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The newsletter of North West Cancer Research

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Thank you to everyone who has contributed to this edition of InTouch. We're continually thankful for our great supporters & fundraisers, our dedicated Committees and the survivors who share their touching stories with us.

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North West Cancer Research Centre, 200 London Road, Liverpool, L3 9TA
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InTouch

The newsletter of North West Cancer Research



NWCR supporter, Ollie Smith from Wrexham, has taken on the ultimate challenge as he is fresh from competing in the famous IRONMAN Wales triathlon.

With a rigorous training plan that started in January, clocking up an astounding 110 miles of swimming, 35,000 miles of cycling, 240,000 ft of climbing and 500 miles of running, Ollie was well prepared for the race in Pembrokeshire on 9th September.

During the day, Ollie took to Carmarthen Bay to swim a two lap course, before a hilly cycle through the countryside of Pembrokeshire Coast National Park and an equally strenuous run through the beachfront town of Tenby.

Ollie decided to take part in the challenge to raise money for the Charity's life-saving research after losing both his parents to cancer, with the recent passing of his mother leading him to take-on IRONMAN as a way to focus his energy and keep fit.

Ollie said: "The main thing that motivates me are my kids. I want to create a healthy home atmosphere for them and I will never give up on a race as I don't want them to give up either.



"Losing both my parents to cancer was a horrendous experience and I want to try to help prevent other people going through the same thing and raising money for research is one step toward that being a reality."

With support from family, friends and members of Wrexham Tri Club where Ollie coaches, donations have been rolling in and he has passed his target of £1000.

You can read Ollie's story in his own words or help him reach his new goal of £1600 at: www.justgiving.com/fundraising/ollies14

JAMES TAKES ON THE ADVENTURE OF A LIFETIME

Charity supporter, James Thompson, is taking on the ultimate challenge next April with the Marathon Des Sables, known as the hardest foot race on Earth.

James is taking on the challenge after a severe head injury in 2014 left him hospitalised for three months. With the support of community rehabilitation services and his family members, James regained his strength and set himself the target of IRONMAN Wales, one of the most difficult triathlon races in the world.

James imposed a regimented training schedule and along with sheer determination went on to complete his first triathlon, marathon and IRONMAN Wales just two years after his accident.

Never satisfied, James was eager to take on every challenge he could, including an SAS-inspired endurance event and NWCR's own Cycle of Hope – cycling 300 miles from Lancaster to Dublin over four days.

The Marathon Des Sables is James' toughest challenge yet as he is set to spend five days covering 156 miles of the Sahara Desert, facing one of the world's toughest environments.

Having set himself an immense target of £10,000 for both Cycle of Hope and Marathon Des Sables, James will split the funds raised between NWCR and the Walton Centre, the hospital where he was treated.

He said: "After my accident I felt like giving up but I was determined to turn my crisis into opportunity and change my outlook. Building up my strength everyday by competing in challenges, including the Cycle of Hope, has really spurred me on for the Marathon Des Sables and I'm eager to get out there.

"Four years on from my accident and I'm ready to use my determination to give back to worthwhile causes and raising as many funds as possible is another challenge on my list."



You can show your support for James' incredible feat and read his story in his own words at: uk.virginmoneygiving.com/JamesThompson67

VOLUNTEERS GET STUCK IN AT TRACTOR PULLING

NWCR has joined forces with North West Tractor Pulling Club to become the official charity of their Euro Cup Finals Tractor Pull.

Taking place at a purpose built track in Great Eccleston, Lancashire, crowds gathered for the event dubbed "The World's Most Powerful Motor Sport", which involves tractors pulling a weight transfer sledge along a 100 metre long track.

NWCR was on hand to provide support with a group of volunteers. From crowd control to car park assistance, no job was too much trouble for our fantastic volunteers. Many of our volunteers brought their families along to help out on the day, including a few eager teens with our youngest volunteer being just nine years old!

Thanks to their support and enthusiasm we were able to raise £1600 in total, with a remarkable £1100 of that coming from bucket donations alone.



A huge thank you and massive well done to our volunteers who made our fundraising totals so impressive!

