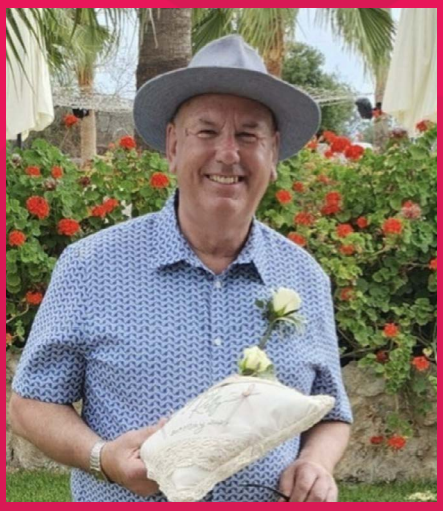
LET'S TALK

BLOOD CANCER

The Patients' Magazine

CURE Leukaemia











NOVEMBER - DECEMBER ISSUE

KEEP IN TOUCH

CURELEUKAEMIA

EXCITING NEWS | INSPIRING STORIES | FUNDRAISING EVENTS

ABOUT US

A new blood cancer diagnosis is made somewhere in the world **EVERY 27 SECONDS.** Cure Leukaemia works to improve access to innovative, potentially life-saving treatments by supporting clinical research and helping bring pioneering therapies to patients across the UK.

HOW WE SUPPORT PATIENTS



Patients are at the heart of everything we do at Cure Leukaemia. By funding Research Nurses and supporting leading clinical trial networks across the UK, we help adults and children access promising new treatments that might otherwise be out of reach. Clinical trials give patients access to new treatment options while helping advance our understanding of blood cancer. By connecting pioneering research with expert clinicians and the patients who need it, we're helping improve outcomes and bring us closer to a cure.



One of the benefits of having a research nurse who has been with you all the way through is that they may notice something you haven't.

ABI SUTCLIFFE
CLINICAL RESEARCH NURSE AT NOTTINGHAM UNIVERSITY, HAEMATOLOGY WARD

WANT TO KNOW MORE ABOUT CURE LEUKAEMIA?

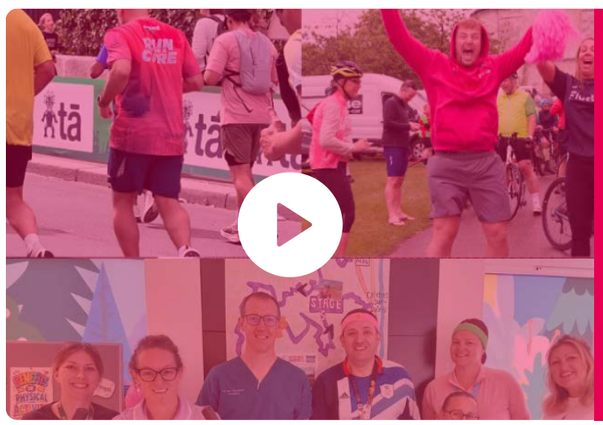
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DID YOU KNOW...

OVER 250,000 PEOPLE IN THE UK ARE LIVING WITH BLOOD CANCER

EVERY 14 MINUTES SOMEONE IS DIAGNOSED WITH BLOOD CANCER IN THE UK

EVERY YEAR 650 CHILDREN IN THE UK ARE DIAGNOSED WITH BLOOD CANCER



WATCH AS WE SHARE HOW THE #CLFAMILY have helped bring us closer to a cure over the last 12 months, making an impact across the globe!

TOP TIPS FROM NICK DUNCAN

Consultant Haematology Pharmacist at the Queen Elizabeth Hospital, Birmingham.



TELL YOUR HEALTHCARE TEAM ABOUT EVERYTHING YOU TAKE

Make sure your medical team know about:

- **Prescription medicines from your GP or hospital.**
- **Over-the-counter medicines, including painkillers.**
- **Vitamins, supplements and herbal remedies.**

KNOW WHICH SIDE EFFECTS NEED URGENT ATTENTION

Common side effects mentioned include nausea, diarrhoea, indigestion and fatigue. Your healthcare team may be able to help you manage these. Don't wait for a routine appointment if you develop symptoms your team has told you are urgent.

DON'T SKIP DOSES JUST BECAUSE YOU'VE BEEN ON TREATMENT FOR A LONG TIME

Feeling well or having taken medication for years doesn't necessarily mean you can take it less often.

