

## THINK PINK!

October marks breast cancer awareness month and this year we are planning a wide range of activities to increase awareness of breast cancer and its signs and symptoms, whilst raising much needed funds to help local women and their families who have been affected by the disease. We hope you will support us in making our month-long campaign, sponsored by MediCare Pharmacy Group, the most successful yet!

### Think Pink! Calendar of Events

#### Magners Light 'Fall for Fashion'

On **Tuesday 29th and Wednesday 30th September** from 7.30pm you can attend a fashion extravaganza at St. George's Market, Belfast which will showcase all the latest trends for the Autumn/Winter season. Tickets cost £10 and are available from Leonne at UCF on 028 9066 3281 and Ticketmaster.

#### Unravelling the Ribbon

Running from **Thursday 8th to Saturday 10th October**, by Belvoir Players Drama Group, the play 'Unravelling the Ribbon' tells the touching and funny story of the impact breast cancer has on the lives of two women and a young girl. Tickets cost £8 adults and £6 concessions and are available from Belvoir Players Studio on 028 9049 1210 or 94 Belvoir Drive, Belfast, BT8 7FR.

#### Think Pink! Luncheon

On **Friday 16th October** the Think Pink! luncheon will be held at the Europa Hotel, Belfast from 12 noon with special guest speaker, journalist and broadcaster, Jennie Bond.

Tickets cost £35 per person and include a pink champagne reception followed by a two course meal, spot prizes and your chance to win more amazing prizes at the grand raffle. To purchase tickets call Leonne at UCF on 028 9066 3281.



#### Think Pink! Dinner Dance

A Think Pink! dinner dance will take place at the Fir Trees Hotel, Strabane on **Saturday 17th October**. Tickets cost £25 per person and include a champagne reception, 4 course meal and live entertainment from 'Fame Us' followed by a disco 'Party Boyz'. To purchase tickets call Sylvia Lucy, UCF on 07789 757165 or 028 6634 7900.

#### Clarins Make-up Masterclass

Clarins will be holding a special make-up masterclass at 'The Ivory' restaurant, House of Fraser, Belfast on **Tuesday 20th October**. Click on [www.ulstercancer.org](http://www.ulstercancer.org) for further details and ticket arrangements.

#### Pink Link Day

On **Friday 30th October** we are inviting all supporters from across Northern Ireland to visit their local MediCare Pharmacy to join the pink link, sign the ribbon of hope and donate to UCF's Think Pink! campaign. (Pink Link time can be confirmed at your local MediCare store)

**During October there are lots of other Think Pink! events taking place such as an abseil at Scrabo Tower, Newtownards; sponsored walks in Belfast, Strabane and Enniskillen; 'Women on Wheels' which is a fun packed cycling weekend in Scotland or you could treat yourself to pink afternoon tea at the Culloden Estate and Spa. For further details please contact Leonne at UCF on 028 9066 3281.**

## Chief Executive's Foreword



"The Boards of Action Cancer and UCF recently met to examine the possibility of merging the charities in order to provide an enhanced service for people in Northern Ireland. However it was a great disappointment that these exploratory talks ended unsuccessfully.

"We appreciate that many of our supporters were behind the proposed merger which would have improved existing services, created new benefits and saved money. However I want to reassure you that UCF will continue to provide our award winning services and our cancer prevention programmes will continue to develop until the time is right for a new era.

"We are delighted to be extending our shop network with the opening of a new charity shop at 56 Main Street, Ballymoney and we look forward to meeting people in the community. Our shops have launched a 'Give With Thought' Donations Appeal which encourages people to part with one or two high-end items from their homes which they don't need or no longer use. These donations will ensure that our shops continue to be stocked with a wide range of quality items for re-sale and help them continue to be a must-stop shop on our high street.

