

lifestyle

magazine

October / November 2017



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Welcome to lifestyle



The nights are drawing in, summer (did we have one?) is over and the countdown to Christmas is fast approaching!!

Where has the year gone you ask? From my own experiences the older you get the faster they go!

So with the dark nights approaching and the cravings for comfort foods probably increasing this month's issue once again includes one of Shelly's popular recipes as she reveals the secret on how to cook the perfect chip!

I felt my belt tighten just writing the word, although Shelly assures me these chips are just about as healthy as they get - although I would take that with a pinch of salt.

But everything in moderation as they say.

Having been on my own weight loss journey I have learned (at long last!) that as long as you burn off the calories you can pretty much eat and drink what you want - within moderation.

No doubt in the New Year many of us will be hitting

the gym after eating and drinking too much, but from my own personal experience it is better to try and keep a fitness programme going throughout the year for the best results.

Hope you enjoy this latest issue and the next one will be our Christmas one!

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'Mother' by Katie Piper

Katie Piper launches new maternity collection

Following on from the huge success of her debut clothing collection with e-retailer Want That Trend.Com, Katie Piper recently launched a maternity clothing collection, 'Mother'.

The new collection consists of 26 pieces in a variety of block colour ways, prints and vibrant tones to match her own style. Items within the collection include skater, bodycon, wrap over and midi dresses, along with a mix of t-shirts and jumpsuits to ensure every mum-to-be feels confident, comfortable and stylish during her pregnancy.

Each piece has been carefully selected by Katie and the Want That Trend team to ensure all mothers-to-be can find the perfect outfit to embrace their bump at an affordable price.

The collection is available in sizes 6-18 and gives women across the UK the opportunity to feel amazing in their fashion choices during a time when women often struggle to flatter their changing shape.

Hero pieces in the collection include the Bardot



Twist Front Detailed Dress (£24.95), the Tube Detailed Maxi Dress (£22.95) and the 3/4 Sleeve Wrap Over Belted Dress (£24.95).

As with Katie's previous collection with Want That Trend.Com, £1.00 from the sale of each dress will be donated to The Katie Piper Foundation, to support their great work with burns survivors.

Online retail giant and fashion brand, Want That Trend.Com, was founded by fashion lover and mother, Victoria Molyneux. When Victoria became a new mum, she noticed that there weren't many clothes available that hid the body changes and insecurities that come after pregnancy. Realising that other women would also be in a similar position, she decided to take a new direction and combine her love of fashion with her knowledge of social media advertising, to create an online fashion business. Victoria harnessed the potential of using social media as a marketing platform, and combined it with the



rise of the 'selfie' to photograph her garments. This has created an online award-winning business that has achieved a Facebook community of over 1.5 million fans and is now an online fashion destination for women across the UK and beyond.

Katie Piper comments: "I wanted to launch my own maternity range as soon as I found out the wonderful news that I was expecting my second child.

"Throughout my first pregnancy I struggled to find any maternity clothes that I liked and couldn't believe how expensive maternity clothes were – especially as you are only able to wear them for a few months! Pregnancy is a time where our body hang-ups become exaggerated and our confidence is tested, so I hope that



other women are able to embrace the changes to the body that pregnancy brings and feel gorgeous in my new 'Mother' maternity collection."

Victoria Molyneux, Founder of Want That Trend. Com, said: "As a mother myself, I appreciate how difficult it can be to find maternity clothes that you can look and feel amazing in at an affordable price. Katie and I wanted to work together to provide a maternity collection that would allow women expecting to feel fantastic and confident at such a special time in their lives."

The Katie Piper 'Mother' Maternity Collection is available at www.wantthattrend.com, with prices starting from £14.95.

The Katie Piper 'Mother' Maternity Collection with Want That Trend.Com is available at www.wantthattrend.com

Pictures: Ruth Rose

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Stone Foundation - a band on the rise!

