

The story behind this is that over the years, when frequently wandering around David's Garden Centre, I've idly thought how marvellous it would be to have our Centre in such a peaceful, relaxing place. So, suddenly, one day, about two years ago, without thinking about it, I approached him and told him about our problem of finding new premises. He immediately offered us a place at Fordham, Nr Ely but I pointed out this was too far away. A few weeks later he offered us a newly-built meeting room at his Garden Centre. Lovely as that is, it was too small. David came to see our Centre and meet the people there. He could see how much space we needed and he offered to build a Centre for us at Scotsdale's!

Couldn't believe it! A Dream coming true!

The plans are exhibited in David's restaurant and at our Centre.

20 Years Old this Year!
The Centre's 20th Birthday Party on 2nd June
was held, of course,
at Scotsdale's Garden Centre

This is what Dulcie wrote to me the following day:

Dear Ann,

Wow what a party!!

A truly 'never to be forgotten' occasion. It was just good to escape for a few hours from personal worries and the stresses and strains of today's troubled world to join with friends, old and new, in the happy, secure and caring environment that has always been the 'Cambridge Cancer Help Centre'. (We may never want to belong to this group, but are so grateful for its support and friendship when we are in need.)

It was really great to welcome that marvellous man, Mark, as he steamed in, complete with polar bear, to rapturous applause, after yet another magnificent fundraising effort for the centre. Mark's presentation was interesting, informative and personal as he brought to life his experiences of attempting this amazing feat of marathon running at the North Pole in gruelling -40°C temperatures! (We could only imagine in wonder, sitting in the comfortable warm surroundings of Scotsdale's restaurant, but, on reflection, I guess many sitting there have, or have had, their own private battles in life, and so would feel an empathy with his ordeal.) Viv explained the history of the Cambridge Cancer Help Centre, from the first beginnings 20 years ago, and of all the wonderful people who unstintingly have given freely of their time and energies to make Marilyn Barnes' dream a reality. What a pity David Wilson could not have been there. Perhaps he was, in spirit, with us?!

After this, Ann's announcement of Mr David Rayner's astonishing gift of offering to build our new centre left many of us speechless and near to tears. Could we be hearing correctly? This news, of a most generous and amazing gift was just so, so exciting. It was quite a while before it even began to sink in. Sparkling champagne was passed around and a super supper party was enjoyed by all. The beautifully decorated and delicious celebration cake was cut to

commemorate our 20 years anniversary.

All of a sudden, ABBA appeared on the stage ~ what a surprise, who were they?!?! By this time we were all so elated by the wonderful news that at last we may be on the road towards our very own, purpose-built centre, we were ready to shout, laugh, cry, clap to the Fabulous Four. They were terrific, and it was so funny wondering if Ann could actually 'see' through those huge eyelashes! What fun.

We said our fond farewells and went home feeling on top of the world. (I slept soundly, bathed in the wonderful friendship that is The Centre and awoke the next day wondering if it were all true.)

Our thanks to everyone who helped to make this event so memorable, especially to you, Ann, for your hard work and your loving kindness to all of us, to the committee for all their efforts and to our band of carers and healers for the generous gift of their time to help us.

Love to you all
Dulcie and Eric



Heartfelt thanks to

- David Rayner for letting us party there and for giving us 10% off our shopping
- Waitrose for loaning us champagne and wine glasses
- Gill, Val, Joan and Brenda for administering the catering side of things
- Don for being the bouncer on the door. Fortunately he didn't let any undesirables in
- Viv for telling us the History of the Centre ~ which would have been done by David Wilson but he wasn't well enough to join us
- Jane for helping with all sorts of things and selling tickets for the Centre fund-raising Summer Bash at the Leys School.
- The **lovely** Scotsdale's staff for all their help
- Margot, Richard and Bernard for selling our recycled cards
- Ros, Edna, Ingrid, Tony for running the tombola stall, at which we raised **£211.35**
- Tony for videoing the event
- Linda for taking lots of photographs
- Fred, David and Peter for organising and dispensing the beverages
- Mark for running down the Scotsdales driveway, waving his Union Jack and being chased by a brilliant polar bear (*looked a bit like Peter*) Mark also told us about his NPM experience ~ rather him than me at -40 degrees
- Sue Latto from BHS who loaned the polar bear to us
- Steve Peck who persuaded Sue to lend it to us
- Charlie Barton for MC'ing the occasion, making sure everyone was where they should be at the right time
- Everyone who brought in delicious food
- D & P Delicatessen for two fantastic gateaux
- Everyone who gave us marvellous tombola prizes
- ABBA (AKA Fran, Ros Ingrid (*and me*) ~ none of the men we asked would do it so Ingrid and Ros agreed to wear moustaches and beards and looked the part)
- Dean from Scotsdales who was a marvellous music engineer and could deal with and solve any 'ABBA' musical problem. And he loaned us one of his lovely guitars. (It took us 5 weeks to learn 'Mamma Mia'. Imagine my dismay when 48 hours before the party it was decided we should learn another song ~ 'Waterloo'. "I cannot do this", I said. No one took any notice. So we did it but you probably noticed I had the words written very small and stuck on the microphone. THEN, ON THE DAY OF THE PARTY for goodness sake, Fran phoned and said we needed to sing a third song. I did

