

## CHIEF EXECUTIVE'S FOREWORD



2011 is set to be another busy year for UCF. We recently launched our cancer manifesto at Stormont, urging MLAs to reduce the growing health divide between rich and poor – one of the leading causes of cancer inequalities in Northern Ireland. As cancer patients are voters too, we want to encourage our politicians to support public health initiatives such as the strategies for tobacco, obesity, skin cancer, physical activity and the Cancer Services Framework whilst developing innovative methods to engage with those groups at greatest risk.

This will have a profound effect on reducing cancer incidence rates, improving quality of life and well-being as well as lowering mortality. There is much work to be done. However we will continue to work tirelessly to keep cancer at the top of the health agenda.

We are thrilled to be working with Northern Bank over the coming year and, with their support, continue to deliver our Family Support Service, free of charge, and ensure that it is widely accessible to families who have been affected by cancer throughout Northern Ireland.

As we launch our annual Daffodil Appeal I would like to thank our Combat Cancer Groups, Friends of UCF and many supporters who tirelessly fundraise each year as well as sell raffle tickets on our behalf. Your contribution to our appeal is outstanding each year and is greatly appreciated. If you would like to sell daffodil lapel pins, raffle tickets or hold a fundraising event in aid of UCF please call our dedicated fundraising team for merchandise, advice and support on 028 9066 3281.

Thank you for your continued dedication and support, helping to improve the lives of cancer patients and their families in Northern Ireland.

**Roisin Foster**  
Chief Executive

## NEW CHARITY PARTNER - NORTHERN BANK



*Sisters Katie (age 7) and Holly (age 8) Rodgers from Belfast join Rachel Smith, Family Support Worker, UCF and Rosamond Bennett, Northern Bank's Head of Communications to help launch Northern Bank's new charity partnership with UCF for 2011. Katie and Holly started using this free service after their Dad, Colin, sadly died from cancer in 2009.*

Northern Bank has unveiled UCF as its new Charity Partner for 2011. Together with its staff and customers, Northern Bank aims to create a brighter future for local families affected by cancer by aiming to raise £100,000 during the charity partnership, which will be invested in UCF's Family Support Service.

UCF's Family Support Service is led by Rachel Smith who said, "This free service provides a vital lifeline to children and young people when a significant adult such as a parent or grandparent is diagnosed with cancer. We offer specialist emotional support to the entire family unit which can involve individual or group support; home, hospital or hospice visits as well as telephone and email support. We understand that every family is unique and will react to a cancer diagnosis differently. Our Family Support Service is adaptable to help meet every family's needs by providing extra support, the courage to talk about cancer and deal with the unthinkable together."

Rosamond Bennett, Northern Bank's Head of Communications said of the partnership, "The enthusiasm, sensitivity and commitment of everyone involved in the Family Support Service is inspiring and couldn't fail to both move and motivate all of us at Northern Bank to get involved. Our teams right across Northern Ireland will be working hard to meet this ambitious fundraising target, and as always, have fun along the way. The Bank and its staff are committed to helping UCF continue and expand its invaluable relationship with families in Northern Ireland."

Northern Bank has kick-started the partnership by launching its new Charity Bond and will donate a total of £20,000 for all charity saving products opened during 2011. This will enable local customers to make the most of their savings whilst contributing to a good cause.

If you would like more information on UCF's Family Support Service please call UCF's Care Services team on 028 9066 3281 or click on [www.ulstercancer.org](http://www.ulstercancer.org)

## MANIFESTO LAUNCHED



(Pictured L>R) Prof Roy Spence, Chairman, UCF, Jim Wells MLA South Down and Chair of the Health Committee and Roisin Foster, Chief Executive, UCF launch the charity's manifesto at Stormont. UCF highlighted measures including prevention, diagnosis, treatment and patient care which, if adopted, will help to reduce the extent and impact of cancer and improve the overall health and well-being of people in Northern Ireland.

## EVERYCLICK

Everyclick is an internet search engine with a big difference - it donates half its revenues to charity. This means UCF could benefit from your support every time you search the web.

Everyclick, powered by Yahoo search, behaves just like any other search engine so why not try using it instead of Google? Using Everyclick is easy, just click on [www.everyclick.com/ulstercancerfoundation](http://www.everyclick.com/ulstercancerfoundation) and start searching. There is no sign-up fee or hidden charge to the user or UCF. UCF will appear as your chosen charity, so all your future searches will generate money for UCF.



