



## The search for a new home continues ~

We've been walking in a dark wood with many twists and turns in the path and the occasional bright clearing, which in an instant has become overgrown again.

We had high hopes of being able to announce news of a new Centre in this issue of Lifeline ~ in fact we had already produced a very upbeat first page, which we've had to replace with this one.

So please bear with us for a little longer: the Trustees are making every effort to procure a new venue for our Centre. We're standing in a promisingly bright patch at the moment with every hope that the Sun will continue to shine on it. As soon as we can be sure that Summer has truly come we will let you know.

*Tricia*

# Kiss Me, Hardy ~

## Human Rights ~Trafalgar 2005

*Nelson* Make the signal Hardy

*Hardy* Aye Aye Sir

*Nelson* (*reading the signal*) “England expects every person to do his duty regardless of race, gender, sexual orientation, religious persuasion, or disability!” That is not the signal I ordered!

*Hardy* Admiralty policy, I’m afraid, Sir. We’re an equal opportunities employer now. We had the devil’s own job getting ‘England’ past the censors, lest it be considered racist.

*Nelson* Hand me my pipe and tobacco

*Hardy* All naval vessels have been designated smoke-free working environments.

*Nelson* Then splice the main brace to steel the men for battle

*Hardy* The rum ration has been abolished, Sir. It’s part of the Government’s policy on binge drinking.

*Nelson* Then set all sail! Make full speed for the enemy!!!

*Hardy* Sorry, Sir. There’s a four knot speed limit on this stretch of water.

*Nelson* Damn it man. We must advance with all speed. Get me a report from the crow’s nest.

*Hardy* Impossible, Sir!

*Nelson* What?

*Hardy* Health and Safety have closed the crow’s nest, Sir, until a safety harness is fitted and a risk assessment has been carried out.

*Nelson* Get the ship’s carpenter.

*Hardy* He is making a wheelchair access for the fo’c’s’le

*Nelson* Wheelchair access? What the devil?

*Hardy* Health and Safety again, Sir. We have to provide a barrier-free environment for the differently-abled.

*Nelson* Differently-abled?! I’ve only one arm and one eye and I refuse to have that word mentioned. I didn’t rise to the rank of Admiral by playing the disability card!

*Hardy* Actually, Sir, you did. The Royal Navy was under represented in the areas of visual impairment and limb deficiency.

*Nelson* Run out the cannon and tell the men to stand by to engage the enemy.

*Hardy* The men are worried about shooting anyone, Sir.

*Nelson* Mutiny!

*Hardy* It’s not that, Sir. It’s that they are afraid of being charged with murder if they actually kill anyone. A couple of human rights lawyers are keeping them under close scrutiny.

*Nelson* Then how are we to sink the French?

*Hardy* Actually, Sir, we're not. The French are our European partners now and, according to our Common Fisheries Policy we should not be in this stretch of water. We may even be hit by a massive claim for compensation.

*Nelson* But you must hate the French as you hate the devil.

*Hardy* I shouldn't let the ship's diversity co-ordinator hear that, Sir. You'll be put on a charge. Do remember your Kevlar vest. It's the rules!

*Nelson* Health and safety again! What has happened to rum, ribaldry and the lash?

*Hardy* Rum is off the menu and there's a ban on corporal punishment.

*Nelson* What about ribaldry?

*Hardy* I believe it's to be allowed, Sir

*Nelson* In that case..... **'Kiss me, Hardy!'**

*The above was written by a columnist called Norma Nelson, in someone's 'local newspaper' and passed on to us by Dorothy S.*

From Wendy ~

A minister decided that a visual demonstration would add emphasis to his

Sunday sermon ~

Four worms were placed into four separate jars.

The first worm was placed into a jar of alcohol.

The second worm was put into a jar of cigarette smoke.

The third worm was put into a jar of sperm.

The fourth worm was put into a jar of good clean soil.

The first worm in alcohol ~ dead.

The second worm in cigarette smoke ~ dead.

The third worm in sperm ~ dead.

Fourth worm in good clean soil ~ alive.

So the minister asked the congregation ~ "what can you learn from this demonstration?"

A little old woman in the back quickly raised her hand and said,

*"As long as you drink, smoke and have sex, you won't have worms."*

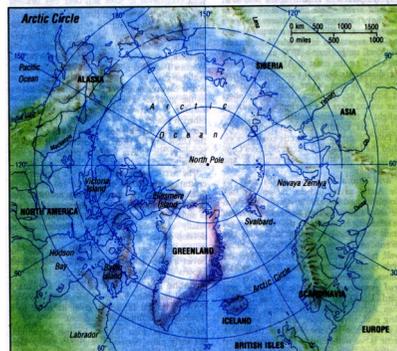
# Mark's North Pole Marathon ~

The BBC have asked for exclusive coverage ~ had to be postponed last year because French and Russian logistics operators had compromised safety issues (*helicopter evacuation etc.*) in the event of an emergency. So before anybody had left for Norway the marathon was postponed until 2006 when these issues will have been resolved. There will be two plane loads of runners and about fifty plus competitors.

But .... in 2006 Mark Howe will be running in this 'coolest' marathon hoping to raise a large amount of money for our Centre. The official website of the marathon tells all potential runners to ask themselves if they have got the nerve and drive to travel to the North Pole and run on Arctic ice floes, with a mere 6 to 12 feet separating them from 12,000 feet of Arctic Ocean. They have to ask themselves if they can handle the extreme cold ~ are they fit enough, do they want to push themselves to the edge.

Mark will join race director Richard Donovan, the first marathoner at both the North and South Poles, in a trip of a lifetime. "There will never be", says Richard, "a greater adventure marathon story". Sir Ranulph Fiennes said, "I've been at the Pole before but this was pleasantly different in that I didn't have to haul a sled there! The race is a unique combination of two things I enjoy: polar challenges and marathon running. It's a great test of fitness and stamina."

This marathon is recognised by Guinness World Records as the northernmost marathon on earth. It is listed in all the major international calendars, and the world's leading athletics, adventure and military magazines feature articles on the race.



