

focus on

**Cancer
Focus**
NORTHERN IRELAND

Issue 16: Autumn / Winter 2017

GET PINK

for local breast cancer research



Get pink for Cancer Focus Northern Ireland this October, breast cancer awareness month. We'd love you to hold a pink event to raise vital funds for pioneering breast cancer research at Queen's University Belfast.

Get together for a pink night in, movie night, pamper party or coffee morning, whatever you can 'pink' of!

Our researchers are exploring better ways to prevent breast cancer and find alternative treatments for women with the mutant

BRCA1 gene. These women have an 85% chance of getting the disease and at present have to consider having a mastectomy to drastically lower the risk.

All money raised stays in Northern Ireland.

Sign up now at

W: www.cancerfocusni.org/pink

T: 028 9066 3281

E: fundraising@cancerfocusni.org

In Pink is a partnership with MediCare Pharmacy Group.

Building firm foundations for men's health

Cancer Focus NI held its annual Men's Health Conference on the theme Foundations for Health.

Eimear Ruane-McAteer, from QUB, talked about her research on the psychological impact of diagnosis on low risk prostate cancer patients who are being monitored for signs of cancer progression.

She focused on the anxiety, depression, uncertainty and quality of life.

Other speakers focused on physical activity, nutrition, healing environments and changing men's attitudes to health.

The event, supported by MediCare Pharmacy Group, updated healthcare professionals and others with an interest in men's health and cancer issues.



Gerry McElwee (left), Head of Cancer Prevention at Cancer Focus NI, with Colin Deehan, from our charity partner MediCare Pharmacy Group



Chalking up new lessons for the young



Cancer Focus NI and the Public Health Agency have created a fun video, Percy Piglet and the Summer Picnic, using puppets to teach young children about how to take care in the sun. You can find the video on www.careinthesun.org/resources/video

We also have a new schools section on our website to help teachers educate children and young people about healthier lifestyles. Visit www.cancerfocusni.org/schools

Put that in your pipe and smoke it!

All tobacco in Northern Ireland is now being sold in new-style 'plain' packaging, a move which Cancer Focus NI has campaigned widely for.

Packs are now a drab green with graphic warnings about the dangers of smoking. We believe this will protect children from attractive branding and support smokers who want to quit.

One company reported that their tobacco sales fell nearly 10% in the second quarter after the new rules came into force in early 2017.

Cancer Focus NI also campaigned for smokefree public places legislation, which is celebrating its 10 year milestone.



Corrymeela wellbeing weekend

Cancer Focus NI hosted an amazing wellbeing weekend for 20 cancer patients and six carers at Corrymeela who took part in restorative yoga, a drum circle, singing, photography, art therapy, journaling and more. Here's some feedback from them:

The sense of wellbeing I got was profound

Corrymeela showed me how to appreciate the 'here'.

My mind was taken off the breakthrough pain.

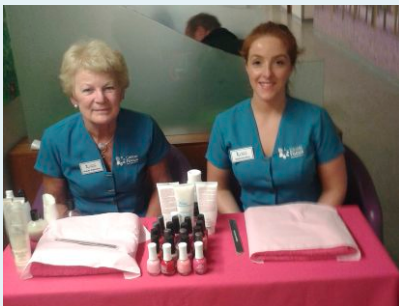
I feel uplifted with the love and support of everyone I met.

I've a renewed sense of hope for the future!

What a lovely group of caring, sharing, loving people.

The Cancer Focus NI team is truly amazing. Please let them know how much it meant to me.

We are looking for funding for this event next year. If you can help email care@cancerfocusni.org



Beauty volunteers Sue Johnston and Katherine Best polish up for action

Volunteers nail it...

We provide complimentary nail treatments and hand massages to cancer patients and we'd love your help.

Chemotherapy can cause damage to nails causing weakness, dryness, peeling and slower growth. We are looking for volunteers qualified to NVQ level 2 in Beauty Therapy to join our nail bar teams at Belfast City or Craigavon Hospital. You'll not only be helping others but you'll be gaining valuable work experience.

E: volunteer@cancerfocusni.org



Here's how to be a Legend

Cancer Focus NI's new Be a Legend campaign is calling people to make or update their Will and leave a legacy to help fund local ground-breaking cancer research.

Charity ambassador Ivan McMinn (left) was diagnosed with pancreatic cancer five years ago. He has recovered after surgery and chemotherapy and even ran the London marathon to raise funds for us.

He said: "Cancer research is making a real difference in the lives of many and I'm testimony to that, I have benefited greatly from the advances in chemotherapy and cancer treatment. By leaving just 1% to Cancer Focus NI you will be making a difference. It won't cost you anything now, but your investment will make a huge impact on future generations."

All it takes is a visit to your solicitor.

No matter how big or small your gift is you will be doing something amazing. Choose to make a gift in your Will today and make a real, lasting legacy.

To find out more email olliegovett@cancerfocusni.org

Service User E Forum

We've set up a new Service User Email Forum - or E Forum - to hear the views of patients and their families on cancer services in Northern Ireland.

We are often invited to give feedback on government policy and we want to make sure that NI policies and care services are exactly what patients need. The E Forum makes sure what we say is firmly based on your views.

If you would like to help, simply email care@cancerfocusni.org

Big Shops' Showdown



Howdy partner! We're calling on local businesses to take part in our Big Shops' Showdown next spring.

Business in the Community challenges you to take over the running of one of our charity shops for a day - and compete against 11 other businesses to raise the most money for local cancer patients. The team with the highest sales increase will be crowned the winner but the judges will also take into account how the shop is marketed, teamwork and creativity.

