

focus on

 **Cancer
Focus**
NORTHERN IRELAND

Issue 17: Spring / Summer 2018

Little Strictly Stars

Kids just wanna have fun - and what better way than dancing to help other children...

We teamed up with Ballroom Blitz NI to host our very own Strictly Come Dancing event for kids. Twenty youngsters trained for nine weeks for a magnificent glittering finale at the Stormont Hotel in Belfast.

A fabulous Strictly Jive contest also took place in Newry. Together the two raised an amazing £40k for local children affected by cancer.

Since starting Strictly events a year ago we have raised an amazing £105k. Thank you to everyone who helped to make these events swing.

We'll be holding more Strictlys for adults and children so if anyone is interested, particularly men and boys, email fundraising@cancerfocusni.org.

No previous experience is needed.

Photo by Paul McCambridge



Congratulations Liz!

Our much-loved colleague Liz Atkinson has been awarded the MBE for her work supporting local people with cancer and their families over the last 40 years.

Liz has been Head of Care Services at Cancer Focus NI for 12 years, during which time she has developed a host of vital new care services.

These include the Family Support Service for children and young people when a parent has cancer, a volunteer driver service for patients, a bra-fitting service for women who've had breast surgery and the Sing for Life choir (a partnership with the Crescent Arts Centre).

Liz, pictured with her husband Adrian at Buckingham Palace, is retiring in June and will be greatly missed. Good luck and best wishes for the future, Liz.



Big Lottery Fund award for family support

We were delighted to receive a £566,160 National Lottery grant towards our lifeline Family Support Service. The grant means we have been able to employ two more part time workers and will be able to reach 600 young people and children from 288 families across Northern Ireland each year.



Rachel Smith (centre), Cancer Focus NI Family Support Coordinator, celebrates the Big Lottery windfall with colleagues Joanne Smith and Suzie McFarland (right)

Thank you to all the National Lottery players who have helped make this possible.

Our chief executive Roisin Foster said: "This will make the world of difference to the many local children we support when a parent or grandparent has cancer, particularly when the prognosis isn't good."



**NATIONAL
LOTTERY FUNDED**

Art for insight



We are starting Art Journaling for Beginners at our Service Centre in Belfast in the autumn for cancer patients who are undergoing or have just finished treatment.

Patients taking part will use a mix of writing and art to create a journal or diary of their experiences on their cancer journey.

This series of four monthly workshops gets underway on Friday, September 7. No experience or skill in art is needed.

Anyone who would like to join or wants to find out more, please call **028 9066 3281** or email **care@cancerfocusni.org**

Specialist Bra-fitting



Bra-fitter Eileen Creery

We are opening a new bra and swimwear fitting service in Downpatrick this summer. The service, for women who've had breast cancer surgery, will be based at Down Hospital and run in partnership with the South Eastern Trust. Our team of expert fitters will help patients choose bras and swimwear that meet your needs to help boost self-esteem and confidence.

We already have bra-fitting services in Enniskillen, Omagh, Belfast, Newry, Ballymoney and Donaghmore.

For more information visit **www.cancerfocusni.org**, call **028 9066 3281** or email **care@cancerfocusni.org**

Walking in memory

Rachel Smith, our Family Support Coordinator, is taking part in our Arctic Trek next March in memory of all those who have died from cancer since she started with the charity 10 years ago.

She has also organised a special memory walk from Crawfordsburn to Helen's Bay on Saturday, June 2, starting at 11am.

Once at Helen's Bay, the walkers will drop flowers in the sea to remember their loved ones. Everyone is welcome to come along. The walk will raise funds for the Family Support Service which helps children and young people when a significant adult gets cancer.

If you'd like to register visit **www.cancerfocusni.org/memorywalk**



Family Support night at Cancer Focus NI



'Snap the Cig' winners

Seven local primary schools each won a new iPad in our 'Snap the Cig' photo competition.

Congratulations to:
Hillcroft Special School, Newtownabbey,
Portrush PS, Brackenhagh West PS, Kilkeel,
St Patrick's, Ballynahinch,
St Joseph's, Crumlin, Rasharkin PS
and Cooley PS, Sixmilecross.

Hundreds of pupils entered the competition, supported by the Public Health Agency, which aimed to encourage children to take part in the campaign for a smokefree future. To see some of the entries visit www.cancerfocusni.org/gallery or [Facebook@cancerfocusni](https://www.facebook.com/cancerfocusni)

If you'd like us to visit your school with our education programmes please call **028 9066 3281**, email schools@cancerfocusni.org or visit www.cancerfocusni.org

Proud to be quitters

Belfast City Council employees were among the winners on No Smoking Day this year. Three staff at the Dargan Road depot quit smoking after taking part in one of our workplace stop smoking clinics. Thirty-four more council staff have expressed an interest in stopping.

Thousands of smokers all over Northern Ireland were encouraged to stop on March 14 - and many made it the first day of their smokefree lives.



Dargan Depot quitters Sean Bradley, Stephen Butler and Victor Templeton

You're four times more likely to succeed if you get support. If you'd like more info visit www.cancerfocusni.org/stopsmoking or the Public Health Agency Want 2 Stop website at www.want2stop.info where you can order a Quit Kit free of charge.



