

**LYMPHOMA SUPPORT IRELAND**  
**BEACONS OF HOPE | PHOTOGRAPHY COMPETITION**  
*Marking Worldwide Lymphoma Awareness Day, September 15th 2005*

**Entry Form**

Name:

Address:

Email:

Telephone:

Date of Birth:

Image Format:

Digital:  Print:  Slide:  Tick appropriate box ✓

Please post this entry form along with your photograph to:  
 'Beacons of Hope' photography competition, Lymphoma Support Ireland,  
 c/o Irish Cancer Society, 43/45 Northumberland Road, Dublin 4.  
 Or email entries to [images@beaconsofhope.org](mailto:images@beaconsofhope.org)

For more information visit [www.beaconsofhope.org](http://www.beaconsofhope.org). You may submit as many photos as you like. Slides, prints or digital images are all acceptable. Please include your name, address, contact telephone number or email and a short description (not more than 50 words) of how each photograph represents your 'Beacons of Hope'. If you would like your photograph returned, please send an SAE. The overall winner will be required to attend the prizegiving on September 15th in Dublin and to be available for related publicity requirements.

The closing date for the competition is Wednesday 17th August 2005. Winners will be notified of the results by phone or email before Thursday 15th September. Winning photographs will be selected based on how effectively they represent the themes 'Beacons of Hope' or 'Hope and Survivorship'. Results will be announced at the exhibition on Worldwide Lymphoma Awareness Day in Dublin on Thursday 15th September 2005. A list of winners' names will be available on written request. The competition is open to residents of the Republic of Ireland and Northern Ireland.

Photos are submitted at your own risk, we will not accept any liability for loss or damage to photos. Therefore please do not send photos of sentimental or high value without taking copies.

We cannot guarantee to return photos and cannot be liable for loss or damage by the postal service, but if you would like your photos returned please include an SAE.

Entry to the competition is free.

Winning entries will be judged by a panel of judges including representatives from Lymphoma Support Ireland, Irish Cancer Society, Lymphoma Forum of Ireland, Roche Products Ireland Ltd., Perry Ogden and Peter Thursfield. Their decision will be final. The overall winner will receive €1000 worth of photographic equipment from Spectra Photo. There is no cash alternative.

There are no age restrictions.

In submitting a photo, the person who sends it ("the Photographer"):

- confirms they are the person who took the photo and the sole copyright owner of the image;
- grants their permission and license to Lymphoma Support Ireland to copy or reproduce the photo in any medium in connection with promoting Worldwide Lymphoma Awareness Day. The Photographer also agrees to sign any documentation or take any other action reasonably requested to give effect to the grant of this permission & license. Copyright ownership remains with the Photographer;
- agrees to the photo being displayed in an exhibition to mark Worldwide Lymphoma Awareness Day from 15th – 17th September 2005 and the 2006 Lymphoma Support Ireland Calendar;
- where the photo contains another person's image, confirms that other person has given their permission to entry into the competition and copying and reproduction of their image as described above.



# Life is for Living ...capture it!

**LYMPHOMA SUPPORT IRELAND**  
**BEACONS OF HOPE | PHOTOGRAPHY COMPETITION**  
*Marking Worldwide Lymphoma Awareness Day, September 15th 2005*



Lymphoma Support Ireland



Helping you live through Hodgkin & Non Hodgkin's lymphoma

in partnership with:



Supported by:



'BEACONS OF HOPE' is an amateur photography competition open to all who wish to symbolise Hope and Survivorship through their photo lens. The competition aims to mark Worldwide Lymphoma Awareness day by encouraging the public, especially those who have been touched by cancer, to represent their Beacons of Hope through the medium of photography.

Deadline for entries is Wednesday August 17th, 2005. The judging panel will include renowned photographer Perry Ogden and Peter Thursfield, Pictures Editor of the Irish Times. Winning entries will be exhibited on Worldwide Lymphoma Awareness day in Dublin on Thursday 15th September 2005.

