

CHIEF EXECUTIVE'S FOREWORD



"I am delighted to take up the reigns as the new Chief Executive of UCF, in this very special 40th anniversary year. I have been whole-heartedly impressed with the scope and breadth of work undertaken by UCF over the years and also by the unstinting commitment from the public. We are indebted to you for raising almost all the £4m required to provide our services for cancer patients and their families in Northern Ireland.

"As we face the future I believe that it's very important to build on the range of support services already provided by UCF. Feedback from patients, their families and carers has shown that we provide a vital link in helping people come to terms with their diagnosis and rediscovering their self-esteem whilst building their confidence to face a new future. Our focus will be to ensure that all our services, particularly the ground-breaking family support service, is freely available and accessible to everyone across Northern Ireland. You can contact us for more details on our Family Support Service which offers specialist emotional support to the entire family which can involve individual or group support; home, hospital or hospice visits; as well as telephone and email support. Contact Rachel Smith, UCF on 028 9066 3281 for more details.

"I want to pay tribute to the sterling work undertaken by my predecessor Arlene Spiers and her unfailing dedication to the organisation. She was instrumental in positioning cancer firmly at the top of the health agenda in Northern Ireland and in building a strong and experienced team of people. I am grateful for the very firm foundation that she created upon which we can build for the future.

"Thank you for your continued dedication and support. I look forward to meeting you all over the coming months."

Roisin Foster

Chief Executive

THINK PINK!

UCF is urging supporters to Think Pink! during October, breast cancer awareness month. The month long campaign, supported by MediCare Pharmacy Group, continues to raise awareness of breast cancer and its signs and symptoms, whilst raising much needed funds to help local women with breast cancer. In our celebratory 40th year, we hope that it will be the most successful yet! UCF provides a range of services for local women who have been diagnosed with breast cancer and their families. For further details click on www.ulstercancer.org or call our Care Services team on 028 9066 3281. Our services, which are provided free of charge, are a lifeline to local people but we need your support to help us raise the necessary funds to continue providing them. You can support our Think Pink! Campaign in a number of ways:

Think Pink! Luncheon, Friday 8th October at the Europa Hotel, Belfast from 12 noon with special guest speaker. Tickets cost £40 per person and include a pink champagne reception, a two course meal, spot prizes and your chance to win amazing prizes at the grand raffle. To purchase tickets call UCF on 028 9066 3281.

Think Pink! boxes with sparkly lapel badges, wrist-bands, mobile phone charms and introducing new car stickers are now available. These boxes will be positioned in MediCare Pharmacy stores and other retail outlets during October. You can order a box to position in your shop, workplace or community centre where supporters can purchase merchandise for a minimum donation.

MediCare Pharmacy Group will be holding a range of fundraising activities in stores during October including:

- Pink Link Day where you can join the pink link and sign the ribbon of hope (at selected stores - times can be confirmed at your local pharmacy)
- In-store raffles with lots of top prizes

Think Pink! Bunny Walks will be held on Saturday 16th October in Coleraine, Saturday 23rd October in Belfast and on Sunday 24th October in Downpatrick. There's lots more planned for the month - a full list of events is available at www.ulstercancer.org If you would like to hold a Think Pink! fundraising event for UCF please contact our experienced fundraising team who can supply merchandise and provide extra support - call 028 9066 3281.

Joyce Savage, Head of Appeals and Marketing, UCF with Aidan McKeagney (left) and Michael Guerin (right) from MediCare Pharmacy Group launch UCF's Think Pink! breast cancer awareness campaign.



During October our breast cancer leaflets will be available to collect at all MediCare stores along with details of our freephone breast cancer information and support helpline 0800 783 3339.



NEW BOOK LAUNCHED

Two UCF staff members Rachel Smith, Family Support Worker and Joanne Robinson, Art Therapist have pooled their skills to produce a new book entitled, 'Who will do my Hair?' to support young families impacted by cancer.

The book has been written for young children to help them understand and prepare for the death of a parent or grandparent. Rachel said, "We realised that many parents find it difficult to approach the subject of cancer with young children. We designed the book to enable parents to read it to their children and to use it to open up and explore feelings, concerns and any worries they may have about the future." The book is available, free of charge, for families using our Family Support Service. For health professionals and others it costs £5. Please contact Rachel Smith on 028 9066 3281 for more details.

MAN ALIVE!



Pictured (L-R) Gerry McElwee, Head of Cancer Prevention, UCF along with Peter Morris, BT Director of Consumer and Corporate Services and Nick Harkness, Director of Participation and Facilities, Sport Northern Ireland are urging local men to get out and get active to improve their health and reduce their risk of cancer.

