

Christmas Lunch will be on Tuesday 1st December

I am afraid we need to limit the numbers attending our Lunch because we were at more than our full capacity last year. At one stage we had to make a fast trip to Waitrose for a cooked chicken! So, we think we can seat and cater for 100 people. It would help if we don't bring our friends to join us ~ it is just for the regular visitors and members of our Centre.

Our 'waiters' will be our best mates from John Lewis and the Police Helicopter crews. And we want to give all of them lunch.

God Bless Angela who has offered to look after all the food planning for us, with her brilliant Waitrose co-worker ~ Margaret Speed.

A couple of our Waitrose friends, Linda and Karen, will make tea and coffee.

Father Christmas will join us.

He was a bit upset last year because he didn't have enough presents in his sack for everyone. So, please bring a unisex gift costing no more than £2 ~ and if a couple of people join our lunch they need to bring two presents, please. If you are short of ideas for your presents, there are plenty in Scotsdale's Garden Centre.



*I am **so impressed** by the way you have rounded up all the salt and pepper pots from charity shops and elsewhere! How amazing you all are! So this year we certainly will not be short of salt and pepper at our Christmas lunch!*

Our Christmas Party will be held on Thursday 10th December from 7pm to 10pm

Please, as usual, bring a plate of food ~ you all absolutely excel yourselves with your food each time we have a party. Christmas party food is always the least of my worries. Actually, I don't have any worries on those occasions because I also know we certainly won't be short of volunteering helpers.

We will watch the DVD of Ian Chadwick's 3 Peak's Challenge (Climb for Joy) ~ in which he was helped by Ian and Russ.

Ian raised over £12,000 for us

(more when we've added Gift Aid!)

What a remarkable person he is ~ to tackle the height of the mountains, the severe rain, severe fog, a severe fall and at a time when he was not in the best of spirits because of the loss of his wife, Joy. He will hand over his cheque at the Party. How fortunate we are to have people like Ian who do amazing things for our Centre ~ and all the people who raise money for us in a huge variety of ways.

Therapists ~

Alexia, Scilla and Jane M will return to us as soon as they are able to do so ~ we hope that will be soon ~ as do they! We miss them all. Alexia will be back with us after Christmas. And **Marie** has returned! ~ as a Reiki healer.

We have five other therapists who are new to us who are going through their CRB checks ~ an Indian Head Massager, two reflexologists, a healer and a hypnotherapist. Once those checks are completed they will join our therapists' team and Nigel will contact everyone regarding their sessions at the Centre.

Thanks to Nigel for taking on all the work that goes into maintaining the therapists' appointments book. He keeps threatening (jokingly!) to return the task to me ~ but I am refusing to take it back. Keeping that appointments book is one of his strengths and one of my weaknesses! Many thanks to Nigel for liaising with all the therapists, changing their appointments/cancellations when necessary, and keeping the appointment sheets in order.



Thanks also to Peter, assisted by Anne & Sian for leading the relaxation sessions on Wednesdays at 12.15pm

Don't forget that we have therapists available on Thursday evenings. Please remember we do not operate a Thursday evening in December or January. Appointments are at 5.15 and 6pm. We usually have a healer and a reflexologist present ~ plus a kind tea-lady who makes the tea on those occasions.

Talking of tea-ladies ~ many thanks to all the tea-team for helping us organise such a lot of the 'Penny Brohn Cancer Care' Day and our Centre's Opening. We have an Oxfam card on the tea-bar which says ~

with a cup of tea in your hand
anything is possible!

The tea-bar is the first port of call and the idea is that the tea team are good people for a new person to meet. (Alan and Pat very bravely join hordes of tea ladies who know full well that they are in charge of Alan and Pat (even if Alan and Pat haven't realised that yet). The ladies tell me that because Alan religiously watches their time-keeping and tells them off if he thinks they are late, they are wondering whether anyone has got a spare clocking-in machine lying around ~ they would like to give it to Alan for Christmas!

Thank you for all your comments in praise of our
Opening Party on 29th July ~

such an inspiring event ~ made possible by the generous help offered by so many people ~ **tea ladies and gents, therapists** and all our **regular visitors** to the Centre. They served champagne, wine, tea and comfort and friendship to everyone.

Waitrose provided outstanding food and outstanding Waitrose people to serve it, helped by those of us who couldn't resist the temptation to offer such lovely food to everyone.

Thank you **Anne, Annie, Jean and Bill** for your very moving speeches (all positively commented on in the feedback I have received).

Thank you **Anne, Andrea, Jenny & Robin, the Oaktet Wind Ensemble**, for welcoming our guests with your lovely selection of music.

Pat's Painters showed their skill through their Exhibition of paintings. Our thanks to Pat for setting up that group and bringing such joy and purpose to all the painters who immerse themselves in what for many is a new-found skill. Some of the paintings were sold. Someone we all know well just couldn't believe it when someone asked if they could buy one of her paintings. She was nonplussed and astounded when asked how much she wanted for it and I think she replied "oh, a couple of pounds"! But I think she was persuaded to accept £20. Pat's group has grown from two people to at least twenty. We have to keep buying new Art tables to accommodate them all!

