

C3

FREE

please take
me home

Johnny digs in

Comic Vegas breaks
the ground for our
new hospital

»» In this issue

A little help from a friend

Leukaemia patients Sophie Mulligan and Sian Rainford share their story

Patient and Family Centred Care

We've listened to your comments to individualise care

Annual Review

A round-up of our performance in 2016/17



The Clatterbridge
Cancer Centre
NHS Foundation Trust

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Annual Review

22/23 How we did in 2016/17



Chief Executive, Andrew Cannell

Chair, Wendy Williams

Since the last issue of C3 we have passed two major milestones in our plans to transform cancer care.

We are thrilled to tell you that building work has now started on our new centre in Liverpool. A lot of planning has already gone into this project and to see it starting to become a reality is an exciting time for the region. We hope to welcome our first patients to the new centre in the summer of 2020; read all about it on page 6.

In July we welcomed another 120 staff to our Trust when responsibility for leading the haemato-oncology service transferred from The Royal Liverpool University Hospital to The Clatterbridge Cancer Centre. This will bring enormous benefits to patients and staff with opportunities to integrate solid tumour and blood cancer services; find out more on pages 4-5.

Our clinical teams have also been making changes to some of our services to ensure we are delivering a more streamlined way of working, and we have welcomed a number of new faces to the senior team with the appointment of a new Medical Director and Chair designate.

In the last issue we told you about our £15m New Hospital Charity Appeal. This is the biggest fundraising appeal we have ever launched and we are truly overwhelmed by all of the fantastic fundraising that is taking place. We would like to personally thank everyone who is supporting the Appeal – without you we would not be able to make this once-in-a-generation project happen.

We hope you enjoy the latest issue of C3. Don't forget to get in touch if you would like to share your story in a future issue.

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
Associate Director of
Communications

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🐦 @ccc NHS

Our picks from the latest topics...

»» Pioneering proton beam research

»» The proton beam facility at the centre is being used in a ground-breaking piece of research which aims to determine future effective treatments for head and neck cancers.

The research being led by a group of scientists at The University of Liverpool has been boosted by £20,000 worth of funding from The Clatterbridge Cancer Charity to create a dedicated research laboratory at the hospital which will allow easier access to the proton beam biology research.

The research collaboration with North West Cancer Research will investigate the most common type of head and neck cancer – squamous cell carcinoma (SCC) which relates to cancers in the lining of the mouth, nose and throat.

Nearly 600,000 new cases of head and neck SCC are reported a year and it is the 6th most common cancer worldwide. Advanced head and neck cancers are notoriously difficult to treat, with a relatively poor prognosis for patients.

Professor Michael Brada, Consultant in Clinical Oncology at The Clatterbridge Cancer Centre and Professor of Radiation Oncology at University of Liverpool who is a collaborator in the research, said: “The Clatterbridge Cancer Centre is currently the only centre in the UK using proton beam therapy for patient treatment.

“The well characterised low energy beam in Clatterbridge is ideal for biological experiments. Providing the technology to the team for this research illustrates the importance of a collaborative approach in developing and testing new ways to treat head and neck cancer.”



(Read more about the Proton Beam service on [page 7](#)).

Pancreatic cancer research breakthrough

»» Researchers at The Clatterbridge Cancer Centre NHS Foundation Trust and the Cancer Research UK Liverpool Clinical Trials Unit have discovered a combination of two different drugs could increase survival rates in people with operable pancreatic cancer.

The research team from across the UK and Europe, found that combining a drug called gemcitabine with another called capecitabine could not only extend life but also potentially increase survival rates.

The findings published in The Lancet earlier this year conclude that this combination treatment should become the new standard of care for suitable patients following surgery. It is hoped this research, which involved 71 patients from Merseyside and was led by Chief Investigator Professor John Neoptolemos of the University of Liverpool, will increase cure rates significantly.



Survey ranks Clatterbridge in top three

»» Patients have once again rated us among the best in England. Results published in the Care Quality Commission's Inpatient Survey for 2016, saw The Clatterbridge Cancer Centre named as one of the top three hospitals in the country for Overall Experience.

The survey put the centre in the highest band, “Much better than expected”, with results indicating patient experience was substantially better than elsewhere. Only six other acute trusts were named in this category.

This was the second year The Clatterbridge Cancer Centre was classed as “Much better” than its peer group.



I'll be there for you

When it hasn't been your day, your month or even your year - a little help from a friend can help. Leukaemia patients Sophie and Sian share the story of their charming friendship.

When 23-year-old Sian Rainford was being treated for acute lymphoblastic leukaemia, the last thing on her mind was making friends. The student was seriously ill and struggling to cope with her diagnosis when nurses suggested she meet fellow patient Sophie Mulligan.

Sophie, 21, was further along her treatment journey for the same blood cancer and was more than happy to help.

Sian from Wirral, said: "At first I didn't want to meet anyone else but then I met Sophie and she became my go to person as she was a little bit ahead of me in her treatment. She could tell me about her experiences, the way drugs had affected her, that sort of thing. She also helped me look after my wigs. She was definitely better than me about that!"

Sophie and Sian were treated in the haematology department of The Royal Liverpool University Hospital which is now part of The Clatterbridge Cancer Centre following the integration of blood cancer services. They both welcome the integration.

Sophie, from Huyton in Liverpool, said: "It seems to make a lot of sense to have all cancers being treated by the same organisation. I know I will be seeing all the same staff but I think it is a good idea to bring things together."

Sian added: "It will be good to have all the experts that patients need in one service and eventually, when the new hospital is built in Liverpool, under one roof."

Sophie and Sian were both students when they started noticing changes in their health.

Sian was in the third year of her law degree at John Moores University when she started getting out of breath walking up the stairs to her flat. She blamed the combination of studying and two part time jobs for the intense tiredness.

She said: "I also got a really bad toothache but when I saw a dentist they said it wasn't infected so they couldn't do anything. Then I got a cough and it was really bad. When I told the GP she immediately did a blood test and when she got the results told me to get to hospital right away."

Sian was admitted to The Royal Liverpool University Hospital blood cancer ward for five weeks of chemotherapy treatment in the Teenage and Young Adults Unit. Her cancer treatment finishes in April and she is now back at university and dreams of being a teacher.

Haemato-oncology now at Clatterbridge!

Unlike most cities, blood cancer services in Liverpool were completely separate from those for solid tumours. While The Clatterbridge Cancer Centre provides services for all other types of cancer, blood cancer care was split between the Royal Liverpool University Hospital and Aintree University Hospital.

