

C3

FREE

please take
me home



The centre
celebrates
60 years
of cancer care



The Clatterbridge
Cancer Centre
NHS Foundation Trust

Contents

News

- 3 Proton treatment centre coming to UK
Patients benefit from pioneering hi-tech home consultation service
New early diagnosis programme for quicker cancer diagnosis
- 7 Clatterbridge spearheads £4m research into liver cancer treatment
- 8 Staff Achievement Awards
Skin cancer team win award from the Nursing Times
- 9 Happy 25 years to the Papillon treatment technique
New Speech & Language Therapists
- 11 Patient Sam Edwards helped design original hospital 60 years ago
- 17 Stopping smoking helps improve treatment outcomes
New Consultant Radiographers

Features

- 4/5 Patient Doug Johnson charts his cancer journey
- 10 Manage the balance between work and cancer treatment
- 12-15 The centre celebrates 60 years of cancer care
- 18 Consultant profile – Dr Rosie Lord
- 21 Does cutting sugar slow cancer growth?

Charity News

- 16 Helen takes on 18 challenges in 18 months to raise £18,000
SAY YES... IT MATTERS
- 20 Thousands GO GREEN for Clatterbridge
Join us for the beside the seaside walk
- 22 Events calendar
Gary Morton's 31 marathons in 31 days
Arlie Fryer's unique way to remember his grandad

Transforming Cancer Care

- 6 New centre starts to take shape
National funding to boost digital plans
The future of our cancer services

Foundation Trust News

- 19 New term of office for Non-Executive Director Alison Hastings
Would you like to become a Governor?
Dates for your diary
Helen Porter retires

Time for You

- 21 Recipe and puzzle



Chair, Phil Edgington

On Wednesday 28th March the hospital celebrated its 60th birthday.

The support and commitment shown by our staff over the last six decades demonstrates what can be achieved when colleagues work together to deliver the best possible care to patients.

Since the hospital opened in 1958 we have seen huge developments in the way people are treated for cancer, but I'm sure you will all agree that one thing has remained the same – staff loyalty and dedication.

On the day we took time to celebrate our diamond anniversary and staff, patients and visitors really enjoyed our Sparkle Day – take a look at some of the great photographs from the day on pages 14-15.

We have a really inspiring patient case study in this issue of C3. Doug Johnson was diagnosed with prostate cancer and came up with a quirky way to warn his work mates about the disease. You can read Doug's story on page 4.

Stories have hit the headlines recently about the link between sugar and cancer. One of our dietitians at the Centre gives her advice on this and you can also read about support available for patients who are working with cancer.

I hope you enjoy reading about all of the latest developments at the hospital.

Phil Edgington
Chair
Phil Edgington

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

✉ alexa.traynor@nhs.net

☎ 0151 556 5016

🐦 @cccnhs

Headline News

Our picks from the latest topics...

>>> Clatterbridge experts help bring new treatment to UK

>>> The first high-energy proton beam therapy centre run by the NHS will open this summer.

The facility at The Christie in Manchester will be the first UK NHS centre in the country and will treat 750 people every year, including people from Merseyside and Cheshire.

The Clatterbridge Cancer Centre were the pioneers of proton therapy in the UK. We have been providing a low-energy form of proton beam therapy to treat rare cancers of the eye for the last 29 years. But the new machine in Manchester is the first in an NHS hospital capable of delivering much higher doses to a broader range of cancers and particularly beneficial for paediatric cancers.

As the only centre in the UK with proton expertise we have worked closely with the team behind the development and will be working in partnership with The Christie to refer suitable patients to the new centre when it opens this year. As well as improving access to treatment for NHS patients from the North West and beyond, the opening of the centre at The Christie will also increase possibilities for vital research and development of treatment for cancer.

Patients benefit from pioneering hi-tech home consultation service

>>> People with cancer are benefitting from pioneering technology that allows them to take part in appointments from the comfort of their own home.

The Telehealth Clinic has been piloted at the centre for almost a year by a small group of lung cancer patients who are able to have an appointment with their specialist nurse via a video call.

Professor Michael Brada, Consultant in Clinical Oncology, helped to develop existing system iKonsult for use at our centre in Wirral.

Prof Brada said: "I have long been interested in making life easier for people who travel either short or long distances and then have to sit and wait in clinics, sometimes taking time off work or requiring their family to do so. This is a way of trying to make life easier for them.

"We want to deliver care that is close to patients and this is the ultimate way to do that."

Accelerate, Coordinate & Evaluate for quicker cancer diagnosis

>>> A unique early diagnosis programme is helping GPs spot the signs of cancer and speed up the referral process.

Late diagnosis is considered to be directly related to the premature deaths of cancer patients and the Accelerate, Coordinate, Evaluate (ACE) Programme aims to develop a knowledge base for GPs, and a simpler and speedier referral process.

ACE is a unique initiative, supported by Cancer Research UK and Macmillan Cancer Support and ran across England at 60 trial sites. We worked with colleagues from St Helens & Knowsley to trial the idea and look at results.



Doug's Diary

to make men think



When dad-of-two Doug Johnson discovered he had prostate cancer he found a quirky way to warn work mates about the disease.

In the UK, about one in eight men will get prostate cancer at some point in their lives.

Doug, 63, from Greasby, Wirral, decided to try and help raise awareness of the disease by sharing his diagnosis and treatment with colleagues through his company newsletter.

He told us: "When I was diagnosed with prostate cancer early in 2017 I didn't have a single symptom. There was no discomfort, no blood in my urine and no problem going for a wee. The only time I needed to get up in the night for a wee was after a night out with the boys! In fact it was only through sheer good fortune and a good GP that my cancer was diagnosed early.

