

Sponsored Walk



Special thanks to Gers Dart Club from Glynn who hold a sponsored walk and barbecue annually for the Jimmy Davidson Memorial.

In total, over the past three years they have raised over £10,000 for UCF.

Charity Sky Dive

Congratulations to 69 year old great grandmother Beryl Morrison from Saintfield who skydived from 13,000 feet with the Wildgeese Parachute Team. Beryl raised £3,220 for UCF.

UCF organises many fundraising and sporting events throughout the year which cater for all levels of adventure at home and abroad. Contact UCF to discover the right challenge for you.



PERSONAL EVEREST

Joyce Savage, Head of Appeals and Marketing, UCF thanks Abbie Moore from Strandtown Primary School, Belfast who raised £1,500 for the charity.

Abbie was inspired to raise funds for UCF as her uncle, Peter McAlindon, a cancer survivor, will be embarking on a charity expedition to climb Mount Everest.

Abbie encouraged her classmates to support his fundraising efforts resulting in this fantastic amount. UCF is asking people to set themselves a Personal Everest Challenge to raise funds for UCF.



NEW APPOINTMENTS

UCF WOULD LIKE TO WELCOME THE FOLLOWING NEW STAFF MEMBERS:



Morag Chambers
Morag Chambers joins UCF as Volunteer Co-ordinator. Morag previously worked with the Society of St. Vincent de Paul as Regional Shops Co-ordinator and has been involved with volunteers for over 28 years.



Rachel Smith
Rachel Smith joins UCF as Family Support Worker and fully qualified Dramatherapist. Rachel has been working with children and families for over 10 years and believes in helping young people communicate through play and fun.

UCF SUPPORTERS - THANK YOU

A special thank you to the following UCF supporters:

- Congratulations to Norman Bell who received the Evelyn Lorimer Perpetual Trophy for fundraising at Cookstown Combat Cancer Group's annual meeting. Norman recently raised £1,100 through a photographic exhibition held in the Burnavon Arts Centre, Cookstown. UCF was presented with £14,000 in total from the group - well done!
- Margaret & Michael Carson from Belfast raised £1,355 from donations in lieu of wedding gifts
- Raymond Boyd, Blue Frog, Newtownstewart, the main sponsor for the Newtownstewart Golf Tournament which raised £7,500
- Enniskillen Rotary Club raised £2,000
- Glenelly Valley Charity raised £4,201
- Pace Team, South West College, Omagh raised £1,700 in association with La Senza and Rue, Omagh
- Emily and Anthony O'Neill, Gortin donated £800 in lieu of presents for their 40th wedding anniversary

Events Diary 2008

Wine Inns Dragon Boat Race
Cutters Wharf, Belfast
24th August
Contact: Gareth at Wine Inns 028 9074 6274

Gospel Concert
Queens Hall, Newtownards
Radisson SAS Hotel, Limavady
Saturday 6th Sep at 8pm
Tuesday 23rd Sep

Tickets can be purchased at the door for the above concerts or by ringing Dessie Coffey (Newtownards area) 028 9181 7934 or 07977 637282 or Paul Olphert (Limavady area) 07736 547453. A Gospel CD in support of UCF's Breast Cancer Campaign can be purchased at the concerts or by ordering through Dessie Coffey.

Men's Health Conference at BT Riverside Tower
Tuesday 9th September
Contact: Kirsty Thompson at UCF on 028 9068 0771

Ben Nevis Challenge
12th - 14th September
26th - 28th September
Contact: Neill Grainger at UCF on 028 9066 3281

Lymphoma Conference
Saturday 13th September
Contact: Joanne Myles at UCF on 028 9066 3281

Variety Concert in Carnecullagh Church Hall, Dervock
Thursday 18th September (Doors open at 7pm - admission £5)
Contact: Martha Stewart 028 2074 1778

Wine Inns Riverwalk
departing from Cutters Wharf, Belfast
Sunday 21st September
Contact: Neill Grainger at UCF on 028 9066 3281

Quiz in the Railway Arms Coleraine
Thursday 25th September
Contact: Sylvia Lucy at UCF 07789 757165

