

AGM Report from the co-ordinator

Mary Pearson's Report at this year's AGM:

Welcome to you all; it is lovely to see so many of you here and I am well aware that many of you don't know me, so please come and say 'hello' later.

I want to thank the Trustees for their marvellous work on our new website and logo, which I have to say looks rather stunning at the back of the tea bar. It is a great achievement which will benefit the Centre enormously in continuing the work that we do here. It feels very much in keeping with the ethos of the Centre which I am very keen to maintain. We have to thank our Founder and everyone that has been part of this special place for putting down those firm foundations.

The welcome that we give new people coming to the Centre is so important and includes everyone here. Our tea team have a very special role - a friendly word, a simple enquiry "is this your first visit here?" makes all the difference. It's how we make people feel that will be remembered.

Sensitivity and providing a safe environment to enable people to talk about what is happening to them, to share information, to be able to laugh and cry, and know it is o.k, is what this Centre is all about.

When it comes to confidentiality, we all have a part to play, we are all involved—confidences shared here, remain here—that is crucial to being a safe environment. I often say to new people “if I see you outside of here, I won’t approach you and you don’t need to acknowledge me if you don’t want to. This is because that person might be with someone who doesn’t know about their illness and may not want to explain how they know me.

I have heard many positive things said about the Centre and I feel very privileged to be part of it. I have witnessed transformations here; when I first came, someone said to me “miracles happen here” - I think they are right.

I have no intention of making any radical changes that will affect what the Centre does best. There have been lots of challenges in the past year and I am aware that having a new coordinator raises concerns. Can I just say that Ann Dingley has been wonderful to me over the last few months, that I will never replace her, but I will do my best to be a coordinator who works well for the Centre.

What I hope to achieve in the future is more of the positive things that we already have. Also that we continue to build firm relationships with Macmillan and Maggie’s so that we can provide a service to those who need it—we have different ways of working but we all have this in common.

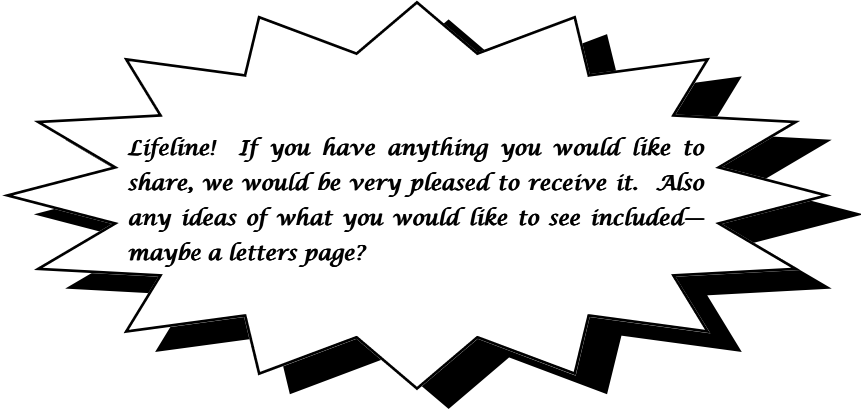
The courses that are run here are very important and well attended; they attract people to the Centre that may not have known about it before and I am happy to say that new courses will be rolled out this year.

One of the things I like is that many of the activities we have here are led by you, so that you are making the investment in your health, to benefit yourself and those around you.

There are a couple of more seeds developing to add to the list ~ one being a Mindfulness Group; another a group for carers and those that are bereaved. Watch out for updates or come and talk to me if these are of interest to you.

The beauty of our new website is that we can keep you up-to-date with what is happening, although I do appreciate not everyone is technical.; if this is the case for you, you can 'phone here, read your 'Lifeline' or pop in. Or come along to the basic computing course on Monday mornings!

Mary Pearson



Lifeline! If you have anything you would like to share, we would be very pleased to receive it. Also any ideas of what you would like to see included—maybe a letters page?

Dates for your diary:

Tuesday, 27th October:

Amoena Bra Fitting and advice:

An opportunity to try on bras and be measured and advised on breast prosthesis. There will also be an opportunity to try hats and head scarves. Erica will be at the Centre between 3.30 and 5.00 pm.

Wednesday, 28th October

Tax, Legal and Pensions:

Liz Holley (Solicitor at Websters) will be holding a Drop In Surgery between 1.30 and 4.00 pm.

Sunday, 1st November

Pre-Christmas Craft Fair in aid of CCHC

Friday, 27th November

Coach trip to Bury St Edmunds Christmas

Market: 21 places available at a cost of £14 each — payment secures a seat.

Tuesday, 1st December

Christmas Lunch:

The cost will be £5—tickets available in November.

Thursday, 10th December

Christmas Party : 7.00 pm—please bring family, friends, and food to share. We will have entertainment and other jollities.

The Centre will be closed w/c 21st and 28th December and reopening Tuesday, 5th January 2016.

Alan Fleming

It was with great sadness that we heard about the death of Anne Fleming's husband, Alan, and we send all our love and good wishes to Anne and their family. This beautiful poem was read at Alan's funeral:

Memories of the Heart

Feel no guilt in laughter,
He knows how much you care.
Feel no sorrow in a smile
That he's not here to share.
You cannot grieve forever,
He would not want you to.
He'd hope that you would carry on
The way you always do.
So talk about the good times
And the ways you showed you cared.
The days you spent together,
All the happiness you shared.
Let the memories surround you,
A word someone may say
Will suddenly recapture
A time, an hour, a day.
That brings him back as clearly
As though he were still here,
And fills you with the feelings
That he is always near.
For if you keep those memories
You will never be apart
And he will live forever
Locked safe within your heart.

By Author Unknown



Heydon Grange Golf Club Captain's Day

Earlier this year the men's, ladies' and senior's of the Heydon Grange Golf Club all agreed that the Cambridge Cancer Help Centre would be their Charity of the Year and as such would receive any money that the Club raised from fundraising this year. The Captain's Day was the first event organised this year and we were given the opportunity to enter a team on the day, which we gladly did.