think she was just trying to see how far I could be pushed before I exploded but...no... “Look here”, I said, “you’ll have to do the verses and the rest of us will do the chorus”. And that’s what we did.

- Joan for a most amazing 20th birthday cake ~ which had a North Pole runner, a polar bear and the most amazing hand-made lotus you have ever seen!
- All those people who gave us champagne ~
Penny, Angela, Claire, Margaret, Hugh, Sheila

If I’ve left anyone out of here, I’m so sorry ~ but thank you

John Dawson gave us a hefty champagne cheque and Andrew Hardingham kindly tracked some down for us while on holiday in France. We’ve got some champagne left over and will save it for the



Grand Opening of the New Cambridge Cancer Help Centre!

It did
seem

you just had to ask for donations of champagne and we got it. Because of everyone’s readiness to help in this way it made me feel bad about the man I met on Petersfield Green. He had a bloody, swollen eye and was staggering around a bit. He very nicely asked for 20pence. I said, sorry not today (because I was in a hurry). As I walked away he sort of kindly called out “love and peace” and held up his two fingers, pointing the right way round. So I turned round, held up my 2 fingers (after rapidly working out the right way round) and replied “peace and love to you”. For goodness sake, why didn’t I find him 20pence. I have walked that way again, with a sandwich for him but he wasn’t there.

Extracts from Viv's 'Tribute to David':

Throughout the last 20 years the CCHC has gone from strength to strength to be the place where we all love to be, thanks to the efforts of so many people but especially thanks to David Wilson. Perhaps he is the real 'Marathon Man' of the Centre. He has stayed the course, steered us in the right direction and been there uphill and down dale. David has been the backbone of the CCHC, always reliable, always there when needed, understated, and unassuming, wise and prudent ~ and happily a real wordsmith and mathematician with an eye for detail.

For many years David was acting Chairman, acting Honorary Treasurer and Honorary Secretary ~ in fact by generously filling the vacant positions he was holding the committee together. Thankfully all the positions are now filled ~ by Fran Dawson as Chairperson, Tricia Smith as Hon Treasurer and Peter Cornell as Hon Secretary.

We are deeply indebted to you David, and it would not be an exaggeration to say that the Centre might have disappeared several times had it not been for your efforts. Yours has been a mammoth contribution.

David should have been the one to talk about the history of the centre tonight ~ nobody could do it better than he, but the very sad irony is that David, who has for so long looked after the interests of people with cancer now has cancer himself and faces his own marathon challenge. We wish you well David with your remaining projects, send you our heartfelt thanks and we will be with you all the way of your marathon.

Can we raise our glasses to David
and the success over the last 20 years of the CCHC.

We nominated Mark for a

Cambridge Evening News Community Award and cheered him on at a marvellous evening at Homerton College, where his achievement of running and completing the North Pole marathon to help raise funds for our Centre was recognised. He won a bottle of champagne. No doubt you saw his photograph in the Cambridge Evening News. Marvellous man!

This award is given to people who set out to improve people's lives.

