Dell employee, Steve Quinn with Emily Kelly, Riain Coogan and Aoife McMahon celebrating Daffodil Day 2012.

A newsletter for volunteers and friends of the Irish Cancer Society.

- Exciting findings from research funded by the Irish Cancer Society
- Meet the ‘Best of the Bunch” as Daffodil Day celebrates 25 years in full bloom
- Get Involved! iCan, Care to Drive and Survivors Supporting Survivors
- Be inspired by our amazing supporters
Welcome to Highlight!

Dear Friend,

Daffodil Day Turns 25! THANK YOU!

On March 23rd, over 3,000 of you took to the streets of Ireland to help celebrate Daffodil Day’s 25th birthday and raise funds in the fight against cancer and what a day we had! We saw in abundance the energy, commitment, and the true heroic spirit of volunteering that has made Daffodil Day such a success for the last 25 years. We don’t take this commitment lightly, and from the bottom of our hearts, we thank you.

The key to our success is the support and dedication of people like you. Whether you volunteered on the day, donated fresh daffodils, held a coffee morning or a special event, planted a daff in our Garden of Hope, took part in an event in your workplace, made a donation online, or bought a daffodil, the Irish Cancer Society is incredibly grateful to you. We are also very grateful to the employees of Dell for their continued partnership of Daffodil Day.

Every euro raised makes a difference, and it is important that all collections are lodged as soon as possible to put that money to work. Since Daffodil Day began in 1988, we have seen a huge increase in demand for our services. Now, more than ever, the services we provide are crucial.

As well as all the work that goes into Daffodil Day, we have had a very busy start to 2012. In January we held the national launch of our Daffodil Centres and outlined our plans to grow to 12 centres in 2012.

February saw another amazing Shave or Dye campaign, driven by the phenomenal energy of the Today FM team and unprecedented support from all the shavers and dyers who got on board.

Our Care to Drive programme is being rolled out across the country at lightning pace and will launch in the Adelaide & Meath Hospital, Tallaght in the coming weeks bringing to seven the total number of hospitals in board.

If you are interested in hearing more on any of our activities or any of the work we do, get in touch with us. After all, you make it all possible!

Super heroes don’t shake buckets or sell daffodils. But ordinary heroes do.

With warmest thanks,

John McCormack
CEO
Irish Cancer Society

Subscribe to receive this newsletter by email – visit www.cancer.ie/highlight
You can also follow our Facebook page at www.facebook.com/irishcancersociety
A Celebration of Research Awards

Breast cancer researcher, Dr Róisín Dwyer was announced as the first Irish Cancer Society Researcher of the Year at a special Celebration of Research in March. This event celebrated the Society’s research achievements of the past and present, as well as awarding the ‘Researcher of the Year’ title to an outstanding researcher whose work is furthering our understanding of cancer for the benefit of patients.

At the inaugural Celebration of Research awards, cancer clinicians and researchers along with many of the Society’s biggest supporters and fundraisers heard presentations by the three shortlisted contenders, Dr Róisín Dwyer, Dr Aisling Pierce and Dr Yue Fan, who all published important research findings in breast and prostate cancer in 2011.

Each presentation was evaluated by criteria that included how well the researcher explained the achievements of their research, the potential benefit to patients, as well as the overall impact of the research.

Dr Róisín Dwyer, who scooped the top prize on the night, is a post-doctoral research fellow in the Discipline of Surgery at NUI, Galway. Dr Dwyer presented her research that investigated the potential of adult stem cells as a new way of transporting anti-cancer treatments to breast tumours by non-invasive means. This approach resulted in a significant reduction in tumour growth, with no negative side effects observed.

Of the other shortlisted researchers, Dr Aisling Pierce, described her research which explored whether the measurement of specific sugars called "glycans" in the blood could help to identify aggressive early stage breast cancer in women. While Dr Yue Fan presented his research entitled ‘The answer is in the blood: Using computers to help identify treatments for prostate cancer’.