The morning started very early for the intrepid golfers who were playing in the Captain's Day tournament. There were 80 individual players making up to 20 teams taking part. With a 9.00 am start for all teams, it was necessary for the players to be at their allocated tees in advance of the 'shotgun' start.

The team representing CCHC, made up of Peter and Sheila Salt, Harry Gelthorpe and Joe Borley would have made it to the 7th tee on time if it had not been for the Centre's Chairman insisting on a team photo shoot before the start and if Joe had remembered where the 7th tee actually was on the course.

Despite the slight delay, the team were in good spirits and were looking forward to a pleasant competitive round of golf. Peter hinted that the weather forecast was for rain after 13:00 hrs but was confident that their round would be over well before then. Unfortunately the wet weather arrived three hours before Peter's prediction and once it started to rain it didn't stop until well into the afternoon. As a consequence all the golfers had a thoroughly wet morning. Despite this the players made the most of the conditions, donned their water-proofs and continued to play. As the conditions worsened and the heavens opened the CCHC team dug deep and managed to play some really good golf. Harry excelled with an overall score of 35 with the others not too far behind. This might have been as a result of the Chairman telling them, in no uncertain terms, that they had to win the competition or they would not be allowed back at the Centre.

The Golf Club had arranged a variety of fundraising events for the day including a comprehensive raffle, a draw for a magnificent cake (which was decorated as a golf green with fairway and bunkers), a draw for members who managed to get onto the green in one shot from a par 3 tee and an auction for a few selected items including five paintings provided by the Centre.

As the Cambridge Cancer Help Centre is Heydon Grange's Charity of the Year all proceeds are to be donated to us and the total raised for the day was a magnificent £1,700!

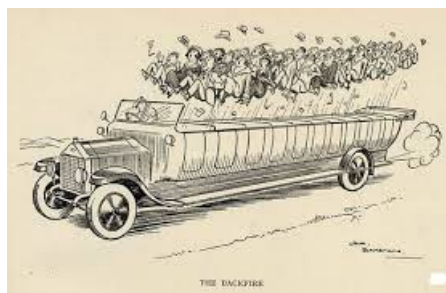
Despite their valiant efforts our heroic team did not manage to win any of the prizes awarded after a pleasant lunch provided at the Golf Club; however they are still allowed to come to the Centre whenever they like.

The Cambridge Cancer Help Centre would like to thank all those at the Heydon Grange Golf Club for their wonderful hospitality and generosity on the day,

Harry's Caddy

<p>Golf is so popular simply because it is the best game in the world at which to be bad.</p> <p>A. A .Milne</p>
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Coach Trip to Southwold ~ organised by Anne Fleming



On the 7th August, nineteen of us made our annual coach trip "pilgrimage" to Southwold. We were blessed with lovely weather and we all thoroughly enjoyed our trip 'to be beside the seaside'.

Our next trip will be on Friday, 27th November, to Bury St Edmunds Christmas Market. We have only 21 places available at a cost of £14 per person — payment secures a seat.

If you have any ideas for future trips, please contact Anne Fleming at the CCHC.

Fair Funerals' Pledge

Cambridge News, 31 July, 2015, reported that more than 200 funeral directors have signed the Fair Funerals' Pledge which calls for clearer pricing and more choice for people when planning funerals. The Pledge was launched by Quaker Social Action and the campaign demands that people be offered the option of a simple funeral and a low-cost coffin. The average total cost for a funeral at the moment is around £3,500 with the funeral director's fee usually accounting for half of this.

(Information passed on by Ann Dingley) .

Oncology waiting room
June 2006

There is the moaner who complains about the wait
as though this is a bus stop.

There are the wives with their knitting who discuss husband's
surgery
as though this is the garden wall.

There is the bald toddler, with over-cheerful parents, badges
and balloons
as though this is his birthday party.

There is the couple, hand-in-hand, happy to still be together
as though this is a sunny day's walk in the park.

There is the big guy with the tattoos, who eyes the nurses
as though he's leaning on the bar at his local.

There is the old man alone, who shuffles in his bedroom
slippers
as though this is the bottom of his garden.

There is the woman who knows everyone's name
as though this is the Women's Institute.

There is the teenage girl, with lipstick and tight tee-shirt
as though this is behind the bike shed.

There is me, with my crossword, still afraid
as though this is my first day.

Membership Unknown *October 2009*

Outside the store, a woman apologised,
As neither of us had given money to the man
dressed as a bear.
She was embarrassed and wanted
to explain. We only gave to cancer charities.
As an offering, a survivor's
gratitude. We swapped hospital stories,
sickness, treatment, losing
hair. We swapped recovery stories,
eating and drinking to
excess. Breathing the scent of spring, summer,
autumn air, walking on frozen ice, paddling
in the sea.
It's a secret society,
membership unknown.

*These powerful and moving poems are from "Negotiating the days"
by Lizzie Madder, who has lived in Cambridgeshire since 2002. In
2006, she was diagnosed and treated for anal cancer and
"Negotiating the Days" is her first poetry collection.*

Wellbeing Conference *Wednesday 11 November 2015*

An exciting Conference, for anyone affected by cancer, is taking place at the Cambridge Cancer Help Centre on Wednesday, 11th November, 9.00 am to 4.00 pm.

This a joint venture being organised by the Cambridge Cancer Help Centre and Macmillan Cancer Support. We have eight speakers with a wealth of experience who will give talks and answer your questions. There will also be a Market place where there will be information for you to take away and art, crafts and other items for you to purchase. The planned day will start at 9.00 am with a welcoming cup of tea or coffee for everyone at registration before the opening address at 9.30 am.

The Conference Day will include refreshments in the morning and afternoon, lunch, and a chance to experience 'seated yoga'.

This Conference is free of charge, so book early to avoid disappointment. If you would like to attend, please contact the Centre on the following telephone number: 01223 840105 or mobile: 07866331782.

