

CHIEF EXECUTIVE'S FOREWORD



Services provided by UCF continue to expand. Starting in June, UCF will be introducing a new walking group service, for all abilities, to help patients gain peer support while enjoying the great outdoors and enhancing their general wellbeing. UCF volunteers will be leading the walking groups - anyone who is interested in becoming a volunteer or if you would like to access the new service, please contact Morag at UCF on 028 9068 0773 or email moragchambers@ulstercancer.org

We welcome the Service Framework for Cancer Prevention, Treatment and Care, recently launched by the Department of Health. The Framework sets out standards for cancer services throughout Northern Ireland which will improve the outcome for local patients, their family and carers. We look forward to working with our health service colleagues to implement the standards set out in this Framework.

Fundraising with Northern Bank, our charity partner of 2011, continues to go from strength to strength. Specially created tea towels which feature designs from a selection of children and young people who have used our Family Support Service will soon be available for purchase at Northern Bank branches across Northern Ireland - two tea towels for £5. Call into your local Northern Bank branch to lend your support.

Congratulations to everyone who took part in our inspirational Emotions Exhibition which toured Northern Ireland. The exhibition featured a collection of writings and artwork produced by people who have been affected by cancer and it was a tremendous success. For further information on our art therapy or creative writing service please contact our Care Services team on 028 9066 3281.

Thank you for your continued dedication and support - it's greatly appreciated!

Roisin Foster
Chief Executive

MAN ALIVE HEALTH PROJECT LAUNCHED



Mairead McCann, ManAlive Project Nurse, UCF and Sandra Gordon, ManAlive Project Co-ordinator, UCF launch The ManVan - a mobile unit which can accommodate one-to-one health awareness sessions and health checks for men on their doorstep.

UCF has launched a new ManAlive project to bring life saving messages and health checks to men in the Southern Trust area.

Men will now be able to access body composition and weight management, stop smoking, care in the sun and early detection advice plus free health checks such as cholesterol, blood pressure and blood glucose testing, as well as interactive health promotion sessions and self-development programmes.

Roisin Foster, Chief Executive, UCF said, "Traditionally men are reluctant to talk about health issues or seek professional help. The ManAlive project provides a practical approach to delivering information to men in their own community and at a time which is convenient for them. It also emphasises positive steps men can take to improve their physical and mental health through self development sessions and innovative life coaching approaches to boost self esteem and improve their overall sense of wellbeing.

"Special thanks to Northern Ireland Fire & Rescue Service for facilitating the secure parking of The ManVan at Newry Fire Station throughout the 3 year period of the project and to £317,000 funding from the Big Lottery Fund's Reaching Communities programme. It is also supported and facilitated by community, voluntary and statutory partners in the Southern Trust area."

The ManVan will be out and about in the South Down and South Armagh area at your local sports club, community/church group, farmers market or village fair. It is free of charge and is available during the day, at evenings and weekends. For further information or to book the ManAlive for your club or group click on www.manalive.co or email sandragordon@ulstercancer.org



SMOKERS' HELPLINE

Dr Carolyn Harper, Director of Public Health in Northern Ireland and Gerry McElwee, Head of Cancer Prevention, UCF are encouraging smokers that 'It's good to talk' by phoning the Smokers' helpline on 0808 812 8008, where advisers can offer information, resources and support to callers who want to kick the habit. UCF operates the Smokers' Helpline on behalf of the Public Health Agency - it's free to call from landlines and can be contacted Monday to Friday 1pm to 9pm.

Gerry said, "Stopping smoking is the single best thing you can do to improve your health. Research shows that when appropriate support is received, a person is four times more likely to quit successfully than someone who stops without support. We can direct you to local services which will support you all the way. There's never been a better time to quit, so call the Smokers' Helpline today."

BOWEL CANCER – KNOW THE SIGNS!

To mark bowel cancer month UCF joined forces with Bowel Cancer UK to raise awareness of the signs and symptoms of the disease by producing a public information leaflet which was distributed to every GP surgery and pharmacy in Northern Ireland. If bowel cancer is detected at an early stage there is a much greater chance that treatment can be effective. Symptoms include a change in bowel habits lasting 6 weeks or more; bleeding from the bottom or blood in your stools; unexplained tiredness; weight loss; or a pain or lump in your abdomen.



