

focus on



Cancer Focus

NORTHERN IRELAND

the new name for the
Ulster Cancer Foundation

Issue Seven: Winter 2013



**BE WELL
AWARE**

CHIEF EXECUTIVE'S FOREWORD



Hello again everyone. It's been a hectic few months preparing for our new Girls' Night In event to raise awareness and funds for breast cancer research, which was a tremendous success. Many thanks to everyone who took part.

I'm proud to report that we are now reaching 21% more people with our services than this time last year. The rise shows the demand for the excellent services we provide and we're determined, with your help, to continue expanding so that we can reach even more of the people who need us.

In addition to our existing Man Van mobile, we've introduced three more Keeping Well vehicles which are bringing health checks and advice into the heart of communities, visiting sports venues, local events and workplaces all over Northern Ireland. If you'd like to book a visit please email eilishmartin@cancerfocusni.org or call **028 9066 3281**.

We've also extended our stop smoking support for young people to more venues and have launched a Well Aware programme for the over 60s.

We work hard to keep our supporters updated about our work through Focus On, our website, email and through Facebook and Twitter, and are delighted at the growing numbers following us on social media.

Our Facebook has a brilliant selection of photographs which give a real flavour of the variety of work we do. Once you get started it's quite addictive. Just visit our website on www.cancerfocusni.org for more information.

I wish you all the season's greetings and best wishes for the New Year.

Roisin Foster
CHIEF EXECUTIVE



Mountain of a man - Neill Grainger

Scaling brave new heights

Senior Development Officer Neil Grainger has retired after almost 30 energetic years with our fundraising department.

Best known to those who love an adventure challenge, he has boosted the coffers of Cancer Focus significantly with his many sporting events.

Neill (above) has helped establish a wide range of activities and inaugurated the Ben Nevis ascent, our signature event. More than 5,000 people have taken part in the climb, raising over £2m for the charity. The many expeditions he has taken part in include the Inca Trail, the Rift Valley in Kenya, Canadian Rockies and the 17,000ft Mt Elbrus in Russia.

In the past he has been closely involved with all our fundraising groups across Northern Ireland and founded some of them. Neill (67) plans to be a freelance event manager and hopes to either cycle around Ireland or swim down the Lagan for Cancer Focus.

Chief Executive Roisin Foster said: "As well as being a loyal and tireless worker for Cancer Focus, Neill is a true gentleman. We are sad to be losing such a long-serving and dedicated member of staff. He will be greatly missed and we wish him every success in the future."



Raising funds for families

Stephen Montgomery was devastated when he lost his wife Catherine and his father to cancer within a few weeks. Here, he tells how our Family Support Service helped.



Catherine with Emily, James and Matthew

Stephen, Catherine, and their children Emily (10), James (8) and Matthew (3), got the unbelievable news that Catherine had renal cancer in August 2012. Catherine was just 38 when she sadly passed away that November.

Stephen's dad, Peter, was diagnosed with lung cancer and lost his struggle against the disease in January 2013.

Stephen, his family, friends and well-wishers took part in the Bangor 10k run and a function at Bangor Rugby Club in September in memory of Catherine and raised more than £40,000 for Cancer Focus.

"Catherine and our family received huge support from Cancer Focus. I can't think of a better way to remember her than to help fund a service that will support other families," said Stephen. "It was a

terrible, intense time for us all. Telling the children that their mummy was going to die was the hardest thing I have ever done in my life. I brought the kids to the hospital the day before Catherine passed away, which was tremendously sad.

"But the children are amazingly resilient and have definitely helped me through this. They are doing really well considering they've had such a difficult year," he said.

"Catherine was able to go to three family support group meetings, before she became too ill, and really enjoyed them. We started to make memory books. I'm still gathering photographs for them. It's so important to have these things for the children, and me, to look back at. "I also had one-to-one sessions with a Cancer Focus counsellor and found it



Dad Stephen Montgomery

a great relief to be able to open up to someone with no one else around. "Rachel Smith, the Family Service Coordinator, came to our house and had one-to-one sessions with the children, which was really helpful too." For more information please visit www.cancerfocusni.org or call 028 9066 3281.

Little Stars Appeal

Our 2014 Little Stars Appeal launches in the New Year for our Family Support Service.

Each year we sell Little Star badges to raise funds to help children when their parent or grandparent has cancer or has passed away. We're asking our supporters to sell the badges to family and friends or to please make a donation. It's a very sad and difficult time for these children but your money can make a huge difference.

On family nights, for example, children and families come together and are supported through arts and crafts, games and drama. They have space to talk about their feelings and about the loved one who has died. We want to help every child that needs us. To find out more call Lisa on 028 9066 3281 or email lisamallon@cancerfocusni.org. You can also make a donation by texting CANC10 followed by the amount.

