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# C3

The Clatterbridge Cancer Centre  
Magazine Summer 2015

## Knockout Cancer ...

Roz Tranfield shares  
her breast cancer  
experience

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The Clatterbridge Cancer Centre



NHS Foundation Trust

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Chief Executive, Andrew Cannell

Welcome to our new look C3 magazine! We've updated the design and listened to your feedback about printing on different paper, we're all really pleased with the new look ... we hope you like the changes too. We are only halfway through the year and 2015 has already seen some key developments for the Centre.

Since our last issue of C3 we have some exciting news about national trials we are leading on; you can read about these on pages 3 and 7. You can also see the fantastic results they can have when you read this issues patient story on page 4 from Pat Bordley.

The Transforming Cancer Care project has entered an exciting phase with the architects and builders working with staff across the Trust to develop detailed designs for our new specialist hospital. On pages 8 & 9 you can see how far we have come since the last issue – don't forget we still want to hear your views too.

In March we launched our #PROUD to be smoke free campaign. As a leading cancer centre we are committed to stopping smoking on our hospital grounds and we really appreciate the support of our staff, patients and their family and friends who are visiting the Centre.


We are also looking to recruit more members to the Trust. If you or your family and friends would like to have a say on how things are run at the Trust get in touch – you can find further details on page 17.


There's plenty more in this issue so I hope you enjoy catching up on all of the latest news.

## Get in touch

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

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# Headline News >>>

## Our picks from the latest topics ...

### Centre leads national bladder cancer trial >>>

The Clatterbridge Cancer Centre is leading a national trial to improve outcomes for bladder cancer patients. Dr Syed Hussain, consultant in medical oncology and clinical senior lecturer at the University of Liverpool is chief investigator for the study.

The phase-two placebo-controlled randomised trial of the drug nintedanib which is being run in association with the Liverpool Clinical Trials Unit was approved in January, and is now taking place at 15 cancer centres across England, Scotland and Wales. The study is now open to recruit 120 patients.



Nintedanib is a form of oral chemotherapy, which has been shown to have a potential role in shrinking bladder cancer tumours. Nintedanib will be tested in a randomised trial in combination with standard chemotherapy for patients with muscle-invasive bladder cancer which is confined to the bladder itself, to see whether the addition of nintedanib can significantly increase the chances of improved outcomes for patients.

### Worldwide trial of new drug for liver cancer >>>

The Centre will be the lead UK site for a worldwide trial of an innovative drug aiming to tackle one of the most rapidly growing cancers in the UK. The new drug is for people suffering from hepatocellular-carcinoma (HCC), a form of liver cancer. HCC is one of the most rapidly growing forms of cancer in the UK as it is linked to lifestyle factors such as alcoholism, obesity and type2 diabetes and is affecting an increasing number of people in the UK with incidences trebling over the past 30 years.



The drug - which is a type of immunotherapy - uses the body's own immune system to combat the cancer. Immunotherapy drugs have already shown positive results in treating other forms of the disease.

Professor Dan Palmer, chair of medical oncology and the trial lead at the Centre said: "HCC has a tendency to grow and develop without means of detection by the immune system, meaning it's usually in the latter stages of the disease when a patient starts to present symptoms. By using this new drug, we're looking to 'remove the cloak' from the cancer cells, so they can become recognisable to the immune system and the body has the ability to fight them. It has the potential to be extremely powerful with this particular cancer and we're all very eager to start monitoring its progress and hope to be able to open new doors for some of our patients."

### Everton legends >>>



To mark World Cancer Day on February 4th, we invited Everton legends Graeme Sharp and Ian Snodin to the Centre to take part in an educational workshop on healthy life choices for patients and their families.

The workshop covered the importance of a healthy lifestyle during cancer treatment, but also the role that diet and exercise can play in cancer prevention. (You can read more about this on page 11). After the workshop the football duo spent the morning meeting staff and patients.

Graeme Sharp said: "We're proud to support The Clatterbridge Cancer Centre this World Cancer Day. It's very humbling to come here and meet people who are facing such a difficult time in their lives but still stay so positive - and, of course, to see the fantastic work that the staff carry out every single day."

# A century of chemotherapy

Breast cancer patient Pat Bordley 'celebrates' her 100th chemotherapy treatment, and wishes for 100 more.



Pat Bordley

**I**nternational Clinical Trials' Day takes place every year to mark the day when James Lind started the first ever research trial on the 20th May 1747. His study helped develop the theory that citrus fruits cured scurvy. Today, the day is recognised as a focal point for international communication events, debates and celebrations of clinical research.

The Centre recognises the importance of making patients aware of research that is relevant to them to maximise patient choice, and our consultants continue to recruit as many patients as possible to participate in clinical trials. We know through high quality research – we can improve treatment and achieve a better prognosis for our patients.

*I just wanted the best shot at staying alive, and this trial was it.*

72-year-old Pat Bordley from Wallasey is one such patient. As a high school teacher of 22 years, mother to four and grandmother to six – her busy life didn't leave her with much time to contemplate being ill. But following a routine mammogram in March 2009 she was diagnosed with Grade 4 breast cancer. Pat was originally scheduled for mastectomy surgery but on the day of the operation, specialists diagnosed a skin rash around her breast area as secondary cancer. The mastectomy was cancelled and Pat was referred to the Centre for treatment.

Pat's consultant Dr Malik delivered the heart breaking news that her cancer was terminal and the only treatment he could offer was palliative treatment. Pat was not expected to live through to the end of the year.

She told us: "Of course it was a massive shock, this had all happened within the

space of a couple of weeks so my head was spinning. Dr Malik told me I fitted the criteria for a new chemotherapy clinical trial and offered me the opportunity to take part in it. For me there was no choice really. It was the choice of 'perhaps living' or 'not living'. I chanced the perhaps option! He told me that the potential side effects of the drug were severe, but I decided it was worth the risk. At the time I just wanted the best shot at staying alive that was available, and this trial was it."

Pat joined a study called CLEOPATRA looking at treatment options for metastatic breast cancer that is HER2 positive. HER2 is a protein which is found on the surface of some cancer cells and encourages cells to grow.

The trial involved adding a second HER2 targeted agent 'pertuzumab'.

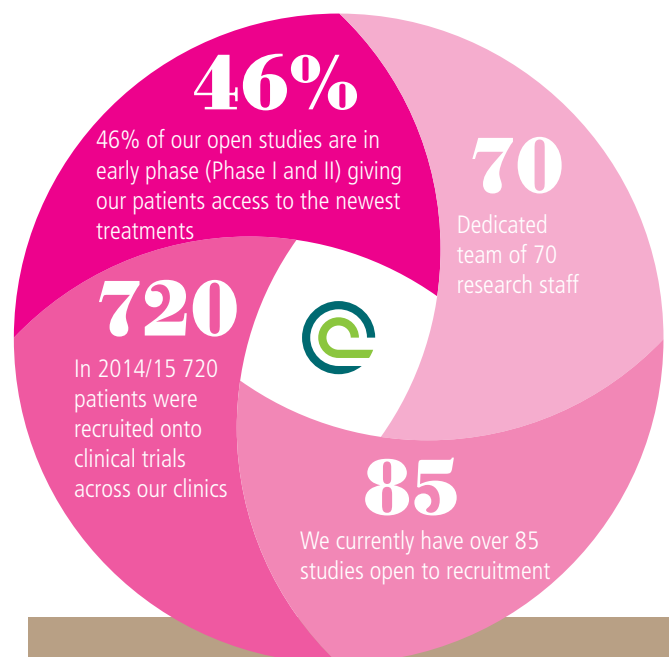
Pertuzumab stops HER2 joining to other HER proteins so the cell does not receive 'messages' telling it to grow.

