointed as contractors

We've appointed Laing O'Rourke to work with us on design and build of the new hospital in Liverpool and redesign of the Wirral site, following a tender process. Laing O'Rourke will provide technical construction input into the outline business case and will work with staff and patient representatives, and the architects BDP, to develop detailed designs.

If the project receives full approval in 2016, they will also build the new hospital, and they have committed to providing job and training opportunities for people in Merseyside and Cheshire.



Philip Mayles (right, with Carl) is retiring as Head of Physics after 20 years at Clatterbridge

CARL JOINS AS HEAD OF PHYSICS

Dr Carl Rowbottom has joined the Trust as our new Head of Physics. He has come from The Christie NHS Foundation Trust, where he held a similar role.

The 30-strong Physics team that Carl leads provide specialist scientific input into radiotherapy treatment, research and equipment e.g. helping develop even more precise techniques. Their role includes calculating the exact dose and angle of the radiation beam that each patient needs to treat their tumour safely and effectively.

Carl is delighted to have joined us after a career that has spanned the Royal Marsden in London, The Christie and the William Beaumont Hospital in Detroit, USA. He completed his PhD in radiotherapy physics in London in 1998.

"I was keen to come because Clatterbridge has always had a very good reputation and it places great importance on radiotherapy and physics," Carl said. "We have really good physicists here. My role as Head of Physics is to look at the systems and processes and I am looking forward to working with the team."

Carl succeeds Professor Philip Mayles who has retired as Head of Physics, but will continue to work part-time and advise on radiation safety through 2015.

More about Carl:

- Carl's interest in radiotherapy physics began because "I loved the idea of using my knowledge of radiation for good to help people with cancer," he said.
- He has a keen interest in research, particularly in more targeted radiotherapy that reduces the risk of side-effects. He was a research fellow at London's Royal Marsden / Institute of Cancer Research and in Detroit, Michigan.
- Carl studied Maths and Physics at Manchester, has a MSc in Radiation & Environmental Physics from Surrey and did his PhD at the Royal Marsden / Institute of Cancer Research.
- He is Fellow of the Institute of Physics and Engineering in Medicine (IPEM).
- Carl is an avid West Bromwich Albion supporter. He lives in Stockport.

CALYPSO ON THE WAY IN UK LUNG CANCER FIRST

We're set to become the first place in the UK to treat lung cancer with a new radiotherapy machine that has a 'GPS tracking-type' system to target cancer tumours and reduce the risk of radiation to healthy tissue. The Calypso linear accelerator is expected to be in use by spring 2015.

Julie shares her experience to help others

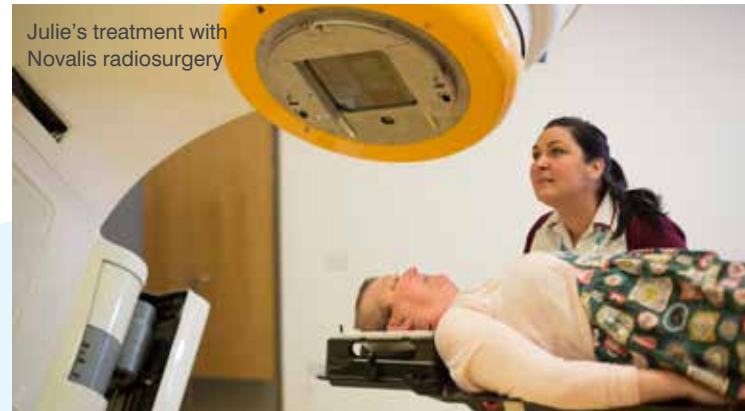
Julie Shute describes the moment she was told she had an incurable form of brain cancer as “taking a punch from Mike Tyson”. She was dazed and scared at what lay ahead but, undeterred, she decided that she would do all she could to help other cancer patients going through a similar journey.

Despite being born in the 1960s, Julie is a self-proclaimed 50s girl. Her love of vintage fashion, along with a passion for handmade crafts – including crochet and baking – really defines her style. She is a loving mum and grandmother to six beautiful grandchildren, and four years ago she married the love of her life Andy.

In summer 2013, the couple were dealt with the blow that Julie was suffering from Grade IV Glioblastoma Multiforme, and she was referred to Clatterbridge for treatment. It was then that they decided that they wanted to help others in their situation.

As well as going at full force to raise thousands of pounds for the hospital, bringing in supporters from all over the world, Julie is bravely sharing the realities of her experience in the hope that future cancer patients will benefit from her story.

Julie and Andy have been writing a blog, which is an honest and moving account of her journey so far. As well as helping others, it will allow family and loved ones to remember and reflect on Julie’s words in years to come, leaving a lasting legacy behind which will honour her courage.



Julie’s treatment with Novalis radiosurgery

She also allowed a film crew to capture her stereotactic radiosurgery treatment to her second brain tumour so we can use the film to show future patients what to expect from their treatment.

Andy said: “When the person you love is going through such a terrible time, you want to do all you can to help and find all of the information out there. What we wanted to do by sharing this film and Julie’s story is to help the other families going through something similar – to remove some of the fear of the unknown. Julie has no desire to become a movie star, but

this has also helped to keep her occupied and take her mind off the treatment.”

Despite it being an incredibly difficult time, they have found that supporting The Clatterbridge Cancer Charity in so many ways has helped to focus their time more positively, concentrating on ‘the now’ rather than what the future holds. We would like to thank them both, and wish Julie well on her continuing journey.

You can read Julie’s blog ‘Fluff’s Journey’ at www.julieshute.blogspot.co.uk



Julie & Andy Shute

FROM BARMAN TO HEALTHCARE PROFESSIONAL

Student radiographer proves it’s never too late to change career.

