

## THINK PINK! SUCCESS

**Thank you to everyone who supported UCF's Think Pink! breast cancer awareness campaign. A very special thank you to our campaign sponsor MediCare Pharmacy Group and partner Clarins, for their continuing commitment and dedication to improving the outlook for women who have been affected by the disease.**

Joyce Savage, Head of Appeals and Marketing, UCF with Aidan McKeagney (left) and Michael Guerin (right) from MediCare Pharmacy Group launched UCF's 2009 Think Pink! breast cancer awareness campaign. The focus this year was to provide up-to-date information on breast cancer by encouraging women to call UCF's freephone information and support helpline - 0800 783 3339 - after research undertaken by MediCare showed that women in Northern Ireland are still in the dark when it comes to breast cancer.

Clarins International make-up designer, Claude Defresne and the team from Clarins Northern Ireland held a special make-up masterclass to raise funds for UCF and the Clarins Beauty for Life Programme. This free service aims to restore self-confidence in cancer patients through beauty workshops which provide personal consultations, facials, manicures and make-up advice. For further information on Clarins Beauty for Life programme or to book a place, please call UCF on 028 9066 3281 or click on [www.ulstercancer.org](http://www.ulstercancer.org)



*Pictured (L>R) Lynne Hanna, General Manager, Clarins, Claude Defresne, Clarins International make-up designer and Joyce Savage, Head of Appeals and Marketing, UCF.*

Other highlights from the month-long campaign included the fashion extravaganza 'Fall for Fashion', the Think Pink! Dinner Dance at the Fir Trees Hotel in Strabane and the play 'Unravelling the Ribbon', which was brought to life by the outstanding Belvoir Players Drama Group.

The Pink Link, which was held at 54 MediCare pharmacies across Northern Ireland, was a tremendous success for the second consecutive year – thank you to all MediCare staff and their customers for supporting our work.

**We look forward to our Think Pink! campaign in 2010 and we hope we can count on your support again!**

UCF would also like to thank the 43 daredevils who abseiled Scrabo Tower in Newtownards and everyone who took part in the Starbucks 'coffee crawl' sponsored walk in Belfast as well as Think Pink! walks in Strabane, and Enniskillen. A number of companies held fundraising events including Gem, TeleTech, GEDA Construction, Royal Mail and IKEA and we had tremendous support from businesses who kindly donated raffle prizes.



*Joyce Savage, Head of Appeals and Marketing, UCF celebrates the 12th annual Think Pink! luncheon with special guest speaker, radio and television broadcaster, Jennie Bond.*

## Chief Executive's Foreword



Our annual Think Pink! campaign was a tremendous success. I would like to thank the public who give so generously each year, as well as fundraisers and local businesses who raised vital funds to help support local women with breast cancer.

We were delighted to open a new charity shop at 56 Main Street, Ballymoney and we look forward to developing the store as well as meeting local people from the area.

Thank you to everyone who participated in a UCF physical activity challenge during 2009 and congratulations on your achievement! As the economic recession continues we hope that people will be inspired to take on a UCF challenge. We have a full programme of events in place for next year and our dedicated fundraising team are here to support and help you reach your fundraising target. For a full list of events, at home or abroad, please click on [www.ulstercancer.org](http://www.ulstercancer.org) or call Sarah or Neill at UCF on 028 9066 3281 and they can help find the right challenge for you.

As we near the end of another busy year for UCF, I am grateful to the commitment from our Combat Cancer Groups, Friends of UCF and supporters who have contributed enormously during the year.

The financial downturn has made 2009 a challenging year, however the staff and volunteers at UCF continue to fundraise so we can deliver a wide range of quality services to local cancer patients and their families. Thank you all for your continued support.

May I take this opportunity to wish you all a very happy Christmas and a peaceful and prosperous New Year.

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

## FAMILY SUPPORT SERVICE

UCF's Family Support Service has developed a partnership with Foyle Hospice and now provides a family bereavement service in the North West to help children, young people and their families cope with the recent loss of a loved one to cancer.

The Family Support Service, in connection with

Cancer Lifeline, is also holding a parent support group for people living in North Belfast. This group is specifically for any parent, grandparent or guardian who has been affected by cancer and is helping to care for children. This informal group meets every other Friday at Cancer Lifeline, 44 Alliance Avenue, Belfast.

UCF's tailor-made Family Support Service is available to families throughout Northern Ireland. This support can involve home or hospital visits as well as telephone and email support. To book an appointment or for further information call Rachel Smith, Family Support Worker, UCF, on 028 9068 0772.

## BT CHARITY SHOP MAKE-OVER'S

BT has teamed up with UCF to launch the roll-out of their shop make-over programme at 5 UCF charity shops. BT volunteers will help with painting and decorating, joinery and maintenance work as well as changes to the store layout, in-store branding and merchandising to make them a 'must stop shop' on our High Streets.

