

# focus on



## Cancer Focus

NORTHERN IRELAND

the new name for the  
Ulster Cancer Foundation

Issue Five: Summer 2013



MARATHON  
FEVER

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## CHIEF EXECUTIVE'S FOREWORD



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Happy birthday everyone! Yes, it's hard to believe but we are celebrating the first anniversary of our name change to Cancer Focus Northern Ireland from the Ulster Cancer Foundation. Thank you to all our new and existing friends for supporting us during this important time.

2013 has been extremely busy so far. As the official charity of this year's Deep RiverRock Belfast City Marathon, we've been so inspired by the 3,000 people who ran or walked for us and by all our wonderful supporters. Thank you all for making the day such a brilliant success.

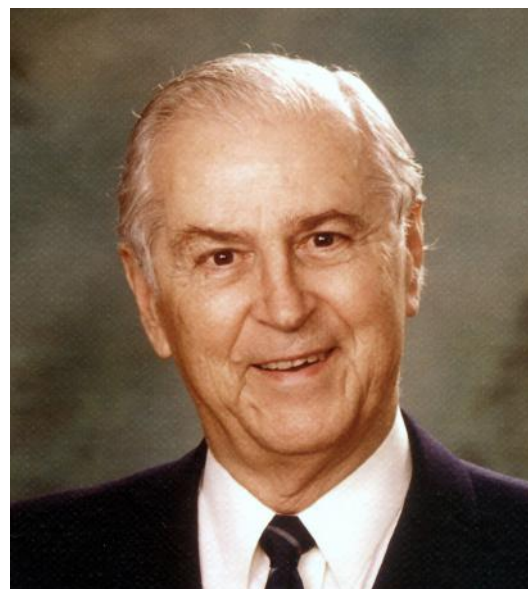
If you didn't take part in the marathon, why not sign up for the Deep RiverRock Belfast City Half Marathon and fun run on Sunday 22nd September? You can register online now at [www.belfastcitymarathon.com](http://www.belfastcitymarathon.com).

We are now offering art therapy in rural Fermanagh as we are aware that many patients in country areas can feel especially isolated and alone. Sessions are running in Lisnaskea and Irvinestown until the end of June. More sessions will start in various locations in the autumn. For more details please contact our art therapist Joanne Boal on 028 9066 3281 or email [joanneboal@cancerfocusni.org](mailto:joanneboal@cancerfocusni.org)

My thanks also go to the 90 souls who braved windy conditions to abseil down the Obel Tower in Belfast and to those who sponsored the event which has raised almost £20,000 so far.

This has been an exciting year and we look forward to working closely with you out in the community in our fight against cancer. Have an enjoyable summer everyone.

Roisin Foster  
CHIEF EXECUTIVE



*Peter Brand OBE*

## Tribute to Peter Brand OBE

We are very sorry to tell you that Peter Brand OBE, a founder member of the Ulster Cancer Foundation (UCF), passed away on April 10<sup>th</sup>.

In the late 1960s, as a very young man, Peter was diagnosed with cancer. While in hospital his consultant expressed dismay that there was no cancer research based in Northern Ireland. This meant that patients here could not take part in clinical trials for new drugs. It also meant that all our research talent left to forge careers elsewhere. So in 1969 he set about setting up UCF with the aim of reducing the impact of cancer by funding research, providing information on symptoms and causes, and providing help to people living with the disease.

Peter was so visionary and committed that these founding principles still drive the charity today. Peter was Chairman from 1972-1981 and was President from 1983-1994. He stayed in close contact and was always ready to lend his support to the organisation's development. As recently as June 2012, Peter spoke at the rebrand of UCF to Cancer Focus Northern Ireland, reaffirming the charity's aims and encouraging everyone to continue to strive to tackle cancer.

The Trustees and staff recognise the debt of gratitude owed to Peter and know that many thousands of people have been helped by his vision and drive.



## Top of the class

Around 50,000 children across Northern Ireland have taken part in our hugely successful primary schools' projects so far this year, which relay our vital cancer prevention messages to the next generation.

Over the past two years we've visited more than 400 schools in 2013 alone and almost 31,000 children became new members of our Smokebusters Club.

Our Schools Health Education Programme (SHEP) includes something for every nursery and primary school class. There's interactive storytelling with Genevieve, our healthy goat, who encourages physical activity and healthy eating. In partnership with Lidl Fit Factor, we encourage creativity, healthy eating, physical activity and self-expression.