So, Mark will do the running and we can sponsor him in a way we haven't sponsored him before. We are setting up a campaign team. We are looking for big sponsorship from companies. We are looking for sponsorship from everyone who reads this newsletter. If all our readers do something for Mark, either a coffee morning (*or a coffee morning every month until the marathon*), a raffle or approach their work colleagues, schools, W.Is., pubs, golfclubs, any clubs, gymnasias ~ do anything at all to raise money for us how marvellous that will be. If you can devise a way of raising money please let me know how you are going to do it. We will publish in the next newsletter all the ideas we receive. Please can we all do something to support Mark.

We will supply sponsor forms later in the year as well as fundraising ideas.

## How Shall We Celebrate Our Twentieth Year?

The Cambridge Cancer Help Centre will be 20 years old in 2006.

Mark has decided to run the North Pole Marathon .

What shall the rest of us do? Any ideas, please?

Perhaps a 'welcome home, Mark' party at our new Centre?

# Green Alternatives

Now then ~ I'm writing about this because I have been asked about it at the Centre. And I have to work these things out for myself just like everyone else. So do read it, act on it if you want to, recycle it if you don't want to read it.

**A Proper Green Legacy** is suggested by Lucy Siegle on the Life page of the Observer magazine. It seems that death is considered to be an exclusively negative experience. But, says Lucy Siegle, by joining the UK's fastest growing ecological movement and planning a natural funeral, you can take a more positive approach because your sad demise will eventually become an ecological bonus.

It seems that 56% of funerals are now cremations, erroneously believed, she says, to be the ecologically friendly cousin of burials. But studies show that crematoria release up to 16% of the UK's total mercury, as well as an unholy list of carbon monoxide, volatile organic compounds and dioxins. It seems, she goes on to say, that each year in the US, 827,000 gallons of embalming fluid, 180,544,000 lb of steel in the form of caskets, 30 million feet of hard woods, including some tropical woods, and 3.272 million pounds of reinforced concrete in vaults are lowered into the ground. Lucy goes on to say that green alternatives require us to think outside the box, particularly as the box in question is typically a faux-wood coffin made of chipboard with plastic handles, which can take hundreds of years to degrade. So if, like me, you wish your family to spend any money you leave behind on themselves, you can go for a more thrifty despatch than offered by the typical 'funeral package' because a biodegradable cardboard coffin can cost as little as £35 and can be encased in an outer shell ([www.memorialcentre.co.uk](http://www.memorialcentre.co.uk)), resembling a high-spec wooden coffin, to be returned to the undertakers to be reused. The Mawdesley is made from wicker by traditional basket weavers in Lancashire or you can go for the Ecopod (*ARKA*; [www.eco-funerals.com](http://www.eco-funerals.com)), made from reclaimed materials and natural varnishes and overlaid with handmade paper or covered in gold leaf.

I know that we were profoundly moved by going to Sue's and Sarah's Woodland funerals, and I remember Margot's husband Dan's funeral and his beautifully covered cardboard coffin ~ a vast improvement on what he had asked for when he once said to Margot in the middle of the night, "don't bother about a coffin: just put me in a black bag and drive me to the tip"!

*We have details of Bamboo Coffins at the Centre ~  
or email: [info@bamboocoffins.co.uk](mailto:info@bamboocoffins.co.uk)*

*Scilla* obtained permission from **Simon Heather** for us to print this extract (pages 27 to 29) from his book

## The Healing Power of Sound

In 1974 Fabien Maman was working as a jazz guitarist. During a concert tour with his group in Japan, he noticed that at the end of each piece the audience didn't clap. They would clap only at the end of the concert. The silence after each piece bewildered him at first: after the initial apprehension he began to anticipate and even enjoy the silence. He says *"I could sense that the silence was filled with the resonance of the music just played, and so I took the opportunity after each piece to feel the real effect that our music was having on myself, the other performers, the audience and even the concert hall itself. I could tell that the music affected the body and spirit of audience and musicians alike ~ and that the particular effect differed with each piece played. Lingering in the silence following a piece, I could feel the song's continuation filling the space with shapes, colours and melodies."*

As he got used to the audience's reaction he noticed that after a concert he had more energy. After three months of touring Japan, Maman realised that clapping in between pieces was actually destroying some of the benefits of the music. In the absence of clapping he would experience great clarity of mind. He wondered what kind of effects sound produces in our bodies? Fabien noticed that certain musical keys had a beneficial and energising effect on both the musicians and the audience. The same piece of music played in a different key or at a different time of year had a different effect.

He went on to study acupuncture and Aikido in Japan. He discovered that sound frequencies transmitted to acupuncture points by tuning forks was as effective as using needles to treat people. Working with French musician and physicist Joel Sternheimer (*who discovered that elementary particles vibrate at frequencies in accordance with musical laws*) he found that acupuncture points, acupuncture meridians, body tissues and organs each have a unique musical note. Each molecule of the body has its own melody. This note may change at different times of day or at different times of year.

In 1981 Fabien met Helene Grimal, a senior researcher at the National Centre for Scientific Research in Paris. She was interested in the effects of music on human cells. Through their friendship Maman and Grimal were able to devote a year and a half to an unofficial biological study of the effects of sound on cancer cells.

They went to the University of Jussieu in Paris five nights a week for a year and a half, carrying out their experiments at night in the biological research laboratories. They had to wait until the subway stopped for the night so that its vibration wouldn't affect their experiments.

They experimented with healthy blood cells, haemoglobin and cancer

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cells. The cancer cells were in culture in the laboratory of the University of Jussieu. They began with the 'Hela' cancer cell from the uterus named after Helen Lane, an American who died of the disease.

**Cancer Cells:** In the first experiments they mounted a camera on top of a microscope to photograph the inside structure of each cell as it reacted to the different sounds they produced. In the second group of experiments they used Kirlian photography in order to record the changes in the electromagnetic fields of the cells as they received the sounds. Photographs in this experiment revealed changes in the aura of the cells.

The sound was produced at a distance of 30 centimetres from the cells, at an amplitude of 30 to 40 decibels. The sound always produced noticeable changes in the cells. As the sounds progressed up the musical scale there would be an 'explosion' of the cancer cells at a certain frequency as the sound travelled outward from the centre of the cell to its outer membrane.