"My doctor took some blood tests for cholesterol and decided to run a check on my PSA, the protein produced by your prostate. Elevated levels are associated with cancer and while mine were within the normal range for my age at 3.6 (ng/ml of blood) I was booked in for another test a few months later, which revealed my PSA had risen. I was in the danger zone and an MRI scan and biopsy were carried out before the news was broken to me that I had cancer. Although I'd suspected it, it was still a total shock.

"I had 20 sessions of radiotherapy at The Clatterbridge Cancer Centre in Wirral. My wife Jill used to manage a radiotherapy department so she knew it was curable, which helped calm our children Lizzie, 25, and Andrew, 23.

"I started to feel angry that this disease had struck with no symptoms. That's why I wanted to share my journey with other men in the hope they will get themselves checked. Men over the age of 50 can insist on a PSA test at their doctors.

"I work at Speedy Freight, a national courier firm where I do freelance quality audit work after retiring as a business development manager. My bosses suggested I write about my illness in the e-newsletter, which goes out to about 90 mainly male staff.

"A few colleagues have already been for checks as a result. If it helps just one person then it's been worth it."

"If it helps just one person then it's been worth it."

How Doug shared his treatment journey

April

My tumour is contained within my prostate, it has not spread to my lymph nodes, it has not spread to any surrounding tissue.

My prognosis is good. I am eligible for three kinds of treatment. The doctor

is confident that after treatment I will not be troubled by prostate cancer. So, I still plan to die in bed, aged 102, murdered by a jealous husband.

I have elected for external beam radiotherapy.

July

On July 4th I had three pellets of 24 carat placed in my prostate tumour. My prostate is now worth more than me; very handy for when I'm skint, I can just go to Cash Converters and pawn myself.

The purpose of these gold pellets is to "show up" on x-rays, CT scans etc. They will help the therapy

radiographers target my tumour. I am assured that they will not set off the security gates at airports.

On the planning day, a therapy radiographer will give me three small tattoos that will coordinate with the gold pellets. Who would have thought, 62 years old and my first bling and tattoos?

August

August 23rd was my last day of radiotherapy. It was a day of mixed emotions with the staff at Clatterbridge Cancer Centre who were starting to become good friends.

The boys and girls at Clatterbridge were fantastic.

Whatever their role, all were courteous, caring and most importantly, positive.

I make no apologies for sounding like a broken record. Don't be like me, not knowing that I had prostate cancer. Be a survivor.

November

A meeting to review the results of my treatment.

The doctor sat me down and looked me in the eye and said: "When you first presented, your PSA level was 4.65, but it has now reduced to 0.13."

Of course the doctor cannot say I am cured, and officially it needs five years of positive results before he

can wish me goodbye (but not metaphorically).

This is the last time Doctor Dougie is going to lecture you on men's health. If you are near to or over 50, please visit your GP and discuss your prostate. Ask about a PSA test. If you have prostate cancer and it's discovered early it is a piece of cake to treat. I know!



Doug's positive attitude and sense of humour helped raise awareness of the disease with his colleagues

Photograph taken from Doug's diary for a photo caption competition in his company newsletter

Transforming Cancer Care update

New centre starts to take shape



BUILDING
for the future

If you're out and about in Liverpool you may notice that our new cancer centre is starting to take shape.

Our building partner, Laing O'Rourke, is making fantastic progress and some of the key structural elements are now in place including the stair cores and three passenger lift cores which give a great perspective of the overall height of the building. The location of the enclosed garden and the main entrance atrium can now be clearly seen on site, and the lower floors for the radiotherapy and outpatient department are taking shape.

The project is on track and due to be complete in the spring of 2020. Following the insolvency of Carillion, we are working with our contractors Laing O'Rourke to explore how we best manage the impact that further delays to the opening of the new Royal might have on our project.

You can view the progress of the build via the webcam at www.cctvmon.com/clatterbridge or keep up-to-date with developments at www.transformingcancercaremc.nhs.uk

National funding to boost digital plans



CONNECTING
for the future

Over the next three years we are set to receive up to £5 million in central funding to help us become a digitally advanced organisation.

We are working with NHS Digital and Alder Hey Children's hospital as part of NHS England's flagship digital programme.

The Global Digital Exemplar (GDE) Programme will help us expand our digital ambitions by giving us the opportunity to revolutionise our technology in preparation for our future ways of working with the opening of our new specialist cancer hospital in Liverpool.

What will this mean for patients?

- Access information and manage appointments through a new Patient Portal
- Patient information will be shared with relevant NHS organisations across the region
- Improved patient education will lead to better patient satisfaction and confidence to make informed decision about care
- Improved clinical decision support

What will this mean for clinicians?

- Easy access to all relevant patient information from one system
- More time to talk with and treat patients
- Improve access to clinical information from any clinic
- Online meetings

The future of cancer services

We want to make sure that people in Cheshire and Merseyside continue to benefit from first-class cancer care in the future. To do this we will need to make some changes to how we deliver some of our services.

Over the coming months we will be continuing to develop proposals for a new clinical model so that:

- Our patients wait no longer than seven days for a first appointment following referral
- Their treatment begins within 24 days of that first appointment
- All patients get the same access to clinical trials
- Patients get consistent access to supportive services at their first appointment
- The care we provide for patients who become unwell either as a complication of treatment or because of the disease itself is improved.



CARE
for the future

Clatterbridge spearheads £4m research into liver cancer treatment >>>

500 patients needed for trial into a disease that is becoming more common.

>>> Researchers at the Centre are spearheading a £4 million trial aimed at improving the survival chances of one of the deadliest types of cancer.

The Merseyside led research will see more than 500 liver cancer patients from around the UK and France given a unique combination of drugs to see if it extends life.

