

SERVICES & FUNDRAISING OPPORTUNITIES

Northern Ireland's Leading Local Cancer Charity

Here are a few ways you can get involved:

Corporate Fundraising

Support Action Cancer through your workplace:

- Contact us about our corporate hospitality events
- Nominate Action Cancer as your charity of the year
- Organise a fundraising coffee morning or dress-down day
- Support us through staff payroll



For more information please contact **028 9080 3347** or email corporate@actioncancer.org

Legacy in your Will - A lasting gift

Making a Will ensures you can remember the people and the causes you care about. A legacy gift to Action Cancer helps to secure the future of our vital work, leaving a real and lasting legacy.

Wedding favours

Action Cancer wedding favours are a special way to say thank you to your guests whilst supporting the charity during this important day. Why not contact us for a sample of what we have on offer?

Donations in lieu of flowers

Losing a loved one is one of the most emotional experiences for a family. By thinking of Action Cancer at this difficult time we can assure you that the donations we receive in lieu of flowers will help us save lives and support people in Northern Ireland.

For more information please contact **028 9080 3347** or email giving@actioncancer.org

Think Pink!

Raise funds for our Breast Cancer Awareness 'Think Pink' Campaign by organising your own event in October such as:

- A pink golf day at your local club
- A sponsored pink themed workout class in your gym
- A sponsored walk
- A pink tea party
- A pink themed 'Girls Night In'
- A pink non-uniform day or a pink bun sale in school



For more information please contact **028 9080 3379** or email thinkpink@actioncancer.org

Fundraising with Action Cancer

Action Cancer is committed to saving lives and supporting people affected by cancer in our community.

We must raise over £3 million every year to operate our life-saving services. Your support and involvement in our fundraising activities can help us save lives now and into the future.

Community Fundraising

Action Cancer has 30 community fundraising groups across Northern Ireland who not only raise money but are also ambassadors for the charity in their local community.

Joining your local community fundraising group offers:

- A fun way to make new friends
- The opportunity to experience new things
- Great skills for your CV
- A way to raise funds for our services

Whether you have just a few hours to spare or regular time to give, we'd love to hear from you! For more information contact **028 9080 3345** and ask to speak to someone in our community team.

What your fundraising can provide:

- A breast screening = £80
- A counselling session = £40
- A complementary therapy session = £35
- A health check = £25

Action Cancer depends heavily on public and business donations to keep our services going. Your support would be greatly appreciated.

Get in on the action!

Why not take part in one of the following:

- Marathons, half marathons and 10km runs
- Sponsored walks
- Abseils
- Skydives
- Football and rugby tournaments



For more information please contact **028 9080 3379** or email run@actioncancer.org

MoonLight Walk

Action Cancer's annual Ballygowan Pink MoonLight Walk unites over a thousand men and women in a fun-filled event to raise funds for our unique breast screening service.

The 10 mile night-time event in Belfast encourages all participants to wear pink or fancy dress and to raise enough money to provide a breast screening for a local woman.

Be part of it!
For more information visit www.actioncancer.org



Overseas Treks

Fancy the experience of a lifetime? Action Cancer runs a number of overseas treks every year.

One of the many things that others have enjoyed is the fun and friendship they experience by joining a group of people trekking in a far flung destination. We organise everything, which means that you can focus on your fundraising, getting fit and looking forward to every day of your trip.

We also offer open challenges - you choose the destination, we organise your trip and suggest the amount you fundraise - that's it!

Whether you fancy Cuba or the Great Wall of China, we have the trek for you! To find out more call **028 9080 3369** or email trek@actioncancer.org

Retail Fundraising



There are 13 Action Cancer retail shops across Northern Ireland selling a wide range of clothing, furniture and other household items. Through retailing and recycling activities our shops generate over £900,000 every year to support our vital services.

All our shops welcome donations of good quality clothes, bric-a-brac, books and household items. Larger items can be collected free of charge from your home (see website for more details).

All donations are greatly appreciated to help save lives and support people in Northern Ireland.

For more information on your local Action Cancer store email retail@actioncancer.org

Action Cancer Services

Action Cancer is a local charity that provides a range of vital, life-saving services to the people of Northern Ireland. These include digital breast screening services, MOT health checks, support services, health promotion and research.

