

## Daffodil Appeal

Joyce Savage, Head of Appeals and Marketing, launches UCF's 20th annual Daffodil Appeal which will run during March / April 2008.



Joyce said, "Our Daffodil Appeal is very important to us, as all our funds come from the generosity of voluntary donations, which we greatly appreciate."

"Your support is vital in helping us continue to invest in the future health of local people and provide care and support for all those affected by cancer."

You can help raise funds for UCF's Daffodil Appeal in a number of ways:

- Buy a daffodil pin, badge or trolley coin key ring from one of our Daffodil Appeal boxes which can be found in various retail outlets during March/April (suggested minimum donation is £2 each).
- We would love to hear from anyone who would be willing to sell tickets for our Daffodil raffle - please contact Lisa Mallon on Tel. 028 9068 0752.
- Get creative and hold a yellow themed fundraiser in aid of UCF's Daffodil Appeal - the possibilities are endless! Individuals, groups, schools and businesses can all get involved in fundraising for UCF.
- Take part in a 'Night of a 1,000 Dinners'. Charge your friends a fee for making them a meal and donate to the Daffodil Appeal. Special packs are available, please contact Leonne Wheatley, Tel. 028 9066 3281 or email leonnewheatley@ulstercancer.org

## UCF SUPPORTERS - THANK YOU

A special thank you to the following UCF supporters:

- The Texas Hold 'em event organised at St Malachy's GAA Club Castledawson by John Mulholland proved a great success and raised £1,750 for UCF. Thank you to all those who supported the event and especially John Mulholland, Tommy Joe and Eilish Doyle, Ryan Heaney and Anthony Brown.
- Special thanks to Toolbox Ltd. Gortrush Industrial Estate, Omagh for sponsorship of Showstoppers in Strule Arts Centre, Omagh last November.
- Employees at Acheson & Glover, Fivemiletown donated £750 to UCF.
- Congratulations of Wine Inns whose Christmas fundraiser raised £4,975
- The Cohannon Inn & Autolodge, Co. Tyrone has chosen UCF as their charity of the year. Planned fundraising activities for 2008 include selling ballots for hampers at Valentines, Easter and Christmas as well as other initiatives to be announced.
- In lieu of Christmas presents to the firm's customers in the North and South of Ireland, RTD Crawford, Lisbellaw donated £3,000 to UCF and €4,500 to the Marie Keating Foundation.

## LINK AWARDS



UCF has nominated Woodview Landscapes Garden Centre, Omagh for a NICVA Link Award following their successful project, Santa's Grotto, which has raised £43,000 over the last two years.

Pictured L>R Sharon Shortt from Woodview Landscapes Garden Centre receives a certificate from Paul Clarke and Sylvia Lucy, Development Officer, UCF for their contribution to the charity.

## Events Diary 2008

UCF organises lots of fundraising and sporting events throughout the year which cater for all levels of adventure at home and abroad.

Events include treks to the Grand Canyon, Inca Trail and Everest Base Camp, Greek Island Swim and BordeauxBordeaux Vineyard Walk. There is also the chance to enter the London Triathlon, London 10K, the Great North Run, Coast to Coast cycle as well as undertaking the Ben Nevis Challenge, Four Peaks or the North Antrim Walks.

Simply call UCF today to discover the right challenge for you or visit the website [www.ulstercancer.org/events](http://www.ulstercancer.org/events) for more details.

If there is a challenge that is not listed we may still be able to arrange it for you, so please get in touch with Sarah on Tel. 028 9068 0765 or Neill on Tel. 028 9068 0758.

**No Smoking Day** Wednesday 12th March  
Contact: Judith West at UCF Tel: 028 9066 3281

**Musical Evening with the South Ulster Concert Band** hosted by Banbridge Friends  
Thursday 13th March  
Iveagh Theatre, Banbridge  
8pm  
Tickets cost £10.  
Contact: Patricia Liesching at UCF Tel: 028 9066 3281

**Celebration of Life** Special guest speaker William Crawley, BBC broadcaster and journalist  
Sunday 13th April  
Fishewick Presbyterian Church, Malone Road, Belfast, 3pm  
Contact: Joanne Myles at UCF Tel: 028 9066 3281

**Living Well With Cancer** Saturday 26th April  
Wellington Park Hotel, Malone Road, Belfast  
9.40am - 4 pm  
Keynote speakers Ronan Kelly and Donna Traynor  
Contact: Joanne Myles at UCF Tel: 028 9066 3281

**Easter Sponsored Walk** Newtownstewart and Pettigo - dates to be confirmed  
Contact: Sylvia Lucy at UCF 07789 757165

**Jail Break** Saturday 3rd May  
Coleraine  
Contact: Sylvia Lucy at UCF 07789 757165



SPRING 2008

# update

NEWS FROM THE ULSTER CANCER FOUNDATION

## Chief Executive's Foreword



UCF enjoyed many achievements in 2007 and with your support we look forward to another successful year.

We are delighted to announce funding for an exciting research project with the Northern Ireland Cancer Registry.