Story and pictures: Chuff Media

Stone Foundation, a band very much on the rise are about to embark on a 13 date UK tour which begins in Liverpool on October 15.

Following on from a phenomenal performance supporting Paul Weller at The Royal Albert Hall, they released their critically acclaimed new studio album 'Street Rituals' back in March reaching #25 in the UK album charts, #2 in the indie chart & #5 in the vinyl chart - a huge feat and testament to how far the band have progressed over the last few years.

Stone Foundation's Neil Jones said: "The love we've experienced over our new record Street Rituals has been truly heartwarming, we can't wait to play it live."

Street Rituals, the band's fourth studio album was produced by Paul Weller, who also features on all the tracks (piano, guitar & vocal including lead vocal on 'Your Balloon Is Rising'). Having been hugely impressed by Stone Foundations previous endeavors, Paul personally contacted the band to propose the idea of working together, initially on one specific track, but having enjoyed the process so much, the resulting ten compositions on 'Street Rituals' now all have musical input from Paul. Two songs - 'The Limit of a Man' & 'Colour Of' - are co-writes with a Jones/Sheasby/Weller credit.

Elsewhere on the album there are stunning contributions from legendary soul singers

William Bell, who lends his voice to 'Strange People', and the unmistakable tones of Bettye Lavette, providing the lead on 'Season of Change'. The collaboration between Stone Foundation and these internationally celebrated artists cements the bands incredible reputation as one of the finest British Soul bands in existence.

With an extraordinary history of constant surprises and success against the odds, 'Street Rituals' feels like the culmination of years of hard work paying off for Stone Foundation as they continue to develop their unique style of soul on a much broader scale. Subtle horn & string arrangements add glorious swathes of colour and light to a new collection of songs that are unquestionably the groups strongest to date. Co-writers and founding members Neil Jones and Neil Sheasby have consciously delivered thought provoking lyrics that reflect current issues of uncertainty and division, but smartly balance that with a prevailing sense of hope and optimism within their musical delivery.

"The soul album of the year - yes, it is that good" **RECORD COLLECTOR**

"A fittingly blissful and classic touch of majestic Soul" **NME**

"Gorgeous, distinctly British sound" **THE INDEPENDENT**



Warrington shines with English Half Marathon sell out success

Pictures: *Tony Wallbank*

Warrington's English Half Marathon was a sell out success for the third consecutive year with plans in the pipeline for next year's 10th anniversary event.

The event organisers were overwhelmed with the crowd support of runners in the 9th showing of the ever-popular race which attracted 7,500 entrants with the highlight of the event finishing at the town's iconic Golden Gates.

Rob Griffiths, race director, says: "Warrington really shone. The feedback we have had from runners about the support and energy on the route is amazing. The town is really starting to take this race to its heart and showing great civic pride"

Setting off at 9am, the Half Marathon and 10k races took in all the landmarks of Warrington, ending once again in a spectacular finish through the iconic Golden Gates. The event attracted entrants from 12 countries and over 4000 runners from out of the town.

The WireFM Family Mile saw runners of all ages took on a one-mile circuit of the town centre, with the budding runners of tomorrow also enjoying the red-carpet finish through the Golden Gates.

That half marathon was won by Matthew Lalor of Barlick Fell Runners in a time of 1:13:14. With Kate Knox crossing the line as the first lady in a time of 1:27:09

Kevin Usher of Northern Masters AC took the 10k victory with 35.04. But was pushed all the way by 15-year-old Ben Batho of Stockport Harriers with a time of 35.25. Kirsty Longley took the female win, with a time of 37.23.

With all race distances selling out well in advance of race day, the popularity continues to grow.

"It is great to welcome all of these wonderful runners to our town. The council and I have a vision to make this event not just a highlight in the global running calendar but a truly amazing day for Warrington. It's a community asset we should be proud of," added Rob.

The race returns on the weekend of the 14-16th September 2018 for its 10th Anniversary Race.