The Midland Hotel Gin & Rum Festival

IN AID OF NORTH WEST CANCER RESEARCH

Experience a great selection of gin and rum taste samples. With live entertainment, raffle and a themed NWCR cocktail.

Saturday 24th November, from 3.00pm.
The Midland Hotel, Morecambe
£8pp (over 18s only)
Please call 01524 428 370 to book.



SUN SAFETY

A LOOK AT OUR SKIN CANCER CAMPAIGN

Earlier this year, NWCR launched a skin cancer campaign aimed at educating the general public about sun safety, UV ray protection and the signs and symptoms of skin cancer.

After conducting a survey that showed that over 70% of people in the North West and North Wales are unaware of the early warning signs of skin cancer and 85% of people have never been to their GP to get a mole checked, our aim was to change the perceptions and attitudes toward sun safety across the North West and North Wales.

As part of our campaign we asked supporters to share a #suncreamsselfie across social media, reminding their friends and family to stay protected and nominating them to snap one themselves. We even had a few famous faces getting in on the act as Katie Kane, from the ITV show Real Housewives of Cheshire, was the first to share her #suncreamsselfie and soon her cast mates followed suit. We have loved seeing all your #suncreamsselfie snaps over the summer.

OUT AND ABOUT

In late June we took our mission to the streets and set up camp for the day at Matalan in Williamson Square, Liverpool. With models posing as mannequins before coming to life to take a #suncreamsselfie in the shop windows, we were armed with tonnes of Sun Sense sun cream samples and managed to engage over 2,500 shoppers.

#suncreamsselfie



A week later we were at Mold Carnival, where plenty of excited carnival goers posed for a #suncreamsselfie in our instaframe – we even got one with Sherrie Hewson from Coronation Street and a local pipe band! Keeping in the carnival spirit, we headed further north to Morecambe Carnival a few weeks later with a UV accessory making activity for kids, ensuring they know when they're exposed to UV.



SUN SAFETY TRAIL

From August 9 – 11 we took over Liverpool's Royal Albert Dock with our Sun Safety Trail. Parents were invited to follow a trail around the docks, taking part in activities at The Beatles Story, Mattel Play and Tate Liverpool before visiting us at the British Music Experience to make glowing UV bead accessories and pick up a goody bag full of Sun Sense freebies, our sun safety guide and even a frisbee!

Every step of the trail was packed with fun as kids made their own instruments, artwork and met Mattel characters, all while learning about sun safety.

BACK TO THE CLASSROOM

We also took our sun safety tips to the classroom, visiting a school in each region to deliver a bespoke lesson all about the dangers of UV and the signs and symptoms of skin cancer. The lessons encouraged students to voice their opinions, with an activity designed to challenge their attitudes toward using sunbeds, wanting a tan and protecting their skin.

Students from Belvedere Academy in Liverpool, Archbishop Temple in Lancaster and Castell Alun in North Wales, were up to the challenge, getting stuck in to the activities and ending the day with a few Sun Sense goodies. In total we engaged more than 400 young people across the region.



PUBLIC HEALTH LIVERPOOL

Public Health Liverpool has backed the campaign and helped launch our sun safety pledge, which encourages employers to make outdoor workers' safety a top priority by raising awareness of the importance of using adequate sun protection when working outside.

First to sign up was Magenta Living, a housing provider in Wirral. With around 500 staff, 200 of which work outdoors on a daily basis, Magenta Living has made sure to provide sun cream for its outdoor workers in all recreational areas. We were delighted that Peel Ports, Clubhouse Liverpool and Interserve also joined in.



We would like to thank everybody who got involved with the campaign, whether that be through a #suncreamselkie, attending an event or in the classroom. A huge thank you also to our sponsors Sun Sense, for their generosity and providing us with enough sun cream samples for us to protect the North West and North Wales.



LIVERPOOL JOHN LENNON AIRPORT

We finished the campaign by waving off lucky holiday makers at Liverpool John Lennon Airport as they stopped for a chat before their flight. Whether they were headed to Glasgow or Greece, we made sure they were prepared for their trip ahead with plenty of sun cream and sun safety guides on hand, as well as a goody bag for the kids.



