



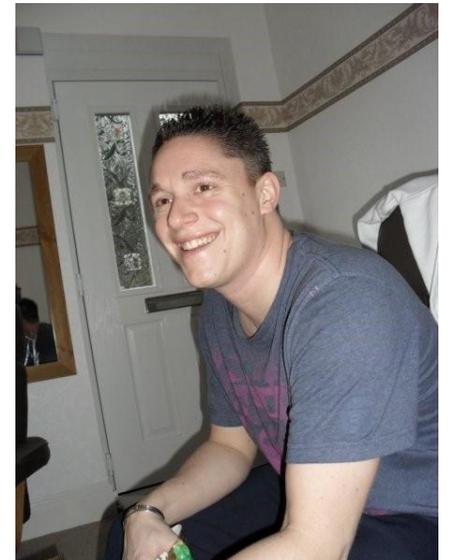
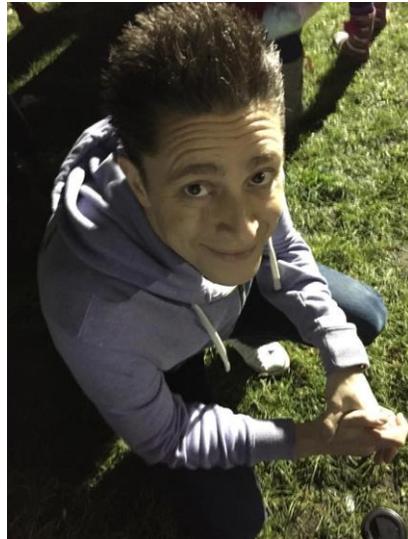
A personal perspective –
on behalf of Nicholas Francis