Coleraine to Portrush Walk
Saturday 27th September
Contact: Sylvia Lucy at UCF 07789 757165

Clarins 'Evening of Beauty'
at House of Fraser's restaurant Ba Mizu
Tuesday 30th September
Contact: Leonne at UCF on 028 9066 3281

Seven Towers Choir in concert
at Coleraine Town Hall
Friday 3rd October
Contact: Sylvia Lucy at UCF 07789 757165

Enniskillen Jail & Bail
involving Fermanagh Schools and Businesses
Friday 24th October
Contact: Sylvia Lucy at UCF 07789 757165

Think Pink! Luncheon with special guest Jenni Murray, Europa Hotel, Belfast from 12 noon
Friday 24th October
Contact: Leonne at UCF on 028 9066 3281

Inca Trail
25th October
Contact: Neill Grainger at UCF on 028 9066 3281

Laryngectomy Conference
Wednesday 19th November
Contact: Joanne Myles at UCF on 028 9066 3281

Family Support Service
one-day conference/launch at NICVA
Tuesday 25th November
Contact: Joanne Myles at UCF on 028 9066 3281

Christmas Ball at Killyhevlin Hotel Enniskillen
Saturday 29th November
Contact: Sylvia Lucy at UCF 07789 757165

UCF has a number of events already in place for 2009 such as: Canadian Rockies trek; Great North Run; Flora London Marathon; Belfast Marathon; New York full and half Marathon and lots more!

For further details call Sarah at UCF on Tel: 028 9068 0765.



AUTUMN 2008

update

NEWS FROM THE ULSTER CANCER FOUNDATION

New Family Support Service

UCF has launched a new Family Support Service to help children, young people and their families when a close family member has been diagnosed with cancer.

This tailor-made service provides one-to-one or group support to help reduce the impact of cancer on family life and aims to minimise the long-term effects on the emotional well-being of the entire family unit.

Rachel Smith, Family Support Worker at UCF said, "We understand that when one member of the family is sick, everyone is affected. For some families regaining a sense of balance and coping can be very difficult and they may need extra support.

"We provide a number of programmes including the CLIMB initiative - Children's Lives Include Moments of Bravery - which is a 6 week programme aimed at supporting children aged 5 - 12 who are experiencing the impact of a close family member's cancer diagnosis.

"Our new service also offers specialist practical and emotional support to the entire family. It gives them the opportunity to talk, express their feelings and find the language and courage to speak to each other about the cancer journey.

"Every family is unique and will react to a cancer diagnosis differently. Our Family Support Service is adaptable and strives to help them continue family-life during the cancer journey."

To book an appointment or for further information please call Rachel at UCF on Tel: 028 9068 0772.



Rachel Smith, the new Family Support Worker at UCF is pictured with Beth, Amy and David Cushran who recently completed UCF's CLIMB initiative.

THINK PINK!

UCF is once again urging supporters to Think Pink! during October, breast cancer awareness month.

Enjoy a drinks reception, raffle and receive a Clarins goody bag. Tickets cost £15 per person. To purchase tickets call Leonne at UCF on Tel: 028 9066 3281.

Friday 24th October



Think Pink! luncheon, Europa Hotel, Belfast from 12 noon. UCF's annual luncheon event will be celebrated with special guest speaker Jenni Murray. Jenni, who was diagnosed with breast cancer, is a well known broadcaster and journalist and host of Radio 4 'Woman's Hour'.

The month long campaign, supported by Translink Metro, continues to raise awareness of breast cancer and its signs and symptoms, whilst raising much needed funds to help local women with breast cancer.

Our breast cancer messages will be promoted on Translink Metro services via bus advertising. All Metro buses which operate in the greater Belfast area will carry the familiar pink ribbon logo and key messages will be on the back of bus tickets and Translink's website.

Dates for your Diary:

Tuesday 30th September

Clarins 'Evening of Beauty' at House of Fraser's spectacular penthouse restaurant Ba Mizu.

International make up artist and trainer Claude Defresne, who is responsible for designing and showcasing Clarins make-up products all over the world, will hold a special evening to introduce the new Clarins Autumn collection 'Jazzy Colours'.