Special thanks to Sheila David who kindly supported our Bowel Cancer Awareness campaign. Sheila had an operation to remove a tumour from the bowel a year ago and said, "I have a very positive outlook and a busy lifestyle and I was determined to continue enjoying my life. I feel great now - life is too short to let bowel cancer spoil it. I have coffee with friends, I love the theatre and having my nails and hair done. I would encourage people to keep busy and continue as far as possible with their lifestyles."

COMMUNITY BASED COUNSELLING

UCF is providing a new free and professional community based counselling service for cancer patients and their families in South Eastern Health and Social Care Trust area. Research shows that patients may benefit from counselling sessions at a venue different from where they received their diagnosis and treatment and the early signs are very positive.

Counsellor Karen Doherty will be available on Wednesday and Thursdays at Lagan Valley Hospital and on Fridays at Newtownards Community Hospital from 9am-5pm. Patients must pre-book an appointment - they can be referred by a healthcare professional or they can self-refer by calling UCF's freephone cancer information and support helpline 0800 783 3339, by contacting Karen on 07927 944 922 or by emailing Karen.Doherty@setrust.hscni.net

UCF also provides professional counselling for cancer patients and their families at the Cancer Centre and all the Cancer Units. Please contact UCF's helpline 0800 783 3339 for more details.

DVD LAUNCHED

UCF teamed up with film makers the 'Educational Shakespeare Company' to produce an exciting new educational DVD, 'Dead Cool - Young People and Smoking'. Funded by Belfast Health and Social Care Trust, it explores young people's attitudes to smoking, triggers for lighting your first cigarette, the use of smoking in the media and peer pressure.

To accompany the DVD, Belfast Health and Social Care Trust with support from UCF, will be developing training and support material for schools, youth and community groups to access, free of charge, in the new 2011-2012 academic year. For further information please contact Judith West at UCF on 028 9066 3281 or email judithwest@ulstercancer.org

CARE IN THE SUN



Fullerton House Prep School pupils Paulina Shaposhnikova and On Fung join Lizzie Lumsden, Lidl Northern Ireland, the Nutty Professor and Clare Smith, UCF to launch a new schools programme called 'Sun Scientist'. Through conducting their own experiments, the programme will help children learn the importance of taking care in the sun and wearing sunscreen, kindly donated by Lidl Northern Ireland.

UCF welcomed the announcement by the Health Minister that a new bill to stop under 18s using sunbeds has been passed by the Assembly. Gerry McElwee, Head of Cancer Prevention, UCF said, "In our role as co-ordinators of the Northern Ireland Melanoma Strategy Implementation Group, UCF led the campaign for this new legislation. We are delighted that sunbeds will be banned for under 18s, while for adults accurate warning information will be provided and standards set for sunbed provision, use and maintenance. We look forward to working with the Department of Health, Environmental Health and other partners to ensure an effective implementation of this new legislation."

AWARD WINNING STOP SMOKING SERVICE

UCF has scooped a top Northern Ireland Health Care Award in 'Innovations in Smoking Cessation' for helping smokers to kick the habit. One of the major hurdles for smokers wanting to quit is being able to get stop smoking support during their working day. In response to this UCF developed an award winning 'One Stop Shop' service providing patches, gum and lozenges along with behavioural support for local workplaces and the service has really taken off.

Northern Bank was one of the first workplaces to avail of UCF's 'One Stop Shop' service to assist staff to stop smoking. Louis Benson, Head of Personal Banking, Belfast Region was one of 30 members of staff to attend the sessions and he has now celebrated 12 months smokefree. He is pictured with UCF Smoking Cessation Coordinator, Bernie Neeson.

Orla King, Human Resources Partner, Northern Bank said, "Over 30 members of staff accessed UCF's one-to-one support for a 12 week period and feedback was very positive. Many long-term smokers have successfully quit and we're proud to be associated with an initiative that impacts so positively on the health and well-being of our employees."

For further information please contact Bernie Neeson on 028 9066 3281 or email bernieneeson@ulstercancer.org



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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 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.

GEARING UP FOR CYCLING CHALLENGE



The Bikedock Belles, a Belfast based all female cycling team, is gearing up to cycle across the Alps to raise funds for UCF's Think Pink! Breast Cancer Appeal. (Pictured) Neill Grainger from UCF said, "Special thanks to the Bikedock Belles; Julie McCorry from Holywood, Cathy Thompson, Hillsborough, Taryn McCoy, Belfast, and Andrea Harrower, Dromara, for taking on this tremendous sporting challenge and raising funds for UCF. They will make up one of 550 teams tackling the gruelling 600km Craft Bike Transalp challenge, at altitudes of up to 20,000ft, from 16th - 23rd July 2011."