Speaking about the Celebration of Research and the significance of the Irish Cancer Society funding, Professor John Fitzpatrick, Head of Research, commented, “The Society’s Researcher of the Year award is an opportunity to celebrate the results coming out of our research. Last year, a total of 64 publications were produced from Irish Cancer Society funded research, with 47 of these describing new research discoveries. These results were published in a range of high impact international journals, which means that the research being done here in Ireland is having a global impact on cancer.”

For further information on the Irish Cancer Society’s Research Programme or to make a donation, visit cancer.ie or contact the Irish Cancer Society on CallSave 1850 60 60 60.
Former Olympian Marie Murphy get us in training!

Irish Olympian Marie Murphy, who represented Ireland at the 1988 Seoul Olympics, has joined the Irish Cancer Society as our expert coach and she plans to get us all in training to out run cancer and raise some funds with the Run4Life marathon programme. We caught up with Coach Murphy to chat about her involvement with Run4Life.

Q. What inspired you to become involved in this project with the Irish Cancer Society?
I initially came on board to lead the Irish Cancer Society’s Physical Activity Programme. This helps people who have been diagnosed with cancer to reduce the chance of recurrence through exercise, which is scientifically proven. Run4Life is a natural extension of this programme and the great thing is that it will also help raise money which will directly fund the Physical Activity Programme. It’s closing the circle.

Q. Can you give us an overview of what’s involved?
This programme delivers personalised training and nutritional advice to everyone who participates. First you do a fitness evaluation, this tells me your baseline fitness from which I work out your training programme. I will track your progress and set new goals throughout your training.
As I’m also a sports nutritionist I will give participants nutritional advice to maximise their performance. We plan to put some nutrition videos on the Irish Cancer Society website too.

Q. The best thing about running is….
The spirituality. It’s time when you go into yourself and become removed from everything else. Running is my connection with life. My day is not complete without a run!

We are delighted to have been chosen as the charity partner for this year’s Dingle Marathon. The Dingle Marathon has built a reputation for being a quality, fun and organised event and has fast become one of Ireland’s favourite running events. Join the Run4Life Team for this fantastic event, raise some money and stay on for the fun on this festival weekend! Not forgetting the breathtaking scenery on the way. Register at www.dinglemarathon.ie and tick the box for your fundraising pack and we’ll post one straight out!

Shave or Dye Today FM Campaign
This was the third year of the phenomenally successful Shave or Dye campaign! A massive 15,000 people registered with the Irish Cancer Society to shave or dye their hair this year. Over 300 fundraising packs left the Irish Cancer Society office daily through the months of February and March. Damien Bennett, from Peter Marks, on behalf of Today FM’s Shave or Dye campaign now holds the World Record for the most heads dyed by one person in 24 hours! Damien managed the amazing feat of dyeing 62 heads green, white or orange in 24 hours. 130 heads were shaved over the course of The Ray D’Arcy Show from The Style Club, Dublin. Thanks to the funds raised by your efforts we can continue to provide our free services to people across Ireland. The fun poster campaign featuring Today FM’s Ray D’Arcy and other popular presenters captured the madcap spirit of this increasingly hair-raising event. Hats off to all those who took part and contributed to the success of this event.

Shave or Dye Today FM Campaign

Dates for your diary 2012 Marathon

- **Stockholm Marathon** - 2nd June
- **Amsterdam Marathon** - 31st October
- **Dingle Marathon** - 1st September
- **ING New York City Marathon** - 4th November
- **Chicago Marathon** - 7th October

Irish marathons such as the Dublin City Marathon and the Bord Gais Cork City Marathon, as well as regional marathons around the country are also open to Run4Life participants.
Challenge yourself in 2012 and join 98FM’s Gossip Girl, Siobhan O’Connor, on our Trek4Life to Jordan in aid of Cancer Research. Trek with Siobhan from September 29th – 7th October on our ten day adventure from the shores of the Dead Sea, deep into the desert and the hidden city of Petra. Sleep under the stars in Bedouin encampments and experience the profound silence of the desert.