(Pictured left) Eager to start re-decorating, Peter Morris, Consumer Director, BT joins his team who volunteered to take part in UCF's charity shop make-over programme.



## CAMPAIGNING AT STORMONT



UCF recently addressed the Northern Ireland Assembly's All Party Group on Cancer about 'Protecting our children's future' in Parliament Buildings, Stormont. During the session proposals were discussed to introduce new legislation regarding the sale of tobacco.

Pictured are (L>R) Eamon Rossi, Chief Executive, Office of Tobacco Control, Rol, Claire McGill MLA, Arlene Spiers, Chief Executive, UCF, Iris Robinson MP MLA, and Gerry McElwee, Head of Cancer Prevention, UCF.

## MINISTERS APPLAUD MOUNT EVEREST CONQUERORS

First Minister Rt Hon Peter D Robinson MP, MLA and deputy First Minister Martin McGuinness MP, MLA met with Noel and Lynne Hanna, the first married couple from Northern Ireland to scale the heights of Mount Everest to raise funds for UCF.

The couple are using their Everest climb to motivate others to get active and raise funds for UCF's Personal Everest Project. For further information call Sarah / Leonne on 028 9066 3281 or click on [www.ulstercancer.org](http://www.ulstercancer.org)



## FREE CASH DONATIONS!

Did you know that you can now make free cash donations to UCF whenever you shop online?

To register, simply click onto [www.TheGivingMachine.co.uk](http://www.TheGivingMachine.co.uk) and follow the instructions. Once registered every time you make an online purchase UCF will receive a donation at no extra cost to you.



## DONATE ONLINE

To make a donation simply visit our website [www.ulstercancer.org](http://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.

## HELPING SMOKERS QUIT

Between April 2008 and March 2009, 743 people attended UCF's Stop Smoking Clinics with a 53.4% quit rate at 4 weeks - well above the National Institute for Health and Clinical Excellence (NICE) recommended 35% quit rate guidelines.

Over the last year UCF's workplace strategy, targeting manual workers, achieved a remarkable quit rate of 83% at 4 weeks - more than double the NICE recommended quit rate guidelines.

Bernie Neeson, who co-ordinates and facilitates the Stop Smoking Clinics at UCF said, "It isn't always easy for employees to access support so UCF has added a new dimension to the service by taking the clinic to the workplace, providing a one-stop-shop for quitting. The service is flexible for both the employer and employee and in the current economic climate it has an added bonus that it's free of charge!"

For further information contact Bernie Neeson at UCF on 028 9066 3281 or click on [www.ulstercancer.org](http://www.ulstercancer.org)

## LIDL PARTNERSHIP RAISES £36,000



Lizzie Lumsden from Lidl Northern Ireland GmbH bags an amazing £36,000 for Joyce Savage, Head of Appeals and Marketing, UCF.

Together UCF and Lidl, Northern Ireland's Number 1 discount retailer, have communicated the importance of health, nutrition and an active lifestyle to consumers in Northern Ireland through a variety of initiatives as well as raising funds throughout Lidl's 35 local stores.

The successful partnership also includes the Lidl Fit Factor Challenge, which is now in its second year. Targeted at P3 and P4 pupils, this four week challenge is designed to help teachers deliver a relevant, curriculum based programme to encourage the creation of healthy lifestyle choices amongst local children. Having completed an extremely successful first year in which over 10,000 children participated, the Lidl Fit Factor Challenge is taking place again this year. For further information call Clare Smith at UCF on 028 9066 3281 or click on [www.fitfactor.co.uk](http://www.fitfactor.co.uk)

## CASH FOR PHONES

You can now donate or recycle your mobile phone and raise funds for UCF with the help of technology recycler ReTeKK and business partner Eazyfone. Individuals and organisations who choose to recycle a mobile phone through ReTeKK will receive the full commercial value of the phone and also generate a guaranteed donation for each phone to UCF. Phones may also be donated to UCF and the full commercial value of the phone as well as the donation will be raised for UCF. For further details click on [www.ulstercancer.org](http://www.ulstercancer.org) and follow the link 'Make a Donation' or drop into a UCF charity shop or call UCF on 028 9066 3281.



