

CHIEF EXECUTIVE'S FOREWORD



Once again, a huge thank you to all who helped make our Think Pink! campaign such a wonderful success. Our annual luncheon at the Europa Hotel in Belfast alone raised around £10,000 and it was lovely to have the chance to chat with friends, old and new, as well as raise funds for a cause close to our hearts. I'd also like to thank all our many sponsors who give so generously.

Many businesses and supporters held fundraising events across Northern Ireland and we are incredibly grateful for all of your support. A special thank you goes to the people of Killyleagh – almost 50 businesses decorated their premises, dressed in pink costumes and held a day of fundraising events for us. It was a magnificent community effort. It is thanks to everyone's support that we are able to offer free services for cancer patients, their families and carers in Northern Ireland, which are so important to many in a time of great stress and anguish.

One of the highlights of the coming year will be our glittering Legacy Wealth Charity Ball – the first charity gala to be held at the stunning new Titanic Belfast building on Saturday 28th April.

We are delighted to announce our 2012 sporting events calendar where you can trek, hike, run, cycle, swim or paddle your way to raising funds for UCF. We are delighted to have a team of runners who will be wearing our t-shirts as they take part in the London Marathon during Olympic year. Be sure to watch out for them in the crowd! And there will be a number of special women's only events - a Ben Her climb of the Scottish peak Ben Nevis and a Wonder Woman assault course.

As we near the end of another busy and challenging year, I am grateful to the commitment from our Combat Cancer Groups, Friends of UCF, volunteers and supporters who have contributed enormously to improving the lives of local people who have been affected by cancer. Thank you all for your continued support. I wish you all a very happy Christmas and a peaceful New Year.

Roisin Foster
Chief Executive

CHRISTMAS BOX CHOICE

This beautiful print of the Yellowhammer by acclaimed artist Nicola Russell is the ideal Christmas gift. Nicola (pictured right) painted a wonderful oil painting of the endangered Irish bird while she was recovering from breast cancer and says it represents hope and positivity. From this painting 250 high quality limited edition prints were produced and are available for sale from UCF until 31st December. Funds raised from the sale will go to UCF and Friends of the Cancer Centre as Nicola's way of thanking the charities for their help while she was ill. Nicola is full of praise for Dorothy Smallwoods, her UCF counsellor who sadly lost her own battle with the disease last year, describing her as 'a real lifeline'.



To find out more details about the Yellowhammer please contact Maeve Fox at the Ulster Cancer Foundation, Tel. (028) 9066 3281 or email maevefox@ulstercancer.org

UCF's Christmas cards are also now on sale in all our charity shops. Christmas card brochures are available by contacting Sarah on 028 9068 0765 and purchases can also be made from 40/44 Eglantine Avenue, Belfast.

NORTHERN BANK FUNDRAISING



In the Pink: Ladies who supported the Northern Bank event in Lisnaskea which raised funds for the Ulster Cancer Foundation

Thank you to Northern Bank staff and customers who have raised an amazing £130,000 since choosing UCF as their nominated charity at the start of the year.

Branches across Northern Ireland have embraced many opportunities to raise funds for the charity's Family Support Service, which helps children and young people when an adult in the family has been diagnosed with cancer. At Lisnaskea, pink feather boas and balloons were all the rage when more than 250 UCF supporters enjoyed a Ladies' Night Out at the Watermill Restaurant which raised a brilliant £2,620. Organised by Janet Hetherington, Manager of the local branch, the fun got off to a bubbly start with a pink champagne reception, followed by a four course dinner and music by local girl band Tully.

Congratulations to all involved!

Family Support Services will also benefit from this year's special Christmas campaign - the Little Stars Appeal. UCF is asking supporters to sell Little Stars badges to family and friends over the festive season. If you feel you can help please contact Claire on 028 9068 0745 or Lisa on 028 9068 0752. Remember you can purchase a Little Star at any branch of Northern Bank.



Sylvia Lucy, UCF, and Janet Hetherington, Northern Bank Manager, Lisnaskea branch

NEW LYMPHOMA FACT SHEET

UCF launched a new fact sheet about lymphoma, which affects more than 1,000 local people.

Liz Atkinson, UCF Head of Care Services, said, "Lymphoma has one of the fastest rising incidence rates of any cancer. There are more than 35 known types so we want to make sure that people are aware of the most common symptoms."