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Independent Carers . . . professional, com

by Claire Margerison,
Independent Carers

Being at the sharp end of care really focuses the mind on the challenges and anxieties in trying to get consistent, professional and compassionate care.

There is an increasing demand for care, where families are disparate from loved ones and traditional networks of support don't exist.

We were desperately looking for assistance with a relative with Alzheimers, we were lucky enough that he was living with his partner, but with the best will in the world, it was becoming more than a one-person job for 24/7 care. For those who have experienced looking after someone with Alzheimers I'm sure you know what we mean.

Social services arranged for an agency to come in and help, but as the need increased they struggled to meet the demand. Social services then provided an additional payment for care in the form of direct payments and suggested we look around for an agency because the current one was unable to meet the need. As a consequence, we had two agencies with a number of different carers on different days and an almost impossible challenge to cover weekends. At this point we wanted consistency, the amount of different people was confusing and added to the anxiety.

There is nothing we would have liked better at this time than to have paid one or two people to help but we had nowhere to find those people, hence the idea of Independent carers was born,

We are passionate about raising the profile of the job of caring and more importantly passionate about providing better care for those that need it. We would really like to see....

- the job of care to be done by professional carers who are appropriately rewarded for their valuable work
- carers earning more than the minimum wage
- care work as more appealing to those who are very capable and professional but can't afford to do it on the minimum wage
- those clients who want it, put in control of care and able to buy in a service that they can



manage

- the provision of tools to become a self-employed carer and to provide a network of help and support.
- the provision of information for both parties to make it work
- signposts and opportunities e.g. training, insurance, other providers,

How will we achieve this?

We want to give the support mechanism and opportunity, to those who are dedicated to providing care. We want them to have the ability to become independent, so they can manage their career in care to suit their needs and the needs of those they care for.

We know there is a need for helping carers have direct access to those in need of care.

We have also experienced the requirement for those in need of care, having an easy way to find and contact carers who are able to work with them, due to their individual needs and care requirements.

Independent Carers offers to meet the needs of both.

mpassionate, better!

This platform can provide access to work and provide the opportunity to manage their own work and arrangements directly with people needing care.

What do we do?

This website puts those who need care in touch with professional carers who want to provide a service, be flexible, earn a decent wage and have a direct, consistent relationship with those in need of care.

We provide a platform for carers to present their profile to potential clients, to show their experience, skills, qualifications, expertise and how they can help an individual. We will also provide signposting and support for carers to equip them to do the job of care on a self-employed basis.

Those in need of care will be able to outline their care needs to potential carers and agree mutually beneficial arrangements. You can examine the experience of the carers in your area, to best fit your needs.

We will make a suitable match for those needing care and give them the appropriate contact details of the carer.

We provide information and guidance on becoming an independent carer and engaging with a self-employed carer.

Where those in need of care do not wish to interview potential carers, for a charge, Independent Carers will interview the selected carers on their behalf and provide a report for the client to make the final decision.

Independent carers also offer a checking service to verify documents with appropriate identification

What about safety?

We have thought long and hard about this, we do not want vulnerable people to be in danger. We have provided information and guidance to ensure the right matches.

The responsibility will rest with the person who is engaging a self-employed carer to be vigilant and make all the checks necessary to ensure the carer is appropriate. We have provided a great deal of guidance for the process in our safety guide. All our carers, as a minimum, will have a DBS check and public liability Insurance.

Join the revolution

We want to grow an army of self-employed carers in order to professionalise the job of care and provide choice to the many people who need care. We'd like to see registered carers in the same way you have registered childminders.

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For many of us, the highlight of our last day of school consisted of signing each others shirts and preparing to face the world of work.

However, in the last ten years that has changed

dramatically across schools in the UK..... now, the end of school is marked by the highlight of the school social calendar – PROM!

