

focus on

 **Cancer
Focus**
NORTHERN IRELAND

Issue 15: Spring / Summer 2017

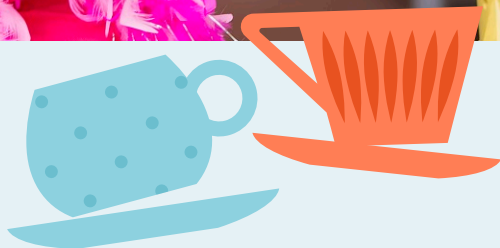


*Former Miss NI Meagan Green
raises a cup for Cancer Focus NI*

Counselling is a lifeline

One of the most important and most used Cancer Focus NI services is counselling. We have nine dedicated counsellors, based at hospital cancer centres across Northern Ireland, who support local patients and their carers when they most need it.

We have so many referrals that our counselling service is under pressure, so we are appealing to people everywhere to help us raise funds so that we can expand our work.



By hosting a Coffee & Natter morning with friends and family, or at work, you will be helping to fund more counselling and also our information and support Nurseline.

To sign up just call us on **028 9066 3281** or visit cancerfocusni.org/coffeeandnatter



Dervilia Kernaghan (left) and Padraigin Cowan, from the Cancer Focus NI Well Aware team, receive the award from Belfast Lord Mayor Brian Kingston

Congratulations to our award winning teams!

Well Aware Healthy Cities Awards

Cancer Focus NI, in partnership with Choice Housing Ireland, has won a major health award for its work with older people.

The Well Aware project scooped top place in the Engaging for Change category of the WHO Belfast Healthy Cities Awards.

Well Aware empowers over 60s to take control of their own health and increase their awareness of the causes, signs and symptoms of cancer. The project has been funded by the Big Lottery.



Stop smoking praise

Our super stop smoking team were the only NI finalists at the UK General Practice Awards 2016. They were in the Respiratory Clinical Team of the Year category for their work with smokers who want to stop.



Family Support on top of the world

Our Family Support Service was awarded a Global Service Enhancement Award by Treehouse Foundation in USA for the training provided to extend CLIMB (Children's lives Include Moments of Bravery) in the South.

Bra-fitting and swimwear

Some women feel less confident about their body and self-image after they've had surgery and treatment for breast cancer.

Feeling good in your clothes makes a real difference, which is why Cancer Focus NI provides a specialist fitting service to help women find the right bras and swimwear.

We have a wide range of reasonably priced styles and our staff will help find the right garment, in the right size, to suit you. This patient support service is completely free and totally private.

You can find our fitting service at:

Cancer Focus NI, Belfast

T: 028 9066 3281

E: care@cancerfocusni.org

Altnagelvin Hospital, L'Derry

(temporarily based at the breast screening unit)

T: 028 7134 5171

Ext: 214 044

Cancer Choices, Donaghmore

T: 028 8772 9850



Our bra-fitting specialist Eileen Creery with some of the items on offer

Robinson Hub, Ballymoney

T: 07933 202 131

Cancer Connect, Enniskillen

T: 028 6634 0102

Southern Area Hospice, Newry

T: 028 3026 7711

Care for Cancer, Omagh

T: 028 8224 6599

Ovarian cancer art exhibition



Ovarian cancer survivor Siobhan McQuade discovered a passion for art after using our art therapy service and is now holding her own exhibition from March 13th to 20th, tracing her journey as an artist. Hosted by the Crescent Arts Centre in Belfast.

Gearing up for ManPowered

ManPowered is our new innovative healthy lifestyle project that aims to improve the health of local men who have low risk prostate cancer.

The scheme started in the greater Belfast area and is being rolled out in the Western, Southern and South Eastern Trust areas.

Activities include physical activities, cookery classes as part of a healthy eating regime, health checks, lifestyle goals, music and social activities to improve social life and mental well-being. Research shows that a better lifestyle may reduce the risk of prostate cancer progression.

The year-long project is being funded by the Burdett Trust for Nursing.

For more information email maresamcgettigan@cancerfocusni.org or call **028 9066 3281**



Ban smoking in cars carrying children



School children petition Michelle O'Neill on smoking in cars

We welcome the Health Department's decision to hold a consultation on regulations to ban smoking in cars carrying children. We've been campaigning on tobacco issues for many years and encouraged school children across Northern Ireland to petition Stormont to introduce the ban.

We already know that children who regularly see adults smoke are much more likely to try smoking. We firmly believe that this ban could help protect children from second-hand fumes and reduce their perception that smoking is normal behaviour.

Getting under your skin

Cancer Focus NI invited world expert on skin cancer Professor Terry Slevin to address MLAs at Stormont when he stressed the importance of investing money in prevention.

Prof Slevin, a Director at Cancer Council Western Australia, said: "Skin cancer is clearly preventable and we have been able to halve the melanoma rate in the under 40s in Western Australia with a modest but persistent skin cancer prevention programme."

He also said that recent legislation to control sunbed use in Northern Ireland made good sense for the future health of local people.

The professor was addressing MLAs attending the All Party Group on Cancer, which is chaired by Jo-Anne Dobson. Cancer Focus NI is the secretariat for the Group.

Why we want you!



Join our volunteer team -
give a little and get a lot back!

Cancer Focus NI wants YOU to join our enthusiastic team of volunteers and make a difference to local cancer patients and their families.