One of the main aims of the campaign has been to make sure that you all know how to spot the signs and symptoms of skin cancer and that starts with detecting changes in our skin. One way you can stay vigilant is by regularly checking your moles, using the ABCDE method. We made sure to include a handy guide in our Sun Safety leaflet and across our social media.

DO YOU KNOW YOUR ABCDE?

- A ASYMMETRY**
Does the mole look uneven or misshapen?
- B BORDER**
Is the edge of the mole blurred?
- C COLOUR**
Is it a mix of shades, has it darkened since you last checked?
- D DIAMETER**
Is it bigger than 6mm?
- E ELEVATION**
Has it changed in shape or become raised?

Stay ahead of skin cancer by regularly checking your moles and always wearing sun cream. If you're concerned about a change book an appointment with your GP.



MEET KIM

We have recently welcomed new Community Fundraiser, Kim Wright, into our ranks. Based at our Liverpool City Centre office, Kim will support fundraising across Merseyside and Cheshire, including community activities and local events as well as working alongside committees in the region.

What's the main aim of your role?

My goal is to raise as much funding as I can for NWCR to help continue its work, through promoting the work of the Charity and raising awareness in the local community. This includes a wide range of community based activities and local events as well as supporting and helping to develop committees and fundraising groups in the area.

I'm also keen to really promote sign-ups to third party events, like the Liverpool half marathon, and get our supporters involved in some really fun and inspiring events.

What's your favourite aspect of the role?

I love meeting our supporters and fundraisers. Getting to share someone's enthusiasm and encouraging people to reach their fundraising goals is really exciting and I love hearing about their stories and motivations for getting involved with NWCR. I'm really looking forward to getting more involved out in the community with our committees too, especially the Christmas events!

Knowing that the work I am doing has meaning and watching our fundraisers meet their goals is really rewarding too.

A Day in the Life

8.30am

I'm at work nice and early to check emails and plan for the day ahead, but not without my morning tea and toast to start!

9.00am

I fire off a few emails and finalise some things for the upcoming skydive I'm organising. I'm super excited for the event - it's amazing to see people take on something so extreme to raise money (and their adrenaline!). After that I hop back into my car and head out onto the road again to visit a committee.

11.00am

What a successful meeting! The committee filled me in on their upcoming plans and I made sure to put them in my diary to add to our events calendar once I'm back in the office. I love getting involved in events and I'm happy to lend a hand wherever I can. I head back to the office, making sure to grab lunch on the way.

12.00pm

Back in the office I check my emails and notice one of my committees has requested some tickets and flyers for an upcoming event. I fill the marketing team in and we work together to decide what would work best for the committee. They'll handle the design and I'll make sure everything is delivered to the committee with plenty of time to promote the event and sell tickets.

1.15pm

Time for a tea break to keep me going through the afternoon!

1.30pm

I spend some time with the rest of the fundraising team, brain storming ideas for our brand new fundraising pack. We get creative with our 'A-Z of fundraising', coming up with 26 fun, unique ways to fundraise.



2.30pm

I have arranged to meet with one of our researchers at Liverpool University to chat about a special fundraising challenge he is taking on for NWCR, and learn all about his research project. I like to make sure I maintain strong relationships with our researchers as well as the community, to help bridge the gap between the two. It's always great to have a chat about new research developments that we can share too.

3.30pm

I take a call from a local events company who we hope will work in partnership with us on a 5k running event. Once I've finalised details with the company I can start promoting the event to our supporters.

4.30pm

I use my last half an hour in the office to make sure everything on my to do list is ticked off for today and update all new event information on our database. And one last cup of tea, of course.

5pm

Time to head home! I take a detour on the way to pick up a collection tin from a local shop and make sure to give them a new one to fill. Counting what's in the jar should keep me busy tomorrow morning!

CORPORATE SPOTLIGHT



PSL

North West Cancer Research has benefitted from corporate support recently with international company Powder Systems Limited (PSL) sponsoring the Charity's flagship summer event.