Prom is no longer something that we only hear of when we watch the American movies.... It's now bigger than ever for schools in Britain. For parents of students (particularly those with daughters!) who have recently left school, they will confirm the importance that prom played in their final year of school. Many now see prom as a rite of passage, centring on fun, dressing up and shared memories – many of the students will have been at school together since Year 7 and so, they have a lot of history together; prom is a celebration of their time together and at the school.

Many see prom as a social opportunity, a chance to open up the mystical world of formal dining. There are very few occasions when people are given the opportunity to attend a formal occasion like this and so, it is a lifetime experience for them.



oes better!

For those with daughters, it is highly likely that by the time they reach Year 11, you will have heard them utter the words 'prom dress shopping.' This was once something that would have been a chore, finding a shop with a selection of more than a couple of evening gowns was near impossible. However, The Dress Studio (located in Culcheth, Warrington) changed this. The store opened in 2012 and was inspired by the American Prom Dress and Evening Gown stores that hundreds of dress options all under one roof. With over 1000 dresses instock and over 30 luxury, fitting rooms, The Dress Studio has become the 'go-to' place for a prom dress or evening gown.

The store caters for all price points, with long dresses starting from £50 and so, there is a dress for all budgets. The Dress Studio are stockists of some of the leading prom dress designers including Sherri Hill, Jovani, Forever Unique and more. Their team are dedicated to having a style for everyone and they travel across America meeting the designers, to ensure they bring the best dresses to Warrington.

Holly Pirrie from The Dress Studio said: "Since opening, we have seen the increasing popularity in prom in Warrington and beyond. Our customers travel from across the UK – from Edinburgh to Essex, in order to visit our store, as we really are one of a kind.

"We have been selling prom dresses for 2018 throughout the summer and now the schools are back, it gets busier each week with prom customers. Our main advice is to try and visit the store before January, many wait until after Christmas and so, January becomes a little busier – between September and December, our new prom styles are arriving & so we have the 2018 dresses, but the shopping experience will be a lot more relaxed.

The weekends in January can be a little like boxing day sales, with everyone coming at once!."

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Truly Inspirational

by Nicky Price,
Truly Inspirational

I've been coaching for over 13 years and have recently taken up a post as 'Wellbeing & Confidence Lecturer' at Warrington & Royal Vale College.

Through the many years I have done and experienced a lot, so many amazing and wonderful things, alongside my fair share of dark times. In all honesty, probably more than my fair share. I've worked under (and even with) the best, I've proven myself time and time again, and fallen apart just as much, I don't see this as a bad thing though. In my opinion to truly understand what it means to be up, you have to have been down somewhere along the line, the rewarding feeling of struggling to reach the top can't be felt if you were there the entire time. I've learnt this in my life, I've learnt this and a lot more. With NLP Master, Coaching and CBT Training all under my belt, I think it's clear I have a large amount of experience with many different manners of counselling, therapy and other methods of support.

Why should you consider Truly Inspirational Coaching?

Trust me when I say I understand how hard it can be to admit you're in pain, and how much harder it can be to simply ask for help, because although the idea may seem simple, it is anything but. Admitting to yourself that you need help is the first, and maybe hardest step.

If you are like me, you probably often see yourself as a crutch for your friends and family and their problems, allowing them to unpack the burden of their emotional weight upon you. It is brave, but it leaves you with the weight, adding ever more onto your pain.

Now I am by no meaning saying stop this, it is a brilliant service you provide, but you cannot just keep going, you may be hanging in there now but everyone has their limit, and hitting it? That's never pretty . . . for you, or anyone near you. You may think you're an exception to this, but no one is. If you leave it, you blow. It's not an if, but a when.

The second step is admitting it to others, those friends and family members who have always



been there for you, and who've you've always been there for. Again, this can seem like the hardest part, admitting you aren't fine, that everything isn't fine, that the smile you plaster onto yourself every morning isn't real, it may be sometimes, but not often. This step feels daunting, surely you have to be strong for other people, if you aren't then they may feel they can't depend on you anymore. Your worries, worries I've experienced myself, can be put aside by me sharing some little secrets. Everyone feels this way at some point, people won't look at you any differently and you aren't weak for needing help. Admitting you need help makes you strong.