The 1st July 2017 marked a huge milestone in our plans to transform cancer care in the region when the management of the Royal Liverpool University Hospital haemato-oncology service, and its 120 members of staff, transferred to The Clatterbridge Cancer Centre.

From now on blood cancer patients will experience seamless access to the same services and levels of care no matter what type of cancer they have. This includes counselling, psychological and peer support, financial advice and therapies.

It also means more opportunity to make greater advances in research which will further improve specialist care for the region's cancer patients.

The outpatient, inpatient and day case haemato-oncology services will continue to be delivered within the Royal Liverpool University Hospital before moving into The Clatterbridge Cancer Centre's new 11-floor hospital when it opens in 2020.



Sophie celebrates her 21st Birthday



Sian

Sophie also had to quit her studies when she was diagnosed.

As a busy student in the first year of a psychology degree at John Moores University she put her tiredness down to the student lifestyle. But when she couldn't shake a cold off and noticed a yellowing of her eyes, she sought medical advice and was diagnosed with acute lymphoblastic leukaemia.

Sophie said: "I went home to try and digest what was happening. The next day I was admitted to the specialist Teenage and Young Adult Unit on the ward and told about my treatment plan. I decided then I was still going to have a life. Cancer wasn't going to change me as a person."

In March this year she celebrated her 21st with a big party and made sure Sian was there.

Sophie said:

"Sian is an amazing girl and our friendship helped me cope throughout my treatment. We spent long days in hospital together and really got to know each other so well. I consider her a friend for life and I would be able to talk to her about anything. I'm so excited to see what the future holds for us both after treatment."

Transforming Cancer Care update

Building has begun on Liverpool's first specialist cancer hospital



BUILDING
for the future

Deputy Chief Executive Yvonne Bottomley, Johnny and Everton legend Ian Snodin at the build site to celebrate the final contract signing



Bulk excavation and foundation work has begun

The Clatterbridge Cancer Centre NHS Foundation Trust and Laing O'Rourke have finalised the contract to build a new landmark cancer hospital in Liverpool.

Bulk excavation and foundation works are now under way at the site in West Derby Street, Liverpool, adjacent to the Royal Liverpool University Hospital and the University of Liverpool. Comedian Johnny Vegas and Everton legend Ian Snodin were at the site in July to help

us mark the milestone in this once in a generation project.

Johnny has thrown himself behind the New Cancer Hospital Appeal because his late father Lol was treated at the Wirral centre. Deputy Chief Executive Yvonne Bottomley Said: "It's great to have Johnny and Everton's backing for this once-in-a-generation project. We're transforming cancer care not only for our families, but for families in the future."

The new Clatterbridge Cancer Centre will provide

specialist chemotherapy and other drug therapies, radiotherapy, inpatient and outpatient care, cancer support and rehabilitation, bone marrow transplant and urgent cancer care. There will also be a teenage and young adult unit.

Following the integration of blood cancer services from The Royal Liverpool Hospital in July (see page 4-5 for details) the new hospital will care for people from across Merseyside and Cheshire and beyond, with both solid tumours and blood cancers

and will also carry out clinical trials of new cancer treatments.

The new hospital will be in addition to our existing centres in Wirral and Aintree, and the chemotherapy and outpatient services in other hospitals across the region including Southport, Chester, Halton, St Helens and Liverpool.

Construction of the site is expected to be completed in the spring of 2020 with the new hospital expected to welcome its first patients in the summer of the same year.

The £162m project is being funded by the NHS and government sources – and to ensure we build the best hospital we possibly can and redevelop the Wirral site – we launched a £15 million New Cancer Hospital Appeal earlier this year; this means there is no PFI funding required for the project.

Johnny is urging people to get behind the appeal. He said: "The charity really needs to raise £15m; the new hospital is absolutely vital. It may not have affected you, but with cancer we know at some point it will and this new hospital will help transform cancer care."

There are lots of ways you can join us. Find out how you can Go Green like Johnny, or get involved in one of our fab fundraising events, just visit clatterbridgecc.org.uk, drop in to see our Charity Team at Wirral or Aintree, or call **0151 556 5566**.



Johnny Vegas and his late father Lol who was treated at the centre

Proton therapy gives Sheila **A decade of clear sight**

“The staff were absolute angels and the treatment I received was amazing.”

Sheila Allinson feared she would lose her sight when a tumour was discovered behind her right eye ten years ago. But a decade later the 82 year-old grandmother is living life to the full thanks to proton beam therapy at The Clatterbridge Cancer Centre.

Sheila, from Preston in Lancashire, was treated at The National Centre for Eye Proton Therapy in 2007 after the tumour was detected during a routine eye test at her optician. She said: “I feel it’s a miracle I am still here 10 years on and I can see really well. I do everything I want, it hasn’t stopped me at all.”

The Clatterbridge Cancer Centre is currently the only place in the UK that provides proton beam therapy and has been doing so since June 1989.

Since then the proton therapy service has treated more than 3150 patients. It was the first proton therapy centre to be situated in a hospital, rather than a research institute or a university.

The service at The Clatterbridge Cancer Centre treats NHS and private patients mainly from around the UK, but we have patients from more than 23 countries, from Ireland to Australia and New Zealand.

The service was specifically designed to treat eye cancers with a low energy beam, and will continue to provide that treatment after high energy proton therapy becomes available at The Christie in Manchester next year.

All radiotherapy works by depositing energy in the target tumour. This damages the cancer cells’ DNA, causing them to die. Proton causes less damage to the tissue around the tumour and can be adjusted to focus more precisely on the tumour location.

For Sheila the treatment was a life changer and while she was nervous

before she came to the Centre, the whole experience was a good one for her.

She said: “Before I went to Clatterbridge I was told that I had two options, the eye could be removed or I could have proton beam therapy. I decided to have the treatment and am so glad I did.

“The staff were absolute angels and the treatment I received was amazing. I can still drive and I was even a mascot for Preston North End Football Club.

“I was amazed I still had my vision. Having my eye saved has allowed me to keep watching football and I can see everything clearly.

“I’m still here 10 years on and doing the things I like doing.”

Picture courtesy of The Lancashire Evening Post

Mowgli hit £50,000 for Clatterbridge



Generous diners at one of Liverpool's top restaurants have donated £50,600 to The Clatterbridge Cancer Charity.

