

CHARITY OSCAR WINNERS!



Gordons Chemists recently won a prestigious charity award in recognition of its partnership with UCF.

UCF nominated Gordons Chemists for a NICVA Link Award for its on-going support of the charity's breast cancer, men's health, care in the sun and stop smoking campaigns.

Pictured receiving the NICVA Link Award in the Large Charity category are (centre left) Helena Buchanan, Head of Health Promotion, Gordons Chemists and Arlene Spiers, Chief Executive, UCF (centre right) from Frank McManus, BT and Sue Cleaver, actress and star of Coronation Street.

Chief Executive's Foreword



Thank you for supporting UCF's breast cancer awareness campaign during October. There were many highlights throughout the month and with tremendous support from our sponsor Gordons Chemists, and new partner Translink Metro, we greatly increased awareness of UCF services for women with breast cancer.

We would also like to thank the 10,500 people who sold tickets for our breast cancer raffle which raised an incredible £220,000. This is a truly remarkable achievement – thank you. In the New Year, we will be organising our annual Daffodil Raffle and we hope that we can count on your continued support.

Following feedback from younger women with breast cancer, UCF has created a new support group, specifically for women under 45 years of age. Women are welcome from the moment of diagnosis, right through their cancer journey, and for as long as they wish to attend. Anyone seeking further information should contact UCF's Centre on 028 9066 3281.

None of our achievements in 2006 would have been possible without the commitment of our Combat Cancer Groups, Friends of UCF and supporters and we are especially grateful for your contribution. Thank you also to the staff at UCF - your hard work has helped to make 2006 another successful year for the charity.

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**

Toasting Success

Guest speaker Babs Powell shares a celebratory toast with Joyce Savage Head of Appeals and Marketing, UCF at the Think Pink! Luncheon in Belfast.

Joyce said, "We were delighted that Babs could join us to celebrate the strength and courage of local women who are living with breast cancer.

Thank you to everyone who supported the Belfast luncheon and the Think Pink! Dinner Dance in Enniskillen which to date have raised over £19,000 for our breast cancer campaign. Plans are already underway for next year as we gear up for the 10th anniversary of our Breast Cancer Awareness Campaign and I hope you will join us to celebrate this landmark occasion.



TICKLED PINK!

UCF is tickled pink at the continuing support of our Think Pink! campaign sponsor Gordons Chemists.

For the past three years, Gordons Chemists have helped to bring the breast cancer message into the heart of local communities. By selling our Think Pink! wristbands and badges; distributing our breast cancer leaflets and involving all of their staff and customers in the ever-successful Pink Link initiative they have made a tremendous impact on our awareness and fundraising campaign.

This year Pink Link has raised over £40,000 to help develop our Bra and Swimwear Fitting Service which is

provided on an individual basis for women who have had breast cancer surgery. Consultations take place in a sensitive and caring environment in three locations – at our centre in Eglantine Avenue, Belfast, Altnagelvin Hospital and Dove House in L'Derry.

Over the past three years Gordons Chemists have raised over £100,000 for UCF. Arlene Spiers, Chief Executive, UCF said, "Congratulations to Gordons Chemists staff for your support, enthusiasm and unstinting commitment to our Think Pink! campaign.

Arlene added, "This year we also welcomed a new campaign partner – Translink Metro. Throughout October 400 Metro buses in the greater Belfast area displayed our free and confidential breast cancer

helpline number, reaching a huge and diverse audience of over 400,000 people who use Metro services each week.

Translink also produced a microsite www.metrothinkpink.co.uk to promote our breast cancer campaign and there have been over 1,000 visitors so far, whilst the number of calls to our helpline number has almost doubled. In addition, the average duration of calls has also risen to 27 minutes, highlighting the use of the helpline to provide emotional as well as professional support.



Thank you to Gordons Chemists and Translink Metro for supporting our work.

CREATING A BRIGHTER FUTURE

UCF is the first local cancer charity to provide an art therapy service for cancer patients and their families in Northern Ireland. Art therapy isn't about creating great works of art, but rather a way of helping people express how they feel when words are not enough, or just not to be had.

The sessions are taken by Mari Flannery, UCF who is a Registered Art Therapist with several years experience using art therapy in oncology and palliative care.

Mari said, "Art is created in a safe, confidential and non-judgmental environment. Clients use various media to communicate and explore their thoughts, fears and experiences. Art therapy is not about teaching art and it is not necessary for the client to be artistic in order to benefit from the process, though the development of artistic ability can of itself be therapeutic."