The third and final step is taking that one step, the one step through the door or the one step to bring you where you need to be. 'It's just a stupid step' you think as you stand outside the door. 'I've paid for an hour, it could really help me. I just need to step through the door', but something is stopping you. That something is your pain and negativity. Something made of every bad experience you've ever had, every negative person holding you back. It latches onto you, dragging you down, because the truth is, that pain can't survive without you feeling miserable, without you feeling worse every single day. Without that feeling it is useless, it shrivels and dies, but only when alone. So when you get to that one step outside the door, sever its hold on you. Take the step. Leave it behind. Leave it to die. Move on.

What can Truly Inspirational Coaching Offer Me?

We offer many different services ranging from one to one coaching to hypnotherapy, it can be used to heal a sore spot, or to help heal a long time injury. Whether you're just having a down day or recovering from a massive trauma, Truly Inspirational Coaching is here to help.

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Special 'Art Treasures' exhibition launched to celebrate 140th anniversary



A special 'Art Treasures' exhibition celebrating the 140th anniversary of Warrington's art gallery has launched, bringing together some of the best items in its collection.

Warrington Art Treasures is the first in a series of displays celebrating important events in the history of Warrington Museum & Art Gallery, including the opening of the Large Art Gallery in October 1877.

When the museum - the oldest public museum in the North West - opened in Bold Street in 1857 it was also home to the Warrington School of Art;

the gallery was added to showcase the work of the school's former pupils who had gained national and even international reputations and exhibited regularly at the Royal Academy.

The exhibition, which runs until 21 April, coincides with celebrations for the Royal Academy's 250th anniversary which takes place next year, highlighting Warrington's link with the Academy.

Janice Hayes, heritage manager for Culture Warrington, the charity which runs Warrington Museum & Art Gallery, explained the importance



of marking such an occasion.

She said: "The 4th of October is a special date in our town's history as it marks the official opening of the Large Art Gallery which houses fine art and contemporary collections.

"The museum and art gallery are an integral part of our town's culture and heritage, and this anniversary is a great excuse to shout about our local history and the amazing items we have in our collection.

"In the mid-nineteenth century the new borough of Warrington was emerging as a leading economic and cultural centre in the North West.

"Warrington Museum played a key role in ensuring that the town's artists were also part of the national arts scene; these Victorian aspirations are mirrored by the ambition of contemporary Warrington to become a UK City of Culture."

Before the opening of the art gallery, the Bold Street Grade II listed building was also home to Warrington School of Art from 1857.

The Warrington Art Treasures exhibition features work by the school's most famous pupil, Sir Luke Fildes, who progressed from illustrating for Charles Dickens and the 19th century newspaper *The Graphic*, to become a leading social-realist artist, confidant of painter/illustrator John Everett Millais and painter/sculptor Lord Leighton, before becoming a society portrait painter and respected Royal Academician.

Venetian genre paintings by his brother-in-law Henry Woods were a regular highlight of Royal Academy exhibitions and went on to feature in many public collections, and are now included in our very own Warrington Art Treasures exhibition.

Local sculptor John Warrington Wood was a prominent member of the Roman arts scene and was honoured with a specially commissioned work, a statue of Saint Michael overcoming Satan, which took centre stage when the new art gallery opened.

Also featured in the exhibition are works by local artists Edward Frederick Brewtnall and other Royal Academy exhibitors including Walter Langley and Frank Brangwyn.

Album Review

Pinewood Smile by The Darkness

England's most distinctive, multiple award-winning, platinum-selling, hugely entertaining rock gods – and one-time saviours of rock'n'roll turned national pleasures – The Darkness are back with their fifth album *Pinewood Smile*.