They studied how sounds affected the cancer cells. They struck an 'A' note at 440Hz intermittently each minute through the first experiment. Then they tried two notes, 'A' and 'B' one to two times per minute. Fabien said the experiment yielded the most dramatic results when he used the human voice and the musical scale. This combination caused the Hela cancer cells to explode more rapidly and predictably. "It appears", he said, "that the cancer cells were not able to support a progressive accumulation of frequencies". (*Maman, 1997, p61*)

The French physicist Joel Sternheimer has said that the masses of particles behave and manoeuvre themselves as if they were musical notes on the chromatic tempered scale. Fabien says that the explosion in the cancer cells results from the resonance between the sounds that we send and the elementary particles contained in the inner structure of the cell. The accumulation of the sound created an intolerable dissonance.

"Cancer cells cannot support dissonance. Perhaps the modern composers of the twentieth century are performing a service by destroying cancer cells with their dissonant compositions." (*Maman, 1997, p62*)

Maman was intrigued by time intervals of twenty-one minutes. He says that we have seven to seven and a half minute cycles in our bodies. He believes that tripling a cycle is the most efficient way to promote healing in the body.

Maman and Grimal found that at certain sound frequencies the cancer cells would break down, their structure thrown into complete disorganisation after twenty-one minutes. The healthy cells, however, remained intact or became stronger. He says "The healthy cells appeared supple and able to freely receive, absorb and return the energy. In contrast, the cancer cells appeared inflexible and immutable in their structure." (*Maman, 1997, p90*)

These were test tube experiments. In experimental sessions on actual cancer patients, the music produced equally astonishing results. Volunteers with breast cancer were taught to tone with the whole scale ~ using a violin to keep a

base note ~ for twenty-one minutes at a time. They spent three and a half hours a day toning, every day for a month. One woman's tumour disappeared completely.

Another woman had agreed beforehand with her husband to have surgery. In the hospital, surgeons found her tumour reduced and completely dry: there were no metastases. The malignant part was removed and the cancer never came back. (*Campbell, 1997, p242/243*)

**Healthy Cells:** Fabien Maman took healthy blood cells and played a xylophone to them. He photographed the changes in the electromagnetic fields around the cell using Kirlian photography. Subjected to a chromatic scale of frequencies, the blood cells changed their shape and colour. The colour produced in the energy field of the cells was affected more by the frequency of the sound, while the quality of the sound influenced the shape of the cell's energy field. A slight difference of half a tone would produce a completely different shape and colour in the energy field of the cell. He found that the note 'C' made them longer, 'D' produced a variety of colours, 'E' made them spherical and 'A' (440Hz), changed their colour from red to pink.

Fabien says about 'A' (440Hz), "Thus, A 440 is a powerful sound of harmonisation. This Indian pink colour which can be seen in the picture always appears when A440 is played, no matter what instrument is used. Pink is generally acknowledged as the colour of love." (*Maman, 1997, p73*)

Maman says that there is a similarity in the shape of the energy fields produced by the human voice and percussion instruments. When there are many different instruments playing simultaneously, the effect on the cells is less strong because the shapes formed by the sound are too diverse. He found that the maximum effect is obtained by playing the same note with drums and voices together.

Fabien found that when large instruments such as the double bass were played, less of the pink colour would appear. He says, "This healing colour, linked with the vibration of love, cannot be produced through force or strong sound. Healing happens in a gentle way, which in music, would correspond to softer sounds." (*Maman, 1997 p.78*)

In his next experiment, Fabien took a sample of blood from a person's finger just before he took the photograph. He asked the person to sing to their blood cell. Then he photographed what happened to the blood cell when the person sang the seven notes of the Major scale. (*Ask Scilla if you wish to see the photographs.*)

With each note the cell's energy field changed its shape and colour. When the person sang an 'F' to their own blood cells, the cells resonated perfectly with the voice, producing a balanced round shape and vibrant complementary colours of magenta and turquoise.

He says, "The cells are completely bathed in light and alive with full resonance, clear evidence that this 'F' is the fundamental sound of the singer.

Fundamental sound can be very helpful for the physical body through its harmonising and regenerating effect at the cellular level.” (*Maman, 1997, p20*) (*To find your fundamental sound, see the section later in the book.*)

Maman found that individual cells have ‘personal’ qualities determined by the overall condition of the person from which they came. This partly accounts for the fact that when sound is used therapeutically, cure is achieved in some cases and not in others.

From his experiments Fabien concluded that the human voice has an added element which is not found in any other instrument. The voice has a physical aspect and emotional colour, but also a spiritual resonance that comes from the will of the singer.

“This difference, evident from the photographs, is what makes the voice the most powerful healing instrument ~ particularly when the person needing the healing produced the sounds with his or her own voice.” (*Maman, 1997, p81*)

When treating someone Fabien will listen to the person’s voice and use acupuncture pulse diagnosis to determine which sound frequencies the person needs. Sounds are applied through tuning forks to the acupuncture points and the chakras. He also teaches the person to sound their curative note.

*All one’s life is a music  
if one touches the notes rightly and in tune  
John Ruskin*

## Robin's Lunch



He's off to new pastures so we suggested either a party or lunch in a pub to mark the occasion. He chose to return to the Exhibition pub in Over and twenty-one of us enjoyed a sunny day, another marvellous Exhibition lunch and the company of ourselves and Anne and Robin. He assures us he will revisit the Centre whenever possible and I reckon we could go for regular lunches at the Exhibition to catch up with Robin and console ourselves with the delicious food as we mourn his passing on to Lincolnshire.

## Elephant dung and 'hygienic' plastic chopping boards

On the Life page "Ethical Living" of the Observer magazine, Lucy Siegle informs us that Ecomania, online cousin of the Ectopia shop in Stroud, is king of ecologically sound merchandise. There's everything, she says, from Spanish recycled glassware to Sri Lankan paper products made from elephant dung. The Eco Chopping Board won the 'singling one product out' because the subject of an Environment Agency investigation showed that Triclosan is an anti-bacterial or anti-microbial agent which kills all bacteria instantly, even the beneficial ones. It crops up not only in chopping boards, but in dishcloths and even toothpaste, it is part of the armoury now used by consumers to tackle those dangerous germs we see on adverts for cleaning. It has also been detected in breast milk. So you can buy the Eco Chopping Board, which is made from Australian camphor laurel timber, which has natural anti-bacterial properties and is from certified, sustainable resources. ([www.ecomania.co.uk](http://www.ecomania.co.uk))

## Thought for the Day

On the 'up front' page of the Observer magazine, Barbara Ellen says "if you should make the mistake of insulting a woman, *[like saying she dyes her hair, when she doesn't]* apologise immediately .... and never (*ever*) stop.

