

**focus
on**

**Cancer
Focus**
NORTHERN IRELAND

Issue One: June 2012



**Cancer
Focus**
the new name for the
Ulster Cancer Foundation

CHIEF EXECUTIVE'S FOREWORD



Welcome to the first edition of Focus On, our quarterly newsletter under our new name, Cancer Focus Northern Ireland.

I'd like to take this opportunity to tell you about our new name for the Ulster Cancer Foundation.

It's not a change to the services we provide – like support, counselling or funding for cancer research - these things will never change! While we are very proud of our old name we are really excited by our new name and we hope that you will be too.

As the Ulster Cancer Foundation we have had a very proud history and more than 40 years experience of supporting cancer patients and their families.

Every year we've supported more than 3,000 people living with cancer, funded major research, reached nearly 12,000 children with our schools health education programme and invested more than £3.5m annually.

As we look to the future, our primary focus will be to continue to help people who have been diagnosed with cancer. 70,000 families are currently living in Northern Ireland with a cancer diagnosis. That is a huge number of people who need our help and support.

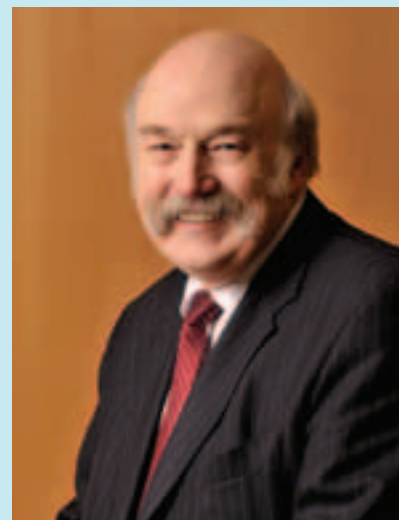
Moving forward we want to be more and more focused on you so that means we'll be extending our range of services and bringing them to more venues across Northern Ireland.

Our new logo represents the different areas that we focus on – support for all those living with cancer; their families, children and carers too; helping people lower their risk of cancer; funding ground-breaking research; campaigning for patients' rights and raising funds for our work.

We hope that you will continue to join us on our new journey and help us spread the word about Cancer Focus Northern Ireland – your local cancer champion!

Roisin Foster
CHIEF EXECUTIVE

CHAIRMAN'S FOREWORD



Heralding a New Era

I am proud to have been Chairman of UCF for the past seven years. Over the last 40 years the charity has made a huge contribution to cancer prevention, treatment and research and has consistently been at the forefront of developing and providing effective services.

As we rebrand we want to pay tribute to all those who led the organisation to where we are today. We want to assure everyone associated with us that we treasure our history and founding principles.

As Cancer Focus Northern Ireland we will carry forward the mission of the Ulster Cancer Foundation with the same heart, drive and enthusiasm both now and in the future.

Professor Roy Spence
OBE JP MD MA LLD(Hons) FRCS



How it all began

The Ulster Cancer Foundation (UCF) was established in 1969 by local business man Peter Brand OBE when he was diagnosed with cancer. He heard cancer specialists' concerns at the lack of local cancer research and took action. He was also keen to improve knowledge and awareness of cancer in Northern Ireland.

In 1971, the first Chief Executive, Michael Wood, was appointed and under his leadership the charity grew from a turnover of £20,000 in 1971 to in £2,338,486 in 2000.



Peter Brand



Michael Wood

The aims Michael established have remained at the core of UCF's work and will continue to lie at the very heart of the work of Cancer Focus Northern Ireland - funding ground-breaking research, healthy lifestyle programmes to lower our risk of cancer, services to support people living with cancer and campaigns to influence legislation and public policy. As in the earliest days, the work of our organisation is funded almost totally by donations from the public.



