

Rest and renewal at Corrymeela



Drumming and singalongs were just two of the activities that cancer patients and carers were involved in at our annual wellbeing weekend at Corrymeela near Ballycastle.

Those who came along tried out art therapy, art journaling, yoga and meditation, learned about nutrition and took a stroll along the beach. They really enjoyed a few days of support, renewal and companionship.

There was fun and laughter - and some tears. Patients said it was really helpful to get away from everyday life for a short time, to realise that the emotions they are feeling are normal and to share laughter with friends old and new.

For information about our care services, email care@cancerfocusni.org, visit www.cancerfocusni.org or call **028 9066 3281**

From front page:

“Breast cancer can dramatically change a young woman's hopes and family plans for the future - and we know there is a great need for more support for them.

“Our unique new series of six week group meetings will give these women a chance to speak to experts on a wide range of topics such as infertility, as well as meeting others in a similar situation.

“For your fun girls' night in, do whatever you and your friends enjoy doing – and ask for a donation to Cancer Focus NI. It could be a film night, a pyjama party, pizza treats, makeovers, the list is endless. It's a great reason to have a good time with the girls!”

Find out more at
www.cancerfocusni.org/girls

New bra-fitting service in NW

Cancer Focus NI recently launched a brand new specialist bra and swimwear fitting service in the heart of Derry/L'derry for women who are undergoing breast surgery.

The service is available at premises adjacent to the Cancer Focus NI charity shop at 27a Shipquay Street.

Our bra-fitting service is unique to Cancer Focus NI. Patients in the North West previously had to go to Altnagelvin Hospital but we feel bringing the service to the high street is more convenient and makes it part of the normal shopping experience for women.

We now have a total of nine fitting centres reaching women all over Northern Ireland. For more information contact **E: debbieleslie@cancerfocusni.org T: 028 7116 0036 Ext.302**



Dervilia Kernaghan (left), head of care services, and Angela McGrath (centre), head of retail, Cancer Focus NI, cut the ribbon at the official opening

Information Day We are holding a head and neck cancer information and support day at Titanic Belfast on Wednesday, November 6. The event is for head and neck cancer patients (post treatment) and carers. Registration is at 9.30am. For more information or registration email **laurensvain@cancerfocusni.org** or call **028 9066 3281**



Now here's a crafty idea!

Did you know that we run a craft group on the first Friday of the month, 10.30am-12.30pm, at the Cancer Focus NI service centre at Eglantine Avenue, Belfast.

Crafts include origami, crocheting and decoupage. It's for cancer patients, carers or a bereaved friend or family member.

This is an opportunity to learn new skills, meet people and be in the company of those who understand what you're going through.

Does this sound of interest to you or anyone you know? If so, why not contact **joanneboal@cancerfocusni.org** or call her on **028 9068 0756** to book your place.

European experts in Belfast

The number of new cancer patients in NI could rocket by over 60% between 2015 and 2035 - an increase of nearly two-thirds - if we don't take rigorous action now.

Speaking after a meeting of European experts in Belfast, Gerry McElwee, our head of cancer prevention, said that this extremely worrying trend needed to be tackled urgently through effective government policy and strong partnerships with health organisations.

The European Code Against Cancer (ECAC) workshop was hosted by Cancer Focus NI and the Irish Cancer Society, with speakers highlighting ways which could cut the incidence of cancer in Europe by up to 50%.

Delegates heard of the steps being taken in NI to implement cancer prevention measures through strong local partnerships. They visited Stormont, heard about the work of the Assembly's All-Party Group on Cancer and held discussions with MLAs.



Gerry McElwee (2nd left), head of cancer prevention at Cancer Focus NI with a group of European delegates

Cancer prevention reaches 70,000 NI pupils



Genevieve the goat visits schools all over Northern Ireland with her healthy eating tips

Our cancer prevention schools programmes, from pre-school to post primary, reach around 70,000 pupils in Northern Ireland each year.

Topics range from nutrition, physical activity and care in the sun to stopping smoking and body awareness, all in a curriculum appropriate and fun skills-based programme.

Teachers, you can book for our staff to come to your school online at www.cancerfocusni.org/schools

Our youth stop smoking teams are continuing to give advice and support to students and staff in SERC campuses during the academic year.

Our staff have been out at student fresher's fairs and have a calendar of events planned for the months ahead.

Bangor mum calls for volunteers to help

Bangor mum Helen Todd cares for her husband David, who has brain cancer, but still finds time to volunteer with Cancer Focus NI.

Helen, who has used the charity's counselling service, takes part in collections for us when she can. Now, she is encouraging other people to get involved.

"Thank goodness for Cancer Focus NI's counselling service. The charity has helped me so much and if I can give a little back by collecting money and raising awareness, then I'm more than happy to do it. You never know when you might need them. I'd encourage everyone to give a few hours to this wonderful charity so they can continue their excellent work - it's a real lifeline for people like me."