“I’m delighted to be part of the Irish Cancer Society’s Trek4Life team to Jordan and to challenge myself for cancer research in Ireland.” Siobhan O’Connor

On October 19th-28th we will have another Trek4Life, this time to Mount Kilimanjaro, Africa’s highest mountain. Why not join us for what promises to be an amazing experience as we trek through dense tropical rain forest all the way up to the mighty snow-capped summit of Mount Kilimanjaro.

All funds raised by Trek4Life go to support 33 researchers working on potentially important discoveries across a range of cancers. This vital work, funded by the Irish Cancer Society, has led to 650 important cancer related findings in the past 30 years.

For further information on the Trek4Life to Jordan or Mount Kilimanjaro, CallSave 1850 60 60 60.

In January, as part of Lung Cancer Awareness Month, the Society launched a new publication called “Look After Your Lungs” which is full of information and advice on how to improve your health and be aware of the early signs and symptoms of lung disease. Copies are available free from the National Cancer Helpline on Freefone 1800 200 700

BE SUNSMART THIS SUMMER

Given the mixed weather we get during an Irish summer it will surprise most people that skin cancer is the most common cancer in Ireland. Just over 8,000 new cases are diagnosed in this country every year. The good news is that nine out of ten cases of skin cancer are preventable if you follow the SunSmart code. Be SunSmart everyday whether at home or abroad.

THE SUNSMART CODE:
1. SLIP on sun protective clothing
2. SLAP on a hat
3. SLOP on sunscreen
4. SEEK shade
5. WEAR wrap-around sunglasses

For detailed advice on staying safe in the sun and on checking your skin visit cancer.ie/sunsmart

BOWEL CANCER AWARENESS MONTH

This years national Bowel Cancer Conference, organised by the Irish Cancer Society and the Bowel Cancer Support Group, was held in Dublin in April. The event aimed to increase awareness of the early warning signs of bowel cancer and provide support to survivors of bowel cancer. This free event was attended by those affected by bowel cancer, healthcare professionals and researchers working in this area.

“This conference gave bowel cancer survivors and those close to them an opportunity to get a holistic view of the disease as well as practical support and advice from key healthcare professionals working in the area of bowel cancer,” said Olwyn Ryan of the Irish Cancer Society.

Last year over 2,200 people were diagnosed with bowel cancer, making it the second most common cancer in Ireland. Knowing the early warning signs can radically improve chances of early detection and treatment leading to more successful outcomes for patients. For more information see cancer.ie
PEOPLE ALL OVER IRELAND WENT YELLOW TO CELEBRATE DAFFODIL DAY’S 25th BIRTHDAY

Celebrating our 25th birthday this year, Daffodil Day is the Irish Cancer Society’s largest annual fundraising event. The monies raised help to improve the quality of care available to patients with cancer throughout Ireland and its success is a testament to all those involved. This year to celebrate this landmark 25th Daffodil Day and recognise the great work of our volunteers we held the second Best of the Bunch Awards as part of our national launch. The event was hugely successful and it was a great way to say thank you to all of those who support us in so many ways. We would also like to thank Dell Ireland who continue to support us.

Daffodil Centre Update

There are now seven Irish Cancer Society Daffodil Centres set up in Ireland in the following locations: Galway University Hospital; Beaumont Hospital, Dublin; Mater Misericordiae University Hospital, Dublin; St James’s Hospital, Dublin; Bon Secours Hospital, Cork; The Adelaide & Meath Hospital Dublin, incorporating The National Children’s Hospital and The Hermitage Medical Clinic, Dublin.

It is the hope of the Irish Cancer Society to open a further five centres in 2012 in Letterkenny General Hospital; Midlands Regional Hospital, Tullamore; Waterford Regional Hospital; Cork University Hospital and Mid Western Regional Hospital, Limerick.

Almost 2,500 people visited the Irish Cancer Society Daffodil Centres between January and March this year where they received valuable advice and assistance from a specialist cancer nurse. In addition, over 2,000 people attended awareness stands within hospitals to learn more about cancer or to get advice on how to quit smoking.