The Conference Speakers are:

- 09.45—10.30 Cancer & Lifestyle—The Facts
Professor Robert Thomas, Consultant in
Oncology and Radiotherapy
- 11.00—11.30 Tips on Healthy Eating
Claire Holgate, Dietician
- 11.30—12.00 Complementary Therapy—How this impacts
on well being
Sarah Ling, Lecturer Complementary Therapy
- 12.45—13.30 Why exercise is so important
Tansy Bruce, Sports Development Officer
- 13.30—14.00 Managing Fatigue
Julie Burkin, Lead Occupational Therapy
Practitioner
- 14.00—14.45 Radiotherapy and Side Effects Explained
Rachel Kirby, Macmillan Advanced
Practitioner in Thoracic Oncology
- 15.00 —15.30 Hypnotherapy
Farnoosh Koviely, Hypnotherapist
- 15.30—16.00 Maggie's
Lisa Punt, Maggie's Centre Head

The stands at the Market Place are:

Macmillan Cancer Support
Arthur Rank Hospice
Maggie's
Pat's Art Group
Pam's Craft Group
Centre items for sale

Our inspirational Art Group

The Art Group continues to create uplifting and inspiring paintings and again in this edition we want to showcase some of their work. We are just sad that we can only print them in black and white because they are so stunning in full colour.





Art has the power to transform, to tell stories and make connections in a very special way, and this is why art plays such an important role at the Centre, which is all about community, people and hope.

Social Activities

Thursday morning walks around Parker's Piece continue. Those of us who used to achieve two laps either now do just one but sometimes Helmut does three! Those of us who used to do half a lap now often achieve two laps! We are very proud, and often congratulate ourselves that we have been consistent with our walks and must have kept the walking routine up for well over a year. We cancel only if it is pouring with rain and that has happened only once. We all walk at our own pace and after the walk we gravitate to Livingstones for post-walk refreshments. We enjoy being there because they offer table service - just what one needs with the baked beans on toast, latte and green tea when one is worn out and fatigued.

We have met for Chinese food dinner at the Lucky Star; La Hogue for lunch; Wymondham Railway Station cafe, following an enjoyable train journey; tea and cake at Scotsdale's frequently; Bury Farm for coffee or tea; breakfast at Scotsdale's; a Guided Bus trip for a saunter round St Ives, and Sunday lunch at Bella Italia.

We need to re-elect the President of the **Breakfast Club**. Last year in the election, Helmut valiantly fought off opposition from Bob the Builder, Thomas the Tank Engine, Mickey Mouse and other contenders. We tell Helmut he is very good at organising us. He agrees and says it is because he is German. I expect he will be overwhelmingly voted to be re-elected.

Information about our social activities is usually displayed on the Centre's tea bar. Do join us - you will be very welcome.

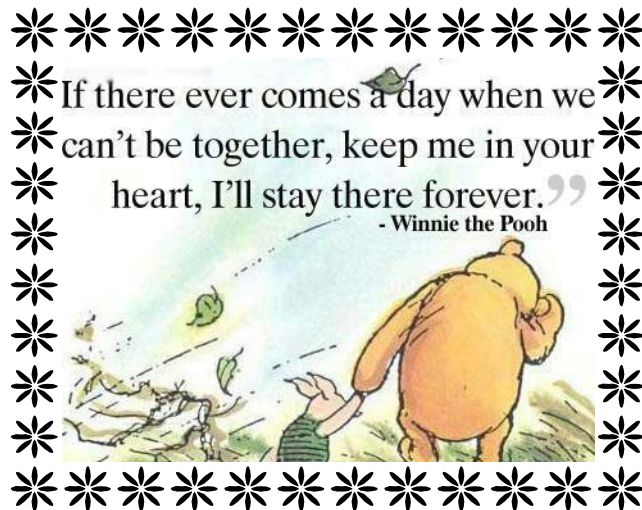
Ann Dingley

"Tea for Two" at Scotsdales

Nineteen of us enjoyed the marvellous tea provided by Scotsdales. I have to admit I didn't quite get around to booking a table. Don't quite know why...but I didn't! However, Judy and Helmut started to valiantly put enough tables together to give us a sort of round table; and then along came Scotsdales'. Olivia, who sorted us all out, put "reserved" tickets on each table, found sufficient chairs and produced a cosy sort of round table area for all of us to sit together and enjoy the tea. Olivia opened up an extra tea-making facility for all of us - and the girls on the till were helpful too with easy, simple ways to pay for our tea. We had two "sittings" because three of us were held up on the A14. It was mentioned by Vic that these get together occasions are always enjoyable and very worthwhile.

Do join us at "Tea for Two" next year. I shall book a table well in advance! My apologies to Scotsdales' restaurant for my inefficiency!

Ann Dingley



Nomination

(from an email by Ann Dingley to the Trustees)

I met Tricia yesterday and she explained about the Nomination and gave me the neatly filed (as one would expect!) paperwork and suggested I should not read it without a handy supply of tissues! So read it I did with not tissues but a large kitchen roll!

I hardly know what to say!

Except.....that had I met the Queen I probably would have wanted to tell her she should offer a similar Award to all the people I have met over twenty years at the Centre. They are the ones who were courageous as they faced alarming odds against their survival. But our Founder's idea that one would do better if fighting the cancer with others who had cancer meant they would probably have a better outcome, was proved to be correct.

Many thanks to all of you and to Tricia who, in the way one would expect from Tricia, gathered together a meaningful Nomination from some very kind people who said very kind things.

Very many thanks.

Ann

"OBE or Not To Be"

Well, unhappily it was not to be! I understand that lots of you knew about and supported the Nomination. Had I met Her Majesty the Queen, I hope our conversation would have enabled me to say that the people worthy of recognition were all of you who came to the Centre because of a cancer diagnosis. And you are the ones who in fairness should be nominated to receive any Awards bestowed by the Queen. You are the ones who faced the despair but nevertheless saw the treatment and recovery through, whilst also making time to support other people through their diagnosis and recovery. And you all became good friends in so-doing, establishing the absolutely perfect support group as envisaged by our Founder, Marilyn Barnes.

