



Climb your personal Everest

WITH the New Year comes new horizons and a local charity is challenging people from the Province

to realise their dreams. The Ulster Cancer Foundation (UCF) is keen for everyone to climb to the peaks, maybe fulfilling a long-held ambition, as they launch a unique fundraising initiative next week called the Personal Everest Project.

And you don't necessarily have to be into mountaineering to take part, although it will be launched by long-term UCF supporters – Lynne and Noel Hanna and they're in the final stages of preparing for one of the most hazardous and dangerous expeditions known to man – to reach the summit of Everest. Lynne and Noel Hanna will be joined by Peter McAlindon, who was diagnosed with lymphoma five years ago at the age of 36. He will be going to Tibet with them and will join them on the first leg of their expedition. Lynne Hanna, who is also general manager for Clarins in Northern Ireland says: "This is an ambitious fundraising target so we want to encourage as many people as possible to get involved and help us achieve our £150,000 target. We know not everyone has the opportunity or inclination to go to Everest, so we're asking people to think about a challenge in their own lives that is their 'Personal Everest' and which they can use to raise funds for this worthwhile cause."

Joyce Savage, Head of Appeals & Marketing, UCF added: "The opportunities are endless – from making a simple donation on a regular basis, to using the challenge as an excuse to do something you've always been planning to do but never quite started.

It could be getting your friends to sponsor you to get fit, lose weight or give up smoking. Or you could register for a range of UCF sporting or fundraising events which cater for all levels of adventure at home or abroad – such as Ben Nevis, Four Peaks or the Great North Run.

"We are thrilled that Lynne, Noel and Peter are using this once-in-a-lifetime experience to benefit

cancer patients in Northern Ireland.

"Their dedication, commitment and loyalty are a great inspiration and we wish them every success as they prepare for their expedition."

NOEL AND LYNNE HANNA

Noel and Lynne Hanna live in Dromara, Co.Down.

Lifestyle will be following their progress with their Personal Everest

PERSONAL EVEREST: To be the first married couple from Northern Ireland to reach the summit of Mount Everest and inspire others to get involved. They've set their own 'Personal Everest' challenge of raising £150,000 for the Ulster Cancer Foundation (UCF), to benefit a major new support programme for cancer patients and their families.

This expedition is Noel and Lynne's second attempt at reaching Everest's summit as a husband and wife team. In 2005, the couple made an attempt but Lynne abandoned her summit chance when Noel was diagnosed with retinal haemorrhaging causing blindness which lasted for six weeks. Noel did however return to Everest and reached the summit in April/May 2006.

EXPEDITION DATES: April 1-June 6 2008. The team aims to arrive at Base Camp on April 8/9 and hopes to be ready for a summit push from May 14/15.

LOGISTICS: The team will climb as part of a Russian expedition. The planned route is from Tibet (North side).

TRAINING: Noel and Lynne train by taking long walks in the Mourne's with heavy rucksacks.

RATIONALE: It will be a great personal

achievement, but also the money raised from the Personal Everest Project will be used to fund UCF's major new support programme for cancer patients and their families.

The two elements of the programme include:

1) A tailored fitness programme

For cancer patients, both during and after treatment, to help reduce the debilitating effects of fatigue and enhance quality of life.

2) A full-time complementary therapy service

To help patients reconnect with their self-esteem and improve their self image which are often damaged as a result of their diagnosis and treatment of cancer.

Last year, UCF in partnership with Clarins launched the Beauty for Life programme, which helps patients during a very difficult period in their lives by giving them time out to enjoy some real pampering. Ladies are offered a full range of treatments designed to make them feel relaxed, look great and leave feeling better about themselves and their body image. The Beauty for Life programme has been hugely successful. Money raised from the Everest Project will extend the Beauty for Life remit to include reflexology and aromatherapy in a full-time complementary therapy post.

PETER McALINDON

Peter McAlindon lives in Belfast. He is married with two children and has survived cancer

PERSONAL EVEREST: As a cancer survivor, Peter's 'Personal Everest' will be to climb to Base Camp, if not North Coll, sending out a message that life after cancer can be positive and better than ever! The type of cancer Peter had was Lymphoma. Lymphomas are cancers of the lymphatic system, part of the circulatory system. There are two basic types of lymphomas – Hodgkin's lymphoma and Non-Hodgkin's lymphoma. Lymphoma, like other cancers, is a disease of the body's cells causing a lump or tumour to develop in one or more groups of lymph nodes. Approximately 300 people are diagnosed each year in Northern Ireland with a form of lymphoma.

TREATMENT: Peter was diagnosed with Lymphoma in December 2001 and started a programme of chemotherapy in February finishing treatment in June 2002. Peter was 36 when he was diagnosed.

TRAINING: Peter is not really a sporty person but he has always tried to stay reasonably active as he has an auto-immune arthritic condition and research has shown that the condition is eased by

exercise. With a young family and busy work life it is a challenge for Peter to commit to a rigid training programme although he aims to train four times per week: running, cycling, swimming and walking in the Mourne.

RATIONALE FOR CLIMBING

MOUNT EVEREST:

When Peter was asked as a cancer survivor to accompany Noel and Lynne on this momentous challenge he felt terrified and excited in equal measure. He realised that this was a chance of a lifetime and if he didn't do it,

he would regret it.

The idea of your own 'Personal Everest' also struck a chord.

The expedition is symbolic of living life to the full and of doing something which he never thought he would do, whilst undergoing cancer treatment.

FEARS ABOUT THE EXPEDITION INCLUDE:

- Missing his wife and children.
- Altitude sickness.
- Getting injured and not being able to give it his best attempt.

Publication: Newsletter

Date: Thursday, January 31, 2008

Page: 56

Extract: 3 of 3

Circulation: 24.468

Author:

Headline: Climb your personal Everest



BRAVE TRIO:
Noel and Lynne
Hanna and Peter
McAlindon are
taking up the
challenge of Ulster
Cancer Foundation
Personal Everest
Project to reach the
summit of Everest