

focus on

 **Cancer
Focus**
NORTHERN IRELAND

Issue 18: Autumn / Winter 2018



Run for your life and help us raise £30k

Cancer Focus NI is delighted to announce that it has been chosen as an official charity partner for the Deep River Rock Belfast City Marathon and Half Marathon in 2019.

The marathon will take place on Sunday, May 5th 2019, with the half marathon being held the following September.

Runners and relay teams will take on a new flatter, faster route past Stormont, City Hall and the Rise Sculpture.

All money raised will go towards funding our Keeping Well Vans and our target is £30,000.

If you're planning to sign up for the marathon, we urge you to **#runforyourlife** for Cancer Focus NI. Not only will you be helping yourself by getting fit but you'll also be helping local people to lower their risk of cancer.

T: 028 9068 0771

E: events@cancerfocusni.org

Host a Girls' Night In for breast cancer research



Diona Doherty, from Derry Girls, and Kieran Savage, researcher into BRCA at Queen's, encourage everyone to hold a Girls' Night In during October

fantastic chance for you to help us continue this vital work. Our research has the potential to make an enormous difference to the lives of many women - but we can't do it without you. We're asking women everywhere to show their support by hosting a Girls' Night In for a few friends to help raise funds. Do whatever you and your friends enjoy doing - and ask for a donation to Cancer Focus NI. It's a great reason to have a good time with the girls!

"Even the smallest donation will help our researchers explore better ways to prevent breast cancer and find alternative treatments for high risk women who have to consider having a mastectomy to drastically reduce their chance of cancer."

If you'd like to organise a Girls' Night In during breast cancer month this October, pick up your party pack at www.cancerfocusni.org/pink or contact our fundraising team:

T: 028 9066 3281 E: fundraising@cancerfocusni.org

Think Pink for Cancer Focus NI and host a Girls' Night In this October to raise funds for local breast cancer research.

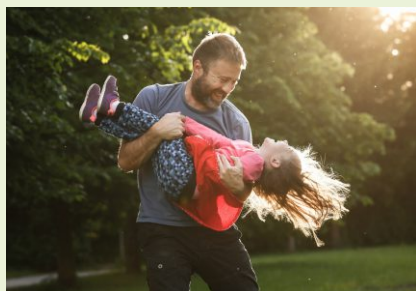
October is breast cancer awareness month and the perfect time to get the girls around for a pink night in. What about coffee and cupcakes - pink, of course - or a movie or a pals' pamper party?

Breast cancer is the most common cancer in women in Northern Ireland - every year 1,300 are diagnosed and 300 lose their lives.

Maeve Colgan, Head of Fundraising, Cancer Focus NI, said: "We have been funding research at Queen's University Belfast for a number of years and our Girls' Night In is a

Leave a legacy and make a difference

Our vision is to see a day when cancer is no longer a life-threatening disease and you can help us make this happen. Why not consider leaving a gift in your will to us? Even a one per cent legacy will make a huge difference, funding ground-breaking cancer research. If you are interested in leaving a gift in your will to Cancer Focus NI and would like to learn more, visit www.cancerfocusni.org/legacy. While you're there watch the video of cancer survivor Ivan McMinn talking about why he left a legacy to us or simply call us on **028 9068 0740**.



You can help future generations

Cancer Focus NI partners Ulster GAA

Cancer Focus NI has teamed up with Ulster GAA to form a new charity partnership for 2018.

Every year Ulster GAA chooses a charity partner and this year, we were lucky to be selected, thanks to the support we have given the organisation over the past 15 years. This included training, information and resource development covering cancer prevention and support.

The Ulster Championship has been used as a platform for skin awareness since 2008, with sunscreen and information distributed at games.

Ulster GAA was a pilot group for the 2017 Ultra Violet Index Monitor programme as part of the Care in the Sun campaign. It's hoped to extend this programme with Ulster GAA in future years.

Also, in 2010, we jointly launched the smoke-free Ulster Championship and last year we were chosen as Ulster GAA's cancer services provider.



Ulster GAA President Michael Hasson with Gerry McElwee, Head of Cancer Prevention at Cancer Focus NI, and Ulster GAA CEO Brian McAvoy



Be UV Aware campaign shines light on sun safety

The Be UV Aware campaign was launched during Sun Awareness Week in May. Cancer Focus NI and the Public Health Agency aim to remind people to be ultraviolet (UV) radiation aware and to take appropriate care in the sun, according to the UV level.

Their new Be UV Aware animation (*above*) highlights the need to take care if spending time outdoors, either at home or abroad, and to take the necessary precautions in the sun when the UV index is three or above.

Kids have safe fun in the sun

Our cancer prevention team, including Marese Fullen (*right*) provided sun safety sessions at children's summer camps/clubs throughout July and August. We were at IFA summer camps, GAA Antrim Cul camps, Ards and North Down Borough Council and Mid and East Antrim Council summer schemes. It was great to see everyone enjoying the sun safely.



Cancer Focus NI gets on board with Translink in new charity partnership

Cancer Focus NI and Translink have launched a new three year charity partnership aimed at encouraging people to get on board with a new 'Travel to a Healthier Life' campaign.

The partnership will focus on urging people to put their best feet forward and adopt a healthier lifestyle to help lower their risk of cancer.

The partnership hopes to raise awareness of cancer risks and to highlight prevention measures, provide health checks and raise funds.

Money raised over the three years will go towards Cancer Focus NI's cancer prevention Keeping Well vans. Translink employees and customers can also avail of health checks and information.

Roisin Foster, Chief Executive of Cancer Focus NI, said: "Simply standing or walking instead of sitting can be beneficial and that is easy to incorporate into your everyday lifestyle. You could leave your car at home and walk to the bus or train station. You could also get off a few stops earlier and walk."