“A massive thank you to everyone concerned for sending in monies raised so promptly and a gentle reminder to those who have yet to do so. Every cent raised goes towards providing vital cancer patient services for patients and their families.”

Judith Browne – Dell
Our Corporate Star

Judith Browne, Dell, receives the Best of the Bunch - Corporate Star award from John McCormack, CEO, Irish Cancer Society.

Aviva – Our Company Cares

John McCormack, CEO, Irish Cancer Society presents a Best of the Bunch award to Breda Judge of Aviva.

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John McCormack with Joe Fitzpatrick from Tullamore, Co Offaly who was presented with a lifetime achievement award for his involvement with Daffodil Day.
Irish Cancer Society’s Night Nursing Service described as ‘angels of the night’

The Irish Cancer Society’s Night Nurse service provides vital support for patients in their homes during their final nights. Speaking about his family’s experience in the Irish Examiner, joint Managing Director of retailer Louis Copeland & Son’s, Adrian Copeland said, “Three angels came to us. They brought a kindness beyond the norm, a respect for the patient. These nurses don’t just turn up. They put their heart and soul into it. They’re very comforting people.”

Lesley Courtney was one of the night nurses. Lesley has been an Irish Cancer Society Night Nurse for six years and has cared for over 100 patients in their homes. Speaking about her experiences she said, “As a nurse, you’re there at night, the busy world is hushed. There’s a gentleness and tenderness about the night and people talk. Family members may not voice their concerns to each other, wanting to be strong for each other. We can act as a sounding board. In this context, the duration of the relationship you have with the family has no correlation with the bond you make. You’re going into their home at such an intense time.”

Cancer? Concerned about cancer? Diagnosed with cancer? Caring for someone with cancer? We are here to help, to listen, to answer your questions.

National Cancer Helpline Freephone 1800 200 700

You can speak to a specialist cancer nurse

The Irish Cancer Society’s Cancer Information Service includes:

Email service: helpline@irishcancer.ie
Interactive online help: www.cancer.ie
[cancer chat and cancer forum]

It’s confidential and it’s free
Care to Drive recruitment update

Care to Drive is continuing to drive forward in leaps and bounds! The training of 150 volunteers for the Adelaide & Meath Hospital, Tallaght has just finished and, as the garda vetting is now taking a much shorter time, the projected opening date is within the next month or so. The recruitment for Connolly Hospital, Blanchardstown started on April 16th with advertisements on radio, in local papers and in local community newsletters. Volunteers are being sought particularly in the Meath, North Kildare and West Dublin areas. And, if all that wasn’t enough we are delighted to announce that we held the Orientation Day for the Mid Western Regional Hospital, Limerick on March 22nd with over 100 volunteers in attendance. The Mid Western joins the list of hospitals that the service is currently available from including St. Vincent’s Hospital; Sligo General Hospital; St. Jame’s Hospital; Letterkenny General Hospital; The Mater and Portiuncula Hospital, Ballinasloe.

For further information on Care to Drive, please call Gail on 01 231 0566 or visit irishcancer.ie

The national conference for cancer survivorship

Eight highly deserving support groups were awarded affiliation to the Irish Cancer Society at its national conference for cancer survivorship in March. Over 700 cancer survivors attended the conference over the two days. This brings the total number of affiliated groups to 42 nationwide each of which were given a grant by the Irish Cancer Society as part of their affiliate status. Highlights from the conference included Dr. Maureen Gaffney, Prof. of Psychology, UCD who talked about Flourishing Under Fire and entrepreneur Padraig O’Ceidigh who received a standing ovation for his touching personal address to the conference.

Irish Cancer Society launches ‘I’ll quit when I’m 30’ campaign

In February, the Society launched its first major advertising campaign aimed specifically at young women who smoke, to coincide with National No Smoking Day entitled ‘I’ll quit when I’m 30’. Using youth media, online communications, social marketing and guerrilla advertising, the campaign is being supported by Operation Transformation leader, Grace Batterberry who quit smoking as part of her get fit campaign.