The BIG Bucket Collection

Our BIG Bucket Collection is happening on June 29 in a town near you – and we need your help!

We will be in Bangor, Ballymoney, Larne, Lisburn, Dungannon, Omagh, Strabane, Banbridge, Coleraine, Magherafelt, Downpatrick, Lurgan, Newcastle, Newtown Stewart and Ballymena.

All the money we raise stays in Northern Ireland to help local cancer patients and their families. If you can give up an hour and help please contact fundraising@cancerfocusni.org

Rockers roll in the cash

Staff at law firm Baker McKenzie Belfast rocked and rolled their way to raising over £20k in their version of Strictly Come Dancing. Huge thanks for their magnificent effort for us. The cash will make a huge difference to local cancer patients and their families.



Thank you 56k times to MediCare



Huge thanks to MediCare Pharmacy Group staff and customers who have raised almost £56,000 over four years for our In Pink! Campaign to fund potentially life-saving breast cancer research.

MediCare pharmacies across Northern Ireland held Pink Party Day fundraisers when staff hosted a variety of events including coffee mornings, dressing in pink and pamper parties. They also had in-store collection tins, an Easter egg raffle and Christmas jumper days.

The money raised funds research being carried out at Queen's University Belfast.

Your time is valuable

You can support Cancer Focus NI in lots of ways – it's not always about donating!

Our volunteers provide time, support, experience and skills to make sure we achieve our goals - and you can be part of our fabulous team. Why not help with driving patients, family support, at our nail bar, at information and health stands or just come along to our street collections and fundraisers. We can't do it without you!

Volunteer and cancer survivor Peter Branker (right) said: "Volunteering with Cancer Focus NI is absolutely great. There's so much on offer for people affected by cancer - and Cancer Focus NI is at the centre of this work.

"I've met so many fantastic volunteers and staff and it gives me enormous satisfaction knowing that I'm contributing to a charity that makes a difference."

To find out more contact Morag on **028 9066 3281**, email **moragchambers@cancerfocusni.org** or check out our website for the latest events and get involved.





Meet the stars – Gary Lightbody (centre) chats with Cancer Focus NI chief executive Roisin Foster and fundraiser Suzie McFarland. We've also had terrific support from Niamh McGlinchey (left) and Nathan Carter.

Chasing stars

There's been some showbiz sparkle going on at Cancer Focus NI recently as a number of well-known faces have endorsed our work.

We were delighted when Snow Patrol frontman Gary Lightbody toured our Belfast office and chatted with staff, finding out more about our vital services. Gary said cancer care was a cause close to his heart as so many people he knew had been touched by it in some way.

Local singer Niamh McGlinchey, who lost a young friend to cancer, also dropped by. She gave us a big mention on Gerry Kelly's Radio Ulster show and on U105 with Ivan Martin, and raised money for us at an after-gig collection.

Other celebs who've been supporting us include country superstar Nathan Carter, who got behind the Strictly Goes Country event, and star of BBC crime drama The Fall, Bronagh Waugh, who took to Twitter to urge the public to support our Coffee and Natter fundraiser.

Be cool - Trek the Arctic



Cancer Focus NI is organising a once in a lifetime eight day Arctic Trek challenge in Sweden next March. You'll have a chance to drive huskies, ice fish, light fires, build shelters and snow holes, and ski.

For more info call **028 9068 0771** or email kathrynholland@cancerfocusni.org

Hop along to FROG

Cyclists, runners and walkers are gearing up for the annual Fun Run of the Glens (FROG) in the Glens of Antrim on Saturday 9th June.

There will be 25, 50 or 60 mile cycles or 10k and 10 mile routes for runners and walkers.

For more info visit www.facebook.com/FROGRun



Join our weekly Lottery

Take part in our new weekly lottery from just £1 per week and win up to £150 every Friday. You'll also be included in our bonus draws in June and December where you could win up to £1,000

By playing in our lottery you will be helping to support our vital Family Support Service. To sign up or if you have any questions, call Ollie or Sarah on **028 9068 0740** or email **olliegovett@cancerfocusni.org**

You can now play our weekly lottery in our high street shops. Just ask a staff member for further information when you are instore!



We're on a roll

Payroll Giving is a simple, tax-effective way to give to us directly from your salary. Regular donations help us plan more effectively for the future.

Joanne Carson, from Bangor, lost her father to cancer when she was only three. Sadly her mum also passed away in 2012 after being diagnosed with cancer three times.

She says: "Cancer Focus NI provided me with one to one counselling to help me deal with the issues I was facing and to

support me while my siblings and me looked after my mother at home. I'll be forever grateful for the support I received and payroll giving is a way for me to acknowledge this in a positive and ongoing way."

For further information or to sign up contact Sarah on **028 9068 0745** or email **sarahatcheson@cancerfocusni.org**

Thank You

Founding member of our Armagh Cancer Focus breast cancer support group Phil Quinn was recently treated to a special tea with the Lord Mayor of Armagh Gareth Wilson at Palace Demense to mark over 20 years of dedication to our charity. Phil was also a facilitator for the group, helping other members on their cancer journey. Thank you for all your hard work over the years.



Phil Quinn, with her certificate, celebrates with the Lord Mayor of Armagh and Cancer Focus NI staff



**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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