The team is sponsored by Belfast bicycle specialist Bikedock, who raised £2,500 (and still counting!) for UCF at their 'Bargain Bike Weekend' - cyclists donated their old bikes, which the shop revamped and sold to raise money for UCF.

You can support the Bikedock Belles by donating at www.justgiving.com/Bikedock-Belles For a full list of up-and-coming fundraising events by the Bikedock Belles or to follow their progress please click on www.bikedockbelles.com



Join us on Facebook and keep up to date with what's happening at UCF. You can check up on events and press releases, view event photographs and find out how your donations are spent. Ask your friends to join us too and together we can raise cancer awareness. Log onto www.facebook.com/ulstercancerfoundation

FORGET ME NOT FUND

We congratulate artist Joan Carson from Dungannon who held an art exhibition and sale of paintings raising £1,130 for UCF. Five years ago Joan set up the Janet Inman Forget Me Not Fund, with UCF, in memory of her daughter and with the help of her family and friends, Joan has raised £10,506 for the fund.

Setting up a Forget Me Not Fund in the name of a loved one is a very special way to remember someone and celebrate their life, whilst raising much needed funds for UCF. To receive a Forget Me Not Fund information pack please call Claire at UCF on 028 9068 0745 or email clairehudson@ulstercancer.org

DONATIONS IN LIEU



If you would like to give a donation in lieu of wedding presents or wedding favours, we can design personalised place setting cards or gift cards to let your guests know that a donation has been made to UCF on their behalf. We also have a wide selection of pin badges available for wedding favours.

For more information please call Rosie Hassin at UCF on 028 9068 0759 or email rosiehassin@ulstercancer.org

BEN NEVIS CHALLENGE

You can now register to take part in UCF's Ben Nevis Challenge on Friday 10th June - Sunday 12th June 2011 and Friday 16th September - Sunday 18th September 2011. Ben Nevis is Britain's highest mountain which stands at 4,408ft, however the maximum gradient is 1:5 so there is no strenuous climbing involved. To register contact Sarah at UCF on 028 9066 3281 or email sarahatcheson@ulstercancer.org

Each participant is asked to pay a non-refundable booking fee of £50.00 and the minimum sponsorship required is £595.

Ben Nevis Challenge participants reach the summit for UCF.



UCF SHOPS APPEAL

Following a recent decline in shop donations, we are urgently seeking goods for our charity shops. If you have any items in your home which you no longer need or have never used please donate them to UCF today. We value your donations greatly as all of the money raised by your local UCF charity shop helps us provide vital services for cancer patients and their families in your community.

You can deliver your donations to your local UCF charity shop or we can arrange a free collection service for anyone who is donating furniture or more than 8 black bags of goods. Larger items such as sofas and mattresses must carry the fireproof label for UCF shops to be able to resell them. Please contact your local shop manager or Marlene at UCF on 028 9066 3281 to arrange collection.

FUNDRAISING



Strabane High School's Think Pink! day raised £2,230 for our Think Pink! breast cancer appeal. UCF's Sylvia Lucy (left) and Gareth McElduff (right) receive the cheque from teacher Gail Sproule, Head Boy, Craig Campbell and Head Girl, Nicole Robinson.



Maeve Fox, Community Fundraising Manager UCF, congratulates Gillian Robinson and Kerrie Turtle, of Northland Developments, who held a 'Pink Party' raising £7,010 for UCF.



(L>R) Special thanks to Royal Mail's Les Doherty, Mail Centre Manager, and Postwomen Maggie Wilson and Karen Dargan who presented Bernie Neeson, UCF's Smoking Cessation Coordinator, with £1,502 for the charity's Think Pink! appeal.



Belfast City Council teamed up with Belfast Metropolitan College, QUB, University of Ulster and St. Mary's University College to offer would-be entrepreneurs the chance to run 'Oodles Loves Noodles' for a day. The winners were Queen's, and £3,000 profits from the event were donated to UCF. (L>R) RTE Dragon's Den judge Bobby Kerr joins Councillor Conor Maskey and restaurant owner Brian Walsh to present the cheque to UCF's Neill Grainger.

