

CHEQUE PRESENTATIONS



Pictured are two sisters in business Gillian Robinson, **Northland Developments** (left) and Kerry Turtle, **Pearlow Developments** (right) presenting a cheque to Patricia Liesching for £15,646 which was raised from a Pink Party for breast cancer held in March this year. Together the sisters have supported UCF raising a total of £30,645 for us.

Congratulations to **Newtown Stewart Combat Cancer Group** who presented a cheque for £19,000. Pictured L > R are Freda Wilson, Chairperson, Michael McAnulla, Sylvia Lucy, Development Officer, John Wilson, Mary Fletcher, Treasurer, John Fletcher and June Spratt, Secretary.



NEW APPOINTMENTS

UCF would like to welcome the following new staff members:



Roberta Campbell
Roberta Campbell joins as Shop Manager at 35 Shipquay Street, L'Derry and is looking forward to getting to know customers at the store.



Stephen Roddy
Stephen Roddy joins as Shop Manager at our new store, 51b Connell Street, Limavady. Stephen held a 'Rock Against Cancer' fundraising event at The Lair, Limavady with the help of Rock the Valley Promotions. The music event raised £610 and was donated to fund the fixtures and fitting costs of setting up the new store.



Kirsty Thompson
Kirsty Thompson joins UCF as Sponsorship and Events Officer. Kirsty brings a wealth of expertise to the charity having previously worked at Coca-Cola and AV Browne Advertising.

UCF SUPPORTERS - THANK YOU

A special thank you to the following UCF supporters:

- Darren McKinstry and Andy McKeown from McKinstry Skip Hire presented a cheque for £3,000, which was raised from a very successful football fixture.
- Banbridge Friends held a musical evening and raised £4,000.
- Broomhedge Masonic Lodge donated £547.
- Enniskillen Combat Cancer Group donated an impressive £21,300.
- Employees at Belfast-based software development company, Liberty Information Technology Ltd presented a cheque for £2,300. Liberty IT's voluntary Charity Committee raised the funds by hosting a range of events such as dress-down days, a quiz night extravaganza, participating in the Belfast Marathon and a Christmas appeal.
- Congratulations to employees from Clarins NI and pharmaceutical wholesaler, Sangers who organised a fundraising climb of Slieve Donard raising £1,500 for UCF's Personal Everest Project.
- Thank you to Mr Leslie Campbell, Magheramason, Co. L'Derry who donated £500 from his 80th birthday celebrations.
- Anne McCann's birthday party raised £300.

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.

Simply call UCF today to discover the right challenge for you or visit the website www.ulstercancer.org/events for more details.

Newtown Stewart Golf Tournament

Friday 27th June
Contact: Sylvia Lucy at UCF 07789 757165

Gala Evening with Michael Graham

Clarion Hotel, Carrickfergus
Sunday 29th June
Contact: Sylvia Lucy at UCF 07789 757165

An Evening of Gospel Praise

Queens Hall, Newtownards
Saturday 6th September at 8pm
Admission £6. All proceeds in aid of UCF's breast cancer campaign. Tickets available at Ards Evangelical book shop or call Dessie Coffey on 07977 637282

Variety Concert

Carnullagh Church Hall, Dervock
Thursday 18th September
Doors open at 7pm and admission £5
For information call Martha Stewart on Tel: 028 2074 1778

An Evening of Gospel Praise

The Radisson Limavady
Tuesday 23rd September 8pm
All proceeds in aid of UCF's breast cancer campaign. Admission £6. Book tickets through Dessie Coffey on 07977 637282 or Paul Olphert on 07736 547453.

