

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.

Just One Thing

Can your sporting club or society do Just One Thing to raise money for Action Cancer? Host a friendly match, a post training BBQ, or select Action Cancer as your Charity of the Year and raise money for people in your local community. Text JOT to 66777 (free in your contract bundle) to receive more information on how your sports club can help.

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

Fundraise In Your School!

Fundraising at school is a great way for pupils to develop important skills such as team building & creativity.

- Hold a non-uniform day
- Take part in a sponsored walk
- Halloween Disco, Christmas Faye or Easter baskets – whatever the time of year, Action Cancer will help you with any fundraising ideas and materials you will need.

Fundraising with Action Cancer

Action Cancer is committed to saving lives and supporting people affected by cancer in our community. We must raise over £3.6 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 23 local fundraising groups across Northern Ireland who not only raise money but also raise awareness of Action Cancer services.

Being part of our groups is a fun and rewarding experience and we are currently looking for people who could volunteer to join a local group or start a new one. Just a few hours each month could help make a real difference to children and adults affected by cancer in NI.

We have groups throughout NI, in the following areas: Antrim, Ballymena, Ballymoney, Banbridge, Bangor, Carrickfergus, Carryduff, Coleraine, Comber/ Newtownards, Cookstown, Donaghadee, Draperstown, East Belfast, Holywood, Larne, Lisburn, Market Hill, South Belfast, Moneyreagh, Newcastle, Portaferry and Whiteabbey.

If you are interested in becoming a member of any of our Groups we would love to hear from you.

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

The Bra Walk

Action Cancer's flagship 10k event, The Bra Walk, is an opportunity for men, women and children to show support for Action Cancer and raise money for our unique breast screening service. Walkers are encouraged to dress in pink and walk in memory of a loved one or just to join in the fun!

Be part of it!

For more information visit www.actioncancer.org

Overseas Treks

Ready to sign up to the challenge of a lifetime? Each year Action Cancer selects a new trek location, so whether you see yourself completing the Great Wall of China, scaling the heights of Mount Kilimanjaro or experiencing the volcanic landscape of Iceland – you can sign up to complete any of these amazing adventures and raise money for Action Cancer.

We can offer fundraising support to help you raise your sponsorship and complete the challenge you have always dreamt about!

To find out more call **028 9080 3369** or email trek@actioncancer.org

Retail Fundraising



There are 18 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 £1.2 million 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.

MOT Health Checks incorporate a number of assessments including cholesterol, glucose, blood pressure and body composition. 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. 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 3370** or email **bigbus@actioncancer.org**. To make an appointment onboard, call **028 9080 3344**



SuperValu
Real Food, Real People

Since 2001 the main sponsor for the Big Bus, SuperValu and its independent retailers, has provided more than £1.5 million 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 campaigns and health promotion programmes in a variety of settings including schools, workplaces and community groups.

Health Stands offer the chance for our health promotion team to attend functions and health events in the community, schools and workplaces to provide cancer awareness and lifestyle information and advice. This can include the use of visual aids, models and health check resources.

School Programmes

The **Health Action Programmes**, supported by Centra, are designed to improve knowledge of health and encourage pupils to take ownership of their lifestyle choices. There are a range of educational programmes, such as Centra's Live Well Programme, targeting children and young people from an early age, that deliver key health messages in a fun and interactive way.

Centra

Community & Workplace Programmes

From Health Checks, where individuals can get information about their own health markers such as blood pressure or body composition, to cancer awareness programmes providing groups with information about specific cancers, these programmes give companies/organisations an opportunity to provide access to specialist healthy living programmes.



Action Man Campaign has a men-only focus and runs every year in June alongside National Men's Health week. The campaign raises awareness of male specific cancers and offers clinics providing MOT health checks and cancer awareness for men.

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.

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 & Therapeutic Services

We offer a wide range of services to adults, children aged 5+ and family members impacted by cancer. Our services include:

Counselling - provides a safe confidential space to talk about your worries and fears.

Complementary therapies - help you deal with stress and bring a sense of calm and relaxation. Therapies also teach self-care techniques to help you cope.

Bach Flower Remedies - help you deal with your emotions.



Acupuncture - helps relieve pain, fatigue, headaches, dry mouth and peripheral neuropathy.

Emmett and Bowen Therapies - relieves muscular pain and restrictions.

Scar Therapy - improves sensation, functionality and relieves pain in the tissue surrounding a surgical scar.

Cancer Rehabilitation Physiotherapy - provides 1:1 exercise training to relieve fatigue, physiotherapy to relieve musculo-skeletal pain and restrictions and teaches you techniques to cope with bowel/bladder dysfunction.

1:1 Life Coaching - improves motivation and helps you set personal goals.

Group programmes/ Positive Living Programme - helps you reflect, refocus, re-energise and move your life forward after a cancer diagnosis.

Peer Mentoring - provides informal support from trained mentors who have experienced cancer themselves.

Our services are available regionally throughout NI. For more information on locations go to **www.actioncancer.org**

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 and offer student placements and projects for both undergraduates and post graduate students.