Many thanks too to Tricia Smith who I know would have spent hours approaching those of you who wrote so kindly to support the Nomination and then meticulously recording it all in a folder for me to treasure. It contained very emotive and tear-jerking stuff! I was warned I would need a box of tissues at hand as I read it but it was more of a mopping-up-with-kitchen-roll episode! If you haven't seen the folder and would like to do so, please let me know.

Ann Dingley



Cycling to Success in Cambridge

The Cambridge Lymphoma Support group was founded in 2011 by the late Alison Horsley who was awarded the Lymphoma Association Beacon of Hope award in 2012. We are fortunate to meet in the beautiful David Rayner Building at Scotsdale's Garden Centre, the home of the Cambridge Cancer Help Centre. We have a core group of 8 – 12 who meet monthly with up to 50 at special events such as our annual Alison Horsley Memorial Lecture. In the past we have raised funds for The Lymphoma Association (LA) the Cambridge Cancer Help Centre (CCHC) and The Anthony Nolan Trust.

In December 2014 we heard of the Lymphoma Association's GP Awareness Programme and were immediately keen to raise funds towards this important goal. Several of our members were diagnosed late after as much as two years of investigations. This highlighted for us the poor level of awareness amongst some GPs of the symptoms of lymphoma.

As many of you will be aware, Cambridge is a city of cyclists. Stephen Horsley, our late founder's widower, is one of them and suggested we think about a charity cycle ride. None of us had ever organised such an event but, with the help of a booklet available from the LA, we set about the task. We finally settled on Sunday 17th May 2015 and felt that 10, 20 and 30 mile routes would attract a range of cyclists. The Cambridge Cycling Club was generous in suggesting three circular routes each starting and finishing at the CCHC.

Members got baking to provide cakes to refresh the cyclists and other visitors, prizes for the tombola were collected and we drew up a list of jobs to be done and a rota of helpers. Perhaps the hardest job was putting up all the arrows on the three routes the day before. This took four of us a total of about 5 hours (20 person hours altogether). The Stroke Association offered us their mini-bus as a support vehicle (to collect any bikes with problems or riders with injuries). Luckily it wasn't needed. Members, partners and friends helped in numerous ways creating a wonderful atmosphere and having a really beneficial effect on group cohesion and cementing friendships. We were delighted that Emma Venner, from LA HQ, was able to come on the day with her Westie, both wearing LA tee-shirts! (see photo).

At an early stage I approached Mary Pearson, the co-ordinator of the CCHC, and asked if she and her staff and volunteers would like to hold an open day alongside the ride to raise awareness of the Help Centre and all that goes on there. On the day, in addition to the LA information table, there was representation from Macmillan, the Karen Morris memorial Trust (a small local Leukaemia charity), the Stroke Association (also users of the David Rayner Building), a juice bar run by CCHC volunteers and a wonderful band of volunteers making tea. A volunteer also provided music and in the afternoon groups of well-wishers were to be seen sitting in the sun on the lawn, eating cake, drinking tea and welcoming the cyclists home. I was particularly pleased that so many different charities and interest groups were able to work together for our mutual benefit.

So, after all this work, worry and several sleepless nights, how did we do? Well, we had 29 cyclists, disappointing after all the publicity. On the plus side we had lots of very positive feedback about the warm welcome people received and the great refreshments. The routes were popular and people commented on the wonderful views from the 30 mile route in particular.

The result was an amazing £3,268! This has been possible largely because of the 4 JustGiving sites set up by cyclists with personal experience of Lymphoma in their families. These account for about £1500. One really heart-warming story was published by the Cambridge News the following week highlighting the achievement of A-level student Becca Clarke who rode 30 miles with her dad shortly after completing her treatment for Hodgkin's Lymphoma. Locally, awareness of Lymphoma and the work of the LA have been greatly increased as Scotsdale's is by far the largest garden centre in the area and the ride was held on one of their busiest weekends of the year.

People are now asking if we shall be making this an annual event. On the days running up to 17th May I would have said, "NO WAY!!" However now, after a summer break, we shall review the event in September and think about how we might attract more cyclists in either 2016 or 2017. One idea has been to make it a family friendly ride to attract the non-elite riders. We would also like to have a conversation with the LA regarding improving the use of their website so that registration forms, posters etc could be directly downloaded and registration fees paid online. This

would hugely reduce the admin tasks associated with the event.

I'd like to extend a very big thank you to my family, friends, members of the group, the Cambridge Cancer Help Centre staff and volunteers, the Cambridge Cycling Club, Cambridge Water, Waitrose and all the other local businesses and organisations who displayed posters and flyers. You have all been instrumental in achieving an amazing outcome.

Sue Arnold – Co-ordinator Cambridge Lymphoma Support Group





DAVE TROOP

Dave Troop, who is an active member of the Art Group, has had an incredibly tough and challenging life history. Dave has held talks in the Centre about the years he was homeless and he has written the following poem about that time of his life.

*Just under the street, not far from here,
Is where God shows His Grace, every night of the
year.*

*The Homeless and needy arrive to be fed
And to stay in the warm and sleep in a bed.
While ministering Angels attend every need
Regardless of race, condition or creed.*

*Folks with lives shattered are soon on the mend
And when they feel better, a hand they will lend.
Doing the housework, completing the chores,
From making the beds to washing the floors.*

*When lives are more stable and it's time to move
on,
God smiles with delight with the work that He's
done,*

*And He opens the door for more friends to meet
A better alternative to a life on the street.
His love is abounding, His goodness sincere,
As he waits at the door, every night of the year.*

ROY BARNES

It was with great sadness that we heard about the death of Marilyn Barnes' husband, Roy.

We send our love and good wishes to Marilyn and their daughter, Sophie.

And our heartfelt thanks to them for founding our Centre in 1986.

The following was published in Lifeline in June 2012 and bears repeating:

"It seems our philosophy has to be that although we cannot change the course of history for people who have cancer, we can change the bit of their lives they experience once they have received that diagnosis and visit our Centre. And we can be pleased and comforted by knowing that it is a place full of friends, and therapists, who all do their best to make their journey as brilliant and comfortable and as much fun as possible".

