

**FREE**

please take  
me home



»» **Transforming Cancer Care**

£15 million new cancer hospital appeal launched

**In this issue...**

**Clatterbridge in the  
Community**

Chemotherapy at home extended  
to Liverpool patients

**Life after cancer in  
the fast lane**

Patient Pete Williams  
shares his story

**Pioneering Breast  
Cancer Trials**

Vital research using the  
'window of opportunity'



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Chief Executive, Andrew Cannell

Firstly, I would like to wish everyone a Happy New Year.

We ended 2015 with a major achievement – submitting an application for full planning permission for our new centre in Liverpool.

With this in mind, 2016 is going to be an incredibly exciting year for the Trust as we hope to get full planning permission in the spring and building work will start at the end of the summer. Following years of planning this will be a fantastic milestone and it will mark the start of an incredible journey.

To help us achieve this, our Charity will be launching a £15 million New Cancer Hospital Appeal later in the year. We already have a lot of people showing their support but we need more – take a look on pages 8-9.

We've had some big service developments over the last few months: we've extended our Treatment at Home service, we now have our own PET-CT, we've invested in new equipment and are working on some pioneering breast cancer trials. You can read about all of these inside this issue.

We have also carried out a survey into people's attitudes to cancer. The results, shown on pages 12-13, were a real eye opener and showed that work still needs to be done to raise awareness of the signs and symptoms of different cancers.

Chief Executive  
Andrew Cannell

## Get in touch >>>

We would love to hear about **your experiences** at the Centre, so please get in touch.

**Emer Scott**  
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🐦 @ccc NHS

## Our picks from the latest topics...

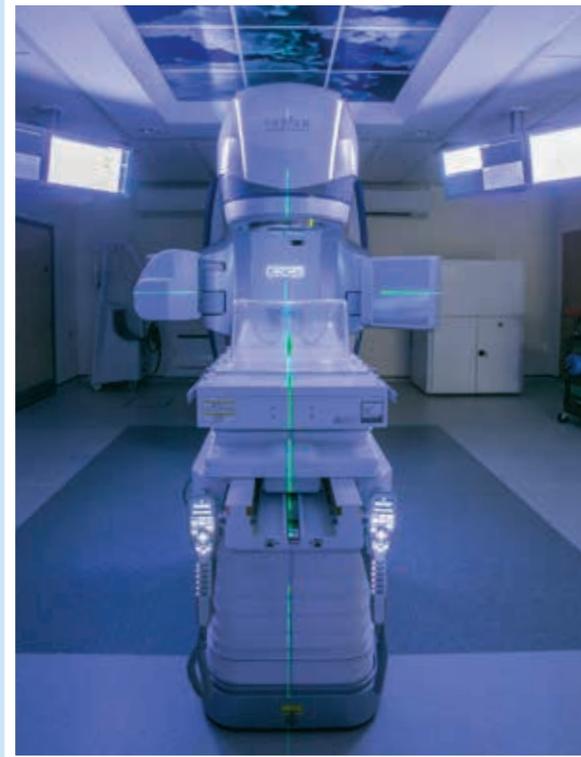
### £1.6 million investment in new radiotherapy technology

»» We have added a new world-class piece of equipment to our portfolio of treatment options.

With help from charitable donations, the £1.6 million piece of kit called the Varian Edge is the second machine of its kind to be purchased by the Centre. Working in sync with the original Varian Edge, specialists are now delivering more accurate radiotherapy treatment to patients with complex, hard to reach tumours.

Kieran Woods, head of radiotherapy, said: "The advanced technology will be primarily used to treat lung cancer patients with a specific technique called stereotactic ablative body radiotherapy (SABR). Whilst the technology itself delivers a faster treatment experience for patients, it will also help to streamline the treatment process by working in conjunction with the Edge we already have."

**We are the only UK facility to be recognised as a Varian Educational Reference Centre. As a leading facility for radiotherapy we host workshops and conferences for leading clinicians from across the globe.**



### Clatterbridge Board welcomes new executive member

»» Barney Schofield, Director of Transformation & Innovation joined us in November.

Barney previously worked as the Programme Director and Associate Director of Strategy at University Hospitals of North Midlands NHS Trust.

Barney is an Executive member of the Trust Board and will lead on the service redesign and organisational transformation required to prepare for our new cancer hospital in Liverpool, as well as supporting our innovative approach to cancer care and treatment.

The role includes identifying new opportunities to ensure we continue delivering true clinical excellence and the best quality care while remaining our long-term clinical and financial sustainability.

Reshaping our executive team with this new role emphasises the importance transformation and innovation will play in our continued growth and success and our ambitions in the coming years.

#### Welcome Barney!



### New PET-CT service

»» The Centre introduced a new permanent PET-CT service in November.

Positron emission tomography-computed tomography (PET-CT) is a diagnostic imaging technique that combines a PET scan with a CT scan to produce detailed pictures that provide even better information about how tissue is working. PET-CT has revolutionised medical diagnosis in many fields including cancer staging and radiotherapy planning.

A mobile PET-CT scanning unit previously operated at the Centre once a week, but following a £2m investment in a new scanner and estate improvements the Imaging department is now running our own permanent service. Working closely with colleagues at the Royal Liverpool hospital, who also have a PET-CT scanner in operation, we are now able to offer patients across the region a choice of locations at their earliest convenience to meet the national standard of a five-day appointment turnaround.

# Life after cancer in the fast lane

**74**-year-old Pete Williams from Warrington has been in the sport of motorcycle sprint and drag racing for over 50 years. That is however, with a 12-month break in 2010 when he was diagnosed with cancer at the age of 69. After chemotherapy and radiotherapy treatment, Pete took six months to recover and get well enough to race again, but he was determined to get back in the saddle and return to his life and passion for speed.

After five years of six-monthly check-ups, he is now in remission. And in August 2014, just one month before his 73rd birthday, he ran a speed of 203.1mph. Just to put that in perspective, it is as fast as a Formula1 car and 20mph faster than a jumbo-jet's take-off speed!

Pete told us: "I have gone far faster in my older years than I ever did in my younger years, and this puts paid to the 'knockers' I've had over the years who said I'm 'over the hill'. At least I've been to the 'top of the hill'!

"I suffered a heart attack in 1998, but got fit again and had my race licence granted to carry on. So getting the cancer diagnosis was a blow, but I knew if I kept my mind strong I could come through this the other end too. I was referred to Dr Haylock at The Clatterbridge Cancer Centre and the treatment and care I received could not have been bettered anywhere else. I am indebted to him and his team of nurses and radiographers for the excellent way in which I was looked after... and saved. When I was diagnosed with cancer, all I wanted was to get rid of it out of my body so I could get back to riding my bike. I had to focus on my recovery so I could get where I wanted to be.

"Everyone at Clatterbridge played a part in getting me to this point in my life where I have achieved my personal best.

