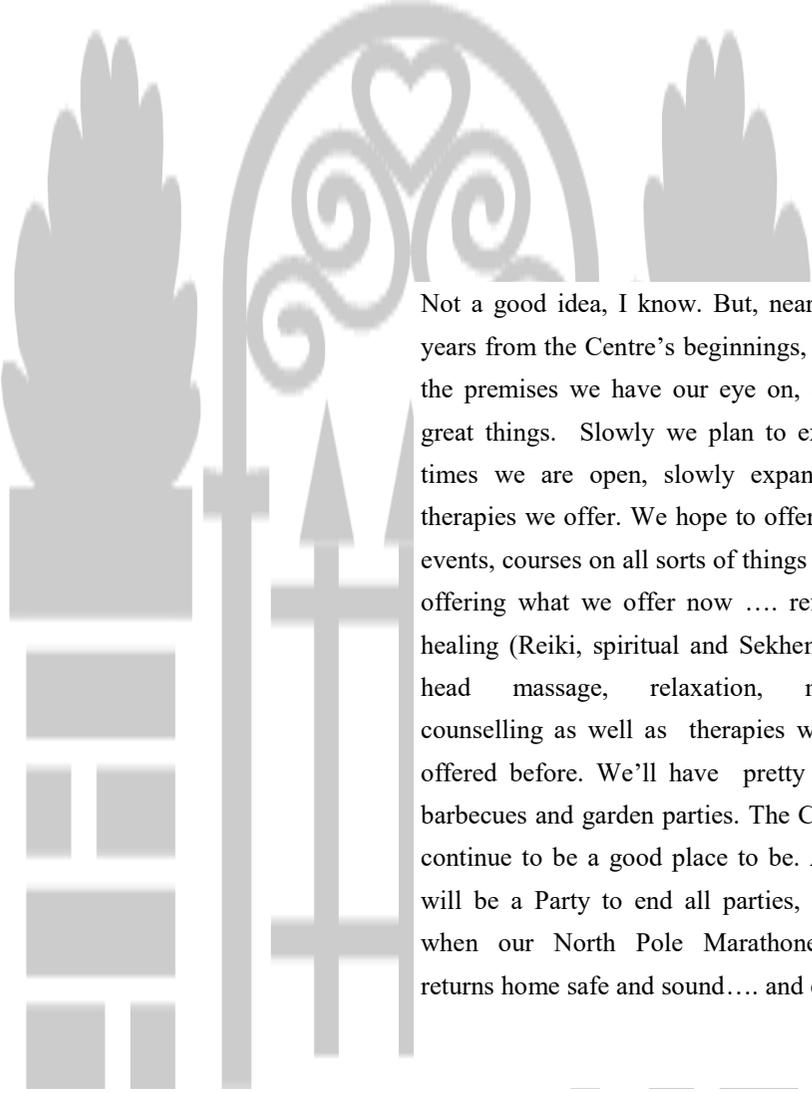


Tempting Fate ~



Not a good idea, I know. But, nearly twenty years from the Centre's beginnings, if we get the premises we have our eye on, do expect great things. Slowly we plan to expand the times we are open, slowly expand on the therapies we offer. We hope to offer weekend events, courses on all sorts of things as well as offering what we offer now reflexology, healing (Reiki, spiritual and Sekhem), Indian head massage, relaxation, meditation counselling as well as therapies we haven't offered before. We'll have pretty gardens , barbecues and garden parties. The Centre will continue to be a good place to be. And there will be a Party to end all parties, especially when our North Pole Marathoner, Mark, returns home safe and sound.... and cold!



Running Across the Roof of the World to Support the Cambridge Cancer Help Centre



PRESS CONFERENCE held on 28th June at the Centre

We were very fortunate to receive publicity from **Anglia TV, Radio Cambridge, Cambridge Evening News, Town Crier, Q103**. At this conference we pointed out our situation ~ that we pay a low rent for part-time use of what was once a church hall, belonging to the Mill Road Baptist Church and that the Church plan to redevelop the site on which we are located. This, together with the fact that our Centre numbers are increasing and we are expanding what we offer, leads us to contemplate a move to more suitable premises.

It has been the Centre's aim since 1986 to buy its own premises eventually, and now Mark is preparing to run the North Pole marathon, in the hope of raising £500,000 to enable us to buy those premises in a few years' time.

At our conference many of us spoke to TV and radio, not all of us made it 'on air' but someone who couldn't be with us at the time actually wrote what she felt about the help she had received at the Centre. She said:

The Cambridge Cancer Help Centre Holds a Very Special Place in my Heart

I would promote the services of the Centre to anyone who has been diagnosed with any form of cancer, as the Centre was a fundamental part of my recovery from breast cancer in 2001/2.

I was diagnosed with an aggressive form of breast cancer at age 37. I opted to have a mastectomy, six months of chemotherapy and three weeks of radiotherapy as my treatment.

The cancer had been cut away. I had just started chemotherapy and was trying to get on with life. I felt safe while I was having the chemo ~ almost protected ~ this helped with the side effects; 'a bit like medicine tasting awful but will do you good'.

I knew I looked okay on the outside appearing to cope very well, but I was struggling emotionally with the repercussions a diagnosis of cancer has ~ it shocked me to the core. I felt like a I had a huge hole in my stomach that gnawed away at me 24/7 and nothing seemed to take it away. This was fear. Fear of death. Fear of not being around for my family. I had never thought of me not being here before.

This is where the Centre worked for me ~ balancing my emotions and helping me regain control of my life instead of the cancer taking control over me. On my first visit I opened the door and felt a sense of peace, a very gentle atmosphere with Ann and her professional team, ready to listen, give advice, cry or laugh with, or just to be still with. The holistic therapies offered are amazing and it was almost worth just going to the Centre to see the clients come out of their chosen therapy and see the transformation of peace on their faces.

The Centre has a huge library of books and audio visual products available for visitors to borrow, covering all aspects of health. I think I probably read the whole library!

Meeting other people at various stages of recovery was very helpful as you could see them 'coming through it' continuing to live with it and accepting 'it'. This was very powerful. Ann and her team offer SO much at the Centre for anybody touched by cancer. Families and carers can also benefit from the Centre.

The team are constantly trying to find new ways to fundraise to keep the Centre going which must be very stressful ~ but this is never projected.

The Centre holds a very special place in my heart. I am now three and a half years since diagnosis and I still pop in for a cuppa, catch up and have a therapy ~ it's that kind of a place.

I would like to thank Ann and all her colleagues for helping me get through it and come out the other side, appreciating every day and Loving it!!

Thank you and lots of hugs

S x

We have a tape of what was shown on T.V. Most of us on it wish we had better arms, hands, legs, faces with fewer wrinkles, ~ can't have everything. But what we did have was a brilliant advertisement for our Centre.