## Stem Cell Transplant ~ from Anne F

Last August, two weeks after having been rushed to Addenbrooke's Hospital, I was diagnosed with Multiple Myeloma. This is a Cancer of the Plasma Cells, often known as Bone Marrow Cancer.

At the time, I was in severe pain having suffered from two collapsed vertebrae due to the weakness of my bones ~ I was flat on my back and could not move. I was immediately started on the first of four Chemotherapy sessions each lasting three weeks.

The Chemotherapy was a combination of intravenous and tablets ~ on some days I took over 50 tablets! After two weeks I was allowed home: at this time I couldn't even walk two steps as I had lost all the use of the muscles in my legs and my back was still in agony.

Gradually, just like magic, I began to walk a few steps and the pain in my back started to improve. Over the following weeks I got better and better and by December, I was walking one and a half miles per day!

It was suggested by my Consultant that I should consider having a Stem Cell Transplant as this was now looked upon as an appropriate treatment for those who were young enough and in reasonable health. After much heart searching and discussions with friends and family I decided to go for it if I could.

Firstly, I had to undergo tests to make sure that I was fit enough to have the treatment. I then had to produce my own stem cells by having a series of growth hormone injections over seven days. After three days, I had to attend hospital daily for blood tests and as soon as I had enough stem cells in my blood I was attached to an amazing machine that extracted the stem cells from my blood by centrifugal force. Fortunately I made enough for the transplant and these were then frozen ready for my admission to Ward C10 after Christmas.

On January 21<sup>st</sup> this year I was admitted to Ward C10. I had my own private room as I had to remain in isolation during the transplant period due to the risk of infection, as I would have no immune system.

Firstly I was given a very high dose of Chemotherapy to kill all my bone marrow: twenty four hours later I was given back my stem cells.

For a week I felt pretty okay. I then started to become extremely uncomfortable with a variety of unpleasant side effects, ranging from losing my taste to violent sickness.

I took things day by day, and after one and a half weeks my bloods started to rise and I began to feel better, indicating that the stem cells had grafted. What a joyous moment!

After a further few days I was allowed to return home. Since then, I have gradually improved and now, ten weeks after the Transplant I am back to walking one and a half miles per day, eating well, feeling great and looking forward to the rest of my life!

Apart from pain killers for my back I am now on only one type of tablet. If anyone should be considering having a Stem Cell Transplant I would be delighted to discuss the process in detail and pass on all the tips I managed to glean from other transplant patients that made my life easier.

I would like to take this opportunity to thank all the Staff in the Haematology and Oncology Departments and Ward C10 who took such good care of me and made this treatment possible.

## Sheringham ~

### Pat Planner sent us a newspaper cutting which said ~

that entering the sleepy seaside town of Sheringham meant setting your watch back by a hundred and fifty years. Our romanticism, says Glenda Cooper of the "News Review" is that it should be a cosy, hanky-on-the-head, cricket-on-the-beach, second world war vision of a place. In this newspaper article it tells us of the Shakespearian actress Helen Barford getting her kit off to play Oscar Wilde's 'Salome', all for the sake of art, and how it put the residents of Sheringham into a spin. Her nude scene happened as part of the traditional dance of the seven veils. She said she would appear in a wedding dress which would be removed only at the end. The lighting, she added, would be dim and only her back would be seen by the audience. However, it seemed that Sheringham got hot under the collar ~ their most controversial previous performer was the Singing Postman: their website promotes whelks and the Lobster Festival as the usual highlights of the year.

We have fun, big  
lots of      They missed out our Centre's trip there.  
breakfasts and meals out in pubs.

Cannot fix a date yet because we don't know the date of the Centre move.  
But let me know if you are interested in joining us.

## From Margaret ~

The teacher gave her fifth grade class an assignment: Get their parents to tell them a story with a moral at the end of it. The next day the kids came back and one by one began to tell their stories.

Ashley said “my father’s a farmer and we have a lot of egg laying hens. One time we were taking our eggs to market in a basket on the front seat of the pick-up when we hit a bump in the road and all the eggs went flying and broke and made a mess”. “What’s the moral of the story?” asked the teacher. “Don’t put all your eggs in one basket.” “Very good”, said the teacher.

Next, little Sarah raised her hand and said “our family are farmers too, but we raise chickens for the meat market. We had a dozen eggs one time but when they hatched we only got eight chicks, and the moral to this story is “don’t count your chickens before they’re hatched”. “That is a fine story Sarah. Michael, do you have a story to share?”

Yes ma’am. My daddy told me this story about my Auntie Pat. She was a flight engineer in the war and her plane got hit. She had to bail out over enemy territory and all she had was a bottle of whisky, a machine-gun and a machete. She drank the whiskey on the way down, so it wouldn’t break, and then she landed right in the middle of a hundred enemy troops. She killed seventy of them with the machine gun and then ran out of bullets. Then she killed twenty more with the machete until the blade broke, and then she killed the last ten with her bare hands.”

“Good heavens”, said the horrified teacher. “What kind of moral did your daddy tell you from that horrible story?”

“Stay the ..... away from Aunt Pat when she’s been drinking!”

## Tony C says

Why does it take 100,000,000 sperm to fertilize one egg?

A. Because not one will stop and ask directions

Fly sprays ~ contain hazardous ingredients, including formaldehyde, classified as a probable carcinogen .... So the ‘Observer’ magazine tells us.

## Flirting ~ (sort of)

My 'Stars' said I should hone up on my flirting skills. Flirting being something I think I don't do I sort of tried it out. My usual 'Big Issue' seller was absent from his post outside the Nat West bank but there was another one a little bit further on. So as I approached him I smiled and he said "oh, wow, someone is actually smiling at me ~ might be a customer". So I bought the magazine and he said I was a "sweetheart". I blushingly demurred as I sort of fluttered my eyelashes and said "keep the change" (20p).

## Pauline ~

I met Pauline when on my honeymoon. So it is a delight to me that we stay in touch and that she visits our Centre. You may remember that we sent her a birthday card recently. She replies

*I wish to say a heartfelt thank you to everyone who signed my birthday card. It was such a surprise and a great delight to read all those lovely signatures. I hope to visit your lovely, friendly centre again before too long, and I hope you have success in securing your new premises.*

*Love and best wishes to you all.  
Pauline H*



## Chemotherapy-induced Peripheral Neuropathy

In the Lymphoma News someone is asking to hear from anyone who has experienced or is experiencing this particular side effect. If you do, please send your comments and suggestions to the Editor at PO Box 386, Aylesbury, Bucks HP20 2GA. Alternatively, give them to me, we'll publish them in the newsletter and I will send a copy to the Lymphoma News Editor.