Think Pink Luncheon with special guest speaker Jenni Murray

Europa Hotel, Belfast
Friday 24th October
Contact: Leonne Wheatley at UCF 028 9066 3281

Please contact Neill or Sarah at UCF on Tel: 028 9066 3281 about the following events:

Wine Inns Salsa	1st June
Grand Canyon Trek	1st -13th June
Sperrins Walk	7th June
Wine Inns Volleyball	22nd June
Four Peaks Challenge	3rd - 6th July
London 10K	6th July
Everest Base Camp	3rd August
Wine Inns Riverwalk	3rd August
London Triathlon	9th - 10th August
Wine Inns Dragon Boat Race	31st August
Bordeaux Vineyard Walks	Various August dates
Hadrian's Wall Walk	1st September
Cycle (Belfast to Dublin)	3rd - 6th September
Mourne Walk	6th September
Ben Nevis Challenge	12th - 14th September 26th - 28th September
Cycle London to Paris	26th - 29th September
Great North Run	5th October
Inca Trail	25th October



update

SUMMER 2008

NEWS FROM THE ULSTER CANCER FOUNDATION

STARRING GENEVIEVE

UCF has launched an exciting new educational resource designed to teach children about the importance of healthy eating, with support from Lidl Northern Ireland.



'Starring Genevieve', a book aimed at primary 1 and 2 children, has been sent to every school in Northern Ireland. The star of the book is Genevieve the goat who shows children the benefits of a healthy lifestyle. The story of Genevieve and her friends can be used by teachers to support healthy eating messages.

Clare Smith, Cancer Prevention Officer said, "As well as providing essential nutrition for the whole family, a diet rich in fruit and vegetables can maintain a healthy weight and reduce the risk of cancer. 'Starring Genevieve' enables us to bring key health messages to local children, families and communities. This teaching resource will make the healthy option the fun option!"

"The aim of the resource is to reduce children's future risk of cancer through the positive messages of eating well and taking regular exercise."

UCF has distributed six copies of 'Starring Genevieve' to each primary school and teachers will have a big book version (A3 size) to read to the class. Other resources have been developed to consolidate learning, including a life-sized Genevieve.

Pictured at the launch of UCF's new educational resource 'Starring Genevieve' are pupils from Rockport Primary School, Holywood, with special guest (left) Mrs Iris Robinson MP, MLA, Chair of the NI Assembly Health Committee and Eunice McKerrow (right), from Rockport Primary School and author of the book.

The resource has been endorsed by CEA (Council for the Curriculum, Examinations & Assessment) and helps teachers to implement the new curriculum. UCF also carried out pre-intervention research with P1 children from randomly selected schools across Northern Ireland and will return afterwards to the same schools to evaluate Genevieve's impact.

CALL FOR MORE STRINGENT REGULATION FOR SUNBEDS

Research carried out by the Sunbed Working Group, hosted by UCF, has revealed that many sunbed providers across Northern Ireland do not meet basic health and safety standards for providing sunbeds.

332 sunbed premises were surveyed in total during August / September 2007 by Environmental Health Officers from all 26 District Councils in Northern Ireland. Some of the findings which caused most concern were that 71% of premises had no manufacturer's UV operating manual available on their premises; 35% of premises charged for eye protection and 48 premises did not have a sunbed panic button clearly visible and easily accessible for the client. Worryingly, in 60 premises staff reported that in the case of an emergency, they would not be able to gain access to the client.

Sandra Gordon, Melanoma Strategy Co-ordinator for UCF said, "Many sunbed providers are operating at unacceptable standards which are likely to compromise public safety and health.

"Some very concerning areas of poor practice have been identified and we will be using this evidence to advise and lobby government to take action to ensure public safety. There is no such thing as safe sunbed exposure. However, we aim to increase public awareness of the risks associated with sunbed use so that people can make an informed choice."

Based on clear evidence of the link between UV radiation and skin cancer development, UCF has actively campaigned for more than 15 years to have sunbeds regulated and to advise against their use for cosmetic purposes. UCF recognise the leadership shown by all 26 of Northern Ireland's District Councils in not allowing sunbeds on their premises.

Chief Executive's Foreword



As many of you will know, I was diagnosed with breast cancer earlier this year. I have been overwhelmed by the messages of goodwill and support that I've received and I wanted to give you an update on my progress. I am currently undergoing a series of chemotherapy and radiotherapy treatments which will last for the next six months.