In the beginning the trial was 'blinded' so no-one knew if Pat was receiving the pertuzumab or a placebo infusion. The results were analysed and the data published in September 2014 showed a significant survival benefit for patients who received pertuzumab in addition to trastuzumab and chemotherapy and so the trial was un-blinded and revealed Pat had been actually been receiving the trial treatment (and continues to do so). As the trial was a success - the treatment is now

approved and offered as a standard NHS treatment.

"The side effects of the drug in the first six months were unpleasant. I was really poorly and had to be admitted to the wards to cope with the ill effects. They told me to keep a diary of the side effects I was experiencing, but after a few weeks – I needed a new diary as I had filled up the pages of my first one! But then, they just eased off. I returned to teaching part time as I just needed to get out of the house and keep occupied. I had to wear a scarf to work as I had lost all my hair, but the children were so supportive telling me they liked my scarf look!

"I have attended Clatterbridge for a cycle of chemotherapy every three weeks for the last six years! I've sat in the chemotherapy chair 100 times. In that time I have watched staff get pregnant, go on maternity leave, return and go off on maternity leave with their second child! I'm part of the Clatterbridge family!





“It hasn’t been easy, I have developed type 2 diabetes, I suffer with blood clots and osteoporosis and I’ve had a pulmonary embolism. But I’m alive! And I could have developed any of those diseases regardless of cancer. None of the illnesses I have stop me doing the thing that means the most to me – spending time with my beautiful family. My husband and I still enjoy holidays in the UK and take our grandchildren away whenever we can. Without this trial – I wouldn’t have been able to do that. So it was worth the sickness.”

Sarah Rose is Pat’s clinical trials nurse; she recruited Pat onto the trial in 2009. She said: “By taking part in this trial Pat not only gave herself the best chance of prolonging her life, but helped discover a drug that will help other cancer patients prolong their lives too.

“The generosity of our trials patients is remarkable; they often attend for very long days to allow us to collect data and

blood samples. Occasionally, like Pat, they can experience side effects, but keep positive and that’s amazing!

“Pat’s case is particularly rewarding because the treatment has progressed from an early investigative trial, to being offered as a standard treatment on the NHS. Pat should feel very proud that she has contributed to this new option for cancer patients. As long as she continues to tolerate the treatment and there are no changes to her tumour – she can continue the treatment and continue living the life she enjoys.”

Pat added: “I retired from teaching just two years ago. I’ve always had a busy work life, but now I have lots of time on my hands! More time to spend with my husband and family, and I quite enjoy my three week visits to Clatterbridge, time to catch up with my Clatterbridge family! If I’m lucky I’ll hopefully get to do it 100 more times.”

“Pat should feel very proud that she has contributed to this new option for cancer patients”



Pat ‘celebrated’ her 100th treatment with trials nurse Sarah Rose (centre) and chemotherapy nursing staff on Delamere ward.



# #PROUD to be smoke free



The Centre is calling on patients and visitors to support them in saying 'no' to smoking anywhere on its hospital grounds.

Smoking, including e-cigarettes, is no longer permitted on the cancer centre grounds following the implementation of new measures in the **#PROUD to be smoke free** campaign.

The **#PROUD to be smoke free** campaign is supported by guidance issued from the National Institute of Health and Care Excellence (NICE) for all hospitals in England to become smoke free and will encourage people to stop smoking by introducing a range of measures including staff training to offer nicotine replacement therapies (NRT) to patients and stop smoking advice for patients' family and friends.

Peter Kirkbride, Medical Director at the Centre, said: "People in Merseyside and Cheshire are 20% more likely to die of cancer than the average for England.

This is thought to be due to social factors such as deprivation, not seeking medical help at an early stage and lifestyle including smoking and diet.

"As a leading cancer centre we have a duty to our patients and we cannot allow people to smoke on our hospital grounds. We know this is not going to be something we can fix overnight but we are committed to the campaign and we hope to see a difference by the end of the year.

"We know how hard it is for someone to break the habit so we will have staff on hand to offer support at every step of the journey."

59-year-old patient John Swift from St Helens is supporting our campaign to be a smoke free site. John is currently being treated at the Centre and gave up smoking over 10 years ago. He said: "I started smoking when I was 15-years-old so it was a hard habit to break. After a number of attempts I finally managed to give up through sheer willpower and

changing my tack – I told myself I wasn't giving up smoking but I just wasn't smoking today and took one day at a time. After a couple of months I started to see the benefits.

"I am in full support of the Centre's campaign to stop smoking on the hospital grounds. As a patient and an ex-smoker I don't want to have to be faced with people smoking outside when I come for my treatment."



Patient John Swift is backing the campaign too

## Centre plays a role in prestigious event



Five Radiographers and seven Physicists were successful in having abstracts accepted for the 2015 European Society for Radiotherapy and Oncology (ESTRO) conference in Barcelona. A record number for the Trust. Whilst Professor Mike Brada, and Physicist Colin Baker were invited to talk at the prestigious event. The team travelled to the vibrant Spanish city in April for the six day conference to learn about the latest advances in radiation oncology.



Congratulations to Radiographer Danny Hutton who was the fastest Clatterbridge runner and 9th overall at the conference's '5k Super Run' with a swift time of 19:38!



# Charity News >>>

## donate and celebrate!

Our charity has teamed up with two of the biggest names in the Liverpool wedding industry to give brides and grooms a unique way of thanking their guests.

By making a donation to The Clatterbridge Cancer Charity, you can now give those attending your big day a more meaningful gift than traditional wedding favours.

Bespoke bridal fashion designer Kirsty Doyle has created an exclusive pin badge, while wedding design and stationery virtuosos Strange Case have devised beautiful, personalised favour cards, customised to your own wedding scheme. Together they make the perfect keepsake.



## Contact >>>

Contact the team today to discuss your wedding or celebration on **0151 482 7948** or **fundraising@clatterbridgecc.nhs.uk**

## stopping the clock on cancer



The Clatterbridge Cancer Charity funds a number of research projects led by experts at the Centre. This year, Dr Carles Escriu hopes to find out if we can stop the spread of head and neck tumours to other parts of the body.

He said: "In simple terms, the team will look at molecules called YAP & TAZ which help cancer cells spread, and will be testing different drugs to stop them racing away from their original tumour to other parts of

the body. Starting with head and neck tumours they will hopefully learn how to 'switch off' the molecules which cause this, effectively stopping the clock on the spread of cancer.

"We know that there are already drugs out there, developed for different purposes that may be able to do this. If we can use an existing drug for new purposes, the time it takes for it to be approved for patient use can be shortened dramatically.

"We will measure the impact of these drugs using a laser microscope and high-tech image software analysis. Once we have found an effective drug, we will examine the tumours further and how the YAP & TAZ molecules are affected inside the cancer cells.

"If successful, a window clinical trial could be scheduled within 2-3 years, bringing this new treatment to patients and making a real difference to so many lives."

## Show your support >>>

It's not too late to give your support. Simply text **CARE** to **70800** and give **£5 a month**. (see p24 for T&Cs)

## Isle of Man support

Each year, around 930 patients come to The Clatterbridge Cancer Centre from the Isle of Man, with many travelling with relatives for support. As plans develop for our new hospital in Liverpool, The Clatterbridge Cancer Charity has teamed up with the Isle of Man Anti-Cancer Association to help ensure that in the future, those relatives are able to be with their loved ones during treatment.

