

Friends<sup>of the</sup>  
cancer centre

# Newsletter

[www.friendsofthecancercentre.com](http://www.friendsofthecancercentre.com)



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Colleen Shaw

# Welcome

*Hello and welcome to the 1st edition of the Friends of the Cancer Centre newsletter.*

**S**ince the charity moved to the Cancer Centre in 2006, we have grown from strength to strength, raising funds for cancer patients and their families across Northern Ireland.

Having heavily invested into the Cancer Centre over the past 12 months, we value the dedication and support of our many fundraisers and hope to honour their efforts through the articles written in this newsletter.

We at 'Friends' aim to support patients and their families by

enhancing the quality of care they receive and to contribute to the treatment of cancer within Northern Ireland.

After discussions with senior medical staff and 'Friends' Trustee Board, we have now established three key areas that the charity will focus on over the next 5 years:

- **Improving patient comforts and care**
- **Purchasing medical equipment to provide cutting edge technology**
- **Supporting staff to achieve excellence by providing funds for medical research.**

Over the past year, 'Friends' have funded a number of projects that have been fundamental to the treatment and support of cancer patients. More information on these projects can be found on our website.

Your support will help us raise much needed funds to put directly into these projects, making a real and meaningful difference to patients and their families.

I would like to say a big thank you to everyone who has supported 'Friends' over the years...

**Colleen Shaw**  
Fundraising Manager

**“We value the dedication and support of our many fundraisers...”**

## Tour de Connor raise over £40,000 for 'Friends'

The Rev Bill Boyce, Rector of St Brigid's, Glengormely; his curate, the Rev Andrew Ker and parishioner Sam Cunningham got on their bikes on Tuesday 1st June to complete their very own Tour de Connor; a 350 mile sponsored cycle around the Church of Ireland Diocese of Connor.

The 6 day event was inspired by the Rev Bill Boyce who wanted to raise funds for Friends of the Cancer Centre in remembrance of his wife, Sandra, who was just 56 when she died from cancer in 2009.

Parishioners throughout Connor were invited to provide the names of family members who have died of cancer for entry in a new Book of Remembrance. The names were then presented to the cyclists for inclusion in the book, as they made their way around each Church in the Diocese.

The event finished on Sunday 6th June, the anniversary of Sandra's death, at an emotional service of Thanksgiving and Remembrance at St. Brigid's Parish. The service was led by the Arch Bishop of Armagh, the Most Rev Alan Harper, and saw Bill and his fellow cyclists present £35,000 to 'Friends', which has since increased to over £40,000.



*The Tour de Connor team with actor, Tim McGarry, at St Anne's Cathedral.*

Bill said: "It was the care and compassion of the people in the NI Cancer Centre that spoke to me. They were very dedicated people and they need funding so I wanted to do something for them. I chatted to Andrew (Rev Andrew Ker), a keen cyclist himself, who had a cycle in mind and this all fell into place.

"The Tour de Connor is a diocese-wide venture and is also a way of helping people who have to deal with cancer," he said. "The lists of Remembrance are a way of marking the stops at each church. These lists would then be built into a book to be dedicated in remembrance of everybody's journey, not just my own," he said.

In support, Rev Alan Abernethy, Bishop of Connor, added; "I

believe that the Friends of the Cancer Centre is a wonderful organisation and I want to support such a worthy cause. I know from pastoral experience a number of people across Northern Ireland who have lost loved ones through cancer and remembrance is very important for them. In remembering those who have died, the ride is hopefully helping those who grieve."

Full of admiration for the local men's pedal power, Colleen Shaw, Fundraising Manager for 'Friends', said; "I got to know Bill when his wife Sandra was attending the Cancer Centre. They've come up with a really great idea that will no doubt capture the public's attention and we welcome anyone to contact us should they have other interesting ideas to raise funds."

# Thank you to our Friends

Every year, over 9,000 people are diagnosed with Cancer in Northern Ireland.

With your help, we continue to support patients and their families on their cancer journey by improving cancer treatments and providing patient comforts and care.

Although we cannot mention

all of our fantastic supporters in this newsletter, your help does not go unnoticed. Friends of the Cancer Centre would like to sincerely thank all of our fundraisers and volunteers for all that they do in supporting our fight against cancer. **To all of our Friends, thank you!**

### We'd love to hear from you!

Let us know what you think of our (new) newsletter. If you have any suggestions for future content, please let us know by emailing [info@friendsofthecancercentre.com](mailto:info@friendsofthecancercentre.com)



The Mourne Motorcycle Club held a charity grass track event raising £2,250 for 'Friends'.