The overall winner will receive €1000 worth of photographic equipment from Spectra Photo. Eleven runners up will receive a Kodak digital camera. All entrants will receive a disposable camera with free processing from Spectra.

### Hodgkin and non-Hodgkin's Lymphoma

- Hodgkin and non-Hodgkin's Lymphoma are a group of cancers affecting the lymphatic system, part of the body's natural defence against infection.
- Hodgkin and non-Hodgkin's Lymphoma are both forms of lymphoma. There are significant differences between these two cancers, which means that treatment will also differ.
- Lymphoma like most cancers is not contagious and cannot be passed to other people.

### What are the symptoms of Lymphoma?

- The most common symptom of lymphoma is painless swelling of a lymph gland in the neck, armpit or groin. Other symptoms may include any of the following:
- Night sweats
- High temperature or fevers that occur for no apparent reason
- Weight loss
- Feeling tired all the time and a poor appetite
- A constant itch all over your body

All of these symptoms can be caused by conditions other than lymphoma. However, you should have them checked out by your doctor. He or she will decide what to do.

### Lymphoma incidence in Ireland

- Around the world today, there are over one million people living with lymphoma
- Lymphoma is one of the fastest growing cancer types
- The Lymphoma Coalition estimates that approximately 350,000 new cases of lymphoma are diagnosed worldwide every year
- On average, over 800 individuals are diagnosed with lymphoma each year in Ireland and Northern Ireland

The 'Beacons of Hope' theme for the competition aims to send a positive message to all those touched by cancer, with a focus on one of the most curable forms of malignant disease.



## It's good to talk

*"When I was first told I had Lymphoma, it meant nothing to me. The doctors took over and I was soon an expert on Chemotherapy and tests of every kind. After three rounds of chemo, the doctors were pleased with my improvement, and by six I was in remission. After some recuperation, I was keen to get back to work. I needed to prove I could still do it.*

*After six months back at work, I relapsed. It was a shock, and the new chemo regime was stronger than the last, but worked again and I was back in remission. The medical team recommended an Autologous Bone Marrow Transplant (which would use my own marrow); because my Lymphoma was so aggressive and the chances were that I would relapse again. In 1985 the treatment was tough as was five weeks in isolation, but afterwards I improved and got stronger by the week. I had the chance to get on with life, have time with my family and return to work and everything got back to normal.*

*In 1995 I heard a mention on the radio for a 100km walk in Lapland with the funds going to the Bone Marrow for Leukaemia Trust. It came at the right time for me. I wanted to give something back. I started collecting and with great support we soon exceeded the required target. I did my 100km walk. If you've never done one, this is a great bonding and humbling experience. You meet wonderful people, most with a story to tell, a reason to be there, a way they have been touched.*

*Several years later I heard a radio advert for Lymphoma Support Ireland. Bit late now. I didn't feel I needed them any more, but maybe I could help someone else. I am not unique. Many people every year have treatment and are doing well, but it is something most people in the street don't come across. It's good to talk.*

*It's 20 years since I finished treatment and I'm now active in the support group and involved with the newsletter and the web site and if nothing else I try to be there as encouragement to those who are just at the start this road. I have the T-shirt."*

– Ambrose Heaney, 20 year survivor

## Lymphoma Support Ireland

Lymphoma Support Ireland formerly known as the Hodgkins United Group was formed in 1987 to provide information, advice and emotional support for people with Hodgkin or Non-Hodgkin's Lymphoma.

Volunteers provide information and support. These are men and women who have had Hodgkin or Non-Hodgkin's Lymphoma and have had treatment.

On recovery, they have been carefully selected and trained and are available to provide information and reassurance at a time when the patient is in most need. The service is provided on a on-to-one basis and is confidential.

Phone the Irish Cancer Society Free phone Helpline on 1800 200 700 for information: Lymphoma Support Ireland can also be contacted through their website [www.lymphoma.ie](http://www.lymphoma.ie)

