

**focus  
on**



**Cancer  
Focus**

NORTHERN IRELAND

the new name for the  
Ulster Cancer Foundation

Issue Two: Autumn 2012





CHIEF EXECUTIVE'S  
FOREWORD



Welcome to Focus On, our quarterly newsletter. We've had a very exciting few months changing from the Ulster Cancer Foundation to Cancer Focus Northern Ireland.

To mark our name change we have extended our LivingWell programme services for cancer patients and their families that we provide on a one-to-one or group basis. We are working in partnership with Lilac (Life Is for Living After Cancer), a local cancer charity based in Coalisland and Cookstown. At Lilac premises we are providing a regular support group for cancer patients, our free Beauty for Life service and our specialist bra and swimwear fitting service for women who have had breast surgery.

We will also be extending our fitting service to Care for Cancer based at 1 Campsie Place, Omagh (please call 028 8224 6599 to make an appointment). Local people in the mid-Ulster area can now access these free services on their doorstep.

We've introduced a new Art Journaling service and we've expanded our Walking for Life service to the L'Derry and Strabane areas. Our new Sing for Life service will start on 17th September - a choir run in partnership with the Crescent Arts Centre in Belfast.

Under our KeepingWell banner we have launched a new education programme 'Well Aware' aimed at older people in supported living, residential care and nursing homes or older people who are living independently. Our Education Minister John O'Dowd helped us launch our Schools Health Education Package to encourage children to make healthy choices from an early age.

We continue to invest in ground-breaking research and this year we will appoint a Cancer Focus post-doctoral fellow at Queen's University, Belfast, helping keep intellectual talent here in Northern Ireland.

Once again, a big thank you for your continued dedication and support – it is greatly appreciated.

Roisin Foster  
CHIEF EXECUTIVE



Beauty Advice for  
Cancer Patients

In October we will launch a new booklet 'Look Well to Feel your Best' which offers beauty advice for cancer patients to help them feel good within themselves, be more self confident and boost energy levels.

The booklet is part of our Beauty for Life service, in association with Clarins, and it provides simple practical tips on looking after your skin, nails and hair during and after treatment.

To order a copy or if you would like to book an appointment for Beauty for Life, where you can have a one to one consultation on make-up and skin care in a relaxed and informal environment, please contact Toby Wheeler, Care Services Secretary on 028 90680751 or tobywheeler@cancerfocusni.org

Our Beauty for Life Service is provided by our friendly in-house Beauty Consultant Fiona Barr.



Think Pink!

We are urging everyone to Think Pink! during October, breast cancer awareness month. The month long campaign continues to raise awareness of breast cancer and its signs and symptoms, while raising much needed funds to help local women with breast cancer.



Our services, which are provided free of charge, are a lifeline to local people but we need your support to help us raise the necessary funds to continue providing them.

You can support us in a number  
of ways:

The **Think Pink! luncheon**, which will be held at Belfast's Europa Hotel on **Friday 19th October at 12 noon**, is the flagship fundraiser for our breast cancer awareness campaign.

Successful author and broadcaster Penny Junor (pictured above) is our special guest speaker. Best known for her Royal writing and broadcasting, she is also an accomplished biographer recently collaborating with Patti Boyd and Sir Cliff Richard. Her TV credits

include the 'Travel Show' on BBC2, the consumer programme, '4 What It's Worth' on Channel 4 and 'The Afternoon Show' on BBC 1. Tickets cost £40 per person and include a pink champagne reception followed by a two course meal, spot prizes and your chance to win amazing goodies in the grand raffle. To purchase tickets please email [kirstythompson@cancerfocusni.org](mailto:kirstythompson@cancerfocusni.org) or call 028 9068 0771.

**Think Pink! boxes** with sparkly lapel badges, combs and nail files will be available in outlets during October. You can order a box to position in your shop, workplace or community centre where supporters can purchase merchandise for a minimum £1 donation. Contact [fundraising@cancerfocusni.org](mailto:fundraising@cancerfocusni.org) or call 028 9066 3281.



