

CHIEF EXECUTIVE'S FOREWORD

2010 is set to be another busy year for UCF. Our corporate partnerships have continued to develop and I thank them all for their continued support.



BT volunteers have completed make-overs at three of our charity shops transforming them into vibrant and inviting premises. Lidl has placed UCF recycling clothing banks at their stores in Ballyclare, Ballynahinch and Magherafelt and is also running the 'Lidl Fit Factor' for P3 and P4 classes.

Special thanks to MediCare Pharmacy Group who raised £21,000 for our Think Pink! breast cancer awareness campaign - well done!

Congratulations to local adventurer, Noel Hanna, who has set a new world record after successfully completing the final leg of his 'Seven Summits to Sea Level' challenge while raising funds for UCF. Well done to our PR department who scooped a gold award for the Personal Everest Project at the CIPR PRide Awards.

We have launched a new support group in Portaferry for anyone who has been affected by cancer and our art therapy and creative writing services are visiting venues across Northern Ireland. For further information call UCF's Care Services team on 028 9066 3281.

As many of you may know I have announced my retirement from UCF after 30 years with the charity. During that time our supporters, friends and colleagues have shown tremendous enthusiasm and commitment to tackling cancer and I am extremely proud of what we have achieved. UCF has established itself as a major force for change, making cancer a top priority in the healthcare, research and political agenda. I will continue as Chief Executive until a new person is appointed and I have no doubt that the quality and positive impact of UCF's work will continue for many years to come.

Thank you again for your good wishes and continuing support.

Arlene Spiers OBE
RGN RM RHV
Chief Executive

HAPPY BIRTHDAY UCF!

We are celebrating our 40th birthday and to mark the occasion we have launched a 'Birthday Card Competition' in primary schools throughout Northern Ireland. The winner receives a Smyths Toy Store voucher and their design will be produced as a real card! Entries for the competition close on 26th March. For further information please contact Maeve Fox at UCF on 028 9068 0761 or email maevefox@ulstercancer.org

The winning design will be reproduced as a party invitation or thank you card for donations in lieu of birthday gifts which supporters can order (free of charge) to send out to family and friends.

All funds raised from this competition will go towards UCF's Family Support Service to help children, young people and their families when a close family member has been diagnosed with cancer.



Pictured (L>R) joining in the 40th birthday celebrations are Professor Roy Spence, Chairman, UCF, former UCF President Peter Brand and founding member Mrs. Elizabeth Gordon

EMOTIONS EXHIBITION

For the first time, UCF will hold an 'Emotions Exhibition' running from Wednesday 14th to Friday 16th April from 10am - 8pm and on Saturday 17th April from 10am-1pm at UCF Service Centre, 40/44 Eglantine Avenue, Belfast.

Liz Atkinson, Head of Care Services, UCF said, "The Emotions Exhibition will showcase work from cancer patients and carers who have used our art therapy and creative writing services. The exhibition will explore the emotions and feelings people experience during their cancer journey and we hope that it will be an inspiration to others."

"A book will be available to purchase at the exhibition or to order a copy please call UCF on 028 9066 3281."



Created by art therapy participant, Rosemary Bryce



Created by art therapy participant, Irené Porter

SPRING INTO ACTION

Cycle, trek, run, climb - you can spring into action for UCF and raise vital funds to help cancer patients and their families in Northern Ireland. Our sporting events cater for all levels of ability and take place at home and abroad. Events include: Ben Nevis, Celtic Mountain Challenge, Annalong Valley Trek, Belfast/London/New York Marathons, Great North Run, Kilimanjaro Trek, North West Cycle Challenge, Paddle the Bann, Swim NI Coastline, Canoe in Canada, Four Peaks Challenge plus many more.

UCF also organises international treks where participants have the opportunity to also do something positive in the countries they visit - for example in May 2010 you can trek the Inca Trail and volunteer at a local school in Peru, helping to repair and refurbish the building. You can view a full list of UCF's challenges at www.ulstercancer.org/events or call Sarah at UCF on 028 9068 0765 sarahatcheson@ulstercancer.org or Neill at UCF on 028 9068 0758 neillgrainger@ulstercancer.org

If there is a challenge that is not listed we may still be able to arrange it for you.



UCF supporters who completed the Canadian Rockies trek

HEALTH TO WEALTH CAMPAIGN

UCF and local independent financial adviser, Willis & Company Financial Services, have launched a new campaign - Health to Wealth - specifically targeted at ex-smokers.

Joyce Savage, Head of Appeals & Marketing, UCF said, "Stopping smoking is the single most important thing you can do to improve your health and reduce your future risk of cancer. As well as the health benefits, there is the immediate boost to your bank balance with savings of more than £40 a week or over £2,000 a year which would have been spent on cigarettes."

"Our Health to Wealth campaign takes this a step further as we're now urging ex-smokers who stopped smoking over 12 months ago to check if they are in line to benefit from paying reduced insurance premiums."