In 2008, we will continue to take a lead role in driving forward high quality programmes of cancer research, pump-priming work that is of the highest standards to contribute to a future free from cancer as a life-threatening disease.

We have already launched a number of high profile campaigns: from setting out our vision for a tobacco free society; marking World Cancer Day which involves a year-long communication, education and advocacy effort to promote smoke free environments for children; to the 'Personal Everest Project' and our annual Daffodil Campaign.

Once again, our supporters have shown tremendous enthusiasm, embracing these campaigns and we are grateful for your continued efforts.

A new website has been developed by the Equality Commission to highlight changes to disability discrimination law being introduced under the Disability Discrimination (NI) Order 2006. Some of the changes, which came into effect on 31 October 2007, affect people who have been diagnosed with cancer.

To find out further information log onto [www.youarenowcovered.org](http://www.youarenowcovered.org) or call UCF's free phone helpline on 0800 783 3339.

A new year brings fresh challenges for UCF and we look forward to the exciting period ahead.

Thank you for your continued support.

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

## NEW RESEARCH

UCF has announced funding for an exciting new research project which will develop the first colorectal polyp register for Northern Ireland. This new register will be backdated to 1994 to produce a baseline study, before the national bowel cancer screening programme is introduced in 2009. This register will then be able to determine the impact of the new screening programme on the diagnosis of colorectal polyps.

Arlene Spiers, Chief Executive, UCF said, "This latest research project represents an investment of almost £100,000 over three years, to improve our understanding of colorectal cancer and to monitor the impact of the national bowel cancer screening programme."

"We are currently funding the research of an all-Ireland pancreatic cancer case-control study at the Northern Ireland Cancer Registry, carried out by Professor Liam Murray. This study will establish data and a specimen bank for research into diagnosis, aetiology and survival from cancer of the pancreas. The charity has already funded a successful Barrett's Oesophagus register."



(From L>R) Arlene Spiers, Chief Executive of the Ulster Cancer Foundation, Dr Anna Gavin, Director of the Northern Ireland Cancer Registry, Queen's University Belfast and Mrs Iris Colvin, OBE, President of UCF.

"We are confident that the findings from these research projects will have positive implications for policy and practice and ultimately improve the outlook for colorectal, pancreatic and oesophageal cancer patients in Northern Ireland."

## TOBACCO FREE NORTHERN IRELAND

UCF kick-started 2008 by launching its vision for a tobacco free society at the Long Gallery, Stormont. We are campaigning for the Northern Ireland Executive to develop and implement a new comprehensive, long-term tobacco control strategy to help reduce smoking related illness and deaths in Northern Ireland.



Pictured L>R Encouraging people to kick their smoking habit, host of the Stormont event, Kieran McCarthy, MLA; guest speaker, Dr. Anna Gavin, Director, Northern Ireland Cancer Registry and Gerry McElwee, Head of Cancer Prevention, UCF.

Gerry McElwee, Head of Cancer Prevention, UCF said, "25% of the population in Northern Ireland now smoke compared to around 19% in the USA, Canada and Australia. Over the past 25 years, our number of adult smokers has reduced by a meagre 8%. If this quit rate continues, it will take us about 20 years to get where USA and Australia are now.

"There is also a worrying trend emerging in the number of young women (16 - 19 years old) in Northern Ireland who smoke, with more than twice as many women than men now smoking in this age group.

"We must act now to adopt a new and radical approach which will eradicate tobacco induced death and disease. We propose raising tobacco tax; investing in prevention programmes for young people; making smoking cessation services more accessible; increasing nicotine replacement products as well as raising the minimum age for buying cigarettes and licensing tobacco to reduce the significant health burden associated with smoking.

"If tomorrow in Northern Ireland, we reduced our smoking rates to match those in USA and Australia we could save up to 800 lives a year. The Northern Ireland Executive needs to use the current momentum to create a turning-point in combating the tobacco epidemic in Northern Ireland.

The Northern Ireland public deserves a strategy that will position us as the first European country to be tobacco free."

## HEALTHY CLUBS



UCF and the Ulster Council for Gaelic Games have held special health evenings at GAA clubs across Ulster to advise on steps which can be taken to create healthy clubs and communities.

*Pictured is Anne Devlin, Cancer Prevention Officer, UCF using the skin scanner on Stephen Donnelly from the Ulster Council of GAA to assess the damage caused by overexposure to the sun.*

## NEW CHARITY SHOP

The Mayor of Limavady, Councillor Edwin Stevenson joined Arlene Spiers, Chief Executive, UCF (pictured left) and Hilary Scott, Shops Co-ordinator, UCF to officially open the charity's eleventh shop in Northern Ireland.

UCF's new charity shop is based at 51b Connell Street, Limavady, where the Mayor dropped in, hoping to pick up a bargain!

Hilary Scott, Shops Co-ordinator, UCF, said, "Our shops are always a great place to pick up a bargain. We pride ourselves not only on the quality and range of our goods but also on reasonable prices, so our customers get value for money and our work gets the support it deserves.