The North Pole Marathon involved an expedition that had to face up to things going wrong ~ air strikes, delays, not the best food or the best water, hair-raising flights and landings but the main thing that went right was that Mark came home safe and sound. The second thing that went right was that he completed the marathon in 6 hours 40 minutes, at joint 10th. I think Mark and the 'joint' person had run a lot of the marathon together so they held hands as they crossed the finish line. I understand that one person took 12 hours to complete ~ but he did finish it, as did everyone.

You'll find some wonderful pictures from the North Pole on our website at www.cambridgecancerhelp.org

Collecting tins

Many thanks to all the pubs who raise so much money for us and thanks to Sid who delivers and collects all their tins.

Penny easily persuaded her reflexologist Terry Wardle to collect **£37.38** pence in her first collecting tin.

And Clover, from the Department of Biochemistry canteen sent us the three tins given to her by Gill, containing **£94.88!**

Annual General Meeting 4th April 2006

We made a break with tradition this year and held our AGM at lunch-time instead of in the evening. As a result more people came and we all enjoyed a shared lunch after the meeting.

David, sadly, has resigned as Hon Secretary, but we are all extremely pleased that Peter has agreed to fill the post. We have also lost Beverley as Honorary Treasurer and are glad that Tricia is now looking after our financial affairs. Tricia says, “thank you Beverley for all your hard work in bringing our accounting system into the technological age ~ and for your continuing help as I get to grips with the spread-sheets”.

Co-ordinator's Report ~ Kindness

Twenty years since Marilyn Barnes founded the Cambridge Cancer Help Centre ~ I think it is time to do some reflecting:

“Kindness is the one thing we are all hungering for. And it is at the same time the easiest thing to show and the greatest thing to give”. I read that ten years ago and put it into the April 1996 newsletter, pointing out that I thought our Centre was kindness personified.

That newsletter also informed us that we were trying to raise £50,000 in 1996 but had only raised £9,000. So that year the Centre nearly foundered. I remember Fran (our chairperson then, as now) coming to see me to point out what was likely to happen, unless our finances took an unlikely leap: redundancy ~ and the closure of the Centre. Well, the redundancy happened but the closure didn't. I remember carrying on as usual, still going into the Centre because it was the sort of place you didn't relinquish easily, if at all. And I wasn't going to let go. I remember being told later that everyone was waiting to see what I would do. If I stayed the Centre wouldn't close, if I left the Centre would indeed close. It didn't occur to me not to be there.

So I'd sit there at my desk, occasionally vaguely pondering on how the mortgage on my house was going to be paid, but needn't have worried because someone anonymously offered to pay me a sum for working at the Centre two mornings a week. This sum would be paid for one year, at the end of which it was hoped the CCHC's funds would be able to pay me an honorarium. And I would also have some free time to increase my income with some free-lance training.

In that 1996 newsletter I wrote about 'an emotionally delicious recipe' ~ which was a mixture of three people turning up with bags, brooms and brushes, to transform our patio into a delightful summer retreat, Ron was in charge of Daphne and Brenda, Glyn was painting the walls and doors, Paula was massaging feet, Jessie was healing, the dropper-innerers were adding to the delight of the

morning and it was truly satisfying to see so many people getting on so well together.

I wrote some of our members' messages in that newsletter ie

"in early August last year I was dying! I felt I had a maximum of 2 years left. I came to the Centre and was given a forty year extension."

"I am no longer alone. There are others like me."

"I was given two years. I've done five months. Thanks to the Centre for their love and care and **kindness**."

"It feels like you are at home, it is so comforting."

"The Centre stopped the nightmare."

So that's a little bit about our past. Our **future** is exciting. Mark is about to run the North Pole Marathon. He says that the challenge of tackling that marathon is dwarfed by the challenge which faces people with cancer. Annie has started a 'Different Strokes' group, Anne Fleming is about to start a Multiple Myeloma Group, both being held at our Centre. We also open and offer therapies one evening a month. And because our Constitution allows us to do so, in the future we may welcome other health-related charities/organisations to use our new premises, when we find them!

We **still** have an emotionally delicious recipe simmering away at our Centre. One of our 2006 dropper-innerers says...

"I arrived at CCHC hairless, anxious and fearful not wanting to transfer my worries to family and friends to be welcomed with **kindness** and wonderful healing. The Centre became my haven and still is. Now, five years on, and visiting most weeks, it is my privilege to play a small part in helping to ease the worries of newer members of this amazing place we call 'Our Centre'."

