

THINK PINK!



As Autumn approaches, UCF is once again urging supporters to Think Pink! during October, breast cancer awareness month.

Arlene Spiers, Chief Executive, UCF said, "This year, as part of our breast cancer awareness campaign, we have linked up with household names such as Gordons Chemist and Translink. Together we want to increase awareness of breast cancer, its signs and symptoms whilst raising much needed funds to help local women with breast cancer.

"We are indebted to Gordons Chemist for their continued support and promotion of our Think Pink! campaign throughout their 44 stores in Northern Ireland. Their unstinting dedication, and that of their staff and customers, has helped to raise almost £65,000 to provide essential services for women diagnosed with breast cancer.

"This year we are delighted that Gordons will be raising funds to support our specialised bra and swimwear fitting service which is available, free of charge, at Eglantine Avenue and Altnagelvin Hospital.

"We are also pleased to announce a new three year partnership with Translink Metro bus service which will help promote the breast cancer message via bus advertising. All Metro buses, which operate in the greater Belfast area, will carry the familiar pink ribbon logo and key messages will be on the back of bus tickets and Translink's website."



There are many activities that you can take part in during October to show your commitment and support for local women with breast cancer.

Dates for your Diary:

- Friday 13th October - The Enniskillen Think Pink!** event at the Killyhevlin Hotel will be an evening to remember! The event starts at 7.30pm with a pink champagne reception, followed by a sit-down dinner and dancing. Music will be provided by the band American Pie and tickets cost £25 per person.
- Friday 20th October - Pink Link Day** We are inviting all supporters from across Northern Ireland to visit their local Gordons Chemist at 1.15pm to join the Pink Link, sign the ribbon of hope and give a donation to the Think Pink! breast cancer awareness campaign.
- Friday 27th October – The Think Pink! Belfast luncheon** will be held at the Europa Hotel, starting at 12 noon, with special guest speaker Babs Powell. Babs was one of Top of the Pops' original Pans People and is married to actor Robert Powell. After being a housewife and mother for 25 years, Babs got a taste for adventure when she took part in the BT Global Yacht Challenge in 2000. During the next couple of years she trekked in Nepal, took part in a Guyana jungle experience and completed the gruelling Polar Race, whilst raising over £50,000 for charity. Babs will talk about what inspired and motivated her to undertake the challenges, how she prepared for them and her experiences along the way. Tickets cost £30 per person.

Afternoon Tea

If you can't wait until October, don't forget that the Culloden Hotel is supporting UCF's Think Pink! campaign by offering a pink themed Afternoon Tea every afternoon from 2.30pm – 5.00pm.

The cost is £25 per person with £5 from each tea sold donated to our Think Pink! campaign. For reservations please call the Culloden Hotel, Tel. 028 9042 1066.



For further information on the Killyhevlin and Europa Hotel events please contact Leonne at UCF, Tel. 028 9066 3281 or email: leonnewheatley@ulstercancer.org



CHIEF EXECUTIVE'S FOREWORD



As Autumn approaches, our thoughts turn to breast cancer awareness. Our Think Pink! breast cancer awareness campaign is very important, both in terms of raising awareness of breast cancer and in funding our much needed care services for the 900 women in Northern Ireland diagnosed with breast cancer every year.

In addition to a specialised bra and swimwear fitting service, we also provide professional counselling, a peer volunteer service, support groups, freephone, confidential helpline and a wide range of educational, therapeutic and social activities for women.

We provide these services free of charge and are therefore always conscious of the need to secure funding to ensure that they continue to be available for as many women as possible.

I'd like to extend my gratitude and thanks to our many supporters who have participated in our breast cancer awareness fundraising efforts in the past.

As we approach our ninth Think Pink! campaign we need your support more than ever. Please support us in any way you can.

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

NEW SUPPORT GROUP FOR ARDS AREA

UCF are pleased to announce the creation of a new cancer support group in the Ards area.

Mary Brannigan, Cancer Information Service Co-ordinator with UCF said, "Our new support group in Ards is not specific to any particular type of cancer but rather for anyone who lives in the area and has been diagnosed with the disease. It provides an opportunity to meet others who are going through a similar experience and to talk about any issues of concern. Our meetings are very informal and we encourage anyone attending to bring along a spouse, partner or friend. There is no pressure to speak about your experiences - you can just come along and listen to what's being said."