Sun Scientist shows pupils the importance of being safe in the sun to prevent skin damage, and Smokebusters highlights the harmful effects of smoking and encourages children to create a smoke free society.

If you are interested in any of these programmes for the next school year please contact

**niamhmcdaid@cancerfocusni.org** or call **028 9068 0764**. We are also planning to expand into secondary schools and are asking young people what information they want from Cancer Focus and how they want to receive it. Watch this space...

Our Development Worker Emma Rodgers has been working hard in youth clubs and community centres, as well as some secondary schools, helping young people to stop smoking.



*Genevieve, the Cancer Focus mascot, with Lidl Fit Factor finalists, St Nilles, Enniskillen*

"Many young people start smoking at school, are soon hooked and struggle to quit. I love helping to make it a little easier for them," she said.

"Their sense of achievement when they do manage to quit is so rewarding to see, not to mention their pleasure at the amount of money they can save - one young girl saved £220 in 12 weeks."

## Danske Bank Races Ahead

Thanks go to athletic senior Danske Bank managers Ivan McMinn and Tony Wilcox for their magnificent feats of endurance to raise funds for us. Ivan McMinn, who has had pancreatic cancer and finished treatment last year, amazingly completed the London marathon.

Meanwhile, Tony Wilcox has just finished a gruelling 400 miles cycle which included a route through Danske Bank offices in Dublin, Letterkenny and numerous branches across Northern Ireland.

Funds raised will go towards our Family Support Service which helps families when a mum, dad or other significant adult gets cancer. If you would like to make a donation go to

**[www.justgiving.com/IvanMcMinn](http://www.justgiving.com/IvanMcMinn) or [www.justgiving.com/TWilcox](http://www.justgiving.com/TWilcox)**

*Picture Caption: Joyce Savage, Cancer Focus, with Tony Wilcox (centre) and Ivan McMinn*





# Thanks to all for an amazing



Thousand's of people crossed the finish line at this year's Deep RiverRock Belfast City Marathon race day and raised vital funds for Cancer Focus, the official charity. Hundreds more of our volunteers lined the race route to cheer on the runners and walkers or manned water stations.

"We've been overwhelmed by the huge support and good will we've received and would like to send out a big thank you to everyone who was involved" said Joyce Savage, Head of Appeals and Marketing.

"Thank you, too, to those who shared inspirational stories of their own cancer journey (which you can read on the marathon section of [www.cancerfocusni.org](http://www.cancerfocusni.org)) to help highlight our work, and to the numerous companies that lent their support in kind.

"The whole event was a tremendous success. Luckily the weather stayed dry and the buzz and atmosphere were electric. A variety of very energetic animals turned up too, as you can see from our front page picture," she added.

We hope you enjoy looking at these souvenir photographs, which include runners, walkers, cancer patients, survivors and their families, fundraisers, volunteers, corporate partners and staff.



# marathon - every one a hero

## And now for the Half Marathon

Keep your trainers handy as it won't be too long until the first ever Deep RiverRock Belfast City half marathon and fun run on Sunday 22nd September – once more we are the official charity. Closing deadline for entries is Sunday 8th September 2013. Register at [www.belfastcitymarathon.com](http://www.belfastcitymarathon.com). We'd love it if you picked Cancer Focus as your chosen charity again.

## Focus Fit

Download our new Focus Fit app, free of charge, from the Apple App Store at [www.focusfitapp.com](http://www.focusfitapp.com) – it's a first-class aid for anyone who is training for a run or relay event.





## Focus On – Michael Gibson

Michael Gibson has recently taken up his new post as Family Support Assistant, based in Cookstown, in partnership with the LILAC centre, a local cancer charity.

Michael, who is from Derry, previously worked with Parenting NI and in private practice as an art therapist.

"My new post as Family Support Assistant started in February this year. I'm based in Cookstown and look after the area from mid-Ulster to the northwest. This involves quite a lot of travel, which luckily I really enjoy."

The post, which is funded by our corporate partners Danske Bank, is helping us provide support to more families in need, helping them to address both their emotional and practical needs and to minimise the long term impact on a child's well-being.

Michael added, "I find it very rewarding to help families and children going through such a difficult time in their lives."

