

**focus  
on**



**Cancer  
Focus**

NORTHERN IRELAND

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

**Issue Six: Autumn 2013**



**A Girls'  
Night In**

## CHIEF EXECUTIVE'S FOREWORD



Welcome everyone to the autumn edition of Focus On. Cancer Focus is back in full swing after the summer holidays with a whole host of activities for you to get involved with.

Sadly, this year we have decided not to hold our annual Think Pink luncheon. This is because the cost of running such a prestigious event keeps on rising, and although we have tried to keep the ticket price down, it has become too expensive for many of our most loyal supporters.

We realise that this will be a great disappointment but we sincerely hope that you will continue to lend us your valued support, particularly for our breast cancer campaign in October.

This year we are asking you to invite your friends around for a Girls' Night In to raise funds for our important breast cancer research at Queen's University. See page 3 for more details.

Our new season of care services, including Beauty for Life, Zest for Life, yoga and much more, is underway. Some dates and locations are still being finalised, so be sure to keep in contact for the latest news by emailing [leonnemorrison@cancerfocusni.org](mailto:leonnemorrison@cancerfocusni.org) or calling 028 9066 3281.

Our various support groups are resuming - breast cancer support in Belfast, Armagh, Coleraine and Downpatrick, the Lavender group for younger women in Belfast and the NW prostate support group at Altnagelvin Hospital.

We are also holding a Laryngectomy Information Day at Malone Golf Club, Malone Road, Belfast, on September 25 from 9.30am to 2.30pm. For more details about the support groups and information day email [eileencreery@cancerfocusni.org](mailto:eileencreery@cancerfocusni.org) or call 028 9066 328.

Thank you again for all your support – together we do so much to help others.

Roisin Foster  
CHIEF EXECUTIVE

## A blooming great success

We are delighted to be working in partnership with LiLAC during their 10th anniversary year.

LiLAC (Life is for Living After Cancer) is based Cookstown, with an outreach office and therapy room in Coalisland, and together they give vital support to patients, their families and carers in the Mid Ulster area.

Cancer Focus linked up with the local self-help group because we wanted to help more people in Mid Ulster and LiLAC was in the perfect position to help us do that.

We've worked together to provide services such as Zest for Life, art therapy, support and information, a weight management programme and a bra-fitting service for mastectomy patients.

Our new counsellor Terry Deehan is available every Tuesday for anyone facing cancer who would like support, and our family support worker Michael Gibson is also based there two days a week.

LiLAC also offers a number of complementary therapies.

If you would like to find out more about our services email [care@cancerfocusni.org](mailto:care@cancerfocusni.org) or call 028 9066 3281. You can also contact LiLAC on 028 86766 866 or email [info@lilaccancer.org](mailto:info@lilaccancer.org).





# Have a Girls' Night In for breast cancer

Calling all fun-loving women in Northern Ireland - why not host a brilliant Girls' Night In during October, breast cancer awareness month, to raise vital funds for our pioneering research into the disease.



*Here come the girls – the Cancer Focus team vamp it up for a Girls' Night In*

Whether it's a book swapping night, karaoke, make-up evening, movie night or a classic cocktail party, you choose the theme or activity that you and your friends will enjoy. We'll send you a Pink Party Pack full of ideas as well as planning pointers for the perfect night in.

The aim of our Girls' Night In is to have lots of fun and raise stacks of money to fund our cutting-edge research at Queen's University Belfast by Cancer Focus Research

Fellow Dr Kienan Savage, which focuses on the prevention and treatment of breast cancer. This locally based research has the potential to make a lifesaving difference to so many women, not just here but all over the world.

Sadly, due to the growing cost of organising big events, we are unable to hold our usual Think Pink Luncheon this year, but we hope that our more affordable Girls' Night In will appeal to everyone – it's the perfect excuse to have the girls around.

We'd love each party to raise as much as possible, so how about asking your friends to donate whatever they would usually spend on a night out on the town? The money you and your friends raise is so important, so thank you again. We couldn't do it without you.

