

CHIEF EXECUTIVE'S FOREWORD



Services provided by UCF continue to expand. We've started a new Recovery Yoga programme for cancer patients and our Zest for Life personal development programme is now being delivered at venues throughout Northern Ireland. All UCF services are provided free of charge – for further information call our Care Services team on 028 9066 3281.

Congratulations to UCF's Ballymena breast cancer support group which has celebrated its 20th anniversary. New members are very welcome to attend. A full list of UCF support groups can be viewed at www.ulstercancer.org

To mark our 40th anniversary we have launched a new Mosaic Appeal and I hope you will support us and join in the celebrations. Over the last 40 years significant advances have been made and we will continue to work to further lessen the burden of cancer for a better Northern Ireland.

With my retirement fast approaching I look back at my 30 year career with UCF and I write this final foreword with great anticipation for the future of the charity. I am pleased to announce that the new Chief Executive, Roisin Foster, will soon take up post and I know that she is looking forward to meeting you all. Roisin has an impressive background working in the voluntary and health sectors. I am confident that, with your support, UCF will continue to improve cancer services for local people and achieve our vision of a Northern Ireland society free from the disease.

Thank you - UCF supporters, Combat Cancer Groups, Friends of UCF, corporate partners and colleagues - for your continued dedication, heartfelt support and many good wishes.

Arlene Spiers OBE
RGN RM RHV
Chief Executive

Spotlight on Men's Health

Cancer continues to have a major impact on the health of men in Northern Ireland. UCF will use Men's Health Week, which starts on Monday 14th June, to emphasise positive steps men can take to improve their health and to raise awareness of the signs and symptoms of cancers.

Gerry McElwee, Head of Cancer Prevention, UCF said, "Major studies show that being overweight or obese can increase your risk of a number of cancers, but keeping active and eating healthily can help reduce your risk of the disease. We must try to make activity a part of our everyday life. Incorporating small changes into our daily routine can make a real difference in reducing our risk of cancer. UCF will also be urging men, who are traditionally reluctant to seek professional help, to talk to their GP or call our confidential freephone cancer information and support helpline 0800 783 3339 if they have any concerns about cancer."

As part of UCF's focus on men's health you can now order a free CD-ROM to help men identify symptoms of, and treatments for, prostate cancer. Copies are available by calling our helpline 0800 783 3339, where you can also find out about our prostate cancer support groups in your area.

As part of our men's health programme UCF's 3rd Annual Man Alive! Conference will take place during Men's Health Week on Thursday 17th June from 9.30am to 3.00pm at the Members Lounge, Ravenhill Rugby Grounds. UCF will launch their Physical Activity and Cancer Engagement Programme (PACE) designed to encourage men to undertake physical activity and be aware of the positive impact being active can make to their physical and mental health.

UCF is grateful to BT for their continued partnership on the Man Alive! Campaign and to Sport Northern Ireland for their support this year. Recognising the contribution that participation in sport and physical activity makes to improving public health, Sport Northern Ireland will use the event as an opportunity to launch a new research report entitled 'Active People: Healthy Communities'. The report showcases the positive impact that investment in community sport has had on people's lives across Northern Ireland.

To register or for more details please contact Leonne at UCF on 028 9066 3281.



Pictured (L>R) Gerry McElwee, Head of Cancer Prevention, UCF and Peter Morris, BT Director of Consumer and Corporate Services.

Take Care in the Sun



Sandra Gordon, UCF (centre) provides 'Care in the Sun' advice to premier league Fulham striker, Andrew Johnson and Lizzie Lumsden, Lidl Northern Ireland as temperatures are set to soar this summer.

UCF's Care in the Sun Campaign focuses on raising awareness of sun protection messages among people who are involved in sport and outdoor activities. Top tips are to seek shade and avoid prolonged exposure when the sun is at its peak from 11am to 3pm; wear clothing and hats that protect against ultraviolet radiation; use sunscreen with a minimum SPF of 15 and apply as instructed.