The Association has pledged to raise a huge £260,000 towards relatives accommodation at the new hospital, along with further supporting other projects.

Supporters on the Island can get involved with this exciting partnership by taking part in the Manx Telecom Parish Walk on 20-21 June. The 85-mile walk takes in all 17 parish churches on the Isle of Man, but participants can stop at any point along the route.



## Info >>>

Visit **www.parishwalk.com** to register for this much-loved event, or contact the charity team on **0151 482 7948** to find out how you can get involved and support Isle of Man patients.

# Designing our new hospital



**Construction experts, architects and frontline staff from The Clatterbridge Cancer Centre are developing detailed designs for our flagship specialist cancer hospital due to open in 2018.**

**Design concept showing how the new hospital could look**

**T**he Clatterbridge Cancer Centre took proposals for the new hospital, which will be built next to the Royal Liverpool University Hospital and the University of Liverpool, to public consultation last year and received resounding approval.

The design also seeks to make best use of natural daylight and the superb views across Liverpool from its West Derby Street location. Every inpatient will have their own room, with social space where people can interact.

That meant detailed design work could begin and Clatterbridge staff are now helping the team from contractor Laing O'Rourke and architects BDP.

## **A new hospital that provides exceptional facilities for patients**

Groups of staff are focusing on each area to make sure the detailed designs – including the layout and specification for each room – are right. The staff all have expertise in the area they're looking at, with chemotherapy nurses helping design that department and radiographers and physicists designing the radiotherapy facilities.

Patients are also being involved to make sure the designs work for people using our services, as well as staff providing them.

The aim is to create a new hospital that provides exceptional facilities for patients, maximises the space, enables staff to work effectively, can deliver what we expect to need into the future, and meets appropriate energy/sustainability standards.

The floor layouts are being designed so it's as easy as possible for staff, patients and goods/facilities to get between the different areas they need to visit. Wherever possible, the places that patients spend a lot of time will have large windows and views.

The new hospital in Liverpool will enable us to expand our services and will be in addition to our current Wirral site, our radiotherapy centre at Aintree, and our chemotherapy and outpatient clinics across Merseyside and Cheshire.

The inpatient beds, Teenage and Young Adult unit, and the most complex care will move from Wirral to the new hospital so the most seriously unwell patients have on-site access to other specialties they may need including intensive care, via the Royal Liverpool University Hospital. This will enable us to provide even safer, better care to the most complex patients.

Cancer research and clinical trials will also be significantly enhanced by being next to the university and other key partners.





Draft plan for a floor of inpatient beds. Every inpatient will have their own single room



## How frontline staff are helping design it

Principal Pharmacist (Aseptic Services) Jayne Kelly is one of the frontline staff helping design the new hospital in Liverpool with contractors Laing O'Rourke and architects BDP.



Jayne Kelly

"Our pharmacy is a crucial part of the care patients receive and we need highly specialist facilities. The Laing O'Rourke/BDP team have been keen to make sure the design really works for us and creates maximum efficiency in the flow of work through the department. We're also visiting other hospitals to get ideas from them.

"It's been good seeing the design evolve as our feedback is taken on board and there are some really good features. Pharmacy products will come in at one end of the department and leave at the other, with direct access into the wards and chemotherapy unit via service lifts.

"We're also building in contingency space and resilience and seeing how technology can improve the way we work. For example, at the moment we have to spray and wipe components so we're exploring whether a new type of gassing isolator that uses hydrogen peroxide vapour would be better."

## Listening to our patients

**We're using patient feedback to shape how we deliver care in the future and designs for the new hospital. Carol Brown, 64, from Frodsham in Cheshire, outlines her hopes.**

"I was referred here for radiotherapy seven years ago for a benign brain tumour. Then in early 2014, I was diagnosed with ovarian cancer and referred for chemotherapy.

"Parking can be a big issue so I'm pleased the new hospital will have its own car park and parking will be free for patients and visitors. I also like the fact inpatients will all have single rooms, but with social space where you can chat to other patients.

"Research and trials of new treatments are so important. Making it easier for staff to carry out cancer research by being on-site with the university and other NHS staff is a good idea.

"It would be lovely if you could see the same nurse every time you came in for chemotherapy. Also, it would be

nice to have your blood tests closer to home before chemotherapy. Occasionally my results meant I couldn't have chemotherapy and I wouldn't have had to travel if my bloods were done closer to home.



Carol Brown

"Most important, though, is remembering you're treating people. The staff at Wirral have always treated me like a human being and it's really important the new hospital does the same."

**We're already taking Carol's feedback on board. The Chemotherapy nurse rota is now organised so patients see the same team and patients are encouraged to have their blood tests close to home between 24 and 48 hours before treatment.**

## We'd love your views!

We're keen to hear from patients, relatives/carers and staff with views about the new hospital and Transforming Cancer Care.

Just email [emer.scott@clatterbridgecc.nhs.uk](mailto:emer.scott@clatterbridgecc.nhs.uk) or call Emer on **0151 482 7920**.

# Always improving our care >>>

The Centre has welcomed two exciting members to the team recently.

Melanie Zeiderman and Jason Pawluk have joined the integrated care directorate to help look at how we can improve the cancer experience for patients from immediate diagnosis right through to post treatment.

Melanie qualified as a nurse in 1991 and joins us from Whiston Hospital where she was the Cancer Manager and Lead Nurse. She is leading the 'Living with and Beyond Cancer' project sponsored by Macmillan Cancer Support and will be working with all hospitals across the Merseyside and Cheshire network. Clatterbridge is the main partner organisation for the project. You can read more about this below.

Jason is the new Cancer Pathways Manager. He joins us from St. George's Healthcare NHS Trust, where he was General Manager for the Renal, Haematology, Oncology and Palliative Care directorate. He will be working closely with other providers of cancer care across the Merseyside and Cheshire network to look at ways to improve the patient experience when referred to Clatterbridge from other hospitals for diagnosis and treatment.



## Living with and beyond cancer in Merseyside and Cheshire programme launch event.

The launch event to mark the start of the "Living With and Beyond Cancer in Merseyside and Cheshire" programme took place on April 28th at the Postgraduate Centre on the Clatterbridge Health Park site.

This exciting two year programme in partnership with Macmillan Cancer Support aims to help those affected by cancer in the Merseyside and Cheshire area to live better.

The programme will be looking into the current patient pathways with the aim of reducing the number of hospital face-to-face consultations and non-elective admissions for patients, in favour of a more tailored health and wellbeing approach to after care. The programme's vision for the future of cancer care includes greater access to rehabilitation and exercise programmes and improved access to specialised supportive care. Focus will also be given to consistency in the type and frequency of post-treatment follow up appointments for all patients across the Merseyside and Cheshire Cancer Network.



**If you want to find out more about the "Living With and Beyond Cancer" programme, contact [Melanie.Zeiderman@clatterbridgecc.nhs.uk](mailto:Melanie.Zeiderman@clatterbridgecc.nhs.uk) or 0151 334 1155 (ext 4688)**

### WE ARE MACMILLAN. CANCER SUPPORT

Situated at the front entrance of The Clatterbridge Cancer Centre at both our Wirral and Liverpool sites, the Macmillan Cancer Information and Support Centres provide a confidential drop-in service for anyone affected by cancer, whether you have been diagnosed yourself; are a carer, relative or friend of someone with cancer.

