



How does Action Cancer help to save lives?

Every hour someone in Northern Ireland receives a cancer diagnosis. Action Cancer is committed to saving lives and supporting people. We do this by concentrating on:

1. The person WHO MIGHT GET cancer
2. The person WHO HAS cancer
3. FAMILIES of people with cancer
4. People who WORK WITH cancer patients

We need your help to continue our work, so please get in touch if you can spare some of your time, have an idea for fundraising or would like to make a donation.

Early Detection

Action Cancer provides early detection services for women in Northern Ireland. Services are offered at Action Cancer House in Belfast, and also on our Mobile Unit, the Big Bus which travels around 200 locations every year.

Breast Screening

For women aged 40 – 49 and 70+ Action cancer provides free breast screening. We are the ONLY charity in Northern Ireland offering this service. Action Cancer offers up to 1,000 screening appointments every month and out of every 1,000 women screened, approximately six new cancers are detected.

MOT Health Checks

Health checks are available on the Big Bus for men and women aged 16 and over. The health check will include a lifestyle assessment and look at indicators of health such as cholesterol, glucose, lung capacity, blood pressure and sun damage. Full body composition analysis is also available as part of a full MOT, where scales are used to provide measurements such as weight, BMI, fat and water content.

Health Promotion

Action Cancer offers health promotion services to men, women and young people through tailored health promotion initiatives in schools, workplaces and community groups. We have a number of full time Health Promotion Officers providing information and advice about healthy eating, regular exercise, smoking cessation, alcohol consumption and cancer awareness.



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Schools:

- ➔ 4-7 year olds:
Health Action Heroes Puppet Show.
- ➔ 8-11 year olds:
Primary schools can book two week sessions around healthy lifestyles.
- ➔ 12-18 year olds:
Secondary schools and further education colleges can book 'Health Action' - a range of programmes sponsored by Centra, including single session and three week programmes.

For further information, look up our website
www.actioncancer.org

Counselling

Specially trained counsellors offer this service at our premises in Marlborough Park, Belfast and other locations by appointment. This service is available for people with cancer, their family or carer, including children and young people from 5 years. Please ring 028 9080 3344 for more information and a counsellor will ring you back to discuss your needs.

Listening Ear

Action Cancer also operates a 'listening ear' service which is a volunteer led service. This service offers emotional and practical information for individuals who are coming to terms with a cancer diagnosis.

Action Cancer is the sole training provider for the Foundation Skills in Listening Ear Training, which is accredited at level 2 by Open College Network and has won two National Training Awards NI.

This programme can be offered to schools, hospitals and health settings, community groups and workplaces so that these organisations can then offer the Listening Ear Service.

Complementary Therapies

Complementary therapies are offered at Action Cancer House. Therapists offer a range of therapies free of charge to cancer patients and their carers. Therapies offered include aromatherapy, reflexology and therapeutic massage. Call 028 9080 3344 to make an appointment.

Campaigning

Action Cancer has made presentations to political parties and statutory agencies on the needs of cancer patients, treatment and facilities. We work in partnership with other agencies to ensure ongoing reviews of services at Action Cancer House and the best possible treatment for cancer patients in Northern Ireland.

**TO ADVERTISE YOUR BUSINESS IN
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How You Can Help

Make a Donation to Action Cancer

Action Cancer needs to raise £3.5 million each year to support its services. The money raised is spent in Northern Ireland supporting the community, cancer patients and their families.

