

focus on



Cancer Focus

NORTHERN IRELAND

the new name for the
Ulster Cancer Foundation

Issue Three: Winter 2012



**MARATHON
CHALLENGE**

CHIEF EXECUTIVE'S FOREWORD



Christmas is nearly upon us once again – how time flies! We've had a very eventful year, most importantly our name change to Cancer Focus Northern Ireland. Happily, our new brand is well bedded down now and we are delighted with the positive response we've received.

Special thanks go to all our wonderful supporters who once again made our autumn Think Pink! luncheon and breast cancer awareness campaign a huge success.

Sadly, we wave goodbye to the members of our Newry Cancer Focus Group who are retiring after 40 years of faithful service. During that time they raised an amazing £1m. Sincere thanks for all your hard work - you will be missed.

Looking ahead, one of the highlights of the festive season is the first concert by our Sing for Life choir at the Crescent Arts Centre on 17th December at 7pm. There'll also be a Santa Fun Run and Walk starting at the Chelsea Wine Bar on 20th December, so we hope you'll come along and support us.

It's also the time of year for our annual Little Stars Appeal which raises much needed funds for the very special children who use our Family Support Service. Call Lisa Mallon on 028 9066 3281 if you'd like to help.

2013 promises to be another memorable year. As the official charity for the Deep RiverRock Belfast City Marathon, we've a wonderful opportunity to raise a massive amount of money which will help cancer patients and their families here in Northern Ireland. It's our biggest fundraiser to date and more than ever we will be relying on the help of our friends.

Thank you once again to all our supporters who have contributed enormously during the year to improving the lives of local people who have been affected by cancer. I wish you all a very happy Christmas and a peaceful New Year.

Roisin Foster
CHIEF EXECUTIVE

FITTING SERVICE ON YOUR DOORSTEP

We have expanded our Bra-Fitting Service to Omagh and Cookstown so that women from these areas, who've had breast cancer surgery, can now access this service on their doorstep.



Photography courtesy of Amoena

Our fitting service is now provided at seven venues - Belfast, L'derry, Enniskillen, Dungannon, Newry, Omagh and Cookstown. There are also plans to provide a new service in the Northern Trust area in the near future.

Eileen Creery, Care Services Co-ordinator, Cancer Focus, said: "After surgery and treatment for breast cancer some women feel less confident about their body and self-image. Feeling good in your clothes can make a real difference and following breast surgery there's no reason why women shouldn't continue to wear the clothes they love."

**The service is now available in:
Care For Cancer, 1 Campsie Place,
Omagh, each Monday from 10am with
the last appointment at 2.15pm. To
book an appointment call Care for
Cancer on 028 8224 6599.**

**LiLac (Life is for Living after Cancer),
14 Union Street, Cookstown. To book
an appointment call LiLac Monday to
Friday, 9.30am-1.30pm on
028 8676 6866.**

MARATHON CHALLENGE FOR CANCER FOCUS

We are proud to announce that we have been chosen as the official charity partner for the Deep RiverRock Belfast City Marathon 2013.



At the launch Olympic medal winners Peter and Richard Chambers are joined by three Cancer Focus champions – broadcaster John Daly along with Carol Annesley and Peter McAlindon who have both had cancer. All three are taking part in the relay event.

The 2013 marathon will take place on the May Bank Holiday, 6th May, and work has already started to make the popular sporting event even bigger and better than before.

You can sign up today for the marathon, the wheelchair event, relay, fun run or the 9 mile walk and help raise funds for us. All the sponsorship money raised will stay in Northern Ireland and will go towards our Men's Health Campaign.

Coleraine rowers Richard and Peter Chambers, silver medal winners at the London Olympics, are urging everyone to get behind Cancer Focus. The champs were at Belfast City Hall to help launch the mammoth event and inspire everyone to join in.

Richard and Peter said: "We think this is an extremely important campaign. As sportmen we are very focused on our

health – what we eat, the exercise we take and getting regular check-ups from professionals. But these are things everyone should be doing to help reduce their risk of cancer in later life.

