

**focus
on**



**Cancer
Focus**

NORTHERN IRELAND

the new name for the
Ulster Cancer Foundation

Issue Four: Spring 2013



**MARATHON
MANIA**

CHIEF EXECUTIVE'S FOREWORD



Welcome to our Spring edition of Focus On. The countdown is on to our biggest ever fundraiser. As the official charity for this year's Deep RiverRock Belfast City Marathon on May Bank Holiday, 6th May, we are pulling out all the stops to make it a day everyone remembers.

Once again, I'd like to appeal to you to help us all you can. Not everyone can run a marathon - but you might be able to put together a relay team or take part in the fun run or walk. Or you could volunteer on the day, help raise sponsorship money or simply stick up some posters for us in your local shop or social club.

Just click on the marathon section of our website (www.cancerfocusni.org) to see how you can get involved in this wonderful carnival event.

Remember all the money you raise will go to help men with cancer and their families. We are counting on you!

We are also delighted to launch the third year of our successful partnership with Danske Bank who've helped us expand our Family Support Service. We are looking forward to another inspiring year with them.

This is the time of year for a good spring clean, and if you are turning out your cupboards, garages and attics, please remember that our charity shops constantly need a fresh supply of good quality items. So if you have anything you don't want, please think of us. Our shops and Beauty for Life service also urgently need new volunteers. For more details email moragchambers@cancerfocusni.org or call 028 9066 3281.

I hope you all have a wonderful Easter.

Roisin Foster
CHIEF EXECUTIVE



Carnival Cheer

Local cheerleaders (above) are joining in the marathon madness. Troupes of the young athletes from the UK Cheerleading Association (UKCA) will add to the festive atmosphere by providing cheer stations for us during the marathon on 6th May. And they will lead workshops for children in pom dance and street cheer as part of the weekend festival of events on Saturday and Sunday, 4th and 5th May.

Rumour has it that the girls are also getting up to something fun at Cornmarket in Belfast city centre around 2.30pm on Saturday, 2nd March, so keep an eye out!

UKCA have joined forces with us for the first time to promote healthy lifestyles for children and adults and to raise awareness of cancer prevention - we were at the recent UKCA Northern Ireland Cheerleading Championships at the Antrim Forum where we gave out information about the marathon and our work with cancer patients and their families. Many thanks to UKCA for its support.



Going the extra mile for Cancer Focus

Marathon fever is mounting as we gear up for race day – and, as the official charity, we still have plenty of hard work to do to make it a huge success.

That's why we are appealing to you to take part – and go the extra mile to raise vital funds for us.

All the money you raise in sponsorship will help local men with cancer – our dads, husbands, brothers, sons – and their families.

Cool FM DJ Sonya Mac is running three marathons in three months to help us fund our lifeline services. One of our shop facilitators Adam Creighton is running between our ten charity shops all over Northern Ireland - the equivalent of two marathons – to help raise awareness of the event.

Our ManVan is visiting Translink depots carrying out health checks and encouraging staff to enter relay teams, and we've held runathons at shopping centres.

Radio presenter John Daly and cancer survivors Carol Annesley and Peter McAlindon are taking part in the relay,



DJ Sonya Mac, who is running the marathon for Cancer Focus, and friends

and members of our Sing for Life choir are limbering up for the walk.

We hope their magnificent efforts will inspire more of you to join in. For more information go to our marathon page at www.cancerfocusni.org

If a whole marathon is too much, there is still plenty of time to put together a relay team, or you could make it a fun day for the family at the fun run or walk. Closing date for entries is **5th April 2013** (without surcharge). The final closing date is **19th April**.

REGISTER TODAY at www.belfastcitymarathon.com

For more information please contact our marathon team on **028 9066 3281** or email belfastmarathon@cancerfocusni.org

Why Not Volunteer?

We urgently need 100 volunteers to help out at the marathon, so if you aren't too busy over the May Bank Holiday weekend, perhaps you'd think about helping out for a few hours. Even if you're not a runner, you can still enjoy the festival atmosphere by volunteering.