"Every person in this Centre is able to help others, and does so, even without realising it ~ accepting others as they are is a very big point of this". (Marilyn Barnes)

MY SATNAV

(A Poem by Pam Ayres)

I have a little Satnav; it sits there in my car
A Satnav is a driver's friend; it tells you where you are.
I have a little Satnav, I've had it all my life
It's better than the normal ones, my Satnav is my wife.
It gives me full instructions, especially how to drive
"It's sixty miles an hour", it says, "You're doing sixty five".
It tells me when to stop and start, and when to use the brake
And tells me that it's never, ever, safe to overtake.
It tells me when a light is red, and when it goes to green
It seems to know instinctively, just when to intervene.
It lists the vehicles just in front, and all those to the rear
And taking this into account, it specifies my gear.
I'm sure no other driver, has so helpful a device
For when we leave and lock the car, it still gives its advice.
It fills me up with counselling, each journey's pretty fraught
So why don't I exchange it, and get a quieter sort?
Ah well, you see, it cleans the house, makes sure I'm properly
fed
It washes all my shirts and things, and
keeps me warm in bed!
Despite all these advantages, and my
tendency to scoff,
I only wish that now and then, I could
turn the bugger off.

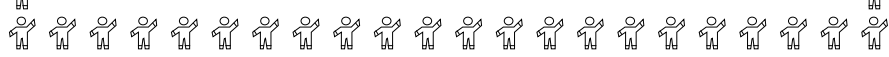




***Our most grateful thanks to the following
for their very generous donations:***

D Sanders	£100
J I F Colledge	£100
R K Darling	£500
Betty Lawes Foundation	£2,000
Mazars Charitable Trust	£500
Different Strokes	£300
Craft Group	£350
D & P Evans	£100
J Knight	£250
C Butler	£120
J Skilbeck	£65
Inner Wheel	£132.20
Scotsdales Charitable Foundation	£1,000
Orwell PCC	£55
Pat Harris	£50
In Memorium:	
R Brogdon	£75
Kate Grubb	£250
Betty Sullivan	£255
B Spence	£140
D Chew	£50

***CCHC is totally funded by its supporters, and all
the money raised is invested in supporting those
that attend the Centre. We wouldn't be able to
operate without such generous support.***



20 things you could consider in your anti-cancer programme

The American Cancer Society produced a 'watershed' report in June 2012, which has now been endorsed by the National Cancer Institute in America; it shows that since 2006 there has been an 'explosion' in research into complementary therapies and that there is 'overwhelming' evidence that certain complementary therapies - like diet, exercise and weight control - can increase survival and prevent a cancer returning. There are 20 things the report suggests you should consider building into your own anti-cancer programme.

- 1. Go for an hour in the sunshine every day:* Research studies show that Vitamin D prevents cancer and it can even correct the effects of cancer and improve survival times. Vitamin D is also essential to your immune system and helps to activate it. **If you can't have an hour a day in decent sunshine think about supplementing with up to 5,000 IUs per day.**
- 2. Eat a Rainbow Diet:* Studies have shown that polyphenols, anthocyanins, carotenoids and a host of other natural compounds can positively influence the outcome of diseases including cancer. Beetroot, blueberries, red and yellow peppers, broccoli, garlic, onions, red grapes, cruciferous vegetables and more. Research has linked green tea to longer survival times.
- 3. Avoid glucose (and high fructose corn syrup):* There are over six studies in the last few years which show that people with high blood sugar levels develop more cancer, and if you already have cancer, high blood sugar is associated with lower survival times.
- 4. Avoid cows' dairy:* cows' milk contains high levels of IGF-1 a growth hormone that makes cells grow and divide rapidly. Studies by the Karolinska Institute and others show the links between cows' dairy and increased risk of cancer.

5. *Sleep in a darkened room:* About 90 minutes after falling asleep in a fully darkened room, your body produces a most powerful compound - melatonin, which puts you into a deeper sleep; it is also a strong antioxidant and has the ability to control and reduce levels of both oestrogen and IGF-1, two hormones implicated in cancer. Night shift workers and others with disturbed sleep patterns develop more cancers. EMFs from televisions, WiFi, local masts can also reduce melatonin levels. **You can supplement but do not exceed 3 mgs, as melatonin in excess can cause hallucinations!**

6. *Take multi-strain probiotics:* The microbiome, particularly in your gut, is a collection of over 800 bacterial strains that is essential to your wellbeing. Damaged or even destroyed by antibiotics, drugs, chlorine, smoking, alcohol, and acid conditions (from pickled food to excess common salt and stress), these friendly bacteria are beneficial and release essential vitamins and cancer-fighting compounds from your foods. You simply cannot nourish your body without them. The latest research shows that their good health is linked to your good health. You can supplement – **try several different quality manufacturers of 'multi-strain probiotics'**

7. *Take 75 mgs of daily aspirin:* The research over the years, whether from the Mayo Clinic or the recent studies by Oxford University and the Radcliffe, has shown that this small dose of aspirin helps prevent cancer, reduce metastases and helps people with cancer survive longer. Recent excellent research studies prompted the Oxford researchers to call on NICE to make it an official part of UK cancer treatment. **Do not take on an empty stomach and preferably use a soluble product.**

8. *Drink a teaspoon of Sodium Bicarbonate in warm water a day:* Research from 3 cancer centres in the USA has shown that alkalising your body by drinking a solution of sodium bicarbonate, can stop new metastases and increase survival times. Clinical Trials are underway.

9. *See a qualified medical herbalist:* Research into the anti-cancer effects of herbs has been growing and many drugs companies are studying their properties. Some herbs can attack cancer cells directly, while others can simply boost the immune response to cancer.

10. *Take grape seed extract:* A major American study (the VITAL study) put the OPC grape seed extract head and shoulders above other immune boosting compounds. Some research suggests pine bark extract, another OPC, is even better. GSE may also have the ability to prevent blood supplies forming to tumours (as may fresh garlic).