We had hoped that **Marilyn Barnes** would actually 'open' our new Cambridge Cancer Help Centre. However she was unfortunately unable to join the large crowd of us (we estimated that there were about 350 people) who had gathered together for this very important occasion.

Marilyn and her family sent us this message:

Dear Everyone,

All those years ago when we began the Centre, we always felt that the whole was greater than the sum of its parts and that is why the Centre can give so much to everyone it touches.

We send you our love and best wishes
and are thinking of you today in your new home.

Marilyn, Sophie, Roy

I recalled how we came to start our relationships with people who have continued to support our Centre for a long time. We got to know **Cambridgeshire Constabulary** initially through **Police Officer Kay Stevens**, and later through other police trainers, and through **Gordon Murray** and **Geoff Bye**. Gordon has visited us several times to tell us about the helicopter operation.

Through **Sarah Ingram** and **Chris Hebden** we were introduced to **John Lewis** (Robert Sayle in those days). Over many years they've provided a variety of items for our Centre. More recently **Janice Dean** has introduced **Ian Bloomquest** to us, and through him we have met **Ian Chadwick** and all the people who are our 'waiters' at our Christmas lunches.

To give a flavour of what the Centre means to those of us who play a large part in its life I asked **Annie Diggins**, **Anne Fleming** and **Jean & Bill Dalby** to give us their views about the way they see the Centre and to tell us what it does for them.

Annie Diggins who leads the 'Different Strokes' group for young people who have had a stroke pointed out that when she first met us she couldn't stand, speak or do anything for herself. She was brought to our Centre by Viv ~ she liked what she saw and liked the way we talked to her, and as she gradually got some movement and speech back she decided to do what she could for other people in similar situations.

She now takes her thriving group swimming, bowling, fishing, to the theatre, to John Lewis for coffee and to the zoo: they also learn to work with the

computers. She didn't actually say that her group adore her but I can say that, because they do. She has given them a large part of their lives back.

Anne Fleming then told us ~

It is now five years almost exactly to the day that I was diagnosed with cancer. It was a rare blood cancer called Multiple Myeloma, otherwise known as cancer of the bone marrow.

When I was first diagnosed I was devastated. Only someone else who has had Cancer knows that feeling. I had six collapsed vertebrae and could not walk ~ all I could do was lie flat on my back. After weeks of chemotherapy and a stem cell transplant I gradually improved and learned to walk again (that may sound strange but when you are confined to bed for weeks on end you totally lose the use of the muscles in your legs).

I was invited to attend a Living with Cancer Course at the Cambridge Hospice. I just happened to sit next to a lovely lady called Audrey whom I am delighted to say is here today! She told me all about somewhere called the Cambridge Cancer Help Centre and encouraged me to attend.

I started visiting and to this day I have never looked back.

I have received healing on a regular basis and have found it extremely beneficial. I have also met the most amazing group of people and made many friends here. I would not be where I am today without the care and support that I have received, particularly from Ann and her team.

Three years ago I felt I wanted to give something back so I started a Multiple Myeloma Support Group. We started with just 3 of us ~ we now have over 24 members from all over the Eastern Region. We meet here every month.

Who would have guessed three years ago that we would end up
in this magnificent Centre - all thanks to David Rayner.

Bill Dalby then said this:

From the Heart ~

I sat alone in a room full of people, my world slowly collapsing around me. "Your cancer has returned", I was told, "and treatment will be purely palliative". Other words were spoken but my mind couldn't take any more. In one fell swoop my Life had been taken away. For several weeks afterwards my mind went

deeper into despair. My family had all been told and were all preparing for the worst. I felt alone with no one to turn to.

During a visit to my GP he said some magic words ~ “Why don’t you try the Cambridge Cancer Help Centre. It’s a drop in centre for people like yourself”. He gave me the address and left me to think about it. Now to be honest I am not someone who would normally go for this type of thing and didn’t think that ‘group therapy’ was for me, but I thought why not give it a try. I’ve got nothing to lose. So, one Tuesday morning I walked into this building feeling a great deal of trepidation, the chemotherapy was playing havoc with my system and quite frankly I was in bits.

I sat down in one of those oh-so-comfy chairs and immediately two angels with the names of Ann* and Ros sat down beside me, and though I hate to admit it, I broke down and poured my heart out. The angels listened and told me I was not alone. Before I knew it several other angels appeared, one in particular was Peter, a healthy looking individual, who told me he had been fighting this disease for years and so far had succeeded in the battle.

The upshot is that since my first visit I have become a different, more positive, man and have now taken control of my illness and my life. None of this would have happened without the Cambridge Cancer Help Centre and its angels.

**actually it’s very nice to be called an ‘angel’ but once I had got Bill a cup of tea and sat him down I then beetled off to find Ros and Peter to talk/listen to Bill. Because introducing someone who has got cancer to someone else who has got it or had it is what we try to do at our Centre.*

Bill’s wife **Jean** then tried to sum up what the Centre gave to her ~

She said it was **REFUGE** (somewhere she felt safe and secure and could be herself). **COMFORT** because she was immediately aware of a very peaceful and comforting atmosphere. She no longer felt she was alone in her role of carer. Most important of all, she said was **HOPE**, that there was a future and it need not be the bleak and painful future that she had envisaged. She realised that so many others were coping with the same situation and finding support and even humour amongst their troubles. She found herself looking forward to those visits. Wednesdays, she said, became no-go areas for anything else as she needed her fix!