Another member says, "I can only add praise for all your centre gives to people in **kindness**, time and support .It is so nice to know that there are places such as the centre where you can go just to be yourself."

So anyone coming to our Centre hungering for kindness and support will indeed find it, for it certainly **is** an easy thing to show and a great thing to give.

In this part of the country, no one else does what we do ~ so very, very well.

AGM Therapists Report ~ Jane

We are very fortunate, here at the Centre, to have a group of such dedicated therapists, most of whom give their time and expertise free of charge. They seem, like so many of the volunteers at the Centre, to have endless amounts of energy

and goodwill.

I would personally like to thank them all for their commitment, good nature and professionalism: they are a great team to work with and I would like to acknowledge the contribution that they all make to the Centre in their many different ways.

We offer Counselling, Relaxation, Healing, Hand Massage, Reflexology and Indian Head Massage at the Centre, and are usually able to put people in touch with other therapists when the interest arises. We use Tricia's office as a third therapy area every Tuesday for Reflexology and Indian Head Massage and on Wednesdays have made a third therapy area in between the two healing corners, so that we can now offer reflexology too.

This year several of our therapists have stayed on Tuesday afternoons to offer therapies to the Different Strokes Group who are extremely grateful for this kind of support.

Last we The Relaxation Group, which runs on Wednesdays, is steadily growing in popularity with an emphasis on guided visualization and breathing techniques that help promote a feeling of calm and self-empowerment. Hopefully people take away these techniques and use them at home.



year started

opening on the first Thursday evening of every month except January and August to enable members who have gone back to work to come into the Centre and take advantage of our facilities. We offer Reflexology and Healing at these sessions.

Our lending library continues to grow and is well used, keeping people informed with books on complementary medicine, nutrition, inspiring life experiences and other related topics. We also lend out a variety of audio and videotapes and, more recently some DVDs. Again this year, many people have recommended and donated books which they have found useful or inspiring.

We have regular therapists meetings when we can discuss new ideas and any worries that we may have, update policies and generally catch up with each other,

as often during the mornings that the Centre is open, we don't have much time to talk together. These meetings are not only very productive but are also a pleasure as we are so very fortunate to have such a lovely team of therapists!

I would personally like to acknowledge the continuing, unconditional contribution that all our therapists make to the Centre and thank them for being such a great team and I would like to take this opportunity to let them know how very much I, and the Centre, appreciate them and all that they do for us.

Use of Cancer Support Groups

Do you remember completing a questionnaire for Dr Gunn Grande about this ~ looking at the use of cancer support groups? Gunn wrote recently to say thank you for your help with this project. The findings have been published in the journal 'Psycho-oncology' and this has now formed the basis for a three year project looking into people's use of cancer support groups, recently funded by Dimbleby Cancer Care. If you would like a copy of the report, please let me know.

Bristol Cancer Help Centre

Support for People with Cancer ~ Residential courses in July using the Bristol Approach

2nd-4th, Bristol Approach, 2-day residential

5th Self-help Techniques and Meditation and Breathwork

6th Taste of the Bristol Approach

9th-14th Bristol Retreat 5-day residential

16th-18th Bristol Approach 2-day residential

19th Nutrition for people with cancer

19th-21st Bristol Approach 2-day residential

23rd-28th Bristol retreat 5-day residential

30th to 1st August Bristol Approach 2-day residential

We have their full Summer timetable at the Centre

To find out more about these courses, please phone 0845 123 23 10

Info@bristolcancerhelp.org

www.bristolcancerhelp.org

Some Very Special Letters



BUCKINGHAM PALACE

To: The Cambridge Cancer Help Centre

The Queen wishes me to write and thank you for the card and booklets which you have very kindly sent on the occasion of her eightieth birthday.

Her Majesty was most interested to learn of your centre and the marathon that was undertaken by Mark Howe in aid of it and I am to send you The Queen's very best wishes for your continued success.

Her Majesty has been so touched by the overwhelming response to her special birthday and I am to thank you very much for your good wishes which The Queen greatly appreciates.

Susan Hussey

Lady-in-Waiting

6th June 2006

Richard sent the Queen a birthday card and newsletter!