Thanks to

You know who (*I'm not allowed to mention her name*) for making punch for our Press Conference day, and to everyone who helped us get ready for that event

**Anglia Television, Radio Cambridge,
Cambridge Evening News, Town Crier & Q103**

A sponsor form for the NPM will be included in our next Newsletter.



If you would like to help with the postage for our Sponsorship letters we would be very grateful. Please send us any second class stamps (*new ones of course*) you can spare

Also, please give us **the names of any people, whether corporate or individual, who you think might help us by sponsoring Mark in his marathon.**

Please send your stamps and names to me, Ann.

Many thanks.

*You can phone me at the Centre 01223 566151,
at home 01223 871893 or e'mail me on anndingley@beeb.net.*

At the Addenbrooke's stall this week we raised £341.70p.

Thank you to everyone who found tombola gifts for us and thanks also to **Lia Melia**, local artist, who provided some beautiful pictures for cards. **Margot's team of Ros, Joan, Ken and I** managed to withstand the heat of the day and are very glad the financial result is so impressive. There were numerous people who bought tombola tickets, perhaps not winning a prize, many of whom assured us it was "for a good cause". There was one woman in particular who had spent several £'s on the tombola, won some prizes and then returned, wanting another £10 of tickets! But there wasn't anything left amongst the prizes anywhere near worth that amount! However, she won a few, kept a couple and gave the rest back because "it's such a good cause" she said as she left the hospital laden with prizes.

Very many thanks to Addenbrooke's Hospital for letting us have these fund-raising spaces , at no charge.

Mike Cartwright, Anglia TV
has formed a cunning plan
for Mark.

Watch this space.

Cambridge Cancer Help Centre ~ the early years

I am grateful to Tricia for her kind remarks, made on everyone's behalf, in the last issue of *Lifeline*; but she wasn't there in the early years ~ and nor indeed was I, right at the start, so I certainly haven't been Hon. Treasurer for nearly twenty years, even if it feels like it! Perhaps it is time for some reminiscences.

My wife Elizabeth was diagnosed with breast cancer in October 1988. She was then 55 and had been awaiting the National Breast Screening Programme for the over-55s with some impatience. But there were delays in setting it up and she decided not to wait any longer and arranged a scan on her own behalf. Something told her that she could not wait, and it turned out to be true.

She went to theatre for a lumpectomy three days after diagnosis. Once she was back on her feet, she was desperate to find some organisation where she could find support and complementary therapy to strengthen her resistance to the disease. There seemed to be nowhere. Then she found the Andreasen Centre where she received healing; this raised her spirits enormously. It was shortly after that that she discovered the Cambridge Cancer Help Centre.

That is what it was called, because that is what the charity was established to achieve, but the Centre had no premises and its structure was somewhat notional. Those who wished met once a week in the evening in a hired room at a school in Blinco Grove. We sat round in a circle and told each other what we had been up to and what our problems were, if we had any, and Marilyn Barnes expertly directed the proceedings, ending with a session of relaxation. Certain people tended to hog the conversation, which was a difficulty, because from one point of view they were there to unburden themselves and it would be inappropriate to prevent them, but from another point of view this was unfair on everybody else. Some evenings we had a guest speaker.

Then, as now, there was a Committee of Management. It met every few months and one of its concerns was fund-raising. The aim was to accumulate enough funds to enable us to have our own premises, and this remains our aim to the present day. On 26 June 1992 an Extraordinary General Meeting of the Centre was held at Marilyn's house in Grantchester. I had driven Elizabeth over there and I stayed for the meeting. I shall quote the first and last paragraphs of the relevant minutes.

Purpose of the meeting: there was no agenda, as there was only one topic for discussion, namely that it had been decided at the fund raising sub-committee that it was time to take a group decision on whether we

want to continue to aim for a Centre in the Cambridge area.

Marilyn suggested that the committee elect David Wilson to be a member, which was duly done. Debbie [*Wright*] said that as she is going to Japan she is resigning as treasurer. It was suggested that David might take over this role and he generously agreed to do so. The committee wished to express their gratitude to Debbie for her very hard work in keeping the accounts so well, and for sorting them out into their present clear form. We wish her well in Japan.

Marilyn Barnes could be a pretty smart operator!

Moving on a year, it was at a meeting of the Committee on 24 July 1993 that it first considered a suggestion by Ann Dingley that we should have a paid Director, who would have the task of developing the Centre. She herself would be prepared to do it. This led to a great deal of deliberation over the next month during which I prepared various financial projections based on different assumptions (*not something that I had the least training for*). It was the meeting on 28 August that was crucial. It was then agreed to employ a paid Director; to appoint Ann Dingley to this post; and to rent the second floor of 2 Duke's Court, Newmarket Road, for one year.

No one was more pleased than my wife, Elizabeth. 'Go for it!', she said. It was the last Committee meeting she attended. (*She died in October of that year.*) Of course, that was the way forward, but having paid staff was a real pain for the treasurer, bringing with it PAYE and National Insurance. We subsequently moved to 10/11 Treadgold Lane, Napier Street, and then in 1995 to 1A Stockwell Street, where we still are.

There I shall leave my story. I admit to nearly thirteen years of the Treasurership, which is more than enough. 'Nearly twenty years' is apocryphal.

Well ~ just think ~ if I'd researched the 'facts' more carefully, and David hadn't been quite so conscientious about wishing to put the record straight, this very interesting window on the early years of our Centre might never have been opened! ~ Tricia

Don't mess with Grandma ~ a true story ~ from Ros

An elderly Florida lady did her shopping and upon returning to her car, found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her voice,

“I have a gun, and I know how to use it! Get out of the car!”

The four men did not wait for a second invitation. They got out and ran like mad. The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried, and then it dawned on her why.

A few minutes later, she found her own car parked four or five spaces farther down. She loaded her bags into the car and drove to the police station. The sergeant to whom she told the story could not stop laughing. He pointed to the other end of the counter, where four pale men were reporting a car-jacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun.

No charges were filed.



Also from Ros

A Spanish teacher was explaining to her class that in Spanish, unlike English,

nouns are designated as either masculine or feminine. 'House' for instance, is feminine: 'la casa'. 'Pencil', however, is masculine: 'el lapiz'.

A student asked, "What gender is 'computer'?"

Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether 'computer' should be a masculine or a feminine noun. Each group was asked to give four reasons for its recommendation.

The men's group decided that 'computer' should definitely be of the feminine gender (*la computadora*), because:

- No one but their creator understands their internal logic
- The native language they use to communicate with other computers is incomprehensible to everyone else
- Even the smallest mistakes are stored in long term memory for possible later retrieval
- and as soon as you make a commitment to one, you find yourself spending half your pay-check on accessories for it.