The firm, which is based in Speke, Liverpool, is an award-winning manufacturer who provide innovative technologies that enable pharmaceutical companies to bring new-generation drugs into the marketplace faster and improve patients' lives.

The company have recently sponsored the Cycle of Hope event which took place in July and saw 13 cyclists travel from Lancaster to Dublin over four days to raise money for life-saving research.

With scientific excellence at the heart of the work PSL do, they have also generously sponsored the 'Excellence in Research' award at NWCR's 70th Anniversary Gala Dinner and Awards event. The award will go to a researcher who has continued to innovate and make significant progress in cancer research. PSL will join NWCR on the night to celebrate with the lucky winner and help mark 70 years of life-saving research.



Chris Thomas, Marketing Manager for PSL, said: "We will celebrate 30 years of innovation in 2019 and our goal has remained unchanged since 1989. Inspiring a new generation to provide globally enhancing, quality process solutions.

"PSL is proud to be supporting the fantastic work that NWCR is doing, with both of our organisations working towards improving patient's lives, not just in the North West but all around the world."



RUTHERFORD CANCER CENTRES

We have recently welcomed new corporate partner, Rutherford Cancer Centres, into the NWCR family.

With locations across the country and one currently under construction in Liverpool City Centre, Rutherford operate a network of cancer centres nationally and internationally, providing all-encompassing cancer services for patients. The centres deliver high quality diagnostic imaging, chemotherapy, radiotherapy and, as of this year, Rutherford will be the first in the UK to offer high-energy proton beam therapy treatment.

Rutherford has shown great support and enthusiasm for the work of the Charity as they sponsored NWCR Centre's Annual Scientific Symposium in April, and were on hand at the event to demonstrate the breadth of the expertise and additionality they are bringing to the Merseyside health community.

The company has also sponsored NWCR's flagship fundraising event, Cycle of Hope and have a special connection to one of the courageous cyclists, Mark Thorne, as he is Financial Business Manager for Rutherford Cancer Centres North West.

Mark said of his involvement in the cycle: "At the Rutherford Cancer Centre North West, we are working to transform cancer care and research plays such an important role in our ability to do this. Having seen first-hand the vital work NWCR does, I was determined to do my part.

The cycle was an incredible experience that won't be forgotten. It was great to be part of a group of people so dedicated to raising money for cancer research that is ultimately cancer treatment."

Rutherford have continued to demonstrate their commitment to the North West and have sponsored the 'Rising Star in Research' award at NWCR's 70th Anniversary Gala Dinner and Awards event.

The recipient of the award will be a researcher who shows promise for the future of cancer research, something that is at the heart of the treatment Rutherford provide.

Alastair Richards, CEO of NWCR, said of Rutherford's support: "It's fantastic to see such loyal and valued support from a company like Rutherford. With the work they do in cancer treatment, we get to see some of our research come full circle and really transform people's lives."



Rutherford
Cancer Centre North West

FUNDRAISING AT RUTHIN

Ruthin Committee has once again held their much anticipated annual Strawberry Tea event.

A lighter alternative to afternoon tea and perfect for those with a sweet tooth, guests enjoyed homemade scones with strawberries, jam and cream. Also on offer for strawberry lovers were bowls of strawberries and cream, all served with tea and coffee.

Activities included a tombola, teddy bear stall and a raffle, of which prizes were generously donated by committee members and their friends and family.

The event raised over £400 and the Committee followed up the success by holding a coffee morning with a twist in September.

Held at the English Presbyterian Church in Ruthin, the Committee hosted a coffee morning that included a Bric-a-Brac Sale. Guests were

encouraged to bring along their pre-loved items for stalls including books, household goods, handbags, gift sets, DVDs and jewellery.

Coffee and biscuits were served during the event, where a raffle was also held and a cake stall available. Guests enjoyed finding new treasures and raised a total of £386 during the day.

A huge thank you to Ruthin Committee for all their hard work and well done on another two successful events!