Thinking of breast reconstruction?

If you are thinking of breast reconstruction after cancer surgery, why not take a look at a new collection of short films called 'Inform'?

The unique project was led by the University of Ulster and features local women who tell their own personal stories about the decisions they made about whether or not to have breast reconstruction, and how these decisions have impacted on their everyday living.

'Inform' was funded by Friends of the Cancer Centre and Cancer Focus assisted with the making of the DVD, which is available to view on our website, www.cancerfocusni.org, on the Support for Cancer Patients/ Bra and Swimwear Fitting section. You can also get a copy directly from us - just call **9066 3281** or email deirdreconlon@cancerfocusni.org.

Anyone who has questions or worries about breast cancer can call our [Helpline on 0800 783 3339](tel:08007833339), Monday to Friday, 9am to 1pm, and speak to one of our specialist nurses. We also have breast cancer support groups in Belfast, Downpatrick and Armagh.



Breast cancer survivor Caroline Healy pictured with a copy of the DVD

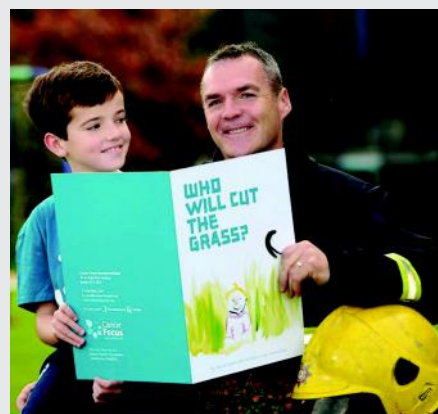
Make a date with Joanne

This attractive calendar was created by patients at our Open Studio art therapy group at Belfast City Hospital. The group is led by our Art Therapist Joanne Boal (pictured). The calendars are on offer for a minimum donation of £5 at our service centre. To buy a calendar or to get more information on taking part in Art Therapy please call **028 9066 3281** or email joanneboal@cancerfocusni.org.



Who will cut the grass?

Andrew Bond (10) from Richhill, who attends our Family Support Service, and Firefighter Finton Burns, Green Watch, Newry, read a new book for young children to help them cope with the loss of a parent to cancer. Who will cut the grass? was written by our Family Service Coordinator Rachel Smith and illustrated by our Art Therapist Joanne Boal. The story is about a boy whose dad, a firefighter, dies from cancer. The book is free to service users and is available to others for £3 from our service centre at Eglantine Avenue, Belfast. Photo by Paul McCambridge.



Christmas Cards for Sale Online

Cancer Focus Christmas Cards are now available from all of our charity shops as well as our new Online Shop – simply visit www.cancerfocusni.org and click on the pink Online Shop button.

Well Aware for over 60s

We've just launched our unique new Well Aware programme which aims to raise cancer awareness and improve the health of the over 60s. The Northern Ireland wide scheme, which is free, is a partnership with Oaklee Housing Group and is funded by the Big Lottery Fund.



Timothy Quin, Oaklee, Anne O'Kane, Cancer Focus, and Joanne McDowell, Big Lottery, at the Well Aware event which was launched by Health Minister Edwin Poots

The over 60s is a high risk group – currently around 75% of all cancer diagnoses in Northern Ireland are in this age range.

We want to empower people to take control of their own health and to feel confident enough to speak to a doctor if they have any health concerns.

Well Aware includes cancer awareness advice and health checks carried out by an experienced nurse in a range of settings such as supported living schemes, residential homes and community groups.

For more details email behealthy@cancerfocusni.org

Volunteering is good

News that volunteering is a real plus for health and well-being has got the official stamp of approval from MLAs Jennifer McCann and Jonathan Bell.

They've given the thumbs up to Volunteer Now's One Good Reason Campaign report which highlights the many physical and psychological benefits experienced by volunteers aged 50 and over. People are enjoying longer retirement and often have time to share their many skills and experience. Our dedicated volunteers are a vital and valued part of our team at Cancer Focus, providing help in many ways, and we would love you to get involved.

You could help in one of our charity shops or by distributing flyers in your local area. Or you can support us at fundraising events, represent us at information stands or help at the Cancer Focus building. Even a few hours now and again are invaluable.

Email moragchambers@cancerfocusni.org or call 028 9066 3281.



Volunteers at the Belfast half marathon

Dates for your diary

Sing for Life Choir – 16th December – Christmas Concert, Fisherwick Presbyterian Church, Belfast, 8pm

Art Therapy – One to one sessions, Mondays at LiLAC, Cookstown (more dates in the New Year)

Support Groups – North West Prostate Cancer Support Group – 26th February 2014, Altnagelvin Hospital.