We are looking for people to help on race day, 6th May, manning water stations and relay changeover points, and welcoming runners at the finish line. We also need help at our information stands at the Marathon Expo from Friday 3rd May - Sunday 5th May, and handing out promotional flyers at a number of other events in the weeks leading up to race day. So if you can, come along, join in the fun and support a good cause at the same time.

If you'd like to volunteer contact email moragchambers@cancerfocusni.org or call 028 9068 0776 and ask for Morag.



Olympic medallists Peter and Richard Chambers, Gerry McElwee and Anne Thompson, Cancer Focus, check out the ManVan, which brings health checks to men in rural areas. The ManVan is one of the services your marathon money will help support.

Focus On - Deborah Leslie



Deborah Leslie has recently taken up her new post as bra-fitting facilitator at Altnagelvin Hospital, working with women in the North West who have had breast cancer surgery.

Previously a bra-fitter with Marks & Spencer, Deborah has been specially trained by us. She has also had experience of breast cancer patients within her family circle. "My mother-in-law and her sister both had breast cancer, so I do understand the roller-coaster of emotions that women in this situation are going through," she explained.

"I absolutely love the job. There is a relaxed, caring, confidential atmosphere and the ladies are so appreciative," she added.

"After surgery and treatment for breast cancer some women feel less confident about their body and self-image. I think it is extremely important to help those women regain their confidence and morale.

"Feeling good in your clothes can make a real difference and following breast surgery there is no reason why women shouldn't continue to wear the clothes they love."

To book an appointment at Agnes Jones House, Altnagelvin, on Mondays and Tuesdays from 9.30am to 3pm or to find out more please call Deborah on **028 7134 5171 ext 4747**.



Art for art's sake

Art therapist Joanne Robinson has organised a new series of art therapy sessions which start in March for anyone affected by cancer. Sessions will be held for six weeks at Lagan Valley Hospital starting on 4th March, Dungannon hospice from 5th March, Downe Hospital and Altnagelvin Hospital from 6th March, and Ards Hospital from 8th March. Places are still available. Others are planned for Craigavon and Newry in May/June. For more details call us on **028 9066 3281** or email care@cancerfocusni.org

Stretching Yoga

Many cancer patients have enjoyed our relaxing yoga sessions over the last four years. Now we are offering two three-hour workshops at Newtownards on 15th and 23rd April (venue to be confirmed) which will look more deeply into how yoga can help someone recovering from cancer.

Yoga specialist Jeannie Rankin said, "Each workshop will begin with a full gentle class. Then we will explore how yoga can offer ways to support the healing process on all levels - physical, emotional, mental and spiritual. There's time for tea and a chat too!

"Hopefully, armed with some basic knowledge of simple yogic techniques, people can feel more confident in searching out a class in their area that is suitable for them at their level of recovery toward wellness."

For more details please contact: care@cancerfocusni.com or call **028 9068 0776**.



Noel, Noel...

BBC presenter Noel Thompson thrilled members of our new Sing for Life Choir when he agreed to be patron. Noel compered the choir's first concert, which was performed just before Christmas to great acclaim.

Noel said, "I am delighted and privileged to have been invited to be patron of Sing for Life. It's a wonderful concept and one which will give many hours of entertainment and pleasure."

The next concert is on 25th March. For tickets and details about the choir, run in partnership with the Crescent Arts Centre, please call us on **028 9068 0776** or email care@cancerfocusni.org

Going from strength to strength

We are delighted to announce the launch of the third year of our partnership with Danske Bank.

Our partnership has been a tremendous success and to date staff and customers have raised a magnificent £266,060 for our Family Support Service, which helps children when a significant adult such as a mum, dad or grandparent has cancer.

This has helped fund Family Support group nights and bereaved children's respite breaks, and many other child-friendly activities.

In the last year alone the service has rapidly expanded - demand for our one-to-one service has risen by 30% and the number of families we have helped rose from 78 to 84.