Judith had led us into a goodbye ceremony when we left our last premises at Stockwell Street. So this time she suggested that we should think about what the Centre had done for us in the past and to reflect upon what it does for all of us now.

One of the cards I received from one of our party-people said “I really enjoyed the opening day and felt that the friendliness really showed through”. The caption on the pretty card in which she wrote that says

*The house of friendship is solid, comforting and strong,
built from honour and esteem
on a foundation of trust and respect.*

Another card from Heather said “I just wanted to say a big thank you for asking me to your wonderful Centre. Goodness, what a gathering! It all went so well and all the speakers were brilliant. God bless you all for doing such splendid work”.

I received emails telling me what a super occasion it was and how brilliant the speakers were.

It certainly was a magnificent and very moving occasion.

A million thanks to all those who helped make it so.

Liz ~ cleans the Centre every week ~ starts at 6.45am (before most of us have our first cup of tea of the day) and finishes about 10am. And, I hasten to add, she does that free of charge. What a volunteer! She is also one of our tea ladies. I really enjoy her cleaning time because we drink tea and then we both scoot around, getting on with our jobs, boosted by the music of Barry Mannilow and Shania Twain!

Highlight of the week! Don't tell anyone!

Thank you Wendy B ~ for taking over the replenishment of supplies for the tea bar, as well as helping with teas and other assorted jobs.

Stuart Bartrum ~

We first met Stuart when he gave us some training in Fire Procedures.

A year later he told us that he admired what we do and he offered to spend one day a week with us ~ if we could find him any jobs to do!

Foolish man ~ he'll wish he hadn't said that!

So ~ we rapidly fill his 'to-do' list with a million tasks. He starts the day early by testing the fire alarm, and is on the go all day until we let him go home. We keep asking ourselves how we ever managed without him ~ thank you Stuart!

Christmas cake decorations

Audrey is making a Christmas cake for the Cambridge Constabulary Helicopter Team. If you have any suitable decorations she could use on the cake she would be delighted. She would be over the moon if you happened to find a little yellow helicopter!

David Barylko & Charlie Barton ~

retiring Trustees ~ from Fran

It is time for two of our longest-serving Trustees to move on. David and Charlie have both been staunch supporters of the Centre for many years, and their contribution to the work of the committee has been invaluable. However, as often happens in life, demands on one's time inevitably force one responsibility to make way for another, and so it is with David and Charlie.

They have both expressed their continuing goodwill towards the Centre and look forward to watching our progress in the years to come. David is willing to be called upon for occasional help at fund-raising occasions, and I'm sure he will want to come to our parties, so we shall continue to see him from time to time. Charlie, however, is planning to move to Italy in the near future, so there are exciting times ahead for him and new challenges to be met!

We wish them both every good wish for the future.

Discussion Group ~

takes place on Monday mornings and is led by Jean. The group running at the moment is for people who have got cancer. It has been suggested we need a similar group for carers. If you would be interested in attending this, please let me know.



Scotsdales'
Charitable Foundation
had their own
Opening of the
David Rayner Building
on 4th September.

A few of us from the Centre were invited to be there to welcome HRH The Duchess of Gloucester, who met the tea-team, the therapists, Sid receiving healing, Maureen receiving reflexology, some of the people in the Art Group and two small groups of people who have or have had cancer.

The Duchess was charming ~ she spoke to everyone, admired the paintings and we were all sorry to see her leave.



Very many thanks to the following for their generous donations ~

Huntsman Advanced Materials ~ £100

SWB Shanks ~ £100

Cambridge & Isle of Ely Chapter ~ £200

Cambridge Flower Club ~ £500

In memory of Ruby Fordham ~ £330

Duncan Gray's Cycle Ride ~ £137

Haslingfield Churches Harvest Supper ~ £100

Rutherford Rotarians donated £750 for the Windermere to Edinburgh Cycle Ride ~ in which Bob, our Treasurer, took part.

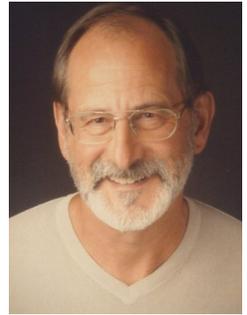
The Burwash Manor Ball raised £954 for our Centre

Thank you to Jane Savill who was married recently and had one of our collecting boxes at her reception. Her guests very kindly donated £142.38 in memory of Jane's friend Elke Hunold, who many of us remember with affection.

And as always, our thanks to the large number of people who have donated amounts under £100. We appreciate all your gifts.

Bob Brodie ~

has been coming to the Centre for about a year. He was born in Renfrewshire, which was also said to be the birthplace of William Wallace who led the struggle to Scottish independence in the 13th century. Bob was said to be a man of many parts ~ I mostly remember him as a calm and patient out and out Scotsman.



We were reminded that he had an excellent sense of humour ~ he was open and unaffected and, we know, very engaging. He reminded me that one of my sons, in his pre-teenage years, used to say he wished he were a Scotsman.

