



weston park hospital  
**Cancer Charity**

RESEARCH | TREATMENT | CARE

Spring/Summer 2012



Registered Charity No 1039885

**Keeping families together longer**

 /WPHCancerCharity

 @WPCancerCharity

## Welcome to this edition of the Weston Park Hospital Cancer Charity newsletter.

As we put the long dark winter days behind us it is not just that spring is in the air, there really are so many exciting things happening here at Weston Park Hospital Cancer Charity.

One big development that has happened recently has been the opening of the new Sheffield Cancer Research Centre. I am thrilled that the Cancer Charity is working with CR-UK and Yorkshire Cancer Research in support of this project and we can all be proud that our region is being given this recognition, stepping centre stage at national and international level in the fight against cancer.

The Cancer Charity provided the money to build the Cancer Clinical Trials Centre here at Weston Park Hospital - which is to be the clinical focus of the new Sheffield Cancer Research Centre - and we continue to support the work of the Centre every year. You can read more about this important facility on pages 4 & 5.

Sheffield is fortunate indeed to have leading international breast cancer and bone cancer research teams and the Cancer Charity works closely with these teams, providing funding today and investing in the scientists of tomorrow.

Since the Charity was formed in 1994, we have invested a staggering £5.25million into cancer research across all types of cancer here at Weston Park, and a further £7.65million into improving cancer treatments and care.

From small beginnings 16 years ago, the Cancer Charity currently raises £1.6m a year for cancer research, cancer treatment and cancer care and is at the heart of a region where 8,000 people are newly diagnosed with cancer every year.



We will soon also be able to offer you the opportunity to be part of a new project here at Weston Park Hospital, which will benefit the lives of thousands of people. More details on this exciting project will be available later in the year.

In the meantime, please do take a moment to have a look through this newsletter. If you are a runner, we have our annual 'Run in the Park' 10k race and 3k fun run taking place in July and we would love you to join us.

We have also launched a series of online fundraising clubs for anyone who enjoys walking cycling or running and have called these Walk & Raise, Ride & Raise and Run & Raise. We are offering you listings for events taking place in the region, fundraising and training advice, and a very special T-shirt for everyone who joins us! You can read all about the clubs on page 3.

**I do hope that you will enjoy our newsletter and may I say a very big 'thank you' to you for all of your support. It is only with such support that we can help to keep Weston Park Hospital at the very forefront in the fight against cancer and for this we are extremely grateful.**

Rachel Thorpe  
Charity Director



Our annual 'Run in the Park' 10k race and 3k fun run takes place on Sunday 1st July in Graves Park (Sheffield).

From first timers to experienced runners, we welcome everyone to take part and together we can make a real difference.

All the details can be found at [www.wphcancercharity.org.uk/ritp](http://www.wphcancercharity.org.uk/ritp), where you can also see photos and videos from previous years, along with expert training advice.

To help with your fundraising, you can set up a FREE online sponsorship webpage, which allows people to sponsor you by credit/debit card - you can even get sponsored by mobile phone text message!

To enter online visit [www.wphcancercharity.org.uk/ritp](http://www.wphcancercharity.org.uk/ritp), or you can call 0114 226 5370 for an entry form.

But hurry! Last year's event reached maximum capacity before the closing date. Don't miss out, get your place today!

### Our '&Raise' Clubs

Are you interested in running, walking or cycling whilst at the same time making a real difference to the lives of local people? If so, our brand new online fundraising clubs could be for you.



Walking is one of the easiest and most enjoyable forms of exercise - all you need is a good pair of shoes, comfortable clothing and a desire to walk that extra mile!

It can be great fun for all ages; from a small local walk to challenging mountain treks, there is something for everyone.

See [www.walkandraise.org.uk](http://www.walkandraise.org.uk) to find a walk for you, or why not organise your own event?

**Once you've registered your event with us you'll become part of our club and we'll keep in touch and support you every step of the way. From providing fundraising materials to offering information and advice, we're here to help you reach your goal.**



Cycling is a fantastic sport and a great way to raise sponsorship. Whether you're a beginner or a seasoned pro looking for a challenge, young or old, from groups to individuals, everyone can join in and help raise vital funds.

See [www.rideandraise.org.uk](http://www.rideandraise.org.uk) to find out how you get on your bike for the Cancer Charity and to see a video message from World Downhill Mountain Biking Champion, Steve Peat!



Running for the Cancer Charity gives you the chance to get fit, have fun and at the same time make a real difference to people living with cancer.