World Radiography Day is held annually on November 8th to mark the anniversary of the discovery of x-rays in 1895 and to promote radiography as a career. The day also provides radiographers with a chance to increase public awareness of their role and promote the vital contribution it has made to modern healthcare.

Despite radiography’s integral role in modern day cancer treatments, there is a national shortage of radiographers, with the profession featuring on the Government’s list of national shortage occupations.

30-year-old Richard Madden from Liverpool has just started his second year of a three-year course as a student radiographer, and his clinical therapeutic placement is at The Clatterbridge Cancer Centre.

He left school after his A Levels and had a number of different jobs over the 10 years that followed, from bar work to working in a security company. Then, Richard’s life was turned upside down in 2009 when his father, John Madden, was diagnosed with kidney cancer. Richard’s dad had a course of radiotherapy at The Clatterbridge Cancer Centre but, sadly, the cancer was too aggressive and he passed away in March 2010. It was then that he decided to go into radiography.

“The care my father received at Clatterbridge was world-class and it really inspired me to help other people who are in the same position. I was so lucky to get my first choice placement at The Clatterbridge Cancer Centre, working alongside the same talented professionals who helped my family.



“The care my father received at Clatterbridge was world-class and it really inspired me to help other people who are in the same position.”

“Two years on and I’m thrilled that something so positive has come out of such a sad time. My mum is so proud of what I’m doing. I got married in July and my best man even mentioned my course and change of career in his speech!

“It’s a shame that, nationally, there is a shortage of radiographers, with many school leavers being unaware of the profession. I suppose as an 18-year-old choosing a career path, people think there are just two routes into the healthcare professions, becoming a doctor or becoming a nurse, but the options are so much wider than that. Some students might also think that working with cancer patients would be difficult.

“They really shouldn’t worry because it is such a rewarding job and my favourite part is working with the patients and seeing the positive outcomes that our treatments can have.

“My course is in therapeutic radiography, which is a specialist course that leads to a specific career. Some people might think that radiographers just take x-rays, but the job involves so much more than that. My course is preparing me for everything from preparing the intricate machinery and administering the correct dosage of radiotherapy, which is vital to ensure a patient’s safety, to the more human side of supporting patients through what can be a very traumatic time in their lives. It also involves working with physicists and clinical oncologists to plan the treatment, calculate doses and map the area to be treated.

“I hope my story shows that it’s never too late to change career. If someone asked me how to get into radiography now, I’d recommend A Levels in physics and biology but it is not essential. There are a range of courses on radiography across the country and I’d highly recommend them for people looking for a fulfilling, rewarding career working with people.”

Meet the fundraising team

As the only dedicated charity for the centre, The Clatterbridge Cancer Charity raises money to help improve patient experience, fund vital research and innovations in treatment, and provide ongoing support for patients and their families. The fundraising team works hard to promote the amazing things that happen at Clatterbridge. They work closely with supporters to raise money, so we can invest in projects which make a lasting impact for our patients.

Behind the scenes in our Fundraising Office is a fantastic team of committed, talented and enthusiastic staff. They are passionate about what they are trying to achieve, and want to do everything they can to support the hard work that goes on across The Clatterbridge Cancer Centre.

The charity has grown significantly over the last five years, from raising around £700,000 a year to just under £2m in 2013/14. The team is headed up by Marie Turnbull who is currently on maternity leave. Here's a bit about them!

The team focuses on two separate areas which make up the overall fundraising strategy – raising as much money as they can to help our patients.



Flextronics in Warrington raise cash at work



Deeside Ice Skating Club take to the ice for the charity



Chris Done and Karen Williams

Karen Williams leads the **annual fundraising programme**, working closely with Supporter Care and the Community and Corporate fundraisers to raise money for ongoing projects at the Centre which help our patients get the best possible care. She also specialises in Individual Giving, creating a range of appeals and initiatives to capture the public's imagination and inspire them to support the hospital.

Chris Done leads on the hospital's **Transforming Cancer Care appeal**, which will raise the money needed to support the build of our new hospital in Liverpool. Chris specialises in Capital Appeals and Major Donors, and is currently working to develop a network of supporters and ambassadors who can help us achieve our key aims. She also offers support to those wishing to leave a lasting legacy to the charity.

Karen said: "It's thanks to our supporters that we can make such a difference to



L-R: Louise Beach, Jade Barrett, Elspeth Wilson and Rachel Donohoe (Community & Corporate)



Volunteers Sue and Bev help out at an event



Becky and Cecilia collecting for Clatterbridge at Central Station



Sam Oakes cycles to Rome in support of our patients



Adventurous cyclists tackle an epic ride in Madagascar

patients. Every day, we see the amazing work that goes on here at Clatterbridge and we meet patients and families whose stories inspire us to go out and raise as much money as we possibly can. Each member of the team is so proud to represent our hospital, it makes fundraising for Clatterbridge the most rewarding job you could wish for."

Events

The energy and motivation of the Events Team is truly infectious. If it's adrenaline, endurance or adventure you're after then they will help you to find the right challenge. You're likely to find the team taking part too; whether it's jumping from planes or cycling hundreds of miles, they really do put their money where their mouth is. The team also organises a series of major events from our Beside the Seaside Walk and Ride Of The Roses to our Annual Ball.

Trusts Fundraising

There is a huge range of charitable trusts that the team submit appropriate applications to, and relationships are built with Trustees over many years. Bids may be for equipment, services or research projects which have been approved for charitable funding. They work closely with departments and staff at the hospital to help co-ordinate funding requirements.

Major Gifts

This involves developing relationships with donors and supporting individuals or families who wish to make significant gifts to the charity or help connect the team to other people who can support us in this way.

Community and Corporate

Working with companies and the local community, the team builds lasting relationships with all the fantastic people that support our charity. No two days are the same. The team has worked hard to build an annual calendar of key dates for the many companies, membership organisations, schools, golf clubs and events in our area. They help with the hundreds of incredibly generous individuals raising money for Clatterbridge by supporting their events to help them get the most out of their fundraising, and look after the charity's fantastic volunteers, who are completely invaluable to us!

