

help is at hand...

CANCERlifeline

CANCER LIFELINE NEWS SHEET

ISSUE NO. 25 | August - December 2011

EDITORIAL



It's hard to believe that we are printing off edition no. 25 of our News Sheet which is distributed widely across North Belfast and City wide to a range of families, health professionals and organisations.

I fondly remember our very first News Sheet back in 2002 (rudimentary by today's standards) but the key message is still the same. Cancer Lifeline is about reaching out to those affected by cancer and their loved ones through a varied programme of support services. It is interesting to note that our first edition was circulated to 40 people but now it is circulated to over 600 individuals and organisations. This does not reflect the number of additional people who read the News Sheet indirectly. This reflects how Cancer Lifeline has grown and developed as a robust, community based cancer support organisation responding to our members needs in a practical and meaningful way.

We hope the September - December programme appeals to you and as always, please remember to register your interest in classes, events or programmes coming up by contacting the office. As always, we welcome your ideas and contributions so no excuse for not trying out a new class or idea you think may work. After all, nothing ventured, nothing gained. Enjoy and as always, contact us with any ideas or suggestions you feel might help you or our members through your cancer journey.

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CANCERlifeline

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Boutique Shop 1st Anniversary

Cancer Lifeline Boutique will be opened one year on 7th September 2011. After a huge effort by a wide number of individuals, businesses and volunteers, too many to name individually, the shop has been our greatest success this year.

Vintage and avid shoppers have been flocking to the shop in search of that one off special find. On the 7th September we plan to have a one day sale to say a huge thank you to all of our loyal and committed shoppers.

To prepare for the sale we need your continued support. In particular, we are seeking good quality gents, ladies and children's clothing as well as household items.

So, if you are planning a summer clear out, please bear us in mind and we can arrange to pick up your donations - so, no time like the present to get going!!

Our Boutique Shop is seeking to build a bank of volunteers to work in the shop. If you are interested and would like to discuss further, please contact:

BOUTIQUE: Colm on 9074 4972
OFFICE: on 9035 1999

To all Vodafone users.....

If you are a Vodafone customer you can donate money to Cancer Lifeline via text.

All you have to do is text **CLLC44** followed by the amount you wish to donate e.g. 5.00 (for £5) and send to **70070**. You can donate any amount from £1.00 Thank you and get those fingers texting to all your family, friends and colleagues - spread the word!!



Oral Healthcare

Oral healthcare is a vital part of overall general health, wellbeing and quality of life.

Good oral health is essential for speech, communication, enjoyment of food; good nutrition, social integration and can improve self-esteem and dignity. It can lead to the reduction or elimination of dental disease, which may cause pain, discomfort or distress from the teeth and mouth, most of which is usually preventable.

Dental disease is the most common disease in the world yet it is the most preventable. There are two types of dental disease, tooth decay and gum disease.

Most people know that 'sugar is bad for your teeth' however the actual process of tooth decay is not generally understood.

It is hoped through this awareness raising session that you will gain a better understanding of how good oral hygiene practices may be achieved.

The session will contain information and advice on the prevention of tooth decay and gum disease. There will also be information on oral cancer which will include signs and symptoms of the disease and also the side effects radiotherapy can have on the mouth. Advice on self examination will also be given.

Time will be allocated to allow for any questions. This session was previously planned for June 2011 but had to be re-scheduled. Sorry for any inconvenience.

Date: Tuesday 27th September 2011
Time: 10.30am - 12noon
Venue: Cancer Lifeline
Facilitator: Joan Beattie




BREAST & CERVICAL SCREENING AWARENESS PROGRAMME

The Women's Resource & Development Agency will be delivering their Breast and Cervical Screening Awareness Programme on Tuesday 11th and Tuesday 18th October from 10am. - 12pm. in Cancer Lifeline.

These two sessions aim to raise awareness about the importance of breast and cervical screening. It does this through the provision of information that will encourage women to avail of the breast and cervical screening services on offer and help address any fears around surrounding screening.

The programme is delivered over two sessions in Cancer Lifeline.

The first session will look at the importance of breast awareness and breast screening and includes a practical demonstration on how to check your breasts and the signs and symptoms to look out for.

The second workshop highlights the benefits of regular cervical screening and what happens at a smear test, including the types of results and what they mean.

If you are interested in taking part, as always please register your interest with the office.

Date: Tuesday 11th & 18th October 2011
Time: 10.00am - 12noon
Venue: Cancer Lifeline



An invitation to Art Therapy?

Creativity can help towards healing and well-being

During the month of November Cancer Lifeline in conjunction with the Ulster Cancer Foundation are hosting three workshops to help you explore your artistic side. These sessions are not about having artistic ability, they are simply about using expression. When things are difficult to put into words the art process helps deal with emotions and can be useful for relaxation.