Mowgli Street Food in Bold Street introduced a discretionary £1 donation to all bills in January 2016 to help transform cancer care.

Mowgli owner Nisha Katona is passionate about the relationship between her Bold Street eatery and Clatterbridge, and this is shared with the rest of her team.

Nick Blair, Mowgli Business Development Coordinator said: "The Clatterbridge Cancer Centre has become a massive part of our Mowgli Bold Street family. Charity and community absolutely lies at the heart of Mowgli's ethos, and we believe strongly that charitable giving should be a central pillar of business.

"Our Bold Street team have visited Clatterbridge to see for themselves the invaluable work done by everybody at the centre."

Mum & daughter brave the gunge

Long time supporters Tilly Dowling and her daughter Georgia Gibbons braved a bucket of gunge in aid of The Clatterbridge Cancer Charity.

Since 2013, they have raised more than £4,000 for Clatterbridge after Tilly's Dad was treated at the centre for prostate cancer. So when in January this year, Tilly was diagnosed with Grade 3 invasive ductal carcinoma, a type of breast cancer, it wasn't long before the pair decided to throw themselves into more fundraising.

Tilly said: "I wanted to give something back, as the staff have

been absolutely amazing. They are so friendly, so you don't feel worried having your treatment."

Once described by the Liverpool Echo as Merseyside's Kindest Teenager, Georgia, 16, came up with a series of challenges for her and her Mum to get involved with, from bike rides to abseils and runs.

Georgia was diagnosed with a rare form of muscular dystrophy at the age of six, but this hasn't stopped her devoting her time to others.

Tilly added: "She is an amazing, inspirational, selfless young lady and me, her dad and big brother James could not be more proud of her."

A little help from Taylor's friends

The friends of a schoolboy treated for a brain tumour at The Clatterbridge Cancer Centre have raised more than £800 for our charity. The children of the 56th Ormskirk (Newburgh and Dalton) Cubs and Beavers completed the 4.3 mile Ingleton Waterfalls Trail in Lancashire to raise the funds.

Seven-year-old Taylor Seddon, from Burscough, Lancashire, is a member of the local Beavers group and his pals decided they wanted to help.

Group leader Sandra McKay said: "Some of the children are only five so this was a long way for them. They wanted to show their support to Taylor."



Tilly Dowling and Georgia Gibbons with dad and son, both James, tipping the gunge

Get involved >>>

If you're feeling inspired by our incredible fundraisers and want to get involved with The Clatterbridge Cancer Charity, please call the team on **0151 556 5566** or visit clatterbridgecc.org.uk

» Supporting the talent of our future

The busy Clinical Education Department at the Centre supports our staff to develop the right skills, competencies and values so we can confidently provide the best cancer care to the people we serve.

The department offers a range of educational and professional development courses and part of the Practice Education Facilitators' role is to support newly qualified healthcare professionals. They also help develop the wonderful degree students who work on placement at the Centre and offer support to the healthcare support workers through the Care Certificate as well as our Trainee Nursing Associates undertaking their Foundation Degree.

Meet Mandy and Becca, Practice Education Facilitators

We are the people who help students and staff get the right opportunities to learn while they are working at the Centre. We make sure they get the best out of their learning experiences with us.

Mandy Boyles

I joined Clatterbridge in 2005 following several years in surgical nursing. I always wanted to work in oncology and worked on Mersey ward for many years until taking on a secondment as Practice Education Facilitator last year.

Becca Hewins

I have worked here as a Practice Education Facilitator since 2008. Before I took up my role in education I worked across a range of clinical areas including vascular surgery, high dependency and general medical wards.

"The primary focus of our role is to assist in maintaining capacity and quality of the practice learning environment for pre-registration nursing and allied health professions as well as supporting our registered practitioners to be effective mentors, but the department is here to help any staff member develop their skills through education. We recently introduced a mandatory 12 month Multi-professional Preceptorship Programme for newly qualified nurses and radiotherapists; the one day workshops included in the programme have a focus on health and wellbeing as well as helping to build confidence and resilience."

Contact details:

Clinical Education **0151 556 5404**
mandy.boyles@nhs.net and
becca.hewins@nhs.net



Mandy and Becca develop talent of the future

» The transition from student to registered practitioner can be a challenging time.

We want to support staff and make sure they are equipped with the tools they need to develop their confidence as an independent professional. Our 12 month Preceptorship Programme begins with an induction day followed by workshops incorporating confidence building, resilience, teamwork/delegation and leadership. **We are now inviting any member of staff, from any profession to attend the workshops if they wish.**

Workshops

- Emotional Intelligence with a focus on self-awareness
- Health and Wellbeing strategies for stress management with an introduction to mindfulness
- Teamwork and how to be productive
- Leadership, change and presentation skills

Changes to the outpatient clinic space at our Centre in Aintree.

»» As part of our project to transform cancer care we have invested in a revision of the existing clinic space at Clatterbridge Cancer Centre – Aintree to create additional clinic rooms so we can bring many of our consultant led outpatient clinics that are currently spread across the Aintree Hospital campus into one purpose-built area.