Supporter Care

The team want to ensure that everybody who supports the charity has the best possible experience, so it's important to say 'thank you' as quickly as possible and make sure supporters have everything they need. They really strive to understand our donors, why they have chosen to support our charity and the different ways they like to get involved, so we can really help them make the most of their relationship with us. The team also works very closely with the fundraisers to plan events and initiatives.

Keeping you 'medicine safe'



L-R: Rhiannon Walters-Davies, Mandy Cunningham and Nadine Higgins

We are responsible for protecting and improving the health of our patients through effective regulation of medicines and medical devices.

A dedicated team of two health professionals has been working closely with the medical, clinical and pharmacy teams over the last year to manage the risks associated with medication and to reduce errors.

The team consists of Nadine Higgins (clinical governance manager for medicines safety) and Rhiannon Walters-Davies (medicines safety pharmacist). Together they have identified a number of key areas for medicines safety on the wards including better education for both staff and patients.

Nadine said: "In the worst case, poor documentation of inpatient medication could mean patients missing an important medication. To prevent this we created a nurses user group to come up with working ideas for best practice and implemented an audit tool called a 'Medicines Safety Thermometer' which helps monitor the administration of medications. Since

April we have seen a dramatic improvement in administration of medicines on the wards and we would like to say a big thank you to all the staff that helped implement the scheme and for their continued support to date."

Rhiannon and Nadine have also been focusing on a project for patients who suffer from nausea and vomiting associated with their chemotherapy treatment.

Rhiannon added: "Chemotherapy-induced nausea and vomiting (CINV) can be very distressing for patients and their families and can lead to an inpatient admission. Patients expect to feel unwell with chemotherapy and don't ask for support even though there are effective anti-sickness medications available. The CINV project is looking at how to identify high-risk CINV patients so they can be better supported, it's reviewing the current anti-sickness medicines available, and looking to offer better counselling for patients who need anti-sickness medications."

ON SITE PHARMACY **PharmaC** SUCCESS

Since opening in early 2014 the new PharmaC has received really positive feedback from patients and staff. In 2015, PharmaC will be continuing to develop its range of services including increasing the choice of over-the-counter medicines available. PharmaC will also be supporting the hospital to progress the 'Clatterbridge in the Community' project to deliver chemotherapy treatments in patients' homes. This initiative has been successfully piloted in Wirral over the past year and will now be extended to the whole of Merseyside and Cheshire.



KNOW YOUR NURSE!

We have a wealth of nursing professionals to support patients throughout their cancer treatment and recovery.

To make it easier for patients and their families to identify the different types of specialist staff delivering care, our nurses have new uniforms.

Whether you are an inpatient, receiving your chemotherapy treatment on our day case unit or attending triage, you will get to meet a range of nursing professionals.

In addition to the nurses, you will also meet Pharmacy Technicians and Domestics. If you are receiving radiotherapy, our radiographers are still in the same uniform, which is maroon and white.



L-R Senior Staff Nurse, Matron, Staff Nurse, Ward Manager, Healthcare Assistant, Pharmacy Technician

➔ Specialist services

We provide specialist services to support the patients' journey during their care. These multi-professional staff provide a fundamental service offering comprehensive care and support.

These include Clinical Nurse Specialists, Teen and Young Adult Unit, Palliative Care, Infection Control, Advanced Nurse Practitioners, Allied Health Professionals, Critical Care Nurse and Clinical Specialist Additional Needs.



L-R Allied Health Professional, Infection Control, Advanced Nurse Practitioner, Teen and Young Adult Unit Lead Nurse, Palliative Care & Clinical Nurse Specialist, Critical Care Nurse

⬇ Inpatient ward staff

The Trust has three inpatient wards; Conway, Mersey and Sulby and a Triage Unit.

The wards treat patients who are receiving both chemotherapy and radiotherapy.

If you are a patient on one of the wards or visiting someone, the staff you are likely to see are the Matron, Ward Manager, Senior Staff Nurses, Staff Nurses, Healthcare Assistants and Pharmacy Technicians.



L-R Manager, Staff Nurse, Healthcare Assistant, Senior Staff Nurse, Pharmacy Technician, PICC Line Nurse

⬆ Outpatient chemotherapy ward staff

Delamere Day Case Unit is our chemotherapy unit for patients who are receiving their chemotherapy as an outpatient.

If you are a patient on Delamere, the staff you are likely to see are the Manager, Senior Staff Nurses, Staff Nurses, PICC Line Nurse, Healthcare Assistants and Pharmacy Technicians.

In addition to Delamere, we also treat patients at seven off-site chemotherapy clinics at other hospitals across Merseyside and Cheshire.

If you are a patient at one of these clinics, the staff you are likely to see are Senior Staff Nurses, Staff Nurses and Healthcare Assistants.

Trade Union Representatives

Our goal is to make sure our services are as good as they can be. To help achieve this, our trade union representatives work with staff across the trust.

Richard Clements is the Trade Union Chair. He said: "All staff are entitled to join a union and we need the support of union members, so if you're not currently a union member, please do join. There are three categories of trade union representative that are recognised in UK legislation. The most familiar is the Industrial Relations Rep, and we have those in most departments of the Trust.

"They work with the Trust management to develop local policies and procedures, help set priorities, evaluate jobs and manage change. They provide advice and support to members, especially those who are experiencing problems at work.

"The second category of rep is Health and Safety. They work in partnership with the Trust to help ensure that your workplace remains safe.

"Finally we have Learning reps. They work to promote training and

education and to support learners.