If you're up for a challenge and would like to run a marathon, half marathon, 10k race or a fun run for the Cancer Charity visit [www.runandraise.org.uk](http://www.runandraise.org.uk).

You can also check out the special video message from International Football Referee, Howard Webb. From seasoned runners to those stepping out for the first time, everyone is welcome to join our running team.

We fund cancer research, treatment and care

Cancer Research



## Meet our expert

Dr Martin Robinson is a Consultant in Clinical Oncology and head of The Cancer Clinical Trials Centre.

"At the Clinical Trials Centre we look for new or better ways of treating a wide variety of cancer types.

We are currently running around 100 different clinical trials, which range from a study looking at different ways of giving radiotherapy to the first use of a novel drug.

These clinical studies can involve a small number of patients in an early phase study to see if a drug has got the activity that is hoped for, or they can be a large randomised multi-centre study. A large randomised clinical trial may involve hundreds or even thousands of patients recruited from many centres around the country.

These large scale studies are often done in the more common forms of cancer, such as breast, bowel, lung and prostate cancer.

As a department we are best known internationally for our work into breast cancer research and for our studies into the effects cancer has on bones. We are, however, involved in research in a wide variety of areas covering just about all cancer groups including rare cancers.

We all know that, currently, not every patient with cancer can be cured and we all want to see continuing improvements into care which will lead to more people being cured of the disease.

Even for those patients who sadly cannot be cured, new treatments can still carry real

benefits which may prolong their life with fewer side effects than current treatments.

We recruit on average between 800 and 1,000 patients a year to take part in the various clinical studies we are running. We have been part of many clinical trials which have changed the treatment of cancer; for example Herceptin is now commonly used in the treatment of breast cancer, but it had to be researched and vetted in trials, and we were one of the centres involved in this.

We were also a major contributor to a research study involving the use of radiotherapy and hormone treatment for prostate cancer, and we were part of a national study that resulted in radiotherapy being used as standard for the early treatment of breast cancer over a course of 3 weeks instead of 5 weeks.

Sheffield is at the forefront of research into cancer and with the support of the Cancer Charity we are hoping to undertake further research into more complex modern treatments with the aim of improving patient care."

**The Cancer Charity raised £2million to build the Cancer Clinical Trials Centre and we continue to fund the centre today. Not only do we fund the vital administrative systems which support the research done, but we also fund specific research studies.**

**We need to raise £300,000 every year to continue funding this vital work.**

## Meet our patient

Mother of two from Worksop, Julia Roberts, has been bravely fighting cancer for 4 years. She has taken part in one of the clinical trials being undertaken at the Cancer Clinical Trials Centre. This is her story.

"I first came to Weston Park after being diagnosed with pancreatic cancer in December 2008. The initial diagnosis was like a door slamming in my face – everything stopped and I thought "that's it".

I had an operation in January 2009 to remove the cancer; it all seemed to go well but in April 2009, I went to see my consultant who told me that the cancer had spread to my liver and it was terminal. He gave me just 6 months to live.

I didn't cope very well with this devastating news, neither did my family. I have a husband and 2 sons and they were of course also completely stunned by the news.

I initially got very angry about the diagnosis, but came to realise that there was no point – I just needed to get on with what life I had left and remain positive.

I was then offered the opportunity to go on a clinical trial at the Clinical Trials Centre, which was absolutely brilliant news.

It was frightening to go to the 'cancer hospital' as we knew it, but the staff were really kind and

reassuring. Nothing was too much trouble and they really understood how I felt.

The trial was for an experimental treatment which involved me having chemotherapy every Monday for 3 weeks followed by a week or two of no treatment. My progress was monitored through regular CT scans, and amazingly, all of the tumours in my liver disappeared.

We were obviously delighted with this news, but then in July 2011, on the day of our wedding anniversary, I got the news that the cancer had spread to my lungs and it wasn't operable.

I was taken off the trial and have since been undergoing different treatment. We have to wait and see how this treatment goes, but without Weston Park I wouldn't be here, and I wouldn't have had the extra time with my family and friends.

When you are facing a terminal diagnosis, even just a week extra can make a huge difference; it's time that you can be with your family, you can do things that you never thought you would do and you can say things to people that you wouldn't normally say."

**"I just thank goodness for Weston Park, the chemotherapy and the staff; without them I wouldn't be here to share my story."**



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# Talking Gifts in Wills with Fundraiser, Katie Cartwright

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## 1. Can you introduce yourself to us?

My name is Katie Cartwright and I have recently joined the team here at Weston Park Hospital Cancer Charity.