## A FITTING SERVICE

Giving emotional as well as practical support is all in a day's work for Lynn Young, who is UCF's Fitting Service Co-ordinator at Altnagelvin Hospital in L'Derry. Lynn, herself a breast cancer survivor, provides a confidential fitting service for women who have had breast cancer surgery. There is a wide range of fashionable pocketed bras, swimwear and headwear available for women to choose from in a comfortable and private area. For more information call UCF's Fitting Service at Altnagelvin on 028 7134 5171, ext 4747.

UCF also stocks a new range of headwear designed by local woman Ciara Priestly - a 28 year old mother of two, who during her treatment for breast and ovarian cancer experienced hair loss. These stylish but practical headscarves, for women who experience hair loss during chemotherapy treatment, are available on [www.headscarvesbyciara.co.uk](http://www.headscarvesbyciara.co.uk) and from UCF.

UCF's Fitting Service is also available in Belfast, Dungannon, Newry, Enniskillen and Cookstown. For more information call UCF's Care Services Team on 028 9066 3281 or click on [www.ulstercancer.org](http://www.ulstercancer.org)

## RECOVERY YOGA

UCF has launched a new series of its popular Recovery Yoga sessions for cancer patients with the help of yoga teacher, Jeanne Rankin. The six-week programmes help build energy levels, strengthen the body and improve your sense of wellbeing. Yoga is also a great way to relax and take some time out to help the recovery process.

Recovery Yoga is provided by UCF free of charge. The first course starts in Belfast on Wednesday 2nd March, and a second on 4th May. For further information or to book a place contact Leonne Wheatley on 028 9068 0751 or email [leonne@ulstercancer.org](mailto:leonne@ulstercancer.org)

## SMOKEBUSTERS - BE A FIRE-FIGHTER!



Judith West from UCF launches the charity's 'Become a Fire-fighter for a Day' Smokebusters competition with P7 pupils Michael Watkins and Jill Carson from Strandtown Primary School, Belfast along with firemen from Knock Fire Station. To be eligible to enter, teachers need to enrol their P6 and P7 pupils in UCF's Smokebusters Club which is free and open to all schools throughout Northern Ireland. There are lots of fantastic prizes on offer and to be in with a chance to win, entrants are being asked to use their ICT skills to design a poster on the theme of 'Smokefree Homes'. The closing date for entries is Friday 11th March 2011. For further information please contact Judith West, UCF on 028 9066 3281, email [judithwest@ulstercancer.org](mailto:judithwest@ulstercancer.org) or click on [www.ulstercancer.org/smokebusters](http://www.ulstercancer.org/smokebusters)



## AN APPLE A DAY...

Archie Wylie from Jordanstown helped UCF mark World Cancer Day on Friday 4th February. The charity joined forces with Lidl Northern Ireland to encourage people to increase the amount of fruit and vegetables in their diet. Two-thirds of cancers could be prevented by simple lifestyle choices such as eating a healthy diet, stopping smoking, limiting alcohol intake, being active, taking care in the sun and participating in screening programmes. For more advice on reducing your risk of cancer click on [www.ulstercancer.org](http://www.ulstercancer.org) If you have any concerns about cancer call UCF's freephone cancer information and support helpline on 0800 783 3339 or email [infocis@ulstercancer.org](mailto:infocis@ulstercancer.org)

## NO SMOKING DAY

'Is it time to quit?' is the question UCF will be asking smokers on No Smoking Day - Wednesday 9th March. This year's event is backed by internationally renowned expert in smoking cessation and respiratory disease, Professor John Britton, who said, "A key to preventing children smoking is helping their parents and other adults to stop - which is why No Smoking Day is so important."

Gerry McElwee, Chair of No Smoking Day Committee (NI) and Head of Cancer Prevention, UCF, said, "Giving up smoking often requires planning, encouragement and support and the day itself provides an excellent focus for thousands of local smokers to stop."

If you need extra support to help you stop smoking call the Smokers Helpline, run by

UCF in Northern Ireland, on 0808 812 8008 where you can receive helpful hints and tips as well as a free 'Quit Kit' to help you kick the habit for good.



*Pictured at UCF's regional conference in preparation for No Smoking Day are (L>R) Gerry McElwee, Head of Cancer Prevention, UCF; Vishnee Sauntoo, Marketing Director, No Smoking Day; Roisin Foster, Chief Executive, UCF and John Britton, Professor of Epidemiology and Director of the UK Centre for Tobacco Control Studies at the University of Nottingham.*



Printed on recyclable paper

## OUT AND ABOUT

As we celebrate fundraising news from 'out and about' in Northern Ireland we congratulate prostate cancer survivor Ian Campbell, who took part in the gruelling 'Race around Ireland' cycling challenge to raise funds for UCF. Special thanks to Decathlon Sports store in Belfast which kindly donated a high specification road racing bike for Ian's endurance event and for their continued support of UCF.