Dr Ben Francis

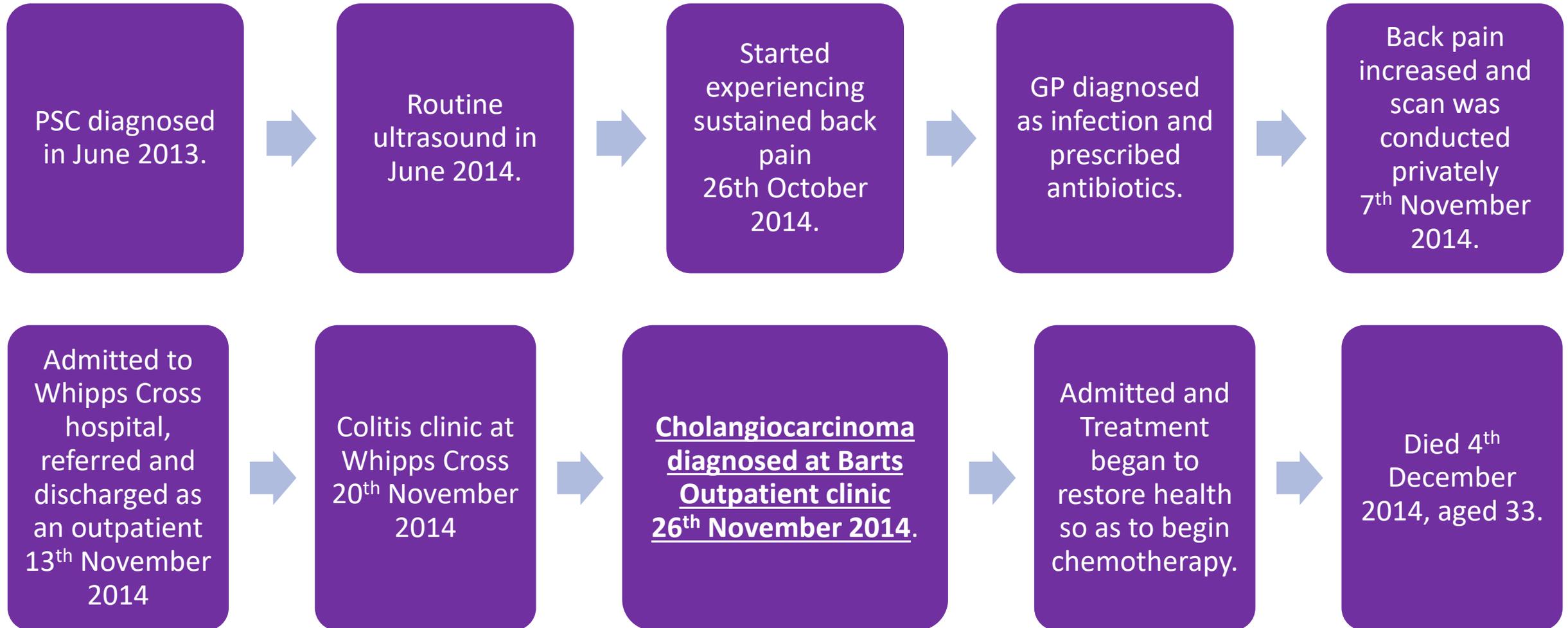


Nicholas Francis

- Born in 1981, family of four, older brother to myself.
- Fantastic swimmer in his youth, 3rd in the country for 100m frontcrawl.
- Wouldn't have been the first to volunteer himself as an academic but had a very quick mind – often used for witty comments!
- Worked as a swimming teacher during attending university. Then developed this into a career, eventually becoming Aquatic Development Manager for the region within Greenwich Leisure Limited (GLL).



Timeline of Nick's cholangiocarcinoma



Grieving Process

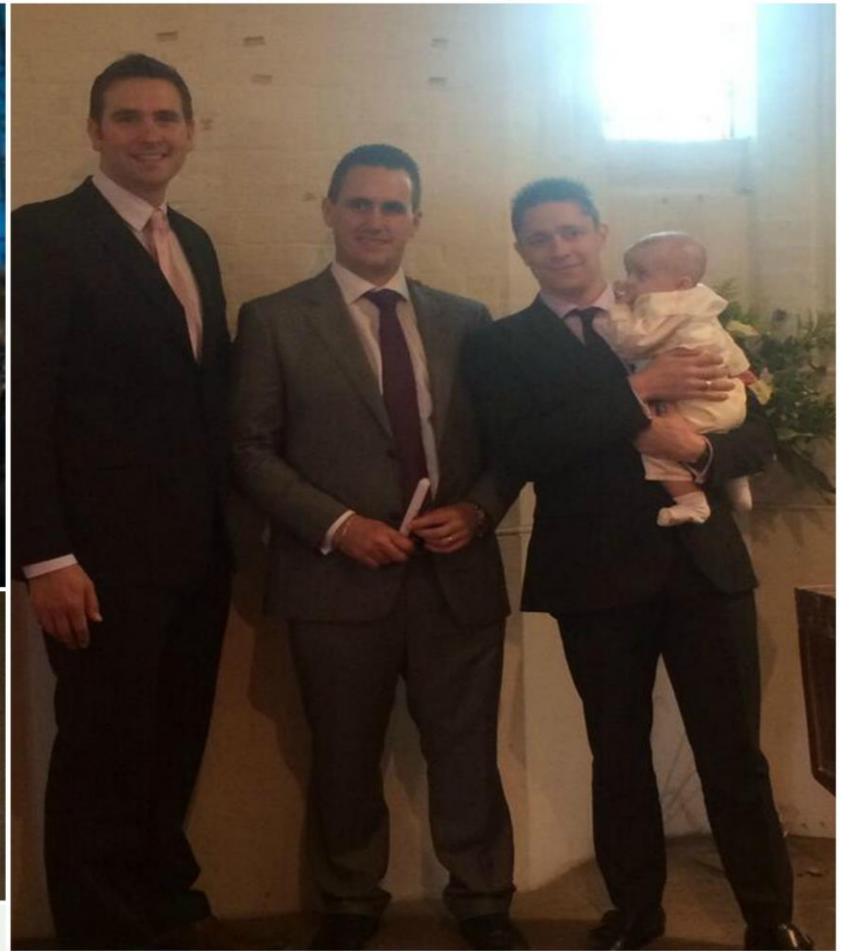
- The acuteness of Nick's CC timeline leads to a number of questions
 - Could more have been done? Undoubtedly.
 - Was there enough awareness and infrastructure for more to be done? No.
- There is a heavy weight to bear in considering the first question repeatedly.
- The second question leads to a push for a more hopeful future in CC care and curative options.

Grieving Process

- The impact of Nick's death was felt consciously and subconsciously.
- Elements of anxiety and "rush".
- Losing Nick meant a loss of equilibrium in life.
- Understanding and accommodating this loss of equilibrium.