"Cancer is one of the biggest killers of men in Northern Ireland. Every year 5,794 local men are diagnosed with cancer – that is 22 men every working day. These men are our dads, brothers, husbands, sons and friends. Sadly, 2,000 of them die each year. We want to encourage men to take better care of themselves and to see their doctor sooner rather than later.

"You can help Cancer Focus do that by raising funds to support and expand their free cancer prevention services for men. Whether you walk it or run it, whether you participate or sponsor someone, your help and support are invaluable. Please sign up today for your man - and every man."

REGISTER TODAY at www.belfastcitymarathon.com

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

FACE OF CANCER FOCUS

Our Cancer Prevention Officer Niamh McDaid has been named the Face of Cancer Focus and will represent us in the marathon.

Niamh will be among thousands of runners taking part. Niamh said, "I've seen at first hand all the wonderful work that Cancer Focus does in cancer prevention, care services for people with cancer and their families and funding research. I would encourage as many people as possible to sign up for the marathon, relays, fun run and 9 mile walk and raise funds which will help local cancer patients and their families – thank you!"



FOCUS ON – JOANNE ROBINSON



Joanne Robinson, Art Therapist at Cancer Focus

We have extended our Art Therapy service and now provide bedside sessions with adults at the Cancer Centre in Belfast City Hospital as well as with children and teenagers at the Royal Victoria Hospital. Our free Art Therapy service has grown over the years and is delivered in venues across Northern Ireland.

The service is led by Joanne Robinson who said, "I did my degree in fashion and textiles, and after I graduated I worked in Paris for a number of years. When I came back home I was an 'Artist in Residence' at Corrymeela, a peace and reconciliation community in Ballycastle. I also began volunteering with an Art Therapist at the Probation Board for Northern Ireland. My supervisor encouraged me to do a Masters in Art Therapy at Queen's University. I absolutely loved it and got so much out of it.

"I'd done some work with cancer patients in the past and knew that I wanted to specialise in this area, so I was delighted when I got the job at Cancer Focus.

"I've been working here for four years and it's such a privilege to be able to help people when they are feeling at their most vulnerable. It's humbling to witness how their art progresses and empowers them. I'd encourage people to get in touch to find out more about Art Therapy – you could be surprised by the results.

"Our Art Therapy service is available for anyone affected by cancer. It's not about having artistic ability or creating great works of art, it's simply another way of helping people express how they feel when words don't come easily. All materials are provided free of charge and participants can use a variety of mediums such as paints, pastels, pencils or clay."

For more information contact Joanne Robinson on 028 9066 3281 or email joannerobinson@cancerfocusni.org

LOOKING YOUR BEST!

Breast cancer survivor Suzanne McTurk (right) helps launch our new information booklet, 'A Guide to Looking your Best', giving cancer patients simple, practical tips on how to look after their body, skin, nails and hair during and after treatment. It is now available for £3 plus postage. To order your copy contact Toby Wheeler on **028 9068 0751** or email tobywheeler@cancerfocusni.org

** We are indebted to Foundation Against Cancer in Brussels who provided the original source material which we adapted and amended.*

BEAUTY FOR LIFE SERVICE

Our Beauty Consultant Fiona Barr is now providing additional services in partnership with Belfast and South Eastern Health and Social Care Trusts:

- Bedside visits to cancer patients every Thursday, 10am-1pm, at Belfast City Hospital. To book call **028 9069 9201**
- Beauty for Life session on Tuesday 11th December 2012 at Signal Centre, Bangor, 7pm-9pm. To book call Karen Kelly on **028 9055 3246**
- Beauty for Life session on 18th December 2012 at Lagan Valley Enterprise Centre, Lisburn, 7pm-9pm. To book contact Karen Kelly on **028 9055 3246**
- Make-up workshops, 22nd January, 19th March and 16th April 2013 at Belfast City Hospital Cancer Information and Support Centre. To book call **028 9069 9201**



BE BREAST AWARE

We are encouraging women to be aware of all the signs of breast cancer as our research shows only half of women check themselves regularly and many don't know what they are looking for.