The National Smokers’ Quitline 1850 201 203 is a partnership between the Health Service Executive (HSE) and the Irish Cancer Society. Smokers are encouraged to call for information, advice, support and a quit booklet. You can also visit our smoking information pages on cancer.ie/reduce-your-risk/smoking or www.quit.ie

Register to attend our Women and Smoking Seminar, ‘Time to Face the Crisis’, held in association with the NWCI in the Ashling Hotel, Dublin on July 4 at 10am. Visit cancer.ie for more details.

The Care to Drive team and IBM have been collaborating over the past number of months on an exciting new project to streamline the Care to Drive administrative processes. By the end of 2012, Care to Drive will be managing over 800 volunteers, driving patients to and from 13 hospitals nationwide. Collating all the data from 800 volunteers is a time consuming and paper heavy activity. Over the past number of months, IBM staff have been volunteering their time and energy to come up with a system that will streamline this process. In recognition of this, the global giant IBM have singled out this dedicated Irish team as winners of the ‘2011 On Demand Community Excellence Award’. Care to Drive is delighted to be working with IBM on this much needed addition to the system that will ensure the continued success of the national rollout and the smooth running of the programme.
The Irish Cancer Society has made recommendations to the Seanad Public Consultation Committee on how changes in lifestyle can reduce the risk of developing cancer.

One in three Irish people living in Ireland will develop cancer at some stage during their lifetime and the Society has called on the Government to create an environment that makes the healthy choice the easy choice for people. About a third of the most common cancers could be prevented by maintaining a healthy weight, eating well and being physically active.

The Irish Cancer Society wants the Government to work with groups such as the media, civil society and employers to raise awareness of risk factors that could increase the chances of being diagnosed with cancer. We also called for a Cabinet Sub-Committee to be established that would work specifically on disease prevention, cancer and lifestyle factors.

We are looking forward to hearing the Committee’s response to our submission.

You CAN be our voice

iCAN is the umbrella name for the Society’s grassroots advocacy campaigns. iCAN is about our supporters joining us to campaign for policies that will help save lives and prevent cancer.

We are currently calling on the government to extend the age groups screened for breast and bowel cancer, to tackle Ireland’s high rate of smoking, and to pass legislation being prepared to control the use of sunbeds in Ireland.

We work hard with people like you, so that politicians and civil servants make cancer a national priority. So get involved and help us make a real difference today.

To join us and become an online iCAN advocacy campaigner, or a trained iCAN advocate or simply learn more about our campaigns log on to cancer.ie/ican.

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Roisin Shortall, Minister of State, to tackle medical cards backlog

The Irish Cancer Society met with Minister Roisin Shortall during March to discuss the issue of medical cards for cancer patients. We were concerned at the long delays in the medical card application process and discovered that there were 31,000 people waiting for a decision on their medical card. We brought our concerns to Minister Shortall and she told us that the HSE had been instructed to abolish any delays by the end of May. We understand that the HSE is on track to meet this target.

We also raised the issue of the hardship experienced by cancer patients who are not deemed eligible for a medical card but do not have private health insurance. We want more cancer patients to be eligible for a medical card and we will continue to press the Minister for this.

The issue of medical cards is a priority for the Irish Cancer Society and we are working with the relevant Government Departments and agencies to try and resolve the many problems faced by cancer patients and their families.

Survivors Supporting Survivors

Recently told you have cancer?

Would you like to speak to someone who really knows what you are going through and understands what it feels like to be told you have cancer?

All of our peer volunteers have had a cancer diagnosis. They have been carefully selected and trained to give support, practical information and reassurance when you need it most.

“Thankfully, I had a lot of support from my husband, family and friends throughout my treatment. And I believe that was a major factor in helping me to cope and get through some of the very difficult times. Also talking to someone from Reach to Recovery who had been through the treatment was very reassuring and gave me great hope and encouragement”.