**CLARENCE HOUSE
LONDON SW1A 1BA**

From: The Office of TRH The Prince of Wales and The Duchess of Cornwall

5th June, 2006

Dear Mrs. Dingley,

The Prince of Wales has asked me to thank you for your letter of 29th May enclosing "Looking at the Stars – Living with Cancer".

His Royal highness was interested to hear of the developments concerning new premises for the Cambridge Cancer Help Centre and he much appreciated your thoughtfulness in sending a copy of the book.

The Prince of Wales has asked me to pass on his sincere thanks and best wishes.

Yours sincerely,

A blue ink handwritten signature, appearing to read 'Claudia Holloway', with a long horizontal flourish extending to the right.

Mrs. Claudia Holloway

Mrs. Ann Dingley

My Journey by Peter Salt

Early in 2000 I was referred to the cancer clinic at Addenbrooke's Hospital as tests showed that I had a P.S.A. of 24, which my G.P. thought was very high.

After a number of further tests I was to learn that I had prostate cancer and it had spread to my semi vascular and slightly into the surrounding lymph nodes. Most readers will understand the fear and shock that instantly took me over. I drove home stunned, with thoughts of where do I go from here and what now could be done with what may be left of my life.

My first treatment was to be a hormone injection, to start some weeks later. Here I was informed that there were no other options and that it was by no means certain that the medication would work. I found this information quite depressing, now having time on my own to think about things, the thought that there must be something else that I could do for myself kept repeating itself in my head. What this could be was the question, the answer was all important, if I was going to survive for the next ten years or more.

My wife and brother in law were quite spiritually minded so they looked on the internet for any information that may be of help in my situation. They noticed that there was quite a lot of text with regard to various forms of healing and from this they searched for a healer within our area. It now seems like fate for they found the telephone number of our Linda, who is not only a healer but a reflexologist, here at our Centre. Linda unfortunately only practised her healing on women but recommended that my wife rang a man in Duxford, called Dennis. He, as we know, also worked as one of our spiritual healers here at our Centre. After a quick telephone call, an appointment was set for a week later, my wife and daughter took me to Dennis. They told me I was going to learn about meditation and visualisation for they knew that if I was told I was visiting a healer, I would not go.

When we arrived, Dennis described who he was and how he would go about my healing session. I was quite shocked at hearing all this but decided to go along with it since we had made the effort to go. As it turned out, it proved to be one of the most moving experiences that I have ever had, for I am sure that in time I found God, that represented to me the force and energy that one can tap into when receiving healing.

I began to read books, like 'Mind over Cancer' by Colin Ryder Richardson, later to meet this man at his own home, also 'Love, Medicine and Miracles' and 'Peace, Love and Healing' by Bernie Siegal. These books inspired me to change my life, I did this quite dramatically. I stopped going to work, other than for perhaps an hour a day, for I was convinced that my cancer was caused through stress, so I needed to eliminate this completely from my life. I also learned to meditate and visualise, helped by a visit to the Bristol Cancer Help Centre. I continued to have regular healing sessions with Dennis, at his home or mine and can attribute some of my life saving to his great friendship and love. I

also attended regularly the Andreasen Centre in Hartington Grove, where I received further healing and reflexology.

I am convinced that mixing with right-minded people gives one a feeling of joy and happiness whilst trying to avoid those who radiate depression and negativity. This I am sure helps in the way forward. I must state how very much I appreciated the warmth and hospitality that greeted me on my first visit to the Centre just a few weeks ago, thence being invited to your wonderful twenty year celebration party at Scotsdales, where I again experienced much kindness – thank you all.

My journey continued, by coming under the wing of Professor Jonathan Waxman, consultant at the London Hammersmith hospital. This man has given me great encouragement over the years, especially with the many homeopathic remedies that I have experimented with during my illness, such as vitamins and supplements.

At the moment I am receiving radiotherapy at Addenbrooke's Hospital, under Dr Helen Patterson. I would like to thank her for her help and for giving me the hope of a remission. Through this journey of mine I am convinced that the way forward is to remain focussed and positive that one will be made whole, and here I absolutely believe that I have done all I can to help myself, whilst having complete trust in my doctors and specialists.

My journey still continues but I believe that I could not have got this far or survived without the true love and devotion of my wife Sheila, my daughter Holly and the rest of my family and for this I thank them.