Anne Devlin, Cancer Prevention Officer, Cancer Focus, said, "Around 80% of women diagnosed with breast cancer are over 50 but it can happen to younger women so whatever your age, making sure you're breast aware makes sense.

"We encourage women to regularly check their breasts and if you notice any change, report it to your GP without delay. Look out for anything which is not normal for you. While a lump is the most commonly recognised early symptom of breast cancer, other symptoms can include: thickening under the skin of your breasts or armpit; changes in size or shape of the breast; veins that stand out more than usual; a rash or any change in the position of your nipples; discharge or bleeding from your nipples or a pain or sensation in your breasts that is different from normal.

"We also recommend that women between 50 and 70 attend their free breast screening appointment when they receive a postal invitation. Women over 70 don't get a postal reminder but can still make an appointment by phoning their local screening centre.

"Although some breast cancers found through screening may never become life threatening, the benefits of screening show that breast cancer can be detected at the earliest possible stage, often requiring less aggressive treatment and leading to a more successful outcome for the patient. Women who attend for regular breast screening can cut their risk of dying from breast cancer by a fifth compared to no screening at all."



Suzi McIlwain from Cancer Focus who dyed her hair pink at Andrew Mulvenna Hair, Belfast, to raise awareness of breast cancer.

SUPPORT FOR LARYNGECTOMY PATIENTS



Pictured at our recent Laryngectomy Conference, in association with the National Association of Laryngectomy Clubs, are (L>R) Dave Brooker, ENT Consultant, RVH, Belfast, Roisin Foster, Chief Executive, Cancer Focus, Alex McGuiggan, Cancer Focus Laryngectomy Support Group member, and Ivor Smith, President, National Association of Laryngectomy Clubs.

We provide a comprehensive range of support, information and services for people who are living with this condition including a support group which meets quarterly, counselling, free information and support helpline and a patient volunteer service – this involves those who have had a laryngectomy being specially trained to support and visit patients who are newly diagnosed and facing surgery. For more information please contact Toby Wheeler, Care Services Secretary on **028 9068 0751** or tobywheeler@cancerfocusni.org

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

RESPONSE TO SURVEY

The European Cancer League is conducting a survey across Europe about the problems cancer patients and survivors are experiencing in their lives, such as employment issues and access to insurance during or after their cancer journey. To complete the survey click on www.europeancancerleagues.org and search PSWG patient survey.

REGULAR GIVING

Direct debit donations have huge benefits for us as a charity, helping us to predict income and plan our services accordingly. Call us to set up a direct debit donation today and be part of something that makes a real difference. Call Lisa on 028 9068 0752 Monday to Friday from 8am – 2.30pm.

LIDL FIT FACTOR

Stephen Ferris from Ulster Rugby and Michael Conlan (right), Olympic Bronze Medal winner, help launch the Lidl Fit Factor.



Working in partnership with Lidl Northern Ireland, we are calling on local school children to get fit and healthy by signing up to the Lidl Fit Factor.

Now in its fifth year, the Lidl Fit Factor is a two week programme designed to help teachers educate children about four key areas essential for healthy development: healthy eating, self expression, physical activity and creativity - increasing their chances of becoming healthy adults.

Participating schools can also enter a competition which has a total prize fund of £11,000 with a top prize of £4,000 for the winning school. Teachers can sign up today to receive a free Teachers Toolkit by logging onto www.fitfactor-ni.co.uk Registration closes on 14th December 2012.

DANSKE BANK INVESTMENT!

We are indebted to Danske Bank for its ongoing contribution to help fund our Family Support Service, which provides practical and emotional support for the entire family unit when a parent or grandparent is diagnosed with cancer. In 2011 the Bank, its staff and customers contributed a grand total of £152,627 followed by £127,290 this year to date – thank you!

This investment has meant that we have employed an additional two Family Support Workers so that families no longer need to join a waiting list to be seen and instead we can offer them immediate support, when they need it most. We are also in the process of establishing a base in Cookstown and we will also be extending our Family Support Group nights to Cookstown and the mid-Ulster area. In 2013 we aim to design a pilot project for teenagers and investigate options for developing a teen programme to complement our offering to younger children.