Ian also sells delicious home baked 'Cupcakes for Cancer' in the Decathlon store and raised an impressive £800 for UCF in his first month of trading. You can also purchase cupcakes direct from Ian on 07833 692605 or email [iancampbell09@googlemail.com](mailto:iancampbell09@googlemail.com) with proceeds in aid of UCF.



Congratulations to Newcastle based walking group the Trassey Trackers who have raised £65,000 for UCF over the past 10 years – well done! (Front L>R) Michael Boyd, Trustee of UCF congratulates Michael King, Eugene Carville, Seamus McKibben and the rest of the Trassey Trackers.

## CALLING NEW VOLUNTEERS

UCF is calling for new volunteers who can take part in a wider range of activities than ever before! Helpers are urgently needed to drive patients to and from hospital appointments, to lead walking groups, attend health fairs, undertake bucket collections and for occasional evening reception duties at UCF's service centre in Belfast. Even volunteering one day a month or a few hours a week can make a huge difference. UCF provides full induction, training, on-going support and out of pocket expenses. If you would like to volunteer please contact Morag at UCF on 028 9068 0773 or email [moragchambers@ulstercancer.org](mailto:moragchambers@ulstercancer.org)



## RED HOT IDEA!



With plenty of nippy weather still ahead, be sure your heating system is piping hot and help UCF at the same time. Solv Group, a local heating company, has teamed up with UCF to provide a new 'Community Pay and Donate Scheme'. By booking your domestic gas or oil boiler service with Solv Group you can donate £5 of the cost of the service to UCF at no extra cost to you.

Solv's standard price for a domestic oil boiler service is £45 + VAT and a gas boiler service is £55 + VAT. If you would like to have your boiler serviced by Solv Group, simply call into a UCF charity shop and collect a special flyer with all the details. If you need more information please drop into one of our eleven local UCF charity shops or call Hilary or Marlene at UCF on 028 9066 3281.

*Hilary Scott, UCF's Retail Development Manager, and Beverly McMorris, Marketing Consultant, Solv Group, launch the 'Community Pay and Donate Scheme'.*

## ANNUAL GENERAL MEETING



UCF held their Annual General Meeting (AGM) with special guest lecturer, Chief Medical Officer, Dr. Michael McBride who spoke about 'The Future of Cancer Services in Northern Ireland'. The AGM showcased UCF's achievements over the last year and highlighted the charity's aim to continue to provide a quality range of dedicated care and support services for cancer patients and their families across Northern Ireland. Pictured (L>R) Professor Roy Spence, Chairman, UCF, Roisin Foster, Chief Executive, UCF and Chief Medical Officer, Dr. Michael McBride.

## CHOOSE YOUR CHALLENGE

Gayle Boyce, Director of Karl Group of Companies, developer of The Obel and local personality Pamela Ballantine will take a leap of faith and abseil The Obel, Ireland's tallest building (289ft), to support UCF and Save the Children. The Obel Abseil event will be held on Saturday 5th and Sunday 6th March 2011. To register click on [www.obelabseil.com](http://www.obelabseil.com), call 028 9068 0765 or email [sarahatcheson@ulstercancer.org](mailto:sarahatcheson@ulstercancer.org)

UCF has a full calendar of events for 2011 where you can cycle, trek, run or climb on challenges at home or abroad. Coming up are the Kilimanjaro Trek, Inca Trail Challenge Trek, Canoe Canada and the New York Half Marathon plus lots more. At home, there is a wide selection of sporting events available such as the Glens of Antrim trek, Paddle the Bann and the Annalong Valley Challenge Trek. For more information and a full list of events please contact Sarah on 028 9068 0765 or log onto [www.ulstercancer.org](http://www.ulstercancer.org)

## FUNDRAISING



Phil Quinn and members of UCF's Armagh Breast Cancer Support Group held a 'Pink Weekend' at O'Kane's Superstore in Armagh during October which raised an amazing £22,911.90 for UCF's Think Pink! appeal.



Joyce Savage, Head of Appeals and Marketing, UCF (pictured left) and Maeve Fox, Fundraising Manager, UCF (pictured back) thank Maurice and Gabrielle Farquhar who raised £1,000 for UCF through a successful Charity Praise Concert held at the Ulster Hall. A special thank you to congregations from Carrickfergus Presbytery who took part.



Sylvia Lucy, Fundraising Manager, UCF (pictured left) congratulates Kevin Boyle from Strabane who raised £4,100 through sponsorship for climbing Mount Errigal, Donegal. Kevin, who attends UCF's prostate cancer support group in L'Derry also presented Teresa McSwiney, facilitator of the group, with £500.