Marking the announcement the band have unveiled the spectacular album opener 'All The Pretty Girls', across all streaming platforms. It's also available for download with pre-orders of the album for the instant gratification of fans.

'All The Pretty Girls' is a glorious, hard-rockin', autobiographical anthem intellectually examining the fact that when you're a rock star you get a lot of attention from ladies and discussing the ethical conundrums that come with that.

As Justin Hawkins so eloquently sings with trouser-splitting vocal magnificence; "All the pretty girls, like me for who I am / All the pretty girls, when the record goes platinum / Plenty of action, massive attraction, when you're selling out stadiums / All the pretty girls... and their mums". Hard-hitting social commentary, right there!

In addition to the cerebral treatise of 'All The Pretty Girls', the album boasts the swashbuckling 'Buccaneers Of Hispaniola', the expletive-strewn howl of frustration that is 'Southern Trains', the hugely emotional 'Why Don't The Beautiful Cry?', the globally anthemic 'Japanese Prisoner Of Love', and the ode to pumping out smash hit after smash hit 'Solid Gold', which finds The Darkness addressing the turbulent nature of the music industry and how they have enjoyed its flamboyant highs and spectacular lows.

Produced by Grammy Award-winning producer Adrian Bushby (Foo Fighters, Muse), the compositions have all the crucial elements of classic Darkness fare, but with added layers for the ears to peel away at... like a sonic onion but a lot tastier. It also features the drumming and vocal talents of gorgeous new band member Rufus Tiger Taylor, son of Queen legend Roger Taylor.

To celebrate the release of their comeback album *Pinewood Smile*, The Darkness will be touring extensively at the end of this year playing 17 dates in the UK throughout November and December.



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The Marmite 'Gene' Project

Jasmin Hannington
wcommunications.co.uk



In a landmark scientific study, Marmite has discovered the reason why we love it or hate it – proving that the answer is in our genes. Over the past 12 months, Marmite has worked with one of the UK's leading genetic testing centres – DNAFit – to conduct a clinical trial to determine whether there is a biological link to people's taste preference for loving or hating Marmite.

Coined 'The Marmite Gene Project', the groundbreaking study has scientifically shown that people are born genetically more likely to be lovers or more likely to be haters of Marmite and conclusively shows that there is a genetic foundation to Marmite taste preference.

Cementing its reputation as the most loved *and* hated product of our generation, the genetic study recruited more than 260 healthy adults, with an equal split of men and women taking part across the UK.

Study participants were first asked to taste a 2g serving of Marmite on their tongue for 10 seconds, filling out a questionnaire to identify their assumed 'love or hate' Marmite taste preference and their reaction to Marmite once tasted.

Saliva cheek swabs were then taken from each participant to obtain DNA samples that were sent for genetic analysis to identify SNPs (single-nucleotide polymorphisms) associated with Marmite taste preference. More commonly known as 'snips', SNPs are single DNA building blocks that have an impact on specific traits.

A whopping 8,760 hours were spent swabbing, analysing and interpreting results. The Marmite Gene Project has identified 15 candidate SNPs that are linked to Marmite taste preference.

Thomas Roos (MSc Biology & MSc Clinical Research, Stanford University), Principal Investigator of The Marmite Gene Project at DNAFit, said: "Our research indicates that Marmite taste preference can in large parts be attributed to our genetic blueprint, which shows that each of us is born with a tendency to be either a 'lover' or a 'hater'. Our data reveals that there are multiple genes that contribute towards this, and it

- Since 1902, Marmite has been the nation's most loved and hated breakfast spread.
- It was first discovered by a German scientist called Justus von Liebig who found that brewer's yeast could be concentrated, bottled and eaten.
- Marmite is a French term for a large covered earthenware or metal cooking pot. Originally British Marmite was supplied in earthenware pots but since the 1920's it's been sold in the bulbous glass jars we are familiar with today.
- Marmite is rich in vitamin B complex and is a source of folic acid.
- Marmite is a British brand made in Burton-on-Trent, Staffordshire by Unilever UK.

is a really exciting discovery."