This was the focus of UCF's third annual Man Alive! conference in partnership with BT and supported by Sport Northern Ireland, which took place during Men's Health Week. For further information on men's health click on www.ulstercancer.org

UCF SERVICES IN MID-ULSTER

UCF will be taking its cancer information and support service to Cookstown-based LiLAC Group (Life is for Living after Cancer) every third Friday in the month. UCF's service provides information and support to cancer patients or anyone concerned about the disease. It provides easily understood information, offers practical advice and support as well as details of support groups, counselling, art therapy and other services in the local area. The service can be accessed in person or by phone on 028 8676 6866.

WORLD NO TOBACCO DAY

To mark World No Tobacco Day, leading national and international speakers joined UCF to address the vital elements needed for effective tobacco control policy.

Gerry McElwee, Head of Cancer Prevention, UCF said, "Our vision is ambitious, but achievable, with public and political support. It includes investing in prevention programmes for young people; increasing tobacco taxation; preventing smuggling; making smoking cessation services more accessible; increasing availability of pharmacotherapies and licensing tobacco retailers. To meet the severe health and economic challenges that lie ahead the Executive must adopt UCF's vision for controlling tobacco as a cornerstone of government policy."



Pictured (L>R) Gerry McElwee, Head of Cancer Prevention, UCF, Professor Renee Bittoun, Director of Smoking Cessation, University of Sydney and Luk Joossens, Advocacy Co-ordinator, European Cancer Leagues, Brussels.

PACE PROGRAMME

UCF has launched a new PACE (Physical Activity and Cancer Engagement) programme designed to encourage participants to undertake physical activity and be aware of the positive impact being active can make to their physical and mental health. Employers can help staff improve their health while benefiting from reduced absenteeism, reduced stress levels and a more motivated workforce. The 12 week programme is available for workplaces now. For further information please contact UCF's Cancer Prevention team on 028 9066 3281.

DRIVERS REQUIRED!

We are looking for dedicated volunteer drivers to help out one day a month with our driving service which provides cancer patients with essential door-to-door transport, to and from their hospital appointments, free of charge. We are urgently looking for volunteer drivers in the following areas: Belfast, Greater Belfast, Dundonald, Saintfield, Lisburn, Downpatrick and Hillsborough. For further information please contact Morag Chambers at UCF on 028 9068 0773 or email moragchambers@ulstercancer.org



BIG PYJAMA PARTIES

UCF is launching 'Genevieve's Big Pyjama Party' in nurseries and playgroups across Northern Ireland. You can support us by holding your own Pyjama Party at your local nursery or playgroup. Each child will receive their own personalised certificate and for every £100 raised your nursery or playgroup keeps £20. All funds raised for UCF will be spent on our work with children and families through our Family Support Service. For 'Genevieve's Big Pyjama Party' sponsor forms and registration details please contact Clare Smith at UCF on 028 9068 0736 or email claresmith@ulstercancer.org

SMOKING CESSATION



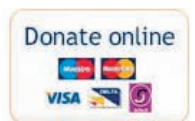
Congratulations to 31 staff members at Northern Bank who recently completed UCF's 12 week Workplace Smoking Cessation Programme. (Pictured centre) Bernie Neeson, who co-ordinates Stop Smoking Clinics at UCF said, "It isn't always easy for employees to access support so we have added a new dimension to our service by taking the clinic to the workplace and providing a one-stop-shop for quitting. Motivated quitters learn about their smoking habits, receive behavioural and psychological support to help break the habit and are offered a range of nicotine replacement therapies."

The service is flexible for both the employer and employee and in the current economic climate it has an added bonus that it's free of charge. For further information please contact Bernie at UCF on 028 9066 3281 or bernieneeson@ulstercancer.org

DONATE ONLINE

To make a donation simply visit our website 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.



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FIT FACTOR WINNERS

Congratulations to Ballysally Primary, Coleraine who beat off stiff competition from across Northern Ireland to win first prize - £3,000 worth of sports equipment vouchers for the school in the 2010 Lidl Fit Factor. The competition was created by Lidl and UCF for Primary 3 and 4 classes to help children adopt a positive outlook to food and exercise.



Pictured are Gerry McElwee, Head of Cancer Prevention, UCF, Lizzie Lumsden from Lidl Northern Ireland and star judge Tyrone footballer Joe McMahon with Autumn from Ballysally PS.

