

CHIEF EXECUTIVE'S FOREWORD



As we settle back after the summer holidays, I have a very special event for your autumn calendars. We are hosting our biggest fundraiser of the year, the annual Think Pink! Luncheon, at the Europa Hotel in Belfast on 21st October, which will be a wonderful opportunity to meet many of our friends and supporters, old and new.

UCF is continuing to focus on keeping cancer firmly at the top of the health agenda in Northern Ireland. We recently launched the results of a new survey to the All-Party Cancer Group at Stormont, which showed that local cancer specialists were in favour of overhauling the way life-prolonging drugs are accessed in Northern Ireland.

We are continually moving forward with new services and plans. One of our latest innovations is our walking service, which is carefully tailored for people who are currently undergoing treatment for cancer. This service is in the process of being rolled out across Northern Ireland.

We also have a new Beauty for Life programme which enables cancer patients to enjoy a free pampering session. Contact Leonne at UCF on 028 9066 3281 or email leonnemorrison@ulstercancer.org for more details.

Feedback from patients, their families and carers tell us that we provide an essential link in helping people come to terms with their diagnosis and building their confidence to face a new future. It is important to us that all our services are freely available and accessible to everyone.

We wouldn't be able to carry out this valuable work without the unstinted commitment of the public. We are indebted to you for raising almost all the £4m required to provide these vital services.

Roisin Foster
Chief Executive

THINK PINK! FOR BREAST CANCER

Celebrity TV chef Rosemary Shrager, who stars on the Alan Titchmarsh Show and presented BBC 2's Royal Upstairs Downstairs, will be guest speaker at this year's Ulster Cancer Foundation Think Pink! Luncheon.



The luncheon, which will be held at Belfast's Europa Hotel on Friday 21st October at 12 noon, is UCF's flagship fundraiser for breast cancer awareness.

Tickets cost £40 per person and include a pink champagne reception followed by a two course meal, spot prizes and your chance to win amazing goodies in the grand raffle. To purchase tickets please call Kirsty Thompson at UCF on 9066 3281.

The luncheon is part of UCF's Think Pink! breast cancer awareness campaign, which runs during the month of October. The campaign raises awareness of breast cancer and its signs and symptoms, while raising much needed funds to help local women with breast cancer.

UCF has a range of events planned across Northern Ireland so it's easy to show your support for the Think Pink! Campaign:

Think Pink Girls' Night Out,
The Watermill, Lisnaskea - 7th October
Think Pink Girls' Night Out,
The Vines, Garvagh - 8th October
Think Pink Bunny Walk,
Coleraine - 21st October
Think Pink Bunny Walk,
Omagh - 28th October

Contact: Sylvia Lucy on 07789 757165 or
sylvialucy@ulstercancer.org

Think Pink Bunny Walk,
Limavady - 9th Sept
Think Pink Dinner,
Fir Trees Hotel, Strabane - 1st October
Think Pink Cinema Night,
Strule Arts Centre, Omagh - 8th October
Fashion Show, Tower Hotel,
L'derry - 13th October

Contact: Gareth McElduff on 07585 956807
or garethmcelduff@ulstercancer.org

Think Pink Bunny Walk,
Armagh - 16th September
Think Pink Bunny Walk,
Lurgan - 7th October
Think Pink Lunch, Bank House Hotel,
Dungannon - 14th October
Ladies Football Tournament, Mid Ulster
Sports Arena, Cookstown - 21st October
Think Pink Bunny Walk,
Cookstown - 28th October

Contact: Paul O'Gara on 07585 956807 or
paulogara@ulstercancer.org

Sponsorship forms are available for all Think Pink walks.

If you would like to hold a Think Pink! fundraising event for UCF please contact our experienced fundraising team on 9066 3281 who can supply merchandise, expertise, guidance and support.

Think Pink! boxes with sparkly lapel badges, nail files and pink combs are also available. You can order a box for your shop, workplace or community centre where supporters can purchase merchandise for a minimum donation.



Over the last three years the campaign has been supported by the MediCare Pharmacy Group, Northern Ireland's largest indigenous pharmacy chain, during which time staff and customers have raised more than £64,000 to support the work of UCF.

Joyce Savage, Head of Appeals & Marketing, said, "We are indebted to the support from MediCare and have invested the money raised to develop our support services for breast cancer patients right across Northern Ireland. These services include our bra and swimwear fitting service, regional support groups, professional counselling, information and support helpline, art therapy and creative writing. Their support has enabled many patients to benefit from our services and provided a life-line for them at a what can be a very difficult time."

