

focus on

 Cancer
Focus
NORTHERN IRELAND

Issue 19: Spring / Summer 2019



Cancer survivor Debra Rice, Cancer Focus NI chief executive Roisin Foster and service user Donald Hart at our 50th birthday launch at Belfast City Hall

Cancer Focus NI celebrates 50 years

Cancer Focus NI has launched a major fundraising campaign to raise £100,000 for pioneering breast cancer research to mark its 50th birthday.

Charity patron TV personality Rose Neill said:
"We all know someone who has been affected

by this devastating disease. Cancer Focus NI does fantastic work funding research, supporting those with cancer and helping us all reduce our risk of getting cancer in the future.

(cont'd. overleaf)

From front page:

“Over the years, research has led to better diagnostics and treatments, and more people are surviving cancer than ever before. But there is still so much to learn and more research is vital. Please support this important appeal and help the generations to come.”

The new research project based at Queen's University Belfast will study women who've developed cancer in their second breast, and determine if their second cancer has spread from their first or whether they are unrelated. It also aims to develop a test to identify those who are at greatest risk of developing a second breast cancer.

The results could help reduce the number of women who are having unnecessary breast surgery, ensure all women receive the best, personalised treatment for their breast cancer and help save lives.



TV personality Rose Neill and chairman of the Cancer Focus NI board of trustees Prof Roy Spence at the charity's birthday celebration

Online training helps older people



Cancer prevention officer Maresa McGettigan runs through the programme with one of our supporters Bill Jeffrey

We've launched a new online training programme in cancer prevention and awareness for people who work with or support older people.

The training will help users learn about factors that affect cancer risk and improve their knowledge of signs and symptoms of various cancers. The training is full of practical tips which will increase confidence in talking to older people about cancer prevention and awareness.

The training takes approximately 40 minutes and can be accessed via our website on training.cancerfocusni.org

If you know anyone who works with or cares for older people please encourage them to sign up.

Volunteer community ambassadors

We're looking for keen volunteers to become our new Community Ambassadors.

We want you to build relationships and develop contacts in your community, for example with schools, businesses, local clubs, churches and any other organisations you may know.

By getting to know more people in your local community you can engage with them, inspire them and inform them about the work Cancer Focus NI does while helping us raise vital funds to support people living with cancer in Northern Ireland.

You will also represent us at local fundraising events, chatting to people about what we do. You'll enjoy meeting new people and get a huge sense of satisfaction.

If you would like to find out more information get in touch with our new volunteer coordinator Jade Knowles, jadeknowles@cancerfocusni.org

Check out our website to see the wide range of volunteer roles that are available www.cancerfocusni.org/volunteer



Health Economist

We are currently funding research fellow in health economics Dr Ethna McFerran (*left*) at Queen's University.

Her research will help inform decisions about which health services offer the best value for money.

Among the areas she will study are a skin cancer prevention programme, PSA testing for prostate cancer, tobacco control and bowel screening programmes.

Creative therapies on show

As part of our 50th birthday celebrations, we're holding an event showcasing our creative therapies, which help support people on their cancer journey, at the Crescent Arts Centre, Belfast, on Tuesday 11th June from 7.00pm to 9.00pm.

We're launching a literary journal written by our care services clients. Writers will perform readings of their work, many of which will be in the journal.

Members of our art therapy group, who have made a colourful quilt to mark our 50th anniversary, will also be there. The evening will round off with music from our Sing for Life choir.



Linda Hutchinson busily cuts out squares for the anniversary quilt



Stop smoking specialist Tina Fegan taking carbon monoxide tests at the Fishermen's Mission in Portavogie

Make this your time to quit

During No Smoking Month in March, our staff were out and about in the community, workplaces and colleges encouraging smokers to make March their month to quit.

Around 70 staff in one company alone, Concentrix, expressed an interest in quitting and we hope to offer specialist support in their workplace.

Along with colleagues in GP surgeries and pharmacies, we support a wide range of smokers through the quitting process. These include pregnant women, people with mental health issues, young people, cardiac patients and the disadvantaged.

You are four times more likely to quit if you have support.

For more information visit
www.cancerfocusni.org/smoking

Cheers to 50 years

Why not sign up to Cheers to 50 Years and help raise a bumper £100k for pioneering breast cancer research at Queen's University?

This year - our 50th birthday - we're inviting you to ask for donations for our new campaign instead of receiving a birthday present that you might not even want.

Dr Kieran Savage, senior lecturer at Queen's, who is leading the research, said: "At present we have no way of identifying which women are at the greatest risk of a diagnosis of cancer in their second breast and whose lives could be saved by a double mastectomy. There are also some women currently opting for a double mastectomy who may not need it. This research could help reduce the numbers who are having unnecessary surgery and ensure all women receive the best personalised treatment."

Pictured with Dr Savage is breast cancer survivor Emily Stanton who is encouraging everyone to sign up.