So, come on all ye Picasso's and non Picassos!!

Date: Monday 14th, 21st and 28th November 2011

Time: 2.00pm. - 3.30pm

Venue: Cancer Lifeline



ONE DAY SESSIONS
coming in 2012
TO CANCER LIFELINE

Ever thought of keeping an art journal?

This is an opportunity to keep your thoughts and images together in one journal e.g. some memory which is precious to you. Record the memory in an image, piece of art, photograph etc...more details to follow.

Men Only - Take 5! Genealogy Course

"Tracing your family tree"

A genealogy course will help you find information about your ancestors and your family history.

Who knows what might come up or who you are related to Convicts, Royalty, someone who owes you money?



Beauty for Life

Beauty for Life is a unique programme offered by the Ulster Cancer Foundation in partnership with Clarins.

We offer Beauty Therapy Workshops with our experienced Beauty Consultant. These provide cancer patients with an opportunity to ask any questions you have about make-up and skin care in a relaxed and informal environment.

At Cancer Lifeline we will be holding group sessions, aimed at boosting confidence, and wellbeing. These will be small workshops (10 at each workshop) where you can enjoy a make-up demonstration and give you time out to enjoy a little pampering.

The workshops are free and each person can attend only one workshop.



Date: Tuesday 1st and Tuesday 8th November 2011

Time: 10.30am. - 12.30pm.

Venue: Cancer Lifeline

Places are limited, so reserve your place a.s.a.p. Please note these sessions are only for our female members diagnosed with cancer.

In this course we will be looking at:

- Birth, marriage, death records
- Property records
- Graveyards
- Schools
- Census information
- Church records
- Newspapers

This is part instruction and part tutorial so we may find your ancestors by using the internet, and advise where else to look. Either way, you are the detective and your family secrets are the mystery. See what you can uncover.

Limited number of places available – places already reserved!!
So, book early!

Date: Tuesday 6th and Tuesday 20th September 2011

Tuesday 4th and Tuesday 18th October 2011

Tuesday 1st and Tuesday 15th November 2011

Time: 1.30pm. - 3.30pm.

Venue: Cancer Lifeline

Please Note...

Most of our classes and programmes take place in our upstairs room in Cancer Lifeline. If this is a problem for you and you would like to take part in a session, please notify the office in advance and we may be able to accommodate the session in a different room (where possible).
Here to help...we want you to get the most out of the sessions organised.

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Bowel Cancer: Know the facts

Bowel cancer is the second most common cancer in Northern Ireland and the second biggest cancer killer; more than 1,100 people are diagnosed every year and over 440 people die each year from this disease in Northern Ireland. Many cases are diagnosed at the later stages – but bowel cancer is highly treatable if caught early – and that's why awareness of the symptoms is so important.

THE SYMPTOMS OF BOWEL CANCER

Symptoms of bowel cancer include:

- A change in your normal bowel habit lasting six weeks or more
- Bleeding from the bottom and/or blood in your stools (poo)
- Unexplained extreme tiredness and/or unexplained weight loss
- A pain or lump in your abdomen (belly)

You might experience one, some, all of the above or no symptoms at all. Remember most symptoms will not be bowel cancer.

If you are worried about any symptoms that you think might be caused by bowel cancer, make an appointment with your GP or call:

The Bowel Cancer UK Advisory Service on 0800 8 40 35 40 or email advisory@bowelcanceruk.org.uk

LOWERING YOUR RISK OF DEVELOPING BOWEL CANCER

- Keep active – research shows that exercise reduces the risk of bowel cancer
- Keep an eye on body weight.
- Avoid processed meats such as ham and bacon - an occasional treat rather than every day!
- Limit the amount of red meat to no more than 500g (cooked weight) a week, 2 good portions
- Maintain a diet high in fibre e.g. wholegrain cereals and breads
- Have at least five portions of fruit and vegetables a day
- Consume alcohol within Government maximum limits and lower, if possible (21 units for men and 14 for women. One unit = half pint beer or half a glass of wine)
- Don't smoke

BOWEL CANCER INFORMATION SESSION

More than 1,100 men and women are diagnosed with bowel cancer in Northern Ireland every year - making it the second most common cancer. It is also the second biggest cancer killer with more than 440 deaths each year. However, if diagnosed early, bowel cancer is highly treatable.

Bowel Cancer UK will be providing an awareness talk on 20th September 2011, 10.30am. - 12pm. here at Cancer Lifeline

This talk will cover symptoms of bowel cancer, who is at risk, ways to reduce your risk, and where you can get further information or help. Please come along.

