

CANCER HELPLINE

UCF has launched an enhanced cancer information and support helpline. This service is the designated cancer helpline for Northern Ireland, in partnership with the Information and Support Centre at Belfast City Hospital. UCF is the only cancer charity to provide such a comprehensive service, employing trained nurses who can provide expert assistance to callers and help to direct them to all available services in their local area. The helpline 0800 783 3339 is available Monday – Friday 9.00am – 5.00pm.

Liz Atkinson, Head of Care Services at UCF said, "This enhanced service is vital for anyone who is worried about symptoms, has received a cancer diagnosis, is undergoing treatment or living with cancer.

"Not only do we provide a free and confidential telephone service, but people can also email any queries or concerns to infocis@ulstercancer.org"

Posters, leaflets and information cards detailing UCF's cancer information and support helpline have been distributed to GP surgeries, dentists, opticians and pharmacies across Northern Ireland.



Pictured at the launch in the Long Gallery, Stormont, Belfast (L>R) are Kathy Cash, cancer survivor, Martin Bradley, Chief Nursing Officer for Northern Ireland and Liz Atkinson, Head of Care Services, UCF.

Chief Executive's Foreword



2007 is set to be a momentous year as smoking will no longer be permitted in enclosed public places and work places, including bars and restaurants, right across Northern Ireland from 30th April.

UCF has campaigned for smoke-free workplaces for more than 30 years and we welcome this major breakthrough in cancer prevention.

We will be holding our annual Celebration of Life Service on 25th March at 3pm in Fisherwick Presbyterian Church, Belfast and we are delighted that BBC broadcaster and author Rev. Canon Roger Royle will be our guest speaker. Everyone is welcome to come along to the service which is for patients, carers and anyone whose life has been touched by cancer.

I would like to welcome Liz Atkinson as our new Head of Care Services and Professor Roy Spence our new Chairman. We look forward to working with them both in the busy months ahead.

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

Arlene Spiers OBE
RGN RM RHV
Chief Executive

SMOKEFREE NORTHERN IRELAND!

Boots the Chemist is working in partnership with UCF to help smokers quit before the introduction of smokefree workplace legislation on 30th April 2007.

As part of the unique 'Change One Thing' campaign organised by Boots, smokers are encouraged to follow a three step plan to 'Pledge, Plan and Persist' as an incentive for giving up. Smokers will also have the chance to find out their true 'lung age' with the innovative Pulmolife Lung Machine.

Available in the Pharmacy department of selected Boots stores in the coming months, this machine graphically displays a 'lung age' for each individual.

Smoking kills almost 3,000 people in Northern Ireland every year and it is hoped that this easy to use device will help smokers realise the physical damage caused by smoking, encouraging them to quit or at least seek advice about trying.

UCF has provided expert advice and tips about how to quit successfully in special 'Change One Thing' events held at a number of Boots pharmacies across Northern Ireland and will continue to work with the Chemist until the smokefree legislation is introduced.

For information on your nearest UCF Stop Smoking Clinic call Bernie at UCF on Tel: 028 9066 3281 or UCF's cancer information and support helpline on freephone 0800 783 3339.



BBC presenter Christine Bleakley (centre) checks out her true 'lung age' with Gerry McElwee, Head of Cancer Prevention, UCF and Clarissa McSorley, Pharmacy Manager at Boots, Donegall Place, Belfast.

UCF ANNUAL LECTURE



Pictured (L>R) at UCF's annual lecture are Professor Richard Barnett, Vice-Chancellor, University of Ulster; Professor Patrick Johnston, UCF Chair in Oncology and Director, Centre for Cancer Research and Cell Biology, Queen's University Belfast; Martin Bradley, Chief Nursing Officer for Northern Ireland; Arlene Spiers, Chief Executive, UCF; Professor Roy Spence, Chairman, UCF and Professor Hugh McKenna, Dean of Faculty of Life and Health Sciences, University of Ulster.

Professor Patrick Johnston gave UCF's annual lecture entitled, "Cancer Medicine: The Challenges of the Molecular Age" at the University of Ulster, Jordanstown.

Professor Johnston is a world renowned researcher and scholar in cancer. In his lecture, Professor Johnston focused on the challenges health care industry providers and researchers face by the dynamic developments in new technologies, our understanding of disease and the development of novel therapies.