We provide:

- literature on all aspects of living with cancer
- access to a private room where you can talk to someone in confidence
- information and support over the phone for those not able to access the service in person
- links to the clinical teams treating certain cancers
- links to local and national support and self help services
- Welfare Benefit Advisors offer a drop-in service (at Clatterbridge Wirral) Monday–Friday, 11am -1pm.

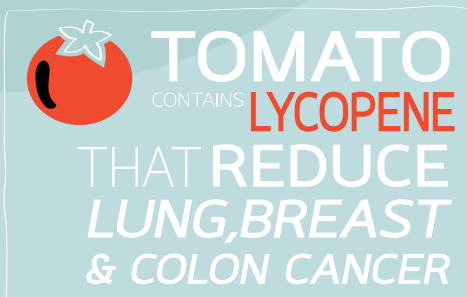


# Beating cancer: the lifestyle choices that matter

**B**eing overweight can be a risk factor for many different types of diseases, including some cancers. For National Cancer Prevention Month earlier this year, Dr Nicky Thorp, Consultant in Clinical Oncology at The Clatterbridge Cancer Centre discussed this link in more detail and offered her advice on how diet and exercise can not only help prevent cancer, but how it can also assist during and after cancer treatment.

## Cancer prevention

“Being overweight or obese doesn’t necessarily mean you will develop cancer but research shows it can be a contributing factor in up to five per cent of cancers diagnosed each year. With that in mind, it’s important people know how best to look after themselves, not just to try and avoid cancer, but also if they do find themselves being diagnosed with cancer. It is relevant right the way through the cancer journey from diagnosis to treatment, and after completing treatment.



**TOMATO**  
CONTAINS **LYCOPENE**  
THAT REDUCE  
**LUNG, BREAST**  
& **COLON CANCER**

“Lifestyle choices including what we eat and how often we exercise are a contributing factor in many cancers. There is an association between being overweight or obese with 20 cancers in the UK, but there are particularly strong associations with the following types:

- Breast
- Endometrial (cancer of the womb)
- Colorectal (cancer of the bowel)
- Oesophageal (cancer of the gullet or food pipe)

“In the case of breast cancer – in particular in post-menopausal women – obesity can be a significant risk factor. Fatty tissues produce oestrogen which can contribute to breast cancer development and after the menopause, the main source of oestrogen is from body fat.”

## During cancer treatment

“Leading a healthy and balanced lifestyle is helpful during treatment. Exercise has been shown to be very important in helping patients reduce the fatigue they may feel from their treatments. We recommend taking a brisk 20-minute walk every day. This can help with the physical symptoms, but also helps patients feel psychologically better as they’re out and about in the fresh air. If they don’t feel up to this, that’s absolutely fine – it’s always best to chat to the specialist to see what they suggest as it can depend on where a patient is on their treatment path.

“Additionally, we’d also suggest that patients follow a healthy diet, avoiding processed foods and getting plenty of fresh fruit and vegetables.

“At The Clatterbridge Cancer Centre, support services are available to advise people on the best ways to live a healthy lifestyle during cancer treatment as everyone’s different. It’s important that patients ask questions and find a healthy balance that works for them.”



**BERRIES**  
RICH IN  
**ANTIOXIDANTS**  
CAN HELP  
**PREVENT CANCER**

RASPBERRY, BLACKBERRY, STRAWBERRY, GRAPE, BLUEBERRIES



Dr Nicky Thorp

## Try to increase your activity >>>

Try some of these exercises to burn 200 calories. To lose one pound a week, you need to reduce your intake by 500 calories a day or burn 500 calories per day. Or a combination of both.

- Skipping** 12-15 minutes
- Spinning** 12-15 minutes
- Body Combat** 14-17 minutes
- Tae Bo** 17-20 minutes
- Squash** 20-23 minutes
- Swimming** 22-25 minutes
- Jogging** 25-30 minutes
- Resistance Training** 25-30 minutes
- Cycling**, Moderate, 7.5mph 28-33 minutes
- Walking**, 5mph 30-35 minutes

If you would like diet advice during your cancer treatment, ask your nurse or radiographer.

## After treatment

“Cancer and its treatments can cause physical changes and dealing with these can often be stressful for patients.

“Some patients might feel nervous about things like exercise, especially if they haven’t felt up to it for a while, but as with diet, it’s the small changes that make a difference. Starting with a few brisk walks and building up from there should be fine for most patients post-treatment.

“There is evidence to suggest that maintaining a healthy weight after treatment can have an impact on whether or not the cancer comes back, but aside from that, it also reduces the chances of additional health problems occurring later down the line.”



# Meeting the technological demands of a 21<sup>st</sup> Century NHS

Damian Martin and Beth Edmondson (centre) and the new Service Desk team

**T**echnology has now become a major part of our everyday lives. From smartphones to digital TV and radio and labour saving devices for the home and kitchen - technological advances have allowed us all to do things a bit easier, quicker or better than we did before.

Technological advances have also opened up new possibilities for the way healthcare professionals work and deliver care. Innovative technology supports our staff, nurses and clinicians to be able to do a better, safer job which in turn improves each patient's experience.

Working in collaboration with the Medical Physics department who support specialist computer systems for radiotherapy planning, treatment and imaging, our Information Management & Technology (IM&T) department are the people who develop and manage all of the Trust's other clinical and business information systems. They make sure our staff and patients have access to the right information at the right time,

## *Technological advances have opened up new possibilities...*

from booking outpatient consultation appointments to ordering blood test results and scheduling treatment.

To make sure all of these systems run effectively the IM&T Department also manage the extensive infrastructure on which our I.T system runs and it's no mean feat to keep telephone and computer networks up and running to support hundreds of computers, laptops and phone lines!

The department recently launched its new 'Service Desk' facility. Headed up by Damian Martin and Beth Edmondson, the team of six technicians

are on hand to support staff and will help the hospital keep ahead of the ever-changing technological advances.

Head of IM&T, Tom Poulter said:

"Technology is constantly changing and my team is working hard every day to support staff to do their jobs whilst keeping up with the latest developments. The NHS is changing the way it works. Its vision for the future is to have a more modern, efficient, patient-led health service and to give

patients more choice and control over their own health and care. IM&T is critical to that process."

Our Transforming Cancer Care Project (read more about this on page 8-9) will see changes to the way our services are delivered across Merseyside and Cheshire, including the building of a new hospital in Liverpool. These developments will require a need for more flexible and mobile working, so that our staff are able to work easily and effectively from any number of sites.

Together with a national requirement for Trusts to move to paperless health records The Clatterbridge Cancer Centre will be developing our technology and systems over the next three years so we are better able to deliver a service that meets the increasing demands of the 21st century.

Working closely with our clinical teams, the IM&T Department is central to supporting the development of different and innovative ways of working that are key to these changes.

A big part of this will be the delivery of a new Electronic Patient Record System.