Breast Cancer Support Groups 2014 – 28th January, Cancer Focus Care Centre, 44 Eglantine Avenue, Belfast

13th February, Rathain Fold, Union Street, Coleraine

19th February, Dobbin Street Community Centre, Armagh

20th January and 25th February, Lavender group for younger women, Cancer Focus, Eglantine Avenue, Belfast

19th March, Dufferin Training Complex, Downpatrick

Walks – 30th November – Ballymacormick Point from Groomsport, 10.30am

14th December – Belfast City Centre, Historical Walk, 10.30am

4th January – Delamont Country Park, Killyleagh, 10.30am

18th January – Mossley Mill from Doagh Rd, Newtownabbey, 10.30am

1st February – Coastal Path from Holywood, 10.30am

15th February – Victoria Park, Belfast, 10.30am

For more details email care@cancerfocusni.org

Lights, Camera, Action...

Youth film charity Cinemagic has been on location at Loreto Grammar School, Omagh, to create a new video featuring Cancer Focus.

Pupils and staff were filmed on their Pink Dot fundraising day, held each year in memory of Frances Lily, a much loved teacher who died from cancer. The school set up a special Cancer Focus Frances Lily Forget Me Not Fund in 2007 to remember her and to help fund our work which will make a difference to future generations. To date the school has raised around £7,500 for the Fund.

For more information on Forget Me Not Funds visit www.cancerfocusni.org or email clairehudson@cancerfocusni.org.

Pupils from the nearby Christian Brothers' School (CBS) were also on camera. John Baxter (17), told the story of his recovery from a brain tumour. CBS raised an amazing £1,970 at a Status Quo tribute band concert.

We'll be sending the DVD to post primary schools across Northern Ireland to tell them about our extensive cancer prevention programme (email judithwest@cancerfocusni.org), and to encourage them to fundraise for us (email maevecolgan@cancerfocusni.org).



L-r Ailish Murray, Jessica McCann and Shauna Mallon were captured on film selling pink paper cranes – symbols of hope – as part of their fundraiser

No Smoking Day

World expert on tobacco addiction Professor Robert West, University College London, was the guest speaker at a No Smoking Day briefing event at our Belfast headquarters.

Prof West addressed primary care, pharmacy and dental professionals on 'Promoting Smoking Cessation: Turning Motivation into Action'. He proposed focusing not so much on

introducing new and untried policies, but rather improving strategies that are known to work well. The date for the 2014 No Smoking Day was also announced – 12th March.

For advice or support to help you stop smoking contact your GP, local pharmacists, Bernie Neeson at Cancer Focus on **028 9066 3281** or Northern Ireland Smokers' Helpline on **0808 812 8008**. For further information www.nosmokingday.org.uk

Lidl goes bananas

Many thanks to Lidl NI for providing us with shopping vouchers, crisps, drinks, fresh fruit and snacks for dozens of our fundraising and sports events. Hundreds of Lidl bananas, apples, oranges and other treats were distributed during the Belfast marathon and half marathon, which raised vital funds for our men's health campaign. They've also provided goodie bags for our cinema nights and for events for the children we work with. Dishing out the bananas are Lucia Christy, Lidl, and Niamh McDaid, Cancer Focus.



Danske baskets



Danske Bank is treating children who attend our Family Support Service to a day out at Cinderella at the Lyric Theatre in Belfast. Afterwards, the youngsters will enjoy a Christmas party back at the Cancer Focus service centre in Belfast.

Thanks also to Danske Bank for holding a raffle in branches across Northern Ireland during October. A lucky customer at each branch won this basket full of pink goodies. Money raised from the sale of the tickets goes towards our Family Support Service. Pictured is Ryan Byrne who works at the University Road branch in Belfast.



The Apprentice

Enormous thanks to the hundreds of women and girls all over Northern Ireland who took part in a Girls' Night In during October to raise money for breast cancer research, which Cancer Focus funds at Queen's University. Dr Leah Totten, this year's winner of The Apprentice TV show, backed our campaign along with Daniel O'Donnell and his wife Majella, who is battling cancer. Money from events is still coming in.



In the swim

Lucas Kowalczyk, who lives in Coagh, swam 16.5 miles in a Lough Neagh Monster Swim, which netted £1,250. He's pictured with Cancer Focus community fundraiser Emma McCann.

Spinalong with Queen's

Work colleagues from the Cancer Research Centre for Cell Biology at QUB raised £3,250 at a spinathon. L-R: Mihaela Ghita, research assistant, Dr Michael Moran, clinical research fellow, Dr Susie Gray, postdoctoral research fellow, Jacqueline McQuade, spinathon organiser, and Niamh McGivern, PhD student. PhD student Alex Powell (absent from photo) also took part.



Girl Power

Congratulations to the girls who took part in the gruelling Celtic Mountain Challenge – climbing four mountains in three days. Luckily the weather was fantastic and Slieve Donard, Croagh Patrick, Lugnaquilla and Mount Errigal were all conquered. Fundraising from the event is mounting.