"All reps are elected by union members from the Centre and any union member can put themselves forward to be elected. If elected you will have access to training provided by your union and the TUC, and will be supported by the Trust in being paid to attend training. Being a rep can help you develop useful knowledge and

skills that can be applied to help further your career.

"We're always on the look out for more reps so if you're interested in any of the roles, please get in touch and we can help organise an election."

Working in an organisation where unions are recognised is an important benefit. Know your rep!



Health & Safety Rep
Martyn Gilmore,
Industrial Relations
Rep Ashley Grogan
and Trade Union Chair
Richard Clements

Radiotherapy

Lorraine Salisbury
Dan Feerick
Carmel Mc Derby
Ashley Grogan
Alexander Hughes
Daniel Hutton
Samantha White

Imaging

Diane Duret
Amy Arthur
Vicky Hughes
Susan Wright

Nursing

Christopher Valentine
Michelle Moffitt
Rebecca Grogan
Ruth Hannon

Leslie Green
Claire Fitzgerald
Sylvie Larkins

Physics

Richard Clements
Martyn Climore

Technical Services

Steve Dobbing

Pharmacy

Helen Wilkinson
Rie Hitchmough

Administrative Services

Gina Horton
Rona Ellison
Carole Brown

CREST

Debbie Kenyon
Hannah Roberts
Liz Waters

Medical Staff

Dr Joe Maguire
Dr David Husband



THE ENCHANTED FOREST BALL

The Clatterbridge Cancer Charity held its Fifth Annual Ball on Thursday 13th November at Camp and Furnace in Liverpool.

The Furnace space was transformed into a wooded wonderland by USP Creative who donated their time and the props for free – guests were required to enter through a specially constructed wardrobe filled with faux fur coats just to add to the Narnia-like ambience.

Around £49,000 was pledged on the night – making this year our most successful Ball to date. The most keenly contested auction prize of the evening was a meet and greet with Charity Patron Daniel Craig on the set of the new James Bond film. A short video produced by students at Liverpool Media Academy and introduced by Medical Director Dr Peter Kirkbride encouraged guests to support a new Wi-Fi system at the centre for patients and visitors.

The Enchanted Forest Ball was also supported by Flextronics, Merseyrail and A&B Engineering.



WE'RE GOING PAPERLESS!

Patients' health records at the Centre, like many other hospitals, have traditionally been in a paper file. However, most GP practices now have electronic records and all NHS hospitals in the UK are moving to paperless records, meaning all patient records will be held on computer.

A large project is underway at the Centre to implement a new Electronic Patient Record system (EPR), expected to 'go live' in November 2015. The introduction

of the EPR system is more than just a place to store and retrieve information though; it allows healthcare professionals to order and view clinical investigations, prescribe treatments, make referrals and communicate securely with each other about patients.

The new system will enhance patient safety because it will be able to analyse what actions are being taken and ensure that those actions meet set standards. Referrals between doctors will happen

instantly rather than waiting for letters to be sent by post.

The information in the new system will be available to anyone involved in a patient's care, regardless of where they are. It can be shared with GPs and other hospitals securely and confidentially. Patients will also be able to access their record using the internet, and they will be able to check appointment times and send secure messages to their medical team.

Dr. Richard Griffiths is a Consultant and Chief Medical Information Officer at the Trust. He said: "Naturally, it's a big step moving away from paper files because it is how the NHS has operated for decades. The team working on this project will be looking carefully at our old processes to see if they can be improved by switching to an electronic system.

"It's an exciting time for the hospital. We are innovating and improving at all levels and this EPR project is another opportunity we have to change things for the better."

Keeping her Clatterbridge career alive

Ex-staff member Angela Cross isn't ready to let Clatterbridge go, just yet.

My name is Angela Cross and I have been the elected Governor for Wirral and the Rest of England constituency since September 2013.

The Clatterbridge Cancer Centre has been a part of my life for many years. I trained at Clatterbridge as a therapeutic radiographer, qualifying in 1975, and have worked in radiotherapy ever since until my recent retirement in December 2014.

I worked for several years in clinical radiotherapy, moving into the field of Nuclear Medicine for 10 years before returning to Clatterbridge as a Clinical Tutor. In 1992 I moved into education and became a lecturer in radiotherapy in the Directorate of Medical Imaging and Radiotherapy in the School of Health Sciences at the University of Liverpool. I have had the privilege of being involved in the academic education of many student therapeutic radiographers helping to produce safe and competent healthcare professionals, many of whom now work in the radiotherapy department at the Centre.



Coming to the end of my career I did not want to leave radiotherapy behind completely. With experience as a school governor, I decided to use some of these skills and applied to become a governor of The Clatterbridge Cancer Centre. I was successful and I am delighted to have the opportunity to remain involved in a place I hold very dear to my heart.

It is a very exciting and challenging time for Clatterbridge and I am excited to be involved in the Transforming Cancer Care project, a great opportunity to transform the future of local cancer services. Patient care and support is my main interest and

I aim to ensure that Clatterbridge, both in Wirral and Liverpool, offers all patients the very best in treatment, care and support.

In May 2014 I had the fantastic opportunity to fundraise for The Clatterbridge Cancer Charity along with two of my radiotherapy colleagues, Flora Al-Samarrarie and Pauline Pilkington. Between us we raised almost £10,000 and were lucky enough to spend 12 days on a dream challenge trekking the foothills of the Indian Himalayas and visiting the Taj Mahal. It was a fantastic trip, both physically and emotionally demanding - and one I will never forget.

EVERTON BOSS SURPRISES STAFF

A group of heroes got a festive shock of a lifetime when Everton boss Roberto Martinez gatecrashed their surprise tour of Goodison Park.

Expecting to attend a conference, the 28 special guests enjoyed a stadium tour by Everton legend Graeme Sharp and then the 'Toffees' chief told them they were Everton's latest Blue Heroes.

The surprise was part of the Club's Blue Crimbo campaign, which sees Everton recognising some of the most deserving members of the local community.