USE A MEDICATION CHART OR CHECKLIST

If you have lots of tablets, create a simple chart showing:

- **The name of each medicine.**
- **The prescribed dose.**
- **What time to take it.**
- **Whether it needs to be taken with food or separated from other medicines.**

ASK FOR HELP RATHER THAN STRUGGLING ALONE

If your diagnosis, treatment or number of medicines feels overwhelming, tell your healthcare team. They can help you understand your medicines and develop a manageable routine. You don't need to remember every detail or work everything out on your own.

5 MINUTES WITH NICK DUNCAN
Watch the latest episode with Nick Duncan.
CLICK HERE

CLINICAL UPDATE EVOLVE TRIAL



Professor Paresh Vyas, Consultant Haematologist at Oxford University Hospitals NHS Foundation Trust and Professor of Haematology at the University of Oxford tells us more about Evolve Clinical Trial and its potential to shape the future of Acute Myeloid Leukaemia (AML) treatment.

What is the Evolve trial?

Evolve is a clinical trial programme exploring new treatment combinations for acute myeloid leukaemia (AML). By investigating whether targeted medicines can improve existing treatments for patients with specific genetic changes in their leukaemia, the research aims to identify more effective treatment options and improve patient outcomes.

What makes Evolve Trial exciting?

The future of blood cancer treatment lies in more targeted approaches. By using detailed tests to understand the biology of each patient's leukaemia, we hope to identify the treatments most likely to benefit them. If successful, this research could help bring new treatment options into standard care.

How could this research improve patients' quality of life?

Treatment is about more than fighting the disease; it is also about maintaining normality. While patients with AML may initially need hospital care, those taking part in the trial discussed in this interview spend most of their time at home. Being close to family and loved ones can make a real difference during treatment.

How does Cure Leukaemia help make trials like Evolve possible?

Cure Leukaemia funds specialist research nurses who help hospitals deliver clinical trials and support patients throughout their treatment journey. Continued investment in these nurses is vital to bringing research opportunities to patients and advancing the future of blood cancer treatment.

5 MINUTES WITH PROFESSOR PARESH VYAS
Watch the latest episode with Professor Paresh Vyas.
CLICK HERE







A STORY THAT INSPIRES

My name is Briony, I'm a mum of three, and in April 2027, I'll be taking on the London Marathon for Cure Leukaemia, something I never imagined I would do. Before Indie was diagnosed, I wasn't a runner at all. But watching my youngest daughter go through leukaemia treatment has changed my perspective on so much, and I knew I wanted to do something to help other families facing the same devastating diagnosis.

On Christmas Eve 2025, when Indie was just three years old, our world changed forever. In the weeks leading up to her diagnosis, she had developed a limp, although she wasn't in any pain. Then, when she started experiencing severe pain in her elbow, we took her to hospital. Nothing could have prepared us for the words we were about to hear: our little girl had Acute Lymphoblastic Leukaemia (ALL).

Being told your child has cancer is something you never think will happen to your family. To receive that news on Christmas Eve made it even harder to comprehend. A time that should have been filled with excitement and happiness suddenly became about hospital appointments, treatment plans and trying to understand what lay ahead.

Since Indie's Diagnosis
Our lives have revolved around chemotherapy, hospital visits, blood tests, medication and waiting for results. One of the hardest things about watching your child go through cancer treatment is knowing you can't take their place. All you can do is hold their hand, comfort them and be there for them through it all. Alongside Indie's treatment, we've had to find a way to keep life going for our other two children and support one another as a family.

Thankfully, Indie has now finished the intensive part of her treatment and has moved on to maintenance, which is expected to continue until February 2028. Her tests have shown no detectable disease, something we are incredibly grateful for, but her journey is far from over. In September, she started school, which was such an emotional milestone for us all. After everything she has been through, seeing her enjoy being a little girl, making memories and experiencing these everyday moments is something I will never take for granted. These are the moments that remind us just how much there is to be thankful for.

> **She has had to endure more than any three-year-old should ever have to, yet she continues to show a strength and bravery that amazes me every single day.**
>
> **BRIONY**
> INDIE'S MUM

SHARE YOUR STORY

Have a story that could inspire others?
We'd love to hear from you.

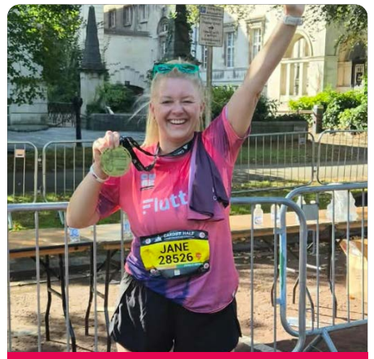
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OCTOBER KEY MARATHONS ROUND UP



DUBLIN MARATHON

Conor, Rob and George of John Martin XI FC braved 26.2 miles of wind and hills to complete the Dublin Marathon in memory of John Martin. A special congratulations to George on completing his first marathon.