11. *Take fish oils daily:* There has been a multitude of research studies, including clinical trials, on the benefits of fish oils in aiding longevity and with cancer. Fish oils help reduce cellular inflammation via Cox-2 action; cellular inflammation is often the precursor to cancer and cancer spread. Although this can happen throughout the body, the effect of fish oils is pronounced in reducing the growth of polyps in colorectal cancer.

12. *Take Curcumin:* This spice (also referred to as Turmeric) has been the centre of attention at more than 6 top American cancer centres. It seems to affect all manner of cancer pathways from inflammation to metastases. Its use seems particularly relevant in colorectal cancer where it reduces polyp growth and limits microbial activity. However, it seems to have action with all cancers and even crosses the blood-brain barrier.

13. *Look into Indole 3 carbinol and DIM:* Most cancers are oestrogen driven; not just breast cancers but many prostate, testicular, brain, colorectal and endometrial cancers too. **Indole 3 carbinol is a natural compound in broccoli and cruciferous vegetables.**

It denatures aggressive oestrogen. It blocks receptor sites on cells from the action of oestrogen. It prevents the worst toxins (dioxins) from damaging cells and helps detoxify cells. Drug companies have been looking to patent it, even dubbing it the 'new, safer tamoxifen'. I3C denatures rapidly in the body. One of its by-products, DIM, may be easier to control in supplementation volumes. Research has shown several times that they work against oestrogen-driven cancers, AND have a separate action against non-oestrogen driven cancers too via different pathways.

14. Be tested for nutritional deficiencies: Most cancer patients upon diagnosis are nutritionally toxic and/or nutritionally deficient. This might be due to excesses of refined foods, coffee, fizzy soft drinks, junk foods and so on and/or a lack of magnesium and potassium food, a lack of beneficial bacteria resulting in low levels of important B vitamins, vitamin K and sodium butyrate. You can be nutritionally tested : try <http://www.cancernet.co.uk/nutritional-tests.htm>

15. Take light daily exercise: All the research points to light, daily exercise of about 30 minutes duration, especially first thing in the morning. It helps control blood sugar, releases happy hormones, stimulates the lymph clearing toxins away from your cells, and helps burn visceral fat (the type you cannot see but has collected around your internal organs). **Try swimming, T'ai Chi, golf, brisk walks in the countryside.**

16 Reduce stress levels: Research seems quite clear that stress does cause cancer through the Cox-2 and eicosanoid hormone system. So this is where aspirin, fish oils and curcumin play an important role (as do foods like ginger and garlic). This system is worsened by stress hormones such as cortisol. But several research studies from the USA have concluded that Yoga has a strong cortisol reduction benefit.

Recent clinical trials also showed that patients employing stress management techniques survived considerably longer than those that employed none.

17. *Maintain a healthy weight:* Of course exercise helps you maintain a good weight. People who control their weight develop less cancers and survive longer if they have a cancer. North Western University showed that if you deliberately lose weight during cancer, your survival times increase. You may even consider calorie restriction. The *Oncologist Newsletter* (Jan 2013) reports that a calories restriction of 20-40 per cent seems to help certain radiotherapy and chemotherapy treatments work better. **Certainly calorie restriction increases longevity – but ensure you have adequate nutrition, vitamins and minerals.**

18. *Cut out the possible cause:* We all know 'smoking causes cancer', but did you know statistically not as much as being more than 7 kgs overweight does! '50% of cancers are down to lifestyle—smoking, drinking too much, not exercising enough, becoming overweight, eating junk food etc'. It still begs the question, 'What causes the other 50%?' The answer: stress, chemicals like mercury and lead in the workplace, asbestos, toxic chemicals, pesticides, nitrites in our water .

19. *Go toxin-free:* Grow your own vegetables, plant fruit trees, move away from the diesel fumes and the cement factory; importantly, research shows that the most polluted environment is our own home. So it makes sense to stop spraying the indoor plants, to get rid of the ceiling and floor tiles, the chip board and formaldehyde producing pillows. Go toxin-free in your cleaning products, toiletry and personal care products. Avoid formaldehyde, dichlorobenzene (those perfumes that make your toilet smell like a mountain stream), toluene in nail polishes, lead in lipsticks, parabens, and phthalates and BPA in plastics. **Try to find a supplier of toxin-free products.**

20. *Let your body energy flow:* Try a visit to a cranial osteopath. They train for 4 years to sort out the structure of your body so that your energy flows better. This is not mumbo-jumbo. It is now possible to photograph body energy and measure it accurately. Good posture helps body energy flow; yoga will also help posture. This is important because when you have cancer, the organs with the cancer are depleted in energy. In fact it has been concluded that the energy seems to leave the organ in advance of the health problem occurring. One research study from an American Cancer Hospital showed those people with a God survived up to seven times longer.

Sometimes there's no clinical trial. Sometimes you just have to believe.

Reference to all of the above can be found in Cancer Watch on the CANCERactive website. Each individual point is also covered in much more detail on the CANCERactive website.

Physical activity the underrated 'Wonder drug'

The advice that I would give to my patients has now changed significantly because of the recognition that if physical exercise were a drug, it would be hitting the headlines”.

Professor Jane Maher, Macmillan Cancer Support
Chief Medical Officer

Carole Patrick

“Lived with enthusiasm.

Died with grace.

A very brave lady who took everything with dignity.

Kind, good-natured and much respected.

She had a magical personality.”

*Not my words, but the words spoken to us by
Dennis Prior, who led Carole’s funeral service.*

Brian reminded us that all kinds of people were drawn to Carole. And that she made lots of positive differences to many people. Someone at our Centre who knew Carole well, Margaret, said: *“Now she is no longer suffering. I have many fond memories of her. She gave much to the Centre in the way of her time and supporting others on their cancer journey. She was young at heart. Even though she was in pain she was still thinking of others.”*

And that was during her own struggle with cancer. A struggle that most of us didn't know about, because she hid the details from some of us; especially the younger people at our Centre who were very fond of her. She tried to protect them and told them the cancer wasn't progressing but had come to a standstill. So very remarkable that during her own tough time she did all she could for others who were also struggling to fend off the cancer. That was because, I think, Carole instinctively knew what the Centre was all about and that people's feelings were of the utmost importance. And she knew the Centre was a place where we all supported each other. She knew what to say and what not to say to people who had cancer. Carole could relate to people and respect their feelings.