THANK YOU

- JNP Architects, Belfast donated £549 for UCF's Think Pink! breast cancer appeal
- 2nd Antrim Boys' Brigade Company presented UCF's Family Support Service with a Playmobil Church, bought with money raised from a bring and buy cake sale
- Catherine McKeown and friends from St Patrick's High School, Keady, Co. Armagh, made and sold Christmas cards and raised £400
- A raffle at Banbridge Senior Sports Awards raised £1,135
- Employees of HCL Technologies NI Ltd, Belfast, held a Mo-vement event and raised £1,135
- Magheramore Silver Band played at various venues over Christmas and raised £700
- Congratulations to UCF's Newtown Stewart Combat Cancer Group which raised £24,000 and Rathfriland Combat Cancer Group which raised £14,460.
- Elaine Millar, Irvinestown Slimming World group donated £265
- Strabane Fire and Rescue Service raised £1,900 through a street collection for UCF's Think Pink! breast cancer appeal
- Barbara Campbell and Barbara Wilson held a coffee morning at St. Mark's Rectory, Portadown raising £1,100
- Stuart Ruddock organised a special 'Cabaret Evening' for his Granny Kate and Grandad Ken at the North Club, Shankill, Belfast raising £2,752
- Family and friends of Esme Marie McManus from Larne took part in the Larne half marathon and a sponsored swim raising £7,975 for the Esme Marie McManus Forget Me Not Fund

EVENTS DIARY

June - UCF's Walking Service

Saturday 11th - Colin Glen, Belfast 10.30AM
 Saturday 18th - Sir Thomas and Lady Dixon Park, Belfast 10.30AM
 Saturday 25th - Downpatrick, Quoile River 10.30AM
 Contact: Morag Chambers on 028 9068 0773 or email moragchambers@ulstercancer.org

Saturday 11th - June Barn Dance

Dungiven, with special country and western star Nathan Carter
 Contact: Sylvia Lucy on 07789 757165 or email sylvialucy@ulstercancer.org

Tuesday 14th June - Jail and Bail

Cookstown
 Contact: Paul O'Gara on 07585 956807 or email paulogara@ulstercancer.org

Saturday 18th June - 10K Run

Lisnaskea
 Contact: Sylvia Lucy on 07789 757165 or email sylvialucy@ulstercancer.org

Saturday 18th June - Golf Tournament

Newtown Stewart
 Contact: Sylvia Lucy on 07789 757165 or email sylvialucy@ulstercancer.org

Sunday 19th June - Walk with Papa

- Baronscourt Estate, Newtown Stewart
- Garvagh Forest

Contact: Sylvia Lucy on 07789 757165 or email sylvialucy@ulstercancer.org

- St Columb's Park, L'Derry
 Contact: Gareth McElduff on 07585 956830 or email garethmcelduff@ulstercancer.org
- Dungannon Park
 Contact: Paul O'Gara on 07585 956807 or email paulogara@ulstercancer.org
- Castlewellan Forest Park
 Contact: Rosie Hassin on 028 9068 0759 or email rosiehassin@ulstercancer.org

Friday 24th June - BBQ

McGurk's Bar, Omagh
 Contact: Gareth McElduff on 07585 956830 or email garethmcelduff@ulstercancer.org

Sunday 26th June - Jungle Fun Day

Zorbing and Tree Top adventures at 10am
 60 Desertmartin Road, Magherafelt
 £35 per person
 Contact: Paul O'Gara on 07585 956807 or email paulogara@ulstercancer.org

Saturday 2nd July - Rock for Life

Rock and Metal Charity Gig at the Crown Bar, Bangor 3pm - 1am. Tickets £5 per person available at the door.
 Contact: Rosie Hassin on 028 9068 0759 or email rosiehassin@ulstercancer.org

Saturday 30th July - Golf Tournament

Aughnacloy Golf Club
 Contact: Sylvia Lucy on 07789 757165 or email sylvialucy@ulstercancer.org

NEW FUNDRAISING APPOINTMENTS

UCF has appointed four new Community Fundraising Officers who will be responsible for facilitating and supporting fundraising activities for the charity while also developing relationships and raising awareness of UCF within the local community.

The team can help and support you organise fundraising events in your local area.



Gareth McElduff
 Area: North West
 Call on 07585 956830 or email garethmcelduff@ulstercancer.org



Rosie Hassin
 Area: Co. Antrim, Co. Armagh and Co. Down
 Call on 028 9068 0759 or email rosiehassin@ulstercancer.org



Paul O'Gara
 Area: Mid-Ulster
 Call on 07585 956807 or email paulogara@ulstercancer.org



Suzi McIlwain
 Area: Co. Antrim, Co. Armagh and Co. Down
 Call on 028 9068 0746 or email suzimcilwain@ulstercancer.org