The service includes family bereavement support; the CLIMB project (Children's Lives Include Moments of Bravery) for children aged 5-12 who are experiencing the impact of a cancer diagnosis in a parent or a significant adult; teenage support sessions; individual family support; and writing for life, which enables people living with cancer to collect written ideas and items to keep in books or in memory boxes.

For more information please call Rachel Smith on 028 9068 0772 or email [rachelsmith@cancerfocusni.org](mailto:rachelsmith@cancerfocusni.org)



Family support staff Michael Gibson, Rachel Smith and Cherith Cousins (centre)

## Skin Cancer under the Microscope



We are hosting a skin cancer prevention conference, in partnership with the Public Health Agency (PHA), at Malone House, Barnett Demense, Belfast, on Thursday 20th June from 9.30am to 12.30pm.

The conference, Preventing Skin Cancer – What is your Role?, is aimed at the health, environmental health, education, sport, fitness, beauty and outdoor employment sectors.

Topics covered will include sunbed legislation one year on, and care in the sun for outdoor workers, young people and sports.

For more information or to register please contact Marbeth Ferguson on 028 9066 3281 or email [marbethferguson@cancerfocusni.org](mailto:marbethferguson@cancerfocusni.org)

## It's Good to Talk

We have set up a new free online community with HealthUnlocked where patients, carers and others impacted by cancer can share their experiences. We'd love you to be part of it and help us make it a success.

It's very easy to join and get involved. All you need to do is register at [www.cancerfocusni.healthunlocked.com/join](http://www.cancerfocusni.healthunlocked.com/join)

After you have registered, you can blog, post questions and suggest polls to both share the experience of your cancer journey and receive insights from people in the same situation as you.

When joining, please do make at least one small comment – we want this to become a vibrant, supportive community for all those who have been affected in any way by cancer.

- Check out our brand new online shop which will be up and running in the near future. We'll be selling Christmas cards, Cancer Focus clothing and Think Pink novelties on [www.cancerfocusni.org](http://www.cancerfocusni.org)

## Roller coasters

Debi Fekkes and Sharon Marshall Loughlin, from Larne, raised a staggering £2,800 in memory of their dear friend Esme Marie who would have turned 40 this year. The duo completed the route of the Larne Half Marathon - in roller skates. The Esme Marie McManus Forget Me Not Fund has now raised £20,000.



## Trassey Trackers hit the high road

Trassey Trackers, from the Newcastle area, have raised more than £100,000 for us over the last 13 years ... and now they are on the move again.

## In the Pink

The Armagh Breast Cancer Support Group raised a fantastic £3,690 in 2012. The group held their annual collection at O'Kane's Supermarket, Armagh, and also received a generous donation from Armagh City Council. A big thank you to all the group members for their continued support.



The walking group formed when Michael King's son, Darren, was diagnosed with cancer. Sadly Darren passed away but the group still regularly hold fundraising events in his memory. They took part in the relay at the Belfast marathon and are holding their annual Donard Dander on Sunday 28th July.

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

## Gingerbread men

Magherafelt businessmen and fundraisers Paul McErlain (left), of Genesis Bakery, and Julian Grimes (right), Simplicity Restaurant, are inviting everyone to tuck into delicious gingerbread men.

"We are delighted that Genesis Bakery has agreed to produce the gingerbread men and that Julian will be selling them in his restaurant in return for a donation to Cancer Focus," said fundraising coordinator Emma McCann (centre).

The duo are also taking part in gruelling endurance contests and aim to raise £5,000.



L-r, Michael Ward, Omagh Harriers, Gareth McElduff, Cancer Focus, Nuala Kerr and Erol Thompson, Chairman, Omagh District Council

## Ronan Kerr award for Gareth

We are very proud to announce that our community fundraiser Gareth McElduff has been presented with a prestigious award in memory of murdered Constable Ronan Kerr. The annual award was handed over by Constable Kerr's mother, Nuala.

The Spirit of Ronan Kerr Award is organised by the Kerr family along with Omagh Harriers. It recognises commitment and hard work in the community and pays tribute to the positive qualities the recipient demonstrates in their life.

Gareth won this year's award for his tireless fundraising and educational work for Cancer Focus in the Tyrone area.