FOCUS ON MEN'S HEALTH:

WEIGH TO MEN'S HEALTH CONFERENCE



UCF joined forces with the All-island Obesity Action Forum and safefood to put men's health under the microscope at a recent conference in Belfast. The conference, called 'Weigh to Men's Health', focused on the weighty problem of male obesity.

Pictured (L-R) are Gerry McElwee, Ulster Cancer Foundation (UCF) Head of Cancer Prevention, Andrew Castles, safefood and Orla King, Northern Bank

WHAT A HAIR-RAISER!



Peter Morris, Director of Consumer and Corporate Services, BT, in the barber's chair with Joyce Savage, UCF's Head of Appeals and Marketing, and stylist to the stars Jason Shankey ready for action

GREEN LIGHT FOR 'MAN VAN'

Health Minister Edwin Poots has given the thumbs up to UCF's ManAlive 'Man Van'. After chatting to ManAlive Project Co-ordinator Sandra Gordon (pictured centre) and Health Promotion Nurse Mairead McCann, he said, "I would encourage all men to take advantage of this free service and look after their health, be aware of the signs and symptoms of cancer, as early detection can lead to a successful recovery."

The van visits agricultural shows, farmers' markets, local sports clubs and various events in the Southern Trust area. Men can get free cholesterol, blood pressure and blood glucose checks and advice on weight, stopping smoking, care in the sun and early detection.



More details are available on www.manalive.co.uk or email sandragordon@ulstercancer.org

Men across Northern Ireland - and one daring woman - had a close shave for UCF's Shave or Dye challenge, supported by BT, as part of this year's men's health campaign. Special thanks go to Ballymoney UCF shop manager Gina Shields who courageously shaved her head and raised more than £200.

Peter Morris, Director of Consumer and Corporate Services, BT, said: "We are delighted to offer our ongoing support to UCF. Our relationship with the charity provides us with the added opportunity to educate and raise awareness and understanding of men's health issues."

If you would like to make a donation log onto ulstercancer.org/shave-or-dye or facebook.com/shaveordye, email Sarah at sarahatcheson@ulstercancer.org or call 9068 0765.

MEN FEEL 'ISOLATED AND ABANDONED' AFTER CANCER TREATMENT

Men feel isolated and abandoned by health services once cancer treatment has ended, researchers at the University of Ulster have discovered.

A study carried out by the University's Institute of Nursing Research and funded by the Ulster Cancer Foundation (UCF) examined how men cope with diagnosis, treatment and after-care of prostate cancer.



(L-R) Roisin Foster, Chief Executive, UCF with Dr Ellis McCaughan, Principal Research Investigator at the Institute of Nursing Research, University of Ulster, at the launch of the research

Dr Ellis McCaughan, Principal Research Investigator at the Institute of Nursing Research, said: "This is one of the first studies to highlight both the physical and psychosocial issues that men face, over a period of time, when living with a diagnosis of prostate cancer. The results highlight the impact of cancer and its treatments on men and their reactions and responses to them."

Roisin Foster, Chief Executive of UCF, said: "Cancer has a huge impact on our society. Every year in Northern Ireland around 960 men are diagnosed with prostate cancer. We know from our work with men living with prostate cancer that dealing with the side effects of cancer treatment can have long-term impact on men's confidence, self-esteem and quality of life. The findings of this research are crucially important to us as we plan and deliver services that will offer optimal support throughout their illness."

WEEKEND GETAWAY

Around 90 adults and children who have been affected by cancer enjoyed a relaxing fun residential Live Well weekend, organised by UCF, at the Corrymeela Centre, Ballycastle, recently. Those who attended took part in music sessions, painting, beauty therapy, country walks, games, a bonfire night and much more.

PERFECT GIFT

Leaving a gift is one of the most meaningful, long term and valuable ways of supporting our work. After making sure that family and friends are taken care of, leaving a gift to UCF in your will can make a real difference to the lives of local people having to cope with cancer. For more information, please contact Claire on 9068 0745 or email clairehudson@ulstercancer.org



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VOLUNTEERS' PARTY

Volunteers from across Northern Ireland enjoyed a fantastic party at the Black Box in Belfast this summer. The evening of toe-tapping music, great company and excellent food was organised by UCF's Volunteer Co-ordinator Morag Chambers.

