

Power of Friends

SPRING / SUMMER 2019

A man in a dark grey suit, white shirt, and green and blue striped tie stands with his arms crossed in front of a dark Ford car. The Ford logo is visible on the wall behind him. The background is a brightly lit showroom.

The care and support I have received has been world-class

Your support is making a difference to people like John

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You can be a superhero

by taking on the tower abseil

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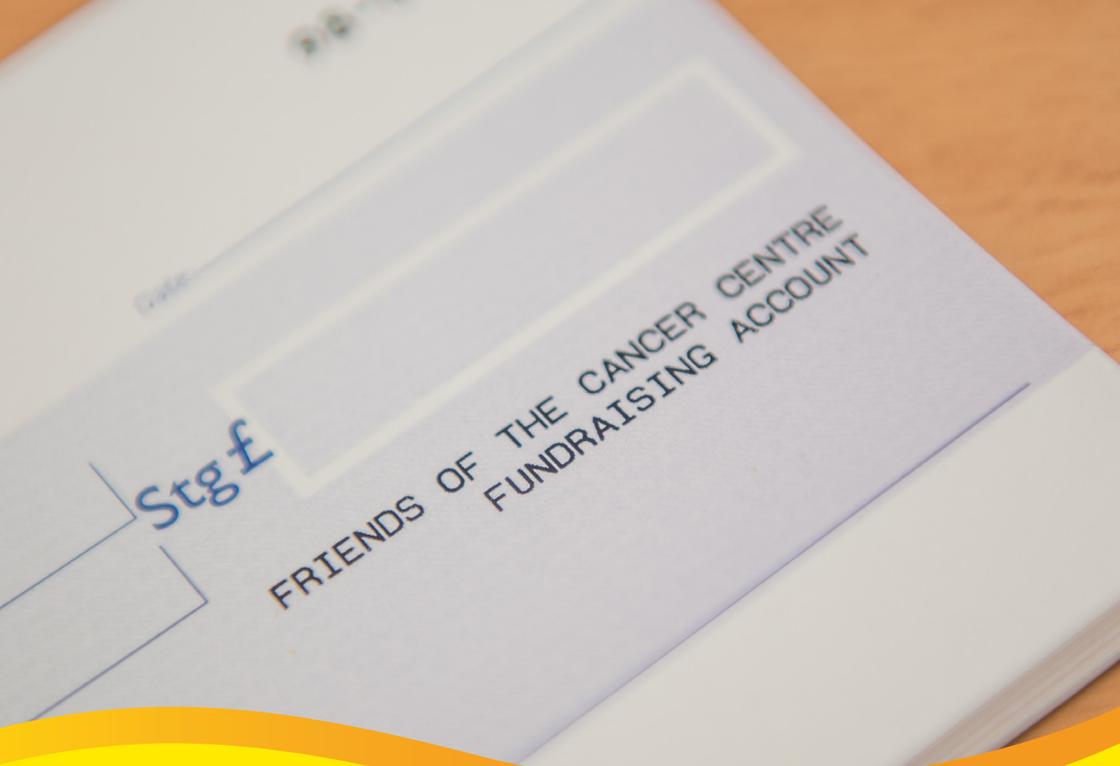
Meet our clinical trials nurse, Alison

and find out how she is supporting local research

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Our new partnership is taking off

with Belfast International Airport research



Everyone needs friends

Everyone needs friends when times are tough and Friends of the Cancer Centre is here when you and your loved ones need it most.

For over 30 years, Friends of the Cancer Centre has been dedicated to making a real and meaningful difference to people affected by cancer across Northern Ireland.

We are here to enhance the quality of patient care and support through our life-changing and life-saving work. We do this by funding additional nurses, supporting local research and providing practical support, such as our financial grants, which can be a helping hand for patients going through treatment.

Friends of the Cancer Centre relies entirely on the generosity of the local community and all money donated stays in Northern Ireland, directly benefitting patients and their families.

Friends of the Cancer Centre's financial grants are available through the social work department. If you are in need of financial support, please ask your consultant or nursing team to contact the social work department.



A very warm welcome to the latest edition of our newsletter which is full of ways your friendship and support is making a difference to local people affected by cancer.

As a charity, our work is extensive and we can see the incredible difference your support makes to thousands of people every day. For us, the greatest impact of your support can be seen through our funded staff and today the charity is proudly funding an additional 34 members of this wonderful team. In this edition we are delighted to introduce you to a few of the many people who are benefitting from their vital work.