**Your help does not go unnoticed!**



The 1st Broughshane Girl's Brigade ran the Belfast City Marathon relay raising £2,000!



Emmett Woods completed the Belfast City Marathon and raised over £1000!



Karen McKeown & friends completed the Belvoir Walk in May.



Kathleen McMahon abseiled down the Europa Hotel in May and raised £121 for 'Friends'.



Paul Burns raised over £3,500 in a number of events in 2010!

## How your donations make a difference

*Complementary therapies for Cancer Patients...*

families such as aromatherapy, massage, reflexology, yoga, tai chi, pilates and inner peace meditation.

Alicia Ferguson is one of Friends of the Cancer Centre's Complementary Therapists. Based at the Cancer Centre, Alicia ensures that patients receive complementary therapy at the time they need it most.

"I offer therapies to inpatients at the Cancer Centre. Spending time in hospital can be somewhat bewildering; patients meet many different professionals and have to cope with machinery and techniques used in the treatment of cancer. My job, as part of a multi-disciplinary team, is to support patients and their families through medical treatment using aromatherapy, massage and reflexology.

"Our team of complementary therapists offer outpatient appointments and group therapies for patients, carers and families at the Support and Information Centre and inpatient treatments in the Cancer Centre and Belfast City Hospital.

"I teach relaxation techniques to the patients whilst they rest in their hospital bed. These therapies are designed to help patients reduce levels of anxiety and help them find ways to cope. On occasion, I may be required just to sit with a patient and talk them through a relaxation sequence.

"Complementary therapy is about providing care for patients who have cancer and, thanks to Friends of the Cancer Centre, patients are receiving complementary therapy at a time that they most benefit from it."

For more information about the complementary therapy service, or to make an appointment, please telephone **028 9069 9201**



Alicia Ferguson  
Friends of the Cancer Centre  
Complementary Therapist

**People often speak of feeling that they have lost control of their life when they have cancer and find it difficult to cope with the implications of the illness. They can feel very anxious and may have physical symptoms such as pain, insomnia, fatigue and nausea.**

'Friends' has a longstanding history of providing financial support for a range of complementary therapies for cancer patients and their

**“ People who donate to Friends can see that they are supporting services that contribute directly to the quality of life of patients affected by cancer. ”**



Members of Dromore Fundraising Group at their Annual 'Brunch with Friends' held in First Presbyterian Non-Subscribing Church Dromore



Members of Fermanagh Fundraising Group at Enniskillen Flag Day

## We need you! Friends of the Cancer Centre Support Groups

**Why not follow in the footsteps of the 'Friends' Fermanagh and Dromore Support Groups and set up a Fundraising Group in your local area.**

Support Groups are often created from the natural links that people have within their local community and can start with a few friends getting together to raise funds for our hospital charity.

Money can be raised through hobbies, areas of expertise, involvement of the local community, sport, clubs - from tea parties to truck runs, the list is endless! The Support Group then becomes the focal point for the charity's fundraising in each area, and its members are associated with the charity, its aims and goals at that local level.

It's a good idea to start small and develop your fundraising as your group grows.

We'll help you get things underway and advise on setting things up. If you would like to discuss this further, please contact Kelly Donnelly on **028 9069 9393**.

*"I have been involved in raising funds for 'Friends' for over 30 years and have met so many new people. Our Group organises flag days several times a year and the generosity of the people of Fermanagh is amazing."*

**Avril Graham, 'Friends' Fermanagh Support Group.**

### 5 Great Reasons to join a Fundraising Support Group

- 1. Meet new people and make new friends.**
- 2. Support the great work of 'Friends'.**
- 3. Use your skills and talents, or learn new ones.**
- 4. Share your personal experiences.**
- 5. Make a difference in your local community!**

# Upcoming Fundraising events 2010



## Slieve Donard Walk

Saturday 11th September

A sponsored walk to the highest peak of the Mourne Mountains.

**Registration:** £10



## Europa Abseil Challenge

Sunday 26th September

Dare devils wanted! Take part in a thrilling abseil down Belfast's Europa Hotel.

**Registration:** £25



## 'Friends' Wig Walk

Saturday 2nd October

'Friends' 3rd Annual Wig Walk (Downings Co. Donegal). A 10 mile sponsored walk around Atlantic Drive. Refreshments & evening entertainment provided at the Downings Bay Hotel.

Wigs & t-shirts will be provided.

**Registration:** £5



## Christmas Raffle/Cards

November/December

**Christmas raffle** - get in touch and become a raffle seller in your area

**Christmas Cards** - on sale at the 'Friends' office from October 2010. Why not buy a number of packets and sell them to your family and friends?

**For more information on any of the events, contact Kelly on 028 9069 9393**