"We simply wanted to say a big thank you to all those people who give up their spare time to help the charity. Volunteers are an essential part of our organisation and we couldn't do our valuable work without them," Morag said.

"And of course we are always on the look out for more volunteers to join us, even if it's only for a few days a month. If you know anyone interested in getting involved we really need extra help in our charity shops, with our new walking group service, story-telling, health fairs and fundraising."

Pictured at the Volunteers Party are (L-R) Joanne Cunningham, May Turtle, Liz Cunningham and Penny Marr - all volunteers at the Ballymoney UCF shop

For further information on volunteering please contact Morag Chambers on 028 9066 3281 or email moragchambers@ulstercancer.org

Special congratulations to Liz Cunningham who received an EU Volunteer Recognition Award from the Causeway Volunteer Centre. Liz has battled severe arthritis for 21 years but still finds time, and energy, to volunteer at the UCF shop in Ballymoney.



MBE BIRTHDAY HONOUR



Congratulations to Margaret Crooks a founding member of our Cookstown Combat Cancer Group who received the MBE in the Queen's Birthday Honours list for her charity and community work. UCF's Chief Executive Roisin Foster said, "We are delighted that Margaret has been rewarded with the MBE and would like to thank her for all her excellent efforts for UCF over the years. Our volunteers are vital to our work providing services for people affected by cancer across Northern Ireland."

NORTHERN BANK FUNDRAISING FRENZY!



Melanie (second right) and her team present the cheque to UCF's Suzi McIlwain (right)

Since the beginning of the year, staff throughout Northern Bank have been fundraising for the Ulster Cancer Foundation. Staff have come up with some novel ways to raise money including sponsored walks, coffee mornings, a Family Fun Day and a Pampered Chef evening. On 2nd May 74 members of Northern Bank staff took part in this year's Belfast City Marathon. Congratulations to all who ran or walked the course for UCF!

Hairstylist Melanie McKenzie and Northern Bank employee Jane McCosh organised a charity pampering day at Prodigy Hair Salon, Larne, to celebrate the life of Melanie's aunt and Northern Bank employee, Margaret Watson, from Islandmagee. The event was a great success raising £3,000.

CANCER DRUGS DELAY - UCF CALLS FOR ACTION

UCF is calling for an overhaul of the way cancer medicines are funded in Northern Ireland after a survey of specialists revealed that some patients are missing out on vital life-prolonging medicines.

The length of time that it takes to complete and process drug applications means that 40% of the local cancer specialists questioned have received a decision too late to initiate treatment for a patient for a medicine that would be automatically available in England.

UCF is calling for a new system that eradicates this delay and ensures that cancer patients in NI receive the treatments they need.

Liz Atkinson, Head of Care Services said, "It is unacceptable for cancer patients to endure an anxious wait for a decision on treatments that are available in England. We feel very strongly that people here should have equal access to treatment and we are calling on commissioners, parliamentarians and the clinical community to work together to devise a system that eradicates this delay."

STEPPING OUT

Fresh air, exercise, good company and beautiful scenery are just some of the benefits of the latest UCF service - walking groups designed specifically for cancer patients. This new service, which is free of charge, is open to anyone affected by cancer and the walks have been carefully chosen for people who are currently undergoing treatment. Patients will also have the chance to meet other people in a similar situation.

If you would like to join a group please contact Morag Chambers at UCF on 9066 3281 or email moragchambers@ulstercancer.org

MAKING A SPLASH



Congratulations to hardy Sky Sports presenter Graham Little and his team who have broken the record for swimming the entire length of Upper and Lower Lough Erne - raising around £1,400 for UCF to date. The team swam an incredible 48 miles in 19 hours and six minutes, breaking the Irish long distance relay record by more than three hours. The team members are Graham Little, Chelsey Wilson and Paul Colville, all from Enniskillen, Tony McNulty from Belfast, Adam Heaybard from Strangford, and Colin Hill from London.

To make a donation visit www.justgiving.com/lough-erne-relay

CHEQUE PRESENTATION PICS

THANK YOU



Congratulations to Stephen and Leslie from Glenarm on the success of their annual charity 'tractor road run' which raised a bumper £1,300 for UCF.

Congratulations and thanks to all who were involved in the Dungiven Barn Dance at Smyth's Barn which rounded up an amazing £11,000.



Thanks to pupils and staff at Nendrum College, Newtownards, who raised a magnificent £7,000 in a sponsored walk. UCF's Rosie Hassin (centre) received a cheque from teacher Brian Davison and pupils.