Pink events

We will be holding a number of ladies nights in October in Limavady (5th October at the Classic Restaurant and Wine Bar), Strabane, Omagh, Garvagh, Clogher, Enniskillen, Coleraine, Brookeborough and many more! For more information contact Sylvia on 07789 757165 or email [sylvialucy@cancerfocusni.org](mailto:sylvialucy@cancerfocusni.org)

We will be holding a 'Take Me Out' with a twist - Ladies Night Out! on 26th October at The Stormont Hotel, Belfast. Doors open at 7.30pm with show starting at 8pm. Ticket Price £10. Entertainment, then dance the night away to 'Diva Dolls'. Contact Rosie Hassin on 028 9068 0759 or email [rosiehassin@cancerfocusni.org](mailto:rosiehassin@cancerfocusni.org)

For more information on a Strabane Ladies Golf Tournament to be held on 25th September please contact Gareth McElduff on 07585 956830 or email [garethmcelduff@cancerfocusni.org](mailto:garethmcelduff@cancerfocusni.org)

If you would like to hold a Think Pink! fundraising event to raise funds for us please contact our experienced fundraising team at [fundraising@cancerfocusni.org](mailto:fundraising@cancerfocusni.org) or call 028 9066 3281 who can supply merchandise, expertise, guidance and support.



# New 'Well Aware' Project for Older People



'Well Aware' is a new project which will deliver key cancer information and prevention messages to older people to promote a healthier lifestyle and encourage uptake of available screening.

Gerry McElwee, Head of Cancer Prevention, Cancer Focus, said the project would also help raise awareness of signs and symptoms of the disease. "Our research shows that 26% of patients who died from cancer in acute hospitals were older people who were only diagnosed on their first admission to hospital. It is vital that we take steps now to help people reduce their risk and seek help when treatment can be more successful."

'Well Aware' will encourage older people to go to their GP if they have any concerns. Health checks will be provided by a Cancer Focus nurse including cholesterol, blood pressure, glucose and height and weight, to reassure older people or signpost them to the relevant health profession.

The 'Well Aware' project is funded for five years by the Big Lottery Fund through the 'Reaching Out – Connecting Older People' programme'.

## In the Picture



We've launched a new Art Journaling service for cancer patients as research shows that writing and creating art can have therapeutic benefits. It gives people a voice and a means to express their experience of cancer.

This activity enables you to use a mixture of art and writing to create and maintain a journal or diary of your experiences on your cancer journey. This is a one day programme which will then give you the skills to continue your journal at home.

Workshops will be held from 11am – 2pm on 28th September 2012, 30th November 2012, 25th January 2013 and 22nd March 2013.

The journals and all art materials are provided free of charge. If you would like to register your interest or to find out more, please email us at [care@cancerfocusni.org](mailto:care@cancerfocusni.org)

## Dates for your Diary

Living Well programme highlights during Autumn include:

- Writing for Life – 6 week creative writing group in Agnes Jones House, Altnagelvin Hospital, facilitated by local writer Madeline McCully, starting 24th October.
- Zest for Life – 6 week programme at Agnes Jones House, Altnagelvin Hospital, starting 18th September; Braid Town Hall, Ballymena, starting 26th September; Newtownards starting 28th September. Session also at Enniskillen on date to be confirmed.
- Sing for Life – a choir for cancer patients and their families starting 17th September at 6pm at the Crescent Arts Centre, Belfast. Anyone affected by cancer is welcome and there is no auditioning – every voice counts.
- Lymphoma Conference in association with the Irish Cancer Society, 15th September at 3fivetwo Training Suite in Titanic Quarter.
- Laryngectomy conference on 26th September at Cancer Focus.
- September/October – Matthew Knowles' unique exhibition of art created during art therapy sessions will be on display at Whitla Medical Building, Queen's University Belfast.
- Art Therapy
  - Coleraine 10th September – 15th October
  - Downpatrick 12th September – 17th October
  - Ballymoney 18th September – 23rd October
  - Ballycastle 5th November – 10th December
  - Ballymena 5th November – 10th December
  - L'Derry 6th November - 11th December
  - Newry and Dungannon dates are to be confirmed.