The new support group has been established as a result of the requests from two cancer patients in the area - Cathy Cash and Susan Wilson. Both women were anxious to attend a support group but their nearest group met in Belfast. Mary explains, "Cathy and Susan approached us and asked us to consider setting up a group in the Ards area. They believed many people would be interested in a support group that met locally, rather than having to travel to Belfast."

It is anticipated that the group will meet monthly and regular guest speakers will give up to date information on all aspects of cancer. If you are interested in attending the support group or would like further information on cancer specific support groups provided by UCF throughout Northern Ireland, please contact Eileen Creery on 028 9066 3281 or UCF's Freephone Cancer Information Helpline on 0800 783 3339.

Local Businesses go Smoke-free!

UCF are encouraging employers to go smoke-free ahead of legislation, which comes into effect in April 2007, and are rewarding employers who do so with a National Clean Air Award.

Anne Devlin, Cancer Prevention Officer, UCF said, "Registering for a National Clean Air Award not only demonstrates an employer's commitment to protecting the health of their employees and customers but it can also boost staff morale and increase productivity."

"When an organisation receives a National Clean Air Award, their details will be included in a directory on the Awards website (www.cleanairaward.org.uk). This directory is used by individuals worldwide, often by prospective visitors and potential customers and will therefore have great benefits for any business. This service is free of charge."

UCF co-ordinate the UK-wide awards scheme within Northern Ireland offering advice and assistance to any organisation wanting to develop and implement a successful smoke-free policy. Any organisation, large or small, which has implemented, or is planning to implement, a smoke-free policy can apply for an Award.

For further information, please contact Anne Devlin at UCF on 028 9066 3281 or www.cleanairaward.org.uk



As a result of their commitment to implementing a comprehensive smoke-free workplace, Norma and Shirley Ingram from the Honey Pot Coffee Shop in Newtownards receive a National Clean Air Gold Award from Anne Devlin, UCF

UCF also congratulates the following businesses who have received National Clean Air Silver Awards

- **Castlereagh Hills Golf Club**
- **The Suitor Art Gallery and Coffee Shop in Ballygawley**
- **The Dolphin Fish & Chip Shop in Dungannon**

FORGET-ME-NOT Funds Boosted

Laura Thompson, who lost her father to cancer, has raised over £2,500 for the UCF Forget-Me-Not Fund which she set up in his memory. Laura and her mother Betty, are pictured with Nichola Archibald (2nd left) and Janine Patton (2nd right) who helped to raise the money by taking part in the Glens of Antrim walk.

They are pictured handing over the cheque to Deborah McWhirter (far right) and Sarah Atcheson (far left) from UCF.



ABC RESEARCH FINDINGS



(L-R) Pat McGreavy and Alex McGuigan, UCF Patient Volunteers, help conduct research at St Georges market with Naomi Thompson, Senior Cancer Prevention Officer.

Following UCF's successful ABC (Against Bowel Cancer) campaign in April, research was undertaken to determine the current knowledge and attitudes of adults in NI regarding bowel cancer. The research was supported and sponsored by Merck.

Naomi Thompson, Senior Cancer Prevention Officer, UCF said, "Overall the respondents demonstrated a very good knowledge of the various aspects of bowel cancer. Knowledge was more limited though on the incidence of bowel cancer in Northern Ireland, the availability of a local screening programme and some of the key symptoms of bowel cancer."

"Respondents had a good knowledge of the prevention messages; in particular there was a high awareness of the importance of a good diet, rich in fruit and vegetables. However, the majority of respondents admitted to failing to include these prevention messages into their daily lifestyles."

"The results of this study would certainly suggest that if a bowel cancer screening programme was introduced to Northern Ireland it would have great support from the local population and would be very successful in terms of uptake."

"The research has been a useful tool to determine and highlight the bowel cancer messages that need further promotion in the future."

Nationally, Merck have recently been told that their drug, cetuximab, has been approved in Wales for use in patients with advanced bowel cancer. This is clearly a decision that focuses on the needs of patients and reaffirms UCF's core belief that all patients should have access to the latest treatments, regardless of where they live or their ability to pay. We hope that we will soon see similar advances in Northern Ireland.