As always, we are truly overwhelmed by the incredible support you give us and if you turn to the back page, you will see this support in action through the incredible work we were able to do last year. You'll also read about some of the ways you can get involved with the charity in the year ahead, which in turn will help us support more great work and more local people.

Thank you for being such a wonderful friend.

Colleen Shaw
Chief Executive



Did you know...

11,600



people attended the Macmillan Support and Information Centre last year, with thousands benefitting from our classes and complementary therapy.



Wheelchairs bought by the charity to transport patients can cover over

6 miles a day.



The **50,000**

cups of tea and coffee provided by the charity each year could fill the SSE Arena in Belfast nearly 5 times.

Your support has made my journey a little easier



Staff are a vital source of care and support to patients and today, Friends of the Cancer Centre is proudly funding an additional 34 members of this incredible team including doctors, specialist nurses, radiographers and researchers.

Last year alone, our amazing specialist nurses supported nearly 7,000 people across Northern Ireland. People like John Mulholland, from Randalstown, who was diagnosed with kidney cancer in June 2018.

John and his family have been supported by Friends of the Cancer Centre's Clinical Nurse Specialist, Melanie McNally. John, who is owner of John Mulholland Motors, has pledged to donate over £40,000 to the charity in the year ahead as a thank you for the care and support he has received.

Recalling the days after his diagnosis, John says: "When I was diagnosed with cancer it came as a complete shock. We went from a

normal family with busy lives to a family that was now facing a tough road ahead, which was devastating."

John soon started his treatment which included time in London before coming to the Cancer Centre in Belfast.

"I went to London for part of my treatment and the care and facilities on offer there were fantastic. When I started treatment at the Cancer Centre a few months later, I was immediately struck by the quality of care available right on our doorstep. It was just as good, if not better, than what I experienced in London. From the number of radiotherapy machines to the exceptional staff, it is world-class. I think that is an incredibly powerful

FIND OUT MORE ABOUT THE VITAL WORK OF OUR STAFF ON OUR WEBSITE

message to get out to the public, particularly anyone who might be coming to the hospital for treatment. Plus, there is so much to be said for getting treatment at home."

It was during this time that John met our specialist nurse, Melanie, for the first time. He says:

"I met Melanie at my first appointment at the Cancer Centre and since then, she has been with us every step of the way. When you're in the world of treatment it's sometimes overwhelming, so to have someone who is a constant throughout it all has been really beneficial. She has been on hand to explain everything and is only a phone call away if we need anything.

"On top of her expertise and professionalism, she's also a lovely person and that in itself has helped make a tough few months a little easier. Melanie constantly goes above and beyond, for which we are forever grateful. She makes us feel like it's her own family she is dealing with. I don't know how she does it."

Talking about why he chose to support the charity, John said: "If it wasn't for Friends of the Cancer Centre, Melanie wouldn't be here to support me and my family. I find it very humbling that her post has been made possible thanks to people across Northern Ireland who are supporting and donating to the charity. I also think it's fantastic that this local charity is supporting the world-class care and facilities on offer in Northern Ireland and as a family and as a business, we were determined to do what we could to support this great work. I know it will make an incredible difference to so many people, just as it has to me."



Mulholland Motors gears up to support the charity

In the year ahead John Mulholland Motors will make a donation for every car sold and serviced, as well as encouraging employees and customers to take part in the charity's fundraising events.

If you would like to help Mulholland Motors reach its target, you can donate online at www.justgiving.com/campaign/MulhollandMotors or you can become a regular donor by sending a simple text. All you have to do is text the word **DRIVE** to **70660** to donate £3 a month to the charity.

* Texts cost £3 per month and your standard rate until you text STOP. Charity receives 100%.
Charity No: NIC101345 Helpline: (028) 9069 9393



Take on the Tower Abseil

Saturday 13th and Sunday 14th April

190ft abseil down Belfast City Hospital's Tower Block.

Registration fee is £20 with a minimum suggested sponsorship of £150

To register visit **www.friendsofthecancercentre.com** or call **028 9069 9393**

Proudly Supported by

 **WARMFLOW**

You can be a superhero to people like David

By taking part in our superhero abseil, or any of our events, you will be raising vital funds to support people affected by cancer across Northern Ireland. People like David Livingstone (66) from Richhill in Armagh. In 2016, David was diagnosed with advanced prostate cancer and told he might only have 6 months to live.

Faced with a difficult diagnosis, David was recruited into a clinical trial supported by the charity and today, he is doing well. Inspired by the support her father received, David's daughter, Victoria was one of the superheroes who took part in our abseil last year and she is set to do it again this year.

This is David's story.