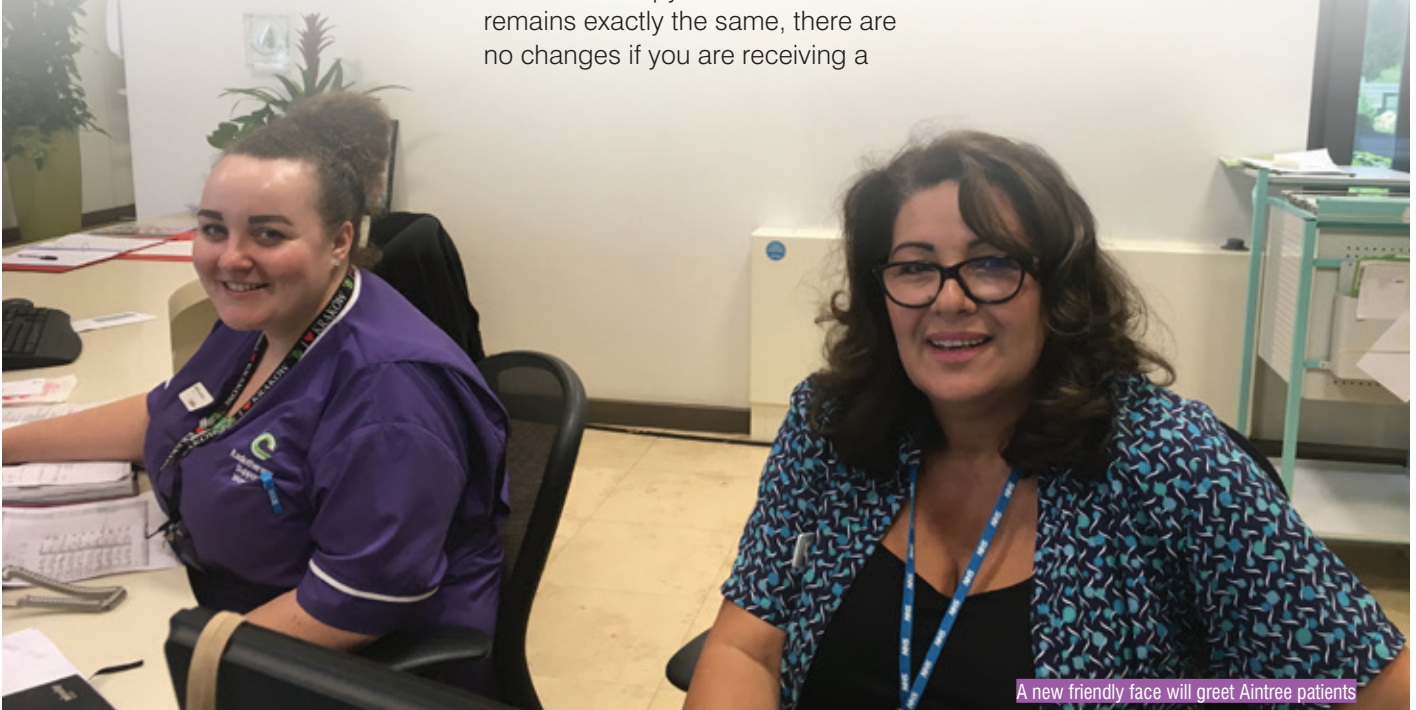
This will also allow specialist cancer teams to work more closely together, create improved access to clinical trials and provide a fantastic working environment to develop the staff of our future.

This is a move towards a more streamlined way of working and a team approach to delivering specialist cancer care.

The radiotherapy treatment service remains exactly the same, there are no changes if you are receiving a

course of radiotherapy at the Aintree centre, except perhaps the addition of a new smiley face to greet you on reception, and more helpful staff on hand to support you through your treatment.

Any patients who have their outpatient appointment moved to Clatterbridge Cancer Centre – Aintree will be personally informed by letter with instructions for parking.



A new friendly face will greet Aintree patients

Consultants are coming!

»» There is another change coming to the hospital and particularly the radiotherapy department, with new consultants due to join the team.

We are currently recruiting for four consultant radiographers, two nurse consultants and one pharmacy consultant.

This will be the first time non-medical consultant roles have been in place and will add a valuable resource to the medical consultant team. The four consultant radiographer roles will be in breast radiotherapy, prostate radiotherapy and palliative radiotherapy and these posts have been successfully recruited to.

The aim is to improve the service that we offer to patients requiring radiotherapy in those areas. It will also increase our ability to provide leadership, education and research within those specialist areas.

This is a really exciting development for the centre and offers fantastic career development opportunities to staff.

»»» The private clinic continues to grow



As Clatterbridge Private Clinic expands further it has welcomed new members to the team.

»»» Jacqui McElhinney has joined the clinic as Business Manager. Jacqui is responsible for the growth and strategy of the clinic and will be dynamic in the development of the clinic's unique services for all patients including haematology.

Chris Valentine has been appointed as Clinical Services Manager after undertaking a secondment as the clinic's Lead Chemotherapy Nurse. Chris is responsible for ensuring patients and their families receive the very best care at the clinic. It's his role to see that

expectations are exceeded and high quality standards are maintained across the whole of the clinic.

Nicky Lancelotte, has joined the clinic as a Chemotherapy Nurse, Nicky joins from the Royal Berkshire Hospital Cancer Centre where she was a Breast Clinical Nurse Specialist. She offers the clinic great experience and knowledge in the care and journey of cancer patients.

We're looking forward to working with the new additions to the team as the partnership continues to blossom.



Chris, Jacqui and Nicky

»»» Start today. Shape tomorrow.

»»» We know we have the best nurses in the country working at the Centre, so they are the best people to attract new faces to the role.

We held recruitment evenings in June and September where we invited qualified nurses and budding student nurses to come and meet the team. Nursing staff showed the prospects around the centre and were on hand to talk through any questions they might have about working here.

The events were a huge success with a number of attendees from the evening now in nursing roles at the centre (after interview processes) and several student placements have been secured.

If you are a nurse or student nurse, or know someone who is and think you can make a positive start in our team to shape our tomorrow contact

Catherine Hignnet-Jones

0151 556 5176 for more

details or you can use

#starttodayshapetomorrow on

twitter to see videos from the events.



Patients and family are the centre of our care



»» One size doesn't always fit so time to get loved ones more involved.

Nurses at the Centre have been working with patients and their family members to bring about a new approach to patient care.

One of our values is to 'always improve our care' and we are keen to seek new ideas that will improve the patient experience and achieve excellent outcomes. Patient and Family Centred Care (PFCC) focuses on getting everyone involved with the patient, including family or friends, to agree how they will be looked after while they are a patient at the centre.

The initiative is set to lead to improved patient outcomes, improved patient satisfaction and also improved staff satisfaction through a number of initiatives.

Quality Improvement Manager Claire Smith is leading the project, She said: "Patient and Family Centred Care is about individualising care, recognising that one size doesn't fit all and working together with the patient and their loved ones from the start to get it right so their experience is positive and their outcome is the best it can possibly be."

First for the project was to trial a period of 'relaxed visiting' on the inpatient wards, allowing visitors between 10am-8pm. The changes received mixed views from both staff and patients. It was felt the extended visiting times caused some distraction to the working ward and it didn't work for all patients. Some needed extra rest or time to eat without distraction.

So, visiting hours have now been set from 2pm-8pm. But for patients who benefit from longer visiting hours, those who prefer a family member to help with their every day care for instance, can now nominate a 'partner in care' (nominated family member or close friend) to visit between 10am-8pm. On admission to the ward all patients will now be asked their preference for visiting and a nominated partner in care.

Claire added: "This is the first change that has been brought about through the PFCC initiative, we have listened to patients, and staff, and it's working well for everyone."

What **you** said:

"Less privacy when being assessed by staff."