The factsheet is available to download from the Publications/Resources section of UCF's website - www.ulstercancer.org

UCF also has a lymphoma support group and if you would like to join please contact Eileen Creery by emailing eileencreery@ulstercancer.org or calling 028 9066 3281.



The last support group enjoyed an entertaining talk from Irish rugby legend Dr Jack Kyle, pictured (above right) with retired haematologist Dr Curly Morris and UCF Cancer Information Nurse Karen Hooper.

COUNTING THE POUNDS

Northern Bank manager Paul Black, based in Belfast, was on the money when he joined a UCF Male Quick Fit (MQF) programme. Paul managed to lose almost two stone, reducing his overall body fat percentage by 5%, bringing him into the 'healthy zone'. He also cut his metabolic age by an amazing 10 years by acting on UCF advice.

MQF was also a hit with more than 100 other bank staff who signed up. They were encouraged to improve their health regime and, three months later, a number of men had considerably reduced their body fat and increased muscle mass.

UCF Cancer Prevention Officer Anne Devlin said, "Research tells us that a healthier lifestyle could prevent about two thirds of cancers. The men were very enthusiastic and found it handy to be able to see us during working hours. We were delighted that so many of them achieved the goals they set themselves to improve their health."

For more information about MQF please contact Anne on 9066 3281 or email annedevlin@ulstercancer.org.

LESSONS IN HEALTHY LIVING



Banana A-peel: (l-r) Donaghadee Primary School pupils Abbie Brown and Cody Thompson with Lidl's Professor Nutri and UCF's Community Fundraising Manager Maeve Fox

School children from nursery up to P7 are learning more about healthy living thanks to UCF's new Healthy Schools Programme. This includes activities for nursery school children, interactive storytelling about Genevieve the Goat for P1 and P2 focusing on healthy eating and exercise, a Fit Factor challenge for P3 and P4, Sun Scientists for P5 and Smokebusters for P6 and P7 pupils.

Clare Smith, UCF's Cancer Prevention Officer, said, "Children are learning about positive health behaviours and we are also explaining to teachers and parents how they can integrate the messages into their children's learning."

For more details call Rachel McConnell on 9066 3281/ 9068 0730 or email schools@ulstercancer.org.

PUT YOUR BEST FOOT FORWARD

Newtownabbey woman Carol Annesley, who was diagnosed with breast cancer at Christmas three years ago, is a keen runner and loves a healthy, outdoor lifestyle, so she jumped at the chance to become a volunteer leader with UCF's new walking service.

The walks have been carefully chosen for people who are currently undergoing treatment. Carol said, "The walks are tailored to the level walkers feel they can manage. They encourage people to become more active and get fresh air, keep your spirits up, build up your strength and give you a chance to socialise. So far I've helped with walks at Valley Park in Newtownabbey, the Waterworks on Antrim Road and at Colin Glen in Belfast, and also further afield in Crawfordsburn and Castlewellingan.

"Those who have taken part have really enjoyed themselves. We would be delighted to hear from anyone who would like to join us."

For more information please contact Morag Chambers at UCF on 9066 3281 or email moragchambers@ulstercancer.org

BEAUTY FOR LIFE

The Ulster Cancer Foundation (UCF) has launched Beauty for Life - a unique service which offers cancer patients pampering 'time out' while they are coping with a difficult period in their lives.

Patients (ladies and gentlemen!) and their carers can enjoy facials, manicures, skin care and make-up advice by beauty therapist Fiona Barr in the relaxed atmosphere of our dedicated treatment room at UCF's Belfast centre.

Liz Atkinson, UCF's Head of Care Services, said, "Our Beauty for Life service was developed, in partnership with Clarins Northern Ireland, to help patients restore confidence in their personal appearance and to help them deal with negative body image as the result of hair loss and surgery."



Marie McClorey gets a few tips from Clarins international make-up artist Claude Defresne

The service, which is free of charge, can either be delivered as a one-to-one consultation or as a beauty workshop for groups across Northern Ireland. To book call Leonne Morrison at UCF on (028) 9066 3281 or email leonnemorrison@ulstercancer.org.

FACING UP TO FACEBOOK



Why not join us on Facebook by logging on to: www.facebook.com/ulstercancerfoundation Keep up to date with events, press releases, see event photographs and find out what others are doing to raise vital funds for UCF. Together we can raise cancer awareness!