I have returned to work and despite the regular hospital appointments, life is fairly normal. I am extremely positive about the outcome of my breast cancer and my goal is to be part of the good news story.

Work at UCF continues as usual and we recently launched an exciting new partnership with Lidl Northern Ireland. An important focus of our work is to encourage healthy eating and exercise, in particular encouraging children to adopt lifestyle choices now for a healthier future. As part of this partnership Lidl ran a fruit and vegetable promotion, reducing prices by up to 70% and together we launched an exciting educational resource for primary school children.

Our relationship with Lidl will help us bring key health messages to every major town in Northern Ireland and we look forward to sharing the 'fruits' of this partnership.

Regrettably, due to events outside our control, UCF's Everest expedition team has been forced to postpone their summit attempt until 2009. This is a huge disappointment for the team however they are determined to continue with their training regime and fundraising efforts. We hope that many people will continue to support the Personal Everest Project and set themselves a fundraising challenge to raise funds for UCF.

Thank you for your continued support.

Arlene Spiers OBE
RGN RM RHV
Chief Executive

Donate Online



To facilitate our growing online supporters there are now many different ways you can donate online.

Simply visit our website www.ulstercancer.org and click on 'Make a Donation' on our homepage where you can donate safely and securely. This is an easy and efficient way to donate and raise money for UCF.

You can make a single or monthly gift online and create a password-protected account to donate even more easily in the future. 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 25p for every £1.00 you donate to UCF. For example, if you decide to give £10 to UCF, we will be able to reclaim an extra £2.50 from HM Revenue & Customs.

Create a Fundraising Page

Are you taking part in any of our treks, walks, runs or other events? Why not create a fundraising page online. With online fundraising you can reach a greater audience faster and you don't even have to worry about collecting the money as it's all done for you.

Simply visit our website www.ulstercancer.org and click on 'Make a Donation' on our homepage, then 'raise money'. You can create your own personal page in around 5 minutes.

Fundraising pages can also be set up as celebration pages ie: celebrate a birthday, wedding, anniversary or birth by raising money for UCF.

Create an 'In Memoriam' page

Log onto www.justgiving.com/ucf/remember to create an 'In Memoriam' page in memory of a loved one. This is a way to remember or honour someone special by making gifts in their name to UCF.

Raising money for UCF in this way is a positive and simple way for friends and family at home or abroad to remember a loved one. Those who have set up a Forget Me Not Fund with UCF can also create an 'In Memoriam' page as another way to raise money for their fund.

For further information or advice on our new online fundraising tools please call Clare Hudson on Tel: 028 9066 3281.

'LIVING WELL' CONFERENCE

Liz Atkinson, Head of Care Services is pictured with one of Ulster's best-known media couples, Ronan Kelly and Donna Traynor who were guest speakers at UCF's 'Living Well with Cancer' Conference.



A capacity audience heard the couple share their personal experience of cancer following Ronan's diagnosis of throat cancer in March 2007.

Servicing the Community

UCF's cancer information service is expanding its helpline support in communities across Northern Ireland. Our cancer information nurses are now visiting community groups, health centres and libraries, providing confidential one-to-one support and information to cancer patients and carers, as well as the general public. UCF nurses can also sign post people to relevant support services in their area.

If you would like to book UCF's cancer information service to visit your community simply call Deirdre at UCF on Tel: 028 9066 3281. The service is free of charge and we welcome interest from all communities throughout Northern Ireland.

UCF's freephone cancer information helpline number is 0800 783 3339.

DATE FOR YOUR DIARY

UCF will hold their annual Think Pink Luncheon on Friday 24th October 2008 at the Europa Hotel, Belfast with special guest speaker Jenni Murray.

Jenni, who was recently diagnosed with breast cancer, is a well known Radio 4 'Woman's Hour' broadcaster and journalist.

Tickets will be available at UCF from September onwards.