Great North Run

Huge thanks goes to all the amazing runners who took part in the Great North Run in Newcastle Upon Tyne and raised more than £20,000. The team had such a wonderful time that most of them are joining Cancer Focus for the run on 7th September next year.



Huge thanks to all our fundraisers

Staff at Clanmill Housing took part in the Belfast marathon raising £1,804

Penton Publications held a Gala Ball at the Europa and raised £2,518

Philip Wilson, Money more, did a 24hr scooter event and raised £2,652

Banbridge Friends of Cancer Focus raised £872 at various fundraisers this year

Analytical Services, Department for Employment, Belfast, held a pink raffle and raised £500

Kilkeel cyclists clocked up £1,923 from a sponsored 70 mile cycle

Jacqueline McQuade raised £4,500 at a spinathon at Queen's University



Dunluce School raised £5,600 from its annual sponsored Giant's Causeway Walk. The school's fundraising to date is just over £180,000 for Cancer Focus.

Stephen Brunt and Sean Lambe, Belfast, got passports stamped at El Camino de Santiago, Spain, and raised £918

Rebecca Bingham, Bangor, raised £250 at a cabaret night

Margaret Gilbert's Colour Me Beautiful and afternoon tea in Magheragall Methodist Church raised £635

JP McGuckin, Belfast, raised £430 during Stoptober

Banbridge Leisure Centre raised £506 at a spin-a-thon and bun sale

Helen Gorman's coffee morning in Lurgan raised £281

Stacey Anderson, Bangor, raised £861 from her skydive

Emmanuel Walsh, Belfast, did a sponsored walk with his family raising £1,310

Heidi Ashbridge ran her first 10k and raised £250

The Hull Family from Killough, Downpatrick, took part in the Belfast marathon relay team raising £1,100

Mr and Mrs Boyd, Portrush, gave £720 received in lieu of gifts for their 25th wedding anniversary

The Devlin Family, Armagh, raised £1,200 from a darts competition

The Rocky Horror Picture Show at Stormont Hotel, Belfast, raised £300

Mid Ulster Scouts, Cookstown, raised £460 from a church collection

Cathy McPeake, Portglenone, raised £8,215 at a Pink Boxing event and £675 at a Father's Day coffee morning

Upperlands Community Group raised £560 at a craft fair

Sperrin Harriers, Magherafelt, raised £860 from a Ladies 5K

Upperlands Royal British Legion poker night raised £210

JJ McNally Solicitors' Belfast marathon relay team raised £1,250

David O'Brien, Castledawson, ran the Davagh Forest marathon raising £400

East Tyrone Cycling Club raised £600 at the Lap Lough Neagh Cycle

Drew Millen, Coleraine, raised £500 in lieu of gifts

Spires Cycle Club and Club Sportif, mid-Ulster, raised £2,503

Bernie Berryman, Magherafelt, had a Vintage Tea Party raising £2,630

Ernie Johnston, Ballymena, raised £566 at a martial arts event



The McGuigans, Middletown, raised £7,176 from their Night to Remember in memory of Geraldine McGuigan.



Newcastle-based Trassey Trekkers have raised more than £100,000 over the last 10 years. Recently they raised £5,000 at the annual Donard Dander, £1,170 at the Belfast marathon and £335 at a pub quiz.

Mr and Mrs Joe Muldoon, Magherafelt, raised £310 in lieu of gifts

Berach O'Hagan, Dungiven, organised a Man V Food event raising £3,050

Keith Clarke, Dungannon, raised £2,190 from his Donard Dozen Challenge

Omagh Christian Brothers' raised £1,970 at a concert and percussion workshop with ex Status Quo drummer Jeff Rich

Margaret Gormley, Fintona Golf Club, donated £300 from her Ladies' President Day

Cancer Focus and LiLAC Zumbathon at Meadowbank Arena, Magherafelt, raised £395

At their Girls' Night In Claire Hamilton, Cookstown, netted £190; Emma McCann, Money more, £100; and Victoria Scott, Magherafelt, £150.

O'Neill's Pharmacy and O'Neill's Bar, Coalisland, held a Pink event raising £630

Money more Pharmacy raised £650 from Pink breast cancer awareness days

A Pink Fair at Florence Court, Enniskillen, raised £870.

Sporting Events 2014

Winter Ben Nevis	6-9 Mar
Obel Abseil	5 - 6 Apr
London Marathon	13 Apr
Glens of Antrim Trek	27 Apr
Paddle Strangford Lough	17-18 May
West Highland Way	24-30 May
Slieve Donard Moonlit Trek	6 Jun

Visit www.cancerfocusni.org/events to see all the challenge events for 2014. If you can't see the event that suits you – just give us a call and we can make it happen.

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