John Bedford, Director of Willis Financial Services said, "There are many examples where substantial savings have been made as a result of a successful review of existing cover. 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. We will complete a short questionnaire before sourcing a quotation from the whole of the market. 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.



SMOKERS - BREAK FREE!

UCF are encouraging smokers across Northern Ireland to break free from their smoking habit. This is the challenge set for No Smoking Day - Wednesday 10th March 2010. Anyone who wants to quit can use UCF's free and confidential stop smoking clinics, funded by the Public Health Agency (Eastern Area). For further information contact Bernie Neeson at UCF on 028 9066 3281 or call UCF's freephone helpline on 0800 783 3339 for information on your nearest support clinic.

Health Minister, Michael McGimpsey joins Gerry McElwee, UCF to help Paddy Christie (centre) unlock his addiction and 'break free' from cigarettes on No Smoking Day



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SPREAD A LITTLE SUNSHINE!



Sarah Atcheson, Events Co-ordinator, UCF prepares Claire Hudson for the 'Daffodil Abseil Against Cancer' on 13th March 2010 at Scrabo Tower, Newtownards. Register to take part in this abseil by contacting Sarah on 028 9068 0765 or email sarahatcheson@ulstercancer.org

UCF is encouraging people to spread a little sunshine by supporting the charity's annual Daffodil Appeal which will run during March and April 2010.

You could hold a yellow-themed fundraising event such as a dress in yellow day or hold a 'flower power' themed event - the possibilities are endless! Individuals, groups, schools and businesses can all get involved in fundraising for UCF and spread a little sunshine!

Daffodil Appeal boxes with lapel pins can now be found in various retail outlets. If you would like to support our campaign you can also order a Daffodil Appeal box - call Leonne on 028 9066 3281 or email leonnewheatley@ulstercancer.org or you could sell Daffodil raffle tickets - call Lisa on 028 9068 0752 or email lisamallon@ulstercancer.org

DONATIONS IN LIEU

Special thanks to Dessie and Heather Rutherford from Ballynahinch who asked their friends and family to make donations to UCF in lieu of presents for their 25th Wedding Anniversary. They raised £2,010 - thank you!



SHOPPING BOOM!

UCF has eleven charity shops which have generated a huge amount of money because of the incredible support they receive from the local community. The economic recession has meant that more and more customers are shopping in our charity shops and the demand for stock is now greater than ever!

Hilary Scott, Retail Development Manager, UCF said, "If you have never visited or donated to a UCF charity shop, please drop in or give a thought to those quality items in your home which you no longer need or have never used. We are currently in need of items of furniture which we can arrange to collect from your home, free of charge. We also welcome donations of clothing, accessories, homeware, books, CDs/DVDs and knick-knacks. If you are donating more than 8 black bags of goods we can also arrange for them to be collected - just contact Marlene at UCF on 028 9066 3281."



Hilary Scott, Retail Development Manager, UCF congratulates Roberta Campbell, UCF Shop Manager, 35 Shipquay Street L'Derry and the staff and volunteers who have raised £313,578 over the last five years

GOLF CLUB IS UP TO PAR!

Congratulations to Rockmount Golf Club who raised £9,300 for UCF's Think Pink! breast cancer campaign through a number of initiatives, including charity bunkers and 31 Team Captains wearing pink pullovers during inter-club matches.



Maeve Fox from UCF (left) receives a cheque from captains Mark McConkey and Helen Hall

YOU CAN 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.



PATRICIA'S RETIREMENT

UCF would like to pay a special tribute to Patricia Liesching on her recent retirement after almost 15 years. Arlene Spiers, Chief Executive, UCF said, "Patricia was very popular and highly regarded amongst her colleagues, our Combat Cancer Groups and Friends, with whom she established long-lasting friendships."



"Patricia was central to our schools programme and was renowned for her incredible eye for detail, endless patience and great sense of fun. She worked tirelessly at fundraising events where she made a real impact on the people she met. On behalf of all UCF staff and supporters we would like to thank Patricia for her outstanding contribution and wish her every happiness in her retirement."

BOOKING A HOTEL?

Spectrum, a Bangor based company, provides a free worldwide hotel booking service, saving you time and money! For every hotel booking made, Spectrum will make a donation to UCF.

Spectrum works with licensed wholesalers offering competitive rates anywhere in the world. Using them not only benefits UCF but can also save you hours searching the internet. If you're booking a hotel for leisure or business, travelling with a sports team or on a school trip, please contact Spectrum on 028 9146 1498 or email res@spectrumhotels.biz with your travel destination, dates, number of travellers and outline any special requirements. Spectrum aim to respond within the day; however it is normally within the hour.