On track: Translink Group Chief Executive Chris Conway with Roisin Foster, Chief Executive of Cancer Focus NI.



Recipe for success

Irwin's Bakery recently raised £4,500 for Cancer Focus NI, through a series of summer events including a prize draw, a World Cup Sweepstake and a Family Fun Day. Thanks to everyone at Irwin's for all the hard work over the last few months and for raising such a wonderful total.

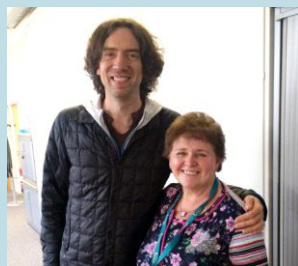
Tee-time raises £400

Barry Mulholland, Chief Executive of our corporate partner, Controlled Schools' Support Council, recently held his Captain's Day at Lurgan Golf Club. Barry chose to support Cancer Focus NI, raising an amazing £422.45 for the charity.



Hitting the right note with Snow Patrol

Following a recent fact-finding visit to Cancer Focus NI's Belfast office by Snow Patrol's lead singer Gary Lightbody, the band has donated £2,000 to the charity from their home-coming Ulster Hall gig. The money will be used to buy musical instruments for our Family Support Service. Thanks lads, we are very grateful.



Get pinkified at our 5k Pink Run!

Have fun on the Pink Run

Cancer Focus Northern Ireland is urging people to pull on their trainers and take part in the Pink Run this October. Open to people of all abilities and ages, the Pink Run is now firmly established as a favourite fundraiser during breast cancer awareness month in October.

Breast cancer is the most common cancer in women in Northern Ireland – every year 1,300 are diagnosed and 300 lose their lives.

All money raised at the run will go towards funding research at Queen's University, Belfast. Just £200 will fund half a day's research which could make a huge difference to women who have the mutant BRCA1 gene. This gene gives them an 85% chance of developing breast cancer.

The Pink Run takes place on Sunday, October 28 at Victoria Park, Belfast at 12 noon so grab some friends, come along and get covered head to toe in pink powder for a great cause. For more information please contact **Kathryn**:

T: 028 9068 0771

E: events@cancerfocusni.org



Shop on the trot...

The Cancer Focus NI shop in Newtownards has relocated from Regent Street to High Street. Pictured at the opening of the new shop is Mayor of Ards and Down Richard Smart, Michelle Hampton, shop manager, and Angela McGrath (right), Cancer Focus NI Head of Retail. Why not check out our wonderful bargains - or donate your good quality pre-loved goods to help local cancer patients.



Equal access to drugs success.



Roisin Foster and Gerry McElwee, Cancer Focus NI, and MLAs celebrate a good outcome

drugs that could extend their lives, improve their quality of life and ease symptoms. This will make such a difference to so many families across Northern Ireland. Thank you to everyone who got behind our campaign and made this possible."

The Department said it will work with the Health and Social Care Board to enable access as a high priority within this financial year.

We warmly welcome the Department of Health's decision to grant NI cancer patients the same access to life extending drugs as those in the rest of the UK.

Cancer Focus NI spearheaded a four year Equal Access campaign calling for a better system - over 26,000 signatures were collected and presented to the Health Minister.

Chief Executive Roisin Foster said: "This is wonderful news. Finally local cancer patients will have the same access to

Get on the ball with our weekly Lottery

21

17

14

The Cancer Focus NI Weekly Lottery has had over 30 x £150 and 270 x £10 winners since it started last February. By playing the weekly lottery you are supporting our award-winning Family Support Service, which helps families cope with disruption to family life and minimises the long-term impact on children's emotional well-being when someone close has cancer. To take part, visit www.cancerfocusni.org/lottery or call the Lottery Helpline on 028 9068 0745.

GOOD LUCK!

CANCER FOCUS NI

**weekly
lottery**



Driving seat

We urgently need volunteer drivers in the greater Belfast area! If you're over 21, have a clean licence and have a day or two to spare each month, we'd love to hear from you.

Our volunteers have driven a total of 4,598 miles, taking patients to and from hospital. If you think you'd like to help please email us at volunteering@cancerfocusni.org



FROG fundraiser leaps to £45k

The annual Fun Run of the Glens (FROG) keeps going from strength to strength with 620 road cyclists and almost 160 runners taking part this year. Together they raised a whopping £45,123 for Cancer Focus NI.

Organiser Paul McToal said: "I'm truly amazed at the number of people who turn out for this event each year and the amount of money they raise for people affected by cancer is amazing.

"This year for the first time we introduced 10 mile and 10km circuits for runners, which got off to a flying start. I'm confident this element of the event will keep growing."



FROG organiser Paul McToal hands over a generous cheque to fundraisers Jillian Wallace and Louise Greer

Welcome to the team

Our award-winning Family Support Service has recently expanded, thanks to a generous grant from the Big Lottery.

The grant, under the Empowering Young People programme, is for five years and will enable the service to reach more families in need.

We're delighted to welcome two new staff members to the team, Michelle Wooderson and Sarah Jane Holden. Their appointments will allow us to support more children and families across Northern Ireland by extending our family nights and providing more Writing for the Future resources, among other things.

We also plan to continue engaging with more young people about what type of services meet their needs and plan to develop a Young People's Parliament to support their views.



Welcome to our newest Family Support workers - Michelle Wooderson (left) and Sarah Jane Holden



**NATIONAL
LOTTERY FUNDED**



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

Contacts:

If you have any concerns about cancer call our free information
and advice NurseLine 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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