Bogues Jewellers Ltd in Omagh held a special ladies evening for UCF's Think Pink! appeal to coincide with the launch of the new Ti Sento jewellery range. Supporters enjoyed a variety of special offers, spot prizes and a grand raffle, kindly sponsored by Ti Sento. Bogues Jewellers Ltd has nominated UCF as their 'Charity of the Year'.

## THANK YOU

- Derek Whitsitt, Lisnaskea raised £491.92 and 29.58 Euro from a sponsored canoe event on Lough Erne
- Thank you to all those who donated in lieu of presents for birthdays, anniversaries and Christmas cards – your support is greatly appreciated!
- Dunluce School, Bushmills raised £6,298 at their Annual Causeway Ramble 2010
- Dymrna Malcolmson held a table quiz at Banbridge Golf Club and raised £650
- Newtownbreda High School held a non-uniform day and raised £741; Mount Lourdes Grammar School, Enniskillen raised £455; Ballyclare Secondary School raised £2,268; Strabane High School raised £1,940; Ballyclare High School raised £476; St. Roses High School, Belfast raised £325 for UCF's Think Pink! appeal
- The Mater Hospital held a 'Pink Friday' fundraiser raising £1,220 for UCF's Think Pink! appeal
- UCF's private screening of Harry Potter and the Deathly Hallows raised £500
- Margaret McKeegan organised a coffee morning in the Parish Centre in Cushendall and raised £700
- Ballynahinch Masonic Lodge donated £1,740 to UCF
- Beverly-Ann George had a Christmas collection and her employers Kelvatek Ltd, Lisburn very kindly matched her fundraising efforts. The overall donation to UCF was £1,100
- Annadale Hockey Club has nominated UCF as their charity partner for the 2010/2011 and 2011/2012 seasons
- Pauline Adair organised a musical concert at Lagan Valley Island Centre, Lisburn in memory of her late mother, Molly Dunseath and her late friend, Karen Blythe raising £2,000 for UCF
- Knockevin Special School, Downpatrick celebrated their 50th Anniversary by hosting a Gala Ball at Downpatrick Race Course raising a fantastic £3,600
- UCF held a number of cancer prevention 'Toolbox Workshops' with male employees at Henry Brothers, Antrim who kindly presented UCF with a £4,000 donation

## EVENTS DIARY

### Friday 18th March

Pink Party at Clandeboye Lodge Hotel, Bangor  
Evening includes live entertainment, supper and a ballot. Tickets cost £15.  
Contact: Maeve Fox on 028 9068 0761 or email maevefox@ulstercancer.org

### Friday 25th March

Jail and Bail in Bangor  
Contact Maeve Fox on 028 9068 0761 or email maevefox@ulstercancer.org

### Friday 1st April

April Charity Ball at the Culloden Hotel, Belfast  
Tickets cost £40 pp / tables of 10 are £350  
Contact: Maeve Fox on 028 9068 0761 or email maevefox@ulstercancer.org

### Saturday 23rd April

North West Tractor Road Run  
Aghadowey/Garvagh and Kilrea  
Contact: Sylvia Lucy on 07789 757165 or email sylvialucy@ulstercancer.org

### Sunday 8th May

Celebration of Life Service  
3pm, Fisherwick Presbyterian Church, Belfast  
Contact: Eileen Creery on 028 9066 3281 or email eileencreeery@ulstercancer.org

### May (date TBC)

3 mile cross-country walk, Foyle Valley and Donegal  
Contact: Sylvia Lucy on 07789 757165 or email sylvialucy@ulstercancer.org

### Sunday 8th June

10K Run and Walk, Blackwater  
Contact: Sylvia Lucy on 07789 757165 or email sylvialucy@ulstercancer.org

### Saturday 11th June

Barn Dance, Dungiven  
Contact: Sylvia Lucy on 07789 757165 or email sylvialucy@ulstercancer.org

## SPORTS EVENTS DIARY

Obel Tower Abseil	5th & 6th March
Winter Ben Nevis	10th -13th March
New York Half Marathon	20th March
Bann Activity Day	2nd April
London Marathon	17th April
Belfast Marathon	2nd May
Glens of Antrim	
Challenge Trek	8th May
Inca Trail Challenge Trek	10th - 19th May
Paddle the Bann	28th - 29th May
Four Peaks Challenge	3rd - 5th June
Ben Nevis Challenge	10th - 12th June
Celtic Mountain Challenge	24th- 26th June

UCF's experienced fundraising team can support you and give you all the advice and guidance you need to successfully reach your target. There are lots more events scheduled for 2011 - click on [www.ulstercancer.org/events](http://www.ulstercancer.org/events) for more details.

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