If you would like to register your interest or to find out more, please call Toby Wheeler on 028 9068 0751 or [tobywheeler@cancerfocusni.org](mailto:tobywheeler@cancerfocusni.org)

# Food for Thought

We have launched a free Schools Health Education Package (SHEP) in a bid to tackle childhood obesity, sunburn and smoking to reduce our children's future risk of cancer and other serious health conditions.

The Schools Health Education Package (SHEP) encourages children to make healthy choices from an early age. The key messages will cover a range of relevant topics including healthy food choices, the importance of regular exercise, covering up in the sun to prevent skin damage and highlighting the harmful effects of smoking while developing the skills necessary to refuse that crucial first cigarette.

Education Minister John O'Dowd said, "I welcome any information that helps our children and young people make healthy food choices and realise the importance of regular physical activity. Exercise coupled with a healthy, balanced diet aids children's ability

to concentrate and focus in class, leading to improved educational outcomes and long term life chances."

The SHEP programme includes activities for nursery school children, interactive storytelling about Genevieve the Goat for P1 and P2 focusing on healthy eating and exercise, a Fit Factor challenge for P3 and P4, Sun Scientists for P5 and Smokebusters for P6 and P7 pupils. Schools are invited to sign up for the whole package or any one element of the Programme by contacting Clare Smith at Cancer Focus on 028 9068 0736 or email [claresmith@cancerfocusni.org](mailto:claresmith@cancerfocusni.org)



Education Minister John O'Dowd welcomes the new SHEP project along with Oliver Smith, P3, Niamh McDaid, Cancer Focus, and Lauren Herley, P7.

### In Memory of...

We were very sorry to hear of the sudden death of Dr Joan Turner. Dr Turner, from Belfast, had a varied and active career. She was one of the first researchers into the early diagnosis of breast cancer and we were proud to fund her work in the 1970s and 1980s. We would like to pass on our deepest sympathy to her children, Kate and Justin, and wider family circle.

We would like to thank everyone who donated in lieu of flowers.

# Research

We promote and support internationally competitive, high quality research into the causes, treatment and prevention of cancer. One of the major funders of cancer research in Northern Ireland, we have invested over £11m over the years. This work helps identify the causes of cancer and points the way to improved methods of diagnosis and treatment.

Highlights include jointly funding the setting up of the Department of Oncology at Queen's University Belfast; extending our investment in innovative research at the University of Ulster; and funding and establishing the NI Cancer Registry which collates data on the incidence of cancer and the outcomes for local patients.

We have just appointed a Cancer Focus Northern Ireland Research Fellow, Dr. Kienan Savage, at Queen's University, Belfast, for four years.

Dr.Savage has identified new cancer genes, which appear to be involved in the development of breast and ovarian cancers and some forms of leukaemia. These cancers often arise due to damage to 'gatekeeper genes' that control how often cells divide, allowing cells to grow out of control forming a tumour. The new cancer genes that Dr. Savage has discovered appear to help repair damaged gatekeeper genes.

We also look forward to the results of research projects, funded by Cancer Focus, from the NI Cancer Registry on the factors that enable cancer patients to die at home and on the role of the GP and primary care nurse in cancer prevention from the University of Ulster. We will share these results with you when they are published later in the year.





## Olympian Feat

Three superfit local triathletes successfully completed one of the toughest challenges of their lives – the gruelling Decaman triathlon at Eskragh Lough, Dungannon.

Bob Davison, from Cookstown, his cousin Keith Clarke, from Dungannon, and Andrew Hassard, from Ballyclare, amazingly swam 24 miles, cycled 1,120 miles, and ran 262 miles each day for 10 days!

Other participants undertook their own personal challenges in cycling, swimming and running and the event has raised over £10,000.



Paul O'Gara (centre) Community Fundraising Officer, Cancer Focus, with Decamen Keith Clarke and Robert Davison, from TriLimits.

## Top of the Class

Rossmar Special School, Limavady, came tops in the Lidl Fit Factor primary schools competition aimed at P3 and 4 classes to promote healthy eating and physical activity. Thousands of children took part in the competition which was created by Lidl Northern Ireland along with charity partner Cancer Focus. In second place was Altishane PS, Strabane, and third was Larne and Inver PS, Larne.