Most moving to me was the music which was played as Bob was carried out of the church. The music, 'These Are My Mountains' was played by the Church organist but I am told that it is also sung delightfully and movingly by Kenneth McKellar.

I think that at our Centre we like to believe we are warm, empathetic and that we offer a genuineness to each other. During the service in which we thought about Bob, I and the large group from our Centre wanted to make things right for the beautiful Helen and her family. But we felt helpless and couldn't do that for them. All we can do is offer them our love and help in the future.

These Are My Mountains

For fame and for fortune I wandered the Earth
And now I've come back to the land of my birth
I've brought back my treasures but only to find
They're less than the pleasures I first left behind.

For these are my mountains and this is my glen
The braes of my childhood will know me again
No land's ever claimed me thou' far did I roam
For these are my mountains and I'm going home

The waup averhead wings with welcoming cry
The loch where the scart flies at last I can see
It's here that my heart lies, it's here I'll be free

Kind faces will meet me and welcome me in
And how they will greet me my ain kith and kin
The night round the ingle old songs will be sung
At last I'll be hearing my ain mother tongue

For these are my mountains and this is my glen
The braes of my childhood will know me again
No land's ever claimed me thou' far I did roam
For these are my mountains and I have come home

The burn by the road sings at my going by

Terri & Jethro

We have known Terri and Jethro for many years: when they were in charge of the Carlton Arms they raised lots of money for our Centre.

Their generosity has extended over the years. Recently they were married and asked all their friends not to buy them presents but instead to give donations to our Centre.

And they raised an amazing £605 for us!

Thanks to both of you for thinking of us on your wedding day

At present Terri & Jethro can be found at the Cambridge Blue

The Chesterton Ladies Bowls Club

has made our Centre their charity of the year!

Very many thanks to them ~ we look forward to meeting them 'en masse' in a year's time.

My Climb for Joy ~ Ian Chadwick

I suppose I should start with the title. Joy is my wife who died last September after a hell of a fight against cancer. So the climbs that I did were in memory of Joy and at the same time to raise money for the Cambridge Cancer Help Centre.

It was not long ago I became involved with the Centre. It came about when John Lewis, who I work for, were raising money for them and I was able to help by obtaining some signed football shirts from my son Luke who plays for Milton Dons. Through this I met Ann who, I soon realised, was a very special lady and who is now a good friend. I needed to do something which would push me to my limits and grab peoples' imagination when it came to sponsorship, so I decided the 3 Peaks' Challenge fitted the bill. Next I needed the help of friends from work for driving me and supporting me so at Russell's wedding I asked Ian Bloomquest, Ian Lisi and Chad Pearson when they had drunk a ridiculous amount of beer, vodka, wine, whisky and more beer and, surprise, surprise they agreed to help. (The next day I had phone calls from them asking exactly what they had agreed to do!)

From then on it was more or less non-stop ~ getting sponsorship was an education and a good way to meet a lot of nice generous people and also the odd prat (whose names I will pass on to you in private). Training was hard and I have come to detest my rowing machine.

So all I have to do now is climb 3 mountains in 3 different countries in less than 24 hours. Piece of cake!

One week to go and bad news that Ian Lisi has hurt his back and Chad has swine flu, but a phone call from Russell, who is on holiday, to say he would help, solves the problem.

At 3am on 25th July the car is loaded with food, drink, equipment and a lean, mean climbing machine. Nine hours later we arrive in Fort William in the most glorious weather and spend the next few hours relaxing. The two targets I had set myself were to do Ben Nevis in less than 3 hours and to finish the challenge in less than 20 hours.

A quick interview with Steve Hunwick on Radio Cambridgeshire and off I set. It was 6pm. No time for sight-seeing at the top ~ just a quick photo and a banana and I am off running. Reach the bottom with one minute to spare (only one stop on the way down when I fell, but I was lucky as a big hard rock stopped

me falling further). A quick change of clothes and we are on the road heading to the next mountain and a dramatic change in the weather.

The previous night I had made 24 rolls consisting of ham and cheese, beef and cheese, chicken and cheese, cheese and pickle.

“Any one want a roll” I ask. “Yes”, says Ian,” anything but cheese” So ~ to anyone who was travelling behind us I am sorry about all the pieces of cheese which Russell threw out of the window!

We arrived at our destination at 2am and I set off straight away in quite thick fog: consequently a climb that I have previously done in just over two hours took five hours. With one mile to go on the way down I came out of the fog.

I can sense your relief for me. Well, don’t as I was met by the hardest rainstorm I am ever likely to see.

When I reached the bottom I can see that Ian and Russell are relieved to see me, if only for the fact that they need me to direct them towards the M6. We get to a service station as quickly as we can so that I can get changed. Quick coffee and it’s off to Wales and our final mountain.

I got out of the car at 11.15am to be met by that rainstorm I said I am never likely to see.

My idea when we arrived was that Ian and Russell would come with me as the 20 hours target looked impossible. So that was the point that Russell said “so you don’t think you can do it in less than 20 hours then?!” This was followed by Ian saying “what the heck did you have to say that to him for?!” As anyone who knows me will know this meant I had to go for it.