Please call the Irish Cancer Society National Cancer Helpline on Freefone 1800 200 700 or email helpline@irishcancer.ie and ask to speak with someone who has been there too.

Cancer and You

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We are looking forward to hearing the Committee’s response to our submission.
Thank you...

Our work is almost entirely funded by voluntary donations, and none of it would be possible without the generosity and commitment of our amazing supporters. We wish to pay special thanks to the following individuals and organisations that have recently gone that extra mile to support the Irish Cancer Society.

Thank you to Aisa Cooper who organised his annual Violet and Daffodil Ball. It was started in 2005 after the death of his mother Violet. Each year the Ball is a fantastic night out in Co. Kildare. This year over €6,500 was raised by Aisa and his friends and family. Thank you to everyone involved.

Thank you to James Aspell who raised €5,300 from a charity gig in his local pub in Kilkullen, Co Kildare.

Thank you to Ruth Murray as she caused a stir in Dublin as she promoted her Shave or Dye event with the use of bra bunting! This event not only carries the awareness message, but also raised €8,500.

Thank you to Ian Doyle of Delgany who arranged the DD4 Fun Run on Sandymount Strand. Ian’s event was in support of his wife, who is a cancer survivor. The DD4 Fun Run raised an amazing €35,000.

Thank you to the Physics Society in NUIG in Galway who presented the Irish Cancer Society with €1,500 for Irish Cancer Society Research which they raised through the NUIG Science Ball. Thank you all so much for your wonderful support!

A huge thank you to Gerry Gillespie who organised a Run, Walk N Roll event in Glencolmcille Co Donegal and raised €1,665.

Thank you to Jimmy Bergin who organised a sports marathon in Shankhill, Co. Dublin. Participants ran on treadmills and cycled relay style for 3 days, raising €7,500 in the process.

Apprentice judge, Brian Purcell and his little helpers at the launch of Our Company Cares 2012.

Mayor of Kinsale, Fred Treacy and his wife Irene helped cut the pink ribbon to start the Run and Walk.

Kinsale Pink Ribbon Walk
Some very happy participants pictured at the Kinsale Pink Ribbon Walk, which took place on the 4th March. 750 participants took part, raising over €100,000 for Action Breast Cancer, a programme of the Irish Cancer Society. Well done!
Noelle McLaughlin and a group of swimmers in Ramelton, Co Donegal braved the cold to swim on New Year’s Day and they raised a whopping €5,176 for the Irish Cancer Society’s Research Programme.

Our Corporate Partners... Thank You!

Every Little Helps
A sincere thank you to Tesco who boosted the funding of the Irish Cancer Society by an incredible €1.9m. The funds were contributed by Tesco staff and customers as part of their Charity of the Year partnership (2010-2012). €1.425m of the total raised will go towards funding the Care to Drive programme. Money raised by Tesco has already funded our Care to Drive service in six locations and this will enable us to roll out this important programme in a further six locations this year.