Cancer that originates in the liver is uncommon, but the number of people with the disease in the UK is growing and Merseyside has a higher than average number of sufferers.

Professor Dan Palmer, Consultant Medical Oncologist at The Clatterbridge Cancer Centre is the lead clinician for the trial, he said: "Liver cancer survival rates are very low and it is a disease that is particularly prevalent in this region where there is a high burden of chronic liver disease.

"This research is aimed at determining if a new combination of drugs can prolong life.

"The fact this study is being led from Clatterbridge and managed by The Cancer Research UK Liverpool Cancer Trials Unit demonstrates the on-going commitment to finding innovative treatments for what is a deadly form of cancer."

The study, entitled TACE-3, will involve patients with a type of liver cancer called intermediate (stage B) hepatocellular carcinoma. The average survival rate with the current treatment is 18 months.

This research, funded by pharmaceutical company Bristol Myers Squibb, hopes to improve this rate.

The best treatment offered currently for this type of tumour is called TransArterial ChemoEmbolicisation (TACE) in which chemotherapy is delivered directly into the blood supply of the liver cancer.

The researchers want to find out if combining it with a new drug called Nivolumab can increase its effectiveness and so extend life.

Nivolumab is an immunotherapy drug that works by helping the immune system slow or stop the growth of cancer cells and it is predicted that combining it with TACE will make the cancer more visible to the immune systems and so more sensitive to the immune stimulating effects of Nivolumab.

The first patients will be recruited in September this year and the trial is due to last for five years.

The trial will be managed by The Cancer Research UK Liverpool Cancer Trials Unit and is supported by the Liverpool Experimental Cancer Medicine Centre (ECMC).

"This research is aimed at determining if a new combination of drugs can prolong life."



Going the extra mile for you

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

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

Staff Achievement Award

Here are your last six winners:

September 2017

Conway Ward. Over the previous months to the award staff dealt with low staffing levels due to sickness and vacancies. During this time staff worked extremely hard to maintain excellent patient care; working overtime and through their breaks.



December 2017

Lucy Koh, Head & Neck CNS was nominated for her hard work in putting together a staff Christmas party. Lucy is a bundle of infectious smiles and positivity, someone you can always depend on and always puts people first.



October 2017

Merseyside & Cheshire Blood Bikes. All riders are volunteers and provide a free 24hr service, 7 days a week to deliver bloods and urgently required case notes, chemotherapy and other small packages as well as supporting our home delivery service.



January 2018

Karen Williams, Correspondence Clerk, Admin Services received an impressive 20 nominations from her colleagues. Karen was nominated for her committed, conscientious, helpful and diligent work ethic.



November 2017

Dr Gregory Monk nominated by colleagues for his dedication and going above and beyond for the patients in his care, always staying beyond his working hours talking to patients and offering advice.



February 2018

Nikita Langley, Dietitian Assistant was nominated by colleagues for her enthusiasm, passion, infectious positive attitude and for always going the extra mile.



Skin cancer team named as winners of the Cancer Nursing category

»» The centre won the Nursing Times Award for Cancer Nursing at a glittering ceremony held at the prestigious Grosvenor House, Park Lane, London.

Following a rigorous judging process, **Joanne Upton and the Skin Cancer Team** emerged as the winner of Cancer Nursing for their work on developing standardised immunotherapy guidelines for the management of immune related side effects.

The judges praised them for their vision, passion and commitment in taking this innovative project not only locally, but nationally.



Happy 25 years to Papillon

»» It is 25 years since The Clatterbridge Cancer Centre treated its first Papillon patient.

Since then 1450 people have undergone the pioneering rectal cancer treatment. From treating just one day a week, it now provides a five day service, offering an alternative to surgery and the fitting of a colostomy bag.

Professor Arthur Sun Myint introduced the technique to Clatterbridge, and the UK, after going to France to meet Professor Jean Papillon who devised the life changing technique.

Prof said: "I went to Lyon to see the treatment first hand. I realised quickly

that it was something we should set up. We treated our first patient in 1993 and we saw tumours shrinking after treatment. It was amazing."

Papillon delivers low energy X-ray beam radiotherapy directly to the cancer. The technique was formally approved by The National Institute for Health and Care Excellence (NICE) in 2015 and the OPERA Trial is currently under way, comparing the technique with external radiotherapy in patients from the UK, France, Sweden, Denmark and Switzerland.

Prof Myint believes these developments in addition to the national bowel cancer screening

programme, and the ageing population, will see more patients being referred.

There are now three other centres in the UK offering Papillon treatment and 15 in total around the world. Clinicians from other centres are trained at Clatterbridge.

The UK Papillon team, led by Prof Myint, was recently shortlisted for the prestigious 2018 BMJ Awards.

He said: "My philosophy has always been to put the patient first and listen to them and their wishes. I want to see patients cared for and have a good quality of life after treatment, whatever their age."



»» Duo aim to help patients get message across

»» We are pleased to welcome two new Speech and Language Therapists to the Cancer Rehabilitation and Support Team, Catriona Fleming and Heulwen Sheldrick.

They will be providing support to patients having difficulty with communication and swallowing throughout their treatment at the centre.

Heulwen said: "We have come from community healthcare, so are used to seeing patients from Clatterbridge once they've had their treatment; we are now able to bring that insight into our work here. We understand what it's like for people when they leave here on a day-to-day basis."

The Speech and Language Therapy service is vitally important to our patients, the team's aim is to support those patients who experience issues and give them the tools to self-manage and improve their quality of life.

Heulwen added: "We always start with what matters to the patient, for the patient that's really important, particularly when patients are on a treadmill of treatment day in and day out, what we do is get to know the patient, the person and their family so we can understand how to support them in their communication and their preferences with eating and drinking – that's key to the way we work.