So off I went for the hardest climb I have ever done, hard rain, strong winds and minus 3 at the top. Well, I did not do the challenge in less than 20 hours but I felt that what the three of us had done was special.

All that was left to do was to reach our hotel and it was party time so after a bath, a meal and two pints I was in bed by 6pm.

I am writing this at 3am on the 9th September. It is a year today since my Joy died and last week I was having some of my saddest days remembering the same days last year. I needed to do something on my own where I would have to think about what I was doing so on Saturday 5th September at 11pm I set off up Mount Snowdon to do the 3 peaks again and 18 hours 45 minutes later I finished.

I think Joy will be pleased for me.

Has doing the 3 peaks' challenge made a difference to the way I feel? Well, I still feel sad but I think, and this might not work for everyone, that if you can get away, if only for a short time, from those thoughts that wear you down, you will get stronger.

On the 9th September Ian and I looked at Scotsdale's plants because Ian wanted one planted outside the Centre to remind him and us about Joy. We discussed it with David Rayner, and Dean kindly showed us the evergreens and deciduous trees so that Ian could make a choice of one which he knew Joy would have liked.

The tree is appropriately named ~ 'Gorgeous'

Change Your Thinking ~ from Anne F

It will take just 37 seconds to read this and change your thinking

Two men, both seriously ill, occupied the same hospital room.

One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs.

His bed was next to the room's only window.

The other man had to spend all his time flat on his back.

The men talked for hours on end.

They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on holidays.

Every afternoon, when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window.

The man in the other bed began to live for those one hour periods where his world would be broadened and enlivened by all the activity and colour of the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every colour, and a fine view of the city skyline could be seen in the distance.

As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine this picturesque scene.

One warm afternoon, the man by the window described a parade passing by.

Although the other man could not hear the band, he could see it in his mind's eye as the gentleman by the window portrayed it with descriptive words.

Days, weeks and months passed.

One morning, the nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep.

She was saddened and called the hospital attendants to take the body away.

As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone.

Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside. He strained to slowly turn to look out of the window beside the bed. It faced a blank wall.

The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window.

The nurse responded that the man was blind and could not even see the wall.

She said “Perhaps he just wanted to encourage you”.

Tony Fordham ~

husband of the late Yvonne, who was a staunch supporter of our Centre, died recently and his funeral took place on the same day as Bob's funeral.

Tony was the brother of Les Fordham, who used to visit us frequently with his wife Ruby, who died just a few months ago. So, suddenly, we are without three members of the Fordham family. Fortunately for us we do see Les quite often. He has lots of Art talent and we hope he will join Pat's Art group quite soon.



Penny Brohn Cancer Care

We gathered a large audience on the day that Pat Pilkington and Ashley came to our Centre. In the newsletter of July this year Pat had written about 'Optimistic Living'. And what she had written about then formed the basis of what she had to say to all of us. Ashley spoke to us about 'Core Energy Management' and we have copies of her suggestions at the Centre.

The heading of the basics of Core Energy Management quotes that Guy Brown suggested that tracking our feelings of energy are perhaps more important for us than to follow our calorie intake or bank account. Because, Guy and Ashley suggest, when we have no energy our personal world shrinks. When we have abundant energy the whole world opens up.

Ashley pointed out that if we have a 'good life', with a supporting family and friends and live in nice surroundings we are generally able to re-balance the ravages on our energy system fairly easily. But if we're not so fortunate, and/or have stressful lives at home or work, with little lasting, pleasurable stimulation, the quality and quantity of our energy continue to drop significantly.

Ashley suggested that we can replenish this valuable core energy in our lives if we choose to relax and spend time out in nature, or doing other things we really enjoy. She also says that scientists have proved that a really good, relaxing experience of this kind can do the same for us as an actual experience of pleasure. The imagined experience causes our brains to release neuropeptides, endorphins and other 'feel good' inducing chemicals into our immune systems, until we relax and our energy flows freely, so that we can, if we choose, drop into a state of deep contentment.

Thank you Pat and Ashley for treating us to a stimulating day

To read more, gather up one of the leaflets which are at the Centre.

Inner Peace

If you can start the day without caffeine,
If you can get going without pep pills,
If you can always be cheerful, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can eat the same food every day and be grateful for it,
If you can understand when your loved ones are too busy to give you
any time,
If you can take criticism and blame without resentment,
If you can resist treating a rich friend better than a poor friend,
If you can conquer tension without medical help,
If you can relax without liquor,
If you can sleep without the aid of drugs,

... Then You Are Probably The Family Dog!

News flash ~ from Tricia

'i' before 'e' except after 'c' is no longer to be taught to young children ~
it is too confusing ~ and too few words obey the rule.

The next minute the voice had gone, the soothing music of Classic FM
had resumed, and I was suddenly aware that in my state of shock I was
about to scorch the blouse I was ironing at the time.

I must have been mistaken. I couldn't have heard correctly ~ could I?

Goods for Sale ~

nobly managed by Penny ~ raises around £400 a month for the Centre. Penny does emerge occasionally from her retreat where she is mostly hidden by piles of bric-a-brac, videos, clothes, objects d'art, squeaky toys, handbags, shoes, price tickets, jigsaw puzzles, jewellery, books. She is also very good at establishing the pedigree of lots of the stuff and can realistically price them. Having said that she does like everything to be a bit of a bargain so you can rest assured that whatever you pay for one of her 'goods for sale' you are benefitting from her pricing policy.