We are responsible for experiences that aren't our fault all the time. This is part of life.

Mark Manson - *The Subtle Art of Not Giving a ...*

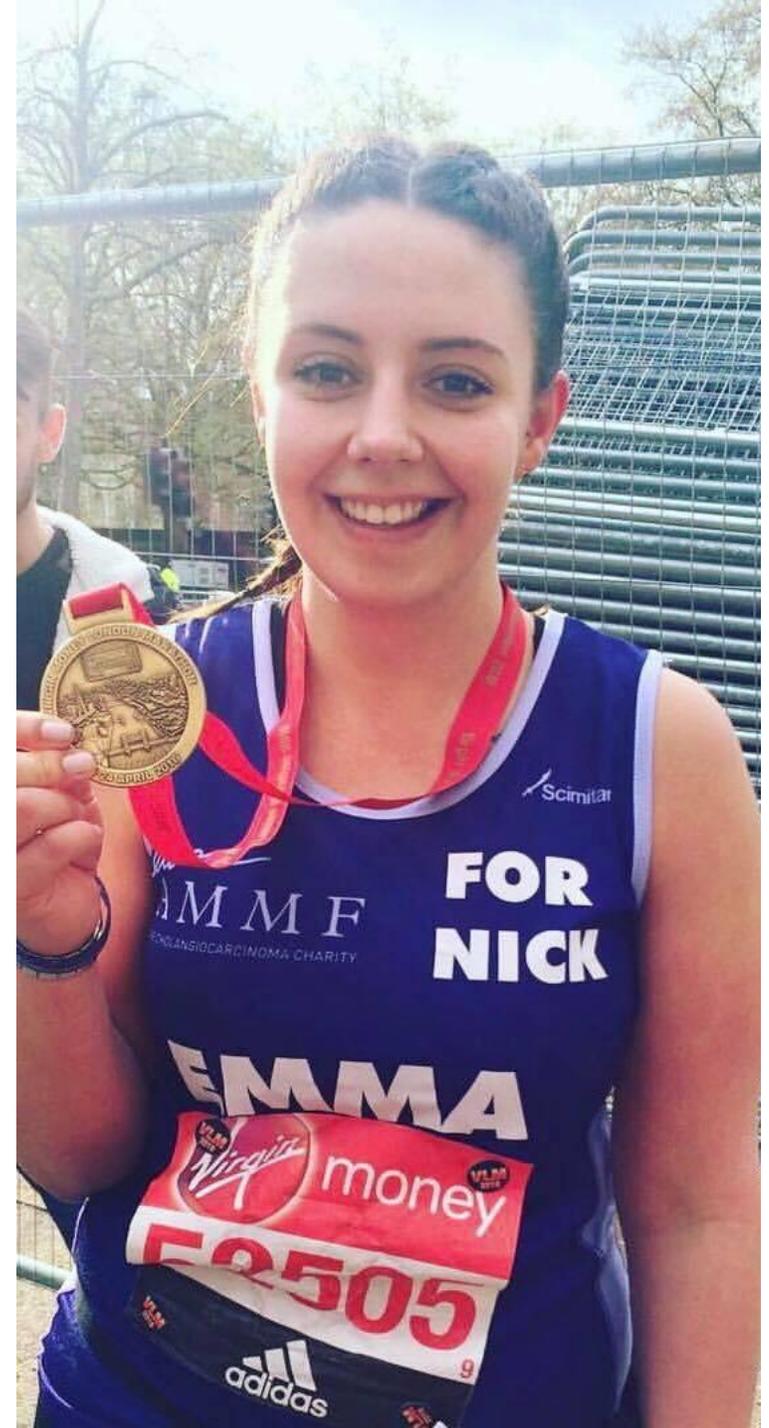


**NO MATTER HOW YOU
FEEL...
GET UP.
DRESS UP.
SHOW UP.
AND NEVER GIVE UP.**



Emma Brown – VLM 2016

- Emma Brown, Nick's girlfriend, was the lucky name out of the hat to represent AMMF at the 2016 marathon.
- A first-time marathoner, Emma set about her training like a pro, with early morning starts and plenty of miles covered!



