



OGCancerNI

Stomach and Oesophageal Cancer Support



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Charity Number: 107492

IN THIS ISSUE:
CHAIRPERSON'S UPDATE
OGCANCERNI & OCF ABSEIL CHALLENGE
SUMMER 2024 EVENTS
VOLUNTEERING
RIGHT TO BE FORGOTTEN CAMPAIGN
AUTUMN WELLBEING MEETING
FUNDRAISING & DONATIONS
RECIPE

AUTUMN NEWSLETTER

SEPTEMBER 2024

CHAIRPERSON'S AUTUMN UPDATE

As you will see in this issue, summer has been a hectic and productive time for us, filled with many highlights. I want to extend my heartfelt thanks to our amazing volunteers, who have gone above and beyond over the past few months – your efforts have not gone unnoticed, and we are incredibly grateful. Whether attending events across the country, manning our information stand at the City Hospital, collecting donations, or supporting new patients, their dedication inspires us all.

One of the most rewarding parts of our summer was seeing our message about the signs and symptoms of oesophageal and stomach cancers reach communities across the province. As our van toured country shows, we had the opportunity to connect with many people, spreading awareness and engaging in meaningful conversations. In addition to raising awareness, we also received tremendous financial support, with impressive funds collected at these events—thanks to the public's generosity. A special mention must go to Margaret Scott for donating her beautiful hand-knitted clothes and to the Taggart family, whose donation of a prize heifer for our first large-scale ballot contributed significantly to our fundraising efforts. Please read on to see the impressive total raised through their generosity. In April, we visited the City Hospital to assess the facilities and explore ways to enhance patient care. Since then, we have donated activities to improve the patient experience and continue to provide comfort packs to those recovering from surgery. We are committed to working closely with the hospital staff to ensure patients feel as comfortable and supported as possible during their stay. Our advocacy work remains at the forefront, with our team attending meetings with the Charities Cancer Coalition and the Stormont Assembly All-Party Group on Cancer. We are also developing a new campaign, the



'Right to Forget,' which aims to tackle the financial discrimination faced by cancer survivors. We will be sharing more details on this important initiative soon.

Enjoy the Autumn season!
Warm wishes Helen

The OGCNI & OCF Abseil Croke Park Challenge

Friday 11th October

Go to new heights in the fight against Cancer

Sign Up Today

WWW.OGCANCERNI.COM | INFO@OGCANCERNI.COM | WWW.OCF.IE

Receive your newsletter by email

If you would like to receive your newsletter via email please let us know. Email info@ogcancerni.com to update your contact details

Reach New Heights With Us!

On Friday 11th October, for the first time ever, we will be teaming up with OCF for a very special fundraising event - abseiling down Croke Park Stand in Dublin. If you would like more information or to book a place, please contact Louise at comms@ogcancerni.com or on 07767 294224.

Brain teaser!

The more you take, the more you leave behind. "What am I?"

SUMMER 2024 EVENTS

What a Summer it has been! We have been all over the country attending agricultural shows, corporate venues and meeting old friends and new alike! As expected the Northern Irish weather kept us on our toes and we battled a few stormy days along the way. However we made some fantastic connections. As the Charity of the Year for the Lurgan Show we raised over £2000.



As our summer of shows came to an end at Clogher Valley, Anna Taggart drew the winner of our Hereford Heifer ballot competition. The lucky winner was.... Theresa Faughey from Newry - Congratulations Theresa!

This competition exceeded everyone's expectations and raised an unbelievable £11,255 to help make



a difference to the lives of people with stomach and oesophageal cancers! We cannot extend enough gratitude to John Taggart and his family who provided the heifer as the prize. John's daughter Anna was diagnosed with stomach cancer last year and John wanted to give something back to OG Cancer NI as a thank you for the help the family received from us during such a difficult time for them all.

Family story - What happens next?

The stages of grief can look and feel differently for individuals, family units, friends and work colleagues. The note below captured the sentiments of a family who recently lost a loved one! 'in loving memory of our dad, Joe Smyth, we proudly raised £5,091 for OG Cancer NI, a charity that means the world to us. Every mile was a heartfelt tribute to his strength and the love he shared with us. Andy Smyth took on the immense challenge of cycling 210 miles from Belfast to Sligo in the 'Chase the Sun' event, while I dedicated myself to running 26 miles in the Belfast City Marathon. But we didn't do this alone. Our incredible family stood by us every step of the way; their unwavering support lifted us through the toughest moments. Friends, too, rallied behind our cause, their generosity and encouragement inspiring us to keep pushing forward. Together, we not only honoured our dad's memory but also contributed to OG Cancer NI's mission to support others facing similar battles. Every mile was for him, and every pound raised was a testament to the love and strength of our community. Once again, we would like to thank everyone that was involved in any way, we couldn't have done it without you. We love and miss you so much, Dad. We hope we have done you proud'.

Right to be Forgotten campaign

For the past few months, we have been working with Stewart Dickson (MLA) on a campaign which will hopefully help put an end to the financial discrimination facing local cancer survivors.

We hope to launch our 'Right to be Forgotten' campaign in the coming weeks. Keep an eye on our social media pages and website for more information.