To get your exciting free birthday party pack - including an information flyer explaining where your money goes, money box, balloons, bunting, napkins and cake topper - visit
www.cancerfocusni.org/celebrate



Be a winner this year

You could be in with a chance to win £150 every week AND support a great cause - sign up today to the Cancer Focus NI lottery for ONLY £1 per week.



Winner Melissa Rea said: "I signed up for the lottery after my husband Stewart passed away from lymphoma.

"Stewart had been a keen fundraiser for Cancer Focus NI and we'd both taken part in and organised events. I hope to continue this support, even more so now after my own personal experiences, but I also wanted a way to give regularly and consistently so I decided to sign up. I hadn't expected to ever win anything so this has been a huge surprise, thank you."

To sign up call **028 9068 0745** or visit www.cancerfocusni.org/lottery

Cancer prevention give health support

Our Probation Board NI project was highlighted at our annual Men's Health Conference. Delegates heard how our cancer prevention team delivered six health and wellbeing programmes in six locations over eight weeks. This complimented the work being done by probation and hostel staff.

The feedback has been overwhelmingly positive with responders recommending our project to others. Clients said they felt empowered and more involved. They were able to choose the discussion topics most relevant to them. Our team hopes to do more of this work in the future.



Speaker Sandra Gordon, Cancer Focus NI, with Paul Thompson (left), from Probation Board NI, and Barry Rooney, from SE Trust, at the Men's Health Conference



Presenter Pamela Ballantine has a look through our shop rails

New shopping experience

We've opened a bright new charity shop in Derry/ Londonderry. The new shop is at **27 Shipquay Street**, bringing our total number of charity stores in NI to 13.

Not only can you pick up a fab bargain but we welcome donations of quality clothing, accessories, books, toys and bric a brac with open arms. Find our shop locations on www.cancerfocusni.org/shops

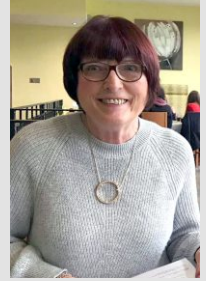
ASH strings bracelets for Cancer Focus NI



ASH guitarist Mark Hamilton sold guitar string bracelets

ASH bassist Mark Hamilton made 45 bass string bracelets, souvenirs from the local band's concerts, and sold them online to raise cash for Cancer Focus NI.

Mark wanted us to benefit from the sale after his mum Miriam (*right*) was diagnosed with breast cancer for a third time. Miriam is a founder member of the Cancer Focus NI Downpatrick support group.



Singer and guitarist with the indie rock band Tim Wheeler also sold 10 set of strings from the last 10 shows. The bracelets sold out within half an hour.

"The strings are authentic, played at ASH shows. Previously the strings were tossed away and would have ended up in landfill. It's good to know they can now have a purpose beyond the stage," said Mark.

Sign up for our exciting challenge events

Fancy a thrilling **trek in Cuba**? Join us from March 6 to 15 in 2020, starting in the vibrant city of Havana, through spectacular countryside and rural villages, to the colonial old town of Trinidad.

Or you could take part in the **Causeway Coast Marathon Walk** on Saturday, September 28, following beautiful tracks, beaches and coastline. You can choose from the 26 mile marathon or 13 mile half marathon.

We're also calling all cyclists and runners to sign up for the annual **Fun Run of the Glens (FROG)** through the Glens of Antrim on Saturday 15th June, 2019. Choose the FROG cycle, either a 25mile, 50mile or 65 mile route, or FROG legs, a 10km or 10 mile running race.

For more details and to see our other challenges, call **Kathryn** on **028 9068 0771** or visit www.cancerfocusni.org/events



HPV vaccine for local boys welcomed

Cancer Focus NI welcomes the news from the Department of Health that local boys aged 12-13 are to be offered a vaccine to protect them against Human Papillomavirus (HPV) related cancers from this September.



HPV is a very common sexually transmitted infection that can cause a range of cancers (cervical, vaginal, vulvar, penile, anal, and oral (mouth and throat), as well as genital warts.

There has already been a vaccination programme for 12/13 year old girls in Northern Ireland since 2008. The vaccination is the best way to reduce preventable HPV related cancers.

Each year 12,000 more boys in NI were being left unprotected against HPV-related diseases - an unacceptable situation.

Cancer Focus NI has advocated extensively to have this gender-neutral vaccine extended and we'd encourage parents to ensure that both their sons and daughters get the vaccine.

Cancer Focus NI also welcomes the new Faecal Immunochemical Test (FIT) for **bowel cancer** screening in Northern Ireland.

There is evidence that the public prefers the FIT screening test and if more people are prepared to take this test, that will lead to earlier detection and treatment and better outcomes for patients.

Arctic Trek - coming in from the cold



Team Cancer Focus have made it back safe and sound from their amazing snowbound Arctic Trek. Undeterred by temperatures plummeting to -13, the 15 intrepid explorers have returned with wonderful stories of their exploits of husky sledging, snowhole building, snowmobiling and outstanding scenery. We're hoping to do a similar trip in 2021, so watch this space...



**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

