

Friends^{of the}
cancer centre

Newsletter

www.friendsofthecancercentre.com



Banking on Friends support!

Sporting staff from Ulster Bank branches across the province got on their bikes recently for their 'Cycle of Central' in aid of Friends of the Cancer Centre.

Sponsored by:





Colleen Shaw

Welcome

Hello and welcome to our latest edition of the 'Friends' newsletter, I hope you find it enjoyable and informative.

We're delighted to take this opportunity to celebrate that spirit and showcase what our friends have achieved on behalf of cancer patients and their families.

Every aspect of our work relies entirely on voluntary donations - from securing ground-breaking and important new medical posts and funding vital research to paying for a vast range of patient comforts and buying equipment. That means we are totally dependent on our friends and they never let us

down. Your very kind donations have helped fund projects that make a real and meaningful difference, some of which are listed below.

If you aren't already helping us with donations or your time, we hope that what you read in these pages will encourage you to become a Friend of the Cancer Centre

Colleen Shaw
Director

As you take a look through the pages of this magazine and you'll see evidence that kindness, generosity and community spirit are not only alive and well but are working in support of Friends of the Cancer Centre in virtually every corner of Northern Ireland.

A few examples of projects that have been funded by 'Friends' since September 2011



Banking on Friends support!

◀ Continued from front cover

Branch staff from Andersonstown Road branch, Antrim, Ballyclare, Boucher Road, Carrickfergus, Crumlin, Crumlin Road, Glengormley, Jordanstown, Larne, Monkstown, Newtownabbey and Randalstown came out from behind their counters to pedal a 60+ miles route on Saturday 9th June 2012 for Friends of the Cancer Centre. The cycle started from...and ended up at Glengormley. The 'Cycle of Central' was supported by colleagues and customers who helped to raise over £5,000 for the nominated charity of the 13 branches..



Martin Murphy, Branch Manager at 'Andytown' is the man who came up with the Grand Plan and is 'spokesman' for the team. He says, "Cycling



Martin Murphy with some of his Cycle of Central team at Andersonstown Road branch, Belfast.

around some of our branches to demonstrate our support for 'Friends' seemed like a good idea at the time and fellow managers and staff were quick to sign up for the venture. Then came the reality check as we all realised how much effort is actually needed to cover 63 miles on a bike!

"Friends is a great local cause! Together with the encouragement of really generous sponsorship from colleagues and customers, that was our incentive for going the extra mile."

Congratulating Team Ulster Bank and thanking them for their contribution,

Colleen Shaw, Director of Friends of the Cancer Centre, said, "We're delighted that local communities really got behind the team, giving them the 'push' they deserved to succeed with this great fund-raising challenge. It's fantastic to see the friendly face of a major local bank as its staff devote their time and energy to doing something practical - and hopefully fun - to support 'Friends'. **It's great to know we can bank on their support!**"

CYCLE OF CENTRAL

Look what you've been doing...

Congratulations and a mega 'Thank You' to our tireless supporters across the country. Judging from our happy snaps, variety really is the spice of life when it comes to successful fundraising.

All sorts of events from all sorts of people have kept the funds flowing and the spirits high. If you have an idea of your own that you'd like to try out, give us a call and we'll help

as much as we can to get your fundraising kick started!

Regrettably, we haven't the space here to feature every event but you can keep up to date with our fundraisers' functions at www.friendsofthecancercentre.com and in local press.

Thank you everyone - and keep up the great work!



Sammy Sloan and the patrons of the Wayside Halt have now raised £50,000 from various activities organised since 2006.



Jenny Winning from Jordanstown raised £435 by taking part in the 2012 Larne Half Marathon.



Friends and colleagues of the late Frank Bunting have raised over £25k to date by organising a 300 mile sponsored cycle from Belfast to Killarney.

Your help does not go unnoticed!



Staff from M&S Malone raised £2,766 through a variety of social fundraising evenings in memory of their colleague Gaurty Wilson.



Samantha McCosh from Kells organised a fundraising evening in Ballymena Golf Club and raised £4,400.



The boys of BC in Christian Brothers School Belfast raised £500 at a sponsored walk.



Dorothy McElmurray and family ran a fundraising night at the Corner Bar, Beragh and raised £1,500.



Students of the SRC Newry raised £800 at their 'Tek Me Out' fundraising event.