CARDIFF HALF MARATHON

Our amazing Cardiff Half team tackled 13.1 miles around the city centre, and a particularly brutal hill at mile 12! A huge well done to everyone who took part and Ran for a Cure.



CHICAGO MARATHON

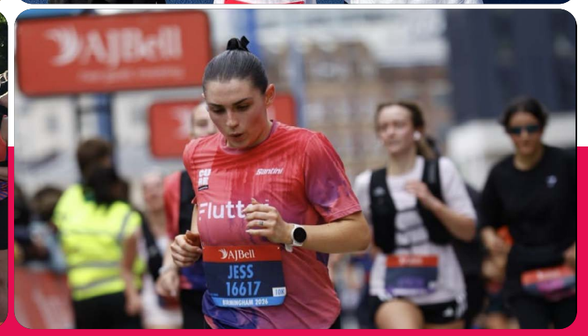
Our Chicago Marathon runners took on the iconic 26.2-mile route around the Windy City, pushing through unseasonably hot weather to cross the finish line. A huge well done to everyone who took part and helped make a difference!

GET INVOLVED IN 2027









DISCOVER OUR 2027 EVENTS

CLICK HERE

LONDON 2 PARIS 2027 | IN PARTNERSHIP WITH Flutter™

3RD - 7TH JUNE 2027

FANCY CYCLING TO PARIS?

Whether you're a seasoned cyclist or haven't been on a bike in years, this challenge is for you! Join us for an unforgettable 500km ride from London to Paris! London 2 Paris is open to all abilities, and you'll have a dedicated support crew to help you along the way.



SIGN UP

We know that L2P is the best event on two wheels. Be part of our 200 strong peloton in 2027!

CLICK HERE

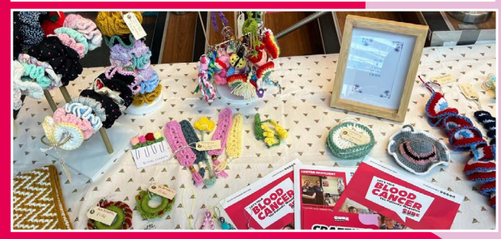
CRAFTING FOR A CURE

Hayley Ellis and Zoe Guy, Senior Research Sisters in the Haematology Department at Queen Elizabeth Hospital Birmingham, have found a creative way to fundraise for blood cancer patients!

Not everyone fancies hopping on a bike or pulling on their trainers for a fundraising challenge, and that's absolutely fine! There are plenty of ways to get involved and support Cure Leukaemia.

Inspired by Hayley and Zoe? Why not get crafty yourself, purchase one of their creations or make a donation to support their fundraising? Every contribution makes a difference!





TO MAKE A DONATION
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TO GET INVOLVED
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WEAR OUR BRAND NEW PIN BADGE!

Wear your badge with pride! They're the perfect way to show your support for blood cancer patients.

Scan the QR code below to get your free pin badge!



ORDER YOUR BADGE HERE
CLICK HERE



LET'S TALK **BLOOD CANCER**
The Patients' Podcast
CURE Leukaemia

Lets Talk Blood Cancer is the Patients' Podcast where you'll hear from patients, clinicians and those doing all they can to bring us closer to a cure.

LISTEN, WATCH & SHARE YOUR STORY

Got a question? A story to share? A topic you'd like us to discuss?

CLICK HERE

AVAILABLE ON
Spotify
Podcasts
YouTube



PROFESSOR CHARLIE CRADDOCK CBE
LEADING HAEMATOLOGIST & CURE LEUKAEMIA CO-FOUNDER



MORGAN PAINE
BLOOD CANCER SURVIVOR



ELEANOR WOULFE
BLOOD CANCER SURVIVOR



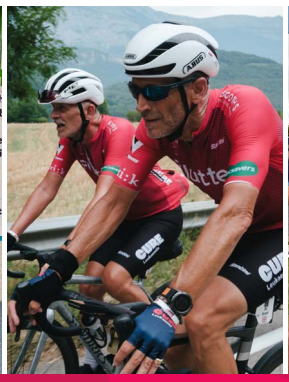
ADAM CLAXTON
BLOOD CANCER PATIENT










MAKE A DONATION

Your donation helps give hope to adults and children battling blood cancer.

TO MAKE A DONATION
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