Among the 28 nominees were Eileen Lavelle from Outpatients, Chris Corcoran from Radiotherapy and Mandy Cunningham, senior ward manager on Sulby; a lifelong Blue who proudly displays an Everton calendar on her ward.

Mandy said:

"We didn't even know what we were coming to Goodison for so it's been such a really big surprise. Roberto was so charismatic and lovely. He thanked us all for our hard work and achievements over the year."



Going the extra mile for you

Has someone gone that extra mile for you while you've been treated or visited the Centre? Maybe one of your colleagues deserves a huge thank you for the hard work they do?

acknowledge and reward staff for going that extra mile. It's so nice to hear about all the great work staff are doing to make the Centre and your experience the best it can be.

Lots and lots of nominations are received every month to



Here's your last four winners:

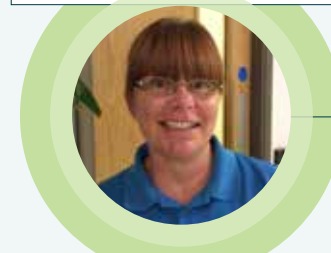
August - Barbara Jones, Domestic

"Barbara is always friendly and pleasant and her attention to detail is second to none - her pride in her work is a great credit and she is a true asset to the hospital. Barbara is due to retire and her colleagues have expressed how much they are going to miss her."



September - Paula Bell, Porter

"Paula was nominated for being so lovely with the patients and always pleasant and kind to patients, carers and staff."



October - Dr Alison Coackley, Palliative Care Consultant

"Dr Coackley always goes above and beyond in her care. Her clinical knowledge and experience in palliative care is second to none. She is very caring, dedicated and often stays late at night (10pm - 11pm) until a patient is settled."



November - Margi Hughes, Housekeeper, Conway Ward

"Nothing is ever too much trouble for her. She always has a smile and has fantastic banter with the patients - always going out of her way to make their day better. She is due to retire soon and she will be greatly missed."



You can nominate a member of staff using the voting forms around the hospital. Return the completed form to the ballot box on the main reception desk. THANKS!

Award for Clatterbridge's emerging star in the NHS



Youth Support Coordinator, 27-year-old Jayne Pattinson, was recognised for her commitment to supporting cancer patients when she was crowned 'Emerging Leader Of The Year' at the 2014 NHS North West Leadership Academy Awards. She supports young people with cancer across Merseyside and Cheshire, giving them the help they need to regain their confidence after treatment.

The Emerging Leader category in the prestigious annual awards recognises NHS employees who are not yet in a formal leadership role but deliver positive energy and passion in their working environment that inspires others and makes a real difference.

Jayne's nomination said:

She welcomes young people with a smile and a warm personality, and has developed a flexible service which is responsive to young people's needs, sometimes far beyond her remit.

Laura Elder is the Teenage and Young Adult Lead Nurse at the Centre. She nominated Jayne for her drive in innovating the service available to young people dealing with a cancer diagnosis. She said: "Jayne travels across the Merseyside and Cheshire cancer network to homes and hospitals to motivate and inspire teenage and young adults to move on confidently after cancer treatment. She has helped so many young patients get back into work and college, engaging with schools and universities.

"But more than the practical elements required to get life back on track, Jayne is a friend and a peer to her patients. She is a champion for young people living with and beyond a cancer diagnosis, and a fun person to be around. She's no stranger to rock climbing or sailing on day trips out, because she does whatever is required to help them with what they need. We're very lucky to have her in our team."

CLINICAL ONCOLOGISTS FROM UK AND ABROAD FLOCK TO THE CENTRE FOR MOCK EXAM

Clinical oncology trainees are required to pass the FRCR examination to enable them to take up a consultant post. The path to their success is extremely challenging, and a mock exam serves as an ideal 'dress-rehearsal' for the actual FRCR exam.

The first ever Final FRCR Part B Mock Exam for Clinical Oncology took place in April 2014 at the Centre. The course attracted trainee clinical oncologists from across the UK and was fully subscribed within days of registration opening. This landmark learning event has helped bring national and international attention to the Centre from oncology professionals.

The success of the 2014 mock exam has firmly established the event on the RCR calendar and the 2015 course, already fully subscribed, is scheduled for Saturday 21st March and has attracted UK and international candidates.

The course includes mock clinical and oral examinations and also tutorials. Candidates are assessed by a team of examiners, which includes Clatterbridge consultants, plus consultants from other centres.

The course organising committee consists of Drs Saipillai, Hayat, Latif, Hashmi, Brown and Errington, plus administrative support from Dave Lloyd



and Kathryn Graham and specialist nursing input from Clinical Nurse Specialist Kate Green.

Lead organiser, Dr Mohamed Saipillai (centre), said: "Thanks to the support of our patients, who take part in the exam as volunteers and the strong backing of the management team at the hospital - this course has further enhanced the reputation of our Centre".

Janet Barr & Kirsty Lorimer



NURSES IN PANAMA

Two nurses had the opportunity to promote the Centre to an international audience (and visit the rainforest) when they attended the 18th International Society Of Nurses In Cancer Care Conference in Panama City.

Advanced Nurse Practitioner Janet Barr and Mersey Senior Staff Nurse Kirsty Lorimer presented a poster outlining the development of the acute oncology assessment unit, and its success in enabling clear emergency admission pathways. They were able to share their knowledge and experience of the new service with oncology nurses from around the world.

The International Society Of Nurses In Cancer Care (ISNCC) was officially formed in 1984 and is the international voice of oncology nursing.

17th Annual Symposium of BOPA



Members of the Pharmacy departments joined more than 500 delegates at the 17th Annual Symposium of BOPA (British Oncology Pharmacy Association) in Birmingham last Autumn.