*Tricia writes ~*

## *Welcome Beverley ~*

We are delighted to introduce Beverley as our new Hon. Treasurer. New to the area, Beverley is a professional accountant working for an International charity. She ‘just happened’ to be looking for a cancer charity that she might help on a voluntary basis as we were looking for a new treasurer ~ now isn’t that a wonderful example of synchronicity!

## *Thank you David ~*

David has been our Hon. Treasurer since the Centre was founded in 1986. For nearly twenty years he has beavered away in the background, meticulously keeping our finances in order and patiently checking the thousands of money bags that have come his way during that time. And I haven’t once heard him complain ~ what a wonderful example to us all!

### **So a Very Big Thank You David for all your hard work.**

For the last few years David has been the only Officer of the Trustees, so not only has he had the money to deal with ~ he has also been our Acting Hon. Secretary and Chairperson and, as such, has tirelessly navigated us through some difficult times. Beverley’s addition to the team has released David to focus on the duties of Hon. Secretary, which are particularly numerous as we embark upon a new and exciting phase in our Centre’s history.

We’ve been in our present premises for almost ten years, and this is where we would probably have stayed if the church hadn’t decided to redevelop the site. Most of us resist change until it becomes absolutely necessary: the Centre is no exception. But change brings new opportunities, which we hope to be able to exploit for the benefit of all our members.

We are pleased that *Fran* ~ has agreed to resume the mantle of Chairperson, so that for the first time for many years we have our full complement of Officers of the Trustees.

**Co-ordinator's Report for the  
Annual General Meeting on 9<sup>th</sup> March 2005**

*Proud and Powerful*

The Cambridge Cancer Help Centre, founded by Marilyn Barnes in 1986, aims to support people who have, or have had, cancer, as well as supporting their carers. So for nineteen years we have endeavoured to put people in touch with others who have or have had cancer (perhaps a similar cancer). And also to provide carers with opportunities to meet each other/receive support.. Sometimes a person who has cancer doesn't come to the Centre but often in this situation the carers seek us out.

We also offer a wide range of complementary therapies, provided by a generous and kind team of therapists. Not claiming to 'cure' people we do believe that the side effects of treatment such as chemotherapy and radiotherapy are lessened by the sense of control given by using complementary therapies.

Since 1986 the Centre has grown slowly. We're all extremely proud of what we have achieved. The Centre is powerful, which means 'having great power or influence'. So I asked two of our Centre members if we at the Centre had influenced them

A lovely young man (a carer) said

**"People at the Centre helped me realise that what was going on with me was normal and I experienced total welcome, really .... it was *completely welcoming*."**

And a lovely young woman told me

**"The Centre has given me an outlook that is far wider than my own little world. Being there brings it home that I worry about myself and I shouldn't do so because I see a lot more people coping with harder things than I. So I'm now starting to take off, to go forward .... I get such a *good feeling* at the Centre."**

The essence of what we do is summed up by C. S. Lewis. It appears on page 88 of the Centre's book '*Looking at the Stars*'

***Friendship is born at the moment when one person says to another  
“What! You too? – I thought I was the only one”.***

Do we facilitate those moments? Yes, we do. Does anyone else offer all of what we offer? No, they don't. (Not in our part of the world.)

Beethoven, on page 19 of *'Looking at the Stars'* is reported as saying

***I will seize fate by the throat;  
it shall certainly not bend and crush me completely.***

Our Cambridge Cancer Help Centre is awash with people who feel the same way ~ and if they didn't feel that way when they first visited us ~ the chances are that they do now.

We've done well since 1986, particularly in the past year. I'm sure we'll continue to offer good support to everyone who seeks our help in the future.

*(If you'd like to read the AGM Reports from the Acting Chairperson and the Hon Treasurer, you'll find them in the 'Information File' at the Centre)*

## Beth ~

Our thanks to Beth's family, friends and work colleagues in the city, who supported Beth in the Berlin Marathon last September and gave so generously to sponsor her in aid of our Centre. We would like to take this opportunity too to thank Dresdner Kleinwort Wasserstein, her employer, for their generous matched funding of the sponsorship.

Congratulations, Beth, on completing  
the 26 mile course in 3 hours 40 minutes,  
and raising a wonderful **£1,150** for us



From Wendy ~

## Great truths that little children have learned

You can't trust dogs to watch your food.  
Never hold a Dust-Buster and a cat at the same time.  
You can't hide a piece of broccoli in a glass of milk.

## Great truths that adults have learned

Today's mighty oak is just yesterday's nut that held its ground.  
Laughing is good exercise. It's like jogging on the inside.  
Middle age is when you choose your cereal for the fibre, not the toy.

## Great truths about growing old

Growing old is mandatory; growing up is optional.  
When you fall down, you wonder what else you can do while you're down there.  
You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.  
It's frustrating when you know all the answers but nobody bothers to ask you the questions.

## The four stages of life:

- 1) You believe in Santa Claus.
- 2) You don't believe in Santa Claus.
- 3) You are Santa Claus.
- 4) You look like Santa Claus.

## Success:

At age 4 success is . . . not piddling in your pants.  
At age 12 success is . . . having friends.  
At age 17 success is . . . having a drivers licence.  
At age 35 success is . . . having money.  
At age 50 success is . . . having money.  
At age 70 success is . . . having a drivers licence.  
At age 75 success is . . . having friends.  
At age 80 success is . . . not piddling in your pants.

## Anti-depressant

“Did You Know that in Germany where doctors routinely prescribe herbal remedies, St John’s Wort is the most common form of antidepressant ~ and much more popular than conventional drugs such as Prozac and Zoloft” .

That is written in “Nature’s Best , Guide to Natural Healthcare” ISBN 5 055148 401191 which is in the Centre’s library, marked ‘for reference only, please do not remove from the Centre’. The article goes on to say that recent trials have compared St John’s wort (*a herb which has found new and widespread popularity as a natural antidepressant*) with conventional antidepressants in mild to moderate depression. In one study 240 people were given either St John’s wort or Prozac, and two studies tested St John’s wort against imipramine. All three trials found that St John’s wort was as effective as conventional antidepressants. The writer suggests one should choose preparations that are standardised to contain 0.3% hypericin, one of the therapeutic ingredients found in the herb.