"We look forward to developing our new shop in Limavady and to meeting local people from the area."

UCF welcomes donations to their charity shops as well as volunteers as they make a positive contribution to our work.



To find out more information please contact UCF on Tel. 028 9066 3281 or speak to the Manager of your local UCF charity shop.

## LOVE YOUR LIFE

**A new 'Love Your Life' programme is being piloted by UCF for anyone who has been affected by cancer.**

The course has been designed to empower cancer survivors and carers to rediscover their life and to implement lifestyle changes which will have a positive impact on their physical and mental health.

Sessions include diet and nutrition, style and self-image coaching, stress management, motivation, goal setting and positive thinking, to name a few.

The pilot groups are currently being run at UCF Service Centre, 40/44 Eglantine Avenue, Belfast. Depending on interest in the Love Your Life programme, the course may be offered at various locations throughout Northern Ireland. For further information please call Joanne at UCF on Tel. 028 9066 3281.



*Pictured (L-R) Shauna Duffy who has taken part in UCF's Love Your Life programme with facilitator and Life Coach, Jenny Grainger and Liz Atkinson, Head of Care Services, UCF. Shauna said, "This course has been instrumental in making me discover something very important...that in learning to live 'in the now' I have found that I am already living my dream."*

## WHAT'S YOUR PERSONAL EVEREST?

**UCF have launched a unique fundraising initiative called the Personal Everest Project.**

Long-term UCF supporters - Lynne and Noel Hanna are the inspiration behind the Personal Everest Project. Lynne and Noel are in the final stages of preparing for one of the most hazardous and dangerous expeditions known to man - to reach the summit of Everest. If successful, they will be the first married couple in Northern Ireland to reach the summit of Everest in May this year.

Lynne and Noel Hanna will be joined by Peter McAlindon, who was diagnosed with lymphoma five years ago at the age of 36. He will be accompanying Lynne and Noel to Tibet and will join them on the first leg of their expedition.

Not only is this a great personal and physical challenge, but Lynne, Noel and Peter want to use their expedition to raise £150,000 for UCF to fund a major new support programme for cancer patients and their families in Northern Ireland.

Joyce Savage, Head of Appeals & Marketing, UCF added, "We know not everyone has the opportunity or inclination to go to Everest so we're asking people to think about a challenge in their own lives that is their 'Personal Everest' and which they can use to raise funds for this worthwhile cause.

"The opportunities are endless - from making a simple donation on a regular basis to using the challenge as an excuse to do something you've always been planning to do but never quite started. It could be getting your friends to sponsor you to get fit, lose weight or give up smoking.

"Or you could register for a range of UCF sporting or fundraising events which cater for all levels of adventure at home or abroad - such as Ben Nevis, The Four Peaks Challenge or the Great North Run. The money raised through the Personal Everest

Project will be used to fund the two elements of our new support programme - developing a tailored fitness programme for cancer patients and to fund a full-time complementary therapy service to help reconnect people with their self-esteem and self-image."



**Cancer survivor Peter McAlindon (pictured left) with Noel and Lynne Hanna at the launch of the Personal Everest Project.**

## No Smoking Day

**Smokers from across Northern Ireland face one of their biggest tests yet, 'The Great No Smoking Day Challenge - can you last a week?'**



**The challenge is set to mark No Smoking Day on Wednesday 12th March 2008.**

No Smoking Day is all about providing smokers who want to quit, with the motivation and support they need to be successful. Giving up smoking at any time of the year requires much planning, encouragement and support but the day itself provides an excellent focus for many smokers to stop.

One of the new ideas for this year's campaign is that smokers should quit for at least a week and ask their family, friends and work colleagues to sponsor them in this endeavour. Special 'Stop Smoking' sponsorship forms are available from UCF. UCF provides free and confidential stop smoking clinics, funded by the Eastern Health and Social Care Trust. Weekly smoking cessation advice clinics are provided in a number of GP practices as well as leisure centres, community centres and workplaces, at a time convenient to smokers who want to give up. Those attending find out more about the smoking habit, tips for giving up and how to cope with cravings.

Anyone wanting to attend the stop smoking support clinics can either be referred by their GP or can contact Bernie at UCF on Tel. 028 9066 3281 or call UCF's free phone helpline on 0800 783 3339 for information on their nearest clinic. UCF's No Smoking Day Campaign is supported in its work by GlaxoSmithKline's NiQuitin.

*Pictured left Bernie Neeson from UCF is providing a smoking cessation clinic at the West Belfast Taxi Association to support a number of taxi drivers who are kicking the habit.*

## Fundraising Fast



**Congratulations to Philomena Miller who has fasted on Christmas Day for the last 5 years raising over £8,000 for UCF.**

Philomena (pictured right) presents Claire Maguire with money raised for her 2007 Christmas day fast. There are lots of ways you can raise funds for UCF - for fundraising advice and support, please call UCF on Tel. 028 9066 3281.

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