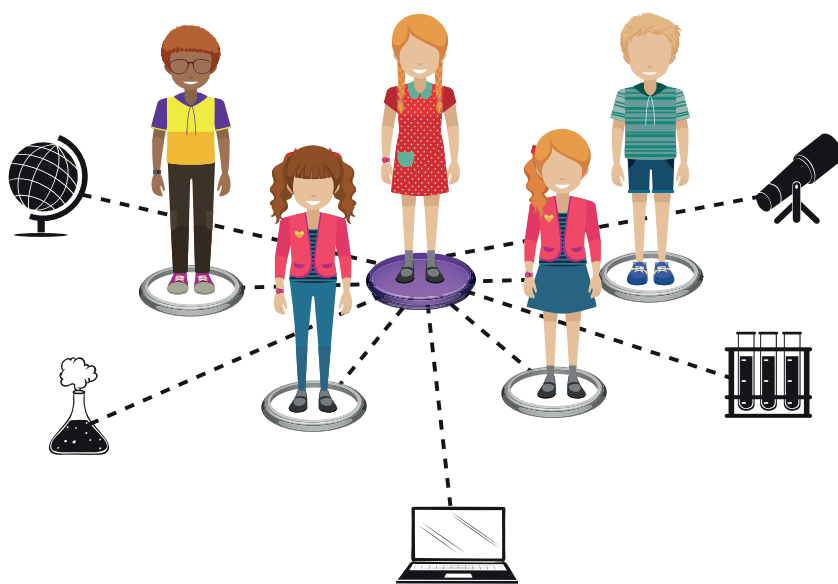


## What is the Electronic Patient Record system?

The new Electronic Patient Record (EPR) system will help us to treat our patients more effectively and has been specially designed to hold all of our clinical and health information in one place.

The old system, which includes both paper-based notes and a variety of computer records, meant that different sets of information are stored within different hospital systems, which can sometimes cause unnecessary delays and be difficult to access for our clinicians who often work at different hospital sites.

The new Electronic Patient Record system will be an advanced system which is able to store more in-depth clinical information about our patients. All hospital staff who are directly involved with patient care will have some level of access to this system, which will be updated in real time at each point of a patient's care.



*The NHS is changing the way it works.*

## What will this mean for... >>>

### Our patients....

- All the oncologists and nurses involved in my care have easy access to my up to date medical records, no matter which hospital site I visit for treatment or follow up.
- I can access my own medical record and book, change or confirm appointments online.
- My clinician has direct access to my fully up to date GP records and my GP will be able to see information about my cancer treatment.
- My information is shared immediately across all appropriate organisations even when I have to travel to other hospitals within Merseyside and Cheshire.

### Our clinicians....

- I can view all recent letters relating to my patients from every organisation that has been involved in their care. This means I always have a joined up view of the treatment and support they are receiving.
- I have mobile access meaning I can capture and review information in real time on the move.
- These new systems allow us and our NHS partners to act more as one service which is really important when we work across so many organisations.



# Rapid improvement in pathways for inpatients ...

From our site in Wirral and our satellite centre in Aintree we delivered 95,100 radiotherapy treatments to 6245 patients during 2014/15.

93% of our radiotherapy appointments are delivered on an outpatient basis, with 7% of radiotherapy appointments delivered when a patient is admitted to the wards as an inpatient.

So while the radiotherapy department is busy treating outpatients travelling to us daily, they also need to ensure that inpatients are receiving their treatments too. Inpatients can often be extremely poorly and require many staff to support their needs both in the treatment room and whilst being transferred between the two departments.

We listened to patient feedback around delays and disruptions to their radiotherapy treatment times when they were admitted as inpatients and set out a new way of coordinating the pathway between departments using a 'Rapid Improvement Event Initiative'.

The Service Redesign team was enlisted to work with a group of porters, nurses, radiographers and support staff to lead the piece of work to help staff improve the inpatient radiotherapy pathway each day. The emphasis was not to have lots of meetings over long periods of time, but to get people 'hands on' undertaking shadowing, following patients along their journey

and collecting information to enable us to understand what happened from a patients perspective and what the 'real' causes of the problem was.

It was identified that one of the biggest problems was that inpatients and staff were not given appropriate or consistent treatment times and were generally being treated towards the end of the day. This was not only unsettling for inpatients but it put a strain on the radiotherapy, portering and nursing teams. A pilot was initiated with a redesigned pathway for inpatient radiotherapy treatments for three months and demonstrated excellent results with an improvement of 24% of patients being seen within a more appropriate time of the day.

As well as demonstrating improvement for patients in a tangible way, the pilot showed that the patient experience and use of staff time was improved significantly as the new pathway reduces need for unnecessary interruptions to the normal workflow in departments.

The new inpatient pathway became routine from January 2015 and the project team are now implementing phase 2 of the project to roll out the redesigned pathway across the whole of the radiotherapy department for the benefit of all patients on all wards.

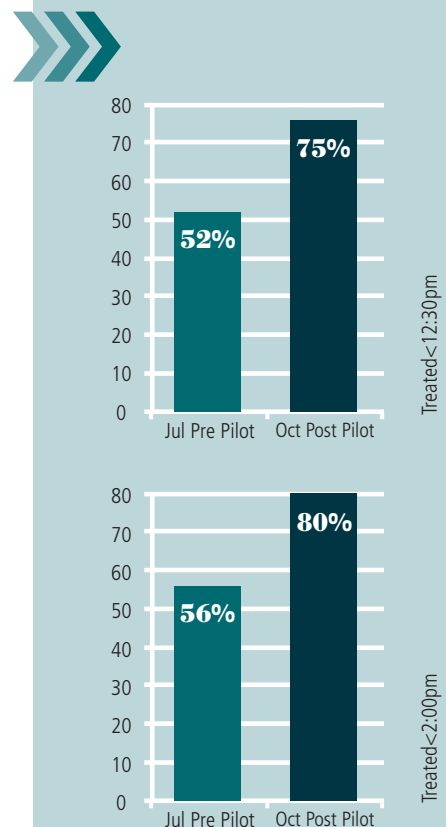
The Service Redesign Team is now supporting the chemotherapy directorate to look at ways to improve the patient pathway on the Delamere Day Case Unit.

## We listened to patient feedback around delays ...

## Further Information

If staff would like further information on the report or further details on how to undertake a Rapid Improvement Initiative, please contact Alyson Constantine, ext. 5735 or email: [alyson.constantine@clatterbridgecc.nhs.uk](mailto:alyson.constantine@clatterbridgecc.nhs.uk)

### Radiotherapy inpatient treatment within a routine working day - performance pre and post Pilot 2014





“I’ve always tried to be positive in life and I will not let cancer beat me.”



# Former TV Hostess Roz aims to ‘knockout’ cancer

**R**oz Tranfield is a popular face in Wirral. A former ‘It’s a Knockout’ hostess and beauty queen, she is now a successful business woman running the award winning Roz Tranfield Beauty Centre in Wallasey, among many business achievements over the years.

So when she was diagnosed with breast cancer in July last year, she faced her battle with the same energy and positivity that she puts into every part of her life.

Following surgery, Roz came to The Clatterbridge Cancer Centre where she began her chemotherapy on New Year’s Eve. She says “I’ve always tried to be positive in life and I will not let cancer beat me. While I’ve been here at Clatterbridge, I’ve received excellent treatment from all the staff. I really feel the NHS gets an unfairly bad press, and I want to give something back. It’s important to me that I show support and solidarity to other patients in the same boat, so I’ve pledged to raise £25,000 for The Clatterbridge Cancer Charity.”

Alongside her partner Patrick – who is also being treated at Clatterbridge - the fundraising kicked off in typically bright style as the couple dyed their hair pink, before marking the occasion with a glamorous photo shoot! Knowing she would soon lose her hair, this was the perfect way to face what was coming with a smile, and her loved ones right

by her side. Patrick said “I will always support Roz, so the only thing for me to do was to join her in her quest to go pink! For the last year I have also been receiving treatment for prostate cancer, so I know how fantastic the Centre is and how caring the staff are.”