"Following on from a very successful pilot scheme, we will be running a 10 week creative writing programme which will start on 22nd September 2009 and run every Tuesday from 2.30pm-4.30pm at our Service Centre, 40/44 Eglantine Avenue, Belfast with additional workshops being held at a number of venues across Northern Ireland. For further details please contact Joanne on 028 9066 3281.

"I would like to extend my appreciation to our many supporters without whom none of our work would be possible. Thank you for your continued dedication and support."

**Arlene Spiers OBE**  
RGN RM RHV  
Chief Executive

## MAN ALIVE!

During Men's Health Week Peter Morris, BT Director of Consumer and Corporate Services and Gerry McElwee, Head of Cancer Prevention, UCF warn men not to play games with their health!

UCF in partnership with BT held their second annual Man Alive! conference to tackle men's health in the workplace. UCF will also be providing a series of workshops for BT employees to encourage men to take simple steps, to improve their health and reduce their risk of cancer.

As part of UCF's focus on men's health you can now order a free CD-ROM to help men identify the signs and symptoms of prostate cancer. Copies are available by calling our helpline on 0800 783 3339, where you can also find out about our prostate cancer support groups in your area.



## ON TOP OF THE WORLD!



(Pictured centre) Joyce Savage, Head of Appeals and Marketing, UCF and Arlene Spiers, Chief Executive, UCF, welcome home Noel and Lynne Hanna from their Everest expedition. The Dromara couple made history when they became the first married couple from Northern Ireland to reach the summit on Thursday 21st May 2009.

The couple are using their Everest climb to motivate others to get active and raise funds for UCF's Personal Everest Project. For further information call Sarah / Leonne on 028 9066 3281 or click on [www.ulstercancer.org](http://www.ulstercancer.org)

## FORGET ME NOT FUND

**Congratulations to Anne Clarke and the Newtownabbey Branch of Fitness NI who raised £2,400 at a charity 'Supper Dance' held at Greenisland Golf Club. The money was raised in memory of Anne's late mum, Molly Adams and donated to UCF's Molly Adams Forget Me Not Fund. With the help of family and friends the fund has raised a total of £2,880.**

UCF would also like to congratulate Kathleen Boal and Joanne Peden who raised £1,579 for the James Boal Forget Me Not Fund from a social evening held at the Royal British Legion, Newtownards. James's mum Kathleen and sister Joanne were overwhelmed by the support and generosity of the whole community. To date, with the help of friends and family, they have raised a total of £1,834.

Setting up a Forget Me Not Fund in the name of a loved one is a very special way to remember someone and celebrate their life, whilst raising much needed funds for UCF. For further information or to receive an information pack please call Claire on 028 9068 0745; email [clairehudson@ulstercancer.org](mailto:clairehudson@ulstercancer.org) or click on [www.ulstercancer.org](http://www.ulstercancer.org)

## You can Donate Online

To make a donation simply visit our website [www.ulstercancer.org](http://www.ulstercancer.org) where you can donate safely and securely.



All major credit/debit cards are accepted and you can also Gift Aid your donation if you are a UK taxpayer. Gift Aid is a great way of maximising the value of your donation at no extra cost to you. You can boost the value of your donations by 28p for every £1 you donate to UCF.

## SPECIAL SUMMER HOLIDAY



As an extension of UCF's Family Support Service, a UK based charity called CHICKS (Country Holidays for Inner City Kids) gifted 10 children with a special all-expenses paid holiday to their country house in Devon. The children attend UCF's Family Support Service and have been deeply affected by the bereavement of a parent, grandparent, relative or family friend due to cancer.

Rachel Smith, Family Support Worker, UCF and Sian O'Neill, UCF, accompanied the children on the trip.

## FIT FACTOR PRIZE



From the judging panel, Ulster rugby star Rory Best and Olympic boxer Paddy Barnes, celebrate with Paul McConville and Jake McGarrigle from Round Tower Integrated Primary School who are part of the winning key stage one class to be crowned Lidl Fit Factor Champions 2009. As winners of the fun competition, which was been designed by Lidl and UCF to promote healthy eating and physical activity, the Antrim School has secured the top prize of £5,000 to be spent on sports equipment for their school.