The women's group, however, concluded that computers should be masculine (*el computador*), because:

- In order to do anything with them, you have to turn them on
- They have a lot of data but still can't think for themselves
- They are supposed to help you solve problems, but half the time they ARE the problem
- and as soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model.

The women won.

Green burials ~ Sheila B

I was interested in Ann's write up from the Observer on green burials. I thought a little more information might interest people.

As soon as I knew I had cancer I arranged for one. Initially I was put onto the vicar of Haslingfield, who was setting up the Arbory Trust. At that point they thought they had found the piece of land just outside Barton which eventually became it. I was told, however, it would not be ready for at least 18 months, at which I said, "you mean I can't die in the next 18 months?". He said "not if you want to be buried here!" And here I am, six years on, still alive and kicking!!

The Arbory Trust is on an old rape field. I then read in the local rag that another site was to be set up on a bean field, near 6 Mile Bottom. This is now the Brinkley Woodland Cemetery and I have a pre-paid plot there. This site will eventually grow into a managed woodland as a selection of a tree can be made from an Ash, Oak, Lime, Beech, Larch, Wild Cherry or Hazel. The graves will be sown with wild flower seeds and the only marking of the grave can be by a small flat stone.

My fee for my space also covers someone to dig it as it is heavy clay in this part of the Cambridgeshire/Suffolk border, and I didn't want my sons breaking their backs doing that. Shrouds of a natural fibre, cardboard or chipboard are advised ~ anyway why should relatives be left with a huge bill after one's death. Apart from the address for bamboo coffins (*which are highly biodegradable*) in the Centre, it is possible to get a willow one from *Tony Carter, Willow Weave Company, in Norfolk. Tel. 01953 887107/456893*. A friend of mine was buried in one of these. He was, in fact, the first one to be interred at Arbory Trust. And thereby hangs a tale. Rosemary, his wife, came home one day to find cushions set out in an oblong. Ian then lay down in the middle and said "measure me" which she duly did and they sent off the measurements to Tony Carter who then made up the coffin. When they got it Ian couldn't fit into it because they had forgotten to add two inches all round. So they had a further one made and the first one is in store for Rosemary.

The address for the Brinkley Woodland is

Bernard Edge, Countryside Burials Ltd., The Old Courts, 147 All Saints Road, Newmarket, Suffolk CB8 8HH Tel 10638/600693 Fax 10638/560869

Further information can be obtained from *The Natural Death Centre, 20 Heber Road, London NW2 6AA. Tel 081208 2853*, who also have two publications: '*The Natural Death Handbook*' and '*Green Burial*'.

Brinkley Woodland Cemetery information leaflets are in the Centre's library

The Way of the Trees from Sheila B

Oh mind, adopt the ways of the trees
And from the cares of the world become free.

Those who came to cut it, it does not hate,
Nor adores them who come to irrigate.
Even to those who hurl stones with force
It yields fruits, with no touch of remorse.

Gales or storms and the fury of rain,
It suffers all, yet does not complain.
It bears winter's frost and summer's heat
To provide many worn birds a snug retreat

And Anne R adds this:-

'The Dead Good Funerals Book' by Sue Gill and John Fox

Pub. *Engineers of the Imagination*, Viveston, Cumbria, England 1996 ISBN 0 952715 02

And

'The New Natural Death Handbook'

Ed. Nicholas Albery and Stephanie Wienrich of the Natural Death Centre

Pub Natural Death Centre 1993 ISBN 0 7126 0576-2

Boost your antioxidant levels ~ use your loaf! The selenium superfood sandwich



In these days of low carbohydrate diets and gluten intolerance are you one of the few remaining bread eaters, skulking in shame as you tuck into a BLT for lunch? If so, you'll be thrilled to learn that a revolutionary 'superloaf' naturally rich in selenium is bringing about an end to bread's banishment from the diet of health-conscious individuals.

Selenium is an essential mineral that plays a vital part in our immune system. Its antioxidant powers decrease free radical damage to combat ageing and it helps protect against heart disease as well increasing fertility in both men and women. Yet in the UK our dietary intake of this key nutrient has fallen to half our requirements over the last 20 years. This is due to the intensity of modern farming methods, which literally strip the soil of trace elements like zinc, magnesium, copper and selenium. And while it may be true that supplements are no substitute for a healthy diet, as nutrients are more easily absorbed from food than pills, these days our food simply does not contain the vital vitamins and minerals we need to be optimally nourished.

Thankfully, Nutrilaw have found a solution ~ their selenium-enriched bread is made from wheat grown in soil fortified with selenium (*rather than simply adding selenium to the flour before baking*) so that the resulting loaf is rich in selenium in a readily absorbable form, just as nature intended. A mere 2-4 slices of selenium-enriched bread each day will provide most people with the selenium needed to reach the recommended daily level.

Other good sources of selenium include eggs, prawns and sardines ~ so by using selenium-enriched bread for an egg or prawn mayo sandwich at lunch, or sardines on toast for supper you can boost your intake still further while still enjoying your favourite foods!

Nutrilaw's batched loaf is baked using the finest ingredients to ensure it is both nutritious *and* delicious. Available exclusively at most Waitrose stores, the loaf is priced at £0.89.

Selenium is an essential mineral that has been depleted from all European soils and since the switch from bread made from wheat grown in the selenium rich soils of the Prairies to wheat grown in Europe in the 1970s the average consumption of Selenium in the UK has halved:

- All foods are now **LOW** in selenium
 - Selenium blood levels in humans have **DROPPED** significantly
 - Deaths from cancer & heart disease have **ROCKETED**
-

Selenium is the only mineral our 60 trillion cells require to function properly

SOME QUOTES FROM SELENIUM RESEARCHERS:

“If every woman in America started taking selenium today or had a high selenium diet, within a few years the breast cancer rate in this country would drastically decline” *Dr Schrauzer, University of California.*

“Studies have found that selenium cuts the risk of cancer by between 46%, in the case of lung cancer, and 76%, for prostate cancer” *Margaret Rayman, University of Surrey.*

It took us eight years to develop the bread, which is grown from wheat grown in soil which has had the mineral selenium re-introduced back into the soil (*no selenium additives are used in the flour*) such that 2-4 slices a day will provide the basic daily requirements of selenium (*40 and 80 micrograms respectively*)

Benefits of Selenium

- Selenium halves the risk of cancer and can kill cancer cells.
 - a normal person should eat four slices plus a good diet or 200 mcg/day (*mcg=microgrammes=μg*) to prevent disease and reduce ageing.
 - a person at risk of cancer and heart disease should take 400 mcg/day.
 - a person with cancer should take 800 mcg/day to cure (*spread through the day*).
 - Research shows that selenium from a natural food source is 22 times more bioavailable than selenium from a pill supplement. Selenium supplements have some role to play but have many negatives.
 - Half of the sperm head is made of a selenium compound, vital for sperm mobility and overall fertility.
 - Selenium plays a vital part in the genetic material of a foetus eg preventing Down's Syndrome.
 - Raw meat taken from an animal fed on a selenium-rich grass diet stays red far longer before turning grey because of the anti-oxidant, anti-ageing factor. Just think what it does inside the human body!
 - It is the only mineral that all 60 trillion cells in the human body require to function properly, hence selenium is important for brain function, mood, heart health and fertility.
 - The average consumption of selenium in the UK is just 31 mcg per day ~ whereas it is 200-350 in many non-European countries with high selenium
-

soils such as Japan, Venezuela, parts of USA and Thailand! 31 mcg is dangerously low!!