"I was third quickest in Europe in my younger days back in 1968 on my home-built double-engined Triumph drag-bike. It covered the standing-start 1/4mile in 10.21 seconds setting a course record which I held for four years. My top speed then was 140.8mph. As it had two engines, and was also temperamental, I called that bike "Two Faced" and the name has stuck on all my machines.

"My recent drag-racing and land speed racing has been on my Suzuki Hayabusa which I bought second hand back in 2006 and spent two years radically modifying it for drag-racing. I clocked up a best speed of 196.6mph in 2012 but I needed a bit more power to reach my target of 200mph, so I fitted a nitrous oxide kit. I battled with adverse conditions – rain, head winds and cross winds at every attempt over the next two years to reach my target. But on the right day and using the nitrous – I did it! Not only did I do it, I exceeded it – 203.1mph!

"With that little extra boost, I got there. And I can't help feel it was the little extra boost from the team at Clatterbridge that got me through to remission. With all the available medical treatment in the world, sometimes it's a positive mental attitude and that little extra boost – whatever that might be – that will get you through. And in my case, better than I had ever been before!"

Dr Haylock said: "Pete's major passion is his sprint and drag racing; in many ways his simple determination has got him through. Ironically, he was quite saddle sore after his treatment but he never complained and was a model patient determined to recover. I have great admiration for the way he has focused all his efforts on getting himself well and getting back to what he enjoys most – speed!"

Pete added: "I have been building a new machine for some time now. It is powered by an aircraft engine! This one requires a fire-retardant suit. I wouldn't like to make any predictions about its speed but I will be disappointed if I don't get somewhere towards 300mph. I will keep going, as long as I remain upright!"



*“Everyone at Clatterbridge played a part in getting me to this point in my life where I have achieved my personal best.”*



## Living with and beyond cancer >>>

There are two million people living with or beyond cancer in the UK. This figure is set to rise to four million by 2030. It's a cause for celebration that more people than ever are surviving after a diagnosis but we know the impact of cancer does not suddenly stop when treatment is over. The Living With and Beyond Cancer in Merseyside and Cheshire programme launched last year is a two-year project funded by Macmillan Cancer Support and hosted by The Clatterbridge Cancer Centre. Visit the website [www.livinglongerlivingbetter.org.uk](http://www.livinglongerlivingbetter.org.uk) for more details.

Pete Williams (centre) with friends Chris Cullen (L) and Ben Cullen (R)

# Positive response to new hospital designs



Detailed building plans for our new cancer hospital have been submitted to Liverpool City Council for full planning permission, after receiving an enthusiastic thumbs-up from people who took part in a four-week consultation on the final architectural designs.

The consultation, which ran from 19th October to 13th November, sought people's views on anything that might be relevant to the application for full planning permission, including the building design and environmental impact.

A mobile exhibition visited Paradise Street in Liverpool, Aintree Shopping Park, Asda Bromborough, Royal Liverpool Hospital and The Clatterbridge Cancer Centre's sites in Wirral and Aintree to give people the chance to comment. They could also see the designs and give their views on the Transforming Cancer Care website ([www.transformingcancercaremc.nhs.uk](http://www.transformingcancercaremc.nhs.uk)).

The response was overwhelmingly enthusiastic with almost all the 382 people we met at the roadshows saying they were impressed by the design and the building plans. People also made helpful suggestions and comments – for example, about the importance of art in creating a warm and welcoming feel and the value of the social space so inpatients don't feel lonely in single rooms.

The new hospital in Liverpool will be in addition to services at our existing site in Wirral and our radiotherapy unit on the Aintree hospital site.



## Cleaning, portering & inpatient ward catering

A company called ISS has been chosen following a competitive tender process to provide 'hotel services' in the new cancer hospital.

The contract will cover catering for inpatients, cleaning and porters. It does not include services at Wirral, our Aintree radiotherapy unit, or catering in public areas of the new hospital.

The decision follows a formal open tender process and 18 months of hard work by staff from across The Clatterbridge Cancer Centre and patient representatives.

# Let us introduce ourselves

Telephone service helping reduce new patients' anxiety

»»» Attending your first appointment at any new experience can be daunting, and we understand it can be quite overwhelming for new patients attending the Centre for the first time, especially after receiving the shock of a cancer diagnosis.

Where possible our administration teams aim to follow up the first appointment letter by telephoning new patients to confirm their appointment details. But the team decided this telephone call should be enhanced further to include more information to help the patient absorb instructions better and also improve the support we could provide to them at their appointment.

So, a new pilot scheme was initiated in September using four different consultants' caseloads. Two members of the Administrative Services Team have been making detailed phone calls to each new patient in the pilot, using a telephone

script to deliver small practical, but important, pieces of information on:

- driving directions to the hospital,
- parking and public transport instructions,
- details of amenities etc at the Centre.

Results of the pilot published in January showed the phone calls have been well received by patients, with 99% of participants agreeing the calls were useful and helped reduce the stress of their first appointment.

Sue Eagle, Head of Administrative Services said: "Although this is extra work for the team, we all felt it was important. The success of the pilot has shown how patients appreciate the personal contact and practical information, and we are now looking to roll this out for all consultants' patients. Even if we simply help them arrive at the front door less stressed, it will be worth the extra effort. We are always seeking to improve our care, however small the change may be."



142

patients were surveyed

99%

said the call helped reduce the stress of their first appointment

## Our telephone numbers are changing in 2016

»»» Later this year The Clatterbridge Cancer Centre will be changing its telephone numbers.

We are moving to a new telephone system that will provide a better service and help save money by reducing the costs of outgoing calls. Costs to call the Centre will not change.

When we change to the new system, the main

switchboard number will change from 0151 334 1155 to **0151 556 5000**.

Direct Dial telephone numbers for departments and our satellite radiotherapy centre in Liverpool will also change, along with internal extension numbers.

Don't worry if you don't know the new numbers

straight away as we will have a divert in place for approximately 6-12 months; so any calls to old telephone numbers will be automatically routed through to the new numbers.

Once all of the numbers go live we will be publicising them on our website and on posters and leaflets across the hospital.



## £15 million New Cancer Hospital

**Plans for the major new cancer hospital are almost complete with building work due to begin this year.**

As our vision to transform cancer care gets one step closer, it becomes clearer that this is an opportunity to achieve great things. We want to build the best hospital we possibly can in the heart of Liverpool and make big investments in our Wirral site. We know we can do this, but we need **your** help. Later this year we will be launching a £15m New Cancer Hospital Appeal to help ensure we can do the best we can today, for cancer patients of the future.

We've heard from some patients who told us what **The Clatterbridge Cancer Centre, and the New Cancer Hospital Appeal** means to them. >>>

**Andy from Prenton** "In 2012 my wife Julie was diagnosed with an aggressive form of brain cancer. It was so important to me to be with her for the entire journey. I wanted comfort, and to make the most of my time with my loved one. It was my focus, that I could hold her hand as she slipped away. To hear that The Clatterbridge Cancer Charity will fund reclining chairs at the new hospital, so patients can be close to their loved ones when they need it most will be invaluable to thousands of people in the future."