## 2. Why is it important to have a will?

If you do not take the time to write your will, your estate could be distributed according to intestacy laws, which can sometimes be in direct conflict to your actual wishes. A will offers the peace of mind that those you love are protected and cared for.

## 3. Do you have a will?

I am actually in the process of writing mine at the moment. Having a young son has prompted me into ensuring that should anything happen, he will be cared for and protected according to mine and my husband's wishes.

## 4. Have people left gifts to Weston Park in their wills?

Yes, a staggering 20% of our income comes from gifts people have left in their wills. They are such a generous way of supporting our work and we always ensure that the legacy is spent exactly as the donor wishes.

For many supporters, a gift in their will is a way of supporting Weston Park Hospital through the Cancer Charity and leaving a lasting legacy for generations to come.

## 5. How have gifts left in wills benefited Weston Park Hospital?

Through recent years, supporters of Weston Park Hospital Cancer Charity have been incredibly generous, helping us to make huge improvements in the treatment and care of our patients, for example the refurbishment of our Radiotherapy and Chemotherapy departments.

They have also helped us to introduce brand

new, cutting edge equipment, which has led to further improvements in patient comfort and treatment.

We have also been able to fund and support research across all types of cancer; Weston Park Hospital is recognised internationally for its contribution to cancer research and much of this work would not have been possible if it were not for the gifts left to the Cancer Charity in wills.

## 6. If someone wanted to leave a gift to Weston Park Hospital and the Cancer Charity, how would they do so?

If the time is ever right for you and you decide to leave a gift in your will to benefit our patients and future generations, it is very important to use our full name (Weston Park Hospital Cancer Charity) and Registered Charity Number (1039885) in your request to ensure your wishes are carried out and that your money goes exactly where you intend it to go.

There are several different types of gifts that can be made. You can leave a specific amount, eg £1,000, a share of the remainder of your estate once all your other bequests have been made, or a specific item, such as a piece of jewellery or some shares.

If you have already written a will and you would like to include us, you simply need to ask your solicitor to add a 'codicil' (an amendment to your will).

## 7. What guarantee is there that the money will be put to good use?

Any gift would be used solely to support the incredible work of Weston Park Hospital. This is because we are the **only** charity dedicated to raising funds for cancer research, cancer treatment and cancer care at Weston Park.



# Extra Time leaflet

## Extra Time leaflet

## Extra Time leaflet

## Extra Time leaflet



# Signed England shirt up for grabs!

Sheffield lottery winner Ray Wragg and FA Premier League Chairman Sir Dave Richards jointly presented the new-style England team shirt, to Rachel Thorpe, director of the Cancer Charity.

As part of the Extra Time Campaign, we have been given a new style England football shirt, signed by the entire England squad from the match against Holland on 29th February. It includes stars such as Steven Gerrard, Scott Parker, and Daniel Sturridge and is currently being auctioned on our website.

Visit [www.wphcancercharity.org.uk](http://www.wphcancercharity.org.uk) to join the bidding for this fantastic piece of memorabilia!



## Events

### Charity Golf Day

**Friday 11th May, Sickleholme Golf Club**

Join The Rotary Club of Hope Valley for a round of golf at the fabulous Sickleholme Golf Club. £168 per team of 4 (includes meal and some great prizes). For bookings/further details, contact Jane Weightman on 01629 732653 or [jane@languagetraining.com](mailto:jane@languagetraining.com).

### Sheffield Half Marathon & Fun Run

**Sunday 27th May, Sheffield City Centre**

This is one of Sheffield's biggest sporting events – why not take part and raise sponsorship for the Cancer Charity. Once you have entered the marathon, join our running team to receive your free breathable running vest and fundraising materials! Visit [www.runandraise.org.uk](http://www.runandraise.org.uk) for details.

### Chase4Life - Men's 5k Run

**Sunday 17th June, Abbeydale Sports Club, Sheffield**

Organised by Weston Park Hospital patient Joe Carter, this is a 5km run for dads and lads. Entry is £10 for adults and £5 for under 12s. Full details can be seen at [www.chase4life.org](http://www.chase4life.org).

### Run in the Park - 10k Race & 3k Fun Run

**Sunday 1st July, Graves Park, Sheffield**

Our 10k Race and 3k Fun Run return for 2012 in the beautiful setting of Graves Park in Sheffield. Entry fees: 10k race £10/£12, fun run £5. Full details and online entry can be found at [www.wphcancercharity.org.uk/riitp](http://www.wphcancercharity.org.uk/riitp)

### Hallamshire Golf Club Charity Golf Day

**Friday 13th July, Hallamshire Golf Club**

Join John & Anne Price for what promises to be another fabulous golf day - this year with a Dennis the Menace theme! Raffle and auction prizes are also needed - contact John on 07836 642940 for details.

