

## Stop Smoking Support

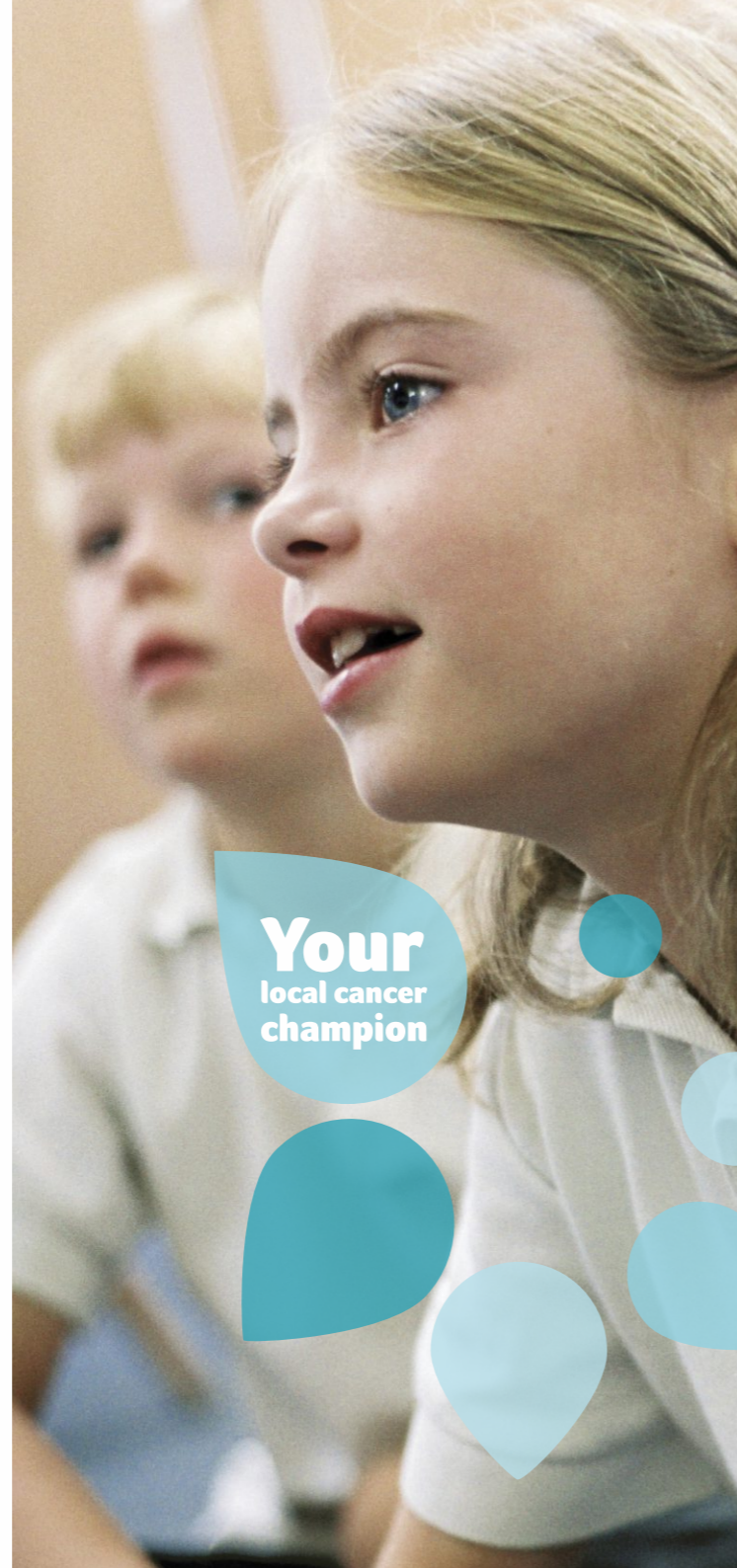
Smoking causes a quarter of all cancer deaths in Northern Ireland and is our greatest cause of preventable ill health. It not only increases the risk of cancer for the smoker but also for those around them.



- **Help to quit smoking** - available in GP Practices, Health and Wellbeing Centres, Community, Workplace and Youth settings (including schools) across Belfast and the South Eastern area
- **Training** - we provide a range of training on smoking cessation techniques for use in the workplace or community.