There are significant benefits to art therapy. It can act as a distraction for participants, providing time for relaxation, managing stress and promoting clarity of thought, all of which assist in leading to a greater sense of well-being. A number of clients who have used the new art therapy service agree.

Jayne Forster, who has just finished treatment for breast cancer said, "I was a bit anxious when I arrived at my first session but Mari put me at ease

straight away. It's a great way to relax, have fun and I feel that I am growing more confident as the weeks progress. The best thing about the sessions is that you can just be yourself. It has given me a new zest for life and each week I feel brighter after leaving the session."

Annette McCauley, a breast cancer survivor said, "Cancer changes you and art therapy has not only helped me come to terms with the disease but it has helped me to reinvent myself. It's a great way to make sense of how I feel and chatting with others in the group is as important as anything that we produce. It is the process of creating something which is important, so if you don't like the end result you can just throw it in the bin. Art therapy is a key aspect to my survival at the moment."

Mo McDevitt who has had recurring brain tumours is a practicing artist. Mo said, "Art therapy allows me to explore emotions which I wouldn't have addressed professionally. The sessions are entirely confidential and take place in a very comfortable environment. While we share a common factor in that we have all had cancer, producing art gives us a sense of freedom. Mari allows us to explore our inner soul and we can address that fragile piece of ourselves. Surgeons can only do so much but you have to look after your entire self – the physical and the psychological. For me art therapy is like an oasis in a desert."



Mari Flannery continued, "Art therapy places emphasis on creative exploration and not on the art product, so even making simple strokes on a page could lead to enlightening results for participants. In my experience, art is a powerful emotional outlet which helps people to move forward."

For further information on UCF's Art Therapy Service please contact Mari Flannery on Tel: 028 9066 3281 or 028 9068 0756.

NO APRIL FOOLS

UCF is working in partnership with Belfast City Council to prepare students for the new smokefree workplace legislation which will come into effect in April 2007.

In December and into the New Year, UCF will have a presence in the Students Union at Queen's University and all University of Ulster campuses. We will be raising awareness of the dangers of smoking and offering smoking cessation advice and support.

Posters and thousands of beer mats will be distributed at each venue to help get the message across to Northern Ireland's student population that all public places will be non-smoking by law from April.



Northern Ireland is going smoke free in April 2007.

**Protect you and your mates
No Smoking in this venue**

For help to stop smoking
call the smokers' helpline on
0800 85 85 85



ALL IRELAND CANCER CONFERENCE

The 3rd All Ireland Cancer Consortium Conference was recently held in Belfast. It celebrated seven years of collaboration on cancer research and care on the island of Ireland, with support from the U.S. National Cancer Institute.

Arlene Spiers, Chief Executive, UCF spoke at the conference about the power of local advocacy and, in particular, highlighted the successful recent public campaign coordinated by UCF which lobbied government to make the groundbreaking decision to introduce smoke-free legislation to Northern Ireland. This campaign highlighted the strength of local advocacy and the value of both local and international partnerships.

Spirit of Adventure

Thank you for supporting our work helping cancer patients and their families in your community. A key part of our cancer prevention message is to encourage people to eat healthily and get fit!

UCF organises lots of sporting events throughout the year which cater for all levels of adventure such as trekking abroad in Kenya or Peru, swimming in the Greek Islands, cycling across England, and lots more! Simply call us today to discover the right challenge for you.

EUROPEAN LINKS

UCF recently organised a specialist seminar on 'Rehabilitation of Cancer Patients' at the Association of European Cancer Leagues annual conference.

UCF has been a member of the Association of European Cancer Leagues for over 25 years and was delighted to welcome representatives from all over Europe to Northern Ireland. Members shared information, exchanged best practice and strengthened partnerships to improve the outlook for cancer patients throughout Europe.

Pictured far right, host Arlene Spiers welcomes members from the European Cancer League to UCF's new centre, 40/44 Eglantine Avenue, Belfast.



Lymphoma Conference

UCF recently hosted an all-Ireland Lymphoma Conference where leading consultants spoke about advances in the treatment of the disease. Approximately 300 local people are diagnosed with a form of lymphoma each year.

Guest speakers Olwyn Ryan, Support Services Manager, Irish Cancer Society and Dr. Philip Burnside, Consultant Haematologist, Antrim Area Hospital are welcomed to UCF's new Service Centre by Arlene Spiers, Chief Executive.



STUBBING IT OUT!