SECOND SUCCESSFUL ICELANDIC TREK

Almost 50 intrepid volunteers had an experience of a lifetime this summer when they took part in an eight day Icelandic trek, raising money for UCF. Joyce Savage, Head of Appeals & Marketing said, "I would like to congratulate everyone who took part in our second successful trek to Iceland. The enthusiasm and commitment from all our participants meant that this special fundraising event raised an impressive £77,000 which will be used to help support and care for local people affected by cancer."

If you would like to do something different next summer, why not consider taking part in UCF's Trek Kenya (7th – 15th July 2007). Not only will you enjoy a challenge of a lifetime, but by raising money for UCF, you will be making a real difference for cancer patients and their families.

For further information on Trek Kenya please contact Leonne Wheatley at UCF on 028 9066 3281 or email leonne@ulstercancer.org



COMPETITION WINNERS



Congratulations to P6 pupils at Edenbrooke Primary School who won UCF's Smokebusters competition, in association with Stena Line, and enjoyed an exciting day trip to Scotland's biggest theme park, M&D's.

Pictured (L>R back) – Neil Palmer, Marketing Executive, Stena Line, Mr. Campbell, P.6 Teacher, Edenbrooke Primary School and Anne Devlin, Cancer Prevention Officer, Ulster Cancer Foundation with P.6 Smokebuster club members from Edenbrooke Primary School.

The Ulster Cancer Foundation's Smokebusters Club is a special smoking prevention programme, which promotes a smokefree lifestyle to children. It also encourages them to create smokefree environments in their schools, homes and wider communities.

Membership of the Smokebusters Club is offered to all P6 and P7 classes, free of charge. Upon joining, schools receive a special teacher's pack with teaching resources, posters, leaflets and the Smokebusters certificate for display in the classroom.

The Smokebusters project is operated by UCF and has the support of the four Health and Social Services Boards. Enrolment for 2006/2007 is now open. For further information on the Smokebusters Club and other cancer prevention initiatives, please contact Judith West, UCF on 028 9066 328, email – judithwest@ulstercancer.org or log on to www.ulstercancer.org/aboutucf/smokebusters.html



Congratulations to Currie Primary School, Limestone Road, Belfast, who won UCF's No Smoking Day Teachers' Competition.

Catherine Morrow, Smokebusters Assistant, UCF presents a Tobacco Curriculum Package to Mr. Orr and Smokebuster club members at the school (pictured from left) Samantha Robinson P6, Ryece Wallace P7, Joshua Crawford P7 and Paula Beattie P6.

UP & RUNNING

Michael Jenkins, proprietor of Up & Running in Wellington Place, Belfast announced a generous sponsorship association with UCF.



(L-R) Jill Shannon, John McKeown and Michael Jenkins from Up & Running with Neill Grainger, UCF

The special partnership will allow all participants taking part in UCF sporting events, such as the Great North Run, to purchase a quality designed tech top, from Up & Running, at a special cost price of only £10.

As part of the sponsorship deal, Up & Running have created a link on their website (www.belfast.upandrinning.co.uk) enabling UCF participants for the Great North Run to log-on and discuss training tactics and trip details. Alternatively, participants can call into the Up & Running store in Belfast for specialist running advice and training tips.

CANCER LIFELINE VISIT UCF

The Cancer Lifeline charity in North Belfast recently visited UCF's new centre and spent time with staff, hearing about the services UCF offer to cancer patients and their families.

Pictured front row(L-R) are Patricia McKervey, Patricia O'Halloran and Janice Dalzell, Cancer Lifeline. Back row(L-R) Eileen Creery and Arlene Spiers, UCF with Bryan Irwin, Cancer Lifeline.



Mountain Challenge for Charity



Congratulations to Neill Grainger, Senior Development Officer with UCF for successfully completing an ascent of Mont Blanc.

Mont Blanc, in the French Alps, is the highest mountain in Western Europe and stands at 4,807m or about 15,800 ft above sea level.

Neill's expedition to Mont Blanc raised £3,000 for UCF adding to the £10,000 from his Russian trip to Mt Elbrus, two years ago.

He thanked everyone who had supported him for their generosity. "I am indebted to all those who sponsored and supported me on my trip and I am delighted that the money raised will be used by UCF to help provide much needed care and assistance for cancer patients and their families in Northern Ireland."

NEW APPOINTMENT



Mari Flannery joins the Ulster Cancer Foundation as a State Registered Art Therapist with several years of art therapy experience in cancer care. Mari has trained in psychology, studio arts and non verbal communication at New York University and she holds an MSc. in Art Therapy from Queens University, Belfast.