The Clatterbridge Cancer Centre was strongly represented at the respected event. Helen Flint, Principal Pharmacist in Clinical Services at the Centre, is Chair of BOPA and Sue Hull, Dispensary Manager for PharmaC, sits on the executive committee as the pharmacy technician representative.

Our Chair of Medical Oncology Prof Dan Palmer presented to the Symposium to update the members on the advances in pancreatic cancer treatment. Pharmacy IT Manager Margot Mercer and Aseptic Services Manager Steph Cambridge presented on their experience of

'expanding the pharmacy technician roles' and Pharmacy Business and Administration Manager Helen Wilkinson's poster submission on 'Improving the patient experience through innovating outpatient pharmacy services' was exhibited at the event. Chief Pharmacist Helen Clark also chaired an interesting session by Andrea Crossfield, Chief Executive of Tobacco Free Futures on the use of e-cigarettes.

BOPA are working closely with the Royal Pharmaceutical Society to ensure that pharmacists continue with their professional development and gain accreditation to ensure the preservation of high-quality care for patients.



Dr Alison Coackley, Consultant in Palliative Care

She has led on the production of standards and guidelines for palliative care which are used by healthcare professionals across the network and is committed to the use of clinical audit to help improve standards of care. One of her passions is developing education and training in palliative and end-of-life care for young doctors. She was the Mersey Training Programme Director for higher specialty training for 10 years and now leads on the national delivery of training in the specialty.

The Clatterbridge Cancer Centre is in a unique position to lead on the integration of palliative care and oncology so that patients and their carers receive the right care, at the right time, in the right place.

She has developed an innovative course in palliative care for doctors working in other specialties which has been running for nine years. She is keen to see increasing research in the specialty and led Clatterbridge's participation in the first national trial looking at assessment of pain in cancer centres.

She said:

"The provision of palliative and end-of-life care for patients represents one of the most challenging areas of clinical practice, but also one of the most rewarding. No two patients are the same, and we are privileged to be able to support and care for patients and their carers at this unique time in their lives. But we only have one chance to get it right.

"Patients and their carers need care that allows them to express their preferences and meets their needs. The vision is for all patients and their carers to have 24/7 equitable access to high quality, consistent palliative and end-of-life care, with accurate identification and proactive management of their needs.

"The Clatterbridge Cancer Centre is in a unique position to lead on the integration of palliative care and oncology so that patients and their carers receive the right care, at the right time, in the right place."

She joined Clatterbridge:

As the first Consultant in Palliative Medicine in 2003. A graduate of the University of Aberdeen in 1987, she then worked in general medicine and general practice in places as diverse as Inverness and Gateshead. In 1999 she joined the Palliative Medicine training programme in Merseyside and gained experience in hospitals and hospices across the region.

After completing training she took up the combined consultant post working between the Marie Curie Hospice in Woolton, Liverpool and The Clatterbridge Cancer Centre. In 2009 she was appointed Medical Director at Willowbrook Hospice, a specialist palliative care unit in St Helens and continues to also work as a Consultant at Clatterbridge.

She enjoys:

Horses. Away from work she is happiest riding and caring for a growing herd of equines including two Welsh rescue ponies who are very cute but very naughty! Other interests include sailing, preferably in warmer climates, and skiing although she has become less brave over the years.

She also:

Is committed to ensuring that patients and their families receive the best possible palliative and end-of-life care wherever they may be. She has provided clinical leadership in the development of the palliative care service here at the Centre and has also been instrumental in developing services provided by the specialist unit at Willowbrook Hospice.

Beside the Seaside Walk Sunday 10 May



Following the massive success of last year's day out at Crosby Marina beach, the 'Beside the Seaside Walk' returns on Sunday 10 May.

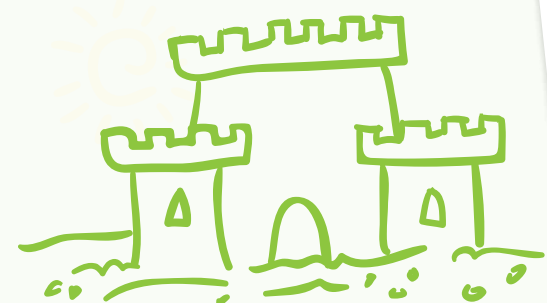
Last year over 1,000 walkers together with their family and friends made their way to the home of Anthony Gormley's iconic Iron Men, to take part in the charity walk. Walkers soaked up the summertime atmosphere, enjoying ice creams and music provided by Juice FM before setting off on their 5k or 8k walk along the beach.

This May, Crosby promenade will be awash again with a sea of green t-shirts as walkers make their way from the marina before returning along the beach to make sandcastles, leaving messages of hope and celebration for their loved ones.

We'll be joined again by Clatterbridge patient and Liverpool legend Pauline Daniels, along with the usual fun and games. As always, well behaved dogs are welcome and there will even be a 'pooch parade' for the best dressed!

It's set to be another great day. The perfect chance to spend time with family and friends, celebrate loved ones and enjoy a day at the beach while supporting The Clatterbridge Cancer Charity.

SIGN UP TODAY!
Visit www.clatterbridgecc.org.uk or call 0151 482 7948



Acute Oncology Nurse Practitioners

Advances in cancer treatment means that people are able to live a lot longer with cancer, but this also means doctors are now treating more cancer patients who require complex care.



Back row: Trudy Guinan, Steph James, Luke Scott, Chris Jones and Sarah Parker (Critical Care). Front row: Becky Gokce and Ruth Hannon

The development and success of our triage service also means we are seeing an increase in patients who are presenting through Triage rather than their GP or A&E department when they experience complications or side-effects of treatment.

As such we have invested in recruiting a team of Acute Oncology Nurse Practitioners to provide a responsive service for the increased demand of 24 hour inpatient care.