**There is a CAUTION which says that if you are taking conventional antidepressant drugs, consult your doctor before adding or switching to St John’s wort. It goes on to say that if rashes, allergies or headaches or breathing difficulties develop, seek medical help And the REMINDER states “if you have a medical or psychiatric condition, consult your doctor before taking supplements”.**

And .... Dr John Briffa, in the Observer magazine on the Life Nutrition page tells us that compounds in St John’s wort mirror the feel-good brain chemical serotonin. He goes on to say that a BMJ study suggests that the herb may benefit those with severe depression too, and scientists believe that St John’s wort’s antidepressant action is attributable to two compounds, hypericin and hyperforin. He tells us that extracts of the herb potentiate the feel-good brain chemical serotonin. He says that although generally safe, St John’s wort can increase the metabolism, reducing the effectiveness of drugs such as indinavir, cyclosporin, digoxin, warfarin and the pill. So, he says if you take any of these drugs use St John’s wort under medical supervision.



# Living Proof ~ a medical mutiny

by Michael Gearin-Tosh,

senior tutor of English and a fellow of St Catherine's College, Oxford and a visiting professor at Stanford.

Here are some random pieces from his book (*published by Scribner, ISBN 0-7432-0677-0*) which is in the Centre's library:

The title of my book is "Living Proof". Does the fact that I am alive prove anything? No. Only that I am not dead."

I was told I had cancer and that I must expect to die soon. Almost eight years later I still do my job and enjoy life. I have not had conventional treatment. Did my cancer simply disappear? Did I do nothing? Far from it. A number of things happened, some by accident, most by design.

I take on board an article by Linus Pauling and Abram Hoffer, published in 1993. It is an analysis of 134 patients 'with advanced cancer': 101 were given vitamins, 33 not. Those with vitamins lived longer.

*The book contains a list of the recommended vitamins. Or visitors to our Centre are well used to getting this kind of advice from the Bristol Centre.*

*David Suchet* wrote "Essential reading. Michael Gearin-Tosh turned fear of the unknown into a freedom where the mind opened new doors and the body followed excitedly."

"The message of Living Proof is far-reaching. It does a great service to us all."  
*Sir David Weatherall, FRS, University of Oxford*

*Professor Ray Powles, Royal Marsden Hospital, London* wrote

"A highly perceptive experience of the medieval era most areas of medicine still belong to."



## Library Books

Due to increased demand for some of our books we are reducing the borrowing time from three months to three weeks. It's possible of course, to renew your borrowing by telephone.

## Christmas Cards

Jack has done more than his fair share of making recycled Christmas cards so we are urgently looking for someone to take over this particular fund-raising for us. Anyone taking on this task can make the cards in the way that Jack has made them. Or if you have an idea to simplify the card-making do let us know. Someone once sent me a recycled card on which was a blob of cotton wool with four black legs (*which looked like a lamb*) and a silver star and that was it. Meanwhile, we do not need any more Christmas cards to recycle, thank you. We have lots now ~ just need the card maker!

## Nature's Best, Guide to Natural Healthcare

This book is in our library as a reference book (*please don't take it out of the Centre*).

It is described as a comprehensive and informative guide to vitamins, minerals and supplements and gives clear advice from leading experts on what to take and the right dosage. The book includes safety guidelines about potential side effects and interactions. The Chief Consultants were Dr Alan Larkin, who was Senior Lecturer on Food Chemistry at the University of Reading, where his research was centred on food proteins before he retired in 1997, and Dr Ann Walker, Senior Lecturer in Human Nutrition at the University of Reading with degrees in biochemistry and food science. She is also a medical herbalist and a member of the National Institute of Medical Herbalists. Her research involves clinical studies on the therapeutic applications of vitamins, minerals and herbs and their action on the human body. Dr John Cormack is a Senior Partner in a general practice in Essex. He is also Regional Press Secretary for the BMA. Both a writer and a broadcaster, he is co-author (*with Dr Andrei Calin*) of '*Arthritis and Rheumatism ~ Your Questions Answered*' and was a founder member of the Media Medics team of radiobroadcasters.

# Thank you

**Addenbrookes Stall:** thank you to all of you who organised and set up the stalls and raised nearly £350 for the Centre ~ Anne F, Brenda, Eileen, Gill, Hazel, Jane, John, Ken, Margot, Ros & Tomoko.

**Scotsdales:** thank you Jane for organising a Collection Day at Scotsdales and for producing such an attractive display board. Thanks to all those who helped to collect nearly £350 ~ Jane, her Mum Olive & sister Sue, Ann, Brenda, Gill, Nigel, Ros & Tricia

## Thanks also to:

Robin and Eric & Nell for their home collecting tins  
Lilian for her donation  
Daily Bread (and Margot) for selling our recycled cards  
Ken for recycling so many cards for us  
Jack for making very many recycled Christmas cards  
Mercedes, Maria Luisa, Marisol for giving us lots of things to sell  
Pauline and Richard for their tombola/raffle prizes  
Maggie & Brigit for their tombola prizes  
Don for giving us one of his paintings  
Donald for giving us so many tombola prizes  
Sid for bringing in full collecting tins from so many pubs  
Val for raffle prizes  
Penny for tombola/ raffle prizes and goods to sell  
Veronica (*who has a newly-born grandson Alfie*)

And a very big thank you to all our recent subscribers who responded so generously to our annual request for membership renewal, and to those who covenant money on a monthly basis throughout the year. Altogether they have generated over **£4,000** for the year.

**We rely upon so many people to keep our Centre going ~ thank you to you all**



## Behold the humble banana ~ from Wendy



**Bananas.** Containing three natural sugars ~ sucrose, fructose and glucose combined with fibre, a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

**PMS:** Forget the pills ~ eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

**Anaemia:** High in iron, bananas can stimulate the production of haemoglobin in the blood and so help in cases of anaemia.

**Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

**Brain Power:** 200 students at a Twickenham (*Middlesex*) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

**Constipation:** High in fibre, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

**Hangovers:** One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

**Heartburn:** Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

**Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly

successful at reducing swelling and irritation.