UCF congratulates Montra Social Club, The Rope Walk, Coleraine for being the 100th organisation in Northern Ireland to be presented with a National Clean Air Award for implementing an effective smoke-free policy.

Celebrating this landmark occasion, one hundred organisations including cafés, council buildings, golf clubs, cinemas, butchers, clothes shops, nursing homes and schools are now celebrating their smoke-free achievement and you can too! UCF are encouraging more employers to set up a smoke-free policy ahead of legislation, which comes into effect in April 2007, and are rewarding those who do so with a National Clean Air Award.

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

SMOKEFREE SANDWICH EXPRESS



Anne Devlin, Cancer Prevention Officer, UCF presents Theresa McDonald, Proprietor Sandwich Express, Point Street Larne with a National Clean Air Award.

Painting a Positive Future



Arlene Spiers, Chief Executive, UCF received a cheque for £5,000 from Mr Denis Wilson, Chairman, Lloyds TSB Foundation for Northern Ireland, to help fund UCF's new Art Therapy Service.

HO HO HO it's Santa's Grotto

Come and see Santa in his indoor forest grotto and enjoy the Christmas Trail and live animals, including deer, donkeys and owls. There is also a special Christmas shop and coffee cavern – so there's something for all the family.

Admission is £5 for children, which includes a gift and £2 for adults with proceeds going to UCF. Santa will be at Woodview Landscapes Garden Centre, Mountjoy West, Omagh, every Friday from 5pm – 8pm, Saturday and Sunday 2pm – 5pm in November and Thursday and Friday 5pm – 8pm, Saturday and Sunday 2pm – 5pm until 22nd December.

Santa's visit is sponsored by Turning Point Property Sales and Woodview Landscapes with support from Lions International.



Children from the Baird Family, Ederney visit Santa at the opening of Santa's Grotto at Woodview Landscapes Garden Centre. Also pictured (L-R) Jay Wylie, Midnight the Owl and Florence Short from Woodview Landscapes Garden Centre, Sylvia Lucy, Development Officer, UCF, Paul Leonard, Jean Henry and Ivan Henry from Turning Point who are sponsors of Santa's Grotto and Jannette Hyndman, Chairperson of UCF's Combat Cancer Group, Omagh.

NEED2KNOW

UCF has recently launched a new cancer prevention leaflet aimed at 11-18 year olds which highlights what they 'Need2Know' about cancer. The leaflet has been sent to all schools in Northern Ireland to help young people learn about positive lifestyle choices which can help prevent cancer. Research shows that two thirds of all cancers could be prevented if the information, lifestyles and policies advocated in UCF's Need2Know initiative were put into practice.

This leaflet complements other aspects of the Need2Know project which includes an active teaching resource and an interactive website www.n2k.org.uk For further information please contact Clare Smith, Cancer Prevention Officer, UCF on 028 9066 3281.

SPOTLIGHT ON SHOPS



UCF Shop Managers are pictured with Hilary Scott, UCF Shops Co-ordinator (third from right) at a recent training day held at UCF's Centre.

Volunteer? Yes you!

Everyone has something to offer as a volunteer. You do not need any special skills as you will receive on-the-job training and support. To find out more information please contact Sarah or Marlene on 028 9066 3281 or speak to the Manager of your local UCF charity shop.

UCF SUPPORTERS - THANK YOU

A special thank you to the following UCF supporters:

- **Caroline Carron** and friends from Ederney, Co.Fermanagh held a coffee morning and raised £2,605
- **11 employees from Acheson and Glover** raised £18,000 for UCF by taking part in the Four Peaks Challenge
- **Lyla Moore**, colleagues and friends from the Omagh area raised £6,278.49 by taking part in the Ben Nevis Challenge
- **Greenisland Primary School**, Greenisland raised £4,500 following a healthy eating presentation given by Patricia Liesching
- **Peter Foley** and staff at Isaac Agnew's 'Smart of Belfast' raised £1,782.87 by holding a Smart Car Rally and treasure hunt with Smart car owners from all over Ireland taking part.
- **Enniskillen hairdressers Kates Kutz** annual Think Pink! fundraiser collected £597
- **Gerard Turbitt** from Omagh raised £3,125 from a sponsored swim
- **Bridget Rice** from Killough raised £515 from her annual coffee morning
- **Mountain View Social Club**, Shankhill Road, Belfast raised £2,000 from a social event
- **Josephine McCorrison** and friends from Ballynahinch raised £1,500 from a sponsored walk and various activities

Events Diary 2006/07

Santa's Grotto:

Contact: Sylvia Lucy (North/North/West)
Email: sylvialucy@ulstercancer.org

Woodview Landscapes Garden Centre, Mountjoy West, Omagh

Every Friday from 5pm – 8pm, Saturday and Sunday 2pm – 5pm in November and Thursday and Friday 5pm – 8pm, Saturday and Sunday 2pm – 5pm until 22nd December.