Celebration of Life



Pictured at UCF's annual interdenominational Celebration of Life service are Professor Roy Spence, Consultant Surgeon at Belfast City Hospital and Chair of UCF; Arlene Spiers, Chief Executive; guest speaker BBC broadcaster and journalist, William Crawley and Liz Atkinson, Head of Care Services.

TREK JORDAN SUCCESS



Congratulations to participants who recently completed a trek in Jordan to raise funds for UCF. The group are pictured celebrating the end of the trek, in front of the Treasury, in the legendary city of Petra.

Joyce Savage, Head of Appeals & Marketing said, "I would like to congratulate everyone who took part in Trek Jordan. The enthusiasm and commitment from all our participants meant that this special fundraising event has already raised over £32,000 with donations still coming in, which will be used to help support and care for local people affected by cancer."

UCF organises a series of walks and treks throughout the world. For further information please log onto www.ulstercancer.org or call UCF Tel: 028 9066 3281.



Shop – You can help!

We welcome donations to our charity shops as well as volunteers as they make a positive contribution to our work.

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

STARTING LINE FOR CHARITY RACE



First Minister, The Rt Hon Dr Ian Paisley and Deputy First Minister, Martin McGuinness cheered on staff from their office who ran the Belfast Marathon to raise funds for UCF.

A number of staff entered the relay event to support UCF's Personal Everest Project.

Chosen Charity

Congratulations to staff and customers from the Wine Inns Group who have generously donated to UCF.

The Wine Inns Group which operates popular venues that include Bar 12, Metro, Empire, EG, Chelsea, Parlour, Four Winds, Mercury, Robinsons, Cutters, Wine & Co, Down Royal and The Elk have adopted UCF as their chosen charity.

To date they have raised over £30,000 for UCF and will continue to hold a variety of fundraising events throughout the year including a volleyball tournament, a dragon boat race and a salsa event plus lots more. Log onto www.ulstercancer.org for further information.

Teresa Casey, Marketing Manager for the Wine Inns Group celebrates raising over £30,000 for UCF with Neill Grainger, UCF.



SPONSORED WALK



Pictured front Downtown Radio/Cool FM's Karen English and Managing Director Mark Mahaffy along with Downtown Radio/Cool FM employees present Patricia Liesching from UCF with £8,700 raised from a sponsored walk.

Also pictured is bowel cancer survivor Eddie West (back, third from right) who is a presenter at the station and through his programme raised awareness of cancer, highlighting the importance of early diagnosis.

Eddie also encouraged his listeners to donate to UCF – funds which will be used to improve support services for cancer patients in Northern Ireland.

CHARITY SWIM

Congratulations to John Fitzpatrick, Newtownbutler who organised a very successful New Year's Day Charity Swim at Galloon jetty and was delighted to present a cheque for £7,006 to Sylvia Lucy, UCF.



Special thanks to John, all the participants who took part and everyone who donated their time and funds, making the event a fantastic success.

Everest Expedition Postponed

Due to events outside our control UCF's Everest expedition team (Noel, Lynne, Peter and Caroline) has been forced to postpone their summit attempt until 2009.

In April and May Tibet closed all routes to Everest, effectively cancelling the annual summiting season. Only Chinese climbers were allowed on the mountain to carry the Olympic Torch to the summit as a celebration of the Games in Beijing, amid fears of politicising the event.

We are continuing to challenge local people to help us reach our £150,000 fundraising target by urging everyone to create their own 'Personal Everest Project'.

This money will be used to provide a major new support programme for cancer patients and their families in Northern Ireland.

If you don't want to organise your own event, you can still support the Personal Everest Project by registering for a range of UCF sporting activities and get your friends to sponsor you for your efforts!

Our events cater for all levels of adventure at home or abroad. Details of all UCF events can be found at www.ulstercancer.org. If there is a challenge that is not listed we may still be able to arrange it for you so please get in touch.

Please help us to achieve this great challenge. For further information please contact Sarah / Leonne on Tel: 028 9066 3281 or email personaleverest@ulstercancer.org