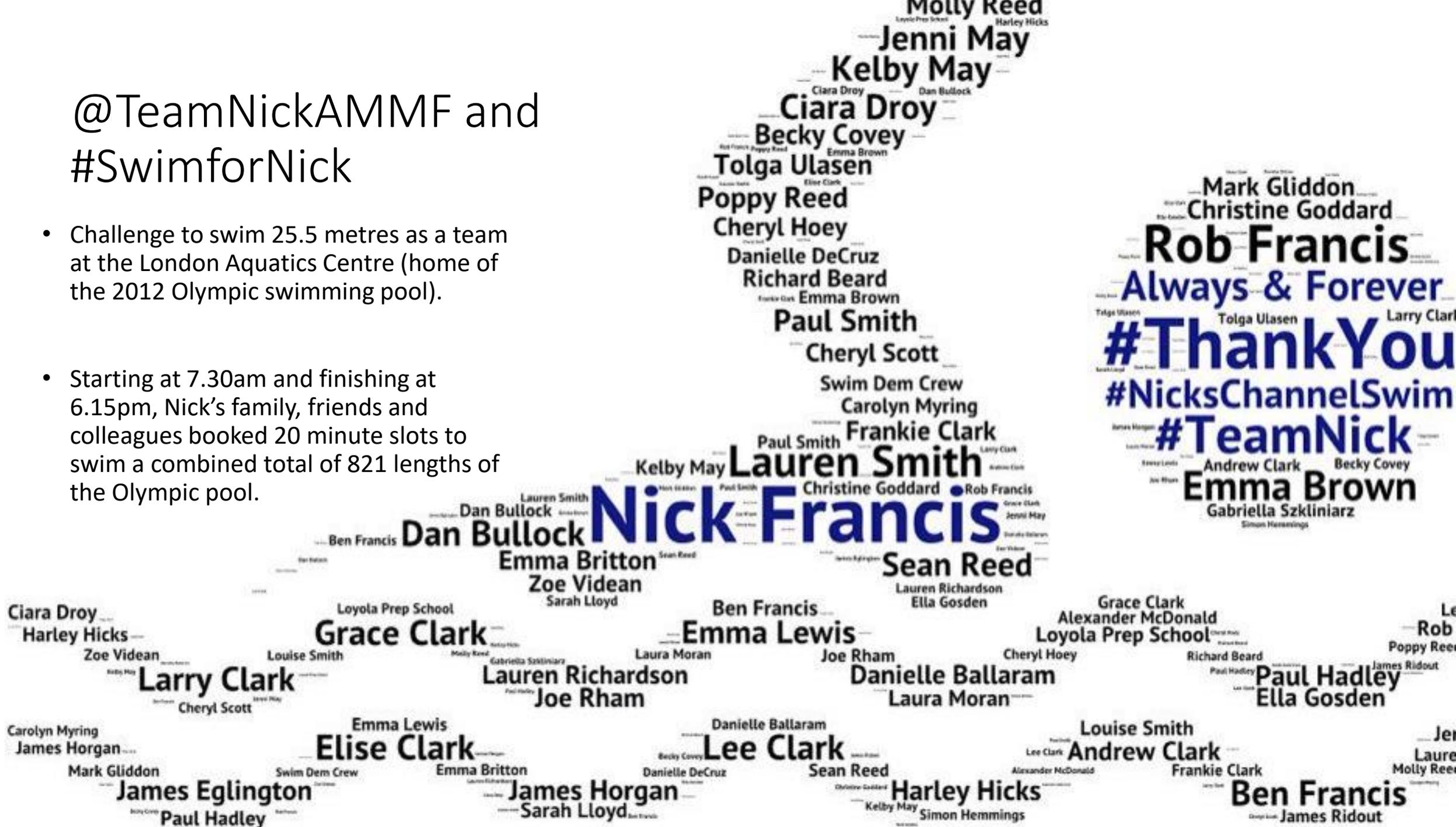
Andrew Clark – VLM 2017

- Andrew, Nick's manager at GLL, ran for a total of five charities in 2017. AMMF was one of these chosen charities.



@TeamNickAMMF and #SwimforNick

- Challenge to swim 25.5 metres as a team at the London Aquatics Centre (home of the 2012 Olympic swimming pool).
- Starting at 7.30am and finishing at 6.15pm, Nick's family, friends and colleagues booked 20 minute slots to swim a combined total of 821 lengths of the Olympic pool.