We'd love to hear about your Girls' Night In so tweet us @cancerfocusni or join the conversation #girlsnightin. Like our Facebook and Twitter pages and share your photos and girly stories there.

For more information or to register for a Girls' Night In Party Pack, please call the Pink Party Gals on 028 9066 3281 or email [fundraising@cancerfocusni.org](mailto:fundraising@cancerfocusni.org)

## Tribute to Iris Colvin OBE

We would like to express our sincere sympathy to the family, friends and former colleagues of the late Mrs Iris Colvin OBE, who passed away in June.

A past President of Cancer Focus, Iris had a long and valued association with us, serving in voluntary roles for over 35 years. She was instrumental in the charity's development from small beginnings and she saw us grow into Northern Ireland's leading cancer charity.



*Iris Colvin*

Iris's skill, knowledge and experience helped establish Cancer Focus as a leading charity on a local, national and international stage.

A founding member of the Newtownbreda Group, she held her first ever fundraising event in 1977. Iris became a member of the charity's Council in 1989, a position she held for more than 20 years. This was followed by posts as Vice Chairman, Chairman and more recently President in 2001. She retired in 2009.

In 1994 Iris's commitment to charity was recognised with an OBE. We will remember her fondly for her friendship, warmth, dedication, sterling work and the countless people she has inspired.

## Big Diva Night

The Voice finalist Barbara Bryceland, X Factor finalist Kitty Brucknell and Ireland's Top Girl Band Diva Dolls will be on stage at the Stormont Hotel, Belfast, on October 19, from 8pm. Tickets cost £25 and available at the Stormont, call 028 9065 1066.



*Alex-Jay from Diva Dolls and Norman McBride from Hastings Hotels help Rosie Forsythe from Cancer Focus to launch For One Night Only – Big Diva Night.*

## Focus On – Louise Carey



Louise Carey has recently joined us as Communications Manager. Louise's new role involves promoting and raising awareness of our campaigns and projects in the community.

Recently married, Louise, from Lisburn, was previously Communications Officer with another cancer charity and has excellent experience in the sector.

Already enjoying her new role, she said: "It's important to me that I work within the voluntary sector and with so many people affected by cancer, it's an extremely worthy cause. I'm delighted to be able to help promote the wonderful services that Cancer Focus offers.

"I'm especially looking forward to October's Girls' Night In campaign when we are asking local women to host a night in with their girlfriends. The money raised will be used to fund ground-breaking research into breast cancer at Queen's University. What better excuse to have the girls around?"

## Children in Need



The Metcalfe family from Ballyclare will be in the spotlight on the BBC's Children In Need show on Friday November 15. The Metcalfes are in a short film talking about how much our Family Support Service has meant to them.

The family started using our services, including family nights, art therapy and individual family support, after mum Louise was diagnosed with Non-Hodgkins lymphoma. Louise is doing well but along with husband Colin and their three boys, (l-r) Jack, Thomas and Eoin, she continues to use our important care and support services. For more details about our free family support call Rachel Smith on 028 9068 0772 or email [rachelsmith@canccerfocusni.org](mailto:rachelsmith@canccerfocusni.org).



## Art for art's sake

Free art journaling workshops will take place at our main care centre at Eglantine Avenue, Belfast, on Tuesdays from 11am to 2pm on September 3, October 29, November 26 and December 17.

The workshops help patients explore their experiences through art and writing, and to express how they are feeling.

Anyone who would like to take part is asked to pre-book as there are a limited number of places available. For more information call us on 028 9066 3281 or email [care@canccerfocusni.org](mailto:care@canccerfocusni.org)

## Beauty spot

Congratulations to our beauty therapist Fiona Barr who has been shortlisted in the Ulster Tatler People of the Year Awards.



Fiona Barr

We'll have to wait for a special gala evening at Belfast City Hall on September 19 to find out if she has won the Beauty Therapist category. Good luck Fiona.

Fiona provides our Beauty for Life service, helping patients feel better about themselves at a very tough time by treating them to mini make-overs, manicures and facials. She aims to give them a much-needed confidence boost and quality 'time out'.