**Nerves:** Bananas are high in B vitamins that help calm the nervous system.

**Overweight and at work?** Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

**Ulcers:** The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**Temperature control:** Many other cultures see bananas as a ‘cooling’ fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

**Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

**Smoking:** Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

**Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

**Strokes:** According to research in ‘The New England Journal of Medicine’, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%.

**Warts:** Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape.

So, a banana really is a natural remedy for many ills. When you compare it with an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around.

## Congratulations to Nicholas

for receiving the

David White medal for doing exceptionally  
well over the last 6 months

The medal was presented by Dan Hyde,  
Musical Director of the Jesus College Choir



Snorts

of

## Derision/Battle of the Bottle

~ could suspicions of a link between milk and ovarian cancer sound the death knell for the UK's once-essential pinta? Joanna Moorhead asks in her report in the Guardian. It seems we've been drinking it for thousands of years, says Joanna, and it has been promoted as one of the healthiest foodstuffs around. Goes on to say that milk is in the firing line and questions such as could insidious, cancer-causing substances really lurk within the milk, packed as it is with vitamins and minerals and all-round goodness?

Recently a study of more than 60,000 women found that those drinking more than two glasses of milk a day were at significantly greater risk than the rest, of the most serious form of ovarian cancer. The research, carried out in Sweden and published in the American Journal of Clinical Nutrition found the risk was the same whether the women were drinking full-fat, semi-skimmed or skimmed milk. And it seems that this isn't the only study to suggest a dairy link. Joanna goes on to say that papers have already been published on a possible link between dairy products and the development of breast and prostate cancers; high-fat milk products are known to raise levels of cholesterol, a contributory factor in heart disease. Lactose intolerance is on the increase and there have been suggestions of a link between high dairy intake and the development of type 1 diabetes in children who already have a genetic predisposition to the disease.

The article tells us there are snorts of derision at this at the Dairy Council. But it seems that not everyone is so confident at the Bristol Royal Infirmary where Jef Holly, professor of clinical science, believes the tide is turning and that the newest research is just one block in what will eventually become a large wall of evidence that, pure and spotless though it might look, milk has its bad side too.

He says that the proportion of our diet made up of dairy products has increased over the years and the way milk is produced in recent years has changed a lot. He remarks that there is definite evidence from parts of the world where dairy products aren't any part of the diet that it has some role in the development of cancers. Japan, for example, he points out, had no dairy consumption until fifty years ago and over the years, as consumption has gone up, so too has the incidence of breast and prostate cancer.

I remember that perhaps ten years ago Brian McPherson used to tell us that the Bristol Cancer Help Centre advised against drinking milk and he took very seriously anything said by them. They tell those seeking advice on combating cancer to cut dairy products right out of their diet. It seems their stance, which has been much influenced by the experience of Jane Plant, a scientist who believes she has overcome breast cancer thanks to a dairy-free diet, is that, while they don't want to make people worried or fearful, the weight of evidence against milk ~ certainly for those who already have cancer ~ is mounting.

The milk industry says that the case for cow is cast-iron. They suggest that the evidence on a link with breast cancer is far from clear; a recent review of 45 studies found the relationship unproven, and the World Cancer Research Fund has described existing research as 'inconsistent'. They add that cancer might actually be prevented, not caused, by milk: it contains cancer-inhibiting nutrients and ~ last but certainly not least ~ there's good research showing colorectal cancer can be reduced in those who get their calcium through low-fat foods.

The British Nutrition Foundation say we need to remember that the human race has evolved and adapted over countless years; milk may be the food a cow makes for its young, but drinking it has enhanced human health for countless years. Joanna Moorhead concludes her article in the Guardian by saying ~ "not convinced? Well, watch this space. There are lots of scientists out there poring over all aspects of our milk-drinking habit and its benefits (*or otherwise*)."

*Do phone the Bristol Centre for information about milk consumption ~  
and Jane Plant's book is in our library at the Centre.*

# Richard's Gardening tips

**Begonias** ~ Begonias can be used in hanging baskets, containers or planted out in the garden, where they give us a wonderful display of glorious colours from early summer until the first frosts.

Tuberous begonias should be started into growth by using a multi purpose compost and Perlite. The Perlite is added to make the compost lighter, thus allowing the roots breathing space. Growing begonias from tubers is not the cheapest way to produce plants, seeds are cheaper by far, but it is certainly the easiest.

The tubers can be started into growth from early January to early May, but these are both extremes and are only done at these times if you require the flowers either very early or very late, the optimum time to start them off is in February or March in a warm greenhouse. If you do not have a greenhouse do not despair, they can be planted out in April for flowering in mid August in a cold-frame. If neither of these options are available to you then the dormant tubers can be planted into open ground, 2-3" deep in late April. There is still a risk of frost at this time, so if a frost is forecast just cover the growing tips, if they are visible, with a pot or bucket during the night, removing them in the morning. Tubers which are started into growth in February/March should flower in June/July.

Begonias should be staked, the weight of some of the flowers is too much for the soft stems to support, so place a cane at the back of the plant ~ begonias grow one way so it is not hard to locate the back ~ push the cane to the bottom of the pot. The cane needs to be 60 cm long ~ be careful not to put the cane too close to the tuber ~ about two to two and a half inches away is safe, and angled at ten degrees. Use a tie that is flat so the weight is spread over a wider area, so not putting too much pressure on one place along the stem, which could result in bruising, or at the very worst breaking the stem altogether. Place the first tie at about six inches from the base of the stem, add other ties if you feel it is necessary to do so.

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Feeding is very important, especially when plants are grown in pots ~ they

have no way of getting nutrients unless we feed them. As soon as the plant shows signs of really getting established it does not take long for it to use up all the available nutrients in the compost, so a regular feed with Phostrogen, which is applied in liquid form, will support the plants throughout their growing season. Feed at ten-day intervals when in tall flower, do not exceed the dilution rate suggested on the back of the box. It is easy to overfeed plants but you do not get any bigger or better flowers. In fact the growth becomes stunted and the roots can be damaged, so take care.