Yasmine said: *“Carole and I had many good times; she had a heart of gold; a pleasure to know. I miss her dearly”.*

Occasionally Carole would appear at the Centre in a short skirt and high heels! I knew she liked to do that sometimes and would smile to myself, and to her, and think “good on ya, Carole” when I saw her walking into the Centre looking fabulous. She always looked fabulous, even when she knew what she knew (and most of us didn’t know) and what she was facing. Short skirts and high heels was one of her ways of trying to hold on to the present and challenge the probable future. She was fighting back in her own way.

Carole was famous for her soups. Quite a lot of hard work went into that venture of hers but she knew how much everyone appreciated her efforts. She also used to make “special” soups for those who requested them. At one time fairly recently she was going to restart the venture but some of us persuaded her that the shopping, cooking, transporting and serving the soup was too much for her to do again.

Carole had a way with words; a very clever, non-malicious way with words. When she was talking, and I was listening, I would marvel at what she said and the way she said it. She had such a way with her wit and words that I have never come across before. It all just fluently tripped off her tongue.

On my desk in the Centre’s office would appear a crystal vase full of a glorious profusion of roses from Carole’s garden. The sort of roses I had never seen before or since. The roses were very large blooms, perfumed, blowsy and deep colours. They were breath-taking, just like Carole. They were difficult for Carole to pick because they had grown very high up the wall of her house and were almost inaccessible. But she managed to pick them.

Some of us from the Centre and her son spent a day tidying up Carole’s already very pretty and attractive garden, while Carole made our lunch. Numerous, but numerous, trips to the Tip but nevertheless it was a “fun” day – oh! if only we could have an “Action Replay”.

Carole thought highly of the Cambridge Cancer Help Centre and the people she met there. One day she unexpectedly arrived at the Centre. I met her as she walked in the front door. She looked at me and said "I'm not supposed to be here today. I wasn't going to be here today. But here I am. This place is like a magnet."

Speaking selfishly...I want to once more meet Carole at Scotsdale's for one of our early morning breakfasts, when Carole would talk and I would listen and that was the right way to do it. I want once more to be picked up by Carole and be taken out to a pretty garden café in Ashwell for tea and where Carole would talk and I would listen. And that was the right way to do it. I want to be picked up by Carole and enjoy our shopping trip to buy Sonny's wig and costume for the Sonny and Cher Christmas Party "I Got You Babe" entertainment. Carole 'produced' that "Act". We had a hilarious hour or two choosing Stuart's (Sonny's) trousers and wig.

Carole lived with cancer for a longer time than most of us realised. She hid herself and the reality in the last couple of months because she didn't want to distress us by letting any of us see her suffer.

Carole always spoke highly and fondly of her family. She admired Lily in the school plays; she valiantly made a Viking outfit for Fraser to Viking-like sail up the River Cam. Our thoughts are for you Diane, Andrew, Fraser, Paul and all her grandchildren – because we loved your Mum/Gran.

Miss you Carole. How fortunate that those of us who knew you were able to benefit from that magical personality.

*Again, to repeat: the certainly unforgettable, beautiful
Carole Patrick lived with enthusiasm, died with grace....
and is So Sadly Missed. We cannot bear it.*

Ann Dingley

REMEMBERING ALAN STORY

Over the years our Tea Team consisted mostly of ladies. However, since moving into the new premises at the David Rayner Building, we were also helped by three men - Alan, Pat and, more recently, John. But I think the record for long tea-team service must go to Alan because he also made and served teas at Stockwell Street. "His" tea team were fond of Alan and allowed him to think he was the Tuesday tea-team boss, even though the tea team traditionally doesn't have bosses. Reminiscing with Margaret, we remembered that he would arrive very early, make my tea and he and I would be sitting together when the other tea 'teamers' arrived. Alan would look at his watch and say "what time do you call this?" The team threatened to acquire a clocking-in machine to keep him happy. Alan would remind his lovely team that at Stockwell Street he had to negotiate three steps up and three steps down to get into the kitchen, make the tea and then negotiate three steps up and three steps down again on his way to deliver every cup of tea. Margaret Fenn, David Barylko and I were at Alan's very well-attended funeral and in a mischievous moment, as it approached 11am, we wondered whether, if Alan was late, we would as his coffin was carried past us, tap our watches and quietly say "what time do you call this?!" Fortunately, for the sake of proper decorum, his timing was perfect! But we did think Alan would have appreciated the humour.

Alan used to be a member of the Boys' Brigade and a stalwart Christian, worshipping at St Martin's Church. During his work in the construction industry, he was very proud that he helped to build Addenbrooke's Hospital and, in particular, the Oncology Wards.

Alan was our longest serving tea-teamer and, of course, is much and sadly missed. We send our love and good wishes to Diane and their family.

Ann Dingley

Money Matters

A diagnosis of cancer affects more than your health; it also affects your money. Cancer often brings extra costs ~ travel to hospital; extra heating needs as people feel the cold more or spend more time at home; special diets; changing clothes sizes; extra help with day-to-day tasks; or even just the odd treat ~ whilst at the same time, income may drop through time off work or possibly having to change your job. The Department of Work and Pensions has no duty to advise on which benefits to apply in different circumstances ~only to process whatever is claimed. The onus is on you to know what to claim, to explain any difficulties and to provide timely evidence; all very daunting, particularly when you may be feeling fragile and dealing with a good many challenging experiences.