Watch out for this year's Fit Factor Challenge – for more information click on [www.cancerfocusni.org](http://www.cancerfocusni.org) or call Niamh at Cancer Focus on 028 9068 0764 or email [niamhmcdaid@cancerfocusni.org](mailto:niamhmcdaid@cancerfocusni.org)



First place winners – Rossmar Special School, Limavady.

## Northern Bank Races Ahead



Joyce Savage Head of Appeals and Marketing, Cancer Focus, congratulates Tony Wilcox, Managing Director of Retail and Private Banking at Northern Bank.

Tony has helped bring the bank's fundraising total for us in the last 18 months to an amazing £275,000.

He recently completed a tough 'Town to Town Tour' when he cycled more than 300 miles in three days, visiting 34 Northern Bank branches along the way.

Joyce Savage, Head of Appeals and Marketing, Cancer Focus said, "Thank you to Tony and all Northern Bank staff and customers who either got involved or donated to the recent fundraising drive."

The cash will go to our Family Support Service, which helps families where a significant adult has cancer. A third family support worker will also be appointed in the mid-Ulster area ensuring families get the support they need immediately.

## That's a wrap!



Maeve Fox (centre) from Cancer Focus joins Lisa Boyd and Caitriona Flanagan from Belfast law firm, Cleaver Fulton Rankin, after a cinema night showing of 'Breakfast at Tiffany's' raised £4,600 for our Zest for Life service.

## Sssshhhh!

In our next edition we will be announcing a new relationship where we will be one of the beneficiaries from a large sporting fundraising event to be held in 2013!



## Farming Friends

Special thanks to Andy Smyth and family who raised £13,544 from an annual Barn Dance at their farm. Also pictured are Claudy Cancer Focus Group and Sylvia Lucy, Fundraising Manager at Cancer Focus.



## Girls on Top of the World

Congratulations to the 34 strong team from BeFit Fitness Club, Larne, who successfully climbed Ben Nevis on our BenHer all woman event in tough weather conditions. TV presenter and broadcaster Claire McCollum also took part. We have a full programme of charity sporting events which include marathons, canoeing, abseils, treks and much more – click on [www.cancerfocusni.org](http://www.cancerfocusni.org) for further details.



## In the Driving Seat

Learning to drive? You can gain your driving licence while also helping raise funds for us through One Stop Driving Training in Newtownards, Bangor, Holywood, Dundonald, Comber, Ballygowan and South and East Belfast. For more information, please contact Maeve Fox at the Cancer Focus on 028 9068 0761 or email [maevefox@cancerfocusni.org](mailto:maevefox@cancerfocusni.org)



## Best Foot Forward

Congratulations to Co. Tyrone man Trevor Hassin who raised a fantastic £1,900. Trevor, who worked for the Driver and Vehicle Licensing Agency (DVLA), walked 27 miles from Omagh MOT Centre to Cookstown MOT Centre in seven hours. Trevor is joined by his sister Pamela Mullan, who completed a mile of the sponsored walk while recovering from breast cancer surgery.

## Wheely Big News

A special thank you to Jimmy Carrigan and friends who organised the Gina Carrigan Forget Me Not Fund 100 Mile Classic Cycle which raised an amazing £26,500 (half will be donated to us).

Hundreds of supporters took part in the 30 mile cycle, 100 mile cycle and 5 mile walk. The fund has now raised over £31,000.





# Fundraising Thank You's!

Barbara, Billy and Margaret held a cabaret night at the Burrendale Hotel, Newcastle, raising £1,300.

Stephen Lindsay, Tandragee, ran the Belfast Marathon and raised £3,878 for the Denis Bond Forget Me Not Fund. Eunice Kerr, Portadown, raised £100 from a 10k walk for the fund, which now stands at £4,497.

Belvoir Park Golf Club donated £680 from its Men's Winter League Dinner.

Jim Bearns donated £300 from a Drive For Life weekend.

Thanks to all who helped with Newtownbreda Presbyterian Church's Flower Festival and donated £1,000.

Lisburn Graduates Swimming Club raised £1,200 at a sponsored swim.