When the plant has finished flowering, do not stop watering it: after producing all those truly wonderful flowers all summer the plant needs to rebuild its resources, so it needs water but not a lot. The begonias will then continue to grow slowly. There is no need to feed them anymore and any flowers produced should be pinched out. When the plant starts to turn yellow it is indicating that it is now ready to rest for the winter. Now the plant can be cut down to within six inches of the compost and watered no more. Take them out of their pots and put them in a tray standing upright on the greenhouse bench, the compost around the tubers will now dry out gradually so that it can be removed from around the tubers in due course. After a week or two the stems will begin to fall away from the tuber leaving just the tuber with the remains of the compost still attached. Most of the roots by this time will have died, but any that have not should be left, and the compost should fall away on its own. If any stems are stubborn and do not fall off then they have to be snapped off or if you find this hard a sharp knife should be used. It is important to remove the stem because if left it becomes an entry point for rot or disease during dormancy. The tubers need to be stored in a frost-free place, they don't want to become dry or warm, or they lose weight and shrivel up. Nor do they want to get wet and cold or they will rot and die.

They need to be covered by dry compost, but before covering, dust them with 'yellow sulphur' which should stop any mildew and rot. The tubers are best checked on a regular basis for rot and disease because if one tuber goes bad and is left with the rest, the whole lot will go bad too. By doing all of the above, the tubers should be firm and plump when you come to think about starting the process all over again next season.



# Bristol Centre News ~

## The Bristol Centre is 25 years old!

HRH The Prince of Wales congratulated the staff of the Centre on 25 years of outstanding work in supporting people affected by cancer through residential and local courses run by teams of doctors, nurses and complementary therapists. He went on to say that he considered it to be equally important that the charity offered a respected education programme, training health professionals and complementary therapists in using the complementary therapies, nutritional advice and calming self-help techniques.

“Well done Bristol ~ you’re now part of the establishment ~ the acceptable face of pioneering complementary care for cancer patients!” said Professor Karol Sikora ~ Vice President of Bristol Cancer Help Centre and Visiting Professor of Cancer Medicine and Honorary Consultant Oncologist at Imperial College School of Medicine, Hammersmith Hospital, London.

## The Journey

In ‘Centrepiece’ this Spring Pat Pilkington reviews ‘The Journey’ by Brandon Bays, who was told “you are equivalent to five months pregnant with a tumour the size of a basket ball”. Pat says that Brandon negotiated a delay of a month before considering taking up the offer of immediate surgery. Leaving the doctor’s office she knew that she had the challenge of a lifetime ahead of her, and just thirty days in which to change herself; body, mind and spirit.

It actually took six weeks for the tumour to go completely. Brandon focused entirely on nutritional therapy, healing and inner-journey work. At the end of it she emerged fit and well, inwardly and outwardly cleansed and with a mission to take ‘Journey Work’ out to the thousands of people throughout the world who were enduring similar physical and emotional pain. Pat Pilkington points out that Brandon Bays has an extraordinary story to tell. Not only does she lead you dramatically from page to page, she includes a section at the back with a detailed description of how to do this journey for yourself. The story, says Pat, is followed by a ‘how to do it’ section. Not only can you attend her workshops around the country, you can stay at home and do it yourself!

*The Journey by Brandon Bays £10.99 is now in our Centre library and is also available through CanHelpNow, the shop at the Bristol Cancer Help Centre on 0117 980 9522 or email “shop@bristolcancerhelp.org (www.thejourney.com)”.*

## Ingest 2lbs of lipstick ~

Lipstick is the UK's most popular cosmetic and the Women's Environmental network have calculated that if you get through 5 lipsticks a year between the ages of 16 and 60 you will ingest 2 lbs of lipstick., of which constituents include lanolin, propylene glycol and butyllparaben.

However...

From the Bristol Centre you can get Living Nature's lipsticks which are free from harmful synthetic dyes, aluminium and lead and are coloured with natural minerals and oxides.

*Full details of these lipsticks and other Living Nature Products are in the new CanHelpNow catalogue due out soon. For a copy of the catalogue or to place an order, please contact CanHelpNow on 0117 980 9522 or email 'shop@bristolcancerhelp.org.'*

## Bristol Supplements ~

In 'Stop Press' it says that the new Bristol Pack of Supplements has been very well received. They are delighted to announce that they can now offer a choice of either fish oils or the linseed with DHA.

*For further information please contact CanHelpNow,, or use the email address already given above.*

## Patient Grants from Macmillan Cancer Relief

A leaflet popped through my door ~ it points out that Macmillan offer Patient Grants. They say that as a result of illness, many cancer patients face the additional strain of increased fuel bills or the cost of having to buy clothes of a completely different size. Many more desperately need a convalescent break. Macmillan helps hundreds of people every week with the unexpected expenses of cancer, such as costly travel and parking costs for cancer treatment appointments, increased heating or laundry bills, extra child care costs. There may be difficulty in accessing benefits or accessing travel insurance.

*To apply for a grant, ask a social worker or benefits adviser to do it for you. Or phone the Macmillan Cancer Line Freephone, 0808 808 2020 or by e'mail (cancerline@macmillan.org.uk), or www.macmillan.org.uk*

## Sarah Durrant ~ "a lovely, lovely person"

Jane, Linda, Ros, Tricia, and I went to Sarah's funeral at the Woodlands. As we stood around her grave, a skylark sang overhead. These are some of the things her friends and family said:

*"Sarah was a woman of rare insight, wisdom and compassion and many benefited from her care."*

*"Sarah always had the word of wisdom and was our lighthouse for lost lifeboats when tossed on stormy seas. It was quite clear that Sarah had a life form that was able to touch each one of us, in her own way."*

*"From the beginning until her dying she reached out to touch every one she cared about. She was so special, generous and kind."*

*"What is left is the influence a person has had on us, like a light always burning, such a lovely, lovely person."*

*"She was cared for so well by Peter, Dan, William and Ed ~ she has devoted her whole life to the service of others, utterly selfless, a sheer joy to know. An amazing person, wonderful mother, who loved unconditionally and saw good in everything."*

The last words at Sarah's Quaker service were from her husband, Peter, who assured all of us

*"I'll find where she has gone ... and I will kiss her lips ...  
and take her hands"*

We all send our love and blessings to Peter, Dan, William and Ed, and to all of Sarah's family.

We also send them our grateful and heartfelt thanks for giving us "from Sarah" well over **£1,000** collected at her funeral. We will explore buying something for our new Centre ~ something of which we feel Sarah would heartily approve.

*Much love  
Ann xxx*

*The views expressed in articles in our newsletters,  
and the products that are referred to, are not necessarily endorsed by the  
Cambridge Cancer Help Centre.*