40/44 Eglantine Avenue BELFAST BT9 6DX Tel: 028 9066 3281 www.ulstercancer.org Helpline: 0800 783 3339



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KILLYLEAGH'S PINK DAY FOR UCF

Killyleagh was festooned with colour for the town's first ever Pink Day. Up to 50 businesses took part in the festive event in October which raised just over £3,000 for the Ulster Cancer Foundation's (UCF) Think Pink! breast cancer campaign. Money was raised in a variety of novel ways from painting nails pink and coffee mornings to selling cakes and foodie treats like pink porridge and pumpkins decorated with pink ribbons. Special thanks go to Kath Doherty, from Picnic Delicatessen, and Serena Morrison, of Serene Skin Care, who were the main organisers.



In the pink: fun-loving supporters who helped raise cash at Killyleagh's Pink Day

CHARITY 'SUPER SHOP' OPENING



TV presenter Pamela Ballantine joined UCF to officially open the first of the charity's new look 'super shops' in Ballyhackamore, east Belfast - the first to be refurbished in our major shop investment programme. Bangor has just been completed and UCF's nine other shops across Northern Ireland will also be given a complete overhaul within the next 6-9 months.

If you wish to volunteer please contact Morag Chambers at UCF on 9066 3281, or to arrange for goods to be picked up contact Marlene Harrison on 9066 3281.

TV presenter Pamela Ballantine cuts the ribbon at Ballyhackamore shop with shop manager Linda Jordan (left) and Hilary Scott, UCF.

BIG PYJAMA PARTY



Legacurry Play School (above) raised a fantastic £550 for the UCF by taking part in 'A Big Pyjama Party' when the children were read a fun story about Genevieve the Goat, who wants to be healthy.

The children are encouraged to come along in their favourite pyjamas and raise sponsorship

for the event. All nursery and play schools can join in and the money raised will help fund UCF's Family Support Service.

To register please contact Maeve Fox on 028 9068 0761 or email maevefox@ulstercancer.org

THINK PINK LUNCHEON SERVES UP A TREAT

Celebrity TV chef Rosemary Shrager added bite to the Ulster Cancer Foundation's 13th annual Think Pink! Luncheon at Belfast's Europa Hotel which raised more than £10,000 for the charity. She is pictured with UCF's Chief Executive Roisin Foster (left) and Head of Appeals and Marketing Joyce Savage.



DONARD DANDER

Newcastle man Michael King led the successful annual Donard Dander in aid of UCF, raising £5,300. The event was initiated by Michael in memory of his son Darren, who died from cancer 10 years ago at the age of 27. In that time Michael, with the help of his wife Rose and friends Seamus McKibbin, Eugene Carville, Collette and Ziz O'Hare, and the Trassey Trekkers' committee, has raised more than £70,000 for UCF.

Next year's event is on Sunday July 29th, and starts at Donard Park, Newcastle, between 8am and 10am. Participants are asked for a minimum £10 donation and where possible to raise extra cash from sponsorship. For further details please contact UCF fundraiser Neill Grainger, tel; 028 9066 3281 or email neillgrainger@ulstercancer.org

DONATE BY TEXT

You can now donate to UCF via text. Simply text CANC10 £5 to 70070. Your donation is added to your mobile bill. You can gift aid it AND UCF gets 100% of your donation. Easy!

MASTER OF MUSICALS



Singing star Peter Corry with UCF Community Fundraising Manager Maeve Fox (left) and fundraiser Pauline Adair at his Music of the Night concert at the Island Arts Centre, Lisburn, which raised around £2,500 for the charity. Pauline organised the event to celebrate the lives of her mother Molly Dunseath and best friend Karen Blythe who both sadly passed away from cancer.

FUNDRAISING

THANK YOU



Coffee chain Ristretto raised £3,000 by donating 10p for each cup of coffee sold across Northern Ireland over the August Bank holiday and a sponsored Mourne Wall Walk.



Ardglass Golf Club Club Captain Cormac MacMullan presented £1,200 to UCF fundraiser Rosie Hassin for the charity's Think Pink campaign for breast cancer.



BGE NI, Antrim, raised £2,000 cycling around Strangford Lough.



Newtownbreda High School's sponsored Think Pink day raised £415 - pupils swapped items of their regular uniform for something pink.