"For me, communication is how we show our personality, how we show we are different to somebody else and how I'm the same as somebody else with what we have in common. The success comes when patients are able to get their message across in a way that somebody still 'gets' them, still understands who they are, then that's a job well done."



Working with cancer

Many people who have cancer want to remain in work through their illness; the big challenge is how to manage the balance between work demands and health needs.

How to decide, where to seek advice from and how to know what will be the right choice can be overwhelming. A recent survey commissioned by the Macmillan Living With and Beyond Cancer team in collaboration with ProAbility Ltd highlighted the challenges faced in the workplace. The report, Working with Cancer Survey for Employers and Employees, undertook surveys of both employee's and employer's experiences of working with cancer across the North West.

The report outlined

- There are **50,000** people in the workforce with a cancer diagnosis
- There are around **63,000** more who would like to return to work
- **One half** of those in work have had changes made to their work programme
- **4 in 10** people need to leave work or change jobs because of their cancer

As population and survival rates increase and a prediction that almost **1 in 2** of the population will have a cancer diagnosis in their lifetime by 2020 it is reasonable to expect an increased incidence of people with cancer in the workplace.



Just taking the NHS as an example, it is the 5th largest employer in the world with an **80%** female workforce and a statistic that **1 in 8 women** are diagnosed with breast cancer in their lifetime. You can see that breast cancer alone will have a significant impact on their workforce.



Work plays a crucial role in our lives aside from the obvious financial benefits it brings routine, social interaction and a feeling of self-worth. However, the challenge is ensuring employees with cancer are supported through their journey and have access to employment advice to manage their work during treatment.

85% of employees surveyed felt well supported by their employer during treatment. However, they found the support tailed off when they returned to work because employers didn't understand the long-term impact of cancer. Evidence suggests employers expected their employees to regain their prior physical and mental firm soon after treatment.

Employers highlighted their biggest challenges as

- Knowing how best to manage an employee with cancer
- Supporting a colleague when their health fails
- Ensuring employee safety in the workplace
- Understanding the impact of cancer on their employee

The report suggests that some people with a cancer diagnosis underestimate the impact of cancer treatments and can over-estimate their ability to work. This, combined with an employer's lack of understanding of the impact of cancer, can make the working environment challenging.

However, with well-trained line managers, flexible forward planning and good communication employees can be successfully supported through their treatment. In the worst-case scenario, organisations can lose valuable colleagues, trained and with a wealth of local knowledge, simply because it was easier for them to leave work altogether. More education and training is required in the workplace to ensure every opportunity is given to enabling a successful return to work.

If you would like to receive further information on the survey or how best to support employees with cancer, please contact **Louise Pode** louise.pode@proability.co.uk or call her for a chat **0759 393 9367**.

In partnership with Steve Khan, Non-Executive Programme Board Manager, Living With and Beyond Cancer Team

How Sam shaped the first treatment rooms at the centre



83 year old patient Sam Edwards helped design the room that housed the hospital's first radiotherapy treatment machine 60 years ago.

Sam Edwards was working as a design draughtsman in the 1950s when he was tasked with creating the unique retractable flooring for the first linear accelerator (radiotherapy treatment) machine.

Sam is currently being treated for a spinal tumour at the centre in the year we celebrate our 60th birthday, and coincidentally as old pictures have emerged of his creation.

An image of staff treating a patient in 1958 using the treatment machine was among a set of images bought in an online auction by a GP from Cheshire, Chris Studds, who gifted them to The Clatterbridge Cancer Centre, to help mark the diamond anniversary (see page 12-13).

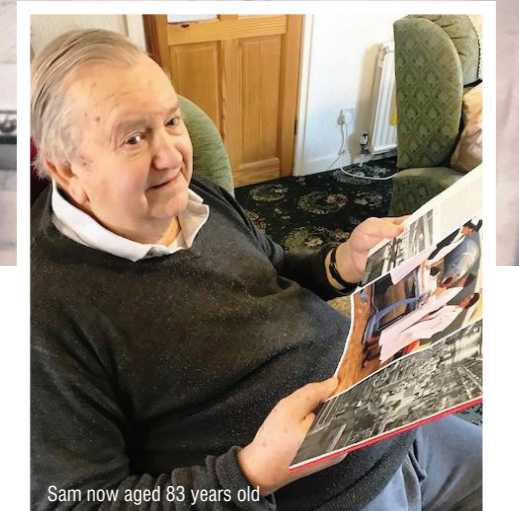
Sam, from Spittal, Wirral, said: "I was working at Fawcetts and we were asked to design a floor that could move to let the machine move round so it could treat people from different angles.

"I did the drawings for it but I actually never got to see it. There was another lad who worked with us who lived nearby so he used to go to Clatterbridge every day on his bike to see how it was getting on."

The floor has long gone, along with the machine, but Sam said he feels a unique link to the past when he visits the hospital for treatment every four weeks.

"It is quite nice to think we made that floor. We probably didn't realise at the time how important it was."

The treatment machine was one of the most advanced pieces of equipment used to treat the disease at the time.



Sam now aged 83 years old



The retractable floor that Sam designed



Sam at work as a young draftsman in the 1950s

The Clatterbridge Cancer Centre celebrates its 60th year



Staff sparkle as they mark the diamond day

Staff celebrated our 60 years in shimmering style on Wednesday 28th March 2018, wearing their twinkling best with glitter face painting, cake and sparkle. All staff and volunteers received a commemorative 60th pin badge to mark the milestone.

The support and commitment shown by our staff over the last 60 years demonstrates what can be achieved when colleagues work together to deliver the best possible service to patients. Each and every person who has worked at the hospital has helped make the centre what it is today.