"Friday 13th May 2016 was the day my life changed forever. I was diagnosed with advanced prostate cancer and told that I might only have 6 months to live.

"My chemotherapy treatment started in Craigavon and I then moved to the Cancer Centre for radiotherapy, where I was asked if I would like to participate in a new clinical trial called ADRRAD, which was aimed specifically at men with advanced prostate cancer. I had nothing to lose, so I jumped at the opportunity and was soon put under the care of Professor O'Sullivan, who was leading the trial.

"Today, two and a half years after being diagnosed, I am doing well. I haven't been cured, but the cancer has almost gone from my spine and the treatment has allowed me to enjoy a good quality of life with my family and friends. I'm extremely grateful to Friends of the Cancer Centre as the investment it makes in local research



David and his daughter, Victoria

supports so many people and if it wasn't for the trial, I wouldn't be here today.

"Last year my daughter, Victoria, was really keen to do something that would not only say thank you for the wonderful care I have received, but also to raise money for a charity that we knew would help other people like me. I was so proud when she signed up for the abseil again this year and she is a true superhero in my eyes.

"The charity and team involved in my care have been my superheroes and I would encourage everyone reading this to get involved in the abseil this year as you will be changing lives."

**FOLLOW IN VICTORIA'S FOOTSTEPS AND TAKE ON THE TOWER.
SIGN UP FOR OUR ABSEIL ON OUR WEBSITE OR CALL 028 9069 9393**

Meet Our Ambassadors



Did you know, as well as raising funds to support our work you can also donate your time by becoming an ambassador?

As a small charity our ambassadors are a vital source of support to our team by giving up their time to attend cheque presentations, looking after collection cans, lodging money and attending events on behalf of the charity. Here, some of our ambassadors share why they chose to volunteer for the charity.



James Napier
Lisburn

As well as writing a book about prostate cancer (which is available from our website) to help other patients and raise money for the charity, James became an ambassador last year. Volunteering is his way of giving back for the great care and support he has received as a patient. "I've benefitted from the charity's work myself, so it is lovely to be able to give back in a way that supports the day to day running of the charity."



Maria Gough
Belfast

When Maria lost her brother, Adrian she was determined to do what she could to support other families. After fundraising for the charity for several years, Maria joined our ambassador team in 2017, attending cheque presentations and volunteering at our events. "I love being part of the charity and I know by giving up a little of my time I can make a real difference to the team and the people the charity supports."



Jim & Maureen Kane
Randalstown

Jim and Maureen have been fantastic supporters of the charity since Jim's prostate cancer diagnosis in 2006. The charity supported a clinical trial which Jim credits for saving his life and since then he and his family have been doing what they can to support our work. "I am so proud to be an ambassador of this amazing charity as if it wasn't for them, I wouldn't be here."

Would you like to become an ambassador?

This year we would like to recruit more ambassadors from communities across Northern Ireland to support our work. If you, or someone you know, would be interested in becoming an ambassador we would love to hear from you.

Contact Claire at clairehogarth@friendsofthecancercentre.com or call 028 9069 9393

Five minutes with Alison McKeever

Friends of the Cancer Centre's Clinical Research Nurse

The charity is proudly funding an additional 12 research staff who are helping find new and improved ways to treat cancer. We took 5 minutes with one of this amazing team, Alison McKeever, to find out how her work is making a difference to patients.



What are clinical trials?

Clinical trials are research studies that help us find better ways to prevent, diagnose and treat cancer. All cancer treatments that are part of routine care today will have already been tested as part of a clinical trial. Each year in Northern Ireland, approximately 1,000 patients take part in cancer clinical trials co-ordinated through the Northern Ireland Cancer Trials Network based within Belfast City Hospital.

How do you support patients as part of your role in the clinical trials team?

My role involves working on a portfolio of Phase I and II clinical trials, which are researching new drugs at an early stage of development. I support patients throughout a study from the initial decision making process. It is essential that patients are given all the information about treatment options to help make the right decision for them. I am here to support the patient in understanding the information and answering any questions. Once a patient has consented to a trial, I then co-ordinate visits, investigations and support patients through their treatment.

What benefits are there for patients who take part in clinical trials?

Clinical trials give patients more treatment

options and the potential to access new and innovative treatments. Patients often find satisfaction in contributing to the development of new treatments for patients in the future.

How do patients take part in clinical trials?

Participation in a clinical trial may be an option for you and your doctor, or other healthcare professional, can discuss this with you. If there is a suitable trial, the clinical trials staff will be on hand to help you decide if this is the right option for you. You will be fully informed and you will have to consent to taking part in the clinical trial before any treatment is given.