Now, a second Family Support Assistant has just started at the LiLAC Cancer Centre in Cookstown.

Over the last two years almost 900 bank staff have taken part in our Quick Fit programme and breast awareness sessions while around 30 attended stop-smoking clinics.

We have been greatly encouraged by the enthusiasm and commitment of staff and customers of Danske Bank and their inspired fundraising and we are looking forward to working with them again this year.



Ivan McMinn with Olympic medallists Richard and Peter Chambers and children from our Family Support Service

Marathon Man

Ivan McMinn is a man who is beating the odds. Five months after being diagnosed with pancreatic cancer in November 2011, he was not only back at work but had been promoted to Head of Finance Centres with Danske Bank.

Now he is running the London Marathon to raise funds for our Family Support Service, and is urging other runners to sign up for the Deep RiverRock Belfast City Marathon on 6th May.

"I am more convinced than ever before

how absolutely vital the Family Support Service is to families. I lost my own dad to cancer when I was only seven, so as a consequence of both that experience and my own more recent one, I can relate all too well to the trauma caused when cancer enters a home. I've had the honour of meeting some of the families and children who use the service and the sense of hope and support it has given them is incredible," he said.

Check out the marathon section of our website for his full story.

To help Ivan fundraise click on www.justgiving.com/IvanMcMinn

Celebrating a fantastic year's fundraising

Leading Belfast law firm Cleaver Fulton Rankin chose us as their charity of the year for 2012 and through various fundraising activities such as cinema nights, coffee mornings and sporting challenges, raised a fantastic £23,000 for us. The cash supports Zest for Life, a six week personal development programme designed to meet the needs of those who are on a recovery period in their cancer journey.

Thanks to all.

Cancer Focus Head of Appeals and Marketing Joyce Savage (centre) with (l-r) Stephen Cross, Chairman Alastair Rankin, Caitriona Flanagan and Lisa Boyd from Cleaver Fulton Rankin.



Stay sun safe on winter holidays

Suzi McIlwain (pictured right), Cancer Focus, says if you are jetting off for a break in the sun or a winter holiday remember to take care in the sun.

Skin cancer is the most common cancer in Northern Ireland and accounts for 28% of all cancers diagnosed here - around 3,300 people develop it each year.

You don't need to sunbath to get skin cancer - it is over-exposure to ultraviolet radiation (UVR), even on cloudy days, which can cause serious damage over time. Be careful of sand, water and snow which can reflect the sun's rays. Also the higher altitude of ski resorts means increased intensity of UV radiation.

If you have any concerns call our free information and support helpline on **0800 783 3339** or email one of our nurses on care@cancerfocusni.org



Cigs going up in smoke



Health Minister Edwin Poots and Cancer Focus Chief Executive Roisin Foster (above) show that you can save lots of cash by stopping smoking – 30 cigarettes a day costs an average of £4,095 per year.

We are urging thousands of smokers to quit on No Smoking Day on Wednesday 13th March. To help you we operate a **Smokers' Helpline on 0808 812 8008**, hold stop smoking clinics in local workplaces and community settings and train stop smoking specialists.

Gerry McElwee, Head of Cancer Prevention at Cancer Focus, said: "Stopping smoking is the most important thing that you can do to improve your health but it can require commitment and planning. That's why we at Cancer Focus are working more closely than ever with smokers who want to stop."

For information and useful tips to stop smoking, log on to the Public Health Agency's 'Want 2 Stop' website www.want2stop.info and order a 'Quit Kit' free of charge.

Emotional Journeys

A new report has highlighted the 'devastation and whirlwind of emotions' that parents experience when they are diagnosed with cancer and stresses the importance of our work with families.

The report, written by Dr Cherith Semple, Ulster Hospital, and Professor Eilis McCaughan at the Institute of Nursing and Health Research, University of Ulster, evaluates our Family Support Service.

It shows that the service is providing much needed support to parents and children following a parental cancer diagnosis.

The report also reveals a high level of satisfaction from people who used the service - 80% of those who responded to a survey said they would recommend it to others.