Roz added: “I felt like an apprentice coming to my first chemotherapy session, but they’re so professional and take a really gentle approach. I didn’t know whether I’d be sick straight away so I made a point to look good, I don’t think you have to look sick to feel sick. I’ve finished my chemo now, and onto the next steps of my cancer journey, I’ll be taking trastuzumab for 6-12 months before starting a clinical trial under Dr Malik.”

Roz is now teaming up with the charity along with local celebrity and breast cancer survivor Pauline Daniels to organise a very special fashion show this summer. With Roz at the helm it’s set to be the most glamorous date in the fundraising calendar!

With her background in beauty, Roz is taking the opportunity to do something very special for fellow patients. She is inviting cancer patients to be models, the perfect way to show the real beauty, courage and strength that these women have.

The fashion show will be hosted at the stunning new DoubleTree Hilton in Liverpool City Centre on Thursday 10 September. Roz is now teaming up with the charity along with local celebrity and breast cancer survivor Pauline Daniels to organise a very special fashion show this summer. With Roz at the helm it’s set to be the most glamorous date in the fundraising calendar!

With her background in beauty, Roz is taking the opportunity to do something very special for fellow patients. She is inviting cancer patients to be models, the perfect way to show the real beauty, courage and strength that these women have and will use her expertise to get them ready for the big day!

## Get involved

If you would like to support this amazing lady then you can donate at [www.justgiving.com/Roz-Tranfield](http://www.justgiving.com/Roz-Tranfield)

If you are being treated for cancer and would like to model in the show, you’d like to find out more about tickets, or if you want to fundraise for the charity in your own way, then call the team on **0151 482 7948**.




# Staff Achievement Award

Going the extra mile for you

**H**as 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.

Here are your last five winners: 

★ **December 2014**

**Susan King, Sarah Stead and Ted Dillon**

The team worked together to bring a special Christmas treat to one of young patients on her last day of treatment by arranging for Father Christmas and Elsa from Frozen to visit.

★ **January 2015**

**Mark Toner, Staff Nurse Conway Ward**

Mark is a kind and compassionate person and nothing is ever too much trouble. He is a true old school professional and he has a lovely smile!

★ **February 2015**

**Hannah Roberts, Occupational Therapist**

Hannah went the extra mile to coordinate arrangements so a patient could be taken to the maternity unit at Arrowe Park to hold his wife's hand when she went into labour in the middle of the night.

★ **March 2015**

**Kate Shaw, Volunteer**

Kate is a dedicated volunteer at the Centre, she was nominated for her invaluable help in preparing this magazine to send to our 5,000 Foundation Trust members. She's a star!

★ **April 2015**

**Daniel Hitchmough, HCA Delamere**

Daniel has taken the time to learn sign language in his own time and his skills are now benefiting our patients.



## Research internship award

Congratulations to radiographers Sean Ralph and Kirsty Hoole who have been awarded a research internship from the 'Collaboration for Leadership in Applied Health Research' (CLAHRC). CLAHRC aims to bring universities, local authorities and NHS organisations together to translate research findings into health service improvements to address health inequalities.

For the next 12 months Kirsty will be using the internship to consider the effects of smoking during radiotherapy treatments. Studies have shown that by stopping smoking during treatment,

a patient can reduce their early side effects, and for most tumour groups stopping smoking has a positive influence on cancer survival rates. She will also be looking at the psychological aspects of stopping smoking.

Sean will be looking at how healthcare professionals discuss sexual orientation with patients. He said: "The idea for my research came from a survey that was conducted at Liverpool Pride in 2012.

"Results from the survey revealed that a low percentage of NHS patients were asked about their sexual orientation by staff and

I'm hoping to explore why that is and make recommendations to improve clinical practice."





# Membership makes a difference ...

## *refer your friends & family!*

As a Foundation Trust hospital, The Clatterbridge Cancer Centre offers local people, staff and everyone who uses our services a greater say in how we are run.

By signing up as a member, local communities can have a direct influence on how our organisation works, with members helping us develop plans to improve the services we offer.

If you have received this newsletter by the post, you are already a member. But we are always looking for new people to become members of the Trust and ask you to invite your friends and family to get involved in their local cancer centre too. Maybe you could ask friends and family in other households to support us and become a member? They can do this in various ways:

- 01** Via the website – [www.clatterbridgecc.nhs.uk/foundation\\_trust](http://www.clatterbridgecc.nhs.uk/foundation_trust)
- 02** Contact Andrea Leather on 0151 482 7799 to request a form.
- 03** Request a form in writing from Margaret Moore, Executive Office, The Clatterbridge Cancer Centre, Clatterbridge Road, Bebington, Wirral CH63 4JY

Membership is completely free and you can choose to be involved as little or as much as you like – from receiving regular newsletters, taking part in discussion groups or standing to become a Governor. You can decide the level of involvement you want to have whilst being able to contribute and influence future plans for the Trust.

## Ways to be involved

**01** \_\_\_\_\_  
Receive our newsletter, attend meetings/focus groups

\_\_\_\_\_ **02**  
Receive our newsletter and adhoc surveys via email

Receive our newsletter by post only  
**04** \_\_\_\_\_

Receive our newsletter by email only  
\_\_\_\_\_ **03**



## Thank you for your feedback

We issued a survey with the last edition of the C3 magazine and had a fantastic response – so thank you to everyone who took the time to share their views of the magazine with us.

30% of you said they would prefer the magazine to be printed on lesser quality paper to save on costs – and you'll have noticed we've listened to your feedback and this edition of the magazine is printed on different paper.

**Congratulations to Anne Marie Jones from Meols who was the lucky winner of the £20 Marks & Spencer voucher prize.**



If you would prefer to receive this newsletter via email – please send an email to [andrea.leather@clatterbridgecc.nhs.uk](mailto:andrea.leather@clatterbridgecc.nhs.uk) with details of your home address, and we will remove you from the mailing list and onto the email distribution list.



Clatterbridge Private Clinic offers insured and self-funding patients rapid access to the most advanced cancer treatments and technologies. The Clinic has a dedicated, state-of-the-art radiotherapy treatment suite.



*“Happy 2nd Birthday to Clatterbridge Private Clinic!”*

April 2015 marked a significant milestone for Clatterbridge Private Clinic as they celebrated two years since opening their doors. The income generated from the Clinic has been an extremely valuable source of additional income for the Trust and has been used to maintain and enhance NHS services.

In June 2014, Lead Radiographer from the Centre, Jill Knox (right) began an 18 month secondment at Clatterbridge Private Clinic and Dionne Cairns, Senior Treatment Radiographer started her secondment in December 2014.

Here, we speak to Jill and Dionne about how this secondment from the NHS Trust to Clatterbridge Private Clinic has supported their careers through the development of new skills and experiences.

**Q.** What work experience have you gained through your secondment at Clatterbridge Private Clinic?

**JK:** I have had the opportunity to become more involved in project management, working in collaboration with other radiotherapy centres outside the UK. This experience has enabled me to better utilise the technology capabilities of our radiotherapy machines, maximising their potential use and value within both the Clatterbridge Private Clinic and the NHS.

**DC:** The Private Clinic is heavily focused on the delivery of highly personalised care tailored to the individual needs of patients. This approach has allowed Jill and I to further develop our existing skills in delivering holistic care for patients.

**Q.** What new skills have you developed during your secondment to Clatterbridge Private Clinic?

**JK:** I have had the opportunity to work closely with the senior management team here at the clinic and gained vital skills that will assist me in my team leader role in the NHS.

**DC:** I have enjoyed managing patient care audits. The audits have highlighted the importance of using patient feedback in order to identify our strengths and areas for development, with the ultimate aim of delivering the best possible environment, service and clinical care to our patients.