The centre now hosts one of the best equipped radiotherapy centres in the UK. Chemotherapy is the fastest growing area of our activity with research & development, including taking part in national and international trials, an important feature of the centre. We consistently rank as one of the best hospitals in the country, both for quality of care and patient feedback and in February 2017 we were officially rated as Outstanding by the Care Quality Commission.

Since the hospital opened in 1958 we have seen huge developments in the way patients are treated for cancer, but one thing has remained the same – staff loyalty and dedication. Our vision is to provide the best cancer care to the people we serve and we have every confidence that with the support of staff we will continue to deliver this.



Glitter face painting for Nikita Langley



Delamere ward staff



Tiaras and tinsel fairies for the Administration Services girls



Nurses sparkled for the occasion

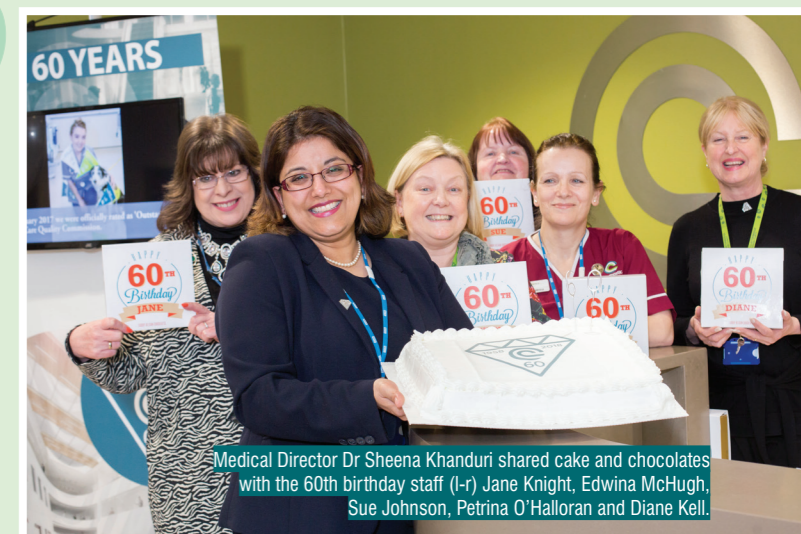


Cakes and glitter

Congratulations to our **60th birthday** members of staff too.

All born in 1958, we wish you the best birthday year ever.

Congratulations also go to **Joyce Warren, Julia Lewis, Teresa Mealor, Eddie Lawson and Karen Morris** who turn 60 in 2018 too. **Happy birthday!**



Medical Director Dr Sheena Khanduri shared cake and chocolates with the 60th birthday staff (l-r) Jane Knight, Edwina McHugh, Sue Johnson, Petrina O'Halloran and Diane Kell.

Looking to the future

We are expanding to change cancer care for the better in Cheshire and Merseyside by investing in our current sites in Wirral and Aintree, and building a brand new cancer hospital in Liverpool.

Our new hospital, due to open in Liverpool city centre in 2020, is part of our £162m investment to expand and improve cancer care.

The new hospital will mean better tests, earlier diagnosis and more effective treatments for cancer patients.

This is an incredibly exciting time as we continue to develop and improve our services to give the population of Cheshire and Merseyside the very best in cancer care.

Helen's on track for triple 18

When Helen Turner decided to take on a challenge for our charity she decided one half marathon wouldn't be enough, instead she pledged to take on 18 challenges in 18 months in a bold bid to raise £18,000.

The mum of two from Chester was inspired to help people with cancer after she lost her beloved dad to the disease earlier this year.

Mal Barrett, from Wallasey, was 69 when he died and Helen said his loss has left a devastating effect on the family but the care and treatment he received at The Clatterbridge Cancer Centre would never be forgotten by his family.

She said: "The team at the hospital were phenomenal and if I can do something to help people like Dad then I really want to do that. I really just want to give something back to say thank you.

"This is going to be 18 months of madness. But it will be a real challenge and something that I hope will make a difference."

Helen met husband Topsy when they were working in the merchant navy and is fitting in training around looking after their sons Harry, four, and two-year-old Euan.

She said: "My mum and my sister Lynne have been brilliant, with practical things like helping with the boys while I am training and emotional support as well. They're both amazingly strong women and we would be lost without each other."



SAY YES... STAY WITH US

If you're one of our fab charity supporters, then you'll receive a letter soon about how we communicate with you in the future. In the coming months, we will become an 'opt in' charity which means we'll only contact supporters who have given us permission to get in touch.

This means that right now, one of the most important things we need from you is a tick, to say yes.

We want to communicate with our charity supporters in the way they want. We know how dedicated many are to supporting the charity, so to only contact people who really want to hear from us is the right thing to do.

That's why we're asking you to get in touch and **say yes...** to tell us how you'd like to hear from our charity about all the incredible ways you are helping us to transform cancer care.

Get in touch >>>

Just 30 seconds of your time will help you keep up to date with our work in any way that you would like. Simply visit www.clatterbridgecc.nhs.uk/charity/YES

You can change your mind at any time, just visit our website to update your preferences or call us on **0151 556 5566**.



>>> Stopping smoking helps improve treatment outcomes

>>> Research shows that smoking during chemotherapy and radiotherapy can have an impact on the effectiveness of treatment.

To help ensure our patients are aware of this and are getting the guidance and support they need, we launched a three month pilot on No Smoking Day (14th March).

During the pilot all new radiotherapy patients will discuss the impact smoking will have on treatment with a radiographer during their pre-planning appointment,

and will be offered a range of nicotine replacement products along with a referral to a smoking cessation service.

Sarah Cubbin, Lung Clinical Nurse Specialist, said: "Studies show that between 50% and 83% of cancer patients who smoke continue to do so during and after their treatment. We want to help change this.