"Don't like people watching me eat."



"Can be very noisy when trying to rest."



"It's lovely having family support throughout the day."



"I'm a shift worker so it has allowed me to visit before work."



"I have a large family who all want to visit, it allows them to take turns to keep me company."





» We're listening...

Staff have also been out and about in the community to get an impartial view of your experiences of the centre. The 'listening events' are planned throughout the year in partnership with Healthwatch Wirral & Liverpool to ask patients and visitors what, if anything, they liked or didn't like when we took care of them.

Liz Morgan, Matron, said: "We are fortunate that we get a lot of positive comments about the care we deliver, but we're not complacent.

"We know there is always room for improvement so going out into the community has been a great way to hear feedback after the patient and family have had

time to reflect and realise their overall experience. We just want to be confident we are doing everything we can to benefit our patients - and their family members are just as important to us."

"Better facilities for food and drink out-of-hours would help."

"Excellent service. Staff have been so caring every time my family member has Chemotherapy. They looked after all of us, not just her."



Race for Life Birkenhead Park June 25th – we attended with Healthwatch Wirral to ask patients what they thought of the centre

Our patients have also told us what aspects of their experience are so important to them and their family that we should do them consistently for every individual, every time. These are our

Always Events ©

- Always be polite, say hello and be welcoming
- Always take time to listen to my point of view and answer questions
- Always wash your hands and maintain good hygiene
- Always ensure the environment is clean and tidy
- Always inform me of delays
- Always be efficient, punctual and on time



Male breast cancer patient takes to Lancashire lanes

It was three times a charm for Terry Cole at this year's The Ride of the Roses cycle around the beautiful Lancashire countryside.

Terry, 57, was diagnosed with breast cancer in 2015 after finding what he thought was a cyst on his chest.

He was shocked when he was told he was among the 390 men in the UK diagnosed with the disease every year. Surgery followed to remove the tumour and four lymph nodes, with a second operation on the right side of his chest a year later.

Despite still undergoing chemotherapy at The Clatterbridge Cancer Centre's clinic at The Linda McCartney Centre in Liverpool, Terry was determined to take part in his first Ride of the Roses challenge.

So just ten days after his fourth chemotherapy treatment, he got on his bike and completed the 50 mile route in September 2015.

Terry, from Fairfield in Liverpool, said: "It was the worst I'd ever felt after a treatment and I needed three days in bed. There were moments I felt like I had nothing in my legs and I had to get off and walk up one of the hills, but it was a 25 per cent climb and I wasn't the only one walking."

Terry, who drives a forklift truck at Liverpool's fruit and vegetable market, returned to the event in 2016, this time completing the 75 mile route. He was back on the operating table just a few weeks later for the second of his surgeries, but that hasn't stopped him. This year he did the 100 mile course.

He said: "It still takes it out of me but I manage to cycle around 100 miles a week now. It has been really hard building my fitness up again but I'm getting there."

Terry approached his diagnosis with a strong spirit and said the support of his workmates has been invaluable, saying with a laugh: "They never wrapped me up in cotton wool, they took the mickey out of me, in a nice way though. I had to get on with it."

He admits he still gets very tired at times but is determined to keep working and get on his bike to make sure he keeps as fit and healthy as possible as he continues his recovery.

Terry said: "Clatterbridge have done so much for me, I just wanted to give something back to say thank you."



Well done boys!

Staff from Physics, Radiotherapy and Imaging also took part in this year's event. Well done Chris Lee, Richard Clements, John Archer and Kieran Woods.

Why not set yourself a challenge in 2018? >>>

If you'd like to take part in **Ride of the Roses** you can cycle 50, 80, or 100 miles. The event is held every September and takes in some of Lancashire's most beautiful countryside including Bolton by Bowland and Jeffrey Hill near Longridge. Visit www.clatterbridgecc.nhs.uk/charity/events or call **0151 556 5566** for more details and an entry form.

Huge congratulations to research nurse Dr Lynda Appleton after becoming the **first nurse at the Centre to be awarded a PhD.**

»» Lynda's PhD thesis explored the role of family and friends who provide help to the patient during and following radiotherapy.

Lynda told us: "Regardless of their relationship with the patient, respondents in this study consistently defined themselves as helpers, rather than carers. The cancer diagnosis can cast a long shadow over the lives of patients and their loved ones which may create a separation in longstanding relationships. Help provides an important route through which this separation is bridged, but involves complex strategies on the part of the helper to enable that help to be mobilised.

"My thesis recognised a distinction between different forms of help that were delivered; the behind the scenes largely invisible work that helpers undertake, and the explicit visible help that is much more commonly described and reported. Both forms of help can hugely impact on the everyday lives of helpers and we want to make sure as professionals we are aware and able to offer appropriate support to both the patient and those helping them throughout the cancer journey."

There are currently 6.5 million people in the UK defined as providing informal care to patients across a range of ages and conditions, with an estimated 1.4 million carers providing more than 50 hours of unpaid care per week.

Helen Porter, Director of Nursing and Quality, said: "Investing in the development of staff helps ensure we can always improve our care. Findings from Lynda's thesis have helped provide a basis for a greater understanding of the impact of diagnosis and radiotherapy treatment on family and friends and are now helping us to develop services to include the needs of the patient's helpers in their treatment plan so they can be supported by professionals too."

Lynda will be presenting her PhD thesis: "The construction of help during radiotherapy: Redefining informal care" at the NCRI conference, 5-8th November in Liverpool. She has also been published in Psycho-Oncology journal (ref: Appleton L, Perkins E. The construction of help during radiotherapy: Redefining informal care. Psycho-Oncology 2017).



The Clatterbridge Cancer Centre NHS Foundation Trust will be **60 years old** in March 2018.

»» **How time flies!** We are of course planning a great celebration, and we'd like to include **any old photos** that people may have from years gone by.

Please send any ideas to
helenporter3@nhs.net
 or you can call her
0151 556 5014.

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:

March 2017

Lisa Williams, Outpatient Nurse. Respected and valued by staff and the patients adore her! Her positive attitude and warm smile lifts spirits with colleagues and patients.



April 2017

Chemotherapy team at CANTREAT, Halton Hospital. Hardworking and always carrying a smile, nothing is too much trouble for the team.



May 2017

Malcolm Cooper, Specialist Palliative Care Clinical Nurse Specialist. Staff said how proud they were to work with such a caring nurse after the dedication and compassion he showed towards a vulnerable patient.