Newtownbutler Annual Charity Swim 2007:

Contact: Sylvia Lucy (North/North/West)
Email: sylvialucy@ulstercancer.org

New Year's Day, Monday 1st January 2007 at Galloon Jetty, Newtownbutler, 1pm sharp.

Please contact Neill Grainger neillgrainger@ulstercancer.org or Sarah Atcheson sarahatcheson@ulstercancer.org, Tel: 028 9066 3281 about the following events:

CYCLE

- **Coast to Coast Bike Ride (172 miles)**
Date: 2nd – 6th May 2007, Location: England
- **Tour of the West Cycle (4-day cycle)**
Date: September 2007, Location: Ireland
- **Skukuza Half Marathon & Mountain Bike Safari**
Date: 1st – 8th August 2007, Location: Kruger National Park, Africa

RUN

- **Boston Marathon** Date: 16th April 2007
- **Flora London Marathon** Date: 22nd April 2007
- **Belfast Marathon** Date: 7th May 2007
- **London 10k** Date: 1st July 2007
- **Tour du Mont Blanc ultra marathon**
Date: August 2007, Location: France, Italy and Switzerland
- **Great North Run**
Date: 1st October 2007, Location: Newcastle-upon-Tyne

TREK

- **Trek Kenya** - Trek along the extinct volcanoes of the Rift Valley. Date: 7th – 15th July 2007, Location: Africa
Contact: Leonne Wheatley leonnewheatley@ulstercancer.org
- **Everest Base Camp**
Date: 5th – 24th August 2007, Location: Nepal
- **Inca Trail** - See the mysterious and ancient city of Machu Picchu, Peru plus enjoy a three day stop over in the Caribbean.
Date: 27th October – 9th November 2007, Location: Peru

WALK

- **Winter Ben Nevis**
Date: 8th – 11th March 2007 & 15th – 18th March 2007
Location: Scotland
- **Causeway Coast & Glens of Antrim Walking Festival** - Short routes as well as longer walks at 12 miles, 18 miles and 25 miles.
Date: 25th – 28th May 2007, Location: Northern Ireland
- **Riverwalk** - Enjoy a summer stroll along Cutter's Wharf to Shaw's Bridge, Belfast and back and help raise money for UCF.
Date: 3rd June 2007, Location: Belfast
- **Four Peaks** - Ascend the highest peaks in Northern Ireland – Slieve Donard; Scotland – Ben Nevis; England – Scafell Pike and Wales – Snowden. Date: 21st – 24th June 2007, Location: UK
- **Hadrian's Wall** - This is a 5-day walking adventure covering the entire length of Hadrian's Wall – 83 miles in total!
Date: 16th – 22nd July 2007, Location: England
- **Ben Nevis**
Date: September / October 2007, Location: Scotland

OTHER

- **South African Pro-Am** - Suitable for golfers of all levels.
Date: 6th – 17th March 2007, Location: Cape Town and Sun City, South Africa
- **Greek Islands Swim**
Date: 18th – 25th June 2007
- **London Triathlon** - Team or individual event.
Date: 4th / 5th August 2007

CLEAR-OUT FOR CANCER

UCF is urging people throughout Northern Ireland to have a New Year clear out for cancer. UCF shops will gratefully accept all donations including large and particularly small pieces of furniture, which can be collected free of charge, as can larger donations i.e. over 8 black bags of goods.

As a local charity, UCF depends on the support of local people to help stock their shops with resaleable items. This in turn generates the income needed to continue developing care services for cancer patients and their families in your community. If you have any unwanted household items or furniture please contact Marlene at UCF on 028 9066 3281.

NEW APPOINTMENT

UCF congratulates Jackie Thompson on her promotion to Shop Manager at UCF's charity shop, 2-4 Market Street, Bangor. Jackie has been employed at the Bangor shop for over a year and was delighted with her new appointment.



COMMUNITY PARTNERSHIP



Presenting a cheque to Patricia Liesching, Development Officer, UCF (far left) Jimmy Darragh and friends from Carnlough have once again raised an amazing £11,239 through various activities which included a sponsored walk, climbs, marathon, pool, line dancing and a ballot.