The team of six is made up of senior staff nurses working on shift rotation as an additional nurse on duty to support the day

and out-of-hours medical and nursing team.

Inpatient Lead Nurse Liz Morgan said: "The addition of this team ensures we have improved response when complex support is needed on the wards. The acute oncology nurse practitioner is solely available to assist the doctors in any emergency response situation, including emergency bed admissions and high dependency care. This means the regular staff nurses on duty have uninterrupted time for their patients and the doctors on duty have dedicated support when they need it the most, ensuring a safe environment for both staff and patients."

THE CLATTERBRIDGE CLINIC BOOSTS THEIR TEAM WITH TWO NEW RECRUITS!

The private Clatterbridge Clinic, an established element of the range of care we offer our patients, welcomes two new members of staff.

The Clatterbridge Clinic is celebrating the arrival of two newly-appointed members of staff, Pauline Stephenson and Donna McKeown. The new members of the now well-established private clinic team will further add to its expert care and facilities, ensuring The Clatterbridge Clinic upholds its growing reputation for exceptional private, personalised cancer care.

Donna qualified in 2004, starting her career at an intensive care unit in Belfast. She took a junior staff nurse position at Clatterbridge in 2005, where she discovered her passion for oncology nursing. Following the completion of a chemotherapy course in 2006, Donna consolidated her knowledge by undertaking a degree pathway in professional practice specialising in oncology. In 2006 Donna moved to our



daycase chemotherapy unit, Delamere. Shortly after, she was promoted to Senior Chemotherapy Nurse. Donna spent the remainder of her time there as Deputy Ward Manager, where she was instrumental in ensuring the highest standards of patient care were adhered to.

Pauline started her career as a qualified nurse in 2004, going on to achieve a nationally recognised qualification in delivering chemotherapy. She worked as a nurse on the day unit at the Royal Berkshire Hospital in Reading for three years, before leaving this role to gain valuable experience of providing care within the community. Returning to the Chemotherapy unit as a Senior Staff Nurse, Pauline was responsible for triaging patients and was involved in the setting up of a mobile chemotherapy service.

Since joining The Clatterbridge Clinic, Donna and Pauline have provided a wide range of treatments across cancer types delivering personalised care of an exceptional quality, which is tailored to the needs of their patients.

Skydive Sunday

We have the perfect solution for those who decided on the stroke of midnight on New Year's Eve that this was the year they would do something different, something life-changing or spectacular!

On Sunday 29th March a team of 40 skydivers will be preparing to take to the skies to take part in a 10,000ft tandem skydive. For those not content with freefalling for 60 seconds at 120mph there's the option to increase to 15,000ft and experience an extra 30 seconds on the UK's highest skydive. This is one of the most exhilarating experiences ever and coupled with the wonderfully serene sensation of floating once the canopy opens it's a once-in-a-lifetime feeling – unless you get the urge to go back up!

Make the most of 2015 and join our team of daredevils.



CHRISTMAS GIVING

In the last edition of C3, we told you about 10-year-old Aiva's incredible journey to recovery. The family were kind enough to share their story as part of this year's Christmas Appeal, raising money to help fund an incredible new piece of equipment here at Clatterbridge.

The response to Aiva's story was phenomenal, with donations flooding into our charity office, accompanied by hundreds of notes of support for our patients. The messages were made into bunting and used to decorate the hospital over the festive period. Thank you to everyone who made a donation to the appeal, raising a record breaking £34,000 so far!

At Clatterbridge we are always striving to improve our care, and with this fundraising support, will be the first hospital in the UK to treat patients with the Varian Edge treatment machine, the very latest in radiotherapy equipment.

Thank you to everybody who donated!

CALL OUR CHARITY TEAM ON 0151 482 7948

Making a regular gift



It's one of the most popular and easiest ways to support charity, but did you know that making a monthly gift by direct debit can also be one of the most important?

Here's why Chester wedding photographer Claire Penn gives her support:

"Like too many of us, I've lost loved ones to cancer. My mum was treated at Clatterbridge a long time ago, she died in 1990 when I was 17. I've now lived more of my life without her than I had with her and still miss her every day, but I believe you just have to get on with life and make the most of every moment. I only wish I'd had the chance to know her now... now that I'm an adult. I want to give more families the chance to do that and enjoy more of their lives together."

"Making a regular gift helps Clatterbridge plan for the future; to lead the way on research and new innovations to treat different types of cancer. The way cancer is tackled is always changing and it's because the charity can rely on committed givers that they can keep on helping to improve the care they give. I know that making a regular monthly

donation really adds up for the charity, while it's really easy for me to plan and budget for.

"The staff at the hospital do an amazing job and are so dedicated to making patients better, it's the least I can do to make sure more people survive cancer. It means a lot to me that the money raised by The Clatterbridge Cancer Charity will stay in our region – I didn't realise that their work is truly local, with chemotherapy clinics in hospitals all across Cheshire and Merseyside, as well as the fantastic work they do in Wirral and Aintree."

"Just a small donation every month, really can make a big difference – I'd urge everyone to join me, and let's get those amounts adding up."

If you would like to make a regular monthly gift like Claire, please complete the Direct Debit form on the page opposite. Thank you.



RECIPE OF THE MONTH



Spaghetti bolognese with butternut squash

Ingredients (serves 4)

- 1 tablespoon olive oil
- 1 large onion, finely chopped
- 2 cloves garlic, peeled and crushed
- 200g/7oz lean minced beef
- 400g/14oz can chopped tomatoes
- Half a butternut squash, peeled, deseeded and cut into 1cm/1/2" cubes
- 2 medium carrots, peeled and grated
- 1 teaspoon dried mixed herbs
- Freshly milled black pepper
- 400g/14oz wholegrain spaghetti

Method

Heat the oil in a heavy-bottomed saucepan on a medium-high heat, add the onion and stir until lightly brown, then add the crushed garlic and cook for a further 3 minutes.