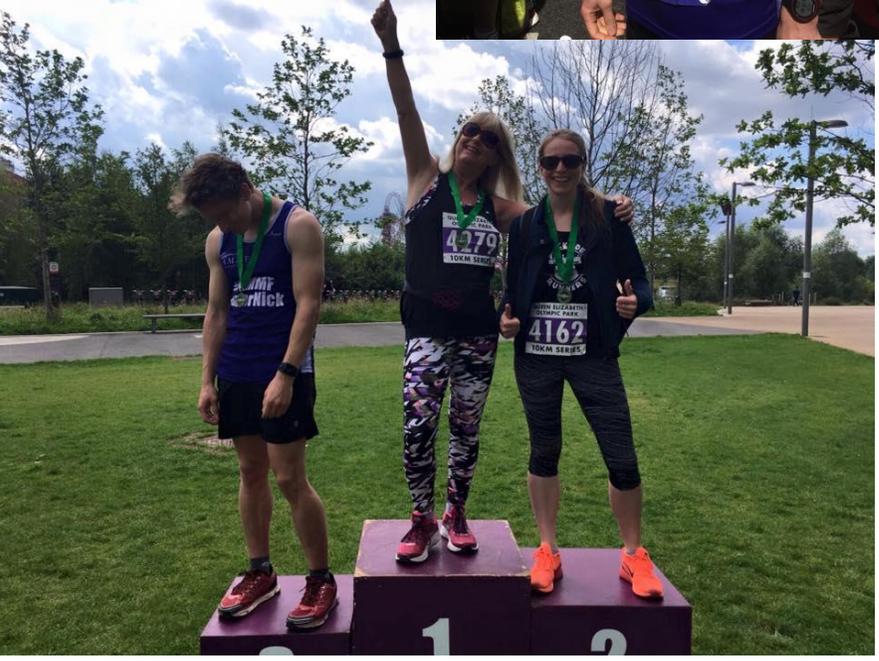
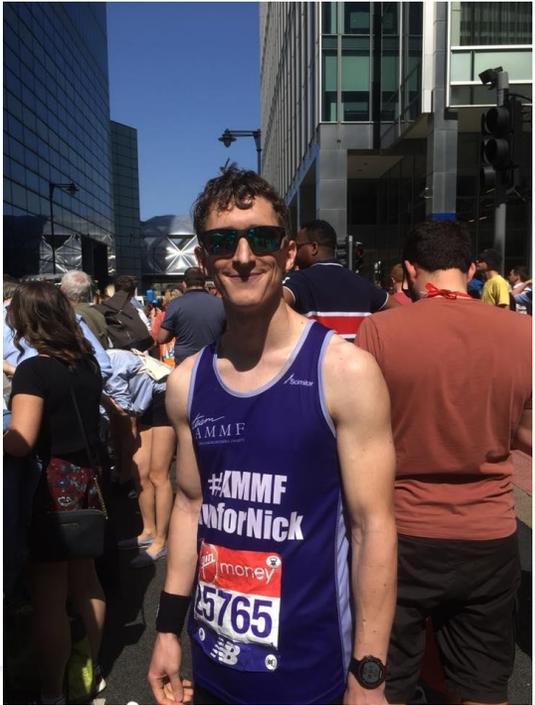