You can choose from a range of roles:

- Community information
- Driving
- Schools presentations
- Leafleting
- Health promotion
- Retail assistant
- Beauty therapy
- Family support

Get in touch with Morag or Sarah on **028 9066 3281** or volunteer@cancerfocusni.org for more information. We want to hear from you!

A new vision for cancer

Cancer Focus Northern Ireland is calling on all political parties to commit to a new Cancer Strategy.

Launching our 2017 Manifesto, our Chief Executive Roisin Foster warned that patient outcomes are on a par with those in some eastern European countries for certain cancers.

Mrs Foster said: "We need a fresh vision for cancer and an end to the complacency that accepts poorer outcomes for local people. We need a new Cancer Strategy that has ambitious and measurable targets and that will take the fight against cancer forward."

Among our areas of concern are:

- It's projected that cancer cases will rise by 65% among men to 7,200 and by 63% for women to 7,000 by 2035
- Cancer waiting times have persistently failed to meet targets
- Local patients are denied equal access to life extending cancer drugs
- Awareness of signs and symptoms of cancer is lower here than in other developed countries



Mrs Foster said: "We recognise the positive steps taken by the Assembly, including public consultations on banning smoking in cars carrying children, and further consultation on a reformed Individual Funding Request policy to enhance access to cancer drugs. However, consultation alone does not equate to progress on the ground."

Professor Mark Lawler, Queen's University Belfast, said: "It's imperative that we develop a modern integrated cancer strategy, informed by research, innovation and best international practice - otherwise we risk undermining the excellent care that our healthcare professionals give under increasingly challenging circumstances to our patients."

Score for Marathon Match



John McAreavey, Kieran Kennedy, Kelly Faye, Roisin Foster, Cancer Focus NI, and Mickey Harte

A fabulous Marathon Match raised more than €70,000 for Cancer Focus NI and the Michaela Foundation after footballers set a new Guinness World Record for the longest GAA match in history.

The 24-hour game took place at Tyrone GAA's Garvaghey Centre. We'd like to thank everyone who helped make this historic event such a great success. Our Chief Executive Roisin Foster said: "We're delighted to have been associated with such an amazing and novel challenge. Well done all!"

A gift in your Will could help us beat cancer

Cancer Focus NI funds many cancer research projects - and you can help by leaving an invaluable gift in your Will to us.

Our vision is for a day when cancer is no longer a life-threatening disease. You can be part of making that vision a reality. After you have made provision for your family and friends, please consider leaving a gift in your Will to Cancer Focus NI.



Dr Kienan Savage leads a team researching breast cancer at Queen's University Belfast

No matter how big or small your gift is you will be doing something amazing by making a lasting difference.

One in three of us in Northern Ireland will get cancer but by leaving just 1% to Cancer Focus NI and 99% to your family, you will make a huge impact on future generations.

To find out more visit
www.cancerfocusni.org/research

If you would like more information on leaving a legacy, please contact us:

T: 028 9068 0745
E: supporters@cancerfocusni.org

or visit www.cancerfocusni.org

Fundraising fun!



Rugby star Darren Cave took time out from his busy training schedule to meet children who use our Family Support Service. Darren was backing our Spirit of Christmas appeal.



Big-hearted Aghadowey schoolboy Harry Doherty (centre) raised £1,800 for us by shaving his head as his aunt Fiona underwent chemotherapy. He's pictured here with his cousins Ruby and Alfie.



Fifteen Carnlough folk completed over 15,000 reps in our Push For Pounds Challenge and raised an incredible £3,500 for our counselling service for cancer patients.

Thanks to our corporate partners



Pharmacy chain MediCare has raised a fantastic £12,000 for Cancer Focus Northern Ireland's In Pink Campaign that funds potentially life-saving breast cancer research at Queen's University Belfast.

MediCare branches across Northern Ireland held Pink Party Day fundraisers last October when staff hosted a variety of events including coffee mornings, dressing in pink and pamper parties.



Irwin's Bakery has raised a fantastic £10K for us in the first year of our partnership! The cash was raised through fun events including a fitness challenge, raffles, football tournament, Jail A Male and family fun day!



Over 20 staff were involved in the Out There Services' Tash for Cash fundraiser, which raised an outstanding sum for our men's services to help lower their risk of cancer.

Upcoming fundraising challenge events 2017

Abseil the Europa Hotel - dates available:
March 12th, April 9th, May 7th & 21st, June 11th,
September 10th & 24th

New York Half Marathon - March 19th

Paris Marathon - April 9th

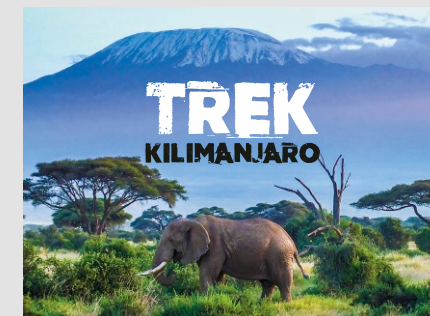
London Marathon - April 21st

Belfast Marathon - May 1st

London-Paris Bike Ride - July 19th - 23rd

Unite & Bike Against Cancer,
Grand Canyon to Las Vegas - October 7th - 15th

Kilimanjaro Trek - October 14th - 23rd





**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



Charity No. NIC 101307