

Charity Partnerships - Wine Inns Group

A successful charity partnership with The Wine Inns Group has raised over £10,000 to date with lots of fundraising activities already planned for the summer months.

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, has adopted UCF as their chosen fundraising charity for the next three years.

RED CARD!



International footballer and top goal-scorer for Northern Ireland, David Healy shows the red card to smoking in public places and has teamed up with Boots and UCF to encourage local parents to quit smoking altogether, rather than transferring their smoking from public places to their homes.

Helping David welcome Northern Ireland's move to smokefree public places are Arlene Spiers, Chief Executive, UCF and local children from the IFA's Junior Supporters Club (from left) Brooklynn Dixon, Chelsea-Leigh Swift, Conor Boyle and Matthew McCrea.

PwC

Business advisors PricewaterhouseCoopers LLP has selected UCF as their fundraising partners for 2007, in tandem with NI Cancer Fund for Children.

Martin Ferguson, PwC said, "As Northern Ireland's largest professional services firm, and as a leading employer, we are committed to putting something back into the communities in which we operate. Increasing awareness of the causes of cancer and ultimately defeating the disease is a cause with which we are proud to be associated."



Pictured, Hugh Crossey, Partner at PricewaterhouseCoopers Northern Ireland presented a £5,000 cheque to Joyce Savage, Head of Appeals and Marketing, UCF at a recent fundraising event.

CHARITY SWIM SUCCESS



Congratulations to John Fitzpatrick (pictured front, right) who organised a very successful New Year's Day Charity Swim at the Galloon Jetty in Newtownbutler in aid of UCF.

The New Year's Day swim is a long-standing tradition in the local area and is now in its 15th year. Over 60 people took part in the event including many from County Tyrone and other border counties.

Special thanks to all the participants who braved the elements, sponsors, collectors and the Lough Erne Search and Rescue Team.

John Fitzpatrick presented a cheque for £13,184 to Sylvia Lucy, Development Officer with UCF. In total, John and his friends have raised an incredible £28,000 for the charity – a fantastic amount!

UCF SUPPORTERS - THANK YOU

A special thank you to the following UCF supporters:

- Comber Combat Cancer Group's annual Coffee Party and Bring & Buy Sale once again raised an amazing £12,000 and still counting. Special thanks to Tony and Clodagh Reid from Ballyrainey Road, Comber who hosted the event.
- Congratulations to Newtownbreda Combat Cancer Group who presented two cheques to UCF. £1,631 was raised on behalf of the group by Queen's University Belfast library staff and £2,500 was raised by the group through various fundraising activities.
- Inch Art Group, Downpatrick held an art exhibition raising £1,070 in support of breast cancer.
- Aqua Luna, Beauty Salon, Dundrum raised £1,278.52 by holding a variety of fundraising activities including a gents leg wax.
- Members of aerobics classes from Shantallow, Lisnagelvin and Templemore Sports Complex took part in a sponsored workout raising £1,550.

Events Diary 2007/08

- Abseil Europa Hotel, Belfast**
3rd June 2007
Contact: Neill Grainger
Email: neillgrainger@ulstercancer.org
Or I Love Mondays
028 90 693413
- Ballynahinch Sponsored Walk**
6th June 2007 @ 7.30pm
Contact: Patricia Liesching
Email: patricialiesching@ulstercancer.org
- Sperrins Walk**
9th June 2007
Contact: Neill Grainger
Email: neillgrainger@ulstercancer.org
- Cutters Beach Volleyball Cutters Bar, Belfast**
10th June 2007
Contact: Neill Grainger
Email: neillgrainger@ulstercancer.org
Or Contact Teresa 028 90805100
Email: tcasey@wineinns
- Castlewellan Sponsored Walk**
12th June 2007 @ 6pm
Contact: Patricia Liesching
Email: patricialiesching@ulstercancer.org
- Ulster Garden Scheme Open Garden**
Mr & Mrs David McMurrin
11 Longlands Road, Comber
23rd-24th June from 2pm-5pm
Contact: Patricia Liesching
Email: patricialiesching@ulstercancer.org
- Four Peaks Challenge**
21st - 23rd June 2007
Contact: Neill Grainger
Email: neillgrainger@ulstercancer.org
- Newtownstewart Sponsored walk**
June (date tbc)
Contact: Sylvia Lucy
Email: sylvialucy@ulstercancer.org
- Trek Kenya**
7th - 15th Jul 2007
Contact: Leone Wheatley
Email: leonewheatley@ulstercancer.org
- Scaffell Pike**
30th Aug - 2nd Sep 2007
Contact: Neill Grainger
Email: neillgrainger@ulstercancer.org
- GERS Sponsored walk at Glynn/Carrickfergus**
21st July
Contact: Sylvia Lucy
Email: sylvialucy@ulstercancer.org
- Inca Trail**
26th Oct - 7th Nov 2007
Contact: Neill Grainger
Email: neillgrainger@ulstercancer.org
- Ben Nevis**
14th Sep - 16th Sep 2007
21st Sep - 23rd Sep 2007
12th Oct - 14th Oct 2007
Contact: Neill Grainger
Email: neillgrainger@ulstercancer.org
- Great North Run**
29th Sept - 1st Oct 2007
Contact: Sarah Atcheson
Email: sarahatcheson@ulstercancer.org