BLACKPOOL COMMITTEE INVITE YOU TO HALLOWEEN FAMILY FUN DAY
 HOSTED BY SPECIAL GUEST LIONEL VINYL

FUNTASTIC, ST ANNES
WEDNESDAY 31ST OCTOBER
4PM - 7PM

PLAY AREA, GAMES, FANCY DRESS COMPETITION AND MUCH MORE!

CONTACT CHARLOTTEELLWOOD@NWC.R.ORG FOR TICKETS

Southport Committee is celebrating another successful Afternoon Tea fundraiser after the annual event took place on Wednesday 15th August.

Hosted at Hillside Golf Club, over 200 friends and supporters came together to enjoy an afternoon of delicious sandwiches and cakes, accompanied by tea and scones. Guests were also treated to the beautiful voice of well-known, local singer Julie A. Scott.

Now in its tenth year, the event has proven itself popular once again as guests raised a total of £2,500, which was boosted with a match fund donation from Barclays.

Olive Cutts, Chair of the Committee, said: "This year's Afternoon Tea has been more popular than ever, I'm extremely impressed with all of our dedicated supporters and as always, delighted with the amount we were able to raise.

"On behalf of everyone on the Southport fundraising Committee, I would like to say a massive thank you to everyone who came along and showed their support. It was such a lovely afternoon spent with great friends and supporters of the Charity."





A WARM WELCOME TO ANGLESEY COMMITTEE

The Charity has recently welcomed a new committee to the NWCR family.

Based in Anglesey, Committee Chair Sue Jones has been working with Community Fundraiser Amy to hit the ground running and they have already celebrated their first event.

At the beginning of August, Committee member Sarah graciously hosted a cake sale and raffle at her clothing shop Butterfly Boutique in Menai Bridge.

Friends, family and passers-by were invited to come in and try delicious cakes, which had been generously donated by local bakeries, as well as take part in an exciting raffle. Prizes included an Alexa speaker as well as vouchers to local attractions, with family passes having been donated by National Trust.

The event raised an impressive £922, with local nature park, Pili Palas, making a special donation to bring the total to over £1000.

Lately the Committee have been getting active with Committee members, Sarah and Sue, having recently taken part in the Great Orme Walk, a 10 mile trek around the Great Orme in Llandudno, taking in the stunning views from the west shore beach along the way. The ladies finished off the excursion with a medal, cake and much deserved glass of fizz.

Congratulations on such a successful start Anglesey, and welcome to the NWCR family!



Barbon Raise Funds Through Fashion

Barbon and Middleton Committee have put on their best dress for a fundraising fashion show recently.

Hosted at Barbon Village Hall, Colours Fundraising Fashion Shows were in attendance to supply the fashion with their pop-up shop, showcasing a wide variety of clothes from a number of high street stores.

Compère, Jodie, entertained with her lively commentary during the catwalk and committee members provided homemade sweet and savoury nibbles, while guests enjoyed a browse through the clothes on offer.

The event raised a fantastic £1,896 from ticket sales and a raffle that included prizes donated by the Barbon Inn, Churchmouse Cheeses and committee members as well as vouchers donated by Colours, for guests to spend during the evening.



SOUTH CHESHIRE MINGLE AT MIDSUMMER DRINKS

Our South Cheshire Committee has hosted a Midsummer Drinks party this summer, generously held at Tushingam Hall, the home of Mr and Mrs P V Moore-Dutton.

Over 150 guests gathered for drinks and canapés in the scenic gardens of Tushingam Hall, where committee members provided delicious home-made nibbles. With a glass of champagne on arrival, a bar was available for more refreshments and guests were digging deep to donate for their drinks.

Charity CEO, Alastair Richards was in attendance and gave a talk, keeping guests up to speed with the research being undertaken at the NWCR Centres. Guests were also welcome to participate in a raffle which raised £575, bringing the grand total of the event to a stellar £3,000!

Michelle Clarke, Chair of South Cheshire Committee, said of the event: "We feel very proud as a committee to have organised such a successful event. It was a wonderful evening and we would like to thank Mr and Mrs Moore-Dutton for opening up their lovely home and helping make the event the success it was."