Useful sources of information are:

The Benefits Enquiry Line can give advice on how to claim benefits: **Tel: 0800 88 22 00, or go to www.direct.gov.uk/benefits.**

The Citizen's Advice Bureau (CAB) can provide advice on benefit entitlement and signpost you to other sources of financial information. A DWP information website is at: **www.citizensadvice.org.uk/benefits/**

Maggie's Centres offer specialist benefits advice and can help you with sorting out the paperwork; they also have an Online Centre: **www.maggiescentres.org/cancerlinks/living-cancer/money-work-and-travel/**

The Macmillan Cancer Information and Support Service is located in Oncology, Haematology and Radiotherapy Outpatients at Addenbrooke's. The service offers assistance with blue badge applications, Macmillan grant applications, and help with referrals and signposting to benefits advice. The Macmillan financial advice website is at: **www.macmillan.org.uk/information-and-support/organising/benefits-and-financial-support**

A REQUEST FROM THE ELIZABETH COTEMAN FUND

The Elizabeth Coteman Fund, the region's leading specialist pancreatic cancer support group, is carrying out a comprehensive survey of patients and their families with the aim of gaining a clearer picture of their experience of the NHS.

The Fund is looking for additional people willing to share their views. If you, or a loved one, are going through, or have been through, pancreatic cancer and are prepared to take part, please contact the Fund on: **info@ecfund.org** or call/text Gerald Coteman on 07831 808032. You are invited to visit the Fund's website – **www.ecfund.org** to see their range of services and support.

Having to report five deaths in this newsletter is very sad and, as ever, we always wish there was something we could do about it when we lose people we are fond of. We hope that our Centre has made a difference to their lives and also their loved ones.

Richard Roberts

Richard came to see me at the centre earlier this year. He was a very private man dealing with a cancer diagnosis and in low spirits. He found healing helpful and the support of the centre invaluable. His desire was to get well and return to Eastern Europe to live with his wife and younger son as while here he was staying in a bed and breakfast guest house near to his elder son and his family. Richard had led an interesting and adventurous life meeting many fascinating people, including the Aga Khan, and had a fund of amazing stories he liked to share. My husband and I invited him to share lunch with us on one occasion as I was aware he was emotionally quite lonely. He told us how he became ill last year in Dubai and was told it would cost £5000 to sort out the problem but they didn't tell him what their solution entailed. He then discovered they thought castration would solve the problem; subsequently he related this story with amusement and relish! Fortunately Richard's elder son took his X-rays to his GP and Addenbrooke's came to Richard's rescue. Richard couldn't speak highly enough about the care received at the hospital and particularly the personal care he received from his Oncology Consultant. Richard had a circle of friends all over the world and many dropped everything and travelled long distances to see him when he could no longer travel. He never complained and was always optimistic but the death of his elder sister in Norwich a couple of months ago was quite a blow to him as his other sister lives in Australia.

For me Richard was a brave and inspirational gentleman.

Margaret Fletcher

Much has been happening ~

Mary' Pearson reports on events since our last newsletter)

It has been an eventful time since our last newsletter. As well as our day to day activities which include therapies, courses, support group meetings, relaxation, craft group and art group days, we have had the Easter Craft Group Fayre, the Lymphoma Charity Bike Ride, plus an Open Day. The Open day was on a lovely sunny Sunday; we had a display from the Art Group and a sale of some art; a craft table in the sunshine; and the Chalet in the garden was used by Toni and her helpers as a Juicing café. One of our members persuaded a relative to come and sing for us - brilliant, a few of us were dancing!

Cernobyl ~

The Chernobyl Children joined us again this year. This was the last year for this group of children to come to England. They had a wonderful time, with Jizzo providing the entertainment once again. It was lovely to see their faces and excitement. Jizzo stayed on to have lunch with the children and the comedy continued. Wendy had tracked down some really special rucksacks for them - pink for the girls (very trendy) and black for the boys. We are hoping that this will continue again in the future.

New Faces ~

Over the August period, Fraser joined us as a very young volunteer. Fraser had just finished his GCSEs and wants a career in Oncology. He proved to be a very useful member of the team here and helped some members with IT issues, watering the vegetable garden, helping behind the tea bar and generally doing everything asked with a willing smile; quickly becoming a very popular addition to the Centre.

We welcome two new Therapists who have joined us:

Pam Brettall ~ who offers Reflexology & Zero Balancing
and

Louise Martin ~ who offers Cranial Sacral Therapy.

Both these therapies are new to us at the Centre and are proving very popular.

We also have a new regular volunteer, **Christine**, who is with us on Tuesday mornings and is helping with a variety of tasks in the Centre.

August -

We kept the Centre open again this year for three weeks. The last week was for deep cleaning of the Centre. All the settee covers and curtains were sent for cleaning and also the carpets were professionally cleaned—plus there was a small cleaning team who brushed and washed all the other areas they could access!

Donations ~

We have lots of incredible donated items, some of which we have now taken to auction or sold at Pannier Market ~ I set up a stall at the Orwell Pannier Market which was quite hard work (never having done anything like this before) but great fun! Some items were sold. However, before setting up my stall, I asked a local Auctioneer to have a look at our goods and to give me an idea of how to price, which was most helpful and interesting. Items that he felt he might be able to sell through auction have since been passed to him, without any charge to us ~ which is very kind.

Chesterton PCC Harvest Supper

We were approached earlier in the year by the Grantchester PCC to say that we had been chosen as their Charity for the proceeds of their Harvest Supper. I was invited to join them and to say a few words; I had a thoroughly enjoyable evening with lovely people, who I know bought lots of raffle tickets and also made additional donations to the Centre.

In the pipeline ~

There is the very good chance that there will be a Head and Neck Cancer Support Group meeting at the Centre on a monthly basis. Please contact me if you wish to know about this in more detail but it will be on the website when dates and time are confirmed.

Thank you ~

A big thank you to all our Volunteers, the Therapists and our Tea Team, plus all of you that give your time to help make things run smoothly here whether in the Art Group, the Craft Group, the Gardeners, the Nutrition Group and all the Courses that are run on site—not forgetting our Trustees - Thank you all.

EASTER CRAFT FAYRE ~



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