**Jonny Vegas and his Dad Lol**

"You hear that word and you think the worst. Your head goes to places it shouldn't really go to, it's a natural reaction. But when you go to Clatterbridge, they're so professional. It's overwhelming just how positive an atmosphere there is. It seems odd that you think yourself lucky that you got ill where you got ill. Thankfully, my Dad has come through this treatment and I'd like to say thank you for the peace of mind you gave us. The Clatterbridge Cancer Charity really needs to raise £15m, and if they do, we can ensure this once in a generation project happens. YOU can help Transform Cancer Care, not only for our families, but for families in the future."

**Bernie from New Brighton** "My daughter called me and told me she had a lump in her breast. They say be careful what you wish for, because I wished it was me instead. Unfortunately in 2009 it was me as well as her. Nobody knows what's round the corner, you just have to enjoy life. I know some people can't afford to give an awful lot of money, but well, I dress up as a green bucket and collect loose change from people. My husband and I have now raised £179,000. Every penny adds up, so please get behind this wonderful appeal."



## Appeal



**Terry from Bootle** “They found out through scans that I had cancer of the liver two years ago, then earlier this year I was the first person in the UK to trial a brand new therapy which helps my body’s immune system identify and fight the cancer. The potential that these developments might bring is huge, and I’m very proud that this is happening in our area. I want to call on the people of Liverpool, Wirral, Cheshire and beyond to help build the best possible hospital we can.”



**Becky from Liverpool** “They told me the cyst they had found was a type of cancer. My ears were ringing, I didn’t even know what to think – everything went muffled. Cancer strikes the family, and it could be anyone no matter what age you are. Clatterbridge is a fantastic place that gives unbelievable treatment. We were in awe of how they made cancer seem like nothing to be scared of. How anyone does that I really don’t know.”

**Beth from Upton** “My life before diagnosis was very happy. Then it was confirmed that unfortunately the cancer that was initially breast cancer, was metastatic and had spread to my liver and my bones. My oncologist put me on a new clinical trial; 11 months in, I remain on it. The New Cancer Hospital Appeal for me, will mean more doctors doing more research, and I know myself, being on a clinical trial that it’s living breathing proof that research is working. Please give what you can.”



### Info >>>

You can hear these stories in full in our New Cancer Hospital Appeal film. Visit [clatterbridgecc.org.uk](http://clatterbridgecc.org.uk) to watch and find out how you can be part of this incredible journey or call **0151 482 7948** to have a chat and find out more.

With your help, we can make the most of this once-in-a-generation opportunity for the people of Merseyside, Cheshire and beyond.



# Cancer treatment in the comfort of your own home

*"We want to make our patients' treatment journey as smooth as possible."*

## Nurses from the Centre are taking our world-class chemotherapy service into more patients' homes.

Following the success of a pilot scheme, we are now delivering more treatments in patients' homes as we expand our pioneering 'Treatment at Home' service to Liverpool patients.

The service was first piloted on suitable Wirral patients receiving Herceptin (trastuzumab) treatment (given for the treatment of breast cancer). The service was expanded to the Halton and Chester regions, and more recently suitable patients in Liverpool and St Helens have benefited from receiving their treatment in the comfort of their own homes.

This service is part of the Clatterbridge in the Community programme, offering specialist treatment away from a hospital setting and closer to home. For many patients, they will always receive treatment in a Clatterbridge Chemotherapy Clinic, but a percentage of 'qualifying' patients will be offered this new treatment

option by their consultant.

Joan Spencer, General Manager for Chemotherapy services at The Clatterbridge Cancer Centre, said: "We want to make our patients' treatment journey as smooth as possible and one way of achieving this is by being able to offer suitable patients the option to have their treatment in the comfort of their own home. For some patients it can be a struggle and extra stress travelling to our clinics for treatment – we want to avoid this where possible and offer alternatives.

"The project is still in the early phases so we currently only offer this service to suitable patients receiving Herceptin (trastuzumab) treatment. In the future we are looking at offering this service to more patients receiving different types of chemotherapy and for different cancer types."

One patient who is benefitting from the new service is 76-year-old Lilian Kenrick from Heswall. She said: "If you're diagnosed with cancer you will travel anywhere to get the best treatment but to be offered a one-to-one service in your own home

is truly fantastic. The service I have received is second-to-none – having a dedicated specialist in your home to give you your treatment and answer any questions or just have a chat makes a real difference. I would certainly recommend the service and I believe it's definitely the way forward."

Please discuss the **Treatment at Home** options with your consultant.

# 100%

A survey was carried out in May/June 2015 of **37** patients who had received their chemotherapy treatment at home and the feedback was exemplary.

**100%** of patient said they were very satisfied with the service and would recommend home treatment to others and **100%** agreed that they were well looked after, had confidence in the nurse's ability and felt safe receiving treatment at home.

# The Hair Fairy!

»»» 51-year-old Tracy Potter opened Hair Fairy Wigs in Gateacre, Liverpool nearly five years ago. But her business is more than just a shop selling wigs. Her personal experience with hair loss at an early age pushed her to create something to help and encourage women going through the painful experience of losing their hair.

She said: "I have had alopecia since I was 11 years of age. I've lost all my hair, eyelashes, eyebrows – the lot, so I know exactly what these patients are going through. As a supplier the shop is on the NHS supply chain list, and I've worked closely with Clatterbridge since opening. It's been a great commercial success so far, but what I am more proud of is the support I'm able to offer my clients.

"With the help of friends, I've been running a free pamper session called 'Look Good Night'. The sessions are open to anyone who is experiencing hairloss, and they can bring a friend

along for support. We run them in the shop, away from the hospital environment, and the atmosphere is always lively! We offer a drink on arrival and we have a make-up artist on hand to give advice, and if possible a mini makeover. There is a hairdresser who can trim your wig, a nail technician and therapists to talk through skin care issues. I'm running them every other month at the minute and I'd like to invite any readers of your magazine to come along."

Anyone wanting to take Tracy up on her offer to join the free pamper sessions, please contact her direct on

0151 428 8881 (between 9-4pm).

Tracy was recently selected, in recognition of her personal contribution to society, to attend a special 60th anniversary Women of the Year Lunch in London. The lunch celebrates exceptional women for being an inspiration to others, demonstrated by their courage, selflessness and dedication.

We celebrate Tracy too! Thanks for all you do for our patients.

Visit [www.hairfairy.com](http://www.hairfairy.com)

## Hello my name is...

»»» NHS staff across the country are being asked to tell their patients their name, as part of a campaign launched by a terminally ill doctor on Twitter.

The "hello my name is" campaign was started by Yorkshire doctor Kate Granger after she became frustrated with the number of staff who failed to introduce themselves to her when she was an inpatient with post-operative sepsis.

Dr Granger has terminal cancer but continues to work as an elderly

medicine registrar. Since leaving hospital, she started a campaign on Twitter asking NHS staff to make a pledge to introduce themselves in future to their patients.

The Centre is supporting the campaign to remind about the importance of introductions in the delivery of care. Susan Reynolds, Manager of Advanced Nursing Service, said: "We firmly believe that it is important to know someone's name, but this runs much deeper. This is more than just knowing someone's name; it's about making

## #hello my name is...

a human connection, beginning a therapeutic relationship and building trust to deliver compassionate care. We are passionate in supporting this campaign. Look out for the campaign name badges on staff uniforms."

Staff and patients are being asked to show your support for Dr Granger's campaign on Twitter by sending her a message at @GrangerKate, include your name and the phrase **#hellomynameis**.

Don't forget to follow the Centre on Twitter. Our twitter name is @cccnhs



# Worrying attitudes to cancer

» Would you be willing to **change your lifestyle to reduce the risk of cancer?**

A recent study has exposed that, when asked what Brits would be willing to do to reduce their risk of cancer:



- Just **20%** of smokers said they would quit



- Only half (**53%**) would be willing to take up regular exercise



- **51%** would not lose weight



- **60%** would continue to top up their tans by sun worshipping or using tanning beds



- Less than half (**46%**) would hit the hay earlier and get a better night's sleep



- **34%** wouldn't opt for a healthier diet



- **59%** of drinkers wouldn't be willing to drink less



- **14%** wouldn't change a thing

»» A study<sup>1</sup> conducted on behalf of The Clatterbridge Cancer Centre has uncovered worrying attitudes amongst Brits towards cancer.

The survey, which questioned 2,010 UK consumers on their opinions about cancer, also revealed a glaring lack of knowledge amongst many of the nation's adults, showing that there is work still to be done in increasing widespread awareness and understanding of the disease.



Despite a recent medical study advising that up to 90% of cancers are caused by external factors<sup>2</sup>, the survey carried out for The Clatterbridge Cancer Centre found that people are reluctant to change their lifestyle habits to reduce the risks, suggesting that many are prepared to take a chance with their health.

The study also found that an unwillingness to make small lifestyle changes isn't the only thing plaguing the nation when it comes to cancer awareness. Although 63% understand that the earlier you are diagnosed, the easier it is to treat cancer, the majority display a shocking lack of knowledge when it comes to signs and symptoms, even of the most 'common' cancers. According to the study, many people still aren't sure what to look out for.

When asked if they felt confident that they would recognise the symptoms of different cancers, more than half said that they wouldn't recognise the early signs of breast cancer. The figures were frighteningly low for the UK's other three most common cancers, with just 14% knowing the symptoms of prostate cancer, 18% lung cancer and 24% bowel cancer. And well over 90% of people wouldn't recognise symptoms of other common cancers including pancreatic, ovarian and uterine (womb) cancers.



Interestingly, of those surveyed, 64% had had direct experience of cancer, either having had it themselves or with an immediate family member who had.

Dr Peter Kirkbride, Medical Director of The Clatterbridge Cancer Centre NHS Foundation Trust, said: "A healthier lifestyle can significantly reduce the risk of developing cancer as well as improving general health and wellbeing. Eating better, moving more, drinking less alcohol and reducing sun exposure will mean you're much less likely to develop cancer, and smokers can get lots of support to help them quit.

"Recognising early symptoms of cancer could save your life – the sooner you're diagnosed and start treatment, the better the outcome – but this survey has revealed that many people just don't know what warning signs to look out for. On top of this, there are many types of cancer that people haven't heard of

at all. Cancer can occur anywhere in the body.

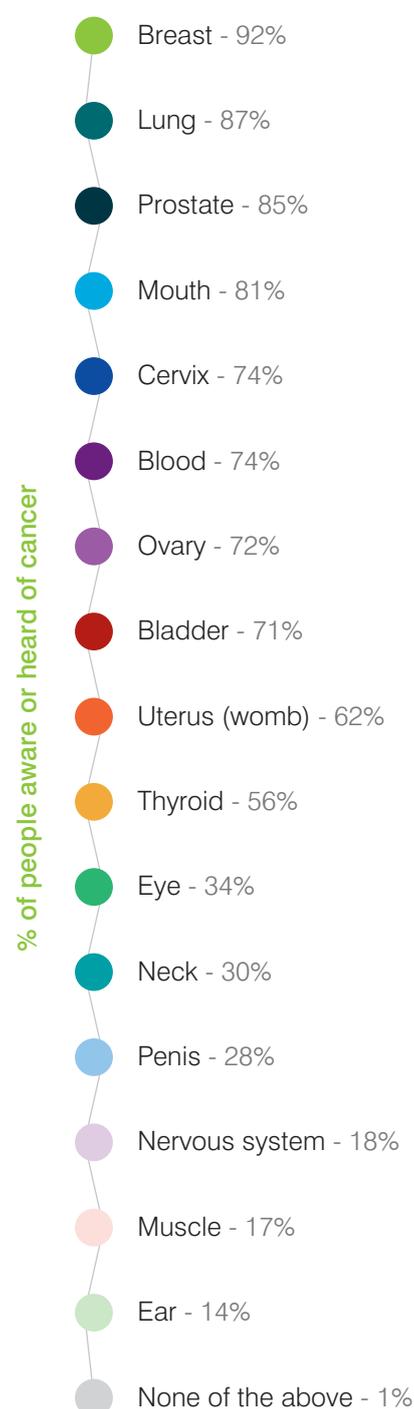
"Cancer treatment is progressing all the time and places like The Clatterbridge Cancer Centre are carrying out new research and clinical trials, both for common and rarer cancers. It's really important, however, that we all do what we can to reduce our chances of developing cancer by leading healthier lifestyles – and that people know what symptoms to look out for and consult a healthcare professional if they develop them.

**"Early diagnosis and early treatment helps save lives."**

For full survey results visit our website [www.clatterbridgecc.nhs.uk](http://www.clatterbridgecc.nhs.uk)

For advice on how to check for signs and symptoms of cancer visit [www.nhs.uk/conditions/cancer](http://www.nhs.uk/conditions/cancer)

As well as signs and symptoms, the study shows a huge span in the awareness levels of different types of cancer. There are over 200 types of cancer<sup>3</sup>, yet many people don't realise just how many types there are, or that it can affect so many different parts of the body.



<sup>1</sup> Independent study of 2,010 UK consumers, conducted by The Leadership Factor in December 2015 for the Centre

<sup>2</sup> Research from Stony Brook University, New York, published in 'Nature' December 2015

<sup>3</sup> Cancer Research UK

# 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?

We receive lots of nominations every month to acknowledge and reward staff for going that extra mile. It's wonderful to hear about all the great work staff are doing to make the Centre and your experience the best it can be.

## Staff Achievement Award

### Here's your last four winners:

#### September 2015

##### Jo McCaughey, Helen Flint & Nikki Kernaghan

Principal Pharmacists & the IM&T Pharmacy Manager went the extra mile in supporting chemotherapy electronic prescribing during a recent issue. They worked voluntary weekends and came in on days off to ensure no patient delays and to support consultants.



#### October 2015

##### Beverley Williams, Imaging Assistant

Beverley was nominated for her continued dedication and passion even though she has been undergoing treatment for breast cancer herself. She is hard-working, meticulous and innovative in her work and supportive and thoughtful to patients and colleagues.



#### November 2015

##### Kate Hancock, TYA Psychologist

Kate was nominated for the amazing life changing work she does with young people and their families. She helps them cope with anxiety and fears throughout treatment and offers flexible appointments so they can continue education and work.



#### December 2015

##### Roy Cockerill, Phlebotomist

Roy's nomination commented how he has the 'magic touch' when taking blood samples. He is known for always being pleasant and happy and goes the extra mile to visit patients on the wards in his spare time to follow up his care.



## The Care Certificate

»»» Congratulations Radiotherapy Support Worker, Deborah Prout, our first Health Care Support Worker to have achieved completion of The Care Certificate standards.

The Care Certificate was introduced as a national initiative following the Cavendish Review (July 2013), and in response to the Francis Enquiry it is now mandatory that all new Health Care Support Workers (HCSW) undertake this programme of learning as part of their induction. The Care Certificate is a recognised qualification, transferrable to other

health and social care settings.

Helen Porter, Director of Nursing and Quality, said: "We have always ensured a clear competency framework for health care support workers to ensure safe practice and to support them in their development; however this nationally recognised programme supports and enables new staff to take their first step on the career ladder and also offers opportunities



for existing staff to refresh or improve their knowledge. Congratulations to Debbie, and thanks to all the staff who have worked hard to implement the new standards and support their colleagues undertaking them."

## From the office, to the frontline >>>

>>> Newly qualified radiographer Emma Holmes is a familiar face around the hospital; she's worked here for more than 10 years. With the help and encouragement from her colleagues Emma decided it wasn't too late to have a change in career and swapped her admin job to return to learning.

Emma told us: "I started working in the radiotherapy department in 2005 as the Radiotherapy Clerk. I love working here, I knew it was somewhere I never wanted to leave.

"I'd always wanted to have a career in therapeutic radiography, but with young children, and bills to pay it wasn't ever an option for me to return to education. But working here, and seeing the brilliant work they do for patients, it became more and more of an enticement. I was hitting 40 and the reality was 'it's now or never'.

"I honestly don't think I could have ever done it without the support from my colleagues. They encouraged me to apply for the degree course.

Trying to juggle being a mum and a mature student was hard, but so worth it. I graduated last July on my 44th birthday with a 2:1 BSc in radiotherapy from the University of Liverpool and I've been employed as a radiographer since September.

"I'm so lucky to be doing something I love. Working with the patients every day is so rewarding, they make all the hard work worthwhile. I can't thank everyone enough for supporting me, especially the General Manager of Radiation Services Julie Massey for all her advice, and Sue Nixon, my office buddy! Thank you for believing in me."

Emma won a research prize for her undergraduate dissertation, which was a literature review looking at HPV vaccination and the possibility of a gender neutral vaccination programme in the UK. She also won a student competition run by the Society of Radiographers for an article based on her dissertation.

**Well done Emma!**



Sue Nixon (L) and Emma Holmes (R)

*"I'm so lucky to be doing something I love."*

## It's a win win for Callie! >>>

>>> We all know PAT\* dog Callie wins hearts around the Centre regularly, but did you know she's been winning awards for her agility skills too?



Her 'off duty' hobby helps keep her physically and mentally active, owner Sue Yates told us: "She's been competing for two years now and has earned herself

a huge box full of rosettes! She practises regularly and really enjoys the competitions. They usually involve a pattern of up to 20 obstacles

including jumps, weaving poles, the seesaw and a plank walk. She's getting round the course in about 40 seconds which is impressively fast!

"She has earned herself so many rosettes; she's decided to share them with her young friends at the Centre. When she first met Freddy he was wearing a red baseball cap, so as well as giving him loads of love, she gave him her biggest red rosette to keep.

Just her way of saying thank you to him for giving her so much love back!"



8-year-old Freddy Williams with his red rosette gift from Callie

\*Pets As Therapy



# Windows of opportunities: Pioneering Breast Cancer Trials

1.7 million new cases of breast cancer and 500,000 deaths from the disease were recorded globally in 2012. It also remains the most common cancer in the UK with around 51,000 people diagnosed each year.

Breast cancer is not one single disease – there are several different types. It can be diagnosed at different stages and can grow at different rates. This means that treatments will vary, depending on the type of breast cancer the patient has.

Professor Carlo Palmieri, Consultant Medical Oncologist at the Centre, is leading the UK in two pioneering studies focused on breast cancer. Prof Palmieri is prominent in developing and initiating translational and clinical research trials in the area of breast cancer, and is the chief investigator on a number of studies. These two research trials, due to commence this year, will provide vital insight into potential new treatments for two different types of breast cancer.

*“Our new hospital in Liverpool will offer us our very own window of opportunity to be more active and lead on similar, essential research studies to develop new ways of beating this disease.”*

## EMERALD

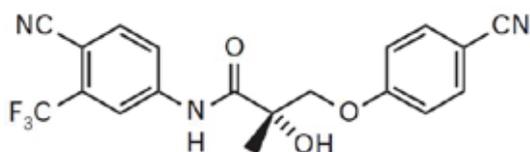
The 'oestrogen receptor' is found inside cells. The receptor is activated by the female sex hormone called oestrogen and is a key driver for the growth of breast cancer cells. Over 80% of breast cancers express the oestrogen receptor (ER), making them oestrogen positive (ER+). Drugs which target and block ER called 'endocrine treatment' are key in the treatment of such breast cancers. The widespread use of endocrine therapy has helped significantly improve outcomes in ER+ breast cancers, however some breast cancers do not benefit from endocrine treatment and there is a vital need to develop new treatments.

Previous research had shown that using male sex hormones called 'androgens', which bind to and activate the androgen receptor (AR+), was an effective treatment for breast cancers. However, the use of androgens fell from use due to its side effects, as well as the development of newer endocrine drugs such as tamoxifen and letrozole which are used as hormone therapy options. Recently the development of a drug called enobosarm (GTx, Memphis) which targets the androgen receptor, without the side effects previously seen, has awakened the potential for using drugs which activate the androgen receptor as treatments for breast cancer. In a recent study of patients with secondary or advanced breast cancer enobosarm showed evidence of clinical activity.

The **EMERALD** study, funded by Cancer Research UK, will be the first study to investigate the effects of enobosarm in early untreated, newly diagnosed breast cancer which is both oestrogen and androgen receptor positive. The study will use the two week period between diagnosis of breast cancer and surgery to give endobosarm to the patient to see how the drug affects the behaviour of breast cancer cells. Such studies which use the period between diagnosis and surgery to test a new drug are called 'window of opportunity' or 'window studies' and are key to the development and introduction of new agents in breast cancer.

The **EMERALD** study is set to enroll approximately 150 postmenopausal patients with newly diagnosed ER+/AR+ early breast cancer who are awaiting breast surgery. Patients will be randomised to receive the enobosarm drug versus no drug treatment.

### Enobosarm (GTx, Inc.)



## BLUEBELL

The second study, **BLUEBELL**, will focus on treatment of women with advanced human epidermal growth factor (HER2+) breast cancer and brain secondaries. This study has been funded by support from The Clatterbridge Cancer Charity and Cancer Research UK.

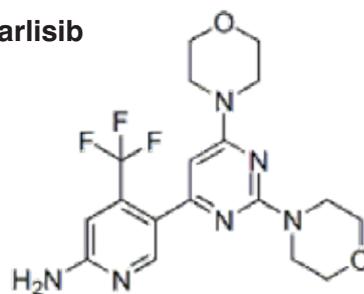
15% of breast cancers overexpress the HER2 receptor and this type of breast cancer is generally more aggressive. Since 2005, the introduction of drugs which target the HER2 receptor (HER2 directed therapies), such as trastuzumab and T-DM1, have dramatically improved the outcomes for women with both early and secondary breast cancer which is HER2+.

However, studies in the laboratory have also shown that HER2 promotes spread to the brain and recent clinical data has shown that as patients with secondary breast cancer live longer (as a direct result of successful HER2 directed therapies); brain secondaries has become a problem experienced by more and more women. Given this, there is a real need for better treatments to control the disease once it has spread to the brain. The growth of HER2+ breast cancer cells that have spread to the brain is, in part, dependent on a network within the cell called the 'PI3K pathway'. The **BLUEBELL** study aims to test a drug called buparlisib (Novartis) which blocks this pathway in patients with newly diagnosed HER2+ brain secondaries.

In **BLUEBELL** patients with HER2+ brain secondaries who are awaiting surgery will receive buparlisib for approximately two weeks. A special brain scan to record the activity of the cancer cells called a PET scan will be performed before and after the patient has taken buparlisib to assess its effects on the cancer. The study will also analyse brain tissue taken from the patient during surgery. This, like **EMERALD**, uses the period of time, or the window of opportunity, before surgery to test a new cancer drug.

Prof Carlo Palmieri said: "Both studies are using the skill and expertise of colleagues in Liverpool and beyond. Research funded by charity donations and grants are crucial in developing and introducing new treatments to benefit patients now and in future generations. Our new hospital in Liverpool will offer us our very own window of opportunity to be more active and lead on similar, essential studies to develop new ways of beating this disease."

### Buparlisib



## It's a Bronze for Clatterbridge Physicists!

An intrepid team of physicists from The Clatterbridge Cancer Centre have been raising cash for our charity, but while many would rely on a sponsorship page to boost funds, this team took it a step further!

Racing against 150 teams, Robert Biggar, Laura Howard, James Howard and Alice Biggar took part in The Banger Rally – Salo or Bust. The car race started in Cornwall with the finish line in Salo, Italy. Having lovingly converted a

£240 Honda into a Super Mario Kart the team took on this epic drive across Europe in a bid to hit their fundraising target, with no idea that they were about to come third out of 150 teams!

Robert told us: "We were really keen to support Clatterbridge and taking part in this adventure was perfect. Armed with only a cassette player and carrier bag of tapes we created so many amazing memories."

The team have so much to be proud of

for winning the bronze medal in the race, and for being such incredible ambassadors for the charity.



## Show your support >>>

Donations can be made in support of the team by visiting their online fundraising page

[www.uk.virginmoneygiving.com/team/SaloOrBust2015](http://www.uk.virginmoneygiving.com/team/SaloOrBust2015)

## ATidy Afternoon Tea

Legendary cartoonist Bill Tidy picked up his pen and delivered his unique presentation to an audience of 1862 Club members and guests at The Royal Liver Building in November.

He was ably supported by Ken Dodd who took to the floor with an impromptu performance whilst those assembled enjoyed a champagne afternoon tea. Originals of Bill's cartoons were sold with half the money coming to the charity alongside Doddy's famous tickling sticks.



Cartoonist Bill Tidy drew up as storm with Ken Dodd

## Get involved >>>

For more information about The 1862 Club or if you're thinking of organising your own event or sponsored challenge, contact the charity team on **0151 482 7948**.

## John jumps in the saddle to rein in funds

When John Berry from South Wales hit 50 last year, he wanted to take on a 'proper challenge'. Having owned racehorses for a number of years, he decided it was time to learn to ride and compete in a race.

John says: "The whole experience was brilliant – it was really difficult to learn to ride but I was spurred on by all the generous donations I received. I thought it would be a way of giving something back to the local area where I've done business for so long."

John successfully completed the Charity Flat Race at Ffos Las in November 2015, raising over £14,000 for The Clatterbridge Cancer Charity. He said: "I came last, but I definitely had the biggest cheer of the day."

**You're a winner in our eyes John.**



## Consultant profile

# Professor Pieter Postmus

Consultant Thoracic Oncologist

**H**e joined The Clatterbridge Cancer Centre and Liverpool Heart and Chest Hospital in March 2015 and was also appointed Honorary Professor of Thoracic Oncology at the University of Liverpool.

He is one of the world's leading experts in the clinical specialty of lung cancer, having been involved with the treatment of lung cancer patients since 1978. He was previously the Chief Thoracic Oncologist in Groningen, the Netherlands for 10 years, and then spent 23 years as Professor and Head of the Department of Pulmonary Diseases at VUMC in Amsterdam. In that time he built a research and referral centre for the Netherlands for thoracic oncology, endobronchial therapy and pulmonary vascular disease.

He is now working with colleagues across Merseyside and Cheshire to improve care for lung cancer patients through clinical research and concentration of care.

## »» He enjoys:

Pieter is a family man and enjoys spending time with his family and friends. Personal interests: sports, reading, art.

## »» He also:

Likes to stimulate young people to get the best out of their talents by focusing on clinical research to answer patient and disease-related questions.

## »» He said:

"Lung cancer is a challenging disease. But doctors need to be able to surmount it for the benefit of their patients. Only specialised doctors will be able to do this."

*"Lung cancer is a challenging disease. But doctors need to be able to surmount it for the benefit of their patients."*

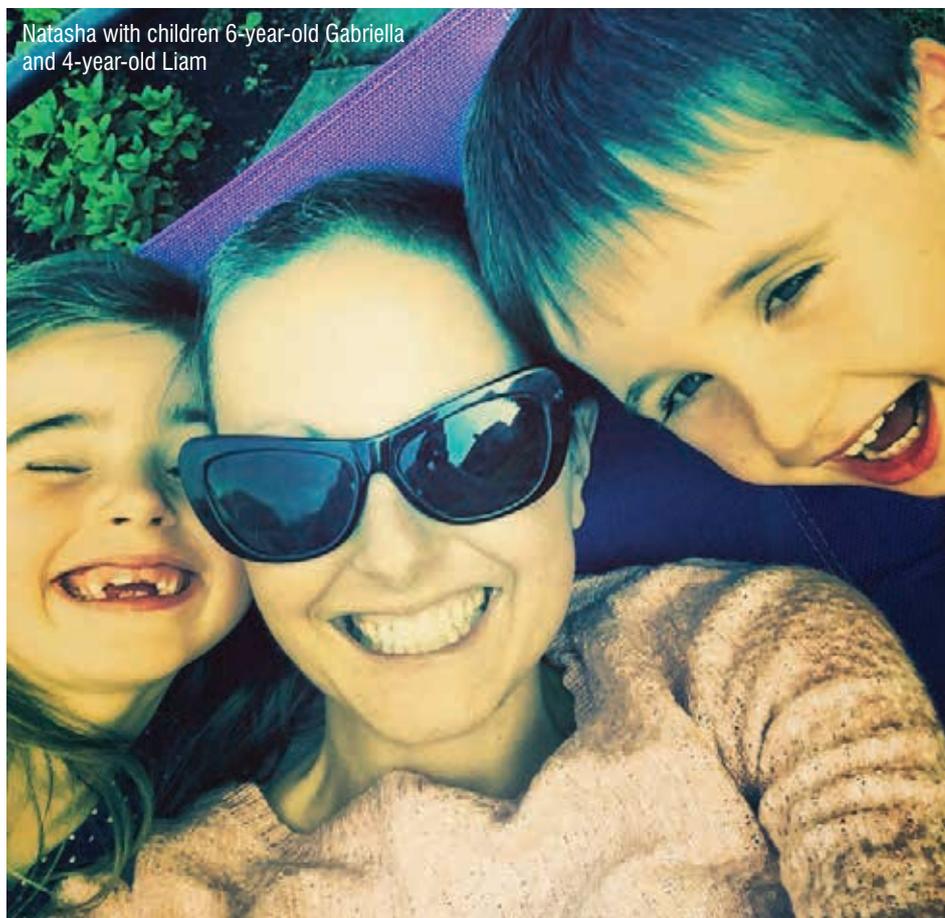
# Liverpool mum is inspiring fellow cancer patients with wellbeing initiative

**I**nspirational mum-of-two Natasha Grindley from Liverpool, a patient at Clatterbridge Private Clinic, has turned her cancer diagnosis into a positive cause for change.

The 37-year-old was diagnosed with stage four stomach cancer 18 months ago and is currently undergoing treatment with Dr Raj Sripadam. Based on her own experience, she established Facebook page 'Heal for Real' to share her story. Through the page, Natasha shares information and advice on how patients can help

their bodies through diet and exercise whilst undergoing treatment. After discovering a new passion for how food can affect the body, she studied for a Diploma in Nutrition, which she gained earlier this year.

Following a wave of support from people worldwide, the 37-year-old now has plans to turn 'Heal for Real' into a website offering an online portal for nutritional information and wants to roll out other patient support initiatives across the country.



Natasha with children 6-year-old Gabriella and 4-year-old Liam



**She explains:** "My diagnosis was tough but meeting my oncologist, Dr Sripadam, at the private clinic gave me real hope. He was really understanding and calmed me down, making my situation a lot clearer. He made it very easy to understand all of the treatment options available to me, which were many, and helped me to decide the best route to go down. Within a week I started chemotherapy.

"Before my diagnosis, my diet was dreadful. I was given a guarded prognosis but with two young children to think about, I wanted to give my body the best chance I could possibly give it whilst I was having treatment and so I started reading up on ways that I could help myself as I underwent the chemo.

"I started to change what I ate, cutting out sugar, processed foods and introducing foods with high levels of alkalinity. I noticed big improvements in the way I felt. I set up a Facebook page, 'Heal for Real', to share my findings. It began to gain momentum and followers from across that world, who were all interested in what I was doing. It was then that I decided to go even further, gaining a Diploma in Nutrition earlier this year.

"Nutrition and wellbeing are close to my heart. During such a difficult time of my life, knowing I'm making a difference to other people is spurring me to carry on. There is so much more I can do and learn and I'm constantly looking for new things to share. I'm working on turning 'Heal for Real' into a website.

"My treatment is continuing and new options are becoming available all of the time, which Dr Sripadam is on top of. I'm confident that the prognosis will be good. I have a great support network, with my family, friends, all of the chemotherapy nurses around me and my supporters online who are all playing a part in my treatments. I feel really positive about the future."

\* Please note that this is a patient story based on first-person experience. The Clatterbridge Cancer Centre and Clatterbridge Private Clinic do not endorse third party advice that is not directly from our clinicians.

# Meet your Governors

»»» **Governors representing the Wirral constituency invite you to meet them in the relaxed atmosphere of the Community Room, at the Tesco Bidston Moss site, Wirral on Thursday 21st April between 5 and 7pm.**

This meeting is a chance for the governors to highlight their role and the work they are involved with to improve patients' experiences of care at The Clatterbridge Cancer Centre. This is also an opportunity for people in the community and members of the Centre to raise any concerns that they may have, directly to the governors, as well as give feedback which the governors can then take back to the board.

Tesco Community Champion Debbie Layfield is kindly facilitating the meeting and providing free refreshments.



Public Governors for Wirral: Jeanette Appleton (L) and Angela Cross (R)

## Become a Governor »»»

»»» The role of a governor is very important. This is an opportunity to be a part of your local cancer centre, give a voice to its members and advice to the board of directors to impact the direction of the organisation.

We want to make sure the people we serve are involved and included when we make important decisions about how we operate. As a governor you can represent the interests of our members and be the link between the hospital, its patients, staff and stakeholders. You can give local people and all those who use our services a greater say in how we are run.

Any member over the age of 16 can be a governor as long as you live in an area that the hospital serves.

You don't need to have experience of formal meetings; full training and support will be provided. Governors are not paid; the position is voluntary, however, expenses in connection with attending meetings can be claimed – such as mileage allowances or public transport costs.

If the idea of being a governor interests you, call **Andrea Leather** on **0151 482 7799**. We can have a quick chat about what's involved and send you an information pack with more details.



## Dates for your diary

### Governor elections

Governor nominations open on **3rd June** and close on **1st July**. Members can vote for the Governor they wish to represent them between **25th July** and **17th August**.

Governor results will be announced on **18th August**.

### Public Council of Governor meetings (The Clatterbridge Cancer Centre)

Monday 21st March 5.30pm  
Monday 4th July 5.30pm  
Monday 31st October 5.30pm

### Annual members' meeting

Thursday 22nd September

## Events Calendar

**MAR** **Sunday 27 March**  
**Skydive Sunday**  
 Make your Easter Sunday 'eggstra' special and join us for an amazing tandem Skydive.

**APR** **Sunday 17 April**  
**The Clatterbridge Wig Walk**  
 Grab a fun wig, your family and friends and join us at Crosby Coastal Park for our annual 5 or 8k walk along the promenade.

**Saturday 30 April**  
**Liverpool Spring 5k**  
 This hugely popular 5k takes place in leafy Sefton Park, Liverpool.

**MAY** **Sunday 29 May**  
**Rock N Roll Marathon – Liverpool**  
 Sign up for one of our charity places and join team Clatterbridge on either the half or full marathon.

**JUN** **Sunday 19 June**  
**Mersey Tunnel 10k**  
 Run through the Mersey Tunnel and a coastal jog to the finish.

**Sunday 12 June**  
**Wirral Coastal Walk**  
 A 15 mile walk taking in Wirral's fabulous coastal line.

**Sunday 16–21 June**  
**Cycle Transylvania**  
 Fancy 'getting your teeth' into a real challenge? Join our team of cyclists in the heart of Romania.

**JUL** **Saturday 16–Sunday 17 July**  
**Nightrider Liverpool**  
 100km bike ride taking in Liverpool's and Wirral's iconic landmarks at night.

**SEP** **Saturday 3 September**  
**Man vs Mountain**  
 Caenarfon Castle to Snowdon summit run. Not for the faint hearted.

**Sunday 4 September**  
**Ride of the Roses**  
 Cycle challenge through stunning rural Lancashire

## Find out more

Find out more about our Charity events at [www.clatterbridgecc.org.uk](http://www.clatterbridgecc.org.uk) or call us on **0151 482 7948**

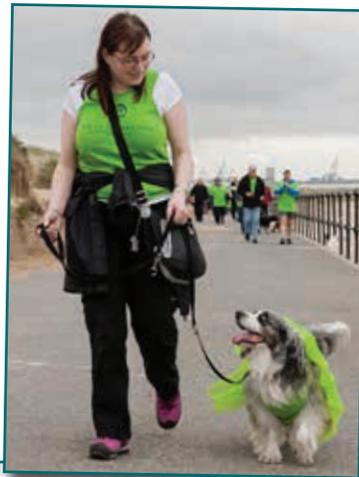
## The Clatterbridge Wig Walk

Our annual Beside the Seaside Walk has had a makeover and will be returning this April as The Clatterbridge Wig Walk.

Walkers will be making their way along the promenade at Crosby Coastal Park, home to Antony Gormley's world famous iron men, in an array of colourful wigs. It was great to see everyone's pet dogs last year and our Pooch Parade will certainly be back before the walk begins.

This has fast become one of our favourite events, the atmosphere as our walkers gather together at the start with their friends and family is truly uplifting. We'd urge everyone to come and join us for a day at the beach and take part in the 5k or 8k walk.

**Sign up today at [clatterbridgecc.org.uk](http://clatterbridgecc.org.uk)**



## Grand Atlantic Ball

Grand voyages across the sea was the theme of our annual Ball in October 2015, held at The Titanic Hotel's Rum Warehouse.

Hundreds of guests attended, helping to raise an enormous £105,000 with auction items that included tickets to the Royal World Premiere of Spectre, with our charity Patron, 007 himself, Daniel Craig.

Supporting the charity on the night were patient Becky Brothwood aged 18 who spoke movingly of

her experience at Clatterbridge and Andy Shute who shared his story having recently lost his incredibly brave wife Julie. The atmosphere was electric on the evening and we're delighted to announce that our next Charity Ball will take place in Autumn 2016.

## Info

Be part of what is set to be a magical evening. Call us today to book your table on **0151 482 7948**.



## Roasted Butternut Squash with Sautéed Shiitake Mushrooms and Fresh Sage

### Makes 4 servings.

Per serving: 121 calories, 7g total fat (1g saturated fat), 14g carbohydrate, 2.5g protein, 2.5g dietary fibre, 25mg sodium.

### Ingredients:

- 3 cups cubed butternut squash, 1/2-inch (1 lb.)
- 2 Tbsp. extra virgin olive oil, divided
- 4 oz. package fresh shiitake mushrooms, sliced
- 2 cloves garlic, minced
- Salt
- 4 fresh sage leaves, coarsely chopped
- Freshly ground black pepper
- 1 Tbsp. freshly grated Parmesan cheese

### Directions:

1. Preheat oven to 350 degrees F.
2. In medium size bowl, toss squash with 1 tablespoon olive oil.
3. Arrange butternut squash on baking pan. Roast until fork tender, about 25-30 minutes. Set aside.
4. In large skillet, heat remaining oil over medium-high heat.
5. Add mushrooms, garlic and pinch of salt and sauté 4 minutes.
6. Add sage leaves and continue sautéing 2 minutes.
7. Mix in squash. Continue to sauté another minute.
8. Season to taste with pepper and serve warm garnished with cheese.

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  
 Leave a lasting gift in my Will

Name:

Address:

Postcode:

Telephone:

Email:

### 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**.

## Brain teaser

Fill in the blanks so that each row, each column and each of the 9 3x3 grids contain one instance of each of the numbers 1-9.

		5			3		1	2
	1						7	4
2								
					7	8		
		4			6		2	7
		6			2			
4			5	7				
		1			8	7		5
		2		1				6



# PharmaC

## Beat the habit

Have you made the decision to stop smoking and you need a bit of extra support and advice?

Our on-site pharmacy – PharmaC – is offering a smoking cessation service for staff, patients and visitors thanks to a partnership with the Wirral Stop Smoking Service and the Wirral Livewell Programme.

Trained stop smoking advisors are available to offer support and advice. They will discuss a support plan and talk through the alternative Nicotine Replacement Therapies (NRT) available – such as patches, inhalator, gum and lozenges. Following this, they will offer a weekly appointment to monitor progress and provide any additional support.

▶▶▶ If you would like to make an appointment call **0151 552 1837** or email **info@pharmaccc.co.uk**

**The advice session is free of charge**, but there is a prescription charge of £8.20 (per item) for NRT, unless your prescriptions are free.

**There will be no charge for Clatterbridge Cancer Centre patients.**



### Hospital shop and café

The Royal Voluntary Service shop and café provides convenient refreshments for patients, visitors and staff and provides a welcoming place to take a break.

**Opening times:**

**Wirral**

- **Coffee Shop** (main entrance)  
8am-5.30pm Mon-Fri, 11am-2pm Sat & Sun
- **Tea Bar**  
9am-5pm Mon-Fri, closed at weekends

**Liverpool**

- **Coffee Shop**  
(main entrance)  
9am-4pm Mon-Fri

\* The RVS also provide a trolley service to inpatient wards before noon every day.



### Brain teaser Solution

Page 23

8	4	5	7	9	3	6	1	2
6	1	9	8	2	5	3	7	4
2	3	7	6	4	1	5	9	8
1	2	3	4	5	7	8	6	9
5	8	4	9	3	6	1	2	7
9	7	6	1	8	2	4	5	3
4	6	8	5	7	9	2	3	1
3	9	1	2	6	8	7	4	5
7	5	2	3	1	4	9	8	6