

Each week Parliament hosts meetings and events with charities and organisations pursuing excellent causes. This week saw Cancer Research UK come to the House of Commons with their local ambassadors to help inform and educate MPs on what they are doing already to combat cancer and what more can be done.

I know too many people who have been touched by cancer one way or another. It is a horrible disease and like everyone else, I hate it. Cancer Research UK are doing so much to try and beat cancer by looking into its cause, prevention and treatment. Today two in four people survive cancer. By 2034 the aim is to get three in four people surviving cancer. I want either everyone to survive it or no-one to get it in the first place and that is why I always welcome the opportunity to talk to our local ambassadors about how we are faring here in our communities and what more can be done to get the preventative message across.

Smoking provides an obvious link (and well done to my other half who has now not had a cigarette for nearly 9 weeks) but there are other factors including obesity. Tackling obesity is a multi-pronged issue and my portfolio of sport can help with that by ensuring that everyone has access to some sort of physical activity.

But when sadly cancer does strike we also need to ensure that we have the right treatments and of course access to them. That is why I am such a passionate supporter of Cancer Research UK and am this year undertaking my own challenge, although nowhere near as challenging as those going through cancer face. I am competing in the charity's pretty muddy fundraising event and there are more details on my Facebook. Together we can and will beat cancer because frankly enough is enough.