- The annual walk from Cushendall to Carnlough netted an amazing £10,000 for UCF
- Power NI nominated UCF as their charity of the year and raised £5,100
- North Down Borough Council chose UCF as one of its charities of the year, raising £4,762
- Northern Bank's Style Event in the Baby Grand in the Grand Opera House raised £2,550 for UCF's Think Pink! Breast Cancer Campaign
- Ann Daly from Newry notched up £2,710 at a Deal Or No Deal night at the Three Steps Inn, Dromintee
- Collette O'Hare and family raised £1,031 by organising a 'Walk in Memory' event at Castlewellan Forest Park
- Janice Clarke donated £2,025 to UCF in lieu of gifts at her Lady Captain's Day at Ballyclare Golf Club
- Mourne Gun Club held a charity clay pigeon shoot in Kilkeel and bagged £1,500
- Urban Hair, Shore Road, Hollywood, raised £107 with a Pink Day for UCF. Thanks to all the staff and to Rosie Adamson who dyed her hair pink
- Appearance Hair Salon in Killough raised £510 through their pink fundraising and coffee morning
- The Smart Car Rally for UCF has so far raised a fantastic £1,600. Thanks Mercedes - Benz Northern Ireland and all those who took part
- Bikedock Bells raised £425 at a night-time Spooky Bike Ride at Blessingbourne Estate, Co Tyrone, bringing their fundraising total to almost £6,000
- Seymour Hill Playgroup raised an amazing £341 by taking part in UCF's Big PJ Party
- KC Dancestars, from Craigavon, rocked at a family fun day and cashed in £203 for UCF
- Drumduff and Drummakilly Community Centre's sponsored cycle raised £300
- John O'Hare's charity football match netted a grand total of £250
- Clare, Gemma and Deane took part in the Gr8 Dundrum run and raised £831 in memory of their grandad Davy Campbell
- Department of Employment and Learning raised £550 at their Breast Cancer Awareness raffle in aid of UCF's Think Pink! campaign
- The Northern Ireland Beef Shorthorn Cattle Society raised £335 at their Newtownards open day
- James Matchett and his team of relay runners from Robert Street Dental Surgery, Lurgan, raised £627 by running the city's half marathon

EVENTS DIARY 2011/12

1st December

Cross Community Carol Service in Clogher Cathedral at 7pm
Contact: Sylvia Lucy on 07789 757165
or email sylvialucy@ulstercancer.org

3rd December

UCF Christmas Party Night at Mellon Country Hotel, Omagh.

9th December

Christmas Craft Fair at Craft Village, Derry.
For above events contact: Gareth McElduff on 07585 956830
or email garethmcelduff@ulstercancer.org

14th December

Newtownbreda Combat Cancer Group is holding a Festive Musical Evening in Hillsborough Castle.
Tickets are £15 and include mince pies and mulled wine.

5th to 7th May 2012

Cars of all types are invited to join the Drive for Life weekend from Templepatrick to Sligo in aid of UCF.
For above events contact: Maeve Fox on 028 9068 0761
or email maevefox@ulstercancer.org

Saturday 28th April 2012

Legacy Wealth Charity Ball for UCF, Titanic Belfast.
Contact: Kirsty Thompson on 028 9068 0771
or email kirstythompson@ulstercancer.org

SPORTS EVENTS 2012

Wonder Woman Assault Course	25th February
Winter Ben Nevis	8th - 11th March
Obel Abseil, Obel Tower, Belfast	24th - 25th March
Glens of Antrim Challenge Treks	6th May
Belfast Marathon	7th May
Ultimate Lake District Challenge	11th - 13th May
Paddle the Bann	26th - 27th May
Ben Her - All Women's Ben Nevis	22nd - 24th June
Celtic Mountain Challenge	8th - 10th June
Annalong Valley Challenge	25th August
Canoe Canada	1st - 9th September
Ben Nevis Challenge	14th - 16th September
Lough Erne Canoe Challenge	22nd - 23rd September
Great North Run	16th September
Invest NI Abseil	6th October
Kilimanjaro Challenge Trek	15th - 26th November

There will be many more events scheduled for 2011/12 - click on www.ulstercancer.org/events for more details

UCF's fundraising team can give you all the advice and guidance you need to successfully reach your target. 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 9068 0765
or email sarahatcheson@ulstercancer.org
Neill at UCF on 9068 0758
or email neillgrainger@ulstercancer.org