UCF's Care in the Sun Campaign is supported by Lidl Northern Ireland who will be donating 10% of the retail price of every Cien sun care product sold from Monday 3rd May to Sunday 30th May at all local Lidl stores.



EXHIBITION SUCCESS

BBC journalist Donna Traynor (centre) joins Joanne Robinson, Art Therapist and Liz Atkinson, Head of Care Services, UCF at the Emotions Exhibition – a collection of writings and artwork created by patients and carers attending UCF’s art therapy and creative writing services. A commemorative book of writings and artwork is available to purchase for a minimum donation of £5.

To order a copy please call UCF on 028 9066 3281. UCF’s art therapy and creative writing services are available free of charge in venues across Northern Ireland. For further information please call UCF’s Care Services team on 028 9066 3281 or click on www.ulstercancer.org

HELPING CHILDREN PREVENT CANCER

BBC presenter Sarah Travers joins Genevieve the goat at the launch of an exciting new educational resource called ‘Genevieve and the Farmyard Olympics’. The book launched by UCF, with support from Lidl Northern Ireland, is designed to teach nursery school children about the importance of healthy eating and regular exercise as a first step to a healthier future.

You can now enjoy a ‘Genevieve and the Farmyard Olympics’ storytelling session at your nursery school – to book simply call Clare Smith at UCF on 028 9066 3281 or email claresmith@ulstercancer.org

UCF are currently recruiting volunteers to read ‘Genevieve and the Farmyard Olympics’ in nurseries. Each reading will take around 30 minutes. All UCF volunteers receive a full induction, comprehensive training programme and ongoing support. Volunteers require access to a car and a full driving licence. For further information please call Morag Chambers, Volunteer Co-ordinator, UCF on 028 9066 3281 or email moragchambers@ulstercancer.org



MOSAIC APPEAL

Celebrating 40 years of UCF services are (L>R) Alex Lineham, Michael McAuley, Joyce Savage, Head of Appeals and Marketing, UCF, Amy and David Cushnan and John Curran. As part of our 40th anniversary celebrations, we have launched a special online mosaic appeal – a quick and easy new way for you to support UCF. For further information and to donate please click on www.ulstercancerfoundation.mosaicappeal.com

BOWEL CANCER SCREENING

After many years of lobbying government, UCF is delighted that a bowel cancer screening programme is being introduced in Northern Ireland. The programme aims to identify bowel cancer at its earliest stages when treatment is most effective.

Liz Atkinson, Head of Care Services, UCF said, “As the new screening programme will be phased in, it is vital for people to be aware of the signs and symptoms of bowel cancer which include a change in bowel habits (diarrhoea or constipation) lasting more than six weeks; persistent bleeding from the rectum or pain or discomfort in the stomach area. If you are worried that you are experiencing any of these symptoms it is important that you go to your GP. If you have any concerns about bowel cancer please call UCF’s freephone cancer information and support helpline 0800 783 3339.”

STUB IT OUT

With the help of UCF, Bernie Neeson, who is now a Stop Smoking Specialist with the charity, is celebrating ten years smokefree in 2010. If you’re a smoker then you can break free from your smoking addiction too! UCF provide year round weekly stop smoking services in a number of settings including GP practices, community centres, schools and workplaces. For stop smoking advice and support please call UCF’s freephone helpline 0800 783 3339.



BEN NEVIS CHALLENGE

One of Northern Ireland's top construction companies, Farrans, is urging other firms to get their walking boots on to help raise funds for UCF. David Henry, Building Services Manager of Belfast-based contractor Farrans, took part in last year's Ben Nevis Challenge with a group of fourteen colleagues (pictured) and said, "Ben Nevis was a great teambuilding exercise as we all helped and encouraged each other throughout the challenge and we got to know one another better which has had a really positive impact in our workplace. Taking part in the challenge also improved the health and fitness of everyone involved, and many colleagues have continued with some form of exercise since!"