If you require further press information and samples of the range please contact Mark Law 01354 740740

Cambridgeshire Constabulary

have given us Argos gift vouchers for £327

We will spend them on something to use

at our next Centre home

~ perhaps a couple of gas barbecues.

I'll let you know when they are coming to hand

them over to us officially

~ perhaps in return we can give them

some home-made cakes.

Sheila
me

tells
that

Essiac is obtainable from *Maureen Neish, 21 Leafield Close, St Johns, Woking, Surrey GG 21 3HW Tel 01483 773958*

National Prostate Cancer Conference (*'Forward Together ~ Getting the Best for Men'*) being held on Thursday 3 November 2005 in London.

For further information contact Vanessa Cripps on 020 82222 7652 or download from www.prostate-cancer.org.uk

Ken says

It's now two and a half years since Rita passed away but it was a godsend to find this Cambridge Cancer Help Centre. We used to come here on a Wednesday and it was always a struggle for Rita to get ready and there was always a trauma on the A14 but it was worth it. When we came through that door there was always a smiling face and an outstretched arm of welcome. We were asked how we had been getting on during the week, would talk for a while and also were offered tea and coffee, which was very welcome. Also had the chance to browse through the library. It was then nice to sit down and talk with other people, whether carers or other cancer sufferers on what had happened to them during the week. We were all looking for the same thing, for the care, love and support of this wonderful Centre. And then there was a chance to come to the healing room and get healing and relaxation when I sometimes fell asleep and had to be woken to be told it was finished! On the way home I would ask Rita how she felt and she would say "I'm tired but relaxed and feel a lot better". This was great and all the trauma went out of the window.

I quote from a letter that Rita wrote and which was read out in the church at her funeral. "Ken and I received tremendous support from the Centre and they gave us wonderful love and care. They fully recognise the needs of the carers as well as the people who have cancer. And when the Centre was closed there was always someone available by telephone. This is a wonderful Centre. The love and care that comes out of it is tremendous. The Cambridge Cancer Help Centre must never close it is so valuable."

Many thanks to Ken for making up the total he has given us to £100.
He would like us to buy something to use at the next Centre.

*Every individual in the world
has a unique contribution.*

Jack Kornfield

Charity Runs/Exercise ~ Liz

Two and a half years ago I was diagnosed with breast cancer. I had a malignant stage 3 tumour ~ therefore the cancer was thought to have spread beyond the initial site, but the medics couldn't know where or if that was true. Part of me went into overdrive ~ how long would this illness disrupt my life, I'll sort that, and re-arrange all timetables and practicalities. Like an inconvenient duty. And the rest of me was terrified. I truly thought I would not be here in two years, yet alone be able to cope, feel well, or fit enough to run.

So now, well enough to take part, I, my two daughters and teams of others have signed up for the **Race for Life** charity run, Cancer Research UK.

Reality dawns and there's six weeks to go till the date. The course is three times round Jesus Green I'm told. Jesus Green isn't that big is it? I go and take a look. Well, I frequently cycle across it, but I hadn't really noticed it before. It's ENORMOUS. How will I manage that? It's only 5 kilometres, my 16 year old comments wearily. "I've been ill, I can't even run down the road without having to stop. I'm not sure I'll be able to run that far." "The problem with you Mum is that you blame your illness. It's nothing to do with being ill, you're just unfit" Ah. Thanks, nothing like daughters to tell you the truth.

OK, so I have some trainers. I'm especially proud of these, I've had them for twenty years. Well, they are a bit worse for wear now. My children change their trainers every few months it seems. "Twenty years ~ you can't possibly wear those", my son looks horrified. You need to get some low impact, aerobic high performance ones from the sports shop. Mmmm "I've never seen so many varieties ~ does it really matter what sort of 'tread' my shoe has, and what exactly is a 'tread' anyway. This is all getting so complicated. It seemed like such a great idea at the time.

I meet some friends to boost my flagging morale. "I used to be a really good runner when I was younger". "Were you? Brilliant, I didn't realise. What did you do, long or short distance?" "Short distance sprinter". I reminisce proudly. "Oh well, that won't be much good then. You'll need to keep going." Nothing like friends and family to cut a person down to size.

Three weeks later ~ my 'training programme' has fallen by the wayside. I've had such good intentions, I just don't seem able to keep up with them. I was going to run three times a week, some friends were running twice a week, so then I was going to join them. I've managed once ~ in a fortnight. Then yesterday I fell off my bike in spectacular fashion. I crashed into a belisha beacon on a dangerous corner. I know I'm lucky to be alive. "What hit you Mum, was it a car?" "Well nothing hit me actually, the bike slipped on the edge of the pavement, and I landed on the ground, shaken, bruised and near to tears ~ until two rather gorgeous gallant young men came to my aid. "What!!! You just crashed into a pavement?" "I know. I know" ~ What on earth is happening to me. I never normally fall off my bike. The point is, my knees are bruised and damaged and

they hurt when I try to walk, let alone run. Well, the training is definitely ruined.

Two days to go ~ I'm getting seriously worried now. It's the fear of the unknown. And I know I'm not that fit. I went out with my 12 year old last night. She shot round two streets and sat waiting for me on a bollard, like the hare and the tortoise in Aesop's fables. Finally she got so bored waiting for a third time that she ran home. By the time I returned she'd had a shower and was half way through a tele programme. What? I can't be this bad.

The day has dawned ~ I can't find any T-shirts. I did have this part all organised. Clothes laid out the night before. Now one daughter's taken my shirt, and the other said she doesn't look good in black shorts, so she has to borrow my trousers. I was going to use my husband's black T shirt, but apparently it went to the charity shop a few days ago. What? That bag wasn't even meant for the charity shop. "No-one's going to notice you Mum, there are thousands of runners." Thanks, but somewhere in my mind I can't shake off that Paula Radcliffe image as I run in, crowds cheering and clapping, noticing EXACTLY what I'm wearing, as I hit the tape with a new record.