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## CANADIAN ROCKIES



*Congratulations to participants who recently completed a trek in the Canadian Rockies to raise funds for UCF. Joyce Savage, Head of Appeals & Marketing said, "I would like to congratulate everyone who took part. The enthusiasm and commitment from all our participants meant that this special fundraising event has raised valuable funds to help cancer patients and their families in Northern Ireland - well done!"*

## BALLYMONEY SHOP OPENING

**The Mayor of Ballymoney, Alderman Frank Campbell, joined Elaine Watson, Shop Manager and Arlene Spiers, Chief Executive, UCF at the official opening of the charity's new shop based at 56 Main Street, Ballymoney.**

UCF now has eleven charity shops across Northern Ireland which have received incredible support from local communities. UCF's shops provide a vital source of income as well as raising awareness about the charity's work in the community. As a local charity, UCF depends on the support of local people to help stock their shops with quality items for sale. UCF welcome donations of clothing, accessories, homeware, books, CDs/DVD's, furniture and knick-knacks. If you are donating more than 8 black bags of goods we can also arrange for them to be collected. Please contact Marlene at UCF on 028 9066 3281 for further details.



## 40 YEARS OF VOLUNTEERING



**Arlene Spiers, Chief Executive, UCF congratulates Lena Jackson for her outstanding contribution to volunteering with the charity.** Lena, originally from Cavan, has volunteered with UCF for over forty years and she won't be giving up any time soon! Lena is still volunteering at UCF's charity shop at 443 Lisburn Road, Belfast. Her remarkable effort and commitment to volunteering was recognised in 1997 when she was awarded an MBE. UCF held a special tribute evening to congratulate and thank Lena for her continued support.

Volunteers make a vital contribution to UCF. They bring a variety of experience and knowledge to the charity and work alongside UCF staff as part of the team. Anyone can volunteer - even if you're in full-time employment! All you need is enthusiasm, a friendly nature and some free time. For more information on volunteering please contact Morag Chambers on 028 9066 3281, moragchambers@ulstercancer.org or click on [www.ulstercancer.org](http://www.ulstercancer.org)

## FESTIVE FEVER!

UCF Christmas cards are on sale now in all of our charity shops. Christmas card brochures are available by contacting Sarah at UCF on 028 9068 0765 and purchases can be made from 40/44 Eglantine Avenue, Belfast. Corporate Christmas card brochures are also available, with a percentage from every card being donated to UCF. To purchase corporate cards online click on [www.charitychristmascards.com](http://www.charitychristmascards.com) or [www.nicharitycards.com](http://www.nicharitycards.com)

A writing group in Ballymena has produced a book of poetry and prose entitled 'Country Tales'. Priced at £5.75, UCF will receive £1 from every book sold. 'Country Tales' is available at UCF shops and from 40/44 Eglantine Avenue, Belfast - the perfect stocking filler!

## MOUTH CANCER AWARENESS

November marks Mouth Cancer Awareness Month and UCF is encouraging people to be aware of the early signs of mouth cancer with the campaign - 'If in doubt - get checked out'. Gerry McElwee, Head of Cancer Prevention, UCF said, "Currently 70% of mouth cancers are detected at a late stage because people don't know the warning signs. Mouth cancer can appear in different forms, most often as a painless ulcer that doesn't heal. It is important to examine your mouth on a regular basis. If you have an ulcer that hasn't healed after three weeks, or any unusual changes such as a red or white patch in your mouth, you should arrange an appointment with your dentist or GP.

"The main risk factors of mouth cancer are tobacco use and drinking alcohol - together these account for around 75% of mouth cancers. People who both drink and use tobacco are up to 30 times more likely to develop the condition."

For further information on the signs and symptoms of mouth cancer click on [www.ulstercancer.org](http://www.ulstercancer.org) or if you have any concerns about the disease please call UCF's free cancer information and support helpline on 0800 783 3339.

## CHARITY WALK



*Patricia Liesching from UCF (centre) accepts £15,723 from Jimmy and Bernie Darragh. The money was raised from a variety of fundraising events held throughout Co. Antrim including a charity walk from Cushendall to Carnlough. Since 2005, Jimmy, with the help of friends, family and many supporters has raised £65,241 - thank you!*

## BUILDERS GO PINK!



**GEDA Construction**, a civil engineering and construction company from Dungannon went pink this year in support of UCF's Think Pink! campaign. All personnel and visitors to Geda Construction sites in Belfast and Bushmills during the last week of October wore pink hard hats to raise awareness of breast cancer and funds for UCF.

## DANCING TO THE TUNE OF £6,000

Thank you to everyone who attended and sponsored UCF's Think Pink! dinner dance at the Fir Trees Hotel, Strabane which raised a tremendous £6,000.

*Pictured at the event are (L>R) Mrs McShane, Sylvia Lucy, UCF, Sean McShane, sponsor - Glen Fresh Foods Limited, Jennifer, UCF Volunteer and Anita McShane, sponsor - Giggles and Wiggles Childcare.*



## CHEQUE PRESENTATION

**Congratulations to Caroline Brady and Ryan Iwrin from Ulster Bank, Moira who presented Patricia Liesching, UCF (centre) with £1,308, which was raised when branch staff took part in the 2009 Belfast City Marathon.**



**A special thank you to RBS Group Community Cashback scheme who donated £500 towards the total amount raised.**

## NEW STAFF

UCF would like to welcome Elaine Watson, Manager of our new charity shop at 56 Main Street, Ballymoney.