**Q.** What are the key learnings you have taken from working in a private clinic?

**DC:** I have had exposure to business development, finance and project management. Insight and exposure to commercial healthcare has helped me to develop skills required to become an effective leader and manager.

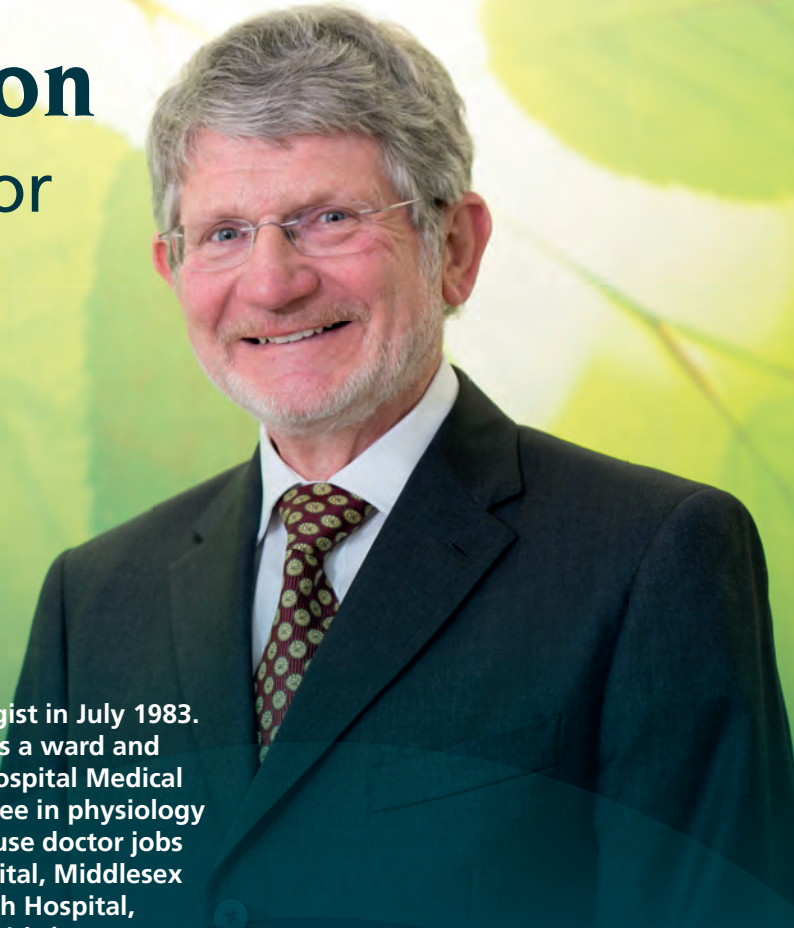
**Q.** Would you recommend the secondment to other NHS employees?

**JK:** Absolutely. I have learnt a lot and been able to build on my existing skill set, which I am sure will serve me throughout my career. Delivering radiotherapy is only one aspect of the role. Secondments to Clatterbridge Private Clinic are advertised on a rolling basis, the recruitment process is simple and definitely worth looking into!



# Dr Doug Errington

## New Clinical Director for Radiation Services



**H**e joined Clatterbridge as a Consultant Clinical Oncologist in July 1983. He started his medical career at a Yorkshire Hospital as a ward and operating theatre orderly. He is a graduate of St Mary's Hospital Medical School, London where he gained a first class honours degree in physiology before completing his medical degrees in 1973. He did house doctor jobs (in medicine, paediatrics and oncology) at Hillingdon Hospital, Middlesex and The Royal Post Graduate Medical School, Hammersmith Hospital, London. He trained in Clinical Oncology at The Hammersmith (1977-1983) before taking up his post at the then Mersey Regional Centre for Radiotherapy and Oncology in 1983.

### »»» He Enjoys:

Outside work he enjoys the outdoor life, particularly country walking, exercising his four dogs and clay pigeon shooting. He has also recently taken up horse riding and is now in search of the perfectly behaved horse that will look after him! As a "Mackem" he strives to "keep the faith" as a lifelong Sunderland supporter.

### »»» He Also:

Is committed to providing the best standards of care and treatments to all patients and their families. This has and continues to be through the development of the best clinical services, clinical research and education.

He played a major part in the radiotherapy particle therapy programme in the 1980s and 1990s that led to a major upgrade of the cancer treatment facilities at Clatterbridge. This was essential to meet the demanding clinical standards required to be part of international clinical trials. From 1989 he was part of the team that developed the proton beam therapy service for ocular tumours. This continues and is now recognised as The National Centre for Eye Proton Therapy.

Over the years he has been involved in many activities in the Royal College of Radiologists. In particular he was Regional Post Graduate Advisor at Clatterbridge and nationally he was involved in the RCR final FRCR examinations for 15 years with seven of these as Chairman of the Examinations Board.

### »»» He Said:

"I am very privileged to have been able to be a part of the process of continuous improvement in the delivery of care and treatment to patients at The Clatterbridge Cancer Centre over the past 32 years. I have been part of the development of palliative care services, tumour site specialisation, multidisciplinary team meetings and closer and more effective team working with colleagues in nursing, therapy radiography and physics. I have also seen amazing advances in the technology for the delivery of safer and more effective radiation therapy to our patients. This has all had a tremendously beneficial impact on the standard of care our patients now receive.

"At this stage in my career there are still some exciting challenges ahead, not least to translate my years of experience in an effective way to the benefit of patients and colleagues in my new role as a Clinical Director."

*“there are still some exciting challenges ahead ...”*

# Charity News

## Events Calendar Summer & Autumn 2015

JUN

Sun 7th June  
**Mersey Tunnel 10k**

Sat 13th and Sun 14th June  
**Rock n Roll Liverpool  
Marathon**

Sun 28th June  
**Wirral Coastal Walk**  
Join thousands of walkers and support Clatterbridge on this stunning walk.

JUL

Sun 26th July  
**Deva Divas Triathlon**  
A short distance Triathlon in Chester, this is one for the ladies.

SEP

Sun 6th September  
**Ride of the Roses Bike Ride**  
50,75 or 100 miles around beautiful Lancashire country lanes.

Sun 27th September  
**Skydive Sunday**  
Exhilarating 11,000 – 15,000ft tandem Skydive.

OCT

Fri 16th October  
**Grand Atlantic Ball**  
Annual Ball in the fabulous Titanic Hotel, Liverpool.

## Find out more

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

## ride of the roses

Our massive cycle event 'Ride of the Roses' returns on Sunday 6th September for its fourth year!

Last year around 600 cyclists made their way to Southport to take part in the charity cycle challenge, and we want to make it bigger and better in 2015. With a choice of three distances of 50, 75 and 100 miles, cyclists can choose the challenge to suit their ability - all of which take you on the beautiful undulating country lanes of Lancashire.

Tony Crotty, from Crosby has been treated twice for cancer at Clatterbridge and took on Ride of the Roses last year. He said "It was a huge challenge for me but I can't say enough about what a great day it was, it was really well organised from start to finish with a well signposted route. The food and water stops were great, and I was very impressed with the whole thing! I'd urge anyone who enjoys cycling to give it a go and raise lots of cash for this brilliant cause"



**You can join Tony on this year's ride by signing up today!**

## run for our lives

Running has never been so popular, and Merseyside is awash with runs to suit all abilities. From 5k fun runs covered in paint, to the atmospheric Mersey Tunnel 10k, some of the region's best half marathon routes and not forgetting the return of the Rock and Roll Marathon to Liverpool, now is most definitely the time to get out your trainers and make the most of the weather.