How important is Friends of the Cancer Centre to your role?

Friends of the Cancer Centre play a key role in supporting the work of the team at the NI Cancer Trials Network, providing direct funding for several members of staff, including my post. This support provides the infrastructure that allows many local people to take part in clinical trials each year and that is vital in helping us develop new and improved treatments for patients locally.

With a little help from our friends

The charity's vital work is made possible thanks to the incredible support it receives from people across Northern Ireland and last year, you helped us raise almost £1.5 million.

The fact that local people are supporting other local people – their family, friends and neighbours – by raising money is really powerful and from taking part in our events, to holding coffee mornings and raising money with a collection can at home, it all makes a huge difference.



150

community events were held by our amazing supporters in communities across Northern Ireland

49

happy couples celebrated their special day with us by making a donation in lieu of wedding favours

512

collection cans were filled with pennies and pounds, proving that every penny definitely makes a difference to our work

over 100

volunteers gave up their time to support our fundraising groups, collections, craft fairs and much more

1,142

people took part in our events last year including abseilers, skydivers, runners and mountain trekkers

281

people gave regularly to the charity through Committed and Payroll Giving



£321,782.81

was raised by our superb supporters who hosted events in their local area for the charity

If you have been inspired by what our super supporters have done to support us, why not follow in their footsteps? Take a look at the events we have coming up this year on our website, or if you would like to organise your own event, get in touch with our fundraising team by calling 028 9069 9393 or email info@friendsofthecancercentre.com

Our partnership with Belfast International Airport takes off

Belfast International Airport has announced a two-year partnership with the charity and over the next two years, employees at the airport are hoping to raise over £50,000 to help support our vital work.



This fantastic opportunity came about thanks to Belfast International Airport employee, Ken Bell. When the airport was seeking a new charity partnership, staff were asked to nominate a cause close to their hearts. Ken very kindly nominated Friends of the Cancer Centre following the care and support he received from the charity's Lymphoma Clinical Nurse Specialist, Laura Croan.

Commenting on why he chose to nominate the charity, Ken says:

"When I was diagnosed with Non-Hodgkin's Lymphoma in 2007 it came as a complete bombshell.

"I soon started treatment at the Cancer Centre, which included chemotherapy and a drug that made me feel very unwell initially, but once my body adjusted it became much easier. Thankfully it came through it all and in December 2007, I was told that I wouldn't need any further treatment.

"That was twelve years ago and I'm extremely grateful to say that I am now doing well. Today I am a patient of Laura's and I attend her clinics for a check-up every 3 months. I think this is fantastic as it means that I don't have to wait for an

appointment to see a consultant, but I still get the same exceptional care and support that has been present throughout my time at the Cancer Centre.

"When it came to nominating a charity at work, there was no doubt in my mind which charity I would put forward. Friends of the Cancer Centre does so much to help patients and if my colleagues and I can contribute to this incredible work, it will make me extremely proud."

As well as taking part in a host of the charity's fundraising events, employees will also come together to hold their own events on site at the airport. Passengers will also be able to show their support for the charity by making donations as they travel or park at the airport.

Everybody loves payday, but did you know that your pay has the power to support local people affected by cancer?

Another way that the employees at Belfast International Airport are supporting Friends of the Cancer Centre is by making a regular donation from their salary. Often referred to as Payroll Giving or Give as you Earn, this is a fantastic way of supporting our work and the great news is that donations are made before any tax deductions, which means that you pay less and the taxman makes up the difference.

You can find out if your workplace offers this facility by contacting your payroll or human resources department. If your employer doesn't currently operate the scheme, you can visit our website www.friendsofthecancercentre.com/donate or simply give us a call on 028 9069 9393 and we can advise on other ways you can support us.

Your support in action

Have you ever wondered what happens to your donations?
Last year your support allowed us to provide:

34

Additional members of staff including specialist nurses, radiographers and researchers.

2,000

hours of additional care from each of our nurses, supporting thousands of patients across Northern Ireland



144

Pieces of new equipment, including nasendoscopy equipment for head and neck patients, lymphoedema equipment and observation machines



50,000

Cups of tea and coffee for patients and families as they wait on treatment



12

additional research staff including research radiographers, nurses and pharmacists

436

patients and families with support through information evenings and health and wellbeing events to help them pre and post treatment

417

people from across Northern Ireland with financial support to help them with heating costs, household bills, travel costs and much more

103

active clinical trials in Northern Ireland with many supported by staff funded by the charity

Friends of the Cancer Centre, NI Cancer Centre, Belfast City Hospital, Lisburn Road, BT9 7AB
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