Abbott Ireland
Airtricity
Allianz
AOL Europe
Aramark
Aviva
Bank of America/MBNA
Bank of Ireland
BB’s Coffee and Muffins
Bj Fitzpatrick
Boots
Bord Gáis
Bord na Mona
Bristol Myers Squibb
Brown Thomas
Canada Life
Citi Group
Compass Group
Cork Society of Chartered Accountants
Crown Paints
Curves
D4 Hotels
DB Schenker
Dell Ireland
Derchil Cosihomes
Deutsche Bank
DoneDeal
Dunnes Stores
Eli Lilly
EBS Building Society
Elave Skincare
EMC Ireland
ESB
Esso Ireland/Nine One One
Eurostyle
Fálte Ireland
Gaelic Performance
GE Healthcare
ghd
GlaxoSmithKline
Go Green Mobile
Google Ireland
Greenstar
Hallmark
Hewlett Packard
HSBC
Hudson Global Resources
IBM
Independent Newspapers
Intel
Investec
Irish Blood Transfusion Service
Irish Examiner
Irish Life
Investment Managers
Johnson & Johnson
JP Morgan
Leinster Rugby
L’Oreal Luxury Products
Matheson Ormsby Prentice
Maxim Integrated Products
Mercer
Merck Sharp Dohm
Mercury Engineering
Merrill Lynch
Microsoft
Mundipharma
Musgrave Group
The National Lottery
Novartis
Paddy Power
Papertree
Pfizer
Pioneer Investments
Prestigious Textiles
PricewaterhouseCoopers
Priory Studios
Proctor & Gamble
Portwest
Quest Diagnostics
Robert Roberts
Roche Ireland
Rubycard
Sanofi Aventis
Schering Plough
Sodexo
Spin1038
Symantec
Takeda
Tata Steele
Telefónica Ireland Limited
Tesco Ireland
The Honest Farmer
Third Force PLC
Today FM
Ulster Bank
Umbro
Unicare
United Drug
Watermark Cars
Vhi Healthcare
Vodafone
Zurich

For more information on how you can support our work, email fundraising@irishcancer.ie or CallSave 1850 60 60 60.
What’s on in 2012...

June 2012
- Men's Health Awareness Week
- Pink Ribbon Walk
- Relay for Life

July 2012
- Joint seminar with NWCI on women and smoking

August 2012
- Relay for Life
- Hurling for Cancer
- Relay for Life

September 2012
- Pink Ribbon Walk
- World Lymphoma Awareness Day
- Relay for Life
- National Breast Cancer Conference

October 2012
- Relay for Life
- Pink Ribbon Appeal
- Breast Cancer Awareness Month
- X-Hale Youth Awards National Expo

November 2012
- Prostate Cancer Conference
- Movember
- Research Awards Ceremony

Shops open from 10.00am - 5.00pm
- Monday - Saturday.

For further information, visit cancer.ie/fundraising/shops.php

Shopping or Spring Cleaning

We are calling all shopaholics to visit one of our 19 charity shops, which offer superb value and style and all sales go towards supporting our cancer service, patients and their families. For those of you planning a little spring-clean, why not donate any clothes, shoes, books, bric-a-brac or gifts that are in good condition. You can even donate your unwanted furniture to Irish Cancer Society shops in Cornmarket St., Cork, Ennis, Co. Clare and Castlebar, Co Mayo.

Locations include:
- Dublin: Clondalkin, Camden St., Rathmines, Capel St., Dun Laoghaire, Kimmage and Phibsboro
- Cork: Castle St., Princes St. and Cornmarket, Mallow
- Clare: Ennis
- Kerry: Tralee
- Limerick: William St.
- Louth: Drogheda
- Mayo: Castlebar
- Tipperary: Clonmel
- Waterford: The Quay
- Wicklow: Bray

Door to Door Raising Awareness

Our successful door-to-door fundraising campaign run by FMI is a very effective way of raising awareness of our work and attracting supporters. Our FMI team reach about 500 people in Leinster every week and recruited 3,000 new donors last year. We plan to extend this throughout Ireland. FMI fundraisers will only ask for regular gifts via direct debit and are not authorised to accept one-off cash gifts. To identify FMI representatives working on behalf of the Irish Cancer Society ask if they are:
- Wearing a FMI Identification Badge.
- Carrying an Irish Cancer Society authorisation letter signed by Edel Cribbin
- Carrying up to date ICS literature.

If you would like to make a monthly contribution, you can do so by visiting cancer.ie or CallSave 1850 60 60 60.

The Flora Women's Mini Marathon

Bank Holiday Monday, 4 June 2012
The Flora Women's Marathon was a huge success again this year with record numbers turning out to support many worthy causes.
We would like to express our sincere gratitude to all those who took part in support of the Irish Cancer Society. The much needed monies raised will go towards expanding and improving our services to cancer patients and their families.

CallSave 1850 60 60 60 or visit cancer.ie to receive your official fundraising pack.