Donald very kindly brings us large parcels, all tied up neatly with string. There is a sense of excitement when I open them to find a variety of things ~ lots of hats, and recently some fluorescent leg-warmers (which I wore in his honour)

We would like you to know that if any of the items you bring in are not sold they are passed on to other charities.

Some go to Joan and Vic Pinner, who fund-raise for the young Chernobyl children who regularly visit this country for a holiday. They are given medical and dental treatment, new clothes and fun-trips. The brief stay they have in this country extends their lives by just a few years.

Other unsold items are passed on to a friend of Penny's who raises money for children in Romania.

If you are not happy about this way of doing things, please let us know and we will sell your item only to benefit our Centre, Emmaus or a cancer charity shop.

Please continue to bring in your unwanted goods ~
we're very grateful to you all for your help.

Medical Research Council ~ Cognitive and Brain Sciences Unit

For many years, on and off, (more off than on) since about the age of 18, I have been a ‘volunteer for behavioural testing’ at the MRC. You can do this too. You can earn cash and help research on how the brain works. It is a government-funded organisation dedicated to improving human health through world-class medical research. It is an internationally renowned centre for research on the workings of the human mind and brain. Their tests range from behavioural testing –imaging studies – MRI, MEG and EEG. Their work is dependent upon members of the public who volunteer to take part in their studies. You need to be at least 16 years of age. You will be paid an hourly rate and a contribution towards travel expenses. Visit them online at

www.mrc-cbu.cam.ac.uk/panel/form/ Tel 01223 505610 or email panel.manager@mrc-cbu.cam.ac.uk

In addition the MRC has a new centre that will speed the discovery and development of drugs in the UK. This Centre has been established in London, jointly funded by the MRC and MRC Technology. Representatives from the research community met late last year to agree a set of health research opportunities for the UK that target the biggest and most important health challenges we are likely to face over the next decade.

The MRC Research Portfolio (www.mrc.ac.uk/researchportfolio) allows anyone to view research currently being funded by the MRC as well as research projects that have been completed since 1 April 2008.

A diabetes study gained the help of 6,000 volunteers. The study has recently contributed to the discovery of a gene that is strongly linked to high blood sugar levels and an increased risk of Type 2 diabetes.

The MRC invested £3million in seven new awards to support early-stage stem cell research in January. That funding will bolster the most promising preclinical stem cell research so that it can be advanced more quickly into human trials.

In the MRC Network booklet I also read about the Gray Institute for Radiation, Oncology and Biology. Its foundations lie in a scientific initiative to create a world-class research centre for radiobiology that has the capabilities and resources to explore the translational possibilities of the field.

About Advanced pancreatic cancer they write that the idea of using an existing drug to treat cancers is being adopted by increasing numbers of researchers. Clinical scientist Dr Thomas Brunner is looking at the effect of a drug called

nelfinavir as a candidate for sensitising tumours to radiation. In Phase I clinical trials Dr Brunner and his team treated 10 advanced pancreatic cancer patients, all of whom had inoperable tumours, with the drug plus a subsequent course of chemoradiation. The results were startling. Dr Brunner said “normally, following a course of chemoradiation treatment over many months, a pancreatic tumour can be shrunk but not destroyed. Using this inhibitor, compound cancer cell growth was slowed and the cells became more sensitive to radiation treatment”. Of the 10 patients, 60 per cent had tumours that were now respectable, and up to 90 per cent of their tumours had been destroyed. In one patient there was 100 per cent destruction. Two years later, more than half of the trial patients are still alive. Dr Brunner is now awaiting approval to begin Phase II trials.

We may know the following information ~ but here is a reminder:

High temperature meats ~ The way food is prepared can increase your risk of getting cancer. When meats are roasted, grilled or smoked at high temperatures, an unintended but harmful chemical is produced. The high temperature cooking produces a cancer-causing compound called polycyclic aromatic hydrocarbon (PAH). It is produced when juices from meat drip on to the heat source, creating dangerous smoke containing PAH that is absorbed back into the meat. Frequent consumption has been associated with breast, lung and gastric cancers. To minimise your cancer risk follow these steps:

Trim excess fat from the meat prior to cooking. Boil or bake the meat before roasting or grilling. Wrap meat in foil before roasting or grilling. This helps reduce the amount of dripping during roasting or grilling process. Grill at a lower temperature and consider using an electric grill with temperature control. Remove any burnt parts of the meat before serving.

Cooking meats including beef, pork and poultry by frying at high temperatures can increase your cancer risk as the high temperature frying process produces a cancer-causing component

A Swedish study found that other foods baked or fried at very high temperatures – foods including French fries, potato chips and cookies were found to contain acrylamide which is a chemical believed to cause cancer. Frequent consumption of foods fried in re-used frying oils can also increase the cancer risk as the heating process can produce chemical changes to the oil that have been linked to the digestive system. And breathing the oil fumes produced during cooking is associated with a high lung cancer risk.

Saturated Fat ~ red meats, like pork and beef, eggs, milk and other dairy products such as butter, cheese and yoghurt, palm, coconut and hydrogenated oils all contain high levels of hydrogenated fat.