The first mobile unit

Milestones

- 1973** - First cancer education programme in schools. First mobile cancer information unit launched
- 1974** - Jointly funded the establishment of the Department of Oncology at QUB
- 1975** - First stop smoking clinic - now Northern Ireland's single main provider of smoking cessation advice and training
- Breast Care and Mastectomy Support service launched
- 1978** - The Duke of Abercorn becomes Patron
- 1982** - Investment in cancer research extended to University of Ulster
- 1984** - First No Smoking Day in Northern Ireland - now in its 29th year
- 1986** - Cancer Helpline launched
- 1988** - First UCF shop opened and first Daffodil Day Appeal launched
- 1990's** - Range of Cancer Support Groups set up
- 1990** - Care in the Sun campaign launched
- 1992** - Endowment Fund established in QUB to fund a senior lecturer consultant in oncology. Post still held by Dr Seamus McAleer
- 1993** - Bra & Swimwear Fitting Service launched - now in 6 locations
- 1994** - Established and part-funded the NI Cancer Registry
- 1996** - QUB established the UCF named Chair of Oncology, Prof Patrick Johnston
- 1997** - UCF Research Laboratory established in QUB
- 1998** - Launch of Think Pink! Breast Cancer Awareness Campaign
First Ben Nevis Challenge - to date this has raised £1.5m for our work.
- 1999** - Counselling Service set up at Belfast City Hospital - now in every cancer hospital
- 2000** - Grant to QUB to develop work on Chemokine Signalling Secretariat to All Party Cancer Group at Stormont
- 2001** - Funding of projects at the NI Cancer Registry to gather and evaluate data on the incidence of cancer in Northern Ireland
- 2002** - Development of social science research projects at University of Ulster into knowledge of cancer and patients' experiences
- 2003** - Capital Building for Life Appeal to rebuild UCF Service Centre raises £1.3m
- 2005** - Launch of Art Therapy
- 2006** - Forget Me Not Tribute Funds begin. 48 brave and generous families raise £111,000 in memory of their loved ones
- 2007** - Smokefree workplaces legislation introduced. Launch of ManAlive Campaign to improve men's knowledge of cancer and cancer prevention
- 2008** - Launch of Beauty for Life Service in partnership with Clarins
- 2009** - Launch of Family Support Service and Volunteer Driving Service Campaign to ban tobacco sales from vending machines, implemented in 2012
- 2010** - Campaign for Sunbed legislation. Creative Writing Service launched
- 2011** - Launch of Schools Health Education Package, ManVan and Walking Groups
- 2012** - Campaigns for equal access to cancer drugs, stopping smoking in cars and plain packaging for cigarettes

Beauty for Life visits Ballygawley

Last month the Lavender Health Spa in Ballygawley hosted our Beauty for Life Service, enabling 28 cancer patients in the local area to benefit from a special one-day pampering event at their beautiful facilities.

Beauty for Life, in association with Clarins, is a unique service for cancer patients, giving them time out to enjoy a confidence boosting pampering session.

Our experienced beauty therapist Fiona Barr (right) holds one to one consultations and answers questions on make-up and skin care in a relaxed, confidential environment.

Fiona said, "Our Beauty for Life Service was developed to help patients restore confidence in their personal appearance. It's wonderful for people

who have perhaps had hair and eyebrow loss because of their treatment as I can give them tips on how to apply their make-up and eyebrows in a natural way.

"Those who have already used our service love it and find it hugely beneficial."

For more information or to book an appointment please contact Toby Wheeler, Care Services Secretary on 028 9068 0751 or tobywheeler@cancerfocusni.org



Portrait of an Artist

Co. Down man Matthew Knowles is holding a unique exhibition of his art which poignantly marks his journey with leukaemia.



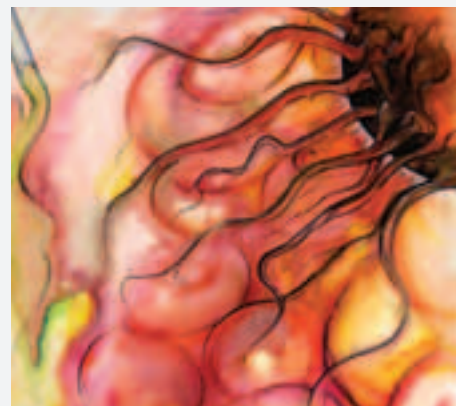
Matthew Knowles (right) shows his work to Health Minister Edwin Poots along with Art Therapist Joanne Robinson

Matthew, from Shrigley, near Killyleagh, is married with a daughter Holly (4). He was diagnosed in April 2008 and during his treatment he was encouraged to rekindle his interest in art.

He attended our Art Therapy groups which he found to be inspiring and gave him the chance to meet others going through a similar experience. Gradually he built up a portfolio expressing his experiences of being ill, being in hospital and going through treatment.