If you have an NVQ, Level 2 or 3, in Beauty Therapy, why not volunteer with us? Experience with patients is desirable but not essential and you'll need to enjoy meeting new people. For more details please contact Morag Chambers on [moragchambers@canccerfocusni.org](mailto:moragchambers@canccerfocusni.org) or call 028 9066 3281.

## Jingle bells all the way

Early bird alert! Everyone is warmly invited to our second annual Christmas Craft Fair at our Eglantine Avenue care services centre in Belfast on Saturday 16th November from 10am – 3pm.

This year's fair promises to be bigger and better than before with gifts, crafts, sweets, foods and knick knacks to suit all pockets and age groups – come early and find that perfect gift.

There'll also be the usual raffle prizes up for grabs. If you're interested in taking part either as a volunteer or as an exhibitor we'd love to hear from you. Please call Morag Chambers on 028 9066 3281 or email [moragchambers@canccerfocusni.org](mailto:moragchambers@canccerfocusni.org)



## Dead Cool

We are launching an exciting new Dead Cool project for 12 to 14 year olds in schools to help young people resist pressure to start smoking.

Dead Cool is an extension of the excellent work we've been doing in primary schools - more than 30,000 pupils were members of our Smokebusters Club in 2012-13.

We've created user-friendly packs for teachers which include lesson plans and a DVD. We also have a team of graduate volunteers who we've trained to give an introductory talk to schools. For more information email [judithwest@cancerfocusni.org](mailto:judithwest@cancerfocusni.org) or call 028 9066 3281.



Zoe Stanley (11), from Annahilt, is one of the Dead Cool set

## New call for plain packs

We are bitterly disappointed that the UK Government has backed down from introducing plain packaging for cigarettes. We continue to urge local politicians, who support the move, to push for immediate change.

We demand laws that will protect our young people from seductive, highly branded, brightly coloured packs designed to glamorise tobacco.

This policy is urgently needed to protect public health and, in particular, children's health. Every day we delay allows the tobacco industry another opportunity to recruit the next generation of smokers.

## In the spotlight



Weather forecaster Cecilia Daly has made a star appearance in a care in the sun video made by two local students.

Cecilia introduces the video, which was made by 19-year-olds Michael Hart and Gareth Pitman (I), who are creative media production students at Northern Regional College in Newtownabbey.

The promotional video was showcased at a recent conference, Preventing Skin Cancer – What is Your Role?, hosted in Belfast by the Public Health Agency (PHA) in partnership with Cancer Focus.

To view the video go to <http://cancerfocusni.org/what-we-do/improve-your-health/care-in-the-sun/>.

For more information check out [www.careinthesun.org](http://www.careinthesun.org)

## GPs' workloads hinder cancer prevention



Gerry McElwee and Roisin Foster, Cancer Focus, with Professor Hugh McKenna, University of Ulster, at the launch of the new report

Targets and rising work pressures in GP surgeries are preventing the effective delivery of cancer prevention information, a new report from healthcare researchers at the University of Ulster said.

Smoking cessation and cervical screening are the most common cancer prevention activities carried out in GP clinics.

The report, funded by Cancer Focus, found that consideration should be given to providing practice nurses in GP surgeries with a more formal cancer prevention role.

The study revealed that the link between cancer and the key risk factors of alcohol consumption, obesity, diet and physical activity were generally not discussed with patients when they visited their doctors unless it related specifically to their presenting symptoms.

Roisin Foster, Cancer Focus, said: "We provide training in cancer prevention and early detection for local health care professionals and actively seek ways in which we can encourage more training to help in the fight against cancer." A number of recommendations were made and the full report can be read on the Media section of our website, [www.cancerfocusni.org](http://www.cancerfocusni.org)

## Danske Bank boosts Family Support

An amazing £383,000 has been raised by Danske Bank staff and customers for us since January 2011 – and the bank is aiming to hit a target of £400,000 by the end of the year.

Every penny raised goes towards our Family Support Service. The money raised so far has enabled this vital service to grow and help even more children and young people where a parent or grandparent has cancer.