Elaine joins UCF with over a decade of retail experience.



## EVENTS DIARY

- Christmas Dinner Dance, Killyhevin Hotel, Enniskillen  
Saturday 28th November - mulled wine reception from 7.30pm  
Contact: Sylvia on 028 6634 7900 or 07789 757165
- 5 mile Road Race, from the Community Centre, Greencastle  
Race starts at 1pm; wheelchair race at 12.50pm and walk at 11am  
Boxing Day, 26th December  
Contact: Neill Grainger at UCF on 028 9068 0758
- Movie Theme Night, Grand Opera House, Belfast  
New Year's Eve, Thursday 31st December  
Contact: Paul on 07790 907411

## SPORTING EVENTS 2010

UCF organises lots of fundraising and sporting events throughout the year which cater for all levels of adventure at home and abroad. A few of our sporting events planned for 2010 include:

Winter Ben Nevis	11th - 14th March
Scрабо Abseil	13th March
Glens of Antrim Challenge Trek	25th April
London Marathon	25th April
Inca Trail with Community Project (Open event)	1st - 12th May
Belfast Marathon	3rd May
Inca Trail (Open event)	May
Ben Nevis Challenge	18th - 20th June
	30th July - 1st August
	10th - 12th Sept
Paddle the Bann	29th - 30th May
Celtic Mountain Challenge	4th - 6th June
	1st - 3rd October
Annalong Valley Challenge Trek	26th June
Four Peaks Challenge (Open event)	June
Kilimanjaro Trek	29th June - 10th July
Swimathon	June/August
New York Half Marathon	August
Canoe Canada (Open event)	26th Aug - 2nd Sept
Cycle Ireland (UCF/Co-operation Ireland/Marie Keating)	8th - 12th Sept
Great North Run	19th Sept
WOW Factor Mountain Bike Challenge	9th - 10th October
New York Marathon	November

If you would like to find out further information; to book your place or to discover the right challenge for you contact Sarah at UCF on 028 9068 0765 sarahatcheson@ulstercancer.org or Neill at UCF on 028 9068 0758 neillgrainger@ulstercancer.org or click on [www.ulstercancer.org/events](http://www.ulstercancer.org/events) for more details.

## UCF SUPPORTERS THANK YOU

- Kathy Cash organised a 'Care Walk' in Newtownards raising £1,503. Thank you to everyone who helped raise money in honour of the Susan Wilson Forget Me Not Fund. To date, the fund total is £8,600
- Bernard and Ciaran McHugh from Enniskillen completed a sky dive raising £455
- Emily O'Neill from Gortin raised £420 from a barbecue held after her son's wedding at An Bosca Ceoil, Gortin
- Staff at Copeland Ltd took part in a beard growing competition and raised £3,000
- Bushmills Primary School collected £1,050
- Elizabeth Mahood celebrated her 40th birthday by kindly requesting donations in lieu of gifts and raised £1,800
- Liz Blakley and Eileen Robinson who belong to UCF's Downpatrick Breast Cancer Support Group held a 'Light Lunch and Cream Tea' event

at Crossgar War Memorial Community Hall which raised £11,241 for UCF's Think Pink! campaign

- Thank you to Kathleen Boal and the LOL District No. 4 who kindly donated £560 to the James Boal Forget Me Not Fund. To date, the fund total is £2,394
- The Executive Information Service at the Office of the First Minister and Deputy First Minister raised £270 from a team building exercise
- Barnabys Restaurant, Ballyclare raised over £2,000 from a spectacular masquerade event
- The Enniskillen Think Pink! sponsored 'Ladies Football' organised by Mark Allen and Billy Wiggins raised £5,800
- Gers Dart Club, Glynn raised £4,474 at their annual sponsored walk and barbecue
- A raffle at the Licensing and Catering News Awards raised £3,347

## BREAST CANCER RAFFLE

Thank you to everyone who took part in our Breast Cancer Raffle which raised almost £230,000. The prize winners are:

- 1st Prize - £1,000 - Pearl Wilson, Enniskillen
- 2nd Prize - £500 - Kenneth Porter, Ballycastle
- 3rd Prize - £250 - Myra McLaughlin, Garvagh
- Sellers Prize - £250 - Ken Lunney, Saintfield

If you would like details on our next raffle please contact Lisa at UCF on 028 9068 0752 or e-mail [lisamallon@ulstercancer.org](mailto:lisamallon@ulstercancer.org)