## RECYCLE!



Pictured (L>R) John Magill and Paula McCauley of All-Tex, Ireland's leading buyer, processor and worldwide exporter of used clothing and textiles, present £10,200 to Joyce Savage and Hilary Scott from UCF.

UCF currently has around 100 All-Tex clothing banks positioned across Northern Ireland. We hope that this number will increase over the coming years as our partnership with All-Tex develops.

Joyce Savage, Head of Appeals and Marketing, UCF said "We would appeal to anyone who has unused or nearly new items of clothing to donate them to one of our eleven charity shops positioned across Northern Ireland. Any items that are unsuitable for resale can be taken to one of the clothing banks directly or can be left into any UCF charity shop marked as 'unsuitable for sale' from where they will be recycled.

## IKEA STAFF KICK THE HABIT



**UCF has teamed up with home furnishings giant Ikea, to offer its award-winning smoking cessation support service to its co-workers. Pictured (L>R) Human Resources Officer Bob Van Geldere of Ikea, Belfast, Bernie Neeson, Smoking Cessation Co-ordinator, UCF and Ikea Belfast's Living Rooms Manager, Laurie Watters. Laurie is one of Ikea's 13 co-workers who have given up smoking recently as a result of the joint initiative.**

UCF's weekly stop smoking support clinics in GP practices, community centres, schools and workplaces provide vital support for smokers at a time and place convenient to them. For further information or to book UCF's smoking cessation support service please call Bernie on 028 9066 3281 or email [bernieeeson@ulstercancer.org](mailto:bernieeeson@ulstercancer.org)



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## FATHER AND SON SCALE KILIMANJARO

**Congratulations to father and son, Geoff and Chris Chambers from Armagh who climbed Mount Kilimanjaro in aid of UCF. The climb was a tough challenge but a tremendous achievement and they are now enjoying a well earned rest before setting off on their next adventure!**



UCF organises a wide range of charity challenges which aim to inspire people to get active, meet new people and generate funds to help provide vital services for cancer patients and their families in Northern Ireland. Our challenges cater for all levels of adventure at home and abroad and include treks, canoeing, swimming, cycling and much more. These exciting fundraising events will introduce you to new places, experiences and create memories that will last a lifetime.

If you have a lifelong ambition we can help you make it a reality. To discover the right challenge for you please contact Sarah at UCF on 028 9068 0765  
sarahatcheson@ulstercancer.org  
Neill at UCF on 028 9068 0758  
neillgrainger@ulstercancer.org  
or click on [www.ulstercancer.org/events](http://www.ulstercancer.org/events)

## RETIREMENT CELEBRATION



UCF recently held a special tribute evening in honour of Mrs Iris Colvin OBE who retired from her voluntary role as president of the charity. Professor Roy Spence, Chairman of Council, UCF congratulated Iris on her contribution to UCF having served in voluntary roles with the charity for over 35 years.

## MARATHON EFFORT

**Congratulations to UCF supporters Peter Ferris OBE and Wayne Pollock who completed a gruelling seven marathons in seven days challenge to raise funds for UCF's Man Alive! campaign. Their marathon challenge started with the Summer Santa Fun Run when members of the public joined in to support their endeavours. (Pictured centre) The Lord Mayor of Belfast Councillor Naomi Long launches the Summer Santa Fun Run.**



Special thanks to UCF volunteers who helped to fundraise during the seven marathons in seven days challenge as well as Wine Inns and Roadside Motors who kindly supported the event.

Peter and Wayne are now preparing for the Antarctic Ice Marathon and Half Marathon as well as the Antarctic 100 km / 62 mile Ultra Marathon which takes place in December 2009. These outstanding athletes are using these challenges to fundraise for UCF and if successful, they will be the first to complete all three polar events in the Southern Hemisphere in a matter of days.