Add the mince to the pan and brown lightly, stirring all the time.

Add the tomatoes, butternut squash, carrots, mixed herbs and season with freshly milled black pepper.

Bring the mixture up to simmering point, cover and simmer for 40 minutes, until the meat is cooked and the butternut squash has softened.

Meanwhile, cook the spaghetti according to the instructions on the packet.

Serve the sauce over a bed of spaghetti.

ASK A DIETICIAN

Q. Can the herb ginseng help with cancer-related fatigue?

A. A study involving over 360 patients with fatigue who completed treatment or were being treated for cancer took 200mg of American ginseng per day for 8 weeks. At the end of the study those taking ginseng had lower fatigue scores for both general and physical fatigue. If you are thinking about taking ginseng first discuss with your doctor or pharmacist as ginseng can interfere with other drugs you may be taking, such as warfarin. Also only buy from a reputable company whose labels you can trust. The label should read it's pure ground root of ginseng as opposed to an extraction.

Anagrams

Can you unscramble the words, all connected with a type of food or drink.

A MOTTO (6)	PAST EIGHT (9)
RE A JUG ON ICE (6,5)	PUB TUNE TREAT (6,6)
EAT (3)	REAP (4)
COOL CHAT (9)	FOE CEF (6)
ORDER PIG (8)	NECK HIC (7)

Answers on back page

I'd like to support The Clatterbridge Cancer Charity and help to change lives

Please send me more information on;

- Supporting the charity at work
- Fundraising as a group
- Taking part in events
- Volunteering
- Other

Name:

Address:

Postcode:

Telephone:

E-mail:

I'd like to make a monthly gift of

- £5
- £10
- £15
- Other

Instruction to your Bank or Building Society

Originators Identification No.

DF Reference (for office use)



Please pay The Clatterbridge Cancer Charity from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with The Clatterbridge Cancer Charity and, if so, will be passed electronically to my bank/building society.

To: The Manager

Bank/Building Society

Address

Postcode:

Branch Sort Code

Account No.

Signature(s):

Date:

Make your gift worth more with Gift Aid

giftaid it

I would like the charity to reclaim the tax on all donations I have made in the last four years, and all future donations. I am a UK tax payer, and I am paying at least as much in income and/or capital gains tax each year as the charity claims on my donations. If you cease to pay tax, or change your address, please contact the charity on 0151 482 7948.

MAILBOX

Your views



We know that there is amazing work going on in the Centre every day – if you have a story you would like to share or if you want to tell us about your experience or the experience of a loved one, please get in touch. We look forward to hearing from you...

Alexa Traynor - Associate Director of Strategic Communications and Marketing
 E: alexa.traynor@clatterbridgecc.nhs.uk
 T: 0151 482 7792



Next edition's Star Letter wins a meal for two, courtesy of Mowgli Street Food.

'Curry evangelist', Nisha Katona has taken Liverpool by storm since opening the hottest new restaurant in town.

Based on Bold Street, Mowgli Street Food serves traditional Indian dishes, without a Balti or vindaloo in sight. Nisha says "real Indian Street Food utterly rocks, I want to bring utterly authentic Indian Street Food and homespun dishes to Liverpool". The dishes are served in tiffin boxes, packed with explosive flavours that are sure to keep you coming back for more. Mowgli also make a donation to Clatterbridge from every 'keema therapy' dish sold!

Prize valid from 16th March - 30th April 2015, not to be used in conjunction with any other offer, terms and conditions apply, must be booked in advance, subject to availability.



Email your letter to alexa.traynor@clatterbridgecc.nhs.uk or post to Alexa Traynor, The Clatterbridge Cancer Centre, Bebington, Wirral CH63 4JY by Friday 13th March to be in with a chance of winning this prize. Please include your name, address and telephone number.

The winner will be announced in the Spring/Summer edition of C3 magazine.

Congratulations to Vincent O'Donnell from Crosby who wins a meal for two courtesy of Maray (as advertised in the Autumn/Winter edition)

We recognise the importance of your experience as a patient and those of your family and friends. If you have any compliments, concerns or complaints please contact: Sue Relph, Patient Experience Manager, on: 0151 482 7927 or sue.relph@clatterbridgecc.nhs.uk



Twitter is helping us keep in touch with you!

Follow us @CCCNHS to keep up-to-date on the latest news from the Trust and to let us know about your experience of the Centre.

TWEETS



ClatterbridgeCC NHS @CCCNHS: Want a video flythrough of how our new hospital in Liverpool would be built? Your wish is granted! <http://youtu.be/TciVbaY-00> @laing_ourourke



ClatterbridgeCC NHS @CCCNHS: One of our consultants is leading this natl trial of drug for breast cancer that's spread to brain with @CR_UK



Erin Louise Hunt @erinlouisehunt
 My mum handing over a cheque for £2,600 to Dr Whitmarsh of Clatterbridge Cancer Centre. So proud of her fundraising.



ClatterbridgeCC NHS @CCCNHS: Michael Harrison is one amazing guy, helping us pioneer a new treatment for bladder cancer. Hear how 1hr in at <http://www.bbc.co.uk/programmes/p02fm7wg>



ClatterbridgeCC NHS @CCCNHS: 'Parking will be free for patients & their visitors in our new cancer hospital' - story in today's @LivEchoneews <http://www.liverpoolecho.co.uk/news/liverpool-news/free-parking-continue-patients-once-8371459>



David Wotherspoon @davidwotherspoon Thanks to wonderful NHS staff at Clatterbridge and Southport who magiced away my bladder cancer at least for now. Their Christmas gift to me

Join the conversation @CCCNHS

Anagram answers:
 Tomato, orange juice,
 tea, chocolate, porridge,
 spaghetti, peanut butter,
 pear, coffee, chicken.

Anagram answers: