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»»» **Celebrities
go green for
Clatterbridge**

»»» **In this issue**

Lauren is top of the class

Newly qualified teacher refused to let cancer wreck her teaching dream

Outstanding rating

The Care Quality Commission rates us outstanding

Health angels

Motorbike enthusiasts helping save lives and money for the NHS



The Clatterbridge
Cancer Centre
NHS Foundation Trust

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Chief Executive, Andrew Cannell

Chair, Wendy Williams

We are so proud to tell you that we have been rated as outstanding by the Care Quality Commission. This is a fantastic achievement for the staff as we are one of only five specialist trusts in the country to receive the highest rating possible.

The CQC rated us as outstanding in all areas for our care – this wouldn't be possible without all of our wonderful staff and volunteers, we are very proud of their continued hard work and dedication and they fully deserve this rating. You can read more about this on page 7.

In February we launched our New Cancer Hospital Appeal to raise £15m towards the development of our new cancer hospital in the heart of Liverpool. The day was a huge success and some local sporting celebrities helped us mark the landmark event – see pages 12 & 13.

We would like to thank everyone who supported our first every **#letsogreen** campaign. Some of the region's iconic buildings turned green during the week of our Appeal launch and helped us make a real impact.

We've had some major developments in treatments and research that you can read about throughout the magazine.

There's also some wonderful stories about our young patients and how staff have helped them through their treatment journey; the things staff put in place to help make their experience at the centre less daunting are really inspiring – everything from Spiderman to Lego!

If you are a patient and would like to share your story, you can contact us on the details here.

Chair
Wendy Williams

Chief Executive
Andrew Cannell

Get in touch >>>

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

Alexa Traynor
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Communications

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🐦 @ccc NHS

Our picks from the latest topics...

»» Prostate cancer trial: surgery v radiotherapy

»» Prostate cancer patients are being invited to take part in groundbreaking research at the centre that hopes to establish whether just five treatments of radiotherapy are as good as surgery for fighting the disease.

The Prostate Advances in Comparative Evidence (PACE) trial is aimed at men who have been given an early diagnosis and follows the results of the CHHiP trial, a major study released in 2015 which found that fewer, higher doses of radiotherapy are as effective as giving lower doses for a longer period, effectively cutting the number of treatments prostate cancer patients need.

As well as examining the surgery versus radiotherapy option, in a separate arm, PACE will investigate whether the number of radiotherapy treatments can be reduced even further by administering greater doses with higher accuracy, a technique called stereotactic radiotherapy, or SABR. This will see participants having just five sessions, as opposed to the 20 recommended after the CHHiP research.

Dr Shaun Tolan, Consultant Clinical Oncologist at the centre and member of the study's Trial Management Group, said: "We've already seen prostate radiotherapy schedules slashed from seven and a half weeks to four weeks and now PACE is looking at the possibility of treating men in one week. This would be a very attractive option for men who wish to avoid surgery or for men who are concerned about the tiredness associated with lots of travelling and the disruption to work and family life caused by many weeks of treatment."

Suitable patients will be offered a place on the trial by their oncologist and surgeon.

Experimental Cancer Medicine Centre - major research investment

»» Cancer Research UK and the National Institute for Health Research plan to invest nearly £1.5m over the next five years into ground-breaking work at the Liverpool Experimental Cancer Medicine Centre (ECMC).

The Liverpool ECMC is a collaboration between The Clatterbridge Cancer Centre, the Cancer Research UK Liverpool Cancer Trials Unit and scientists and researchers at The University of Liverpool. The ECMC gives people with cancer access to cutting-edge treatments by testing new ways of detecting and monitoring the disease and how it responds to treatment through early phase clinical trials.

Professor Dan Palmer, Centre Lead and Consultant Medical Oncologist at CCC said: "We are very proud that Liverpool has been awarded this funding and ECMC status. Over the next five years we will increase the number of clinical trials we're running and this investment means we will be able to continue our work in developing new cancer drugs – getting discoveries from the laboratory to clinical trials in patients and learning as much as possible from our patients to initiate new research."

Scientists use modified cold sore virus in cancer research

»» Patients at the centre are benefitting from ground-breaking research that has modified the cold sore virus to treat skin cancer.

Clatterbridge is one of the top recruiters for the international trial to use the genetically modified version of herpes on melanoma patients.

Called T-VEC, it is injected directly into the tumours and releases substances to help fight cancer. Crucially it is not harmful to normal cells. Significantly, it is only to treat melanoma that has not spread to bone, brain, lung or other internal organs.

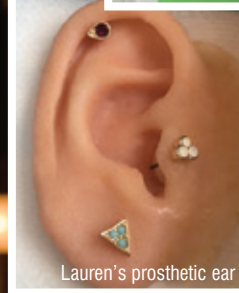
Dr Joseph Sacco, Consultant in Medical Oncology, and local investigator for the trial, said: "This stage of the trial is about understanding more about how treatment works in patients, both locally in injected lesions, and through the stimulation of the immune system. Ultimately we hope that the research will help us identify which patients are most likely to benefit, thus helping us choose which patients to offer T-VEC to."



Dr Sacco

Top of the class

Lauren refused to let skin cancer wreck her classroom dream



Lauren's prosthetic ear

"I had never been on a sunbed and had only had one beach holiday. How had this happened to me?"

Newly qualified teacher Lauren McFerran was determined that nothing would stop her pursuing her dream of being in the classroom, even when her ear was removed due to skin cancer.

The 22-year-old from Wallasey, Wirral was treated at the centre in 2015. She first noticed a mole on her ear when she went to get a piercing. A biopsy confirmed she had stage 3B Malignant Melanoma.

Lauren told us: "I was studying for my English degree, aged 20 and enjoying life as a student at The University of Liverpool. I had gone to get my ear pierced and noticed I had a mole. Tests revealed it was melanoma. Skin cancer. I had never been on a sunbed and had only had one beach holiday. How had this happened to me?"

"An operation followed to remove the tip of my ear and lymph nodes that were also affected. I hoped that was the end of it but during a holiday

in Yorkshire with my boyfriend we noticed a bruise like mark on my cheek. The cancer was back and this time my whole ear had to be removed. By this point I was training to be a teacher at Edge Hill University and I really didn't want to take any time off my studies."

Lauren has had skin grafts from her arm and groin to repair the damage to her cheek. She also had radiotherapy over six weeks at Clatterbridge in Wirral.

"I wasn't going to sit about feeling sorry for myself. The staff at Clatterbridge were really great and let me have my sessions in the early evening after my school training placement. I did my other studies when I could.

"After I graduated I decided I wanted to do something to help The Clatterbridge Cancer Charity.

"I received the most incredible support from the centre, which has proven invaluable. The new hospital in

Liverpool will include a specialist unit for young people, something that is very close to my heart. Having cancer can be a very isolating experience for young people and having a facility especially for teenagers and young adults is essential for helping them cope with treatment.

"I organised a charity event in January and we raised £3,325 for The Clatterbridge Cancer Charity and we are planning to do more.

"The care I received helped me fulfill my ambition of qualifying to be a teacher. I want to help other young people with cancer realise their dreams too."

Anne Temple-Murray, Consultant in Clinical Oncology at the Centre added: "Lauren is an exceptional young woman. She has had a very positive attitude to her surgery and radiotherapy, both tough treatments to go through whatever the age of the patient.



Lauren, Mum Wendy and friends helped raise £3325 for our Charity



Did you know?

- Seven people currently die each day as a result of skin cancer in the UK, that's more than the number of people that die in Australia.
- Melanoma, the most deadly skin cancer, is now one of the most common cancers in young adults aged 15-34 in the UK.
- Over the last 25 years, rates of Melanoma in Britain have risen faster than any other common cancer.
- Malignant melanoma is almost twice as common in young women (up to age 34) as in young men, but more men die from it.

Remember - the most important fact!

More than **80%** of all skin cancers are caused by over-exposure to UV radiation from the sun and/or sunbeds - that means that the **majority of all skin cancers are preventable by undertaking simple sun safety measures.**

Make sure you follow the Five S's of sun safety:

SLIP on a t-shirt

SLOP on SPF 30+ broad spectrum UVA sunscreen

SLAP on a broad brimmed hat

SLIDE on quality sunglasses

SHADE from the sun whenever possible



"She continued to study and work throughout her six week course of radiotherapy at Clatterbridge and was unfailingly cheerful even when the side effects became more difficult.

"Melanoma is a skin cancer that is increasing across all ages, including young people. Young women are affected more than young men and this could be related to episodes of sunburn and the use of sunbeds. This is not always the case however, as seen with Lauren, who has looked after her skin and avoided over exposure to the sun.

"Genetic factors can increase a young person's risk of developing melanoma, such as fair skin, red or blonde hair, increased numbers of moles and family history. It is vital for all young people to protect their skin from over exposure to the sun and avoid sunbed use. They should check their skin regularly, and see their GP if they notice any worrying

changes in new or longstanding moles, such as altered shape, colour or size, itching and bleeding. If we catch melanomas early then surgery will cure a majority of them, so promoting awareness amongst our young population is critical."

Lauren is urging people to be aware of their skin. She said: "I'm not a sun worshipper, so if I can get skin cancer anyone can. I received the most incredible support from everyone at Clatterbridge, not to mention the treatment that helped save my life. If anything the experience has made me a stronger person, with the right support around you, including specialists, cancer teaches you that you can achieve what you want, regardless of the situation you are faced with. Now it's time to move on with the rest of my life, but I intend to help where I can to raise awareness of skin cancer and raise as much money as possible to help teenage and young adults with cancer."

Transforming Cancer Care update

PropCare launches



PropCare

PropCare, a new subsidiary company wholly owned by the Trust launched on 1st April.

It will now be responsible for programme management and delivery of the new cancer centre in Liverpool and as well as the refurbishment of our Wirral site.

It will also be responsible for ongoing estates and facilities management at the hospital's sites.

In the future PropCare will also market its services and expertise to other potential clients, generating income that will be reinvested back into the hospital to benefit patient care. PropCare is crucial to the hospital's future and will play a vital role in enabling the successful delivery of the Transforming Cancer Care Building for the Future programme.



BUILDING
for the future

We're now on site in Liverpool!

The Trust has now taken possession of the agreed land to build our new hospital in Liverpool and we've started site excavation and work on foundations.

This is an exciting milestone that brings us one step closer to beginning full construction of the cancer centre which we expect to start later this year.



BUILDING
for the future

Blood cancer service

Plans to bring together the care of people with blood cancers with care for those with solid tumours have now reached a significant point. The blood cancer service provided by the Royal Liverpool University Hospital will become part of The Clatterbridge Cancer Centre from 1st July 2017.

This has been slightly delayed from the original planned date of 1st April 2017 to enable final operational discussions to be concluded.

The outpatient, inpatient and day case services will continue to be delivered in their current location within the Royal Liverpool University Hospital before moving into The Clatterbridge Cancer

Centre's new 11-floor hospital next door.

We will then begin work to further improve care by expanding The Clatterbridge Cancer Centre's chemotherapy at home service to include blood cancer patients.

This is a fantastic opportunity to ensure that the care of patients with blood cancer in Liverpool leads the way nationally, by delivering highly-specialist, expert care as close to home as possible.



CARE
for the future

Health inspectors » rate us **OUTSTANDING**

»»» The Care Quality Commission inspected our centres in Wirral and Aintree, and our chemo clinics across the region in June 2016, and found staff were “enthusiastic about the care they provided” with a “tangible sense of willingness to go the extra mile”.

The Trust was rated as outstanding in all areas for its care.

The inspection report was received in February and stated: “The positivity and compassion shown by staff and reflected in the feedback from patients was outstanding.”

In chemotherapy, staff were praised for being passionate and committed. The report noted: “A patient receiving treatment on the Delamere Daycase Unit told us that ‘cancer is the loneliest place to be in the world, when you’re standing in a storm alone and wondering what to do and it’s dark and then suddenly you’ve got all these friendly faces looking at you and offering you a hand to get through. That’s what the staff here do, they pull you through or even carry you through the storm which is the darkest time of your life and they lighten it up for you.”

In radiotherapy, the inspectors reported the equipment and techniques “were some of the most advanced in the country”. Here they also found a robust leadership which contributed to a culture of improvement, and said patients were “extremely complementary about the service”.

They added: “We spoke with the parents of a child who was having radiotherapy; they said the treatment and care their child had received was exemplary especially by the specialist radiographer.”

The teenage and young adult unit was singled out for enabling family to stay overnight with patients, and holding monthly peer group meetings, like pizza evenings or afternoon tea.

There was also a special mention for Callie, from Therapy Dogs Nationwide who visits the wards at the Wirral centre.

The inspectors rated end of life care as good, noting the services were led by a dedicated specialist palliative care consultant and team of specialist nurses with a clear vision. The report also noted the fact the Trust has a “wide portfolio of research and was involved in both treatment and data trials”.

The Chief Inspector of Hospitals, Professor Sir Mike Richards, said: “The Clatterbridge Cancer Centre NHS Foundation Trust is a centre of excellence delivering state of the art care, with a leadership team that was visible and respected. Staff were proud to work at Clatterbridge and spoke positively about the care they delivered. There was a friendly and open culture.”

Andrew Cannell, Chief Executive of The Clatterbridge Cancer Centre NHS Foundation Trust added: “We are delighted with the overall rating, in particular being rated outstanding for caring across all our departments which recognises the high standard of compassionate care our staff strive to provide for every single patient who comes through the doors.”

“I am very proud of the hard work and dedication shown by all our staff and volunteers. They fully deserve this rating.”

Andrew Cannell



» Gardening as a way to keep active

»»» There are many benefits in taking part in physical activity before and after cancer treatment, and a group of cancer patients in Liverpool are reaping the rewards.

The green fingered bunch have cultivated with time and love the most fabulous of allotment patches. The plot is situated close to our radiotherapy centre in Aintree and is open to anyone who has attended the Macmillan HOPE course and subsequent HOPE Goes On group support meetings.

Patient and wife team Ray and Lesley Willis have spent lots of time working the land at the plot. Lesley told us: "The Hope Goes On group meets on the 1st and 3rd Wednesday of each month. We have lots of activities going on but one of our main projects has

been the allotment. A lot of hard work by group members has transformed an overgrown patch into what we have today.

"We have regular meetings there either for a working party or just for a social get together. It's a relaxing spot, sometimes it feels like you're in another country – it's hard work, but it's nice to just chill out there too.

"We grow (or try to with varying success!!) strawberries, potatoes, tomatoes, courgettes, runner beans, leeks, onions, swede, peppers, cucumbers, sweetcorn, radish, beetroot, lettuce, cabbage, rhubarb. We have also made jams and chutneys from our produce, and we share the crops between the members of the Hope Goes On Group, it's a real group effort."



Macmillan's Free Cancer Survivorship Course

Help Overcoming Problems Effectively - HOPE

Finding it difficult to return to your life after cancer?

This 2½ hour a week Cancer Survivorship course running over six weeks will help you to take back the wheel.

If you are coming to the end of your hospital treatment or have already completed it and need support to take back your life then register for the course by contacting **Anne-Marie Orford** on: **0151 556 5869**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

We need volunteers to help patients with hair loss

»»» There's been a small change to the Headstrong service that is held at the centre in Wirral.

Headstrong is a free service offered to patients who are preparing for hair loss due to cancer treatment. Trained volunteers hold appointments on Tuesdays and Wednesdays in a private salon room to offer support and practical information about hair loss, scalp care and headwear choices.

The service was previously delivered by Breast Cancer Care, but the centre has now taken over the delivery of the service. All of the same wonderful volunteers remain but we are currently looking to expand the team to offer more appointments on more days.

Do you think you could help? For more information and to have a chat about volunteering for the service call

Diane Jones, Volunteer Co-ordinator
on **0151 556 5275** or email
diane3.jones@clatterbridgecc.nhs.uk



New treatment helping to reduce the risk of breast cancer spreading

» Breast cancer patients at the centre are being offered a treatment which can improve their chances of survival while also protecting them from bone thinning.

Post-menopausal women, who are newly diagnosed with breast cancer, are being given the opportunity to receive zoledronate, one of a class of drugs called bisphosphonates. The treatment is administered by specially trained nurses at our hospital in Wirral and has now been extended to our clinics in Aintree and St Helens. More than 400 patients have now been treated.

Originally intended to help prevent osteoporosis in cancer patients, analysis of the results of previous trials in this area found that bisphosphonates could both reduce the risk of bone complications following traditional treatment and, significantly, reduce death rates by 3.3%.

The study was led by Professor Robert Coleman from the University of Sheffield's Department of Oncology and Metabolism. Previous clinical trials of bisphosphonates in early breast cancer had shown mixed results but taking all their results together, a clearer picture emerged. It found that among 11,767 post-menopausal women, bisphosphonate treatment not only produced a larger reduction in bone problems, it also reduced the risk of dying from breast cancer.

The most common site for breast cancers to spread to is bone. Bisphosphonates alter the bone microenvironment, which may make it less favourable for cancer cells and so reduce the risk of cancer recurrence in the bone and other organs. The treatment is administered to patients by intravenous drip, once every six months for three years. It is started as soon as possible after surgery, or at the same time as patients receive chemotherapy following surgery.

Dr Helen Innes, Consultant in Medical Oncology at The Clatterbridge Cancer Centre, said: "This drug is something we are offering to post-menopausal women who are newly diagnosed with breast cancer.

"The meta-data has shown that this treatment not only helps prevent long-term problems with bone thinning after diagnosis but can also, in some cases, prevent a recurrence of the cancer.

"We want to give our patients the best possible treatment and the best possible chance of living beyond their diagnosis. This drug is another tool towards our aim."

The bisphosphonates treatment innovation was identified in the recent Care Quality Commission report (see page 7) as "market leading". Inspectors commented how "patients with breast cancer were receiving the very latest evidence based treatment to reduce their risk of death and reoccurrence".

Noah is our superhero

Spiderman made a special visit to the centre to visit the **hospital's very own little superhero.**

»»» Three-year-old Noah Carrick from Congleton in Cheshire couldn't believe his eyes when there was a knock on the door in the recovery room and Spiderman walked in. Noah said: "Spiderman just knocked on the door!"

Mum Claire had dressed her son in his own costume after his treatment, but she had kept the visit a surprise. She said: "I told him he was getting a surprise because he had been so good but I didn't tell him what it was. He thought it would be a present and his face when Spiderman walked in was a picture."

The two superheroes went for a walk round the centre in Wirral before playing with Mr Potato Head.

Claire said the visit had been a welcome boost for little Noah who was first diagnosed with the rare cancer alveolar rhabdomyosarcoma

in 2014, aged 16 months, after a lump developed on his back.

He was treated with chemotherapy, before undergoing surgery to remove the tumour. Noah and his family travelled to America in March 2015, where he received proton beam therapy, funded by the NHS, in Oklahoma over 10 weeks and he reacted well to the treatment.

However, in August 2016 further tests followed and doctors broke the news that Noah had a secondary brain tumour. He had surgery and underwent radiotherapy at Clatterbridge, as well as chemotherapy.

Mum Claire said: "He loves coming to Clatterbridge. From the people at the front desk to every member of staff we meet, everyone is wonderful. We couldn't ask for more.

"I can't put into words how much it meant for him to meet Spiderman. There was pure joy on his face."

The visit of Spiderman was organised by The Clatterbridge Cancer Charity and the Mark Gorry Foundation, which was founded by Mark before he lost his fight against testicular cancer.

The man behind the mask was dad of three Ian Prescott from Widnes, who has done extensive charity work for the foundation.

Sarah Stead, Paediatric Specialist Radiographer at The Clatterbridge Cancer Centre, said: "I'd like to say a big thank you to the Mark Gorry Foundation for bringing Spiderman to meet our very own little superhero.

"Meeting Spiderman has given Noah the boost he needs to finish his radiotherapy, it touched everyone's hearts."



"Meeting Spiderman has given Noah the boost he needs to finish his radiotherapy, it touched everyone's hearts."

The Global Corporate Challenge

»» Staff stepped out in Autumn 2016 to join the 100 days Global Corporate (step) Challenge, a health and wellbeing initiative that began with one step in Wirral and soon went worldwide - around the world three times over no less.

A total of 196 employees (28 teams of seven people) from the centre laced up their trainers and put their best foot forward. Each team was assigned a team captain with poetic license on their team name (The Kevin Bacon Fan Club being a favourite). The gauntlet was thrown down to participants to record 10,000 steps each day for 100 days. Steps were recorded on a pedometer device allowing contestants to walk, run, swim and cycle towards their daily goal.

A total of 291 teams from all over the globe signed up to the challenge.

And the Clatterbridge winners were.... The Red Hot Chilli Steppers, who walked, ran, swam and cycled to the virtual summit after 100 days having covered 5,067 miles. That impressive stride propelled them to 15th in the world rankings!

Linda Morris, Health & Wellbeing lead said: "Staff at the centre have really embraced the importance of regular exercise and this challenge has helped them realise the benefits to their overall physical and mental health, and the confidence exercise can bring. It's been a great effort by everyone, and a lot of fun. Can you believe we came 15th in the world? That's a fantastic achievement."



The Red Hot Chilli Steppers



Linda Morris (left) and Director of Nursing & Quality Helen Porter with The Kevin Bacon Fan Club team



Beth Edmondson, Red Hot Chilli Steppers

I have a problem with my hip and my physio has been so pleased with my progress due to my extra exercise that she's discharged me and said that I can just keep going as I am.

Mark Fisher, Red Hot Chilli Steppers

The challenge was incredibly important to me personally because of my health - I have hypertension, obstructive sleep apnoea, and Type 2 diabetes. Regardless of where I ranked in the challenge, I smashed it because it has created a healthy lifestyle change for me.



Steve Morris, One Step Beyond

I now see teams out striding around the site at lunchtime to get their count up. It also shows the value of staff being able to get a proper lunch and get some fresh air and exercise at that time. Especially over the winter when people are less likely to exercise in the evenings after work.



The distance covered by 196 Clatterbridge Cancer Centre employees topped just shy of **84,000 miles**, from **200,767,389 steps** - the equivalent to walking around the world **3.37 times**.



A total of **8,471,076 calories** were burnt during during the challenge which is equivalent to **17,733 large burgers**, **52,466 glasses of red wine** and **33,939 slices of cake**.



New Cancer Hospital Appeal Launch

THE NEW CANCER HOSPITAL APPEAL

Help us build a new cancer hospital – **Let's Go Green for Clatterbridge**

The Clatterbridge Cancer Charity asked residents, schools, colleges and businesses across Merseyside and Cheshire to join the Let's Go Green for Clatterbridge campaign between 4th and 12th February, and the response was phenomenal.

The **#letsogreen** campaign marked the launch of our New Cancer Hospital Appeal to raise £15m towards the development of our new cancer hospital in the heart of Liverpool and investment in our current Wirral site.

We want to do the best we can today for patients in the future, so that in years to come, our children and their children have access to the best care and treatment available.

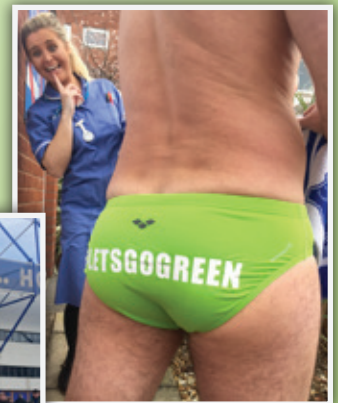
» Launch day

Some of Merseyside's biggest sports stars joined patients and fundraisers to launch the appeal. Olympic gold medal hockey player Sam Quek, and former Liverpool and Everton footballers Jamie Carragher, Graeme Sharp and Ian Snodin were at the site of the new Clatterbridge Cancer Centre in Liverpool city centre with Chief Executive Andrew Cannell for the landmark event on Wednesday 8th February.



» Everton

We joined forces with Everton In The Community on World Cancer Day to help kick-start the Let's Go Green Campaign. To mark the occasion on 4th February players warmed up in our charity's t-shirts and fans were able to get their hands on the joint venture scratch-card, which is hoped will help raise £90,000 over three years towards the appeal target. Speedo Mick even swapped his blue pants for green!



» Light up for Clatterbridge

Buildings across the region lit up green in a show of support for the New Cancer Hospital Appeal. Civic landmarks and commercial properties changed colour in the week that saw the £15 million appeal launched.



Building names:
 Clockwise
 The Greystone Bridge
 Chester Eastgate Clock
 Chester Town Hall
 The Liverpool Arena and Convention Centre
 St George's Hall
 The Everyman Theatre

» Supporters

Business, community and celebrity support for the green campaign was fantastic!



If you want to help, **Text Cure to 70111** to give £4 today

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 so nice 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 are your last six winners:

September 2016

Claire Baxter, Chemotherapy Nurse – Delamere. Claire was nominated by a number of patients for providing the best possible patient care.



December 2016

Lucy Forrester, TYA Clinical Nurse Specialist. A teenage patient told us how Lucy is 'the nurse who always has your back' at the most difficult times.



October 2016

Sian Davies, Senior Staff Nurse – Delamere. Sian delivered urgent chemotherapy to a patient in intensive care over three consecutive days, finishing at 10.30pm in the evening.



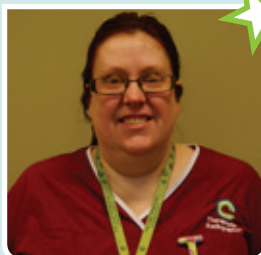
January 2017

Susan O'Reilly and the Medical Education Team (Helen Innes, Lucy Irwin, Tracy Taylor and Lesley Anderson). The team meticulously prepared for a successful post graduate education monitoring visit.



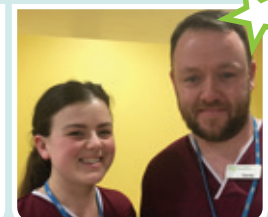
November 2016

Gill Hart, Radiographer. Gill received an amazing 12 nominations! Every nomination highlighted how helpful and hardworking she is.



February 2017

Martin Woods, Jenny Kierman and Danny Blair. A patient suffered from panic attacks and claustrophobia and the team did everything they could to relax her through her treatment. Martin even sang to her through the intercom.



International recognition for treatment at home

»»» Our pioneering Treatment at Home Service which allows patients to receive their chemotherapy treatment in the comfort of their own home has received international recognition.

The service was recognised with a Health Collaboration Summit Award 2016 from The European Federation of Pharmaceutical Industries and

Associations (EFPIA). It was awarded to the team at the EFPIA summit in Brussels.

Frances Yip (centre), Senior Clinical Project Manager, also attended the World Cancer Congress in Paris to present to an international audience about the innovation.



» Lego make special model to help children understand radiotherapy treatment

» Young patient Reece Holt was guest of honour at Legoland Discovery Centre to receive a special model that will help children understand their cancer treatment.

Reece, 11, received daily radiotherapy treatments at the centre in Wirral after surgery for a brain tumour. Sarah Stead, Paediatric Specialist Radiographer uses a number of play initiatives to put the young cancer patients at ease when they first attend the centre including demonstrating to the children how radiotherapy works by using a small and basic model of a radiography machine.

Fascinated by the technology behind the radiotherapy equipment, Reece, from Morecambe in Lancashire, took inspiration from Sarah's small model and decided to make his own recreation of the machine in Lego. He then kindly gave this to the radiotherapy department when he finished treatment to encourage other children to feel inspired and at ease.

Reece said: "I thought if another child was scared of the machine, they could play with it first so it didn't seem so scary when they had treatment."

The paediatric team decided to see if Legoland Discovery Centre, Manchester would be interested in helping produce a more detailed model and were thrilled when their Master Model Builder Alex Bidolak agreed to get involved.

Sarah Stead said: "Children are vulnerable and a visit to a new hospital can be a daunting experience. I focus a lot of the time on play, as it helps children to understand, make friends and develop relationships but more importantly to have fun. I spend time with each child in the radiotherapy machine room explaining how the machine works but unfortunately time is limited. I can use the Lego model to explain how the machine will move in more depth and answer any of their questions."

Sarah added: "I would like to say a massive thank you to Legoland Discovery Centre Manchester for putting the time and effort into making this model for Clatterbridge, it will be an invaluable tool."

Reece's mum Rachel O'Neil said: "*Reece has always been a fan of Lego but after surgery for the tumour it became an important tool in helping him rebuild his fine motor skills and coordination. This experience today has been great and we hope the model will help other children.*"

The centre awarded share of national investment in linacs

» The Clatterbridge Cancer Centre was one of 15 hospitals to be awarded the funding for a new radiotherapy machine.

NHS England's chief executive Simon Stevens has announced the first wave of hospitals to benefit from a major national investment in NHS radiotherapy machines alongside £200m of funding over two years to improve local cancer services.

The hospitals which will receive new linacs were announced at the Britain Against Cancer conference in London on 6th December.

The £200m fund has been set up to encourage local areas to find new and innovative ways to diagnose cancer earlier, improve the care for those living with cancer and ensure each patient gets the right care for them.

Cancer groups are invited to bid for a share of the £200m fund to use to invest in three priority areas:

- Early diagnosis
- Care during and after cancer treatment, known as the 'recovery package'
- Care after cancer treatment



Sarah, Reece and Alex

Pierhead Housing - fundraising superstars!

In the last six months, Pierhead Housing has taken our charity to their hearts, raising over £2500.

Andrew Okell, Housing Assistant and driving force behind the endless activities said: "We ran for Clatterbridge in the Scouse 5k, we also joined in with the Lets Go Green event for the new hospital appeal and all wore green to the office. The next big one is a sky dive - the team are all helping our colleagues Nikki and Sarah reach their target for that. We've had a cake sale, and two of us are also running a half marathon.

"It's really increased moral in the office, and brought us all closer as a team. People look forward to the next event and setting ourselves new challenges."

Pierhead Housing has supported several charities around the local area, but Clatterbridge have captured their imaginations. Andrew explains: "Obviously, it's a really worthwhile cause, but when you hear the praise that patients, their families and their friends have for the hospital, you realise what a special place it is. Clatterbridge is at the forefront of cancer care - if we can help to keep them there, we will."

For the next year, Andrew has set himself a personal challenge - to run 1500 miles before he turns 40! All money raised will help us to build our new cancer hospital in Liverpool City Centre. We wish him luck, and say a huge thank you to everyone at Pierhead Housing.



Calday Grange Grammar School's year of fundraising

From dress down days to bungee jumps; cake sales to magic shows - the pupils and staff at Calday Grange Grammar School have done it all and raised almost £5000 for the charity over 12 months.

The pupils of Bennett House, Hollowell House and Glegg House chose to fundraise for us and organised a number of different events to bring in the funds. One of their pupils, Ben Harris, organised a Magic Show, which raised an incredible £1331.97, and two pupils, Matt and Dan, even undertook a 300ft bungee jump raising over £800!

Local business support helping us achieve our vision

We were over the moon when office interiors specialists, Penketh Group, chose The Clatterbridge Cancer Charity as their charity of the year in 2016, raising a fantastic £8000. Corporate support from Hazell Carr in Chester raised an incredible £13,000 last year too. These are just two of the many companies who are raising money for our charity.

Both companies did lots of fun things to reach their targets from dress down days to taking part in events and let's not forget Wig, Pink and Christmas jumper days.

If you know a business that could adopt The Clatterbridge Cancer Charity or know someone who works for a company that has a charity of the year vote, please contact us.



Show your support >>>

If your school, college or business is considering fundraising for The Clatterbridge Cancer Charity, please call the charity team on **0151 556 5566** and we can provide fundraising support.

Blood bikers become health angels for the centre

A brilliant group of volunteer motorbike enthusiasts are saving lives and vital funds by providing **FREE** emergency support to the NHS.

The Merseyside and Cheshire Blood Bikes have become a familiar sight at the hospital since October 2016 when they started their on call, 24 hours a day, seven days a week service to the centre.

Stuart Thompson, Operator and Rider for Merseyside and Cheshire Blood Bikes, said it had been a pleasure to add The Clatterbridge Cancer Centre to their ever growing list of hospitals and hospices.

a taxi or expensive transport for. We are available 24 hours a day, seven days a week and all our hospitals can call us whenever they need us."

Janine Wharton, our Quality and Safety Matron of Chemotherapy Services added: "The Blood Bikes have made a massive impact.

"The team of riders have been instrumental in patients receiving results and treatment in a timely manner and they don't charge a penny to do it."

The Merseyside and Cheshire Blood Bikes are a voluntary service with more than 60 riders from all over Merseyside and Cheshire. They have five operators who take calls 24 hours of the day.

Why not give them a smile and a "thank you" for their brilliant work if you see them around the hospital? Our very own health angels!



Janine joins the Blood Bikers

Despite their name, it isn't just blood they move between the hospital and peripheral clinics for us. The riders can deliver urgently required case notes, chemotherapy and vital small packages, helping us provide the best possible care at no cost to the hospital.

Tony Marsland, Medical Devices and Commodities Manager at the centre, said: "The support the Trust has received has been fantastic, our collaboration with Blood Bikes is supporting our vision of providing the best cancer care to the people we serve.

"Nothing is too much trouble for the Blood Bikes Team. They're professional, courteous and keen to help, a true reflection of the excellent service goals The Clatterbridge Cancer Centre holds within its values."

He added: "Knowing that the next ride you do could save a life is the reason why we do this. You don't know who you are going to help but it is a good feeling.

"Our riders are a mix of people - young, old, professional, retired. We all know it is a really good cause. Everyone gets into this for their own reasons. It is such a good cause, you don't question why you are in it.

"One of our retired riders sees it likes this - he could potter round his garden or do something he enjoys and something that will help people. We are all motorbike enthusiasts but it gives us a sense of purpose. We aren't just burning petrol, we could potentially be saving a life.

"We are also saving the NHS money as we are providing a service for free that they might otherwise have to use



The team are looking for any UK motorcycle manufacturers to donate a bike to the service.

If you think you, or someone you know can help, or for more information about the service or to volunteer as a rider visit www.mcbloodbikes.co.uk or call **0843 2891 999**.

Consultant profile

Dr Neeraj Bhalla

Consultant Clinical Oncologist



"Patients at the Centre can remain confident that they will continue to receive high quality care in a safe setting."

She joined Clatterbridge as a junior ward doctor in 2003 after being a medical student at The University of Liverpool Medical School. After spending six months looking after the patients on the wards she knew she wanted to train further in cancer medicine and be involved in treating cancer patients for the rest of her career. She undertook her Oncology training here at Clatterbridge and became a Consultant at the centre in 2012.

»» She enjoys:

Tennis, music and travel as well as chauffeuring her children around.

»» She also:

Provides non-surgical oncology services to prostate, bladder and lung cancer patients from the Southport area and is involved in clinical trials work. Seeing some important new treatments come through trials into clinical practice is something she finds very rewarding, especially when her own patients are seeing the benefits of these treatments too.