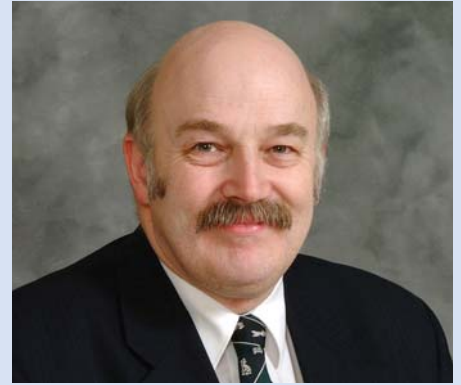
UCF are especially grateful to Professor Johnston and his team at the Centre for Cancer Research and Cell Biology, Queen's University Belfast for this interesting and informative lecture.

NEW CHAIRMAN

UCF has elected a new Chairman, Professor Roy Spence.

Professor Spence is a consultant surgeon specialising in breast cancer at Belfast City Hospital Trust. He is an Honorary Professor at Queen's University, Belfast and an Honorary Professor and Pro Chancellor at the University of Ulster. With a wide range of professional and academic accolades and years of dedicated public service, Professor Spence brings a wealth of knowledge and strategic leadership to UCF.

Professor Spence takes up his new appointment as Chairman of UCF as Dr Ben Moran steps down following a progressive and successful seven year term.



NO SMOKING DAY

UCF is encouraging smokers to 'make a fresh start' on No Smoking Day Wednesday 14th March 2007. This year UCF is working with Translink to increase awareness of No Smoking Day and to help encourage Translink staff and commuters to give up.

No Smoking Day is more successful in Northern Ireland than anywhere else in the UK and UCF activity is supported locally by GlaxoSmithKline's NiQuitin CQ®.

Translink will be promoting No Smoking Day through posters in stations, trains and buses, and printing top tips on how to stop smoking on the back of bus tickets and take away wallet-sized information cards.

Two Translink staff members will be helping to launch the event; smoker Richard Knox, Senior Rail Manager is preparing to give up on the day with the help of colleague and smokefree mentor, Maureen Agnew, a bus driver in Newtownabbey who gave up 8 months ago.

On No Smoking Day UCF will have information stands offering smoking cessation advice and support at Great Victoria Street Station, Belfast and at Foyle Street Bus Station in L'Derry.

GAA HEALTH PROGRAMME

UCF in association with the Ulster Council for Gaelic Games, has launched a holistic health programme aimed at GAA clubs across Ulster.

Working in partnership, UCF and the Ulster Council for Gaelic Games will provide separate men and women's health evenings in every county in Northern Ireland. This is the first time that UCF have worked in partnership with sporting clubs in this way and it is hoped that the initiative will be extended to rugby, hockey and football clubs in due course.

Smokefree Tour

Working in partnership with Belfast City Council UCF will bring the Smokefree Tour to all university campuses across Northern Ireland to raise awareness of Northern Ireland's new smoke-free legislation and to offer smoking cessation advice to university staff and students.

Pictured (L>R) Gillian McEvoy, Senior Environmental Health Officer, Belfast City Council and Clare Smith, Cancer Prevention Officer, UCF highlight that the new smokefree legislation being introduced on 30th April 2007, is no April Fool.



Conference



In association with the National Association of Laryngectomy Clubs (NALC), UCF recently held a conference for laryngectomy patients, carers and health professionals.

Ivor Smith, President of NALC is pictured with keynote speaker Ramzan Ullah, Consultant ENT Surgeon at the Royal Group of Hospitals, Belfast and Arlene Spiers, Chief Executive, UCF.

Daffodil Appeal

UCF's annual Daffodil Appeal will run throughout the month of March.

The daffodil is the international symbol of hope for the fight against cancer and in previous years supporters have raised substantial amounts of money to fund UCF research, education and prevention programmes as well as providing care and support for all those affected by cancer.

This year we are delighted to have the support of Boots the Chemist who will be involved in a range of fundraising activities as well as carrying our Daffodil Appeal boxes in-store.

Our appeal boxes will also be distributed to churches and other outlets during March. If you would like to request an appeal box please contact Leonne on Tel: 028 9066 3281.

There will also be a Daffodil raffle and we are keen to hear from anyone who would be willing to sell raffle tickets.