Joyce Savage, Head of Appeals and Marketing, said: "We would just like to say a big thank you to everyone who has donated to numerous fundraising events.

"In the last year the number of families we were able to help rose from 78 to 84 and the demand for our one-to-one service has risen by 30%. We have also been able to employ an extra member of staff to help children in the Mid Ulster area."



Joyce Savage, Cancer Focus, congratulates Tony Wilcox (I) and Ivan McMinn, from Danske Bank, on the bank's impressive fundraising efforts

## Model pupils focus on fitness

Congratulations to Model Primary School from Derry/Londonderry (pictured) who won the 2013 Lidl Fit Factor competition, run in partnership with Cancer Focus, and scooped the top prize of £4,000 for sports equipment. Thousands of pupils across Northern Ireland took part in Fit Factor - a free, fun two week project for P3 and 4 pupils promoting health and happiness.

St Naile's, Fermanagh, clinched second place winning £3,000. Springhill PS, Belfast, were third netting £2,000 and St Patrick's, Dungannon, were runners-up and received £1,000.

You too could win an excellent prize for your school by designing a banner for Fit Factor 2014. To enrol please call Caroline (028 9066 0735), Danielle (028 9066 0730), or email [schools@cancerfocusni.org](mailto:schools@cancerfocusni.org)



## BT leads the way

BT staff are gearing up to take part in the first ever Deep RiverRock Belfast City Half Marathon and Fun Run which takes place on September 22.

Cancer Focus is the official charity for the event and we're delighted that BT is on track with this important fundraising event to raise much-needed cash for our Men's Health Campaign.

Peter Morris, BT, said: "BT has been very active in its support for Cancer Focus and the good work that it does. It's particularly important to us that the money we raise for charity is spent locally and that's why we're encouraging our staff to sign up for either the half marathon or the fun run."

The closing date for entries is September 8, so please sign up now at [www.belfastcitymarathon.com](http://www.belfastcitymarathon.com). For more details contact [kirstythompson@cancerfocusni.org](mailto:kirstythompson@cancerfocusni.org) or call 028 9066 3281. To make a donation go to [www.justgiving.com/cancerfocusbelfastmarathon](http://www.justgiving.com/cancerfocusbelfastmarathon)



Peter Morris from BT, Kirsty Thompson, Cancer Focus, and our healthy mascot Genevieve urge everyone to join in the half marathon and fun run

## Volunteers

We urgently need volunteers to help out at the half marathon. Please help us make this a huge success by cheering on the runners, serving at water stations and helping at the finish line. To find out more call Morag on 028 9066 3281 or email [moragchambers@cancerfocusni.org](mailto:moragchambers@cancerfocusni.org)



# Hocus Pocus for Cancer Focus

Kids and parents, why not get your primary school to take part in Hocus Pocus this Halloween?

This frightfully freaky competition is a great way to help raise vital funds for our Family Support Service, which helps children when an important adult gets cancer.

Pupils have to colour in or design a fun – or plain scary - Halloween costume for our healthy goat Genevieve. Heidi West and Patrick Smith (above) are already in on the action.



A selection of entries will be put on show in your local Lidl store and winners will get a fantastic prize, sponsored by Lidl.

Closing date is Friday 25th October. For more details contact Rosie or Suzi on 028 9066 3281 or email [fundraising@cancerfocusni.org](mailto:fundraising@cancerfocusni.org)



## Ten marathon days

Coleraine men Peter Ferris MBE (left) and Harold Reilly have completed an amazing ten marathons in ten days to raise much-needed cash for us. The marathon men clocked up their miles running up and down Stormont's iconic hill. Showing their support are Caroline McNelis and Suzi McIlwain from Cancer Focus. If you'd like to support them visit [www.justgiving.com/10marathons](http://www.justgiving.com/10marathons)

## Hopping great success

Thank you to the organisers of the popular annual cycling event FROG, which takes cyclists through the Glens of Antrim. The event raised a massive £16,593 for us, which was handed over to community fundraiser Suzi McIlwain. The event has raised nearly £77k for local cancer charities to date.