»» She said:

"I was appointed as The Clatterbridge Cancer Centre's 'Guardian of Safe Working Hours' in autumn 2016. This is a new role that has been developed with the rolling out of the Department of Health's new Junior Doctors Contract. As part of this role, I will be involved in monitoring work schedules and working hours of doctors on this new contract. This is to ensure that the junior doctors, who are our consultants of tomorrow, are gaining the training experience they require and working hours that are safe. This in turn means patients at the Centre can remain confident that they will continue to receive high quality care in a safe setting."

Support for new patients >>>



>>> April 2017 marks four years since the Clatterbridge Private Clinic opened its doors. The clinic offers insured and self-funding patients rapid access to the most advanced cancer treatments and technologies. They offer a dedicated radiotherapy and chemotherapy suite with all treatments delivered in the comfort of a purpose-built, modern environment.

The income generated over the past four years from the Clinic has been an extremely valuable source of additional income for The Clatterbridge Cancer Centre and has

been used to maintain and enhance NHS services.

More recently income from the clinic has been re-invested back to the centre to fund a unique telephone service which has proved to help reduce new patients' anxiety.

Sue Eagle, Head of Administration Services at The Clatterbridge Cancer Centre told us: "We piloted the initiative where two dedicated members of staff made detailed telephone calls to new patients to deliver small, practical, but important pieces of information such as driving

instructions, parking, amenities etc. The results of the pilot were overwhelming; this small, simple telephone call helped so many new patients arrive at the front door less stressed for their first appointment."

Jane Taylor, Manager of the private clinic added: "We're thrilled to be able to help make this important service available to patients. An important part of our focus is to guarantee income generated from the clinic goes towards supporting NHS services, and this is the perfect example of how we are making that happen."

Become a **Buddy** and share what you know with other patients

>>> A research team led by the Universities of Lancaster and Manchester are working with The Clatterbridge Cancer Centre and The Christie to look for volunteers who have personal experience of living with cancer.

People living with advanced cancer recently said that being able to talk one-to-one with someone who had similar experiences may have helped them.

Spending a couple of hours a week to act as a buddy might help and support someone with a diagnosis of advanced cancer. So, we are looking for volunteers to help us develop this service as part of a research study.

Dr Diane Roberts, from the University of Manchester said: "We have had a great response and already trained the first group of buddies, these are now waiting to get paired up with suitable patients. However, we still need volunteers. We are looking for anyone over the age of 18 who received a diagnosis of cancer more than six months ago. They must be able to speak and write fluent English and be able to volunteer a couple of hours a week. Training will be provided and out of pocket expenses reimbursed."

If you would like more information or are interested in helping, please contact Dr Diane Roberts, University of Manchester, Project Researcher diane.roberts@manchester.ac.uk **0161 306 7786**. Please leave your name and phone number if it goes to voicemail.



Rapid chemotherapy chair cuts waiting times and improves patient experience

Clatterbridge chemotherapy patients are benefiting from an innovative service that has cut waiting times and simplified their appointments for treatment.

»»» The Rapid Chemotherapy Chair was the idea of staff on the Delamere Day Case Unit. It sees patients receiving oral chemotherapy and injection sub cut treatments like Herceptin, as well as drugs to help prevent bone fractures, in a purpose built area of the ward while sitting in a chair.

This enables a specially trained nurse to deliver these treatments, most commonly for breast, prostate or colorectal cancers, to up to 15 patients per day. The nurse

also handles booking in their next appointment. The service frees up bays for patients whose treatment is more complex and takes longer. It is a simple solution that has transformed patient experience. Before the service was introduced, 59% of all patients were seen within 30 minutes. This has increased to an average of between 80 and 90%.

Matron of Chemotherapy Fiona Courtnell said: "Sometimes the best ideas are the simple ones. We have seen a sustained change since we

first piloted the chair, and now we have rolled the service out to all Clatterbridge chemotherapy clinics across the region, patients are being seen quicker and staff have more time for the more complex chemotherapy treatments."

"The only complaint I have had from patients using the chair is from one man who was waiting for his treatment. His complaint? That he didn't have time to finish his bacon sandwich because he was seen so quickly."



John Littler Medal

»»» In honour of our beloved late colleague Dr John Littler, the centre has introduced a new annual staff award. The award is open for applications from health professionals in training who demonstrate outstanding contribution to patient care and research and innovation.

The John Littler Medal will recognise the efforts of individuals whose commitment and dedication might otherwise remain hidden.

John's wife Christine told us: "If John had been asked to leave a legacy, it would have been the continuation of giving the best possible care to cancer patients. He believed this could be best achieved by actively supporting research and the innovation of treatment techniques which lead to improved outcomes and reduced toxicity for patients.

"John was a wonderful teacher and recognised the importance of encouraging and supporting trainees."

In addition to the medal, the annual winner will receive a travel bursary of £1000 for attendance at an academic conference or symposium where they have had a scientific paper or poster accepted for the purpose of education and research.



New Non-Executive Directors

»» We've welcomed two new Non-Executive Directors to the board recently.

»» **Prof Mark Baker** started his three year term of office on 1st November 2016. He is currently the Director of the Centre for Guidelines at The National Institute for Health and Care Excellence (NICE) and is responsible for designing and operating methods and systems to produce clinical guidelines for the NHS.

In 2008, together with Roger Cannon, he produced the Baker Cannon Report into the provision of cancer services in Merseyside and Cheshire. Its recommendations included the building of a new cancer hospital in Liverpool city centre.

Mark said: "I am very much looking forward to working with the board to help deliver this fantastic vision of a new cancer hospital for Liverpool."



»» **David Teale** formally joined the Trust Board of Directors on 1st February as a Non-Executive Director for an initial three year term of office. He was previously Chairman of facilities management company Solutions SK. David has a career history of large scale change and his experience will be a key contributor to our change programme over the next few years as we plan to expand our services into Liverpool.



We must extend our sincere thanks and fond farewell to Mark and David's predecessors, **Jan Burns** and **Dr James Kingsland** for their valued contribution to the Board over their terms of office.

Dates for your diary

Governor elections

Governor nominations open on **6th June** and close on **4th July**.

Members can vote for the Governor they wish to represent them between **26th July** and **18th August**.

Governor results will be announced on **21st August**.