#AMMFRunForNick

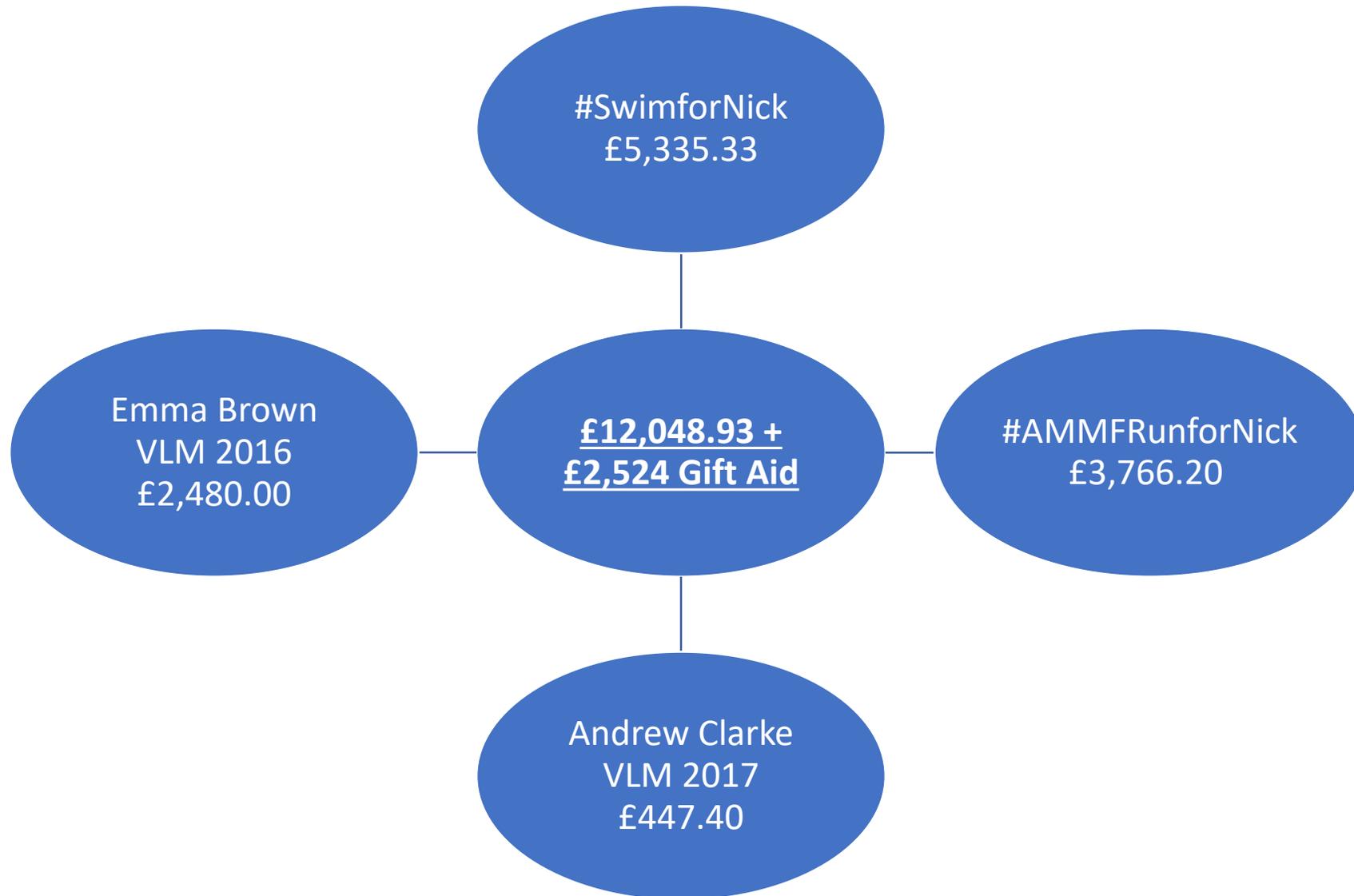


- A year of monthly races to fundraise for AMMF and increase awareness of cholangiocarcinoma.
- Wide range of distances: 3 x 10km, 2 x 10 miles, 2 x Half Marathon, 3 x Marathon and a 100km Ultramarathon.

#AMMFRunForNick



Fundraising in Memory of Nicholas Francis



Legacy of Nick Francis

- GLL set up the Nick Francis Award for Outstanding Achievement.
- The first winner of this award was Harley Hicks, who Nick encouraged to take up swim teaching in 2009.
- Harley has gone on to win the Top Swim Teacher Award at the ASA National Awards in 2016.



Research in Memory of Nicholas Francis

- Research Associate at the University of Liverpool.
- Job role to provide statistical consultancy to projects within the MRC Centre for Drug Safety Science.
- Current preliminary work with Mr. Marc Quinn looking at the 'omics profile of cholangiocarcinoma within the UK.
- Ongoing work with Mr. Nick Bird and Mr. Hassan Malik assessing and considering additions to preoperative scoring systems.

Research in Memory of Nicholas Francis

- Particular interest in statistical methodology to enhance PK/PD, survival analysis and genome-wide modelling.
- Experience in 'omics, biomarker and drug safety studies.
- Fundamental study of the liver can bridge towards understanding of the function (and loss of function) in the bile ducts.
- Happy to initially advise on projects and keen to develop collaborations.

With thanks...

- Helen and all those at AMMF who have supported myself and the Francis family.
- Family and friends who have shared photos and information within this talk.
- University of Liverpool for allowing me to attend today's meeting



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