I get down there, all ready to go, dressed in a motley assortment of old sports gear, terrified I won't last the course. And it's brilliant!! I run with a friend. We walk the first part, jog a little way, have to walk again as we cross the road, no question of strenuous exercise. I see my husband loyally smiling in the crowd ahead, so begin to run ~ fast ~ for the next few metres. As soon as he's out of sight we walk again ~ till the next group of spectators. Sprinting again perfectly for ten metres, we stagger back to a walk under the next crowd-free row of trees.

Before I know it we're past the three kilometres and heading for the final lap ~ well, walking, but then we make our last dash for the finish. What have I been worrying about? This is not the London Marathon, and I am not Paula Radcliffe. This is a wonderful, inspiring charity walk raising money for research into a vicious deadly disease, that has killed so many all over the world. And I feel so lucky. Lucky to be there, lucky to be taking part, lucky to be alive and well.

Also, between the three of us, two daughters plus me ~ we've raised £250 so far.

Running times:

Front runner: 16 mins ??secs.

*12 year old daughter ran in 26 mins. 16 year old ran/walked in 35 mins
and I did 45!*

Sarah/Mum and Dad ~ Ros

Hi Ann, Yes I did walk yesterday ~ definitely felt further than last year!! I put Sarah's name on my back above the ad for our centre ~ it is a very moving experience when you see how many people's lives are affected by cancer. The most upsetting is the children with mum or dad on the label ~ one even had both.

Someone said

“great newsletter I thought. Good balance of fun, fact, serious stuff, and stuff to get you thinking.”

And

“What A Man” said Pat P

Thank you once again for a very readable LIFELINE (*April*). I enjoyed ‘Kiss me Hardy’ and sent a copy to my sister: our grandmother’s great uncle John Pascoe was Flag Lieutenant on the ‘Victory’ but Hardy is better known and fits the story and the punch-line better.

I always marvel at Marathon Man Mark’s achievements but his intention to run across the North Pole must surely surpass anything he has done to date! What a man! Send me a sponsorship form!

Mention of the Bristol Centre plus the interesting article on Milk reminds me to pass on a warning. I have been on the Bristol diet since 1997 but have had nagging doubts about my calcium intake. A bone density scan revealed that I do have osteoporosis. I am assured that taking calcium plus Fosomax to aid the absorption for two years will bring about a reversal. So, do go and ask your doctor for a referral if you also are concerned. I really think that women over 60 (*a high risk group*) should automatically be offered bone scans.

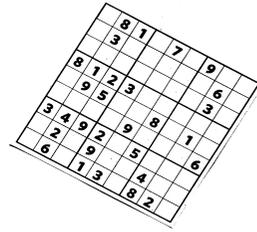
I am still fit and well and off to walk the wall next week. Hadrian’s of course!

*What counts is not the enormity of the task,
but the size of the courage.*

Matthieu Ricard

Simple pleasures

~ Tricia



I was never a serious contender: I knew I wasn't quick enough. I was drawn to it just for the fun of it ~ and I was curious to meet others who, for different reasons and in varying degrees, felt a similar inner compulsion to juggle the numbers one to nine into appropriate resting places within a 9 x 9 grid.

They were a pleasant, smiley bunch of quite ordinary-looking men and women bent on having an evening of fun. We were there to compete against the clock, but there was no sense of competing against one another as we stood around in the hotel lobby, chatting comfortably, admitting our addiction and sharing our experiences with total strangers. No one would have guessed that some within this group harboured an extraordinary talent ~ a quickness of mind that far surpassed the rest of us: these were the serious players.

We were ushered into a large room where we sat at widely spaced tables. It was comfortably quiet, the thick carpets and plush surroundings absorbing any intrusive sounds. I felt remarkably relaxed. Some preliminary instructions and then we were off ~ four puzzles to be completed in 45 minutes

Most of us were still working away when the time was up: the few who were destined for the dizzy heights of the Finals in London had completed their puzzles and slipped out unnoticed (*the first after only 25 minutes, I was told*) while I sat cocooned in a world of my own ~ a happy place ~ just me and the numbers dancing around the pages and dropping lightly into their appointed squares.

It was all over. We emerged, slightly bemused, clutching our 'goody bags', 'THE INDEPENDENT' emblazoned on the outside, pen, pencil, pad and T-shirt within. So although I won't be joining the 100 sprinters at the Finals, I do have the T-shirt to show that at least I took part in the regional finals of the very first Sudoku Grand Master Championship of Great Britain!

'Cancer Care Goes Complementary'

Jerome Burne, The Times June 11 2005

Alternative therapies are moving into mainstream medicine as NHS oncology departments link up with a homeopathic hospital, points our Jerome. He adds that although many doctors still raise an eyebrow at the mention of homeopathy, this 200 year old system of minuscule dosing is proving remarkably resilient. The Royal London Homeopathic Hospital in Greenwell Street, W1 is reopening after an £18.5 million makeover. Described as "one of the best-kept secrets of the NHS" this is the hospital's complementary cancer service that, together with homeopathy, offers acupuncture, massage and herbal treatments to referred patients, all for free. The revamped hospital will be integrated with the mainstream oncology department at the nearby University College Hospital. In the article Dr Peter Fisher, the clinical director of RLHH said that the director of the cancer services will hold a clinic once a week to assess patients who might benefit from their approach. Patients are also regularly referred from other leading cancer centres such as the Royal Marsden.

Dr Sosie Kassah, director of the RLHH cancer services says, "we don't claim to cure anything but the treatments we use all have good evidence that they can help with chemotherapy's side effects." And that is just what we have been saying at our Centre since 1986 ~ no cures offered, but therapies seem to be beneficial when a person is experiencing chemotherapy, radiotherapy ~ or any cancer treatment.