If you would like to support Peter or Wayne's record-breaking challenge you can sponsor them on [www.justgiving.com/northsouthpolemarathons](http://www.justgiving.com/northsouthpolemarathons) or contact Sarah at UCF on 028 9068 0765.

## JAIL AND BAIL FUNDRAISER

Congratulations to UCF's North West Prostate Cancer Support Group who organised a novel 'Jail and Bail' fundraising initiative which raised a tremendous £14,046.

Pictured receiving the cheque (front L-R) Theresa McSwiney, Co-Facilitator, UCF's North West Prostate Cancer Support Group; Dr McMullan, Treasurer UCF; Kerry Chambers, Co-Facilitator, UCF's North West Prostate Cancer Support Group and Sylvia Lucy, Development Officer, UCF.



## GAA FANS GO SMOKE FREE

UCF teamed up with Ulster GAA and the Office of Tobacco Control to encourage supporters at 2009 championship matches to volunteer to be smoke free. By supporting this initiative inside the grounds, fans enjoyed a healthier environment while cheering on their team!

## BARN DANCE

Congratulations to Andy Smyth and family who presented Sylvia Lucy, UCF with £4,172 which was raised at a very successful barn dance and raffle held on their farm in Dungiven.



## VOLUNTEER DRIVERS REQUIRED

**UCF is looking for volunteer drivers to help out one day a month to provide cancer patients who, for reasons of health, finance or personal circumstance, don't have access to transport and have a short term need to attend regular hospital appointments.**

You don't need any special qualifications or experience - just access to a car and a full driving licence. UCF will provide a full induction accompanied by a training programme and ongoing support.

UCF is urgently looking for volunteer drivers in the following areas: Belfast, Greater Belfast, Dundonald, Saintfield, Lisburn and Hillsborough. For further information please contact Morag at UCF on 028 9068 0773 or email [moragchambers@ulstercancer.org](mailto:moragchambers@ulstercancer.org)

## UCF SUPPORTERS THANKYOU

- Ulster Sports Clubs chose UCF as their charity of the year and raised £3,500
- Barraí McConville from Johnston Press plc kindly supported UCF's Daffodil Raffle and will be providing ongoing support to UCF
- Andersontown Social Club held a fundraising night in aid of breast cancer raising £700
- Lisburn Inner Wheel Club also chose UCF as their charity of the year and raised £1,500
- Dunluce School took part in the annual Causeway Ramble raising £5,666
- Carrickfergus College raised £2,100 on their sports day
- McMaster Stage School raised £2,000 from two concerts donated through UCF's Mid Ards 'Friends'
- Clarins Beauty for Buttons event raised £6,000 for the Personal Everest Project
- Congratulations to the Bombardier team who took part in the Belfast City Marathon and Titanic 10K raising £1,978
- Gillian Robinson and Kerry Turtle, Directors of Northland Developments donated £5,527 from their May Fundraising Ball. Since 2006 they have raised £36,200 for UCF
- Lisgoole Abbey in Enniskillen held a garden open day which raised £6,200. Thanks to Lisgoole Abbey, to everyone involved in organising the open days and to Craigville Garden Centre who kindly sponsored the event

## CHARITY OF THE YEAR

**Cookstown based manufacturing company Copeland Ltd, has selected UCF as their charity of the year. (Pictured centre) Sylvia Lucy, UCF said, "We are really looking forward to working with Copeland Ltd over the next 12 months, educating staff on important cancer prevention messages which can reduce their risk of the disease as well as holding a range of fundraising events."**



## KEEP DANCING!

Congratulations to members of Ballerin Camogie Club, Dungiven who presented Sylvia Lucy, UCF with £1,400. This fantastic amount was raised from a very successful 'Strictly Come Dancing' event – well done and keep dancing!