CHEQUE PRESENTATIONS

Sylvia Lucy, from UCF receives a cheque for £4,000 from Leo Donnelly, treasurer of the Boxing Day Greencastle Five Mile Road Race. Also pictured (L>R) are Patrick Moohan, winner of an exclusive K Club voucher; Wayne Pollock, Exclusive Luxury; Patrick McGowan, Chairman of Omagh District Council; Oliver McCullagh, race co-ordinator; Adrian Mimmagh, winner of a Flybe voucher and Peter Ferris, runner and UCF supporter. Oliver and the Greencastle team are already looking forward to this year's run which will mark their 25th anniversary!



Congratulations to Newtown Stewart branch of UCF who raised £115,000 over the last 8 years - thank you! Special thanks to UCF's Combat Cancer Groups who raised the following last year: Newtown Stewart, £21,040; Claudy £21,000; Augher/Clogher £ 7,201; Coleraine £14,792; Cookstown £16,500; Enniskillen, £47,300 and Omagh £11,250. If you would like to raise funds for UCF call 028 9066 3281 for advice and support.



Maeve Fox, UCF receives a cheque for £2,835 from Ryan, Joanne and Ann Daly from Dromintee. The Daly family raised the money at a special night at the Three Steps, Dromintee which included a quiz, head shaving, waxing and an auction - well done!



NEW STAFF

Julie Hyde joins as Shop Manager at 2-4 Market Square, Bangor. Julie brings over 15 years of retail and management experience to the team.



Maeve Fox joins as Development Officer with responsibility for organising special events within schools and community groups. Maeve has a wealth of fundraising experience having worked for a number of charities.



THANK YOU

- St. Patrick's AC, Newry organised a Fun Run in memory of Joanne Heaney and raised £1,200
- A night of 'music and craic' organised by Mary McCullough in Dunnygarron Orange Hall, Cullybackey raised £375
- After completing the Great North Run and the New York Marathon Kieran Fegan from Warrenpoint raised £4,300. Iain Taggart from Ballymena raised £3,370 after completing the New York Marathon
- Lorraine McCullough, Comber raised £2,100 for the Think Pink! Campaign by dyeing her hair pink for the month of October. Lorraine also makes handcrafted cards which she sells in aid of UCF
- Congratulations to staff at The Courtyard Restaurant, Cookstown who donated £1,000 to UCF's Think Pink! Campaign from tips which were collected during breast cancer awareness month
- Raising money for UCF's Think Pink! campaign are: Royal Mail, £836; Gormley's Pharmacy, Limavady, £200 and GEDA Construction, £2,722
- Dunnyboe Target Club Annual Francis Devine Memorial Shoot raised £1,000
- Carol McIntyre and friends sponsored cycle from Springmount Road to the White Rocks, Portrush raised £1,540

EVENTS DIARY

Midnight Bunny Walk, Phoenix Bar, Newry
Friday 9th April, 12 midnight
Contact: Maeve Fox, UCF on 028 9068 0761

Emotions Exhibition, UCF 40/44 Eglantine Avenue, Belfast
Wednesday 14th - Friday 16th April 10am-8pm and
Saturday 17th 10am -1pm
Contact: Joanne Myles, UCF on 028 9066 3281

Celebration of Life, Fisherwick Presbyterian Church
Sunday 18th April at 3pm with speaker Professor Roy Spence
Contact: Eileen Creery, UCF on 028 9066 3281

Please contact Sylvia Lucy, UCF for the following events on
028 6634 7900 or 07789 757165

Tug of War, Carrickmore
Variety Concert, Flaxmill Centre, Drumduff
Night at the Races, Daly's Bar, Omagh
Dating Spectacular, Newtown Stewart
Ladies Night, Coleraine Rugby Club
Midnight Bunny Walk, Omagh
Blue Bell Sponsored Walk, Clogher
Charity Dance, Patricia Hall, Carrickmore
Irish Stew Night, Carrickmore
Think Pink! Bike Challenge
Mizen Head to Malin Head

Friday 6th March
Wednesday 10th March
Thursday 25th March
Friday 26th March
Saturday 27th March
May / June
Sunday 2nd May
Friday 7th May
Saturday 15th May

Wednesday 26th May
- Saturday 29th May

SPORTING EVENTS DIARY

Winter Ben Nevis
Scрабо Absail
Glens of Antrim Challenge Trek
London Marathon
Inca Trail with Community Project
Belfast Marathon
Ben Nevis Challenge

Paddle the Bann
Four Peaks Challenge (Open event)
Celtic Mountain Challenge

Annalong Valley Challenge Trek
Kilimanjaro Trek
Swimathon
New York ½ Marathon
Canoe Canada (Open event)

11th - 14th March
13th March
25th April
25th April
1st - 12th May
3rd May
18th - 20th June
30th July - 1st August
10th - 12th September
29th - 30th May
28th - 30th May
4th - 6th June
1st - 3rd October
26th June
29th June - 10th July
June / August
August
26th August - 2nd September

For further information or to book your place contact Sarah at UCF on
028 9068 0765 sarahatcheson@ulstercancer.org or Neill at UCF on
028 9068 0758 neillgrainger@ulstercancer.org

Click on www.ulstercancer.org/events for more details.