The prizes are a great incentive - £1,000 first prize, £500 second and £250 for third prize plus all those who sell their allotted raffle tickets will be entered into a draw to win £250.

We would like to thank the 10,000 people who took part in last year's Daffodil Raffle which raised the highest amount ever - a staggering £236,000 for UCF! If you would like to sell or purchase Daffodil raffle tickets to raise money to help local people affected by cancer, please contact Lisa on Tel: 028 9068 0752.

Grotto Success



Woodview Landscapes Garden Centre in Omagh celebrate the success of Santa's Grotto which raised nearly £23,000 for UCF.

At a special event at Woodview Landscapes Garden Centre, staff presented His Grace the Duke of Abercorn, KG, Patron of UCF, with a cheque from the proceeds of a very successful fundraising initiative. Sylvia Lucy, Development Officer, UCF who co-ordinated the Grotto said, "The Shortt family at Woodview Landscapes Garden Centre did a wonderful job providing a magical Christmas Trail with live animals, as well as a Christmas shop and a coffee cavern.

"We were very fortunate to be able to enlist the help of volunteers from UCF's Omagh Group, Omagh Lions Club and other friends of the Foundation who helped to staff the Grotto during November and December. I would like to thank everyone who helped us out during this very busy period.

"We are also indebted to Turning Point Property Sales, who kindly sponsored sweets as gifts for the children."

SMOKEBUSTERS DEVELOPMENTS

With support from the Council for Irish Medium Education (Comhairle na Gaelscolaíochta), UCF's Smokebusters Club educational resources are now available in Irish Gaelic for Bunscóils across Northern Ireland.

Membership is FREE and UCF welcomes new members from all schools at any stage of the academic year.

For further information please contact Judith West on Tel: 028 9066 3281, email: judithwest@ulstercancer.org or alternatively log onto www.ulstercancer.org/smokebusters



Pictured at the launch of UCF's Smokebusters Club at Bunscóil Phobail Feirste are (Back L>R) Judith West, Cancer Prevention Officer, UCF, Liam Mac Giolla Mheana, Senior Post-Primary Officer, Comhairle na Gaelscolaíochta, Tracey Mimna, Smokebusters Assistant Project Officer, UCF (Front L>R) P6 pupils Ciaran Maguire and Aoife Conway.

Award Win



Congratulations to recent graduate Fintan McGivern, who won an award from the University of Ulster Science Shop on research he carried out on the Smokebusters initiative. The research revealed that teachers who regularly subscribe to the project found the club resources to be very relevant to the school health education curriculum and the materials were very appealing to children. Well done Fintan!

PINK LINK SUCCESS



Joyce Savage, Head of Appeals and Marketing, UCF celebrates with Neil Gordon, co-founder of Gordons Chemists after announcing they have raised a total of £106,000 over the past three years for the charity through the Pink Link initiative.

New Appointment

UCF welcomes Liz Atkinson as the new Head of Care Services. Liz originally trained as a nurse at the Royal Victoria Hospital, Belfast and the Royal Marsden Hospital, London, specialising in cancer nursing and palliative care. She holds a BSc in Professional Development in Nursing and an MPhil in Medical Ethics and Law and previously worked with the Northern Ireland Hospice, Macmillan Cancer Support, Action Cancer and Marie Curie Cancer Care.

In her new role, Liz will be responsible for all UCF's care and support services for cancer patients and their families.



Donate it - Don't Bin It!

UCF is encouraging people to give unwanted goods a second chance by donating quality, re-saleable items to their charity shops.

Hilary Scott, Shops Co-ordinator, UCF said, "Our charity shops are becoming increasingly competitive with high street stores and are now offering a full range of fashionable clothes, homeware and useful knick-knacks.

"Over the years UCF shops have received incredible support from local communities across Northern Ireland.

By simply donating unwanted goods, thousands of pounds have been raised each year to help local people and their families affected by cancer."

UCF can collect furniture donations from your home however items such as sofas and mattresses must carry the fireproof label for UCF shops to be able to re-sell them.

Please contact Marlene on Tel: 028 9066 3281 to arrange collection or for further information on volunteering in UCF charity shops.

BEN NEVIS CHALLENGE

Emma Bromley from UK Outdoor Pursuits, event organisers of the Ben Nevis Challenge, gives Neill Grainger, Senior Development Officer, UCF a helping hand in training for his 30th climb to the 'roof of Britain'.