Second place was St. Mary's Primary, Carland winning £2,000, and third place was Holy Child Primary, Belfast winning £1,000 in sports equipment vouchers for their school. All 6 regional winners were awarded £1,000 in sports equipment vouchers for their school with the aforementioned 3 schools topping up that amount after online voting and votes cast from the celebrity panel.

UCF'S 40TH BIRTHDAY



As part of UCF's ongoing 40th birthday celebration we held a special 'Birthday Card' competition in primary schools across Northern Ireland. Congratulations to the winners: Alice Rodgers, P3 aged 7 from Buick Memorial Primary School, Cullybackey and Ellen McCormick, P4 aged 8 from Penrhyn, Strathearn Preparatory Department, Belfast. The winning design from each category has been reproduced as a special birthday party invitation and thank you card for donations in lieu of gifts, which UCF supporters can order (free of charge) to send out to family and friends. To order, or for further information, please call Sarah at UCF on 028 9068 0765 or email sarahatcheson@ulstercancer.org

You can also support us through our special digital Mosaic Appeal - a quick and easy new way to support UCF online. Simply click on www.ulstercancerfoundation.mosaicappeal.com Follow the easy step-by-step guide to donate and reveal a mosaic tile on our special anniversary image.

RUN A RESTAURANT COMPETITION

Ian Campbell from Newcastle who was diagnosed with prostate cancer in 2007 is gearing up to take part in one of Europe's toughest cycling challenges 'Race around Ireland' to raise funds for UCF. As part of his fundraising plans UCF is delighted to announce a new competition where teams of talented students can compete to run Oodles Loves Noodles Restaurant, 46 Botanic Avenue, Belfast for a day.

Participants will receive a bite-sized session on running a business and share in the experiences of real entrepreneurs. Four teams will then be selected to run the restaurant for a day, taking control of everything from ordering supplies to marketing with all profits raised donated to UCF. Apply online at www.belfastcity.gov.uk/enterprise Closing date for entries is 25th October 2010.

SHOP YARD MAKE-OVER

(Pictured L>R) Hilary Scott, Retail Development Manager, UCF congratulates BT volunteers Paul Logue, Peter Breen and Lynda Rainey who cleared up the yard at UCF's charity shop, 21 Antrim Street, Lisburn. Not only has this made a positive contribution to the environment and improved the work area for UCF shop staff and volunteers but, when covered, it will provide extra storage space for larger stock items, such as furniture. UCF welcomes donations of clothing, accessories, homeware, books, CDs/DVDs, toys, furniture and knick-knacks. To arrange collection of furniture or more than 8 black bags of goods contact Marlene at UCF on 028 9068 0754.



SMOKEBUSTERS CLUB OPEN!

School teachers are invited to enrol Primary 6 and 7 classes in the Smokebusters Club. Smokebusters uses teaching resources to provide children with facts about smoking and information, attitudes and skills to resist pressures to experiment with cigarettes. Membership is free and open to all primary schools in Northern Ireland. For further information or to register your class please contact Judith West, UCF on 028 9068 0750 email judithwest@ulstercancer.org or complete the online registration form at www.ulstercancer.org/smokebusters

DONATION

Joyce Savage, Head of Appeals and Marketing, UCF receives £2,000 from Michael Boyd, Secretary and Head of Risk Management, Progressive Building Society, following the Society's Annual General Meeting. Progressive encouraged its Members to vote in their Society's AGM by making a commitment to donate 20p to the charity for every postal vote and 40p for every online vote returned.



HEALTH TO WEALTH

UCF and local independent financial adviser, Willis & Company Financial Services, 'Health to Wealth' campaign specifically targets ex-smokers. As an extra incentive to stay stopped, ex-smokers who have quit over 12 months ago could benefit from paying reduced insurance premiums.

John Bedford, Director of Willis Financial Services said, "We would expect to see premiums reduce by around 40% for an ex-smoker in their forties, provided their general health has not changed. If you have been smokefree for more than a year, why not call us on 028 9032 9042 quoting 'Health to Wealth' to check if you may qualify for reduced premiums. For every policy placed through Willis & Company as a result of the Health to Wealth campaign, we will make a donation to UCF."

It is important to seek independent financial advice before making any decisions on existing arrangements.

CHEQUE PRESENTATIONS

Peter Clarke presents £2,035 to Maeve Fox from UCF following a successful BBQ and music night held at his house in Hillsborough. Special thanks to all the singers and bands who provided the entertainment free of charge, to everyone who donated items for the auction and to Spar who went that extra mile for charity!