Become a Volunteer

An hour or two a week can make a difference. Whatever your talent Action Cancer can use it. We particularly need volunteers to support our retail stores in fashion and furniture, administrative volunteers to help with mailings and data entry, and to help us fundraise. We also have a network of fundraising groups throughout NI. For further details, please see our website or phone 028 9080 3344 or e-mail info@actioncancer.org

Leave a Legacy to Action Cancer

Leaving a legacy can help Action Cancer to save lives in your local community. If you have not already done so please consider a bequest to Action Cancer in your will. Action Cancer annually organises the 'Action Your Will' campaign so people can prioritise making a will for no solicitor fee, and instead make a donation to the charity. For further details please ring the fundraising department on 028 9080 3344 or check our website at

www.actioncancer.org

Take part in an Event

Throughout the year Action Cancer and its supporters organise a host of events around the country. You can take part in any of our events:

- Giants Walk (September)
- Marathon run/fun runs/sponsored walks
- Parachute jump (any weekend)
- Various Treks

- Events to promote Breast Cancer Awareness Month in October
- MoonLight Walk

If you would like to participate in any of these events, please phone 028 9080 3344.

Donate through Give as You Earn

A simple, easy and tax efficient way to donate on a regular basis from your payroll to Action Cancer. If you would like to contribute to Action Cancer via Give As You Earn please contact us on 028 9080 3344.

Company Donations

A company can get involved with our charity at a number of different levels, with anything from a donation through to adopting us as your Charity of the Year, to sponsorship and Cause-Related Marketing. Action Cancer has had numerous successful corporate relationships. If you would like to know more, please contact the fundraising department on 028 9080 3344 or check our website at **www.actioncancer.org**

Join an Action Cancer Group

We have groups placed throughout Northern Ireland, helping to raise vital funds in order to continue our services. If you would like to help or become a member of a group please contact our Group Support and Development Officer on 028 9080 3345.

Action Cancer Shops

Our shops are the public face of Action Cancer. As well as generating an increasing income each year, our shops are at the heart of local communities across Northern Ireland, taking our life saving message on to the High Street and playing an increasing role in raising awareness and understanding of our services.

Welcome to the Big Bus

Action Cancer's mobile resource centre – nicknamed the 'Big Bus' – is on the road and travelling to over 200 locations per year, covering every area of Northern Ireland.

Services provided on the Big Bus include digital breast screening, health promotion, MOT health checks for men and women. The Big Bus main sponsor is retail group SuperValu and its independent retailers.

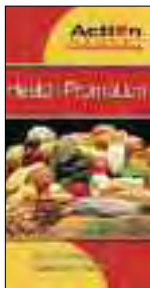
Groups and companies wishing to make a booking for the Big Bus should telephone Action Cancer on 028 9080 3344 or use the dedicated email address bigbus@actioncancer.org



Leaflets Library

There are many useful leaflets available to download from our website. Simply log onto our website and click on Leaflets Library for the complete list of leaflets.

www.actioncancer.org



Just a selection of the leaflets available from the Action Cancer website.



Promoting Health, Saving Lives

Health promotion is about empowering individuals and their communities to make informed, positive health decisions. It aims to improve people's health and allow them to have more control over their health.

At Action Cancer our two key health promotion messages are prevention and early detection.

Prevention

Up to 50% of cancers can be prevented. We can all make some small, simple changes to our lifestyles to help prevent, or lower the risk of, developing certain cancers.

By not smoking and eating a healthy diet many cancers could be prevented.

Early Detection

The earlier a cancer can be diagnosed the better the chance of successful treatment and longer survival.

Being aware of your own body and attending for any screening tests that are available can help cancer be detected early.

Action Cancer's team of health promotion officers travel throughout Northern Ireland bringing healthy lifestyle messages to hundreds of people.

They provide a range of programmes which aim to raise awareness of the symptoms of breast, cervical, ovarian, testicular, prostate, bowel and skin cancer, and which highlight the importance of early detection of cancer.

The programmes also cover lifestyle factors such as smoking, diet, exercise and alcohol, and are delivered within a range of settings including schools, youth clubs, workplaces and community groups.

The following programmes are provided by Action Cancer's health promotion team:

- Cancer Awareness Sessions
- Health Action (supported by Centra)
- Healthy Living Programmes
- Cook It Programmes
- Health Checks
- Health Information Stands
- Special Screening Clinics
- Why Weight?
- Healthy Lunchbox Sessions



Sweet and sour pork and noodle stir-fry

Easy to prepare and quick to eat. Delicious!