June 2017

Emma Dyson, Daycase Clerk. Emma welcomes everybody with a big smile, she is clearly passionate about looking after people and goes that extra mile for patients.



July 2016

Tracy Thomas, Urology Clinical Nurse Specialist. She is a fabulous advocate for patients, she went above and beyond ensuring a vulnerable young patient had clothes and toiletries for their stay.



August 2017

Brian Marsland, Section Leader – Cyclotron. Brian remained calm throughout an unexpected incident and was a real inspiration to his colleagues.



Degree qualifications for Radiotherapy Assistant Practitioners

»»» Congratulations to Assistant Practitioners **Natalie Farrimond, Caroline Shirley, Caron Bolland and Lindsay Turner** who have just completed a conversion course at Sheffield Hallam University and are now qualified Band 5 Radiographers. **Emma Mitchell** completed her two-year Post Graduate Diploma at the University of Liverpool and

was awarded the Clinical Prize in her group. **Angela Halpin** is due to graduate from her course in January to complete the six new Radiographer posts. **Congrats to all!**

Funding investment for the courses came from Clatterbridge in partnership with Health Education Northwest. Well done.



John Littler Medal winner announced

Congratulations to the winner of the inaugural John Littler Medal Alice Brain, Trainee Clinical Scientist, for her outstanding contribution to patient care and research and innovation.



Christine Littler,
Chris Lee and Alice Brain

>>> Alice is a physicist in brachytherapy and was nominated by her manager Chris Lee. She undertook an MSc research study in gynaecological brachytherapy for the treatment of locally advanced cervix cancer.

She explored the potential advantages of a new treatment applicator which has been designed to allow the treatment dose to be optimised by using flexible needles to improve the dose to the tumour while minimising dose to the sensitive tissues. We were the first centre in the UK to acquire the applicator

and Alice evaluated the dosimetric differences between the old and new applicator.

John's wife Christine was delighted to meet with Alice to congratulate her on her achievement. The new annual award is in place to honour our beloved late colleague Dr John Littler who sadly passed away in 2014.

Alice will receive a travel bursary of £1000 to attend an academic conference or symposium for the purpose of education and research. Nominations for the 2018 award will be open to applicants in spring 2018.

CHKS Data Quality Awards

>>> We have a new addition to our collection of awards after winning the CHKS Top Hospitals data quality award earlier this year.

We claimed the coveted prize in recognition of the importance of clinical coding and data quality, and the vital position they play in ensuring patient wellbeing.

Andy Lockwood, managing director of Capita Healthcare Decisions said: "The staff and management team at The Clatterbridge Cancer Centre should take pride in having won this award."

Kate Greaves, the Associate Director of Quality & Business Intelligence was at the award ceremony to accept the award. She added: "We are absolutely delighted to have received this CHKS National Award. It recognises and rewards the hard work and dedication of all of our staff"

The CHKS Top Hospitals programme awards were hosted in London by health policy analyst Roy Lilley alongside guest speaker Sir Ranulph Fiennes Bt OBE.



Hannah Gray & Kate Greaves accepted the award



Farewell Ted

>>> **82-year-old Ted Dillon sadly, finally, retired earlier this year.** After 40 years in the Royal Airforce and 24 years working at the centre as commissionaire on reception, we all reluctantly agree that he had earned the right to put his feet up! But he will be sadly missed by patients and colleagues alike. We wish him all the best for a long and happy retirement.

Consultant profile

Dr Sheena Khanduri

Medical Director

Sheena will be joining Clatterbridge towards the end of the year after 10 years working as a consultant clinical oncologist in Shropshire.

She is currently head of cancer services and was previously radiotherapy lead then department lead. Sheena grew up in Birmingham before studying medicine at Cambridge University. As well as a medical degree she has a degree in Social Anthropology. She completed her Specialist Registrar training in Yorkshire.

»» She enjoys:

Family time with her 14 year old son, spending many hours cheering from the sidelines of the U15 Shropshire football league. She also enjoys relaxing with country walks with her King Charles spaniel and is a member of Shropshire art society enjoying painting and photography.

»» She also:

Served on the Single Best Answer panel for the Royal College of Radiographers Heads of Service Committee and will be sitting on the Board of Faculty, as well as serving on the Joint Collegiate Council for Oncology as their representative. Sheena is passionate about improving patient care through service transformation and innovation; in particular through using digital technology, and was winner of the 2017 HSJ National Patient Safety award after designing an App to enable patients to monitor chemotherapy toxicity from their mobile phones, linking patients and the acute hospital with the out of hours service. Sheena is Principal Investigator for a number of clinical trials with site specific interest in breast and skin cancers and member of the Q Community, a network committed to service innovation and transformation.

»» She said:

"I am delighted to be taking on the role of Medical Director. Meeting colleagues, I have been inspired by the commitment and enthusiasm of staff in embracing the changes that will transform cancer care, delivering a service that is truly world class. I am really looking forward to being a part of this exciting chapter in the organisation's journey."

"I am really looking forward to being a part of this exciting chapter in the organisation's journey."

Sheena will succeed Dr Peter Kirkbride as Medical Director. Peter retires from the role in September after five years in post. We'd like to sincerely thank Peter for his service and wish him all the best for his retirement.

Appointment of new Chair

Chair Wendy Williams will stand down from her position with effect from 31st December 2017 and we are pleased to announce the appointment of Phil Edgington as Chair from January 1st 2018.

Phil has been a diligent and committed Non-Executive Director on the Clatterbridge Board since 2014 and is deeply passionate about doing the best for our patients and staff.

As we move towards the building of a new cancer hospital in Liverpool and a transformation of how cancer services are delivered in the region, Phil's experience and knowledge of the centre will be of huge benefit.

In addition to three years as a Non-Executive at Clatterbridge, Phil has over 15 years of board-level experience in the private, public and not-for-profit sectors. He was Vice President in the UK for a large US energy company and, prior to that, held a number of Chief Executive roles including leadership of the Central Regional Health Authority in New Zealand.

He has previously been CEO of Community Integrated Care (CIC) at a large not-for-profit provider of health and social care services, employing 4,500 people.

With his commitment to high quality patient care we know he is the ideal person to chair the Board at this pivotal time.

We'd like to extend sincere thanks to Wendy for her invaluable service and wish her well for the future.



New Non-Executive Director

We've welcomed another new Non-Executive Director to the board.