**All the money we raise in Northern Ireland is spent here in your local community - helping when you, your friends or neighbours have cancer, making sure your community knows how they can lower their risk of cancer and encouraging your children to make healthy choices.**

**Thank you for your support.**



**Your  
local cancer  
champion**

**If you have any concerns about cancer you can talk to one of our specialist nurses on the Cancer Focus NI free information and support Nurse Line**

**0800 783 3339**

Monday to Friday 9am - 1pm  
Calls are free from a landline  
[nurseline@cancerfocusni.org](mailto:nurseline@cancerfocusni.org)



**Cancer Focus Northern Ireland**  
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Charity No: NIC 101307



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**What we can  
do for you**

**Cancer Focus Northern Ireland** is here to help everyone affected by cancer. Since 1969, we've supported thousands of people with cancer, helping them and their families to cope with their diagnosis and treatment. We also encourage and empower local people and communities to keep well and to lower their risk of cancer.

**We provide the following:**

### Research

Cancer Focus NI funds ground-breaking research in our two local universities and in the Northern Ireland Cancer Registry. We aim to help more people reduce their risk of cancer and to develop better treatments for cancer patients.

### Campaigning

Cancer Focus NI campaigns so that people with cancer in Northern Ireland can expect results that are as good as the rest of the world and to make sure that we have legislation, policy and support to help local people make healthy choices to lower their risk of cancer.



We encourage local people to take up cancer screening opportunities and help them to recognise the early signs and symptoms of cancer. Early diagnosis saves lives.

### Living Well care services for cancer patients and carers

- **Counselling service** - gives people with cancer time to talk to someone who understands the effect cancer has on people's lives



**Cancer Information and Support Nurse Line - 0800 783 3339**, for anyone with concerns about cancer

- **Family Support service** - for children and young people when a mum, dad or other family member has cancer, including bereavement support
- **Bra and Swimwear Fitting service** - for women who have had breast cancer surgery
- **Art Therapy courses** - for patients and carers
- **Creative Writing** - giving people a voice to express their experience of cancer
- **Art Journaling courses** - for patients and carers
- **Zest for Life** - life coaching to help people with cancer move on with their lives
- **Driving Service** - for people in greater Belfast and SE Trust who can't travel independently to hospital for cancer appointments or treatment
- **Patient conferences, workshops and weekends**
- **Sing for Life Choir** (in partnership with Crescent Arts Centre), based in Belfast for people affected by cancer
- **Nail Bar** - for damaged nails during chemotherapy, at Belfast City and Craigavon hospitals

### Keeping Well cancer prevention services

**Health improvement packages for communities and workplaces. These include:**

- **Workplace** - health checks and stop smoking sessions
- **Quick Fit** - positive steps to improve your health through diet and exercise
- **Presentations** - cancer awareness
- Community health events

**We work with other organisations to facilitate:**

- **Cook-it** - 6 week healthy cooking programme
- **Weigh to Health** - 6 week weight loss programme with group support
- **Engage** - men's health training
- **Personal Development** - identifying life priorities

### Keeping Well Vans

Our Keeping Well vans offer health checks including body composition, waist measurement, blood sugar level and blood pressure.



There are one-to-one health awareness sessions, skin scanning and stop smoking support, plus information on the signs and symptoms of cancer and screening programmes.

### Well Aware

Well Aware provides health advice to the over 60s, increasing awareness of the signs of cancer. It offers free health checks carried out by an experienced nurse.

The service is offered in a range of venues such as supported living schemes, residential homes and community groups.

### Primary Schools' Programme

- **Bernard the Bear** - encouraging healthy eating, physical activity and care in the sun (nursery)
- **Genevieve the Goat** - encouraging healthy diet and exercise (P1 & P2)
- **Fit Factor** - interactive healthy lifestyles (P3)
- **Food Detectives** - learning about processed foods and the importance of healthy eating (P4)
- **Sun Scientist** - taking care in the sun (P5)
- **Smokebusters** - how to be smoke-free and saying no to that first cigarette (P6 & P7)

### Post Primary Schools' Programme

- **Dead Cool** - media manipulation and how tobacco companies recruit young smokers (Year 9)
- **Stop Smoking Support** - supporting young people to quit (Year 10+)
- **Save Your Own Skin** - care in the sun advice and why you should avoid sunbeds (Year 11/12)
- **Be Body Aware** - know your body and how to check for changes over time, for same sex groups (Year 13/14)
- **Staff support** - health checks, cancer awareness presentations, developing skills for helping pupils, stop smoking support