The service helps local families cope with the disruption to ordinary life and lessens the long term impact on children's emotional well-being when a mum, dad or close family member has cancer.

Liz Atkinson, Head of Care Services, said, "We will continue to refine our service and bring it to even more families across Northern Ireland."

A copy of the report can be downloaded from www.cancerfocusni.org/category/research/

Biggest Losers



A huge thank you to Damien Crowne and staff at Personal Health and Fitness in Omagh who raised a massive £40,000 along with participants of two cycles of the Biggest Loser. The cheque was handed over to community fundraiser Gareth McElduff. Overall biggest loser in winter cycle was Drumquin man Ryan McCaskie who lost an amazing 13% of his body weight in just over eight weeks.

In Fond Memory



Staff and pupils at Tonagh Primary School, Lisburn, raised a fantastic £3,221 with a sponsored pink walk in memory of their beloved P1 teacher Marie McClure, who sadly lost her battle with cancer last July. Pupils handed over the cheque to our community fundraiser Rosie Forsythe.

We're Counting on Emma

Welcome to Emma McCann, the newest addition to our community fundraising team. Emma lives in Moneymore and is fundraising in the Mid Ulster area.

With a background in sales and advertising, Emma has been a keen volunteer for charity. She loves hill walking and cycling and has recently taken up running. Last year, before she started to work for us, she climbed Northern Ireland's six highest peaks raising almost £3,000 for us.

"I feel so lucky that I have got my dream job in my own area. I want to be able to use my experience to the full, for the good of the charity and in doing so, help my community," she said.

If you would like to organise a fundraising event in the Mid-Ulster area please contact Emma on 07731 375022, emmamccann@cancerfocusni.org

Donations and Volunteers

Our charity shops have a fast turnover of goods and we always need new supplies to restock our shelves. If you are planning a spring clean and have good quality unwanted items, please think about passing them on to us. We welcome donations of clothing, accessories, books, CDs/DVDs, toys and knick-knacks.

We also need volunteers to help out in all our 10 shops – it's an excellent opportunity to make new friends, learn new skills and gain retail experience. A few hours a week or month is a tremendous help.

Please drop your donations into your nearest shop and if you're interested in volunteering please contact your local shop manager or call in for a chat.

Check our website www.cancerfocusni.org for a full list of shops.

Call for beauty therapists

We're on the look out for volunteers in the Belfast area to help with our growing Beauty for Life service.

This special service gives cancer patients time-out for pampering and relaxation. We provide one-to-one treatments, group make-up demonstrations and have expanded our service to offer bedside sessions at Belfast City Hospital.

Fiona Barr, our talented beauty consultant, said, "Patients can choose from treatments including a hand massage, nail treatments and mini facials. I'm looking for qualified volunteers to help me. If you have an NVQ Level 2 or 3 in Beauty Therapy, ideally with two year's experience, this could be the perfect opportunity for you.

"Experience with patients is desirable but not essential - it's more important to have empathy and enjoy meeting new people."

For more on volunteering please contact Morag on moragchambers@cancerfocusni.org or call 028 9066 3281.

FUNDRAISING THANK YOU'S

Thank you to everyone who helped with our Think Pink! Breast Cancer Awareness Campaign:

- Augher/Clogher Cancer Focus Group raised £1,300 at Corick House Hotel
- Newtown Stewart Cancer Focus Group raised £1,700 at 10 Square Restaurant
- Enniskillen Cancer Focus Group raised £904 at Squire's Restaurant
- Classic Wine Bar and Restaurant Limavady raised £708
- Foyle Ladies raised £550 at a golf competition
- The Granary Coffee and Sandwich Bar, Belfast, raised £636
- Department for Employment and Learning, Belfast, raised £324
- NRC colleges raised £1,867
- Armagh Rugby Club raised £1,330
- Ballyclare Secondary raised £938.48, reaching an outstanding total of £16,797
- Blush Beauty's clients donated £79
- Joan McKay raised £123 selling pink goodies
- Ballyclare High School raised £394 selling pink healthy lollipops to pupils
- Lagan Locks Hair and Beauty raised £120 selling pink goodies
- Julie and the team at Silk Hair Design, Glengormley, raised £355