» **Debbie Francis** commenced her role as a Non-Executive Director in August for a three year term of office. Debbie has had a significant financial and commercial career with a strong background in corporate governance and risk management.

She is currently Managing Director of Direct Rail Services, a company that provides freight services to the nuclear industry, Tesco and Network Rail as well as some passenger services nationally.

Welcome Debbie!



Events Calendar

OCT **Sunday 15 October**
Scouse 5k
 Join a sea of curly wigs in this popular run

DEC **Sunday 3 December**
Santa Dash
 One of the world's biggest festive fun runs

Thursday 21 December
Carol Concert
 A beautiful evening in the private chapel at Eaton Hall

MAR 18 **Sunday 25 March**
Skydive Sunday
 The ultimate adrenaline rush

Sunday March 25
Liverpool Half Marathon
 Celebrating its 25th Year

APR 18 **Sunday 29 April**
Chester Half Marathon
 Flat and fast half marathon around Chester

MAY 18 **Sunday 6 May**
Liverpool Spring 10k
 A great run around leafy Sefton Park

Sunday 20 May
Liverpool Rock N Roll Marathon
 With music every mile of the way to set the pace

JUN 18 **Sunday 3 June**
Clatterbridge Beside the Seaside Walk
 A family and friends walk along Crosby Promenade

Sunday 24 June
Wirral Coastal Walk
 A 15 mile walk along beautiful Wirral Coastline

JUL 18 **25-29 July**
London to Paris Bike Ride
 An epic route which finishes in time for you to watch the Tour de France Finale in Paris

NOV 18 **17-26 November 2018**
Cycle across The Andes
 A spectacular ride across Chile & Argentina

Find out more

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

30 before 30 for Marc

Thirty year-old Marc Roby set himself a big birthday challenge to raise funds for the centre.

Marc who is originally from Wirral but now lives in London said: "I've driven past the centre thousands of times and knew that they helped people, but that was about it. Mum was diagnosed with breast cancer last year and since then my family have discovered how amazing the hospital is. Their expertise and care got her through her treatment and the whole team were fantastic."

Marc and his family wanted to raise as much money as possible so Clatterbridge could help others with Marc pledging to complete 30 events before he reached the age of 30.



His challenges were two marathons, six 10k runs, seven half marathons, 12 obstacle races, two cycle rides and a trek carrying 16kg on his back. In early August, just days before reaching the big 3-0, Marc completed his final 10k run.

Big hearted Marc was even featured in the national media after helping an exhausted runner in the Virgin Money London Marathon to cross the finish line.

What a hero.

Andrew takes the plunge

Huge congratulations to Chief Executive Andrew Cannell who took on a 10,000ft tandem skydive for our New Cancer Hospital Appeal despite being terrified of heights.

Before the big day, Andrew said: "I am sure there are plenty of members of staff who will be pleased to see me jumping out of a plane but I can assure them, I will definitely have a parachute."

Andrew was joined on the jump by his son Rory, 19. They experienced free-fall at an exhilarating 120mph.

Andrew, who has a genuine fear of heights, admitting that he can't even look over a balcony, said after his jump: "What a fantastic experience. From the initial adrenaline rush from the free fall to the serenity of the drift under the canopy and a text book landing in a wet field. I'd like to thank to all my supporters for donating to the cause.

"I am hoping to pass the baton onto some of my colleagues and see if I can encourage them to do it next year. Funnily enough, they all seem busy."

Well done Andrew!



Show your support

There's still time to sign up for next year's **Skydive Sunday**, which takes place in March 2018. To find out more about any of our fundraising challenges visit clatterbridgecc.org.uk

Caribbean Spicy Soup

A warming soup rich in protein, fibre and a good source of many vitamins and minerals.

Serves 3 - 4 people.

Ingredients:

- 440g tin red kidney beans
- 1 dessert spoon Thai or curry paste
- 1 red onion - chopped
- 250mls vegetable stock
- 200mls coconut milk

Directions:

1. Drain and rinse beans.
2. Add Thai / curry paste and finely chopped onion to a pan and cook until softened.
3. Add the red kidney beans, stock & coconut milk.
4. Stir well and simmer for 15mins.
5. Blend, adding more coconut milk to taste if too thick.



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.



4						8	6
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I'd like to support The Clatterbridge Cancer Charity and help to change lives

Please send me more information on:

- Fundraising for the charity
- Taking part in events
- Volunteering
- The Clatterbridge Lottery

Name:

Address:

Postcode:

Telephone:

Email:

Your details will only be used by The Clatterbridge Cancer Charity. We will never give your information to other organisations, except to use on our behalf. You are free to change your mind at any time. Please tell us if you would be happy for us to contact you by:

Post Email Phone Text Message

We will always store your personal details securely. We'll use them to communicate with you in the way(s) that you have agreed to. We will only share it if required to do so by law. For full details see our Privacy Policy at clatterbridgecc.org.uk or contact our Supporter Care Team on 0151 556 5566.

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**.

Welcome»»

This review is an opportunity for us to pull together some important information about our Trust and the progress we made in 2016/17.

We have continued to work hard over the last year to improve the services we provide to our patients,

and have achieved excellent results, some of which have been recognised nationally.

We want to continue to change cancer care for the better and we can only do this by investing in our current sites in Wirral and Aintree, and building a brand new cancer

hospital in Liverpool due to open in 2020. Our new hospital will make sure that Merseyside and Cheshire benefits from outstanding, leading edge cancer care for generations to come.

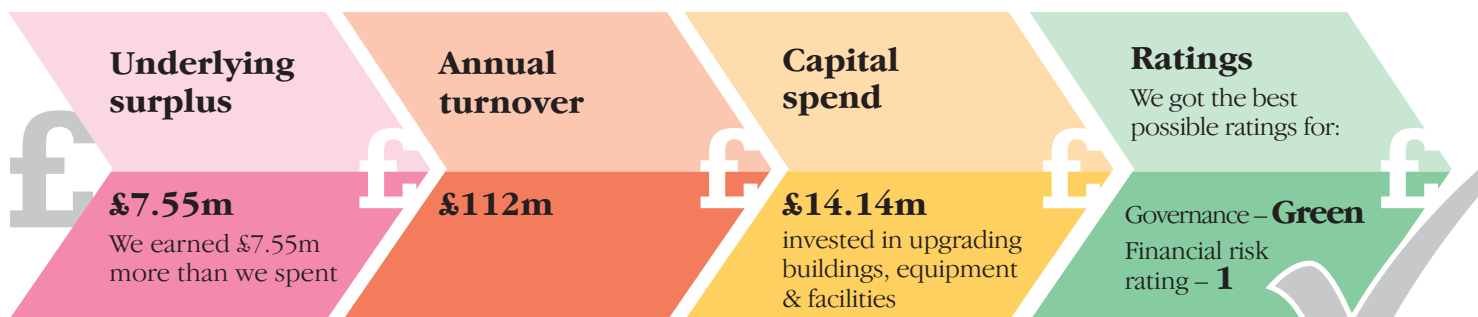
Wendy Williams, Chair
Andrew Cannell, Chief Executive