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.



SUMMER 2007

update

NEWS FROM THE ULSTER CANCER FOUNDATION

FIGHTING FATIGUE

Health professionals gathered at Belfast City Hospital recently for a seminar on cancer-related fatigue and to launch a new leaflet produced by Belfast City Hospital's multi-professional cancer-related fatigue forum, in partnership with UCF.

Designed specifically for cancer patients, the leaflet highlights the extent of the problem, its causes, effects and the steps that can be taken to best cope with tiredness.

Keynote speaker Professor Patrick Johnston, Professor of Oncology and Director of the Centre for Cancer Research and Cell Biology said, "Patients have described cancer-related fatigue as feeling excessively tired or exhausted all, or most of the time. Recent research undertaken by the All-Ireland Fatigue Coalition revealed that fatigue was the worst

symptom experienced by 84% of cancer patients – five times as many as reported hair loss and nearly four times the number of patients who reported nausea.

Arlene Spiers, Chief Executive, UCF said, "Fatigue is a very real problem for cancer patients with many people struggling to do everyday activities that they would previously have taken in their stride.

"The leaflet, 'How to Cope with Tiredness in Cancer' is available at all cancer care centres and can be downloaded from www.ulstercancer.org.

"Patients suffering from fatigue are encouraged to discuss the matter with a member of their cancer care team or to call UCF's free information and support helpline on 0800 783 3339."



Raising awareness of fatigue which affects 84% of cancer patients are (L-R) Margaret Grayson, cancer patient and chair of Belfast City Hospital Cancer Related Fatigue Forum, Joan Ruddock, Chair, Belfast City Hospital Trust and Arlene Spiers, Chief Executive, Ulster Cancer Foundation.

Chief Executive's Foreword



I am pleased to report that, once again, UCF's campaigning work has gone from strength to strength. We recently celebrated a major breakthrough in cancer prevention when we welcomed smokefree workplace legislation in Northern Ireland following a 30 year campaign.

Now that the new Assembly is up and running, we have also re-established the All-Party Special Interest Group on Cancer and I look forward to working with MLAs, patients and others to help shape better outcomes for cancer patients and their families.

As Northern Ireland is set to enjoy a sizzling summer, we will be stepping up our 'Care in the Sun' Campaign to warn local sun-seekers to take as much care in the sun at home as they would abroad.

Worryingly UCF research has shown that 8 out of 10 individuals do not apply sunscreen at home unless they are 'actively' sunbathing. UCF will be promoting the sun protection message to educate local people of the damage caused by overexposure to the sun - even in Northern Ireland!

I would like to thank our Combat Cancer Groups, Friends, supporters and volunteers from across Northern Ireland who have supported our annual Daffodil Campaign. Its success is growing year on year, with the Daffodil raffle raising a phenomenal £230,000.

We simply could not run this campaign without your continued support and we applaud your enthusiasm and commitment to fundraising to help local people affected by cancer.

Thank you for your continued support.

Arlene Spiers OBE
RGN RM RHV
Chief Executive

CARE IN THE SUN

UCF, which co-ordinates the Northern Ireland Melanoma Strategy Implementation Group, launched Sun Awareness Week at Ireland's largest agricultural event, the Balmoral Show. UCF particularly targeted high risk groups including outdoor workers and children, to inform about the hazards of not using sun protection while working or playing in the sun.