VISIT TO NEW CENTRE



Founder members of UCF recently enjoyed a tour of our new Centre of Excellence. Pictured are (L-R) Michael Wood MBE, Past Chief Executive; Gordon Duffield, Founder Member; Anne Hailes, Vice President; Sir Peter Froggatt, Vice President; Dr Roger Blaney, Vice President; Peter Brand OBE, Past President; Mrs Iris Colvin OBE, President; Dr Michael Scott, Vice President; Dr Ben Moran, Chairman and Dr Desmond McMullan, Treasurer

GREAT SCOTT!

UCF extended grateful thanks to one of its tireless fundraisers, 23 year old Scott McCain, as he presented a cheque to the charity for £20,000.

Arlene Spiers, Chief Executive, UCF said, "Scott is an inspiration for us all. As a result of his illness he has become one of our most dedicated fundraisers. He has organised cycling marathons and golf tournaments and motivated many people to participate in and support his efforts. We are thrilled that he has chosen to support our work and we are indebted to his kindness.

Scott was a young medical student, aged just 21, when he found himself dealing with a tumour in his foot. An amputation below the knee caused the young man to face the disease head on and he now dedicates much of his free time to raise funds in support of the services provided by UCF.

While Scott remains extremely modest in his accomplishments concerning his charitable work, he does feel that the generosity and support from local people has been quite overwhelming.



He said, "The fact that no family is immune to cancer really hits home with a lot of people. The fundraising events that I have organised help to raise awareness and highlight the importance of the work done by UCF."

"I believe that everyone can get involved in charity work, either organising events or volunteering in your own local area. It's amazing to see how the benefits reach so many people."

If you would like to get involved in fundraising or volunteering for UCF please contact Sarah Atcheson on 028 9066 3281 or email satcheson@ulstercancer.org

COUNTDOWN TO CHRISTMAS

UCF branded Christmas cards will be on sale in all our shops and from Head Office from mid September. Brochures detailing the full range of cards and wrapping paper are available by contacting Sarah or Marlene on 028 9066 3281. Corporate Christmas card brochures for businesses are also available, with 40% of the total cost being donated to UCF.

HOLYWOOD FRIENDS GLAMOUR NIGHT

Hollywood Friends recently organised a fundraising glamour night, raising £4,200 for UCF. Pictured are (L-R) Louise Carson, Patricia Liesching, UCF and Emma Dunseith.



UCF SUPPORTERS - THANK YOU

A special thank you to the following UCF supporters:

- **Adrian Fletcher**, who organised the Newtown Stewart Golf Event on 29th July, raising £4,800 in the process
- Pettigo sponsored walk organisers, **Mary McCaffrey** and **John Elliott** who raised £6,958.30
- **Tom and Yvonne Boyce** from Portballintrae organised the 29th Annual Townsley Memorial Golf competition and raised £1,231
- £6,000 was donated by the **Enterprise Rent-a-Car** team after completing the Four Peaks Challenge.
- **Steven McManus** organised the 4th Antrim Hills Walking Festival raising £10,000.

Events Diary 2006/07

Event	Date
Mournes 20km Walk: organised by the NI Outward Bound Association Contact: Neill Grainger, Email: neillgrainger@ulstercancer.org	9th Sep
Smart Car Rally: Contact: Neill Grainger, Email: neillgrainger@ulstercancer.org	24th Sep
Ben Nevis: Contact: Neill Grainger, Email: neillgrainger@ulstercancer.org Or Sylvia Lucy (North/North West), Email: sylvialucy@ulstercancer.org	29th Sep - 1st Oct 20th - 22nd Oct
Santa's Grotto: Woodview Landscapes Garden Centre, Omagh Santa's Grotto will be open every Friday (5.00 - 8.00pm), Saturday and Sunday (2.00 - 5.00pm) in November and every Thursday, Friday (5.00 - 8.00pm), Saturday and Sunday (2.00 - 5.00pm) in December. Contact: Sylvia Lucy, Email: sylvialucy@ulstercancer.org	10th Nov - Xmas
Trek Kenya: 2007 Contact: Leonne Wheatley, Email: leonnewheatley@ulstercancer.org	7th - 15th Jul
Inca Trail: 2007	11th - 24th Aug 27th Oct - 9th
Nov Contact: Neill Grainger, Email: neillgrainger@ulstercancer.org	



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