"Some patients don't realise that continuing to smoke will have an impact on how well their treatment will work. By discussing this with them before their

treatment starts we hope they will sign up to the programme and try to stop smoking.

"We know how difficult it is for someone to break the habit, especially at such a stressful and challenging time, so we will make sure there will be someone on hand to offer support at every step of the journey."

Working in partnership with ABL Wirral and other local smoking cessation services, we will tailor a programme to individual patients to give them the best possible support.

If the pilot is successful, the service will be offered to patients in other departments.

Stopping smoking, or even abstaining during treatment, can:

- Reduce treatment related effects
- Improve effectiveness of treatment
- Reduce risk of disease recurrence
- Reduce the probability of a second primary cancer

It's never too late to stop smoking.

Fab four are here to help >>>

>>> We have now appointed four consultant radiographers as part of our ongoing commitment to improving patient experience.

Dawn Ledsom will specialise in breast cancer treatment, Michelle Cain and Phil Reynolds will both specialise in prostate cancer. Conor Fitzpatrick, who joins us from The Christie, will specialise in palliative radiotherapy treatment.

After their training, they will oversee patients from the

decision to treat to their day of discharge, and will work alongside consultant oncologists to establish the best patient pathways. The four will also have a focus on staff development and training, research and innovation, and pushing forward expertise in clinical practice.

The role of a consultant radiographer is wide and considered the pinnacle of the radiography profession.

The four will undertake duties previously only carried out

exclusively by doctors such as talking patients through their treatment plan and the expected side effects as well as consent for treatment.

Kieran Woods, Business and Development Manager for Radiotherapy welcomed the appointments, saying: "We understand we are the first specialist cancer hospital in England to have four consultant radiographers in

place. We are confident they will use their unique skills to enhance the experience of our patients, at the same time as helping staff development.

"These appointments are a very positive step, and illustrate our commitment to driving forward patient care and we welcome Dawn, Michelle, Philip and Conor to their new roles."





“We will be working closely with the newly appointed Director of Academic Research to strengthen our research capabilities into the future.”

Consultant profile

Dr Rosie Lord

Consultant Medical Oncologist and Clinical Director for Chemotherapy

Rosie joined Clatterbridge in 2008 as a consultant medical oncologist treating gynaecological cancers after completing specialist training and PhD in London.

»»» She enjoys:

her busy family life with three children, a dog and a husband. She likes to run, horse ride and to get out into the Cheshire countryside with her family.

»»» She also:

has an interest in fostering and developing junior colleagues' clinical and research interests to ensure we can continue to provide the best and most innovative care into the future. She was appointed as Clinical Director for Chemotherapy in November 2017 and is looking forward to all the challenges and opportunities this presents. Since taking on this role she has had more opportunity to engage with the wider team at the centre and believes we have a fantastic workforce that we should be proud of.

»»» She said:

“As clinical lead for research at the centre and part of the Research and Innovation Team, we will be working closely with the newly appointed Director of Academic Research to strengthen our research capabilities into the future. I am a member of national clinical trial groups working towards developing and promoting clinical trials and with the team at the centre we have developed a broad portfolio of clinical trials for gynaecological patients across Cheshire and Merseyside. We have developed a national clinical trial in cervical cancer in collaboration with the Liverpool Cancer trials unit (LCTU) and are due to commence recruitment in April 2018.”

New term of office for Non-Executive Director Alison Hastings

Non-Executive Director **Alison Hastings'** term of office has been extended to 31st December 2019. Alison will also be undertaking a combined role of Vice Chair / Senior Independent Director with effect from 1st April 2018.



Become a Governor – we need you!

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

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

If the idea of being a governor interests you, call **Andrea Leather on 0151 556 5331**. We can have a quick chat about what's involved and send you an information pack with more details.

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

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



Helen has left the building



»»» Director of Nursing Helen Porter retired after 17 years of service at the centre, and 39 years in total to the NHS.

It was with sad regret that we said goodbye to Helen and would like to thank her for her committed service and wish her well for a well-deserved, relaxing retirement.

Dates for your diary

Governor elections

Governor nominations open on **11th May** and close on **11th June**.

Members can vote for the Governor they wish to represent them between **3rd July** and **26th July**.

Governor results will be announced on **27th July 2018**.

Public Council of Governor meetings (The Clatterbridge Cancer Centre)

Monday 9th July
5.30pm

Monday 29th October
5.30pm

Annual members' meeting

Thursday 27th September

Thousands GO GREEN for Clatterbridge

Our annual Let's Go Green week in February once again saw people right across the region GO GREEN to transform cancer care.

The two week long campaign started off with the unveiling of renowned street artist Paul Curtis's brilliant piece of retro gaming artwork on the site of the old BHS department store in Lord Street.

A host of local businesses, including our neighbours, Claremont Farm, The Red Fox, Thornton Manor and Thornton Hall Hotel served up green treats; while staff at the Roz Tranfield Beauty Salon, in Liscard, wore green all week in support of the appeal.

Dozens of the region's landmark buildings joined in to turn green in support, including the giant crane at the site of the new Clatterbridge Cancer Centre in Liverpool.

As well as all the fundraising in schools and businesses, generous members of the public donated during street collections in Birkenhead, Heswall, Chester and Liverpool, while thousands of others changed their Facebook profile picture in support.



Paul Curtis



Builders at the new hospital site



Beatles Go Green



Staff brave green gunge

Do you like to be beside the seaside?

Last year saw over 700 people lace up their trainers and walk the Crosby coast to transform cancer care. Sunday 3rd June, our Beside The Seaside Walk is back, and you can register now to take part.

With our ever popular Pooch Parade kicking off the day, walkers then complete a course of either 5k or 8k along the promenade and beach.