CYCLE OF HOPE

On Wednesday 11th July, 13 intrepid cyclists joined NWCR for a 300 mile cycle from Lancaster to Dublin. After weeks of training and fundraising, our 13 cyclists set their wheels in motion at Lancaster University, home to one of the Charity's research centres.

After an inspiring talk from Scott Dougall, Head of Communications at British Cycling and a recorded message from Olympian Jason Queally, our cyclists headed for Liverpool. Taking in scenery from the beaches of Southport and Formby along the way, cyclists were greeted at Liverpool's Royal Albert Dock to a warm welcome from family, friends, supporters and NWCR staff – not to mention the Lord Mayor of Liverpool, Christine Banks!

Cyclists were up bright and early Thursday morning and ready to set sail on a ferry across the Mersey as they began their 73 mile jaunt to Bangor. Beginning the day with a group photo in front of the Liver Building, charity trustee, cyclist, and avid Liverpool FC fan Mark Haig, donned rival football team Everton's shirt to raise more funds and show that cancer has no colours.

A boat trip and selfie or two later and our cyclists were well on their way to Wales, stopping for ice cream and to visit the smallest house in Great Britain. Cyclists were motivated by our Welsh committees, who were waving the flag proudly as they passed through Llanfairfechan.

After a night recovering from the Welsh hills in Bangor, cyclists headed to Holyhead to catch the ferry to the Emerald Isle but not before stopping at the longest place name in the UK. Cyclists were finally able to put their feet up for a well-earned rest as they travelled the Irish Sea and set their sights on Carlow.

After arriving in Ireland for the second leg of the day, cyclists took in scenery from the gorgeous countryside and valleys of County Wicklow and County Kildare, before stopping for the night in Carlow and getting a good night's rest for the final day.

With just 70 miles to go, our cyclists left Carlow and headed for Dublin, and with celebrations on their minds, we bet they were sprinting for that finish line! After cycling through scenic towns and a brief stop for lunch, cyclists finally reached the finish line at the iconic Wellington Monument in Phoenix Park. There were plenty of tears of joy as each cyclist came in and received a warm welcome from friends, family and NWCR staff once again. After a few group photos at the finish line, the celebration began.

We would like to say a massive congratulations to all of our cyclists who took part this year. It was no easy feat and is a huge testament to the motivation and drive within each of them to stop cancer in its tracks.

Plans are well underway for Cycle of Hope 2019 – if you are interested in having the adventure of a lifetime and stopping cancer in its tracks, contact caran@nwcr.org or call 0151 709 2919



**NORTH WEST
CANCER RESEARCH**



CYCLE OF HOPE

LIVERPOOL TO DUBLIN
4 DAYS
3 COUNTRIES
1 CAUSE

**4 - 8 JULY
2019**

JOIN US AND STOP CANCER IN ITS TRACKS!

For more details:
www.nwcr.org/events or call 0151 709 2919



DNA DISCOVERIES FROM LANCASTER UNIVERSITY

Our immune system is working every day to protect us from bacteria, viruses, and parasites, but it can also detect when our own cells are damaged.

Research led by Lancaster University has now discovered how skin cells alert the immune system, when their DNA is damaged in the absence of infection. This DNA damage can come from a variety of sources, such as the sun's UV rays, chemical agents like cigarette smoke, or from genotoxic drugs used in chemotherapy.

There have been few studies carried out on the immediate effects of DNA damage on the immune response, and fewer still on the role that skin cells could play in this response.

Skin is our primary barrier against the outside world, and is constantly exposed to viruses and bacteria, but also to UV light and environmental toxins.

The study, published in *Molecular Cell*, found that DNA damage can lead to an immune response similar to that observed during viral infection. The scientists damaged the DNA in skin cells using the chemotherapy drug Etoposide, and found that the damage was detected by some of the proteins in the cell that also recognise DNA from viruses. The damaged skin cells produced immune messenger molecules such as interferons and other cytokines that usually alert the body to infections. While this response required many components of our anti-viral defences, it activated them in a different way, making

use of the proteins that are responsible for repairing our DNA after damage.