UCF is calling on businesses, families and friends to climb Britain's highest mountain, Ben Nevis, which stands at 4,408ft on the following weekends:

- Friday 18th June – Sunday 20th June 2010
- Friday 30th July – Sunday 1st August 2010
- Friday 10th September – Sunday 12th September 2010

There is no strenuous climbing involved and most people with average fitness should have no problem reaching the summit.

A non-refundable registration fee of £50 secures your place and the minimum sponsorship required is £595. To book please call Sarah at UCF on 028 9068 0765 or email sarahatcheson@ulstercancer.org



MIDNIGHT BUNNY WALK

Maeve Fox, UCF (left) is pictured with Betty Fitzpatrick Traynor, proprietor of the Phoenix Bar, Water Street, Newry which hosted UCF's first 'Midnight Bunny Walk'. The special fundraising event was a tremendous success with 75 bunnies hopping around the one-mile city route. A raffle was also held and in total the event raised £3,700.

If you would like to host a 'Midnight Bunny Walk' or a daytime 'Pink Bunny Walk' in aid of UCF please contact Maeve at UCF for further information, event support and merchandise on 028 9068 0761 or email maevefox@ulstercancer.org

BUILDING A BRIGHTER FUTURE

CEM Systems and American Dynamics have teamed up with UCF in a bid to raise £15,000 to fund the charity's Family Support Service. Staff from CEM Systems and American Dynamics, Belfast will be encouraged to raise funds through a variety of fundraising activities over the next year. Pictured (L>R) at the launch of the charity partnership is Anne Gallagher, Director of Engineering, American Dynamics, Richard Fulton, General Manager, CEM Systems and Liz Atkinson, Head of Care Services, UCF.

UCF's free Family Support Service offers specialist emotional support to the entire family. This can involve individual or group support where families can meet others who are in a similar situation; home, hospital or hospice visits; as well as telephone and email support. To book an appointment or for further information please call Rachel at UCF on 028 9068 0772 or click on www.ulstercancer.org



SUPPORT GROUP TOUR

UCF's Myeloma and Lymphoma Support Groups enjoyed a tour of the newly refurbished Belfast City Hall including a reception with the Lord Mayor, Naomi Long MP MLA. UCF provides a range of support groups at venues throughout Northern Ireland which offer emotional support and practical information to patients, family and carers. For further information please call Eileen Creery at UCF on 028 9066 3281 or email eileencreery@ulstercancer.org

DONATE ONLINE

To make a donation simply visit our website www.ulstercancer.org where you can donate safely and securely. 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 28p for every £1 you donate to UCF.

Donate online



UCF SUPPORTERS THANK YOU

- Special thanks to BT who completed make-over's at 5 UCF charity shops. BT volunteers helped with painting and decorating, joinery and maintenance work as well as changes to the store layout, in-store branding and merchandising to make them must stop shops on our High Streets
- Kathy Cash held a Neil Diamond fundraiser in Newtownards and raised £2,500 for the Susan Wilson Forget Me Not Fund. Kathy would like to thank her family who helped her organise the event and to everyone who supported the evening. Kathy has raised over £11,400 for the fund – well done!
- Neil Carson from Fivemiletown and Kevin O'Connor from Downpatrick trekked 170 miles of the Camino de Santiago, Spain and raised £1,500
- Bert Duncan from Trillick donated £1,500
- Artist Joan Carson held an art exhibition and sale of paintings at her home in Dungannon which raised £1,855 for the Janet Inman Forget Me Not Fund, in memory of her daughter. So far, with the help of her family and friends, Joan has raised over £9,000 in total for the fund
- Absolutely the Business Fashion Show raised £3,560
- Employees of Ards Borough Council, Paulene Foster and Gill Foreman, took part in UCF's Scrabo Abseil and raised £235. UCF is one of the Mayor's chosen charities this year
- Newtown Stewart Young Farmers Club raised £1,080 at their Dating Spectacular Night
- Chris Suitor of SQ Design, Ballygowan has raised over £2,200 from a 'Car Drive Out'. The next event will take place in summer 2010 – contact Chris on 028 9751 0694 for more details



CELEBRATION OF LIFE

Pictured (L>R) at UCF's annual interdenominational Celebration of Life service is guest speaker Professor Roy Spence, Chairman of UCF, Liz Atkinson, Head of Care Services, UCF and cancer survivor Nathan Asimwe who read a poem he wrote while attending UCF's creative writing group.