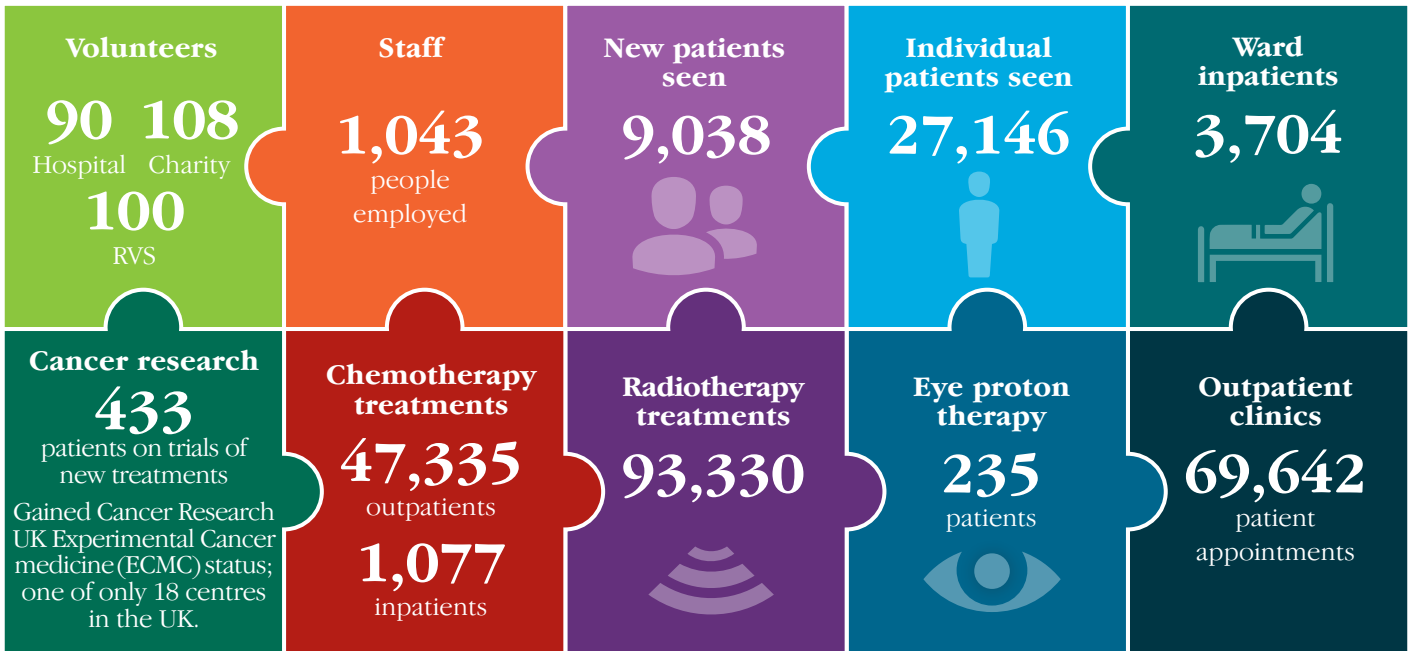
How we did in 2016/17



Care Quality Commission (CQC)

- Rated us as Outstanding following inspection in June 2016. Found staff were "enthusiastic about the care they provided" with a "tangible sense of willingness to go the extra mile."
- The report stated: "The positivity and compassion shown by staff and reflected in the feedback from patients was outstanding."
- The Trust was rated as outstanding in all areas for its care.





Safe, high-quality care

- **MRSA** – 0 cases
- **C difficile** – 2 cases
- **Complaints** – 21
- **Learning from incidents** – Good (best rating)
- **Harmfree care** – 95.4%

Pharma

- **98%*** Patients 'very satisfied'/'satisfied'
- **98%*** Patients waiting <20mins for prescriptions

*"I found it to be an excellent service, friendly amenable staff with an obvious desire to provide the best service possible."**

Other highlights:

- Began supply of immunotherapy infusion treatment for melanoma patients as part of Home Treatment service
- Smoking cessation support for patients and staff
- Managing procurement & supply of medicines for the Trust

* April 2017 patient survey



THE CLATTERBRIDGE CANCER CHARITY

Our Charity received **£2.1m** donations in 2016/17.

Increase of **6.1%** from last year.

It will fund:

- **£1.08m** will go towards the new cancer hospital in Liverpool
- The remaining income will fund research, patient care, existing commitments to the Trust (e.g. patient services funded each year) and generating more funds



Clatterbridge Private Clinic

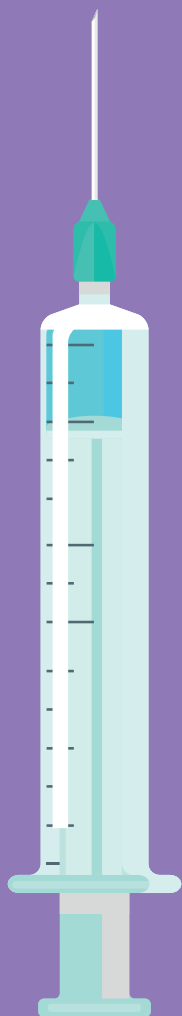
- Infusions of Chemotherapy **923**
- Infusions of Immunotherapy **27**
- Number of Radiotherapy fractions **2,404**
- Achieved a CQC Rating of **Good Overall** with **Outstanding** for Caring
- **100%** patients would recommend clinic to friends & family
- No cases of MRSA or C. diff



PropCare

In autumn 2016, we launched our new subsidiary company, PropCare which will oversee construction of the new hospital, redesign of Wirral and estates and facilities on all our sites. Any profits will be reinvested back into the NHS.

#jabdone



WOW, that year just flu by didn't it?

Help protect friends, family, patients and NHS staff by getting your flu jab this winter #jabdone

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

Aintree

• **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

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