Photo by Jmac Photographic Services



# FUNDRAISING THANK YOU'S



BE Aerospace, Kilkeel, raised over £17,000. The staff held events including a family fun day, a big breakfast, Halloween fancy dress, Easter egg raffles and a golf day

Thanks to Ivan McMinn, Jillian Brennan, Peter and David McGrath, Linda Craig, Eddie Pollock and Alan McKeown who ran the London Marathon raising almost £70,000

Kenny Holdsworth raised £500 running 40 miles to mark his 40th birthday – thanks to all who supported him, especially wife Michelle

Southern Regional College students raised £540 at an Easter coffee morning

Avondale Foods raised £1,400 at fitness classes during the year



Coleraine Cancer Focus fundraising group (above) raised a magnificent £25,000 last year from various events. Thank you.

Lorraine McCullough raised £605 by dying her hair pink for a month

P7's at St Canice's Primary School, Feeny, raised £300 by holding a bake sale

Beryl McKee and everyone at Bloomfield Church donated £150 to the Helen Lowry Forget Me Not Fund, bringing its total to £11,250

Joan Carson donated £300 in memory of her only daughter Janet Inman. Over £11k has been donated to her Forget Me Not Fund

Lucy Tebbs ran the Bath Half Marathon in memory of her friend Rosie Stewart. She raised £345 bringing Rosie's Forget Me Not Fund to over £7k

Staff at Schrader Electronics raised over £4,000

All Saints Crossdermott Parish Bowling Club held a fun bowling tournament raising £1,500

Richard McCormick (15) shaved his head in memory of his aunt Anne Frazer (nee Emerson), who died from ovarian cancer, raising £600

Comber Cancer Focus Group held a very successful Coffee Party last May at the home of Tracy Hamilton and raised a fantastic £10,500

Lisburn City Centre Management collected £71 at a recent event and made a donation of £100

Staff and pupils at Whiteabbey Primary School raised £750 from a non-uniform day



John and Libby from Armagh Rugby Club raffled a signed Ulster Rugby shirt, donated by David Andrews, at a special evening with the stars of Ulster Rugby including Tommy Bowe, Andrew Trimble, Johann Muller and Ruan Pienaar. The shirt raised an amazing £1,205

Larne Grammar School upper sixth form students raised £736

St Patrick's Primary School, Holywood, raised £205 at a healthy, active day

Immortal Fermanagh Mixed Martial Arts Club raised £1,326 at their Fight Night at Mahon's Hotel

The Mid Ulster Biggest Loser challenge raised over £13,000

Staff and management of the Glenavon Hotel, Cookstown, raised £2,500 at a Hunks in Trunks evening

Cookstown High School raised £550 through a school enterprise project

D H Christie Primary School, Coleraine, raised £581 at a healthy breakfast

Simplicity Restaurant, Magherafelt, raised £1,000 at a buffet Breakfast and raffle

Barbara Campbell, Portadown, raised £1,260 at her annual coffee morning in her home

Geraldine Fitzpatrick, Kilkeel, raised £2,050 at a pub quiz at Ballymartin Inn

David and Catherine Penny, Carrickfergus, donated £410 in memory of Catherine's mum

Jim McElpatrick and Kay Bell raised £410 at their Sixties party night in the Parlour Bar and Restaurant, Newtownards

Helena Dornan raised £1,100 at a bed push around Ballycastle as part of her Coast to Coast for Cancer fundraising

The SERC Downpatrick Beauty Students raised £640 for Think Pink by waxing some hairy guys and doing manicures

Sorella Health and Beauty raised £263 for Think Pink with eyebrow waxes

Freezing weather failed to cool the enthusiasm of Diane (left) and Patrick Moore and the Ards Peninsula Marathon Walkers who braved the snow in March to raised £1,762

## UPCOMING EVENTS

Sponsored Walk from Cushendall to Carnlough, 25th July  
For more information please contact Maeve Fox on 028 9068 0761 or maevefox@cancerfocusni.org

Dromore to the Shore Cycle, 24th / 25th August. £20 registration fee and minimum sponsorship of £150.

For more information please call 07766826409 or email bigridgecc@hotmail.co.uk

## SPORTS EVENTS

### 2013

Annalong Valley Challenge Trek	12 August
Scafell Pike Challenge	7-9 June
Slieve Donard Moonlit Trek	14 June
Ben Nevis Challenge	21-23 June & 6-8 September
Adventure 6K Race	5 July
Great North Run	15 September
New York Marathon	3 November

### 2014

Kilimanjaro Challenge Trek	13-24 October
Inca Trail Challenge Trek	10-24 August

For more information please contact Sarah on 028 9068 0765 or email 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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