Staff at Radox Laboratories, Crumlin, raised £1,531 for UCF by running in the Belfast Marathon with their colleague Philip Lowry in memory of his wife Helen, who recently passed away from cancer. Philip is pictured handing the cheque to UCF's Claire Hudson. With UCF, Philip set up the 'Helen Elizabeth Lowry Forget Me Not Fund' which has raised £3,639 in just two months. Helen's mum Beryl McKee organised a coffee morning which raised over £2,000 for the fund at Bloomfield Presbyterian and Cregagh Congregational Church.

- Congratulations to Claudy CCG who presented their biggest contribution ever, the grand sum of £26,300! Well done!
- Special thanks to the Ladies Section at Downpatrick Golf Club who organised a Pink Day and raised £3,000.
- Thanks to Scott Nelson, from Larne Rugby Club, who organised the Gers Dart Club Walk, which raised a bumper £2,213.
- Congratulations to Ed's Bar & Grill and Lisburn Omniplex Cinema who held a Grease themed 'Pink Ladies Movie & Meal Night' raising a fantastic £2,000.
- Many thanks to the Web Theatre in Newtownards who raised a staggering £1,240 after staging the comedy 'Say Cheese!'
- The UCF Midnight Bunny Walk held in Newry netted £1,100
- The 'Frankies Fliers' relay team took part in this year's Belfast Marathon and raised £1,125 for UCF
- Barbara Matthews and friends organised a Cabaret Night in the Burrendale Hotel, Newcastle, raising £1,863
- Banbridge Friends of UCF held a fireside quiz which brought in £303
- Grosvenor Grammar School, Belfast, raised £1,105 through a beauty fundraiser as part of their Duke of Edinburgh Award scheme
- Banbridge Health and Social Services Trust held a coffee morning raising £228
- Melanie Stewart hosted a coffee party in her home in Mallusk and raised £258
- 'Walk with Papa' events across Northern Ireland on Father's Day netted a fantastic £2,186
- Eleanor Harvey, Mullusk, held a Royal Wedding Coffee Party and raised £253
- Special thanks to students at Lisburn College who gave beauty treatments to clients and raised £871 for UCF's Think Pink! breast cancer awareness campaign
- Beth Glass from Ballymoney hosted Afternoon Tea in her home to raise awareness of oesophageal cancer, which made £650
- The staff of Lurgan Health and Social Care Trust held a coffee morning to celebrate the life of Maxine McKeown and raised £425

EVENTS DIARY 2011

27th August

UCF Charity night in aid of the Esme Marie McManus Forget Me Not Fund at St Comgall's Club, Larne. Doors open 8pm, includes charity auction. Contact: clairehudson@ulstercancer.org

14th September

Laryngectomy Conference, Irish Linen Centre and Museum, Market Square, Lisburn. Contact: Eileen Creery, UCF 028 9066 3281

21st September

Cancer Awareness and Support Day, Grove Health and Wellbeing Centre, Belfast

30th September

Concert with Peter Corry in aid of UCF, Island Arts Centre, Lisburn. Contact: Maeve Fox, UCF 028 9068 0761

30th September

Rock 'n' McGurks, McGurks Bar, Omagh

1st October

All-Ireland Lymphoma Conference, Dublin, Contact: Valerie Abbott (Irish Cancer Society) 00353 1231 0518

SPORTS EVENTS DIARY

2011

16th -18th September

Ben Nevis Challenge, Scotland

8th - 9th October

Mountain Bike Challenge, Scotland

2012

25th February Wonder Woman Assault Course

8th - 11th March Winter Ben Nevis

24th -25th March Obel Abseil, Obel Tower, Belfast

22nd April London Marathon

6th May Glens of Antrim Walks

7th May Belfast Marathon

26th - 27th May Paddle the Bann

22nd - 24th June Ben Her

- Ben Nevis for women

8th - 10th June Celtic Mountain Challenge

15th - 26th October Kilimanjaro Challenge Trek

There will be many more events scheduled for 2011/12 - click on www.ulstercancer.org/events for more details

UCF's fundraising team can support you and will give you all the advice and guidance you need to successfully reach your target. UCF offer a range of sponsored events where you can cycle, trek, run and climb on challenges at home and abroad. If there is a challenge which is not listed we may still be able to arrange it for you. For further information or to register please contact:

Sarah at UCF on 9068 0765 or email sarahatcheson@ulstercancer.org

Neill at UCF on 9068 0758 or email neillgrainger@ulstercancer.org