

Men's Health Week: 12th - 18th June 2006

The Ulster Cancer Foundation

The Ulster Cancer Foundation (UCF) is a Northern Ireland charity dedicated to helping patients and their families cope with cancer.

It was one of the first local cancer charities, set up in 1970, with the principal aim of reducing the impact of cancer within the local community.

Its mission is to save lives and to provide an enhanced quality of life for all those affected by cancer through care services, researching new and better treatments for cancer, undertaking education and prevention programmes, public campaigns and advocacy.

Its work is only possible due to the generosity of local people, who raise almost all the funding needed to provide our services. All the money raised on our behalf is spent in Northern Ireland, helping to support local people with cancer.

What help can UCF provide?

The Ulster Cancer Foundation (UCF) offers a range of services to help support people and families with a diagnosis of cancer.

- **Free and confidential helpline – 0800 783 3339** – for anyone concerned about any aspect of cancer. The helpline is available Monday – Friday, 9am – 5pm and callers speak directly to a nurse with extensive experience in cancer care. Get up to date information on cancer as well as details of UCF and other services in your local area.

- **Support Groups** – Having the opportunity to meet with someone who is experiencing or has survived the cancer that you're going through is an invaluable help for many cancer patients. Many people have found that they have benefited from sharing experiences and getting to know others in a similar situation.

UCF nurses provide more than 24 cancer-specific support groups across Northern Ireland. The support groups meet on a monthly basis and provide patients, relatives and friends with practical information, advice and support from the moment of diagnosis, right through the cancer journey, and for as long as they wish to attend.

The support groups are very informal so feel free to bring a spouse, partner or friend along with you, have a cup of coffee and a chat.

- **Peer Volunteer** – if you would rather speak to someone on a one-to-one basis, UCF has a number of specially trained volunteers, all of whom are cancer survivors.

- **Counselling** – if you or someone close to you, has cancer it's normal to feel anxious, frightened and worried about the future. These feelings can become overwhelming and confusing but UCF's specially trained counsellors offer a free and confidential service for patients, their families or carers. This may be at the time of diagnosis, during treatment, or years after treatment has ended, but regardless of when they use the service, people tell us that it helps them enormously in facing the future and adjusting to a cancer diagnosis.

- **Art Therapy** – is a therapeutic technique that does not require any previous experience or skill in art. Art therapy can provide an outlet for self-expression and help release emotions such as fear, anxiety, stress and depression. It helps participants to relax, leading to a greater sense of well-being.

For further information on UCF click on www.ulstercancer.org

For information on reducing your risk of cancer see www.ulstercancer.org/aboutucf/reducerisk.html#1

The key cancers affecting men are as follows:

Type of cancer	Incidence 2003	Deaths 2004
Lung	508	485
Colorectal	556	227
Prostate	715	234
Non-Malignant Melanoma	1291	9
Testicular	56	4

Type of cancer	UCF offering	Help available from UCF
Lung	<ul style="list-style-type: none"> - Stop smoking clinics held in GP practices; leisure / community centres; workplaces - 1 to 1 clinics also available - Award winning service - 30 clinics provided in last year. Over 50% attending successfully quit smoking - 800 attended to date - Will be holding a stop smoking clinic at Men's Health Fair on 15th June at Everton Complex, off Crumlin Road, 10am – 2pm - 	<ul style="list-style-type: none"> - Leaflets - Smokers helpline - UCF Helpline - Counselling - Talks to workplaces
Colorectal	<ul style="list-style-type: none"> - St Georges Market – questionnaires conducted to test awareness of bowel cancer, signs & symptoms - Option to attend 	<ul style="list-style-type: none"> - Leaflets - UCF Helpline - Support Groups
Prostate	<p>UCF stand at Men's Health Fair Evening 12th June – 7pm – 8.30pm in Pilot's Row Community Centre, Roswell St, Derry</p>	<ul style="list-style-type: none"> - Leaflets - Support Groups (Craigavon, Lisburn, Derry) - UCF Helpline
Non-Malignant Melanoma	<ul style="list-style-type: none"> - Skin analysis machine – enhances the deeper non-visible levels of the skin to show damage caused by overexposure to the sun. - Used at Balmoral Show to raise awareness to rural / farming community - Being taken to UCF stand at Men's Health Fair – 7th June – Dungannon Council Offices (time to be confirmed) 	<ul style="list-style-type: none"> - Leaflets - UCF Helpline

For further information contact:

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Freephone Cancer Helpline

0800 783 33 39

Email:

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