Annie's Different Strokes Group

continues to support young people who have had strokes

Peter (*a different Peter*) can now walk 40 steps !

The Sickening Mind

Somewhere I read that “physical illness is visible and life-threatening. The emotional feelings cannot be seen. As they are invisible it is easy to pretend that they are not really there. They don’t at first seem to be as important as the cancer on a microscope slide. Yet they can be just as life threatening as the visible cancer itself.” And that reminded me about a couple of paragraphs in ‘The Sickening Mind’, which I have put in our newsletter before but it is worth repeating every couple of years or so, because it is powerful and convincing and I know that it has been cut out of previous newsletters and sent all over the place ~ to people who have got cancer. The book is in our library.

Sexual Fantasy

Come on, you must have one. Well, so says this doctor. Dr Paul Martin says, in ‘The Sickening Mind’ (*Harper Collins, ISBN 00-00-255 683-9*) that we should get down to business and conduct a simple thought experiment.

He suggests that when we have read this paragraph we should shut our eyes and cast our minds back to the most mortifying and embarrassing moment in our lives, the worst one that we can dredge up from the dank recesses of our memories. He tells us to think hard and choose the most awful, squirm-inducing calamity. He wants us to be brutally honest. He says we should close our eyes and relive the incident in all its ghastliness, focussing on our own humiliation.

Go on, then.

Now he asks if you have blushed and are your cheeks burning with embarrassment? **“If so”, he says, “you have just demonstrated a mundane example of an important biological principle: that mere thoughts and emotions can generate very real physical reactions”.**

Then he says that if you would like to demonstrate the empirical truth of this principle again, but in a different and more recreational way, close your eyes and conjure up your most arousing and succulent sexual fantasy. He says you surely must have one. He says...sit back and let your mind savour the luscious details of whatever erotic images it has chosen. Let the moist, quivering images run rampant.

Go on, then.

He goes on to say that the physical consequences of what is now going on in your mind should, with any luck, be more fun than a blush.

He points out that the mind’s influence on the body is usually more serious than a blush or sexual frisson because, he says, it can even determine when we die.

Aspartame ~ “Aspartame encourages lymphoma (lymph-system cancer) and leukaemia in laboratory rats”, according to a study at the Ramazzini Foundation of Oncology and Environmental Sciences in Bologna,

Italy. We've written about Aspartame in various newsletters over the past years. The above heading comes from Woman's Weekly, undated but recent. Aspartame is added to around 6,000 commercially produced foods, drinks and medications, and used by one in 15 people worldwide. It seems that food-industry representatives say many other studies have found no links with these or other cancers.

This man-made sweetener ~ also known as NutraSweet and E951 ~ is available on its own, for sweetening tea and coffee and is put into many commercially-processed foods, including certain yogurts, chilled desserts, frozen desserts (e g ice-creams), milk shakes, jams, cereals, and even crisps. It is also found in some soft and sports drinks, chewing-gums and sweets. And it crops up in certain medications, including some vitamin products and children's medicines.

Female rats given aspartame were more likely to get lymphoma or leukaemia. The higher the dose, the greater the risk. Some researchers believe the risk may result from aspartame being broken down in the body into methanol, as they've previously demonstrated that this encourages lymphoma and leukaemia in female rats.

Woman's Weekly goes on to say that possible adverse effects have been reported over the years, including headaches, dizziness, seizures, nausea, depression, weight gain, fatigue, insomnia, anxiety and a worsening of certain conditions (eg multiple sclerosis, Parkinson's disease). If aspartame, it says here, can indeed trigger such problems, it may be because certain of the break-down products over-stimulate nerve cells.

The European Food Safety Authority has instructed the team of experts to assess the new study as a matter of high priority ~ it could take up to five months.

The researchers recommend that women and children should avoid it (except for those with diabetes, for whom the benefit of avoiding sugar might outweigh any risk from aspartame). However, the EFSA says consumers should wait for the results of its own review and recommendations.

Other sweeteners include low-calorie 'intense' sweeteners (eg saccharin, acesulfame-K, cyclamate, sucralose), 'bulk' sweeteners with roughly the same caloric value as sugar (eg xylitol, sorbitol, mannitol), and sugar itself. All have been blamed for adverse effects, such as diarrhoea, migraine, and allergic reactions. One answer is to have anything that tastes sweet only in moderation, to avoid any sweeteners you think produce symptoms and to make natural whole foods (eg fruit) your main source of sweetness.