Ingredients

Serves 4

- 500g lean pork loin steak
- 200g mushrooms
- 100g fine egg noodles
- 2 tablespoons sunflower oil
- 1 pepper (red, yellow or green)
- 1 teaspoon ground ginger*
- 1 clove garlic, crushed
- 4 chopped spring onions
- 100g steamed vegetable such as carrots, green beans, baby aubergines, mange tout or sugar snap peas

Ingredients for sauce

- 1 tablespoon soy sauce
- 1 tablespoon sunflower oil
- 1 tablespoon tomato ketchup
- 2 teaspoons soft brown sugar
- Juice of 1 orange

Preparation

1. Slice the pork into thin strips and cut into small strips. In the case and needs both the pepper. Cut in half and slice the mushrooms. Slice and slice the selection of vegetables.
2. For the sauce, pour the soy sauce into a jug and mix up 100 ml water to give with water. Stir in the sugar, soy sauce and ketchup. Put aside.
3. Bring a pot of water to the boil and cook the noodles for about 5 minutes until tender.
4. Heat the oil in a wok or large frying pan. Fry the meat until it is brown. Add the spring onion, garlic and ginger and fry for 2 minutes. Put in the pepper, mushrooms and vegetables and toss over the heat for a few minutes.
5. Pour in the sauce, season with salt and pepper. Bring the boil and simmer for about 2 minutes until slightly thick together with the noodles. Serve immediately.

ALSO WHY NOT TRY...

- 100g lean chicken breast
- 100g sugar snap peas (orange and green)
- 2 tablespoons soy sauce
- 10g 10g egg noodles
- 1 clove garlic, crushed
- 1 teaspoon ground ginger
- 1 clove garlic, crushed
- 4 chopped spring onions
- 100g steamed vegetable such as carrots, green beans, baby aubergines, mange tout or sugar snap peas

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Jacket Potato Selection

The best jacket potatoes are those that are baked in the oven for an hour.

However, the speed at which a microwave oven cooks a potato is very convenient.

Preparation

To microwave a potato* wash it, prick it with a fork and wrap in paper towel. Microwave on high power for 6 minutes and leave to stand for 2. You can always finish off your jacket potato (after microwaving) in the oven to crisp up the skin.

Sweet Potatoes

Sweet potatoes are a much better quality carbohydrate than other potatoes and so will make a full and filling for longer. Sweet potatoes are readily available in supermarkets and are orange-fleshed. They have a different taste from regular potatoes but can be baked in exactly the same way.

Jacket Potato Topping Ideas

Tin of tuna (tinned) - well drained and mixed with any of the following:

- 2 tablespoons low fat cottage cheese mixed with chopped onion
- Chopped spring onion or chopped red pepper
- 1 large spoonful of the Baccalata
- 1 tablespoon oil for Greek yoghurt with some chopped chives and fresh coriander leaves.
- Season with black pepper especially easy with sweet potatoes
- 1 small tin baked beans
- 100g grated low fat cheddar cheese

SAUCE

Basic Green Salad
Lettuce, washed and torn into small pieces.
Basic Red Salad
Cucumber, thinly sliced
Other sauces such as rocket or watercress
Basic White Salad
Use the basic Green Salad recipe and add:
• 1 teaspoon oil
• 1 teaspoon vinegar
• 1 teaspoon mustard
• 1 teaspoon soy sauce
• 1 teaspoon Worcestershire sauce
• 1 teaspoon Dijon mustard
• 1 teaspoon ketchup
• 1 teaspoon mayonnaise
• 1 teaspoon lemon juice
• 1 teaspoon olive oil
• 1 teaspoon balsamic vinegar
• 1 teaspoon soy sauce
• 1 teaspoon Worcestershire sauce
• 1 teaspoon Dijon mustard
• 1 teaspoon ketchup
• 1 teaspoon mayonnaise
• 1 teaspoon lemon juice
• 1 teaspoon olive oil
• 1 teaspoon balsamic vinegar

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Recipe cards available to download at www.actioncancer.org