'The Times' tells us that here are three organisations that can help to find the best options for alternative treatments. *(Our Centre doesn't actually use the word 'alternative' : we prefer 'complementary'. We believe it is advisable to gratefully take up all that is offered within the NHS, but supplement it with the therapies mentioned above.)*

Cancer Options, a private consultancy run by Patricia Peat, for 17 years an oncology nurse. Now she's a kind of mortgage broker for cancer treatments. She says that there are cases where chemotherapy is entirely appropriate but the results are so much better when combined with other approaches. She also sometimes helps patients to locate high-tech drug or gene-based therapies in other countries. Contact Cancer Options, Harley Street, London W1 (0845 0092041)

Health Creation was set up by Dr Rosy Daniel and aims to provide a holistic and integrated approach to health. Its main product is the Cancer Lifeline Kit (£150), which contains information on "the appropriate and safe use of alternative, complementary, self-help, nutritional and mind-body approaches". Rosy (known to many of us who attended the Bristol Cancer Help

Centre) gave our Centre a Cancer Lifeline Kit ~ it's in our library.
Contact Dr Rosy Daniel, Health Creation, Clifton, Bristol (0845 0093366)

Canceractive is a charity founded last year by a former advertising man,

*Chris Woolams, after his daughter was found to have brain cancer. He started the bi-monthly web magazine Icon which he claims covers all the information that might possibly help people touched by cancer.
Visit Canceractive at www.iconmag.co.uk or call 01280 815166*

In the past we were told that anyone could get an NHS appointment at the Homeopathic Hospital (*at the same time as the Health Authority were telling us this was not the case*). Some people from the Centre went to the Homeopathic Hospital privately ~ some managed to get NHS referrals. In fact it is possible to be referred, by your GP, for NHS Treatment.

MMI cancer breakthrough to treat the 'untreatable' is the headline to an article in, I think, the Cambridge Evening News. It goes on to say that new cancer drugs for currently untreatable tumours could be on the market in three years. Medical Marketing International Group in Cambridge has announced that its new cancer drugs based on ruthenium have passed independent safety tests and should now go into clinical trials. David Best, MMI group chairman, said "Platinum has been the basis for cancer drugs for more than 25 years and it makes a good drug, but there are a few problems, such as kidney damage, and it is not so good with lung cancer. Ruthenium, which is also a metal in the ground, is proving to be fourteen times more potent, particularly in treating lung cancer.

We are told that Ruthenium as the basis of a new generation of cancer drugs was discovered by research scientists at Edinburgh University. Oncosense, part of the MMI group, has an exclusive licence to develop the research into drugs, which means the company currently has the field to itself. Dr Cliff Elcombe, director of CXR Biosciences, the independent company which has been testing ruthenium compounds, said "we feel privileged to have been chosen by MMI to carry out the safety studies on what now appears to be an extremely interesting new class of cancer drugs".

Mr Best added that although it would take three to four years for clinical trials to be completed in humans, there was a chance the new drugs could be fast-tracked to help patients with currently untreatable cancers.

Barbecuing?

Dr John Briffa talking about Life Nutrition in the Observer magazine points out that barbecues can be bad for you but there are ways, he says, to minimise the potential hazards.

He says it is well known that eating char-grilled foods is associated with an increased risk of several forms of cancer, including those of the colon and stomach. American scientists have recently put this down to a group of compounds known as heterocyclic amines ~ potentially cancer-causing chemicals that form as a result of the action of heat on food. HCAs are formed as a result of the action of heat on amino acids (*the building blocks of protein*) during the cooking process. The higher the heat applied to a food, the greater the amount of HCAs that form. While many foods have some capacity to liberate HCAs, it seems that meat has the greatest potential in this respect, mainly on account of its high protein and the searing heat that is often used to cook it.

Fortunately, says Dr Briffa, a few culinary tricks may help reduce the risk of us playing with fire. One of these is to keep cooking temperature relatively low ~ a lot to be said for controllable gas-fired barbecuing. However, if using charcoal briquettes, keep them a good distance from the food. Liquified fat from meat will ignite once it drips on to the hot coals, creating flames with an intense heat that are very likely to boost HCA levels. It seems that thinner cuts of meat are preferable to inch-thick steaks. Marinades can affect HCA formation too. Those based on honey boost HCAS levels: teriyaki dressing and marinades containing turmeric and garlic exert a protective effect. Dr Briffa goes on to say that another tactic for reducing the cancer-causing potential of meat is eating it with something that can counter any adverse effect in the body. Salad provides folate and carotenoid nutrients that are linked with a reduced risk of cancer. So, he says, some care in barbecuing meat and a salad accompaniment can reduce the risk of us suffering any ill effect from a sizzling summer.

In another edition of Life Nutrition Dr Briffa pointed out that there is a wealth of evidence which suggests that eating an abundance of fruits and vegetables can help to protect the body against cancer. Specific elements in plant-based foods may exert this benefit through a variety of mechanisms. Apoptosis is a process which helps to protect against cancer by the triggering the death of cancerous cells. At a meeting of the American Association for Cancer Research in America, researchers from the University of Pittsburgh presented the results of a study in which the potential cancer-protective properties of red chilli peppers were assessed. The researchers added capsaicin (*the component of chilli peppers that makes them hot*) to pancreatic cancer cells in the test tube. Capsaicin was found to induce apoptosis in pancreatic cancer cells, but left normal pancreatic cells unharmed.

The Papworth Hospital NHS Foundation Trust is inviting us to become members of the Trust. The Trust is very keen to have as much community involvement as possible, so that local people can influence how the hospital's services are delivered, and to enable the Trust to tailor the services it provides more to the needs of the people who use them. You may also be interested in becoming more involved by participating in a pilot project they are conducting to encourage community advocates to become 'Membership Champions', assisting the Trust to boost membership particularly among young people, people from black and minority ethnic communities and women. If you would like to know more about this project contact Hannah Charnock, or Katy Diggory at katy@thecampaigncompany.co.uk or telephone +44(0)20 8688 0650.

Tampons and Sanitary Towels

In the CanHelpNow catalogue (*from the Bristol Centre*) I read that one of the world's most serious environmental problems is dioxin pollution. Dioxin is created in large amounts during the industrial process of chlorine bleaching used in wood pulp manufacturing, used in turn in the production of tampons and sanitary towels. Ongoing research has concluded that dioxin is a 'human carcinogen' and that women are unnecessarily exposed to low levels of dioxins every time they use these products. Non-organic cotton is sprayed with pesticides that release toxins, including dioxin, into the environment, leaving residuals in the cotton. Organic cotton avoids the practice of spraying crops with these pesticides.

Also in the Canhelpnow.com catalogue it says that our skin is our largest organ, and every day we expose it to countless chemicals and pollutants, often without being aware that they are there. One area of our lives that we all have control over, however, is the body products and cosmetics that we use. There are increasing concerns about the effects that chemicals in shower gels, shampoos, skincare products and make-up have, not just on the environment but also as they accumulate in our bodies. **Up to 60%, it says here, of any substance applied to our skin is absorbed.** Canhelpnow.com have sourced products from organisations that are committed to producing high quality products from the most natural ingredients to minimise their impact on your immune system and the environment.

Natural Bodycare

(This also came from the Bristol Cancer Help Centre CanHelpNow information.)