## A foot-tapping total

Thanks also go to the Smyth family who organised their annual barn dance in Dungiven and raised £13,600, bringing the total raised at the foot-tapping event over the past five years to an amazing £53,920.



## Firing on all cylinders

The Queens of Speed from Ballymena Raceway organised and took part in an all pink stock car rally event and raised an outstanding £6,313. The magnificent team is pictured handing over their cheque to community fundraiser Rosie Forsythe.



The Queens of Speed at Ballymena Raceway

# FUNDRAISING THANK YOUS

Terri and Lorraine McCready, Newtownards, raised £262 for Think Pink - they donated their hair to be made into wigs for children with cancer and alopecia

Michael King organised the Donard Dander raising £4,500. The climb has raised more than £100,000 over the years in memory of his son Darren

JMK Solicitors, Belfast, raised £248 at a coffee morning

Eleanor Leeman celebrated her 70th birthday - she is 30 years free from cancer - and donated £718 in lieu of birthday gifts

Brenda Torrens treated 40 ladies to lunch at her home and raised £1,106

Barbara Matthews and Billy and Margaret Shaw held a cabaret night at the Burrendale Hotel, Newcastle, raising £2,005

Tesco employee David Graham's sponsored sky dive raised £174

The staff and customers at Asda, Downpatrick, raised £270 at a coffee morning and bake sale

Corey Harbinson, Lismore Comprehensive College, Craigavon, raised £700 at charity night and a school bake

A team of Queen's University employees ran the Belfast marathon raising £1,008

The Linfield Supports Club, Shankill, raised £2,320 at various fundraising events including a bank holiday disco

The Hudson Hornets ran the Belfast marathon relay and raised £359

Doran Consulting raised £800 running the Belfast marathon relay

Grace McNeill, Larne, raised £637 for Think Pink by walking in ten towns over two days and at her wedding vow renewal

Martin McCourt, Newtownabbey, raised £726 running Larne half marathon

The Smyth and Linden families ran relays in the Belfast marathon and raised £2,255

Fred J Malcolm Jewellers, Lisburn Road, Belfast, raised £151 cleaning rings

Barbara and Andy Hill, Belfast, donated £275 in lieu of birthday gifts

Chris Brown organised the Beggs and Partners 5-a-side football tournament and raised £1,130

North Down Council chose us as a Charity of the Year and donated £2,019

Southern Regional College students held an Easter coffee morning and cake sale raising £540

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

All Saints Crossdernott Parish Bowling Club raised £1,500 at a tournament

The Cunningham family held a Night at the Races in memory of Austin Cunningham raising £1,100 for prostate cancer research



Dromore Cancer Focus Group raised £3,000 through various fundraising activities in the last year



Carryduff Pharmacy raised £1,004 at a table quiz and sparkly day for the Little Stars appeal



## UPCOMING EVENTS

**Deep RiverRock  
Belfast City Half Marathon and Fun Run**  
22 September 2013

**Unite and Bike (Open) Challenge**  
5-13 October 2013

**Glens of Antrim Trek**  
27 April 2014

## SPORTS EVENTS

**2013  
Great North Run**  
4-16 September

**New York Marathon**  
3 November

**2014  
Winter Ben Nevis**  
6-9 March

**Inca Trail Challenge Trek**  
10-24 August

**Kilimanjaro Challenge Trek**  
13-24 October

**For more information please contact Sarah on 028 9068 0765 or email sarahatcheson@cancerfocusni.org or Neill on 028 9068 0758, neillgrainger@cancerfocusni.org.**

**The cycle will take place over 2 days, departing from Dromore on Saturday 24th August 2013 arriving in Downings, Co Donegal. We still stay overnight and cycle back to Dromore on Sunday 25th August 2013.**

**With some ground work covered at home before the trip you will be more than capable of achieving the distance covered each day and the group spirit will certainly keep you going!!**

**Out en route everyone is accompanied by our support vehicles so there is never any danger of being left behind and just to reiterate this is certainly not a race. Plenty of water stops are provided to ensure your good health along the route as we cycle from Dromore to the Shore**

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

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