More information on bowel cancer and Bowel Cancer UK can be found on:

www.bowelcanceruk.org.uk

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LOTTERY FUNDED

Wednesday Evenings Opening at Cancer Lifeline!

Thanks to the Healthy Minds Programme (BIG) we have secured a grant to run evening sessions. This is in response to requests from our members who returned to work following their diagnosis and family members who found it difficult or virtually impossible to get time out of work to access our normal day time services and programmes.

COUNSELLING AND COMPLEMENTARY THERAPIES

Will be delivered on Wednesday evenings during the hours 5.30pm. - 7.30pm. These will start on 7th September through to Christmas 2011.

To make an evening appointment, please contact the office.

COPING WITH STRESS THROUGH YOGA AND RELAXATION

Will be hosted on Wednesday evenings, 5.30pm. - 7.00pm. starting 14th September through to 19th October 2011 (six consecutive weeks).

For optimal balance and health a class of gentle Yoga begins in September at Cancer Lifeline.

Why is Yoga practice good for you?

The physical body needs to be exercised and the gentle movements of yoga will:

- help the circulation
- relieve stiffness in the joints
- improve energy levels and posture
- tone and strengthen the body

The emphasis on breathing will improve energy and metabolism and most importantly bring focus and peace to the mind. Yoga will assist in the overall wellbeing of Body, Mind, Emotions and Spirit.

Every class begins and ends with relaxation techniques.

...wellbeing of
Body, Mind, Emotions
and Spirit...



House Programme

MONDAY	Committee & Business Meetings	10.30am. - 1.00pm.
TUESDAY	Complementary Therapies Citizens Advice Bureau	10.00am. - 1.00pm. 2.00pm. - 4.00pm.
WEDNESDAY	Counselling Complementary Therapies Counselling Yoga & Relaxation	10.00am. - 1.00pm. 9.30am. - 7.30pm. 2.00pm. - 7.30pm. 5.30pm. - 7.30pm.
THURSDAY	Complementary Therapies Support Group	11.00am. - 4.00pm. 7.00pm. - 8.30pm.
FRIDAY	Counselling	10.00am. - 12.00noon

As always, try to give us as much notice as possible if you are unable to make any appointments.

This helps us to be more cost effective and more importantly to ensure that all appointments are filled as there are people who could benefit from your cancellation.



Dates for your diary...

Annual General Meeting

Open to Everyone!
12pm. - 1pm. here at Cancer Lifeline

This will be an opportunity to reflect on the previous years work, catch up with other members and find out more about what's happening.

Also, delicious lunch provided (please register).



Halloween BOO!! Fundraiser

This promises to be a great night in the Lansdowne Court Hotel.

More details to follow.



Coffee Morning

Call in for a chat and a natter anytime between 11.00am and 12.00noon!!



This is an opportunity to tell us about what future classes and programmes you would like to see happening in Cancer Lifeline. Everyone Welcome!

Fundraising

Over the period May - August 2011 total fundraising by individuals, volunteers and local businesses amounted to £8,682.50

A HUGE THANK YOU TO EVERYONE INVOLVED

Fertility...following a cancer diagnosis.

Elaine Shaw recently took up her new role as Breast Clinical Nurse Specialist funded by Friend's of the Cancer Centre. Elaine has worked for almost 20 years in cancer care with experience in chemotherapy, radiotherapy and symptom control. When the Cancer Centre opened in 2005, Elaine held the position of ward sister in the breast and gynae ward, an area in which she has a special interest. Since completing a diploma in health assessment and nurse prescribing, she has been working with women receiving oncology treatment. This involves part of the day running nurse-led clinics and other extended role activities. It is intended that this role will be extended to include prescribing chemotherapy and associated treatments, thereby providing continuity of care and hopefully enhancing the patient experience.

Come along to Cancer Lifeline to find out more about Elaine's role and the effects of treatments on fertility, following a cancer diagnosis.

Date: Tuesday 15th November 2011

Time: 10.30am. - 12.00pm.

(The date maybe subject to change)

Information Session

Bereavement Sessions



These sessions allow you to express your feelings and meet others who have experienced loss.

Peggy McCann from Northern Ireland Hospice will facilitate the session.

Date: Wednesday 7th Sept. 2011

Wednesday 23rd Nov. 2011

Time: 7.00pm - 8.30pm.

Venue: Cancer Lifeline

As always, for all classes and sessions you must register your interest with Tina or Lisa in the office.

Trip to the Grand Opera House



MEN ONLY EVENT TO SEE "The History of the Troubles (Accordin' to my Da)"

Note: Only 15 places available.

Date: Wednesday 9th Nov. 2011

Time: 8.00pm.

Transport will be arranged

If interested contact Tina or Lisa in the office - don't hang about, places limited!