Matthew explains, "People look at my work and say the images feel raw and very powerful – to me, it was just my life."

Now Matthew is putting his work on display at our Service Centre, 40-44 Eglantine Avenue, Belfast. The exhibition runs from Friday 8th June until Tuesday 26th June 2012.



For further details of our Art Therapy Service please contact Joanne Robinson, Art Therapist on 028 9066 3281 or email joannerobinson@cancerfocusni.org

Coming soon.....

We are launching a new service this autumn called **Sing for Life.**

The new service is open to anyone who is affected by cancer – patients, carers or relatives.

The choir will run in partnership with the Crescent Arts Centre in Belfast where the practice sessions will be held weekly starting in mid-September. You don't

need any previous experience or be a good singer – every voice counts.

For more information contact Toby Wheeler, Care Services Secretary on 028 9068 0751 or tobywheeler@cancerfocusni.org

Men's Health under the microscope

We are holding our annual ManAlive Conference on Tuesday 12th June, marking Men's Health Week (11th – 17th June). The Conference will focus on a range of issues including the impact of sport and physical activity on health.



Peter Morris, Director of Consumer and Corporate Services, BT and Gerry McElwee, Head of Cancer Prevention, Cancer Focus, promote the ManAlive conference on 12th June by reminding local men that their health is not a game!

Research shows that while cancer affects both men and women, more men die from the disease. Men can change this by being encouraged to talk to their doctor early about any health concerns and by taking positive steps to improve their health.

The ManVan, which has just celebrated its first anniversary, will also be at the conference to give delegates health checks and advice.

During its first year on the road, 2,000 men visited the ManVan at over 100 venues - well exceeding the original target set for the first three years.

The Conference will take place at the North South Ministerial Council, Joint Secretariat, 58 Upper English Street, Armagh.

To register please contact Kirsty Thompson, Sponsorship & Events Officer on 028 9068 0771 or kirstythompson@cancerfocusni.org

Lobbying Landmarks

Vote now for plain cigarette packs

Evidence suggests that children are more likely to be attracted by designed cigarette packs rather than plain ones. The government has launched a consultation and this is your chance to make your views known.

We need you to show your support so please vote for plain packaging on cigarettes.

You can do this by signing the online petition on www.smokefreeaction.org.uk by 10th July 2012.

Vending machines

We played a key role in lobbying for cigarette vending machines to be banned in Northern Ireland. We backed the move as the machines were an easy source of tobacco for young smokers. The new legislation came in to force on 1st March 2012.

Sunbeds

We also welcomed the new law which came into effect on 1st May banning people under the age of 18 from using, hiring or buying sunbeds. Research shows that using a sunbed once a month or more can increase the risk of developing skin cancer by more than half and using sunbeds before the age of 35 can increase the risk of developing melanoma - the most serious form of skin cancer - by up to 75%.

Cancer Drugs

We recently hosted a summit at Stormont with the Rarer Cancers Foundation to urge Assembly members to take measures to ensure better access to drugs for cancer patients. At the event MLAs signed a pledge showing their support to improve cancer treatments for patients.

(L-R) Roisin Foster Chief Executive, DUP health spokesperson Jim Wells, John McCallister MLA and Andrew Wilson, Rarer Cancers Foundation at the recent Stormont summit



Northern Bank

Boost for Family Support Service



(L-R) Terry's aunt Bridget McGovern, who works for Northern Bank; Terry's father, John P McGovern; Sylvia Lucy, Community Fundraising Manager and Terry's sisters Geraldine and Emma.

Thank you to everyone who helped notch up an amazing £75,400 for our Family Support Service, which helps children and young people when a mother or father has cancer.

The tremendous fundraiser was organised by a Fermanagh family, who held a unique raffle in memory of their much-loved son and brother, Terry McGovern, who tragically lost his battle with cancer at the age of 19.

A total of £45,400 was netted through the sale of tickets and donations and Northern Bank matched a further £30,000 through its Charity Partnership Initiative.

On Yer Bike



Dynamic Tony Wilcox, from Northern Bank, is gearing up for a fundraising Town to Town Tour on his trusty bike. (L-R) Tony pictured with Neill Grainger and Joyce Savage, Cancer Focus, plans to cycle 300 miles in three days starting on 30th May, visiting 34 branches.