## MASQUERADE EVENT



Eunie Coates, Barnabys Restaurant Manager and Christina Turkington, Barnabys staff join Neill Grainger from UCF to announce a spectacular masquerade event which will be held on Saturday 31st October from 7pm to raise funds for UCF's Think Pink! campaign. Tickets cost £50 per person and include a drinks reception, 3 course meal with entertainment from comedy hypnotist Adrian Knight and the Rock Stewart Show Band. There will also be a raffle on the night. Tickets are available from Barnabys Restaurant, 153 Ballyrobert Road, Ballyclare Tel. 028 9335 4151.

## FUNDRAISING SUCCESS

Congratulations to the Enniskillen Branch of UCF who have raised a phenomenal £550,000 over the last eighteen years – your efforts are greatly appreciated! If you would like to raise funds for UCF please call 028 9066 3281 for advice and support.



## EVENTS DIARY

- **Great North Run, Newcastle Upon Tyne**  
20th September  
Contact: Sarah at UCF on 028 9068 0765
- **Magners Light 'Fall for Fashion'**  
St. George's Market, Belfast  
29th and 30th September  
Contact: Leonne at UCF on 028 9066 3281
- **Think Pink! Sponsored Walks**  
Saturday 3rd October - Starbuck's Sponsored Walk, Belfast  
Contact: Leonne at UCF on 028 9066 3281  
Sunday 4th October - Starting at the Fir Trees Hotel, Strabane from 3pm  
Saturday 24th October - Castle Coole, Enniskillen from 3pm  
Contact: Sylvia on 07789 757165 or 028 6634 7900
- **Unravelling the Ribbon**  
Belvoir Estate Players Studio, Belvoir Estate, Belfast  
Thursday 8th to Saturday 10th October  
Contact: Belvoir Players on 028 9049 1210
- **Abseil Against Breast Cancer**  
Scrabo Tower, Newtownards  
Saturday 10th October  
Contact: Sarah at UCF on 028 9068 0765
- **Think Pink! Luncheon**  
Europa Hotel, Belfast  
Friday 16th October  
Contact: Leonne at UCF on 028 9066 3281
- **Think Pink! Dinner Dance**  
Fir Trees Hotel, Strabane  
Saturday 17th October  
Contact: Sylvia on 07789 757165 or 028 6634 7900
- **Women on Wheels**  
Cycling in the West Coast of Scotland  
17th/18th and 24th/25th October  
Contact: Sarah at UCF on 028 9068 0765
- **Clarins Make-up Masterclass**  
The Ivory, House of Fraser, Belfast  
20th October  
Contact: Leonne at UCF on 028 9066 3281
- **Pink Link**  
MediCare Pharmacies province wide  
Friday 30th October  
Contact: Leonne at UCF on 028 9066 3281
- **Masquerade Event**  
Barnabys Restaurant, 153 Ballyrobert Road, Ballyclare  
Saturday 31st October  
Contact: Neill Grainger at UCF on 028 9068 0758
- **Pink Afternoon Tea**  
Culloden Estate and Spa  
Available with 24 hours notice  
Contact: Culloden Estate and Spa on 028 9042 1066
- **New York Marathon**  
1st November  
Contact: Sarah at UCF on 028 9068 0765
- **Christmas Dinner Dance**  
Killyhevlin Hotel, Enniskillen  
Saturday 28th November  
Contact: Sylvia on 07789 757165 or 028 6634 7900
- **Inca Trail Trek and Community Project, Peru**  
1st – 12th May 2010  
This special trek includes the opportunity to assist on a range of projects to improve facilities in a local community.  
Contact: Leonne at UCF on 028 9066 3281

## LIVING WELL WEEKEND

Corrymeela in Ballycastle was the perfect location for UCF's Living Well weekend. 48 guests, including 11 children, enjoyed the creative and relaxing break with a choice of breakout sessions offering music therapy, art therapy and creative writing. For further information on UCF services please call 028 9066 3281.