Why not make a family weekend of it? This year's Rock n Roll Liverpool Marathon and Half Marathon will return to the waterfront on Sunday 14th June. This year's event, with live performances along the route from local bands, is set to be even bigger and better with something for everyone with the addition of a 5k run and 1 mile run on the Saturday making it a full weekend of running fun. As one of the event's principle charity partners we're delighted to be involved and have 100 charity places available.



## Join the teams

To join our team of cyclist or runners call the fundraising team on **0151 482 7948** or visit [www.clatterbridgecc.org.uk](http://www.clatterbridgecc.org.uk)



# Pharma

## - one year on!

“**Excellent! Lovely atmosphere and friendly staff**”

**I**n March 2014 the doors to our very first on-site dispensary pharmacy opened.

And more than one year on we are pleased to say that ‘PharmaC’ has become a vital service to help us deliver a more personalised and efficient experience for our patients.

The Trust invested around £200,000 in PharmaC so we could provide a specialist cancer dispensing service to help patients manage their healthcare and medicines in one place. PharmaC also offers a range of over-the-counter medications as well as other healthcare products, along with a consultation area to discuss any healthcare related concerns with a pharmacist.

The team is now looking at how they can expand their services in the future – areas they are looking at are whether they could dispense community / GP prescriptions in the future and providing a smoking cessation support service. They are also supporting the Centre’s ‘Clatterbridge in the Community initiative’, in particular cancer treatment at home.

Burhan Zavary, Superintendent Pharmacist, PharmaC said: “Our first year has been really successful and it is fantastic to see how it is making such a positive impact to the patient journey. The team would like to thank staff and particularly our patients for their support and positive feedback.

“This support has been an integral part of our success and we hope to build on this over the coming months and years and I am really excited about the future and further benefits this service can bring.”

PharmaC, which is a subsidiary of The Clatterbridge Cancer Centre, is also open to staff and the general public.

**Opening hours are Monday to Friday 8:30am – 5:30pm and Saturday 9:00am – 1:00pm.**



**We take patient feedback seriously and these are some of the changes we have made.**

You said	–	we did
No signs in main hospital to PharmaC	→	wayfinding signage is now in place
Not enough chairs in waiting area	→	number and type of chairs increased from two to six
The entrance door is not automatic	→	we installed a motorised door in January 2015
No clock in waiting area	→	we installed a clock in January 2015



# Charity News

## Merseyrail raise a record breaking £107,000



**Merseyrail staff, stakeholders and friends have raised a landmark amount of money for The Clatterbridge Cancer Charity as their chosen charity of the year.**

The charity was originally nominated by Merseyrail staff members Jenny Calvert whose mum Linda has been treated at Clatterbridge and Eddie Carpenter whose wife Linda works at the Centre. Their colleagues voted in their hundreds for The Clatterbridge Cancer Charity to be chosen.

Andrew Cannell, Chief Executive at The Clatterbridge Cancer Centre said: "After a fantastic 12

months of fundraising, I would like to express how grateful we are to the staff, customers and suppliers of Merseyrail for all their support. The energy that the team put into raising money through such a broad range of events and initiatives is truly astounding and to finish the partnership having raised a record £107,000 is more than we ever expected.

**we are thrilled with this amount - thanks to our staff**

"The money they have raised for this year has been key in funding some life changing projects that will truly make a lasting impact for our patients in this region."

Merseyrail corporate social responsibility manager, Sally Ralston, added: "We are thrilled with this amount, which is all thanks to our staff and contacts of the business, who got right behind Clatterbridge and used their enthusiasm and imagination to raise money in lots of different ways, including skydives, treks and cycle rides."

It has been a real pleasure working with the Merseyrail Corporate Social

Responsibility team and their staff, suppliers and customers have been so generous. It's through support like this that we can do so much more for our patients.

## Get involved

If you'd like to find out how your company can get involved and support Clatterbridge, get in touch with our charity team on **0151 482 7948**.



Pictured left to right Sally Ralston (CSR Manager, Merseyrail), Andrew Cannell (Chief Executive, The Clatterbridge Cancer Centre), Alan Chaplin (Interim Managing Director, Merseyrail), Rachel Donohoe (Fundraising Manager, The Clatterbridge Cancer Charity)



# Time for YOU

## Roasted Root Vegetable Salad

Makes 4 servings

1 small sweet potato, peeled and cut into cubes  
 1 medium potato, peeled and cut into cubes  
 1 medium carrot, peeled and cut into slices  
 1 small red onion, cut into small wedges  
 2 medium celery stalks, sliced  
 1 medium beet, peeled and cut into cubes  
 1 tbsp. extra virgin olive oil  
 Salt and ground pepper to taste

### Dressing

2 tsp. extra virgin olive oil  
 1 tsp. balsamic vinegar  
 2 tsp. Dijon mustard  
 1 tbsp. fresh parsley chopped  
 2 tbsp. pistachio nuts, chopped  
 1 oz crumbled feta cheese

Preheat oven to 200 degrees. In large bowl toss vegetables with ½ tbsp. of oil, coating well. Arrange in a roasting pan. Season with salt and pepper. Roast for about 50 minutes or until tender. Stir several times.

In a mixing bowl, whisk vinegar, lemon juice, oil and Dijon and stir in parsley and nuts. Drizzle dressing over vegetables and gently toss. Top with crumbled feta. Serve warm or at room temperature.



## 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.

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



## 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:	
E-mail:	

I'd like to make a monthly gift of

- £5    
  £10    
  £15    
  Other

Instruction to your Bank or Building Society

Originators Identification No.

DF Reference (for office use)



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

To: The Manager	
Bank/Building Society	
Address	
Postcode:	
Branch Sort Code	<input type="text" value=""/> <input type="text" value=""/> <input type="text" value=""/>
Account No.	<input type="text" value=""/> <input type="text" value=""/> <input type="text" value=""/> <input type="text" value=""/> <input type="text" value=""/> <input type="text" value=""/>

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 reclaims on my donations. If you cease to pay tax, or change your address, please contact the charity on **0151 482 7948**.

Text donations – see p7: This is a subscription service. You will be charged £5 plus a message at your standard network rate in the first month and £5 per month thereafter. The Clatterbridge Cancer Charity (reg'd charity no. 1051727) will receive 100% of the donation. To unsubscribe text STOP to 70800 or call 0151 482 7948.

# FREE Massage

## Simple Hand & Foot Massage

### »» Wirral

Trained hand and foot massage volunteers visit the wards and the outpatient waiting areas on a regular basis. This is a free service for all patients at the hospital.

The volunteers have a designated area in the main radiotherapy waiting area, behind the reception desk. Or if you see them around the hospital, feel free to stop them and ask them for a massage. They will be wearing lilac polo shirts!

You can also ask a member of staff to contact PALS (Patient Advice and Liaison Service) on extension 4795 to book an appointment for a massage.

### »» Liverpool

We are now also able to offer a free simple hand and foot massage service for patients receiving radiotherapy at the Liverpool, Aintree site too. Just ask at reception and they'll point you in the direction of the trained volunteers.

Free one hour relaxing facial appointments are also available at the Liverpool centre on:

Tuesday afternoon      Wednesday morning  
Thursday all day      Friday morning

This is a popular service, which gets booked up quickly. Please ask at the Liverpool reception desk for the next available appointment.

**Free  
relaxing  
facials**

## 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

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

#### Liverpool

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



### Brain teaser Solution

Page 23

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