'Green People' provide pre-shave face wash, cool down moisturiser, staycool deodorant, fennel toothpaste, liquid soaps, sun lotion, children's sun lotion, after-sun lotion and many other items. All of these items, and many others, can be ordered by phoning 0117 980 9522 or order on line www.canhelpnow.com.

Here are some very common ingredients used in many cosmetics and skincare products.

Parabens ~ used in skincare products as preservatives by stopping all enzyme activity. Although this stops the product going off, the process continues in your skin, in your bloodstream and into your organs, limiting normal enzyme activity and creating cellular problems. Other additives are petrochemically derived and synthetically produced mineral oils, **sodium laurel sulfate**, **propylene glycol**, a major component of soap which acts as a solvent for all the other ingredients. It is also used in anti-freeze. It has been known to cause allergic and toxic reactions through skin application or, if ingested it can depress the nerves that make up the brain and spinal cord.

Aluminium used in deodorants. Swells and blocks the pores preventing perspiration and the natural removal of toxins.

Phthalates are found in many leading beauty care products and can be ingested, inhaled and absorbed through the skin. Studies have shown they can damage the liver, kidneys, lungs and reproductive system.

The canhelpnow.com catalogue is in the Centre's library.

You may also remember that in our November 2004 'Lifeline' we published **Karen's article on Parabens**. You can find lots of other information from her on her website www.purebalance.co.uk

Treating cancer at the root

From the University of Cambridge newsletter April/May 05

It seems that the University of Cambridge has licensed a new technology that could potentially lead to more targeted and effective cancer treatments for US-based Biotechnology Company, Stemline Therapeutics

The article tells us that the technology has been developed by Dr Toru Kondo, a neurobiologist at the Centre for Brain Repair at the University of Cambridge and colleagues from Kumamoto University in Japan. It separates cancer stem cells from cancer cell lines making it possible to target the 'parent' cancer stem cell so the source of the malignant tumours can be destroyed while leaving normal stem cells unharmed.

The technology derived from the premise that some cancer cells behave similarly to stem cells in that they are capable of unlimited proliferation and may be difficult to eradicate with standard anti-cancer treatments. Dr Kondo and his colleagues showed that certain cancer cell lines contain cancer stem cells that are prolific in their ability to produce a massive number of cancer cells and so create malignant tumours.

The article goes on to tell us that current treatments such as chemotherapy and radiation, although successful at destroying cancer cells, are unable to completely eliminate the critical cancer stem cells, allowing them to recreate the cancer. Dr Kondo will collaborate with Stemline Therapeutics in developing the technology further.

The technology and potential treatment can be used in conjunction with existing cancer treatments, targeting and destroying both cancer stem cells and cancer cells. Dr Kondo says, "our findings provide a simple and general strategy for doing so and I am optimistic that working along with Stemline Therapeutics will yield important advances in cancer treatments".

Thanks to ~

Dorothy and Joe for emptying their pockets of coppers every day for us and giving us tombola and raffle prizes

My lovely cousin **Linda and her husband Ray** for those beautiful tomato plants

Joan ~ for helping with the library and lots of other stuff

Kay ~ for lots of tombola and raffle items

Richard and Brenda for their leeks, lettuces, raspberries, rhubarb and other home-grown organic produce

Pauline & Richard for tombola prizes

Thanks also to Pharmion, now based in Windsor, who sent us **£160** towards Marks' North Pole Marathon fund-raising. **Fiona** never seems to forget about us, and her colleague **Heidi** came to the Centre to hand over the money which had been raised for us by their staff.

Incidentally, Heidi has a business called 'The Hat Pin' ~ she provides hats and accessories, for sale and hire and is based in Whittlesford, Cambridge.

e'mail her on enquiries@thehatpin.co.uk for more information

Braking news (Observer magazine)

It's a quiet day round the water cooler when the sexes conform to their stereotypes. Drivers were asked to name their top in-car luxury: for men it was satellite navigation, and for women it was a rear parking camera.

Do Mention the 'C' Word

I don't usually buy any newspapers, apart from the Cambridge Evening News (*or the Guardian occasionally if a worrying world situation is prominent and I want to know the plain truth*) so all the things I quote from the Observer are because David B passes on to me his Observer magazine every week.

In the last one I read about Deborah Hutton who decided to write a book full of practical ideas about how friends can help a person who has cancer cope with the cancer. I also read that "Some experts predict that by 2015 cancer will have become yet another survivable disease. A chronic condition that we will die with rather than from."

Deborah had been writing about women's health for more than a quarter of a century. She was the publisher author of four books about preventive health. She describes herself as someone who was never ill, never down, a yoga freak "and nutrition nut to boot". She felt a well woman. But at the age of 49 she says that her lovely run of luck ran out. Her consultant warned her not to look up her cancer on the internet. He said that as he backed out of her side-room at University College Hospital. He/she added "you'll only terrify yourself".

Deborah adds that there were masses of friends who were "shocked", "devastated", "numb", "disbelieving" ~ these were the adjectives that came up again and again in the avalanche of letters and cards arriving by every post with flowers, gifts and phone calls being received at all hours of every day. She went on to say that this outpouring of love and concern was wonderfully uplifting but it was also bone-crushingly wearying. She says it soon became clear that if the cancer didn't finish her off sharpish, the telephone most certainly would. It rang and rang until they almost started hearing it in their sleep. But at the same time she recognised that calls had to be taken and visits received. Friends and families needed the reassurance of seeing her and/or hearing her voice. She realised that they all yearned to do something, anything, to help, to feel useful, to support in whatever way they could. One close friend wrote "we know sometimes what not to do ~ mostly we stumble around in the dark and try, crossing our fingers that whatever it is will prove right and not horribly wrong for you".

Deborah points out that the key, she quickly found, is to **zero in on everyone's strengths**. Ask the car drivers to take you places. Ask the cordon bleu cooks to provide an evening meal, the good Christians, or Jews or Muslims or Buddhists to pray for your healing and recovery. Ask friends whose intellect and judgment you respect to comb the internet for information on everything from cutting-edge new clinical trials to wacky-sounding alternative remedies, while screening out the unpalatable facts. Ask your friends, she adds, to field phone calls and to work out a rota of who will accompany you to hospital appointments, chemo or radiotherapy sessions, kidney or bone scans. Because,

she adds, flowers and plants soon fade and die and visits can be tiring but help with the practicalities is an ongoing joy.

Friends, she says, ask “what can I do to help?” Here are some of her answers (*“there is plenty”, she says*).

Accept us as you find us, and as the people we always were; requiring no special pitying voices, no different treatment, no deep, meaningful looks and embraces. Continue to argue with us about politics and football. Hug us if you always have. Otherwise, respect your distance. Treat us as normally as you can.

Jon Snow, in this article, suggests that in an odd sort of way he thinks one must let instinct take over. It's about offering without intruding.