Zest up your Life

Thanks to the generous support from our 2012 charity partners, Belfast law firm Cleaver Fulton Rankin, we have been able to extend our Zest for Life programme to Belfast and Ballymoney. So far staff have held frock swaps, a cinema night featuring 'Breakfast at Tiffany's' and have taken part in the London Marathon, the Paris Half Marathon, a cycle trek and the Obel Abseil to boost their fundraising target.

Titanic Gala Ball



Legacy Wealth hosted a magnificent gala ball for us, the first charity event at the iconic Titanic Belfast, raising more than £20,000. Pictured at the event are Chief Executive Roisin Foster with Legacy Wealth directors Dermot Cleere, Mike Berry, Keith Liggett and Gillian Rea (right) and guest star Brian Kennedy.

Spreading a Lidl sunshine

Little Miss Sunshine



Little Miss Sunshine Lois Patterson Jarvis helped launch our annual spring Daffodil Appeal. Lidl sold our daffodil pins in all their Northern Ireland stores, raising a fantastic £14,000.

Award Win!

Our work with Lidl has scooped the Best Charity Partnership award at this year's Ulster Grocer Marketing Awards.



Gerry McElwee, Head of Cancer Prevention picks up the Ulster Grocer's Best Charity Partnership Award from Ashley Douglas, Sales Development Manager from Bacardi Brown-Forman Brands, who sponsored the awards.

Stride out with walking groups

If you enjoy the great outdoors why not get involved with one of our newest services, walking groups?



The therapeutic walks are for anyone affected by cancer. So far we've been to some beautiful areas such as Quoile, Crawfordsburn, Colin Glen and Castlewellan, enjoying the craic and having a cup of coffee afterwards.

We are currently expanding this very valuable service - but need the help of more volunteers. Thanks go to all the volunteers who have helped so far - Eddie Bell, Rosaleen Lennon, Cathy Mackle, Carol Annesley, Belinda Perry, Anne McKee, Sylvia Flynn and Martin McDowell. Walks are now available for the Belfast/Newtownabbey, Downpatrick/Newcastle and Derry/Strabane areas.

For more information on volunteering for this service please contact our Volunteer Co-ordinator Morag Chambers on 028 9066 3281 or moragchambers@cancerfocusni.org

Our work is currently supported by 350 volunteers of all ages. Their contribution is highly valued and their dedication and commitment to our work is essential to our success.

During March and April this year our volunteers notched up an amazing 4,000 man hours – equal to 14 full time workers – but we always need more. We have a wide range of activities to choose from so you can get involved in the way that suits you best. You don't need any specific skills or qualifications.

If you would like to support our work please contact Morag Chambers, Volunteer Co-ordinator on 9066 3281 or moragchambers@cancerfocusni.org

Volunteers needed for bucket collections

Saturday 30th June and Sunday 1st July at the Irish Open, Portrush. Contact: Rosie Hassin on 028 9068 0759 or email rosiehassin@cancerfocusni.org

Saturday 21st July Omagh Street Collection. Contact: Gareth McElduff on 07585 956 830 or garethmcelduff@cancerfocusni.org

Rathfriland's fundraising bonanza



Congratulations to our Rathfriland Group who last year raised £20,820 bringing the total raised since 2006 to the magnificent sum of £151,162! The team is gearing up for its annual walk in Castlewellan Forest Park on Tuesday 12th June.

Coming up roses in Killyleagh

Hundreds of garden party goers attended a wonderful open day in the grounds of the historic Ringdufferin Estate, Killyleagh. Tracy and Martin Hamilton generously opened the fabulous grounds of their home for the annual Comber Coffee Party. Last year's fundraising total from the Comber Group was £12,500.

Daughter's Fundraising in Mum's Memory

Eight-year-old Sarah Lowry is on a mission to raise funds for Cancer Focus in memory of her mother, Helen, who sadly passed away from cancer.



Sarah organised a Coffee and Cake Morning at Bloomfield Presbyterian Church, Belfast and a Girls' Brigade event at Cregagh Congregational Church which raised almost £3,000.

Sarah, her brother Daniel and dad Philip set up the 'Helen Elizabeth Lowry Forget Me Not Fund' and with the help of family, friends and work colleagues to date have raised over £10,000 – a tremendous feat!