Using CRISPR-Cas9 gene editing technology, researchers were able to modify skin cells to delete certain immune genes and determine their role in this pathway. Specifically, they focused on components of the DNA sensing pathway that our cells deploy to detect viruses. Our cells use the protein cGAS to recognise virus DNA in the cytoplasm. cGAS then activates the immune adaptor STING (STimulator of INterferon Genes), which switches on an anti-viral immune response. The scientists found that STING could be activated in a different way after DNA damage, even when cGAS was absent. This involved a DNA binding protein in the nucleus, IFI16, which could activate STING with help from DNA repair factors.

Lead author Dr. Leonie Unterholzner from Lancaster University said: "We have discovered a new way in which our cells can switch on an immune response in the skin. It is possible that our immune cells use this alarm system to detect damaged skin cells, and prevents them from becoming cancerous. This is a very exciting first step, but much more work needs to be done to find out how this discovery may be used for medical applications, for instance in cancer immunotherapy."

The research was led by Lancaster University with funding from the Medical Research Council and North West Cancer Research, and collaboration from the University of St. Andrews, Trinity College Dublin, and Aarhus University.

2018

Wirral
BAZAAR
Supporting North West Cancer Research

AN EXCITING COLLECTION OF **OVER 60 HANDPICKED STALLS** OFFERING A WONDERFUL VARIETY OF UNIQUE AND **BEAUTIFUL CHRISTMAS GIFTS.**

TUESDAY 6TH NOVEMBER 2018
2pm - 9pm

WEDNESDAY 7TH NOVEMBER 2018
9.30am - 3pm

Walled Garden Marquee
At Thornton manor

www.wirralbazaar.com



CONCERT FOR A CURE



CONCERT ROOM
ST GEORGE'S HALL, LIVERPOOL
SUNDAY 25TH NOVEMBER, 2PM

Christmas classics from choirs across the region, including Over The Water, as seen on BBC One's Pitch Battle

Children's Christmas activities

Follow our Facebook page or call 0151 709 2919 for more details



FREE WILL WRITING AND REVIEW CLINIC

Join us at one of our upcoming FREE Will writing and review clinics.

We've teamed up with McClure Solicitors to offer you the chance to write or amend a will, completely free of charge. Whether you're writing your first Will or updating your current one, you can do so without having to worry about the cost.

The scheme is open to all with no age restrictions, all we ask is that you consider leaving something to NWCR in your will, but there is no obligation to do so.

To register your interest and find out the dates of our next clinic, please call us on 0151 709 2919 or email ashley@nwcr.org



OCTOBER 11 - 12.00pm Frodsham Autumn Lunch Frodsham Community Centre	OCTOBER 17 - 7.30pm Lunesdale Antique Night Tunstall Parish Hall	OCTOBER 18 - 12.30pm Mold Autumn Lunch St Mary's Hall	OCTOBER 20 - 2.00pm Lunesdale Afternoon Tea Warton Church Hall
OCTOBER 31 - 4.00pm Halloween Party Funtastic, Lytham St Annes	NOVEMBER 06 - 2.00pm Wirral Bazaar Thornton Manor	NOVEMBER 07 - 9.30am Wirral Bazaar Thornton Manor	NOVEMBER 10 - 10.00am Lunesdale Christmas Fair Kirkby Lonsdale
NOVEMBER 10 - 12.00pm Ruthin Christmas Fair Llys Erw	NOVEMBER 23 - 25 - 3.00pm - 9.00pm Christmas Market Lancs Brewery		NOVEMBER 24 - 3.00pm Gin & Rum Festival The Midland Hotel
NOVEMBER 25 - 2.00pm Concert for a Cure Liverpool St George's Hall	NOVEMBER 27 - 10.00am Aughton Christmas Coffee morning WI Hut, Aughton	NOVEMBER 28 - 10.00am Southport Christmas Coffee Morning Masonic Hall	
NOVEMBER DECEMBER 30 - 02 Portmeirion Food & Craft Fest Portmeirion Village		DECEMBER 8 Abergwyngregin Christmas Fayre Abergwyngregin village	DECEMBER 16 - 8.00pm Christmas Sequence Dance Royal British Legion, Burscough

UPCOMING EVENTS