### The Bupa Great Yorkshire Run

**Sunday 2nd September, Sheffield City Centre**

We are again the official local charity for this popular 10k race and fun run taking place in and around Sheffield City Centre. Enter online at [www.greatrun.org](http://www.greatrun.org) and don't forget to tick the box to say you want to run for Weston Park!

### Light the Night - 5k Sponsored Night Walk

**Saturday 15th September, Ecclesall Woods**

Join us for our first ever night walk and help us 'Light the Night'! We are still finalising details but if you want us to let you know when entry opens, just visit [www.wphcancercharity.org.uk/light](http://www.wphcancercharity.org.uk/light) or call the office on 0114 226 5370.

### Annual Charity Ball

**Friday 21st September, Magna Centre**

Join Darren and Gail Baker for another fantastic evening of entertainment, including special guest Bobby Davro, and a live performance from Spandau Ballet frontman Tony Hadley. Visit [www.charityball.org.uk](http://www.charityball.org.uk) for more details.

### Volunteers Needed!

We're always on the look out for volunteers to help at the events we organise. If you have a few hours to spare and would like to get involved then please ring the Cancer Charity on 0114 226 5370 for more information – thank you!

We fund cancer research, treatment and care

Cancer Treatment



## Meet our staff

Moira Tomlinson has worked at Weston Park Hospital for over 30 years. She is a qualified therapy radiographer by profession and now manages the radiotherapy department.

"Radiotherapy is x-ray treatment that targets cancer cells. Because these cells are abnormal, they cannot repair themselves after being damaged by radiation. Normal cells on the other hand can repair themselves, so the art of radiotherapy is achieving a balance between a dosage that is lethal to the malignant cells but not lethal to the surrounding healthy tissue cells.

Radiotherapy itself is just like having a normal chest x-ray; the patient is positioned on the bed and then the machine will move around the patient, treating from different positions. The patient doesn't feel anything at all whilst the treatment is being delivered.

We use CT scanners to plan the treatment; radiotherapy is a very accurate form of treatment and we deliver it to within a few millimetres of accuracy. When you are delivering treatment to an area that is anywhere near a vital organ that you don't need to treat, such as the spinal cord, lungs or kidneys, you have to be very careful that the treatment doesn't spill over into these areas. The CT scanner enables us to do this.



Once the doctors have marked the areas to treat, our physics department prepare the treatment plan and we then use simulators to ensure that the areas to be treated are exactly aligned with the doctor's intentions.

The treatment itself is then delivered by machines called Linear Accelerators. We have 7 Linear Accelerators at Weston Park, which cost over £1million each. They are incredibly technical and complex machines, and although expensive, they do have a useful lifespan of 10 years.

The Linear Accelerators match each other, which means that if one of them should break down or is down for servicing, we can transfer all of the patients onto another machine without any problems, meaning patients don't miss their treatments.

The radiotherapy service has the same catchment area as Weston Park Hospital, meaning that patients from not only Sheffield, but also from Rotherham, Barnsley, Doncaster, North Derbyshire and North Nottinghamshire receive their radiotherapy treatment at Weston Park Hospital. This represents a population of 1.8million people.

We have on average around 4,000 new patients being referred to the department each year, which equates to around 60,000 patient visits,

as each patient will attend for multiple treatment sessions; we can see patients on a daily basis for up to six weeks in a row.

Radiotherapy has changed significantly over the 30 years that I have been in the profession. It is much more accurate today than it was in the past. It is a very modern technique that is expected to be used in the treatment of over 50% of patients with cancer.

Many people think that chemotherapy is the only treatment that can successfully treat cancer, but radiotherapy is a very important weapon in the fight against cancer, curing a significant number of patients.

Radiotherapy has suffered from a bad reputation in the past, being thought to affect the skin very badly, to burn, or to make you sick or cause your hair to fall out, but this is not true of today's radiotherapy. There can of course be some side effects, but where these do occur we can offer other treatments to negate them.

We strive to keep abreast of all the latest techniques and technological advances and the Cancer Charity has been instrumental in helping us to do that.

The charity has made it possible for us to be at the forefront of research into radiotherapy advances, providing funding for specialist pieces of add-on equipment for the Linear Accelerators and helping us to make the environment of the department as warm and as welcoming as possible."

The Cancer Charity has invested over £3.25m into projects for the radiotherapy department. This has funded specialist equipment, enabled pioneering research to be undertaken and provided 'extras' which make our patients visits more comfortable - from full scale refurbishments of different areas, to the provision of TVs, plants and even fish tanks!