Rose Neill, Honorary Vice Patron, UCF was recently presented with a donation of £5,000 from the Lord Mayor of Belfast, Naomi Long MP MLA on behalf of the Hospital Saturday Fund Charity at Belfast City Hall.



DAFFODIL RAFFLE

Thank you to everyone who took part in our Daffodil Raffle. The prize winners are:

- 1st Prize of £1,000 - William Lindsay, Newtownabbey
- 2nd Prize of £500 - Margaret Reynolds, Newtownabbey
- 3rd Prize of £250 - Stephen Chestnutt, Antrim

If you would like details on our next raffle, please contact Lisa at UCF on 028 9068 0752 or email lisamallon@ulstercancer.org

CHEQUE PRESENTATIONS



Special thanks to the Flax Trust who recently presented UCF with £5,000 at their Super Bowl Ball. Pictured (L>R) Lady Stella Empey, a member of the Flax Trust Super Bowl Ball Committee made the presentation to Arlene Spiers, Chief Executive, UCF at the event.

SPORTINGEVENTS DIARY

2010

Paddle the Bann	29 th – 30 th May
Ben Nevis Challenge	18 th – 20 th June
	30 th July – 1 st August
	10 th – 12 th September
Celtic Mountain Challenge	4 th – 6 th June
	1 st – 3 rd October
Wow Factor Scottish Cycle Challenge	9 th -10 th October
Annalong Valley Challenge Trek	26 th June
Kilimanjaro Trek	29 th June – 10 th July
Sea Swim, NI Coastline	June / August
New York ½ Marathon	August 2010
North West Cycle Challenge	8 th -12 th September
Great North Run	19 th September
New York Marathon	November
Midnight Bunny Walks	At venues throughout NI

2011

Zambezi Canoe and Trek Challenge	2 nd – 15 th September
Rainforest Run, Costa Rica	29 th January – 5 th February
Kilimanjaro Trek	July and November
Mt Toubkal Trek, Morocco	September
Everest Base Camp	Date to be confirmed
London Marathon	17 th April

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

UCF offer a range of sponsored events where you can cycle, trek, run and climb on challenges at home and abroad. If there is a challenge which is not listed we may still be able to arrange it for you. For a full list click on www.ulstercancer.org/events

For further information or to register please contact Sarah at UCF on 028 9068 0765 sarahatcheson@ulstercancer.org Neill at UCF on 028 9068 0758 neillgrainger@ulstercancer.org

EVENTS DIARY

- **Friday 11th and Saturday 12th June**
Aiden Gilroy is taking part in a 50 mile fundraising walk from Ederney to Breffini Park, Cavan to the Fermanagh and Cavan quarter-final Ulster Championship football match. Walkers are welcome to join in - all proceeds divided with Ederney Club
Contact: Sylvia Lucy, UCF on 028 6634 7900 or 07789 757165
- **Sex and the City 2, Dundonald Omnibox Tuesday 15th June**
Reception at 6.15pm - show starts at 7pm
Tickets cost £12 and include a Clarins goody bag and drinks reception by Carnaby Brown
Contact: Maeve Fox at UCF on 028 9068 0761
maevefox@ulstercancer.org
- **Barn Dance, Dungiven with guest country star John McNicholl Saturday 12th June**
Contact: Sylvia Lucy, UCF on 028 6634 7900 or 07789 757165
- **Man Alive! Conference, Members Lounge, Ravenhill Rugby Grounds Thursday 17th June** Contact: Leonne Wheatley at UCF on 028 9066 3281 leonnewheatley@ulstercancer.org
- **Newtown Stewart Golf Competition. Saturday 10th July**
Contact: Sylvia Lucy, UCF on 028 6634 7900 or 07789 757165