Public Council of Governor meetings (The Clatterbridge Cancer Centre)

Monday 3rd July
5.30pm

Monday 30th October
5.30pm

Annual members' meeting

Thursday 28th
September

We're trying out **new visiting times**

»» As part of a project called Patient and Family Centred Care, the inpatient wards have been trialling a more relaxed approach to visiting hours, allowing family and friends to visit anytime between 10am and 8pm.

Before the pilot started staff, patients and relatives were asked to complete a questionnaire to ask how they felt the more relaxed visiting hours might affect them. A similar questionnaire will be taken to evaluate the impact that the new visiting times had on the patient experience before a decision on whether to permanently change the visiting times is made.



Events Calendar

MAY

**Saturday 6 & Sunday 7 May
Liverpool Spring 5k & 10k**
Set in leafy Sefton Park this is a great 5 & 10k

**Saturday 27 & Sunday 28 May
Rock n Roll Liverpool Marathon,
Half Marathon and 5k races**
Liverpool's most musical run.

JUN

**Sunday 11 June
Beside the Seaside Walk**
Join hundreds of walkers at our annual day out at the beach at Crosby Coastal Park.

JUL

**Saturday 15 July
Nightrider Liverpool**
Liverpool's moonlit ride returns with a choice of 50km or 100km.
**Thurs 20 July - Sun 23 July
Cycle London to Paris**
See the Grand Finale of the Tour de France in Paris.

AUG

**Sat 5 August – Mon 14 August
Trek the Inca Trail**
Trek one of the most famous footpaths in the world.
**Sunday 27 August
Skydive Sunday**
Join our team for a tandem skydive

SEP

**Sunday 3 September
Ride of the Roses**
Our 6th annual bike ride. 50, 75 or 100 mile choice.
**Thursday 12 September –
Sunday 17 September
Trek the Alps - Slovenia**
Based in the stunning Triglav National Park located in the Julian Alps.
**Sunday 24 September
Scouse 5k**
Liverpool's most fun and most colourful 5k run.

Find out more

Find out more about our Charity events at www.clatterbridgecc.org.uk or call us on **0151 556 5566**

Team PharmaC trek Snowdon to raise funds

PharmaC is the on-site pharmacy based at our centre in Wirral. PharmaC staff Craig Medlicott, Mark Knipe, Lee O'Callahan and David Brady were so inspired by the work of their colleagues in the hospital and the fundraising by patients they decided to take on their own challenge.

Craig told us: "We decided we wanted to do something and as Mark and I are keen walkers we decided to take on Mount Snowdon, but wanted to make it a bit more interesting, so we said that for every £200 pledged we would carry an extra 1kg in our rucksacks. We ended up carrying 8kg between us which certainly made it more difficult!"



The trek was made even more challenging by driving rain, hail stones and strong winds. Poor visibility affected the planned route with the group forced to take an alternative, increasing the distance to 12 miles.

David added: "At the time I think I would say we endured it but after we finished realised we'd enjoyed it." Having raised almost £1000, they are now considering a new challenge for next year. Craig is leaving PharmaC to join the police, and would love to have a challenge between his old and new workplace. Challenge accepted Mr Policeman?

Neston Strummers

The Neston Strummers, a ukulele band led by former Clatterbridge employee, Angela Kennedy, started collecting for Clatterbridge in summer 2015. They kicked it up a gear at the start of 2016, when they set themselves the target of raising £1000 for the charity in 12 months.

After a busy year of gigs, including Neston Summer Fair, Neston Farmers Market and regular performances at the Ellesmere Port Arcades, they took the ukulele scene by storm and, to date, have raised over £3000 for the charity. **Thank you!**

Have you got what it takes to Race the Dragon?

Join the Chester Dragon Boat Festival on Sunday 25th June as The Clatterbridge Cancer Charity celebrates 13 years of fundraising support from the festival.

Last year 17 teams took part, raising more than £22,000 for local charities, including Clatterbridge. Ideal for both experienced and novice racers, this is a great day out for friends and colleagues. You get full training throughout the day and have an experienced instructor in the boat at all times.

It costs £485 to enter as a charity team and the cost for corporate teams is £812.50 plus VAT, which includes a donation split between the two chosen charities of the year.

Info

To find out more about the event and how you can enter see www.chesterdragonboatfestival.co.uk



Easy mackerel pate

Ingredients:

- 1 pack/280 grams mackerel fillets
- 200 grams cream cheese
- 1 tbsp crème fraiche
- Zest and juice of ½ lime
- Pepper to taste

Directions:

1. Remove skin and bones from the fish
2. Place all ingredients in a food processor or blender and blend until smooth
3. Place in fridge for at least 1 hour
4. Serve with lightly toasted bread or with raw veggies

For a low calorie version use low fat cream cheese and low fat crème fraiche.

Did you read the news recently about burnt toast causing cancer?

When starchy foods, like bread or potatoes, are cooked until they are a dark brown a compound called acrylamide is formed. We know that more research is needed - but if you did want to reduce the level of acrylamide in your diet the UK food standards agency (FSA) suggest that you aim for a golden yellow colour when baking, toasting or roasting starchy food like potatoes, parsnips and bread. While the debate continues as to whether we should be concerned about acrylamide - we do know that there are many other things you can do to reduce your cancer risk, such as not smoking, maintaining a healthy weight, avoiding alcohol and getting enough physical activity.

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			7		4	
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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 556 5566**.

‘Headstrong’ is a free service offered to all our patients who are preparing for hair loss due to cancer treatment.

Trained volunteers offer **support and practical information about hair loss, scalp care and headwear choices.**

Appointments are held on **Tuesdays and Wednesdays** at **Clatterbridge Cancer Centre – Wirral.**

To make an appointment please telephone Patient Services on **0151 556 5302** or call in to the Patient Services office in the main reception of the Wirral centre to speak to a member of staff.



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.

ROYAL VOLUNTARY SERVICE
Together for older people



Brain teaser Solution

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3	8	5	1	2	7	6	4	9
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