UCF ran a skin analysis and sun protection advice service at the Show and demonstrated a unique computer software programme that highlighted the dramatic ageing effects of sun exposure on the face.

Sandra Gordon, Melanoma Strategy Co-ordinator for UCF said, "In order to stop the increasing incidence of skin cancers in Northern Ireland, we need to take care in the sun.

People with fair skin, those with lots of freckles or moles, those with a family history of skin cancer or anyone who has had skin cancer are at particularly high risk and should always take measures to avoid burning. This includes wearing protective clothing such as loose fitting shirts and hats and applying SPF 15 + sunscreen liberally."

Research Shapes Cancer Prevention

New research funded by UCF and carried out by an academic team at the University of Ulster has found that single men and people on low incomes are less aware of cancer prevention messages, whilst women are more knowledgeable and more likely to seek advice or support.

Over 1,300 people between 35 – 50 years of age participated in the research project to explore knowledge, attitudes and behaviours to cancer prevention.

Gerry McElwee, Head of Cancer Prevention, UCF said, "These findings from the research are crucially important to ensure that our cancer prevention programmes are targeted at those most in need and that the information is specifically tailored to their requirements.

Only then can we expect to have a direct impact on cancer deaths and diagnoses in the future."

BOOTS BOUQUET OF HOPE

Model Caroline Taylor helps Mary Woods, Boots Northern Ireland and Gerry McElwee, Head of Cancer Prevention, UCF, deliver some spring daffodils to Boots' flagship store in Donegall Place, Belfast, marking Boots' support for UCF's Daffodil Appeal.



SMOKEFREE NORTHERN IRELAND

April 30th marked a new chapter in the health of local people as UCF welcomed the introduction of smokefree legislation for Northern Ireland.

Gerry McElwee, Head of Cancer Prevention, UCF said "Northern Ireland will reap substantial benefits from the new law and we are absolutely confident that it will be an overwhelming success.

"However, we still face a huge challenge for smoking and health in Northern Ireland. Every day, 8 local smokers die from diseases caused by tobacco; most are hooked before they reach the

age of 16 and one in five babies are born to a mother who smoked through pregnancy.

"Going smokefree is a platform for further action rather than an end in itself. UCF has been campaigning for tobacco control for over 35 years and we will continue to drive forward the policy and attitudinal changes needed to address this vital issue."

Please contact UCF Tel: 028 9066 3281 for information and support on how to stop smoking or for details on your nearest Stop Smoking Clinic.



Arlene Spiers Chief Executive, UCF, Brian Ambrose, Chief Executive, Belfast City Airport and Gerry McElwee, Head of Cancer Prevention, UCF welcomes visitors who flew into Belfast City Airport on the first flight into smokefree Northern Ireland!

NEW Support Groups

Two new support groups have been set-up by UCF and Belfast City Hospital offering practical information and support to:

- 1) Adolescents and adults who have been affected by a diagnosis of any of the Acute leukaemia's and Chronic Myeloid leukaemia and
- 2) Young adults who have been affected by a diagnosis of any type of cancer.

Liz Atkinson, Head of Care Services, UCF said, "Dealing with a diagnosis of cancer can have an enormous physical and emotional effect on the individual and those close to them. These support groups have been created as an opportunity to meet with others who have shared concerns and experiences relevant to their age group.

Both support groups will meet on a monthly basis at UCF Service Centre, Belfast and there is no commitment to attend each session. Patients, carers, family and friends are all welcome to attend as often and for as long as they wish.

Please contact UCF Tel: 028 9066 3281 for further information on UCF support groups.

UCF SHOPS LOYALTY CARD SCHEME

As part of our commitment to offer something back to our loyal UCF shop customers we are launching a new Loyalty Card Scheme in June.

Customers signing up for the scheme will receive a 'stamp' on their card for every £2 they spend. When customers collect 20 stamps, they will be given a £5 voucher to spend at any UCF shop!

A Royle Occasion!



Pictured at UCF's annual interdenominational Celebration of Life Service are Arlene Spiers, Chief Executive, UCF; guest speaker, Radio 2's Rev Canon Roger Royle and Liz Atkinson, Head of Care Services, UCF. The event was very well attended and UCF would like to thank everyone who helped make the day a great success.