Special thanks to Andy and Margaret Smythe who presented Sylvia Lucy, UCF with £11,604 raised from a Barn Dance held at the Smythe Family Farm, Dungiven. Also pictured are sponsors John and Brian, proprietors of the Belfray Country Inn and members of the fundraising team who organised the event. Thanks also to Claudy Combat Cancer Group and all volunteers who helped out at the event.



CHARITY CYCLE

Following the successful completion of the 'Think Pink Bike Challenge', a charity cycle from Mizen Head to Malin Head, the Pink Peddlers have managed to raise a staggering £19,000 for UCF's Think Pink! breast cancer awareness campaign. Pictured celebrating their achievement are Laura McAleer (centre) founder of the Pink Peddlers with Sylvia Lucy, UCF and the Pink Peddler team who took part in the charity cycle.



Paula McAuley from All-Tex Recyclers presents a cheque for £9,700 to Joyce Savage, Head of Appeals and Marketing, UCF. Joyce said, "We are delighted to receive such great support from All-Tex Recyclers. The funds raised through our clothing bank scheme will make a huge difference to local people who have been affected by cancer."



THANK YOU

- Congratulations to the 11 trekkers who climbed Mt Kilimanjaro raising £44,000
- Foyle Valley Riding Club raised £2,500 at charity gymkhana
- Cookstown based manufacturing company Copeland Ltd selected UCF as their charity of the year and raised £5,642
- Special thanks to Four Star Pizza, Lisburn Road, Belfast who provide free pizza for UCF's family support night each month
- Tom Neale organised the first Saul Vintage Tractor Run raising £1,733
- Sex and the City 2 private cinema screening raised £4,328 for UCF's Think Pink! breast cancer awareness campaign. Special thanks to Rosie Adamson who helped organise the event
- George Alcorn donated £830 to UCF in lieu of gifts at his recent 70th birthday party
- Northland Developments hosted their annual May Madness Ball and as one of their chosen charities, UCF received a donation of £5,917
- Jim Burns and the Mini Motor Club NI donated £1,000
- UCF was the nominated charity at 'It's a Man's World' event - a men's summer style master class to promote men's health and raise awareness of taking care in the sun. The night was a great success and raised almost £600
- Cadets from 2349 Ballymena Air Cadet Squadron held a bag pack raising £451
- Congratulations to Karen Boyce and members of Templepatrick Presbyterian Church who raised over £6,000 for UCF's Moyra Kernohan Forget-Me-Not Fund
- Peter Robinson raised £1,170 for three Forget Me Not Funds set up by his mother Betty following her recovery from breast cancer. Peter swam 2.5km followed by a 10km cycle to raise the money - well done!
- 150 participants joined in the Trassey Trackers Walking Club 'Donard Dander' which raised over £4,000, in this, the tenth year of the event - special thanks to Michael, Seamus and Eugene!

EVENTS DIARY

2010

Esporta Novice Triathlon
 All-Ireland Lymphoma Conference
 Contact Leonne Wheatley, UCF on 028 9066 3281
 Strangford to Portaferry Triathlon
 Paddle the Bann
 Laryngectomy Conference (including a tour of Parliament Buildings)
 Contact Eileen Creery, UCF 028 9066 3281
 Celtic Mountain Challenge
 Think Pink! Luncheon
 Smart Car Rally, Isaac Agnew Mercedes Benz, 6 Boucher Crescent, Belfast
 Bunny Walks
 Saturday 16th October - Coleraine
 Saturday 23rd October - Belfast / Hollywood
 Sunday 24th October - Downpatrick
 Contact Maeve Fox, UCF 028 9068 0761/
 Sylvia Lucy, UCF 028 6634 7900
 New York Marathon

September (Date TBC)
 11th September

18th September
 25th - 26th September
 29th September

1st - 3rd October
 8th October
 Saturday 16th October

7th November

2011

Rainforest Run, Costa Rica 29th Jan - 5th Feb
 Winter Ben Nevis 10th - 13th March
 London Marathon 17th April
 Kilimanjaro Trek 1st - 12th July
 Mt Toubkal Trek, Morocco 16th - 23rd July
 Zambezi Canoe and Trek Challenge 2nd - 15th September
 Canoe Canada 3rd - 11th September
 Everest Base Camp 1st - 18th November

There will be many more events scheduled for 2011 - 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 028 9068 0765 sarahatcheson@ulstercancer.org or Neill at UCF on 028 9068 0758 neillgrainger@ulstercancer.org