Julie Black, Portstewart donated £1,000 in lieu of birthday presents.

Francis Hunter, Dunmurry, organised the Francie Hunter Trophy Golf Tournament at Allen Park Golf Centre, Antrim, in honour of his dad, raising £1,400.

Ballynahinch Chamber of Commerce raised £1,949 at a fashion show at Millbrook Lodge, Ballynahinch.

Drumgor Primary School, Craigavon, held a sponsored walk in memory of their teacher Diane Simpson raising £3,538 – half will be donated to us.

Sylvia Courtney, Ballymena, held a coffee morning raising £555.

The Lagan Seahorses Choir sang at a dinner dance at Bridge, Belfast and donated £500.



Paul McToal organised a 'Fun Run of the Glens' cycle in Antrim and raised £12,632. L>R, Herbie McAuley, Paul McToal, Suzi McIlwain, Cancer Focus, and Peter McToal.

Three relay teams from Enterprise Rent-A-Car ran the Belfast Marathon raising £1,973 (half will be donated to us).

Postman Stephen Dunn was sponsored to wear his shorts on every shift – even in winter – and raised £1,000!

Donna Cowden and friends Paul, Lisa, Conor, Marie and Wilson held 'A Night with James Huish' at The Windrose, Carrickfergus, and raised £410.

Ballymoney Coleraine Supporters Club and Ballymoney and District Linfield Supporters Club held a football match to raise cash for the Davy Thompson Forget Me Not Fund. The total in the fund is over £4,500.



Milltown Parish Bowling Club, Portadown, donated £1,000 raised from a bowling tournament.

Yvonne Wong set up a Forget Me Not Fund in memory of her husband Jack, raising £365 from a 5K sponsored walk.

Active Health Solutions, Holywood, raised over £1,600 from the Glens of Antrim Walk

Seán McConville held the Paddy O'Connor Memorial Football Tournament in honour of his grandad, raising £620.

Sean O'Kane, Christina and Claire from the Melvin Sports Complex, Strabane, held a Zumbathon which raised £354.50.



Royal School of Armagh raised a fantastic £1,500 from a hockey tournament.

Downeys Bar, L'Derry, held a bucket collection netting £67.85.

Colin and Mavis McFarland donated £1,021 in lieu of Mavis's birthday gifts.

Fintona Golf Club Ladies Branch donated £200.

£1,646 was raised at an Omagh Street collection.

£995.53 was raised at a Limavady street collection. Special thanks to the Limavady Cancer Focus Shop staff and volunteers.

Strabane SDLP Office held a coffee morning netting £300.



L>R, Social workers Linda Mooney, Shirley Ann Carey, Alison O'Boyle and Hilary Niblock, raised over £9,000 at a Black and Gold Gala Ball. As they are members of the Greater Lisburn Gateway Team and employees of SEHSCT, Health Minister Edwin Poots attended as a special guest.

## Sporting Events 2012/13

### 2012

Ben Nevis Challenge	14th – 16th Sept
Lough Erne Canoe Challenge	22nd – 23rd Sept
Bedford Square Abseil	6th Oct

### 2013

Winter Ben Nevis	7th – 10th Mar
London Marathon	21st April
Scafell Pike	19th – 21st Apr
Paddle the Bann	27th – 28th Apr
Glens of Antrim	12th May
Celtic Mountain Challenge	31st May – 2nd Jun
Ben Nevis Challenge	21st – 23rd June
Annalong Trek	24th Aug
Ben Nevis Challenge	13th – 15th Sept

Cancer Focus Northern Ireland's fundraising team can give you all the advice you need to successfully reach your target. If there is a challenge which is not listed we may still be able to arrange it for you.

For further information or to register please contact:

Sarah on 028 9068 0765 or email [sarahatcheson@cancerfocusni.org](mailto:sarahatcheson@cancerfocusni.org)

Neill on 028 9068 0758 or email [neillgrainger@cancerfocusni.org](mailto:neillgrainger@cancerfocusni.org)

For information on our upcoming events log onto  
**[www.cancerfocusni.org](http://www.cancerfocusni.org)**

Follow us on  
**facebook** **twitter**