We fund cancer research, treatment and care

Cancer Care

## The Cancer Information and Support Centre.

### Here to help, here to listen.

The Cancer Information & Support Centre offers free and comprehensive support to anyone affected by cancer. It is a drop-in Centre, meaning that people can call without an appointment and speak to a trained health professional about any issue to do with cancer.

The atmosphere is friendly and relaxed and everyone is welcome to call in for a drink and a chat. There is a wide range of information available in the form of leaflets, CDs, DVDs, videos and audio tapes, which cover all aspects of cancer including specific cancers, symptoms and side effects.

The Centre provides advice, emotional and social support, along with practical information and it is an invaluable lifeline for the thousands of people who have need to use it every year. In the past seven years, over 40,000 people have used the services on offer.

The friendly staff help people cope with practical and emotional issues such as coping with stress and anxiety, managing fatigue and tiredness and caring for someone with cancer. As well as the drop-in information facility, the Centre also provides a number of other important services.



The 'Positive about Life' course is a 12-week programme of support and information for patients following a diagnosis of cancer. It is held in a group setting and is designed to help patients live their life to the full.

The Centre runs a Carers' Course for anyone caring for, or supporting, someone with cancer. It also offers a Look Good Feel Better service, which is a beauty makeover session hosted by qualified beauticians offering special make up tips for cancer patients and advice on head scarves and wigs.

The Centre also runs a Bereavement Course designed to help those who have lost a loved one to cancer to start the difficult but essential process of rebuilding their lives. These courses give people the opportunity to meet others in a similar situation to themselves and to draw comfort and support from within the group.

Also on offer is access to legal advice and a programme of complementary therapies including aromatherapy, reflexology, massage and hypnotherapy.

These treatments greatly reduce patient anxiety and stress and can lead to improved sleep patterns and increased energy levels. For some patients, who perhaps have a fear of needles or of the confinements that some radiotherapy treatments entail, these complementary therapy sessions are the only way they are able to deal with their fears and so access the crucial treatment they need to fight their cancer.

**The Cancer Information & Support Centre is open Monday to Friday, from 9am until 4pm and can be contacted on (0114) 226 5391 or by email to [info@cancersupportcentre.co.uk](mailto:info@cancersupportcentre.co.uk)**

**Visitors are welcome at 23 Northumberland Road, Sheffield S10 2TX (behind Weston Park Hospital car park).**

The Centre is the only organisation in the area which provides such a comprehensive level of support for people living with cancer, and without this vital resource thousands of cancer patients and their families would not have access to the essential information and support that they need and deserve.



"I saw the Cancer Support Centre and I thought I would just go in. I didn't know what to expect but they were great because there is a perfect combination of support, encouragement and practical advice." **Huw Pyatt**

# CANCER SUPPORT CENTRE

**The Cancer Charity is the main funder of the Support Centre, and we need to raise over £200,000 every year to keep this vital support service open.**

# Please help. Give a gift for a better future.

**Yes, I would like to support Weston Park Hospital Cancer Charity.**

I would like to make a single gift of: £5  £10  Other   
(to make a regular gift, please use the Extra Time reply form on p10).

Please tick if you do NOT require an acknowledgement

Name

Address

Town  Postcode

Email  Tel.

I enclose a cheque/postal order made payable to:  
"Weston Park Hospital Cancer Charity", or please debit my card as detailed below:

Visa  Mastercard  Maestro  Visa Debit

Card No.

Valid from  Expiry Date

Issue No.  (maestro only) Security No.  (Last 3 digits on reverse of card)

Signature  Date

## Help us make your gift go even further.

If you are a UK taxpayer, we can reclaim the tax that you have already paid on your donation from HMRC. This means that for every £1 you donate, we will receive £1.25 – **at no extra cost to you.** Just sign and date below.

*giftaid it*

Signature  Date

I am a UK taxpayer and I wish Weston Park Hospital Cancer Charity to reclaim tax, at no extra cost to myself, on all donations I have made in the past 4 years and on all future gifts.

You can cancel this declaration at any time. To qualify for Gift Aid, you must pay an amount of UK Income Tax and/or Capital Gains Tax at least equal to the tax that we will reclaim on your donations in the appropriate tax year (currently 25p for each £1 given) A tax year is 6 April one year to 5 April the next. Please let us know if you change your name or address.

**Please return to FREEPOST RRYZ-EBTY-ELGG,  
Weston Park Hospital Cancer Charity, Whitham Road, Sheffield S10 2SJ**