Welcome Matteo

We delighted to introduce Matteo Veridiani, who will join the OGCancer team for the next few weeks. Matteo, who is coming from Italy, will assist us with IT and website management during his internship. We are thrilled to welcome him aboard and are excited about the fresh energy and expertise he brings to the team. Remember to say hello to Matteo at the meeting!

**SAVE
THE
DATE**

Contact us:
www.ogcancer.org
info@ogcancer.org
07568 157450



**OGCancerNI Autumn
Well Being Meeting**
The Great Hall,
Queen's University
Belfast
Saturday 28th September
2024

Register to attend
the event via email at
info@ogcancer.org
or call us on
07568 157450
www.ogcancer.org
#CatchItEarly

**Watch this space for more details about the
OGCancerNI Winter Wellbeing Meeting, to be held on the
26th October 2024 at Altnagelvin Hospital**

FUNDRAISING & DONATIONS IN AID OF OGCANCERNI

We've had some really fantastic fundraising efforts take place over the summer and not just here in NI! Mike Pennick who now lives in Norway, took part in a Monster 72 Hole Golf Challenge, the golfing equivalent of a marathon and raised over 4,000 Euro in memory of his uncle Dave Pennick who sadly passed away from stomach cancer. Another epic fundraiser in memory of Dave, was completed by his former colleague, Craig Walker. Craig completed the Mourne Seven Sevens Endurance Race. This challenging event covers 19 miles with an 8,500ft elevation gain, requiring a climb of all seven peaks in the Mourne Mountains that are over 700m above sea level. Well done to both gents from all of us. Absolutely magnificent fundraising efforts!

A huge congratulations and thank you also to Andy Smyth who completed the Chase the Sun Challenge, cycling over a whopping 200 miles from Belfast to Enniscrone in memory of his dad, Joe. Absolutely incredible! Meanwhile, Girl Power was out in force at the Moy Park 10K. Amanda Harris and her friend Andrea completed the run in memory of the husband of their good friend Maureen Belshaw. Jeff sadly passed away after his diagnosis and Maureen, their daughter Melissa and friends and family are very keen to work with us and help raise awareness.



A special thank you and congratulations to Jean and Robert Evans who recently celebrated their Golden Wedding Anniversary and asked for donations in lieu of gifts. They raised a fantastic £1,200 for us!

Volunteering for OGCancerNI

Volunteering can be a very beneficial undertaking, not only for you but also for those you help directly or indirectly and the impact can be long lasting! There are many ways to volunteer for OGCancerNI. For more information, please email: info@ogcancer.org.uk or call us on 07568157450.

Recipe - Cheesy Cheats Lasagna

Ingredients

1 tablespoon olive oil, 1 onion, finely chopped, 1 leek, washed, trimmed and finely chopped, 2 carrots, finely diced, 2 garlic cloves, crushed, 750g lean steak mince, 500ml tomato passata, 60g tomato paste, 1 pinch chilli flakes, 250ml beef stock, 400g fresh lasagne sheets, cut in half diagonally, Freshly milled salt and pepper. For the cheese sauce: 50g butter, 50g plain flour, 500ml milk, 200g grated mature cheddar



Serves 6 - 8
Preparation time: 15 minutes.
Cooking time: 35 minutes
You will need a large shallow casserole or ovenproof pan, roughly 32cm in diameter

Method

- Heat olive oil in a large casserole over medium-high heat and fry the onion, leeks and carrots for 5 minutes until soft, then add garlic and stir for 1 minute. Stir in steak mince, breaking up with a wooden spoon and cook for 5 minutes until brown.
 - Stir in the passata, tomato paste, chilli flakes and stock. Bring to a boil, lower the temperature and simmer for 5 minutes.
- For the cheese sauce:
- Melt butter in a saucepan, then add flour, stirring continuously until paste forms – this is called a roux. Gradually whisk milk to the roux, whisking until smooth. Cook for 5 minutes, stir until the sauce has thickened, then stir in half of the cheese.
- To assemble:
- Preheat an oven to 180oC / 160oC (Fan) / Gas mark 4.
 - Remove two-thirds of the meat sauce from the casserole to a large bowl.
 - Spread the remaining third over the casserole base and arrange a layer of fresh lasagne sheets on top. Pour over one-third of the cheese sauce. Repeat twice, finishing with cheese sauce and sprinkle with remaining grated cheddar. Bake in a hot oven for 35 minutes until golden.
 - Serve with a crisp salad and crusty bread.

The Consumer Council - Information & Advice

Make the Call, the service that makes sure you are receiving all the benefits, services and supports that you are entitled to.

Energy bills are still higher than they were before the energy crisis that started in winter 2021. This means it is important that people know where to go for support if they are finding it difficult to pay their energy bills. There are different things you can do to help with your energy bills:

1. You can contact your energy supplier if you are struggling to pay, and they can help you look at better payment options and tariffs.
2. There are different organisations that can advise on energy saving and making sure you are accessing all the money and benefits available to you.
3. You can also make sure your home is well-insulated and energy-efficient. There are different grants and cashbacks available to help with insulating your home and upgrading your heating system.

OG CANCER NI
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make the call 

#makethecall to
0800 232 1271
or go to nidirect.gov.uk/makethecall

Northern Ireland only. Calls are free from landlines and mobiles when calling from within the UK.

Riddle Answer: Footsteps
Thanks to Riddles.com for this riddle
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07568157450