For more information on our free Family Support Service please call Rachel Smith at Cancer Focus on **028 9068 0772** or email rachelsmith@cancerfocusni.org

DIAMOND CHAMPIONS

Volunteers play a vital part in the work that we do and get involved in a huge variety of ways. Over the past year more than 300 volunteers have contributed 26,505 hours of their time, skills and dedication. They support every area of our work throughout Northern Ireland and bring a richness and diversity to all that we do.

Roisin Foster, Chief Executive, Cancer Focus, said, "Our volunteers deliver the equivalent of 16 full-time staff members and I never cease to be moved by their willingness to work with us in reducing the impact that cancer has on our society. Some of our volunteers have had a cancer diagnosis themselves while others have had family or close friends who have had cancer. Their personal experiences bring such a depth to all our work. I know that our organisation would be much the poorer without their loyal support and I am personally indebted to all of them."

Recently we were delighted that three of our volunteers – Lynn Davidson, Rita Beattie and May Turtle – were named UK Diamond Champions to celebrate the Queen's Jubilee. The awards were organised by the WRVS charity and recognise the contribution that people over the age of 60 make to volunteering – congratulations!

Read more about our volunteers and volunteering at www.cancerfocusni.org or contact Morag Chambers on **028 9068 0773** or email moragchambers@cancerfocusni.org



Roisin Foster (centre) congratulates Rita Beattie (left) and Lynn Davidson (right) – two of the three Cancer Focus volunteers honoured as a Diamond Champion.

SWAP FAGS FOR SWAG

Cancer Focus Northern Ireland, with the British Heart Foundation NI, held a No Smoking Day conference for health professionals, unveiling the 2013 theme, Swap Fags for Swag. No Smoking Day on Wednesday 13th March aims to inspire smokers to quit by highlighting what they could buy with the money they save. Among the delegates were (L>R) Vishnee Sauntoo, No Smoking Day, Judith West, Cancer Focus, and guest speaker Dr Richard Henry, lecturer in cancer nursing at Queen's University Belfast.



GETTING IN THE PICTURE

Pupils at Donegall Road Primary in Belfast are in the spotlight after we teamed up with Cinemagic to make a new film about our work with schools.

We provide a free Schools Health Education Package (SHEP) to all primary schools in a bid to tackle childhood obesity, sunburn and smoking to reduce our children's future risk of cancer and other serious health conditions. For more information call Niamh McDaid on **028 9068 0764** or email schools@cancerfocusni.org

SHAVE OR DYE

Congratulations to all the local men who took part in our special Shave or Dye fundraiser held in partnership with Squires Bar and Restaurant, Enniskillen to raise funds for our men's health campaign. Gearing up for the event are Bob and Kay Armstrong, Proprietors, Squires Restaurant, and Niall Bradley, chef at Squires, pictured along with Sylvia Lucy, Cancer Focus.

A MILLION THANKS

Congratulations to Newry Cancer Focus Group for raising £1m over the last 40 years for Cancer Focus. To celebrate this momentous achievement, and to mark the retirement of the group, a special event was held at the Canal Court Hotel in Newry.



ENJOY CARDS

You can now purchase Enjoy Cards which give special offers and discounts with a range of entertainment and leisure providers. The Enjoy Card costs £3 with £1 from each card sold donated to Cancer Focus. We are looking for volunteers to help sell Enjoy Cards – contact Neill Grainger at Cancer Focus on **028 9066 3281** or email neillgrainger@cancerfocusni.org. To buy an Enjoy Card or for more information click on www.enjoycardni.com or contact Neill.

SANTA FUN RUN

Santa trains with members of St Brigid's GAC, who have signed up for a fun run and walk starting at the Chelsea Wine Bar, Lisburn Road, on Thursday 20th December at 6.30pm. The festive fancy dress is supported by Wine Inns who have adopted us as their charity partner for the next two years. Book online at www.cancerfocusni.org/events or call **028 9068 0765**. Entry is £10 for those who sign up before 14th December or pay £20 on the night.