It's a real family seaside day out, to be with the ones you love, whether you're walking to celebrate or walking to remember.

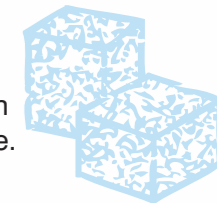


Sign up today >>>

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

Sugar and cancer

Stories of a link between sugar and cancer have been hitting the headlines recently. There is a lot of confusing information claiming sugar feeds cancer and cutting out sugar will slow down cancer growth. **Lauren Edmunds**, Macmillan Oncology Dietitian at the centre, looks at the issue.



Back to basics...

Sugar comes in many different forms; the simplest being glucose. These simple molecules can stay alone e.g. table sugar, or can form even longer chains which are called carbohydrates, our body's main source of fuel. Sugar, in one of the above forms is in most food we eat, so is hard to cut out completely. Our bodies need sugar to work.

All of our body is made up of cells to help us perform various duties within the body. All of these cells have one thing in common – they need energy to survive and work.

If we eat something high in glucose, like a boiled sweet, this gets absorbed rapidly into the bloodstream for energy. If we eat a carbohydrate like bread or pasta, our body breaks this down into glucose. If glucose isn't available, our cells help to turn protein and fat into sugar to survive.

So where does the myth sugar feeds cancer come from?

All our cells, including cancer cells need energy to grow. The easiest way for any cell to get energy is to use glucose, this includes cancer cells. This means that they need energy, in the form of glucose. However, like healthy cells, they not only require sugar but also fats and amino acids from protein too.

So here's the myth. If cancer cells need glucose, then surely cutting sugar out of the diet will help to stop the cancer growing? Unfortunately, it is not that simple. Healthy cells require glucose as well. At present, there is no way to tell our bodies to let the healthy cells have glucose and starve the cancer cells.

Following a sugar-free or restricted carbohydrate diet can be harmful to health. It is important that people with cancer consume a good balance of nutrients. Limiting one of the main sources of energy in our diet can lead to weight loss, affect how well treatment can be tolerated and how much treatment can be given as well as recovery.

If sugar doesn't cause cancer, what is all the fuss about?

Cutting out sugar does not help to cure or treat cancer and does not directly cause cancer. However, there is an indirect link between sugar and increased risk of developing cancer.

Eating lots of sugar can lead to weight gain over time. Being overweight, or obese can increase the risk of at least 13 cancers developing and is the second biggest preventable cause of cancer after smoking. Added sugar is the main concern for example sweets, sugary fizzy drinks, flavoured milkshake, ready-made sauces with added sugar, cake and biscuits.

Although sugar also occurs naturally in foods such as milk, fruit and vegetables, these are fine to eat. Everyone should aim for at least five portions of fruit and vegetables each day, while trying to eat more fibre and wholegrains.

So finally...

There is no evidence that a sugar or carbohydrate free or restricted diet stops cancer developing, or helps slow down cancer growth. Carbohydrate is our body's main source of fuel. Restricting or trying to cut it out can affect everyone's long-term health, particularly those with cancer.

However, there are concerns added sugars consumed in excess over time can lead to weight gain and obesity or being overweight. This is a preventable risk factor for the development of at least 13 cancers.

Eating a diet rich in nutritious and filling foods, such as whole grains, vegetables, fruit and beans and replacing sugary drinks with low or no-calorie drinks is the guidance for most people.



Events Calendar

APR **Sunday 15 April**
Mersey Tunnel 10k
 start in Liverpool, finish in Wirral

20-28 April
Spring Art Exhibition
 A celebration of British Art at Sicily Oak Gallery

MAY **Sunday 20 May**
Rock N Roll Liverpool Full & Half Marathon
 There's no medal like a Rock N Roll medal

JUN **Sunday 3 June**
Beside the Seaside Walk
 Join us as we walk together on Crosby Beach

Sunday 10 June
Chester Dragon Boat Race
 A real team event on the River Dee

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

JUL **Sat 14 July**
Liverpool Nightrider
 Cycle around Liverpool and Wirral at night for Clatterbridge

25-29 July
London to Paris
 Take on this icon cycle and end it by watching the Tour de France finish

AUG **Sunday 26 August**
Skydive Sunday
 Join us as we take another group of thrill seekers to the skies and back

SEPT **Sunday 2 September**
Ride of the Roses
 Clatterbridge's own cycle ride, a great day of cycling in Lancashire

Sunday 9 September
Tough Mudder
 Join our Clatterbridge charity team and make a difference while getting very muddy!

ALL YEAR **Overseas challenges**
 Represent Team Clatterbridge far and wide

Find out more >>>

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

31 marathons in 31 days

So many of our supporters run to raise cash for our charity, but Gary Morton took it to another level recently by completing 31 marathons in 31 days and raising £43,000 to help people with cancer.

Gary, 43, ran 26.2 miles every day for a month, finishing his marathon challenge at the Wirral hospital where his mother-in-law Gillian Walker is being treated.

Gillian, 62, from Wigan, is receiving immunotherapy treatment at the centre after being diagnosed with skin cancer four years ago that unfortunately spread to her liver and lung. She is responding well to treatment and Gary was so inspired by the work of staff he decided he wanted to do something to help.

Gary told us; **"There were tough days but I had a great support team around me. The thought of what we were trying to achieve kept me going."**



Arlie goes green in memory of his grandad

Eight-year-old Arlie Fryer has come up with a unique way to raise money for the charity to remember his Grandad Tony who was treated at the centre.

Tony was well known in Hoylake where he ran a shop repairing and selling vacuum cleaners. Since his death in October 2016, Arlie and his mum have been adapting the bases of Henry Hoovers left in his shop and filling them with spring plants. The inventive planters are selling like hotcakes and have raised almost £1000 so far.