Helen, David and son Josh

Cancer Focus NI has a range of volunteer opportunities and is particularly looking for trained beauticians to volunteer at our nail bars at Craigavon and Belfast City hospitals, and for volunteer ambassadors to attend health fairs and events. For more information visit www.cancerfocusni.org/volunteer or call Jade on **028 9066 3281**

UV aware at the Open

Cancer Focus Northern Ireland staff and volunteers were delighted to lend a helping hand at the nail-biting Royal Portrush Open, which attracted massive crowds from home and abroad.

Winner Shane Lowry putted his way into the lead through wind and rain but there was a fair bit of sunshine too - and we were on hand to give out free sun screen to spectators.



Cancer Focus NI staff and volunteers at The Open

It was a fantastic opportunity to spread the message about taking care in the sun and being UV aware. Our stall was a partnership with the Public Health Agency and the multi-agency group that implements the DoH skin cancer prevention strategy.

Being outdoors even on cool or cloudy days means greater exposure to UV radiation, so **#BeUVAware** and reduce your risk of skin cancer. To check the UV index visit metoffice.gov.uk/uv - and if it's 3 or more, protect your skin!

Ten local businesses raise £65k

The 2019 Big Shops' Showdown, organised by Business in the Community (BITCNI) on behalf of Cancer Focus NI, raised a fantastic total of £65k for the charity.



Volunteers from ten local businesses took over ten Cancer Focus NI charity shops for a day, competing to see who could raise the most money. Northstone was the overall winner raising a massive £18,612. The other businesses that took part were Arthur Cox, Baker McKenzie, Concentrix, Du Pont, Enterprise, JP Corry, PSNI, Terex and Translink.

The money will help fund pioneering cancer research at Queen's University. Cancer Focus NI and BITCNI's partnership won a highly commended award from the Institute of Fundraising NI.

On the right track



Translink has ended the first year of their partnership with us by handing over a cheque for £30k to help keep our Keeping Well health check vans on the road. Thank you to all the staff and customers who made this possible. We couldn't do it without you!

Raising dough

Special thanks to our corporate partner Baker McKenzie for raising an outstanding £31k over our two year partnership. The company held a variety of events including Baker Comes Dancing which raised over £22k. The money will help local families dealing with cancer.



Big Bucket Collection raises 10k

Huge thanks to everyone who volunteered and donated to our BIG Bucket Collection, which took place in 20 towns across Northern Ireland in June and raised a bumper £10k.

All the money raised for Cancer Focus NI stays in Northern Ireland and helps local cancer patients and their families – that means people in your community.

Cheers to 50 years

Lurgan teenager Georgia Lavery celebrated her 19th birthday by raising over £1,000 for us. She took part in our Cheers to 50 Years fundraising campaign, marking our big 50th anniversary.

With the help of the local community, we aim to raise a massive £100k for pioneering research into breast cancer at Queen's University Belfast. Warm-hearted Georgia decided that this year she would throw a birthday party and ask for donations for the charity instead of receiving gifts.

"I know quite a few people who have been affected by cancer and I know about the valuable work that Cancer Focus NI does supporting local cancer patients and their families. This is such a worthwhile cause and I knew this was something easy that I could do to help," she said.

If you'd like to hold a party for us, you can get an exciting free birthday party pack - which includes an information flyer explaining where your money goes, money box, balloons, bunting, napkins and cake topper - by visiting cancerfocusni.org/celebrate



Pink 5k family run

Turn yourself **PINK** for local breast cancer support!

The 5K Pink Run is bigger and better than ever. Join us on Sunday 27th October at Ormeau Park, Belfast, starting at 12 noon.



Get covered head to toe in pink powder to mark breast cancer awareness month.

The pink run/walk is perfect for all ages and abilities. Grab your friends, family or work colleagues and get pinkified for Cancer Focus NI! Sign up online now:

www.cancerfocusni.org/pinkrun

Win trip to London

Exciting news! You could win this brilliant top prize in our autumn raffle!

The winner will jet off to London on February 29th, 2020, for a one night stay in the sumptuous 5-star Rubens at the Palace Hotel with two tickets for a West End show and a delicious five course brunch on board the Belmond British Pullman, sister train to the Orient Express - with time for sightseeing and shopping.

Our raffle is in association with Oasis Travel, Northern Ireland's largest independent travel agency.

Enter today - call **028 9068 0745**

The draw will take place on 4th December





**40-44 Eglantine Avenue
Belfast BT9 6DX**

Contacts:

If you have any concerns about cancer call our free information and advice NurseLine and speak to a specialist nurse on

0800 783 3339

Monday to Friday 9.00am - 1.00pm

If you would like to make a donation by text send

CANC10 £10

(or whatever amount you want to give) to

70070

For more information :

E: hello@cancerfocusni.org

T: 028 9066 3281

W: www.cancerfocusni.org

Care services: care@cancerfocusni.org

Cancer prevention: behealthy@cancerfocusni.org

Volunteer: volunteer@cancerfocusni.org

Fundraising: fundraising@cancerfocusni.org



Charity No. NIC 101307