Dr Ann McPherson added “there were some people I wanted to see and others I didn't want around. People who were practical and sensitive to how I was feeling, who just knew how to put the cup of tea in the right place, were great, but others made demands on my time and my attention and my energy I just couldn't cope with. They meant well, but I learnt to get tougher. I would never have predicted that this illness would teach me not to be so polite”.

Deborah also said that while there is no second-guessing what anyone will want and need from you (*for some an embrace or hug can substitute for 1,000 words, while for others it can feel like a horrible infringement*) she found a surprising consensus about what people found helpful, or otherwise. Here is a shortened summary of what appeared in the Observer magazine.

Helpful:

- A good friend sitting on my bed and just being there to lessen the loneliness, when trying to absorb the hugeness of what I'd just been told
- Flowers and plants that arrived in their own containers and didn't need decanting.
- Uplifting letters with “no need to reply” at the bottom
- Fielding people who called at the house and telling them when it was time to go

Unhelpful:

- People hanging round with long faces
- Having to feed well-wishers and make endless cups of tea
- Making assumptions about how I was feeling
- Arriving on the doorstep unannounced
- People who seemed to be enjoying the drama
- Having to submit to intrusive questions and close embraces from people I hardly knew
- People who broke down and cried.

There is so much good stuff to read in this article and, I'm sure, in the book which is called

"What Can I Do To Help? 75 Practical Ideas for Family and Friends from Cancer's Frontline", by Deborah Hutton, published by Short Books on 14 July at £7.99

But a good piece to end on is that written by Sam Taylor-Wood who pointed out that for some reason everyone talks about the people who didn't survive. He had two primary cancers, which was pretty unusual. And when he got the second one, people told him such terrible bad-news stories, they instigated fears that weren't there in the first place. He says he does remember, with such gratitude, one doctor saying to him "two primaries? That's nothing. I've seen a patient with six."

from Pauline



I don't believe the half I hear,
Nor the quarter of what I see!
But I have one faith, sublime and true,
That nothing can shake or slay;
Each Spring I firmly believe anew,
All the seed catalogues say!

As usual we shall be closed during August
~ but there'll still be lots going on



Here are some dates for your diary ~

Thursday 28th July: Wymondham by train

Tuesday 2nd August: Coffee in Ann's garden + Lunch + Raffle

Wednesday 10th August: Tea in Judith's garden

Tuesday 16th August: Pingles Farm & Lunch at Garden Centre

Tuesday 23rd August: Lunch at Ros's

Tuesday 30th August: Travellers Rest & Visit to Emmaus

Carlton Arms ~ date to be arranged

When you come to me for coffee I plan to charge everyone £2 (*children free*) for your tea and biscuits and this £2 qualifies you for a raffle ticket. So please bring your £2 plus, if possible, a small raffle prize. Any home-grown produce always particularly welcome as raffle prizes. All money raised will go into Mark's marathon fund. I don't know if Ros and Judith will follow the same principle but just in case they do, please bring £2 and prize!

We'll need lots of tissue paper for wrapping our china and glass when we move
~ so start collecting now and bring it to the Centre when we start back in
September. Thank you

Mark's friend Glen says ~

A keen runner, Mark has already successfully completed two London Marathons and the Lochness Marathon, but acknowledges that running on ice and snow in the freezing temperatures of the North Pole will be a significant step up for him. The challenge of running the North Pole Marathon will be huge, but that challenge pales into insignificance when you compare it to the challenges faced every day by people with cancer. Mark says, "I hope to use the race as the start of a major fundraising campaign to help secure a permanent base for the Cambridge Cancer Help Centre whose primary aim is the continuing support of people who have or have had cancer and their carers."

We have a stall booked at Addenbrooke's Hospital in November. We'd like to raise money to support Mark's North Pole marathon. We will have a 'guess the name of a doll' and it would be great to have some raffle prizes which are easily postable to winners. So if you can get us any vouchers or promises or gift tokens, please do so and let me have them. Many thanks.

Much love
Annxxx

P.S. My stars say "when you gotta move, you gotta move, and the dynamic mood of your horoscope requires you to get your skates on, get creative, get in touch with far-flung friends and assert your name and presence on as wide a front as possible". Most of my friends are people who come to the Centre or who have an interest in it. Tricia and I sometimes reflect on how perfect it would be, if and when we are old and incapable of looking after ourselves, we lived in a Centre residential home. We could all have our own rooms and yet meet up in a large room just kept for that purpose, for the teas, books, healing, reflexology, meditation and, above all, Friendship.



So, we know we've "gotta move" and it is exciting to be doing so. Those 'stars' must have been written just for me because I often think how largely the Centre figures in my life. I have made and am making lots of marvellous friends there.

P.P.S. Thailand son says...

Answer the phone !!!!!!!!!!!

That's mobile phones, emails, sms text messages, and jungle drums all of which require some form of response. If the response is not immediate, another call is made, sms message sent, email re-sent, and if still un-answered, an assumption made that the receiver is ignoring the sender and must therefore by definition, either be up to no good or simply doesn't wish to engage in discourse, which is immediately considered a personal slight, regardless of the circumstances prevailing at the time.

Consider this. I was in attendance recently at a Bhuddist funeral during which a trio of monks were chanting and generally doing their thing. Seated amongst several hundred attendees, and obviously not wishing to appear rude (*especially as a foreigner*) at such a sober event, I instantly turned off my mobile phone on the first ring without checking who the caller was and continued to absorb the occasion.

Meanwhile on the other side of town Mrs Dingley (*the Thai version*) and the maid (*who I subsequently discovered was in the front line strangely enough*) are engaged in a frenetic firefight. The big wooden house that neighbours ours is ablaze, and furthermore, the flames are spreading rapidly via the trees in the garden, across to the balcony that borders our own house. Our neighbours are trying to help but Tae (*Mrs Dingley, Thai version*) who is trying to douse the approaching flames with the garden hose is facing the reality that, whilst she is slowing down the advance, her efforts will ultimately and imminently be futile, and she is about to give up. What does she do then? She calls me of course and I turn the phone off.

Needless to say, I was not exactly Mr. Popular when I came home. I am now resigned to the fact that I have absolutely no justifiable reason for not answering the distress call. I should have known it was urgent, that it was my wife calling, and I shouldn't have been out in the first place at such a crucial time. Actually, I should be standing guard 24/7, 365 days a year on the balcony at home, hose in hand, just in case a fire breaks out next door. On reflection, I can't believe how inconsiderate I've been

It turns out that just at the point in time where all was considered lost, the fire engine arrived to douse the flames and save the day. What's the point of all this

ANSWER THE PHONE !!!!!!!!!!!!!!!!!!!!!!!