However, Roos also offers hope for all Marmite lovers hoping to convert friends and families to the 'love' side of the spectrum.

"Like anything in genetics, taste preference is dictated by both nature and nurture. Our environment can impact our taste preference as much as the genes we are born with."

A scientific White Paper is available at www.dnafit.com/downloads/MarmiteGenetics_WhitePaper_Final.pdf detailing the full findings. Gene Test Kits are also available to buy from <https://social.marmite.co.uk> so people can discover for themselves whether they were born Marmite lovers or haters.

Shelly's 'amazing' double cooked chips

by Michele Butterworth,
of Shellys Restaurant, Bold Street, Warrington

As a restaurant we make lots of things but the one thing that customers always say is 'WILL it have some of your amazing CHIPS!?'

There are lots of ways to make great chips.

This is my way.

First you need good washed potatoes. Cut them as you wish I do them thick cut and leave on the skins which add fibre and nutrients.

Now you will need to buy a cooking thermometer to get the oil to the right temperature.

The oil I use is from a family business in Holywell, Flintshire that produces wonderful Rape Seed oil.

It's British and not genetically modified so that's a good plus. It's also a lot lower in cholesterol.

In your chip pan only fill just over half full as the oil will bubble when you add the chips.

The first fry needs to be at 120 degrees for ten minutes. Shake in chip basket to remove as much oil as possible and then set aside on heat proof dish.

Now raise the temperature to 180 degrees when your ready to serve them and cook till the desired colour. Double cooking ensures nice soft potatoes in the middle and crispy on outside.

Then it's a little salt and vinegar and/or your favourite sauce.

Any questions you know where you can get some answers!



This recipe provides nice double cooked chips as a special treat not everyday!



Scaling new heights!

An Appleton woman is set to scale new heights in memory of her mother and to help raise awareness of Pancreatic Cancer and vital funds for research into the disease.

Sharon Harris, a councillor on Warrington Borough and Appleton Parish councils, saw her mother Anne Kirwan suffer for two years with all the classic symptoms of the disease, which was only diagnosed a matter of days before she died in September 2011.

In November she will be undertaking the Dala Lama Himalayan Trek – trekking for 5 days (up to 7 hours a day) at altitude and camping overnight, to raise awareness for Pancreatic Cancer as the survival rates have not changed in 40 years.

Sharon said: “My lovely mum was diagnosed with pancreatic cancer at the end of September 2011 – just days before she died. She had been ill for the previous two years and had been sent from one medical pillar to another medical post – all the time she was suffering with the classic pancreatic cancer signs such as loss of appetite, changes in her bowel habits, nausea and vomiting, abdominal pain and unexplained weight loss. No one thought to test for pancreatic cancer!

“Unfortunately, this is not an uncommon story and most people who are diagnosed with it receive a late diagnosis and few people survive

5 years. The statistics for pancreatic cancer have hardly changed over the last 40 years and it is a devastating diagnosis. GP’s do not consider testing for pancreatic cancer so we need to increase their awareness and train them to think of it first.

“My mother’s experience made me so cross as the quality of the last two years we had together was compromised – we couldn’t talk about what we didn’t know and we couldn’t say the things we wanted to say.

“So please consider sponsoring me by hosting an information morning to promote the signs and symptoms of pancreatic cancer so that even one person can receive an early diagnosis and an improved quality of life.

“It doesn’t matter when you do it – just get some friends together and spread the word.

Sharon added: “I am doing this challenge as it is at altitude – the event organisers list it as challenging and what will be even more challenging for me is that it involves an element of camping so no hairdryers and hair straighteners!!”

She can be sponsored at www.justgiving.com/fundraising/Sharon-Harris15 or to organise an event email sharonah2000@yahoo.co.uk

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