Kesh Friends Bunny Walk raised £575 and Coleraine Bunny Walk raised £1,006

Meadowvale Shopping Centre collection, Magherafelt, raised £111

Skinner's Bakery, Hollywood, held a cake and biscuit auction raising £397

Hollywood Dental Practice patients and staff raised £621

Loreto Grammar School raised over £500 in memory of teacher Frances Lilly. Nearly £7,000 has been raised in total

George Pescod, Banbridge, raised £174 from a sponsored midnight swim in Camlough Lake

Carmel Carville, Downpatrick, raised £1,220 in lieu of 70th birthday presents

Belmont Playcare, Belfast, raised £100 at a Genevieve Pyjama Party

Tracey Gilmore celebrated her birthday in style by raising £5,000

The Rice Family held a coffee morning in memory of their mother Bridget Rice at Killough Youth Club raising £1,965

Angela McErlain and Debbie Patton raised £765 at a disco and BBQ held at Ballymoney Rugby Club

Kylia Smith and the staff of NIEA raised £149 at a bun sale

Ballyeaston Presbyterian Church donated £88

YPI donated £1,000 when Cancer Focus won their December Tweet-a-Thon competition

Thanks to Lisburn Harmony Ladies Choir who generously presented £431 to us at the Sing for Life choir's first concert

November:

- Eamonn Magill raised £219
- Clifford McIlwain raised £142
- Decky Eccles raised £154
- Wil McMurrin raised £128
- Sean Barker raised £493
- John Darragh, Tim Strain, Killian Kerr, Ian Coulter and David Carville raised £806
- Stephen Shannon raised £320
- Ruari Doherty, Pearse Timoney, Paul Devenny, Nigel Russell and Gordon Reilly from Danske Bank raised £940
- Gordon Black raised £140
- Jason Ling raised £416
- Stuart Craig raised £132

Probation Board for Northern Ireland donated £653 raised through Think Pink and Movember fundraising

Conor Creen raised £48 by growing a beard in December

Stormont Hotel and Diva Dolls raised £1,144 at a Take Me Out event held at the hotel

St Mary's Primary School, Portaferry, held a healthy fun day raising £1,050

Cleansing Service, Belfast, raised £436.79 at a Christmas coffee morning and raffle

Members of the Linfield Supporters Club raised £600 at a charity snooker competition



A huge thank you to the Carlisle families of Carlisle's Fresh Foods, Ballynahinch, who organised a festive, fun Christmas party night at the Millbrook Lodge Hotel. The event raised an outstanding £8,200 which was received by fundraiser Rosie Forsythe

Stephen Brunt and Sean Lambe, Belfast, trekked in Morocco and raised a fantastic £3,012

Serco staff at the Invest NI building raised £300 at a cream tea afternoon



A group of brave men from Stewartstown hand over £2,089 raised at a Shave or Dye event to fundraiser Sylvia Lucy – thanks to all

SPORTS EVENTS 2013

Obel Abseil	23rd - 24th March
Scafell Pike	19-20 April
Paddle the Bann	27-28 April
Glens of Antrim Trek	12 May
Celtic Mountain Challenge	31 May – 2 June
Slieve Donard Moonlit Trek	14 June
Ben Nevis Challenge	21 -23 June
Annalong Valley Trek	12 Aug
Ben Nevis Challenge	6-8 September
Great North Run	15 September
Unite & Bike Against Cancer	5-13 October
Kilimanjaro Challenge Trek	14-25 October
New York Marathon	3rd November

For further information or to register please contact: Sarah on 028 9068 0765, sarahatcheson@cancerfocusni.org

or

Neill on 028 9068 0758, neillgrainger@cancerfocusni.org

For information on our upcoming events log onto
www.cancerfocusni.org

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