Why not join Neill later this year as he leads UCF's annual Ben Nevis Challenge over the weekends of 14th Sept - 16th Sept, 21st Sept - 23rd Sept and 12th Oct - 14th Oct 2007.

To register or for more details contact Neill Grainger or Sylvia Lucy (North / North West) on Tel: 028 9066 3281 or e-mail neillgrainger@ulstercancer.org or sylvialucy@ulstercancer.org



UCF SUPPORTERS - THANK YOU

A special thank you to the following UCF supporters:

- George and Mary Magee who once again had a magnificent Christmas light display at their home in Drumsesk Place, Warrenpoint. From 1999 they have raised a total of £12,780 for UCF.
- Mark Trimble from Tandragee who organised a New Year day charity tractor run which raised £250 and counting!
- Lucinda Love and her sisters organised a Christmas bag pack in Killeel raising £1,035 in memory of their mother Jane Love.
- R.J. Mitten & Sons, Sand and Quarry Merchants, Lisnaskea donated £6,000 in lieu of Christmas presents to their customers.
- McGuinness Family, L'Derry donated £3,800 from the Kathleen McGuinness Memorial Fund.
- Tower Block Restaurant, Altnagelvin donated £640 raised at a Big Breakfast.
- William Sproule, Castleterg raised £600 from a sponsored parachute jump.

Events Diary 2007/08

- | | |
|--|--|
| Newtownstewart Combat Cancer Group Sponsored Walk | March 2007 (date TBC)
Contact: Sylvia Lucy
Email: sylvialucy@ulstercancer.org |
| Celebration of Life Service | 25th March 2007
With Rev. Canon Roger Royle
Fisherwick Presbyterian Church,
Belfast at 3pm
Contact: Eileen Creery
Email: eileencreery@ulstercancer.org |
| Newry Canal Walk | 14th April 2007
Easy flat walk along the canal
Contact: Neill Grainger
Email: neillgrainger@ulstercancer.org |
| Northwest Tractor Road Run | 28th April 2007
Aghadowey
Contact: Sylvia Lucy
Email: sylvialucy@ulstercancer.org |
| Wine Inns Riverwalk | 29th April 2007
Easy walk from Cutters Wharf to Shaws Bridge
Contact: Neill Grainger
Email: neillgrainger@ulstercancer.org |
| Challenge of Cancer Conference | 19th May 2007
Wellington Park Hotel, Belfast
Conference for patients, carers and health professionals
Contact: Eileen Creery
Email: eileencreery@ulstercancer.org |
| Bank holiday fundraising walks | 25th-28th May 2007
Walk each day from 3 to 30 miles - take your pick!
Contact: Neill Grainger
Email: neillgrainger@ulstercancer.org |
| Greek Island Swim | 18th-25th June 2007
Contact: Neill Grainger
Email: neillgrainger@ulstercancer.org |
| Trek Kenya | 7th - 15th July 2007
Contact: Leonne Wheatley
Email: leonneheatley@ulstercancer.org |
| Inca Trail | 26th October - 7th November 2007
Contact: Neill Grainger
Email: neillgrainger@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 on Tel: 028 9066 3281.

SMOKEFREE AWARDS

Congratulations to The Brown Jug, 23-27 Main Street, Ballymoney; Riverview Restaurant, Unit 23c, Food Court, Diamond Centre, Coleraine; Solomon Grundy's and Ben's Hot Food, both based at the Tower Centre, Ballymena who were recently presented with a National Clean Air award by UCF for having an effective smoke-free policy on their premises.

Support Group Presentation

Special thanks to UCF's Prostate Cancer Support Group who raised £320 at their October meeting last year, held at Altnagelvin Hospital.

Sylvia Lucy, Development Officer, UCF (centre) receives the donation from (L>R) Brian Kelly, Theresa McSwiney, Kerry Chambers & Bill Mooney.



DIAGEO PRESENT



UCF received a special Christmas present from Diageo Community Awards - a generous grant donated towards UCF's campaign to support the introduction of smokefree legislation. Joyce Savage, Head of Appeals and Marketing, UCF celebrates with Francaea O'Neill, NICVA and Allison O'for, Diageo NI.