SMOKEBUSTER WINNERS

UCF's Smokebusters is an exclusive club to encourage children to reject smoking and to promote health in their day-to-day lives. It aims to intervene when young people are at a vulnerable age, approaching the transition between Primary and Secondary school.

The club provides children with facts about smoking from a wide variety of perspectives thus supplying them with information, attitudes and skills to resist pressures to experiment with tobacco use.

Jonathan Blair successfully completed a No Smoking Day word search and his entry was selected, winning the whole class a day trip to the Museum.

Jonathan's teacher Ms Rachael Watson said, "The Smokebuster resources are great! We've been using them for years and will continue to do so as they fit in so well with many areas of the curriculum from science to language and literacy."



Congratulations to Michael Torrens from Garvagh Primary School, Coleraine who won first prize in UCF's Smokebusters 'Design a Sticker' competition.

Michael's design fought off competition from hundreds of entries, winning the top prize - a family trip to M+D's theme park in Scotland.

Runner up, Caitlin Fleming, who is also from Garvagh Primary School enjoyed a prize along with 7 other runner up Smokebusters from schools across Northern Ireland.

Michael's design has now been made into stickers and has been sent out to all Smokebusters Schools to help them celebrate smokefree Northern Ireland!



Pictured (L:R) at the Ulster Folk and Transport Museum are the NHSSB winners of UCF's Smokebusters No Smoking Day Competition; Amy Ogilvie, Rebecca Curran, Jonathan Blair and Steven Conway from Whitehouse Primary School, Newtownabbey.

Special thanks to all of the organisations who donated a fantastic range of competition prizes to UCF.

Sunbed Seminar

Leading health experts from across the UK recently gathered in Belfast for Northern Ireland's first sunbed seminar.

The seminar was organised by the Sunbed Group, a committee of the Northern Ireland Melanoma Strategy Implementation Group (NIMSIG) to raise awareness of the dangers of sunbed use and to call for legislation to protect the public.

Sandra Gordon from UCF who chairs the Sunbed Group explains, "UCF research has shown marked increases in both sunbed availability and the number of suppliers in Northern Ireland.

This is particularly worrying as evidence continues to emerge between sunbed use and an increased risk of developing skin cancer.

Arlene Spiers, Chief Executive, UCF praised the work of the Sunbed Group saying, "We fully endorse a seminar such as this which seeks to raise the dangers of sunbed use.

Melanoma is increasing in Northern Ireland, particularly amongst younger people. This seminar is particularly timely as summer approaches and people start thinking about developing a tan."

New Creative Writing Workshops

UCF is introducing a new series of Writing Workshops starting in September.

In a relaxed, supportive environment at UCF Service Centre, Belfast you can share experiences and find your own voice to get the most from your writing. Workshops will take place on a weekly basis and while we would like to encourage regular attendees, we also welcome those who would just like to call in for a session.

The group will be open to all those affected by cancer, including patients, carers and family members, and will cater for all levels of ability. No previous experience of writing creatively is necessary in order to take part.

UCF is eager to hear from anyone interested in this workshop. We all have different ways of expressing ourselves. If writing appeals to you, why not try giving our workshops a go?

For further details or to express an interest, please contact Joanne Myles on telephone no. 028 9068 0759 or at joannemyles@ulstercancer.org.

UCF LOBBYING FOR CHANGE



Pictured at a recent UCF seminar for MLAs at Stormont on 'Cancer - The Way Forward In Northern Ireland' are Arlene Spiers, Chief Executive, UCF and keynote speaker Professor Paddy Johnston, Department of Oncology, Queens University, Belfast.

The event organised by UCF was held to re-establish an All-Party 'Special Interest' Group on Cancer, now that the new Assembly is up and running.

Arlene Spiers, Chief Executive, UCF said, "I strongly endorse the re-establishment of the All-Party 'Special Interest' Group on Cancer as it is vitally important in helping Northern Ireland face a better future when cancer will no longer be a life threatening disease.

"Rapid changes are occurring in cancer research, diagnosis, treatment and care and the need to develop new and innovative ways of approaching cancer issues is urgent.

"Acting as a vigorous and independent voice for the improvement of cancer services, healthy public policy and patients' rights, UCF will continue to campaign on issues which affect the health of our community."