13 year old Joseph Hamilton and the Mid-Antrim Hunt raised over £3,000 from his bare-back hunt.

A day in the life...

Dr Seamus McAleer is Clinical Director of the Northern Ireland Cancer Centre and a Trustee of Friends of the Cancer Centre. His 'typical day' shows how 'Friends' funding impacts on his work and patient care.

START

▶ **7.30am**

Leave home



▶ **8.00am**

Catch up on calls and e-mails, then a meeting in Radiotherapy Treatment Planning...



▶ **4.00pm**

End the working day with another ward round. Many patients may have benefited from bedside Complementary Therapies or have made appointments to attend relaxation classes at the Macmillan Information and Support Centre - great initiatives from 'Friends'.



▶ **10.00am**

Morning coffee, taken on the go as I sign a few cheques at the Friends of the Cancer Centre office for various projects including our Social Work Fund - small grants that make big differences.



▶ **10.30am**

Time for a ward round. On occasion I find my patients in either of the 5 Day Rooms recently refurbished by 'Friends'.



▶ **1.00pm**

Grab a quick bite to eat and then begin an afternoon of appointments with patients. I suggest to a few that staying with a family member at Glenview (supported by 'Friends') might be easier than travelling long distances each day during their programme of treatment.



▶ **6.30pm**

Leave the hospital and head home to relax and enjoy my family.



▶ **Evening**

In my spare time I am an active fundraiser for the charity and, together with colleagues in the Cancer Centre, we have raised over £40k in our recent Climb Every Mountain cycle challenge across the Pyrenees. I try to get on the bike as often as I can. Must keep my strength up for our next fundraising challenge in 2013!

FINISH

Celebrate good times!

Giving in Celebration is a simple, personal and uniquely thoughtful way to mark special days in special ways.

Why not celebrate the memorable milestones of life with a lasting tribute?

- Instead of accumulating gifts, consider asking friends and family to make a donation to Friends of the Cancer Centre in your name.
- Rather than place party favours on tables, think of leaving a little card telling friends and family that you have made a donation in lieu.

- Instead of a party, why not challenge others to join in a Friends of the Cancer Centre special event?

Don't just celebrate with friends, celebrate FOR friends. Celebratory giving is the perfect way to show your support for Friends of the Cancer Centre.

For more information contact Kelly on 028 90699 393 or email kelly.donnelly@belfastrust.hscni.net



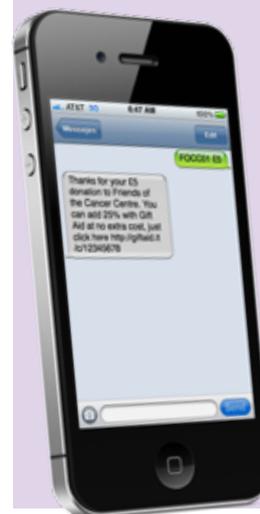
Txt it :) JustTextGiving™
by **vodafone**

Making a donation to Friends of the Cancer Centre couldn't be easier! JustTextGiving by Vodafone makes giving to charity simple, convenient and spontaneous.

All you need to do is text FOCC01 plus the amount you'd like to donate to 70070. E.g. 'FOCC01 £5'. You'll receive a near-instant (and sincere!) thank you and, if you respond to our invitation to Gift Aid your donation we can claim an extra 25%... at no cost to you!

All text donations are free and won't come out of any inclusive texts you have as part of your price plan - even if you're not with Vodafone.

It's instant and convenient but, best of all, every penny you donate using JustTextGiving by Vodafone comes to us.



Upcoming events 2012



Dragon Boat Race

Saturday 25th August

Belfast Boat Club

Registration: £10

Individuals/smaller groups can also be accommodated for.



Slieve Donard Challenge

Saturday 8th September

Climb 850m (2,789 ft) and reach the peak of the highest of the Mourne Mountains.

Registration: £10



Europa Abseil

Sunday 23rd September

Europa Hotel Belfast. Do something abseil-utely MAD-we dare you!

Registration: £25



Christmas Family Matinee

Watch this space!

Moviehouse City Side.

Visit www.friendsofthecancercentre.com to keep up date with more details.

**For more information on any of our events,
please contact Kelly on: 028 9069 9393 or email: kelly.donnelly@belfasttrust.hscni.net**