Orla Kirk, St.Brigid's GAC, joins Santa and Neill Grainger, Cancer Focus, to launch the Santa Fun Run.

FUNDRAISING THANK YOU'S

Gabrielle Quinn and sons raised £565 in memory of their late husband and father, Paul Quinn

Ulster Farmers' Union, Strabane Branch, raised £145 from a raffle held at their Farm Health and Safety event

Portstewart Golf Club Good Cause Day raised £1,830

A sponsored walk at Carnlough raised over £10,000

Mr and Mrs Speers requested donations in memory of Mrs Speer's sister Maxine McKeown. Family and friends generously donated to the Maxine McKeown Forget Me Not Fund instead of buying gifts for their 40th wedding anniversary. The Fund has raised over £5,000 to date

Ballymoney Coleraine Supporters Club and Ballymoney and District Linfield Supporters Club held a charity football match. Thanks to Norman Carson and everyone else involved who raised almost £700 for the Davy Thompson Forget Me Not Fund

Congratulations to pupils and staff of Mount St Michael's Primary School, Randalstown, who raised £1,000 by taking part in a sponsored run

Anthony O'Neill, Carrickfergus, ran the Waterside Half Marathon raising over £600

Carnmoney Parish Bowling Club raised £1,150

Inner Wheel Club (Larne Branch) raised £1,000 from an Afternoon Tea Party

Patrick Moore and Claire McAteer raised £1,448 at a Tag Rugby Tournament, Belfast

Mark Gowdy asked for donations in lieu of gifts and raised £575

Murloc Angling and Rural Pursuits held an all night fishing competition and raised £1,000

Ballyboley Ballyclare Budgerigar and Foreign Bird Club donated £845

Mark Beattie conquered Mt Elbrus in Russia raising over £4,340. His friend Geoff Wood raised £922 from a Mt Elbrus climb this year and £2,800 after reaching the top of Kilimanjaro in 2012

Special thanks to Conor Devine, Jonny Callan, Kevin Greene, Michelle McAloon, Jackie White, Conaire Quinn and Leoni Jess who jetted off to New York to participate in the New York Marathon on Sunday 4th November – unfortunately the race was cancelled and their homeward journey was delayed due to another storm. They did manage to take part in a run through Central Park and congratulations to Leoni and Conaire who got engaged on the trip!

Thanks to Decamen Bob Davison, Cookstown, Keith Clarke, Dungannon, and Andrew Hassard, Ballyclare, who helped raise more than £17,500 by doing a triathlon each day for 10 days and all those who completed personal challenges

Helen, Kate and Grainne from Bangor Integrated PS raised £1,848 from the Bedford Square Abseil

Club members from St Malachy's GAC, Castledawson donated £1,000 after completing the 125 mile Tour of Derry cycle ride

Congratulations to Dunluce High School for raising £175,000 to date through various fundraising events



Big-hearted cyclists have raised an amazing £14,515 for Cancer Focus in memory of talented Co Down artist John Connery by taking part in a gruelling 220 mile sponsored maracycle. The 17-strong team, including John's son Michael and his nephews Andrew Mark and Ashley Holden, completed a round trip between Belfast and Dublin after John (54) sadly lost his battle with cancer in 2007



Congratulations to the 30-strong BeFit women's team from Larne who took part in the Ben Nevis BenHer climb raising over £30,000. Jacque Craig set up a Forget Me Not Fund in memory of close family friends and raised £4,658 for the Fund



Robbie's Runners took part in the Decathlon Half Marathon raising over £3,000 in memory of friend Robbie McCaw who regularly volunteered at Cancer Focus



Bernie McKeown, Nuala McDonald, Peter Donnelly and Ciaran Keenan reached the summit of Kilimanjaro in the early hours of Monday 22nd October. You can take up this challenge on 14th – 25th October – contact Sarah on 028 9068 0765 or email sarahatcheson@cancerfocusni.org

If you would prefer to receive this newsletter by email please let us know – call 028 9066 3281 or email niamhcallan@cancerfocusni.org

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