Arlie and his granddad were best friends so he was determined to raise money to help other people with cancer.

Arlie's mum Sarah said: **"Arlie's resolution was to raise £200 for a charity and it seemed only right that it was Clatterbridge, they looked after dad so well for three years. The nurses were wonderful; they gave him such great treatment and support to the family."**



Get involved >>>

If you would like to take on a challenge or have a fundraising idea, contact our Charity Team on **0151 556 5566** or visit clatterbridgecc.org.uk

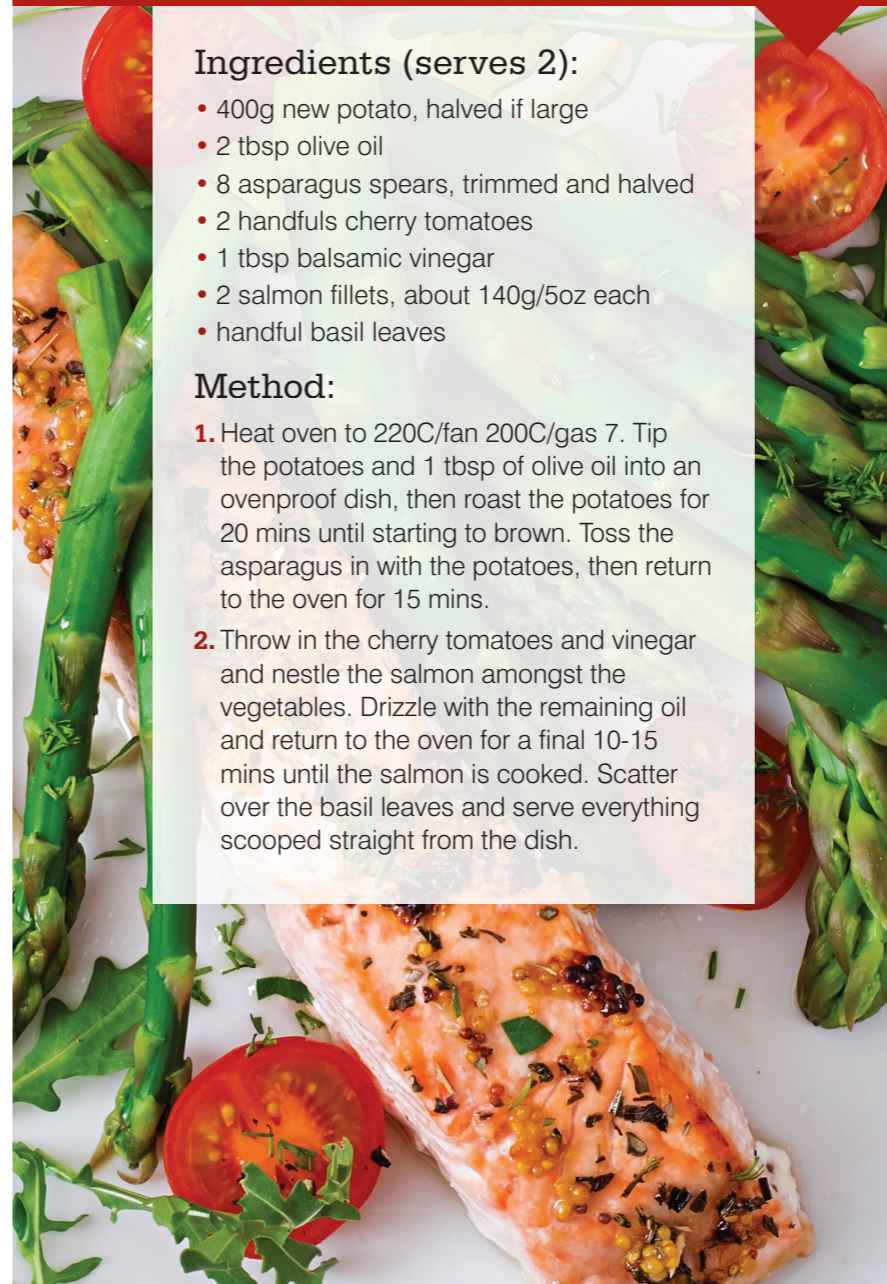
One-pan salmon with roast asparagus

Ingredients (serves 2):

- 400g new potato, halved if large
- 2 tbsp olive oil
- 8 asparagus spears, trimmed and halved
- 2 handfuls cherry tomatoes
- 1 tbsp balsamic vinegar
- 2 salmon fillets, about 140g/5oz each
- handful basil leaves

Method:

1. Heat oven to 220C/fan 200C/gas 7. Tip the potatoes and 1 tbsp of olive oil into an ovenproof dish, then roast the potatoes for 20 mins until starting to brown. Toss the asparagus in with the potatoes, then return to the oven for 15 mins.
2. Throw in the cherry tomatoes and vinegar and nestle the salmon amongst the vegetables. Drizzle with the remaining oil and return to the oven for a final 10-15 mins until the salmon is cooked. Scatter over the basil leaves and serve everything scooped straight from the dish.



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.



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

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**.

Oasis

at Clatterbridge Cancer Centre – Aintree

Pamper yourself in
 the Oasis room.

Volunteers service.

Complimentary therapies:



Facials



Hand & arm, foot & leg
 massages



Manicures & pedicures



Make-up and skin advice



Scarf and hat demonstrations
 for patients experiencing
 hair loss

**Speak to the main reception
 at Clatterbridge Cancer
 Centre – Aintree to book
 an appointment.**

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.

**ROYAL
 VOLUNTARY
 SERVICE**
 Together for older people



Brain teaser Solution

Page 23

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