Processed and preserved foods. Most processed and preserved meats such as ham, sausages and bacon contain potentially harmful preservatives such as potassium nitrate which is added to the meat to prevent it from spoiling and to enhance meat colouring. Some canned foods are preserved using sodium nitrate and nitrite, which also may prove harmful.

Ask the experts (Cancer Research UK)

Q I've heard that broccoli is a superfood and can prevent cancer. Is this true?

A Well, the term 'superfoods' is really just a buzzword and it's unlikely that eating any one specific food could do very much to prevent cancer. The best advice is to eat a diet high in fibre, vegetables and fruit, and low in red and processed meat, salt and saturated fat.

Q Can alcohol be good for you?

A Drinking even small amounts of alcohol can increase the risk of cancer in men over 40 and women who have been through the menopause. Small amounts of alcohol can protect against heart disease. But this is only true for small amounts ~ drinking more than a small amount increases the risk of both heart disease and cancer.

*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.*

Just because someone doesn't love you the way you want them to ~
doesn't mean they don't love you with all they have. Ralph and Edna were both patients in a mental hospital.

One day while they were walking past the hospital swimming pool, Ralph suddenly jumped into the deep end. He sank to the bottom of the pool and stayed there. Edna promptly jumped in to save him. She swam to the bottom and pulled him out.

When the Head Nurse Director became aware of Edna's heroic act she immediately ordered her to be discharged from the hospital, as she now considered her to be mentally stable.

When she went to tell Edna the news she said, "Edna, I have good news and bad news. The good news is you're being discharged, since you were able to rationally respond to a crisis by jumping in and saving the life of the person you love. I have concluded that your act displays sound mindedness.

The bad news is, Ralph hung himself in the bathroom with his bathrobe belt right after you saved him. I am so sorry, but he's dead."

Edna replied, "He didn't hang himself, I put him there to dry. How soon can I go home?"

Nostalgia ~ from Ros

Do you remember when:

All the girls had ugly gym slippers

It took 5 minutes for the TV to warm up

Nearly everyone's Mum was at home when the kids got home from school

Nobody owned a thoroughbred dog

When 3d was a decent allowance

You'd reach into a muddy gutter for a penny

Your mother wore nylons that came in two pieces

All your male teachers wore ties and female teachers had their hair done every day and wore high heels

You got your windscreen cleaned, oil checked and petrol served without asking, all for free, every time. And you didn't pay for air. And you got trading stamps to boot

Washing powder had free glasses, dishes or towels hidden inside the box

It was considered a great privilege to be taken out to dinner at a real restaurant with your parents

They threatened to keep children back a year if they failed...and they did!

When a Ford Zephyr was everyone's dream car and people went 'steady'

No one ever asked where the car keys were because they were always in the car in the ignition and the doors were never locked

Bottles came from the corner shop without safety caps and hermetic seals because no one had yet tried to poison a perfect stranger

And with all our progress, don't you wish, just once, you could slip back in time and savour the slower pace and share it with the children of today

As well as summers filled with bike rides, cricket, hula hoops, roller skating,

hockey and visits to the pool and eating lemonade powder or liquorice sticks.
Can you remember Mr Pastry, 6.5 Special, The Army Game, Sunday Night at the
London Palladium, Emergency Ward 10, The Lone Ranger, Hancock's Half
Hour, Trigger, Sgt Bilko and Dick Barton (Special Agent)
Coffee shops with table-side jukeboxes, Blackjacks and bubblegum
Home milk delivery in glass bottles with cardboard and, later, tin foil tops
Newsreels before the cinema film
Telephone numbers had a word prefix – (Mayfair 3489)
Telephone Party lines
Peashooters
Andy Pandy
Hi-Fi's and 45 rpm records
78 rpm records
Adding machines
Do you remember a time when decisions were made by going "eeny-meeny-
miney-moe"
'Race Issue' meant arguing about who ran the fastest
Catching tiddlers could happily occupy an entire day
The worst thing you could catch from the opposite sex was chickenpox
Having a weapon in school meant being caught with a catapult
'War' was a card game
Cigarette cards in the spoke transformed any bike into a motorcycle
Taking drugs meant orange-flavoured chewable aspirin
Water-balloons were the ultimate weapon

ICON ~ I am very happy to say that **Chris Woollams**, who edits and contributes to ICON will visit our Centre in June 2010. He will talk to us for an hour and a half ~ I am certain this will be fascinating and informative and I am sure the event will be very well attended. We will publicise the date and more information in one of our newsletters next year. Chris wrote the following:

I will always remember asking a simple question of the surgeon who was about to operate on the brain of my 22-year old 'baby'. "So what do you think may have caused this?" Without hesitation he replied, "Well a lot of people think it could be mobile phones, but that's rubbish." This was followed ten minutes later by the ultimate non-sequitur: "And anyway, if you get a tumour from a mobile phone it is usually over the ear. And Catherine's is in the front of the brain."