Tickets cost £35 per person and includes a pink champagne reception followed by a 2 course meal. To purchase tickets call Leonne at UCF on 028 9066 3281.

Pink Afternoon Tea

If you can't wait until October, don't forget that the Culloden Estate and Spa is supporting UCF's Think Pink! campaign by offering a pink themed Afternoon Tea every afternoon from 2.30 - 5.00pm.

The cost is £25 per person with £5 from each tea sold donated to our Think Pink! campaign. For reservations please call the Culloden Estate and Spa on Tel: 028 9042 1066.

Chief Executive's Foreword



As many of you are aware, I was diagnosed with breast cancer earlier this year and I wanted to give you an update on my progress. I have now completed my chemotherapy and radiotherapy sessions and thankfully the outlook is very positive.

I have been overwhelmed by the messages of goodwill and, in particular, the unrelenting support from my family, friends and medical care team. Thank you all.

Plans are well underway for the Think Pink! Breast Cancer Awareness Campaign and following my own personal experience, I hope that this year's month long campaign is bigger and better than ever.

We have recently introduced two new services - our new Volunteer Service will help to streamline many aspects of our work and our new Family Support Service is an exciting new dimension to our care service provision for cancer patients and their families.

We are celebrating our third major corporate partnership this year, working with BT, Lidl and Nationwide Building Society to bring our cancer prevention messages to people across Northern Ireland. We look forward to nurturing these relationships as the year progresses.

I would like to extend my gratitude and thanks to our many supporters without whom none of our work would be possible. I applaud our Combat Cancer Groups and Friends for their time, continued dedication and enthusiasm to raising funds for UCF.

Thank you all for your continued support.

Arlene Spiers OBE
RGN RM RHV
Chief Executive

MAN ALIVE

Comedians Grimes & McKee have the health message all wrapped up as UCF joins forces with BT to launch a new 'Man Alive' communication and information campaign to tackle men's health.



Pictured (L>R) Alan McKee, Gerry McElwee, Head of Cancer Prevention, UCF, Peter Morris, BT Director of Consumer and Corporate Services and Connor Grimes.

The 'Man Alive' campaign will involve a series of workshops for employees to encourage men to take simple steps, to improve their health and reduce their risk of cancer.

The campaign will also include a ground breaking conference, hosted by BT on 9th September 2008, to educate employers on men's cancer prevention and health issues in the workplace.

Gold Award

Congratulations to UCF volunteer Eileen Henderson who recently won a Gold Discovery Award. Eileen completed many projects to scoop the top award including 'service to the community' which involved volunteering at UCF's charity shop on the Lisburn Road, Belfast.



NEW Volunteer Service

UCF has launched a new volunteer service to encourage people to use their skills and talents to help people who have been affected by cancer.

You can choose from a whole range of activities such as representing UCF at health fairs, driving cancer patients to hospital appointments, volunteer receptionist, assisting at outdoor events, general administration and much more!

Morag Chambers, UCF's new Volunteer Co-ordinator said, "We offer a range of opportunities for people looking to build on their skills or develop new ones.

"Anyone can help, whether you're a student, unemployed, retired or even in full time work. You don't need any previous experience as we make sure everyone is given full training and support whatever their role - all you need is enthusiasm and some available free time - by donating even a couple of hours a week you are providing us with vital assistance."

For full details of all our opportunities please call Morag Chambers, Volunteer Co-ordinator at UCF on Tel: 028 9066 3281, email moragchambers@ulstercancer.org or click on www.ulstercancer.org

Alternative ways to support UCF

UCF has launched a new range of leaflets which provide information on alternative ways to support us.

Over 95% of our funds come from local people and without your help we could not continue our vital work in cancer research, care and prevention.

'A gift in your will, can help secure our future'

Leaving a gift in your will is a meaningful, long term and valuable way of supporting our work.

The gifts bequeathed to us have significantly contributed towards our vision of a future free from cancer and provided the much needed financial support required to continue our work.