The Big Bus

Action Cancer's mobile resource centre, the Big Bus, provides its services to over 200 locations across Northern Ireland every year.

Services provided on the Big Bus include digital breast screening for women (40 - 49 and 70+), body composition analysis, MOT health checks for men and women, and health promotion.

The facility is wheelchair accessible and operates Tues - Sat from 10am - 3pm.

A Body Composition Analysis uses the latest technology to provide clients with information on their height, weight, body mass index (BMI), body fat percentage and more.

MOT Health Checks incorporate a number of assessments including cholesterol, blood pressure,

BMI, facial skin scanner and lung capacity. Information on self-examination, health and lifestyle are also provided.

Groups and companies interested in bringing the Big Bus to their area should contact **028 9080 3367** or email **bigbus@actioncancer.org**. To make an appointment onboard, call **028 9080 3344**

SuperValu

Since 2001 the main sponsor for the Big Bus, SuperValu and its independent retailers, has provided more than £900,000 of funding to keep the bus moving.



Health Promotion

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

We deliver these messages through a range of health promotion programmes listed below and to a variety of settings including schools, youth clubs, workplaces and community groups.

Cancer Awareness Sessions are designed to raise awareness of male and female specific cancers and the relevant symptoms for each.

Why Weight? is a three month programme that offers health awareness and weight loss guidance, encouraging people to adapt to a healthier lifestyle.



Healthy Living Programmes allow groups of men and women to address their health behaviours in relation to body awareness, smoking, diet, exercise and stress.

Cook It is an enjoyable programme delivered in community group settings that combines theory on healthy eating with practical low-budget cookery sessions.

Smoking Cessation Programmes are run by trained smoking cessation counsellors who provide information and advice on quitting as well as exploring reasons for smoking and wanting to quit. The programme can be tailored to either adult or youth settings.

Parents Lunchbox Sessions are one-off information and cooking sessions where parents are given the opportunity to discover new and healthy ideas for their children's lunch boxes.

The **Wally and Wise** educational puppet show covers key health messages such as healthy eating, exercise, sun awareness and the dangers of smoking in a fun and accessible way for younger children.

The **Schools / Youth Health Action programme**, supported by Centra, is designed to improve knowledge of health and encourage pupils to take ownership of their lifestyle choices.



For further information or to book a session or programme, contact the health promotion team on **028 9080 3344** or email **healthpromotion@actioncancer.org**



Breast Screening Service

Action Cancer offers breast screening to women aged 40-49 and 70+ who fall outside of the NHS age range. Our digital screening service is available at Action Cancer House in Belfast and onboard the Big Bus and is for those who have no symptoms of breast cancer. **Anyone with a symptom of breast cancer must go immediately to their GP.**

Special screening clinics are tailored towards groups of women who may have difficulty in accessing screening services. This includes women with disabilities and ethnic minorities.

We are the only charity in Northern Ireland to offer a breast screening service. To book an appointment contact us on **028 9080 3344**.

Early detection could save your life!

Support Services

Action Cancer offers a range of free quality support services from Action Cancer House for the individual who has received a cancer diagnosis, and family members, at any stage of their experience.

Complementary therapy

This helps to improve quality of life and is used alongside traditional medicine. Services offered include reflexology, massage, aromatherapy, touch therapy and Bach Flower Remedies.



Counselling

Action Cancer provides a confidential counselling service for children, young people and adults. Our counselling provides the individual with a safe place to explore their feelings and talk about their thoughts.

Listening Ear Service

This initiative offers emotional and practical support to individuals in an informal setting on a face-to-face basis, as and when it's needed. Individuals can chat to a trained volunteer in confidence and receive information on local services that can help with practical issues such as childcare and financial assistance. For information on where the Listening Ear service is available please contact **028 9080 3351**.

If you are affected by a cancer diagnosis and wish to avail of any of our support services contact **028 9080 3344**.



Research and Evaluation

Action Cancer strives to provide the best evidence-based services to meet the needs of the local community. To do this we routinely evaluate all our services to ensure they are effective.

We also collaborate with local universities on research projects, provide vital data to research projects and offer student placements and projects for both undergraduates and post graduate students.