You can find a list of our shop locations at www.cancerfocusni.org/shops. If your business would like to get involved please contact rosieforsythe@cancerfocusni.org or call **028 9066 3281**

Legally Speaking



We're delighted that law firm Baker McKenzie is our new charity partner for 2017/2018.

Staff are fundraising with breakfast events and health promotion days, and are holding a Strictly Come Dancing showdown in January. They're also planning sporting events and raffles.

Cancer Focus NI will be raising awareness of cancer with information days, bringing along our Keeping Well van to offer free health checks, stop smoking support and care in the sun advice to staff.

We are inviting more businesses to support Cancer Focus NI as a charity partner.

If you would like more information please call **028 9066 3281** or email rosieforsythe@cancerfocusni.org

Why not join our festive fundraising?

Cancer Focus NI needs extra help this year with lots of festive fundraising. Volunteer with us and get involved in all the Christmas merriment. We'd love to have you on board!



Volunteers are needed for our fun Pink Run at Victoria Park, Belfast, on 29th October and also at our Strictly Come Dancing Finales at the Stormont Hotel, Belfast, on 10th November and at Clayton Hotel, Belfast, on 7th December.

We have lots more opportunities for volunteering. To find out more contact **Morag** on **028 9066 3281**, email volunteer@cancerfocusni.org or visit www.cancerfocusni.org



Elvira Lowe - MBE

Congratulations to Elvira Lowe, who was recently awarded an MBE for her charity work.

A breast cancer survivor, Elvira was a patient representative on the Board of Trustees of the Ulster Cancer Foundation (the old name for Cancer Focus NI) for a number of years.

As a volunteer with Cancer Focus NI breast cancer groups, her compassion, inspiration and dedication has helped countless women. She is also a keen fundraiser.

Shopper's paradise

We have just opened our newest shop at 42 Newry Street, Banbridge BT32 3HA. The shop was opened by Cancer Focus NI Chief Executive Roisin Foster helped by volunteers Jennifer Crossland and Nora Faulkner, shop manager Melissa Faulkner and her daughter Grace Rainey. Call in and snap up a stylish bargain.



You can find all our 12 shop locations at www.cancerfocusni.org/shops. Donations welcome.

Win, win, win!



Coming soon - Cancer Focus NI is launching a brand new weekly lottery! You will be in with a chance of winning prize money each week AND help to support families affected by cancer in Northern Ireland at the same time.

More details about prizes and how to take part will soon be available on www.cancerfocusni.org/lottery

FROG is hopping...



Over 600 cyclists took part in this year's Fun Run of the Glens cycle (FROG) which raised a whopping £37,118 for Cancer Focus NI. Rosie Forsythe (left) and Jillian Wallace received the donation from organiser Paul McToal on behalf of Cancer Focus NI. Thanks to everyone who supported the cycle.

Pitch perfect



Downpatrick sisters Emma (right) and Evie Telford (front) organised a concert featuring Belfast Community Gospel Choir in memory of their mum Lorna and raised over £6,000 for Cancer Focus NI. They are pictured with Barbara Long (left), Cancer Focus NI community fundraiser, and Marie Lacey, choir director.

'Snap the Cig' winners

Four Northern Ireland schools have each won a new iPad in a 'Snap the Cig' photo competition.

They are Brackenagh West PS in Kilkeel, St Ninnidh's in Derrylin, Duneane in Toomebridge and Garvagh Primary School.

Hundreds of P6 and P7 pupils entered the competition, which Cancer Focus NI organised



with the support of the Public Health Agency as part of the multi-agency Tobacco Control strategy in Northern Ireland. The aim of the competition was to encourage as many children as possible to take part in the campaign for a smoke-free future. Entrants were asked to snap a photo with a blow-up cigarette – Big Cig – to highlight the 'Don't Smoke' message.

Good neighbour windfall

Cancer Focus NI has won a bumper windfall of £2,000 from Provident's Good Neighbour Community Programme that recognises projects that make a real difference to their local communities.

We were nominated online by Northern Ireland people who recognise our invaluable work. This includes supporting cancer patients, lobbying at Stormont for better health policies, lowering the risk of cancer in local communities and funding research at local universities.

The money will go towards our Writing for the Future project - staff and volunteers like Heather Eves (right) help cancer patients leave memory boxes, poems, letters and videos for their loved ones. **Thank you to everyone who voted for us.**



Upcoming fundraising challenge events 2017/18

The Dunloy CC Tour of Legends Sportive - 14th October

The Pink Run, Belfast - 29th October

Cave Hill Moonlit Walk - 24th November

Dare to Dip, Crawfordsburn - 1st January

London Marathon - 22nd April

Belfast Marathon - 7th May

Slieve Donard Moonlit Walk - 25th May

The Mourne Seven Summits - 23rd June





**40-44 Eglantine Avenue
Belfast BT9 6DX**

Contacts:

If you have any concerns about cancer call our free information and advice Nurse Line and speak to a specialist nurse on

0800 783 3339

Monday to Friday 9.00am - 1.00pm

If you would like to make a donation by text send

CANC10 £10

(or whatever amount you want to give) to

70070

For more information :

E: hello@cancerfocusni.org

T: 028 9066 3281

W: www.cancerfocusni.org

Care services: care@cancerfocusni.org

Cancer prevention: behealthy@cancerfocusni.org

Volunteer: volunteer@cancerfocusni.org

Fundraising: fundraising@cancerfocusni.org



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