'Donations in Lieu of Flowers'

Choosing to support UCF as an alternative to funeral flowers is a special way to remember someone and celebrate their life.

'Set up a Forget Me Not Fund'

Forget Me Not Funds are a positive and simple way for family and friends to remember a loved one. You can add money to the fund in any way that suits you.

All gifts or proceeds from events will be added to your loved one's fund so you can see it grow over time.

- Ballymoney based company, Covidien (known as Tyco) held a charity football match in memory of their late colleague Davy and raised £1,072.90 towards the Davy Thompson Forget Me Not Fund. Davy's family and friends have now raised a total of £3,756.40.

- Kathleen Gallagher from L'Derry raised £4,336.20 from a golf tournament at the City of Derry Golf Club in memory of her daughter, Rosie Stewart. To date, family and friends have raised a tremendous £6,045.92 towards the fund.

If you would like to receive any of these leaflets please call Direct Marketing at UCF on 028 9068 0745



PEDAL POWER



(Pictured L>R) Grainne McBride, Dr. John McBride, Paddy-Joe Mullan and Catherine Keegan completed a 42 mile sponsored cycle from Cookstown to Portrush, organised by RT Autoparts, Cookstown.

Cookstown Combat Cancer Group is one of four charities which will receive money raised by RT Autoparts through various activities during 2008.

Family Fundraiser

Thanks to Alan Moore from Bangor who celebrated his 40th birthday by holding a barbecue for family and friends and raised £8,010.



Patricia Liesching is pictured centre accepting a cheque from Alan and Helen Moore along with their children Emily, Samuel, Isaac and Victoria.

GALA EVENING



Singer songwriter Michael Graham hosted a gala evening at the Clarion Hotel, Carrickfergus raising £4,500. Michael, who is originally from Co. Down, jetted in from Tenerife where he has a huge following, entertaining audiences for over 14 years.

Pictured is Richard Wright who helped to organise the event with Sylvia Lucy from UCF and (centre) Peter Graham, Michael's brother, who presented the money raised on Michael's behalf.

Building a Brighter Future for Cancer Patients

Gareth Moffett and Ian Milligan from Nationwide Building Society have teamed up with Joyce Savage, Head of Appeals and Marketing, UCF to launch a new charity partnership.



Nationwide staff and customers across the province aim to raise £50,000 through a variety of fundraising activities as well as take part in a range of sporting events such as treks to Everest Base Camp, Ben Nevis, Canadian Rockies and the Inca Trail over the next year.

Joyce Savage from UCF said, "Our charity partnership with Nationwide is our latest Personal Everest project.

The £50,000 fundraising target will give a tremendous boost to the £150,000 we need to raise to fund a new support programme for local people who have been affected by cancer.

For further information: www.ulstercancer.org; Email: personaleverest@ulstercancer.org or call UCF on Tel: 028 9066 3281.

CARE IN THE SUN

UCF's Care in the Sun Campaign moved outside this year to erect signs at popular outdoor venues including parks and beaches around Northern Ireland.



The signs carry six sun protection messages and are aimed at parents of young children.

UCF and NIMSIG worked in partnership with Councils across Northern Ireland to take forward this cancer prevention programme.

Staff Congratulations

- Sandra Gordon, Senior Cancer Prevention Officer was awarded Level 5 Diploma in Management by the Chartered Management Institute.
- Orla Hillick, Finance Assistant successfully completed the first year of a two year course with the Institute of Accounting Technicians in Ireland.
- Kirstie Scott-Brown was runner up in the "Innovation in Placement Award" from the Faculty of Computing & Engineering, University of Ulster.

Keep on Running

Bernie Neeson, Jacqui McCarthy, Roisin Vernon, Marie O'Brien, Frances Maguire, Maria Dempsey, Bernadette Marshall, Shelia Fitzpatrick, Maura McGourty, Debra McGourty, Liz McGourty and Maureen McCallion raised £2,300 during their participation in the Belfast Marathon 9-Mile Walk.



Congratulations to employees at NI 4 Kids who entered a relay team in the Belfast Marathon raising £250 and to the Ulster Bank branch in Moira who raised £2,120.