The following appears on the back cover of Chris' book 'The Rainbow Diet':

"Chris Woollams M A (Oxon) read Biochemistry at Oxford University, which included a period in cancer research. He then spent 22 years on sabbatical in advertising and marketing. At 32 he became the youngest ever chairman of one of the world's largest communication groups: later he founded, built and sold his own group of nine companies. The last nine years of 'retirement' have seen him study nutrition and body energy, and become qualified in a variety of health matters from Reiki to personal training."

Resisting the temptation to report more fully on Chris' books I will simply quote one little bit ~ Chris says:

Love your liver

Ignore it at your peril

Help it, strengthen it, clean it and stop the potential problems at source.

Your diet should be its FRIEND.

Another of Chris' books is 'Cancer Your First 15 Steps'. In this book he says, "*from the very moment you are diagnosed, you can make a significant difference to your chances of beating cancer*".

Personal Experience of Pseudomyxoma Peritonei ~ from M.A.

One day, out of the blue, I started to have pain in the abdomen, which all of a sudden doubled in size, and I had a temperature and vomiting. I was taken to Addenbrooke's Hospital with a suspected appendicitis. After four days of observation the appendix was removed and they found unusual amounts of jelly in the abdomen. I waited two weeks for the results and was then told that I had a rare form of cancer and that there was a specialised centre in Basingstoke to treat this type of cancer.

This was in February and I didn't see Mr Moran in Basingstoke until May, by which time I was panicking. He told me then that the disease grows very slowly and that there was no urgency as there is with other types of cancer. I had the operation at the end of November. It 'only' took seven and a half hours and they managed to remove all of the tumour. I was in hospital for two weeks.

The team in Basingstoke couldn't have been more professional, caring and approachable. Surgeons Mr Moran and Mr Cecil, and Head Nurse Sue Alves were brilliant. The hospital is small and cosy and very clean.

It was a huge attack on the body but, looking on the bright side, after three difficult months, I was free to have a wonderful life! Since then I have been feeling very well and, so far, the cancer hasn't returned.

I could never have done it without my husband. He is amazing!

Library ~ we are reducing the amount of time it is permitted to keep the books on loan. We've bought a quantity of books from CANCERactive (having seen them advertised in ICON magazine) and we'd like them to be available to as many people as possible ~ hence a shorter borrowing period of 2 weeks please.

Ann & Joyce will manage this new system ~ many thanks to you both

A few recent works of art from Pat's Painters ~





Thanks ~

Sid is the darling of our Centre. There were the days he could walk to the Centre, buy lots of fresh eggs for us, bake sausage rolls for us, bring us sticks of rock from his seaside trips, entertain us with his millions of tales about the past and the present, take himself anywhere by walking there, getting the bus or getting the train. Now he finds it a little more difficult to get himself around.

He and we are so fortunate that
Dorothea and Nick
bring him to the Centre as often as they can.

Very many thanks to ~

Barbara & Colin and their customers at

Foxton Post Office

for so frequently filling up their collecting boxes.

Since June they have donated **£52,99** to our Centre

Our thanks also to all who have recently brought in collecting boxes ~

Free Press

Active 4 Less

Live & Let Live

Champion of the Thames

Dobbler's Inn

Clarendon Arms

Dorothy & Joe

Richard & Cheryl Hall

Irene Smith

Thanks to Gordon for giving us a brilliant coffee table, which I have painted in such a way as to give it an accidental 'distressed' look.

The beginning of the New Financial Year ~

means that it's subscription time once more.

Very many thanks to all those who've contributed during the last twelve months through annual or monthly donations.

Between 1st November 2008 and 31st October 2009
our growing Membership has generated over **£5,700**

If anyone is interested in becoming a Covenanter, please let us know

Christmas Closing

We shall close at 4pm on Wednesday 23rd December
and re-open on Tuesday 5th January

Thank you Noel Gooch ~

A lot of us ex-John Lewis partners knew Noel as a colleague and admired his skill and expertise with carpets and rugs. Happily for us he has donated a large variety of rugs ~ and these raise a lot of money for the Centre.

Skip ~ we have a person, David D, at the Centre who has started to retrieve goods for us to sell! He gets the skip owner's permission to help himself to anything he thinks will sell at our Centre. He has been known to carry out repairs on something that was broken.

Perhaps we need to remind ourselves that at our amazing and remarkable Centre we all touch many people's lives. Every one of us does that. The tea team do that ~ the therapists do that ~ the counsellors do that ~ all of us do that. We do it in all sorts of ways. So very many thanks ~ I couldn't do without you. And you are such fun!

Also, we have brought people who have breast cancer to meet others who have breast cancer. We have brought men who have prostate cancer to meet others who have a similar cancer. And a couple of people who have pancreatic cancer have met and supported each other. That story relates to all our visitors who have different cancers. What amazes me, also, is that we brought together two people who had pseudomyxoma peritoneal cancer.

We send our love and best wishes to everyone going through treatment ~ Geoff with his stem cell transplant, and Rachel who is recovering from her op to treat pseudomyxoma peritoneal cancer, and to all of you who do so much to keep our Centre full of friendship and kindness. As has been said many times before, we are like a large family. And I don't think we could do without each other.

I wish you and all of us, a Happy Christmas and a good 2010.

Love Ann xxx

PS A plate of Bacon and Eggs walks into a pub. The barman says, "Sorry, we don't serve breakfast".