For more details on Forget Me Not Funds please contact Claire Hudson on 028 9068 0745 or clairehudson@cancerfocusni.org

Fundraising Thank You's!

Newtownstewart fundraising group raised £11,350.

Year 11 at St Mary's Grammar School, Magherafelt, raised £3,000 selling football jerseys.

Barbara Campbell and Barbara Wilson's coffee morning raised £1,030 totalling over £18,000 since 2004.

Coleraine fundraising group raised £10,000.



Roisin Foster, Maeve Fox and Gareth McElduff receive £18,000 from sales of the 'Calendar Boys' 2012 calendar in the Omagh area.

Priory Integrated School, Holywood, netted £4,000 at a Fashion Day and from donations in lieu of gifts for retiring Principal Mr McCreadie.

Thanks to all who took part in the Obel Abseil raising over £36,000 for Cancer Focus and Save the Children.

Enniskillen fundraising group donated £15,000.

Emma McCann, Cookstown and Magherafelt Lions Club, held a male fashion show raising £700.

Garvagh/Kilrea fundraising group donated £2,100.

Blush Beauty, Cookstown, organised a Tug of War which raised £1,300.

Dorothy Macmillan's fancy dress party at Edenmore Golf Club raised £850.

1st Maze NI Supporters Club raised £385 in a charity ballot.

Larne High School made £400 from a non-uniform day.

Rosie Adamson's fashion fundraiser at the Culloden Estate and Spa raised over £2,500.

Ards Peninsula Marathon Walk organised by Diane and Patrick Moore raised £1,326.

Trinity and New Lodge Senior Citizens, Belfast, raised £180 at a dance.

Esther Knox and the staff of Independent News and Media, Newry, held a Daffodil Appeal coffee morning raising £1,140.

Ballymena fundraising group held a Ladies' Luncheon at Leighinmohr Hotel raising £2,200.

Donna, Diane, Sophie and Jessica raised £1,000 at a pink coffee morning in Carrickfergus.

Kathleen Murphy, Downpatrick, received donations of £510 on her 90th birthday instead of gifts.

Kieran Kelly and family held a cabaret night in the Whitefort, Andersonstown Road, Belfast and raised £830.

The Belvoir Players raised £500 in memory of colleague Barbara Girvan.

Co Tyrone UFU organised a Charity Ball and raised £2,000.



Pupils at Donaghadee Primary School present a cheque for £3,635 to Rosie Hassin from a sponsored Zumbathon.

Omagh Boys and Girls Club 'Big Healthy Challenge' sports event raised £410.

Strabane Academy raised £2,820 for Think Pink!

Cecilia Burns and Holy Cross College helped at a Strabane Street Collection raising £758 and 93 euro.

Maguiresbridge parents support group donated £100.

Ballyore Nursery, Newbuildings, donated £450 from their Big Pyjama Party.

Schrader Electronics organised a Dress in Yellow Day which raised £522.

Team '1in3' of the Business in the Community NICS Live and Kicking Challenge raised £3,685.

Hillsborough 'A' Darts Team raised £500 and Lisburn Graduates Swimming Club raised £1,100 in aid of the JFC Maracycle Team.



Russell Shiels, from Maghera, presents Paul O'Gara (left) with £1,000 which he raised in lieu of gifts at his 50th birthday party.

Kesh Friends raised £1,287 from their Bunny Walk.

Staff at BE Aerospace abseiled down the Obel Tower and raised £3,346.

Augher/Clogher fundraising group raised £1,566.

NICO chose Cancer Focus as their Charity of the Year and raised £870.

Armoyn Cross Community Playschool donated £370 from a Big Pyjama Party.

Enniskillen Slimming World raised £627.

Titanic Belfast Barge Screening raised £1,048.



Margaret Annett and Wendy McCaughan of Kanteq Equestrian Body Protectors raised an amazing £4,500 at their Think Pink! Rosette Reception. Wendy (left) with Suzi McIlwain, Cancer Focus and British under 21 Young Rider gold medalist, Amy Young.

Web Theatre in Newtownards raised £1,866 through performances by Banteer Drama Group.

CIPR Media Awards raised £3,767. Many thanks to Coca-Cola for match-funding.

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

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