Tom Fennell

Our biggest regret is that we didn't know Tom for very long. Some of us went to his funeral. Tom was described as "special" and "someone remembered with love and affection". Someone who was "always there". Tom worked for Jordans and formed a jazz band there called 'The Cereal Killers'! When he met Jenny on a blind date he took her a bunch of, not roses or exotic flowers, but leeks, wrapped in newspaper!

I imagine them on their boat 'Misty Morning', which incidentally, was launched with real ale.

Tom's boss, Bill Jordan, said everyone had a great fondness for Tom and described him as popular, kind, someone who never abused authority, and remembers him as a considerate and gentle man. As do we who knew him at our Centre.

Jenny and their family sent us over £2,000 which they had received for our Centre, in memory of Tom and in lieu of flowers.

We hope we won't lose touch with Jenny
and send her and her family our love.



Men's Health ~ from Richard

60% of British men are overweight or obese and every year over 19,000 men are diagnosed with bowel cancer, a disease strongly linked with poor diet. World Cancer Research Fund is working hard to reduce the risk of cancer in men. Research they are currently funding includes two studies on diet and prostate cancer, as well as studies investigating the links between diet, lifestyle and bowel cancer. If you would like to learn more about the practical steps men can take to help reduce their risk of cancer, send for their booklet '*Preventing Cancer: A Guide for Men*', which has been commended in the British Medical Association's annual Patient Information Awards. *Contact WCRF UK.*



The Dry Garden by Richard

With global warming the dry garden is of increasing importance. Cambridge is one of the driest parts of Britain. Cambridge has even less rain than Barcelona! Water is the most precious natural resource. A dry garden will create a most beautiful space without using precious water. Water-wise gardening can help us to take significantly less water from the environment.

To prepare the soil, don't add organic matter or fertiliser. This is to keep the nutrient levels low so the plants grow slowly. This also gives compact tough plants that are more resilient to drought.

Autumn and winter are the best times to plant. Rainfall is relatively high, evaporation is low and plants can establish a good root system before Summer.

Cultivated lavenders derive from Mediterranean species. The small needle-like leaves are a good clue that lavender is suited to dry conditions. Surprisingly though, even large-leaved plants like the Male Fern can survive droughts if they have well established roots. A mulch of gravel and bark chips helps to conserve moisture. Small tough leaves lose much less water than large floppy ones. A good example is *Hebe albicans* 'red edge'. Narrow feathery or needle-like leaves have less surface area through which water can evaporate e.g. *Wormwood Artemisia aborescens*. Hairy leaves reflect strong sunlight and protect the leaves from drying winds e.g. *Lamb's Ears Stachys byzantina*. Waxy leaves help to stop water loss e.g. *Blue Spurge Euphorbia myrsinites*. Some plants have tiny, or even no leaves and just green stems e.g. *Spanish Broom Spartium junceum*. Succulent fleshy plants store water in leaves and stems so they can survive long droughts e.g. *Houseleek Sempervivum cantabricum*. Many plants that live in dry places have strongly scented leaves to discourage grazing. Good examples are thyme and Rosemary *Rosmarinus officinalis*. Some plants have life cycles that avoid summer drought. One solution is to die down and survive as bulbs. Other plants grow flower, set seed and die in just a few months. Only their seeds survive to ensure the next generation of plants.

Finally, tips for a dry garden,. Don't worry if your lawn is brown in summer and resist the urge to water from the mains supply. Your lawn will soon recover when rain comes. When choosing plants for a dry garden, look for grey-leaved, waxy-leaved or aromatic plants, which are good indications of good adaptation. For dry conditions, mulch a dry garden in spring with bark chips or cocoa shells to conserve moisture in the ground.

Self Defence from Dorothy

A group of rapists and date rapists in prison were interviewed on what they look for in a potential victim and here are some interesting facts:

1. The first thing men look for in a potential victim is hairstyle. They are most likely to go after a woman with a ponytail, bun, braid or other hairstyle that can easily be grabbed. They are also likely to go after a woman with long hair. Women with short hair are not common targets.
2. The second thing men look for is clothing. They will look for a woman whose clothing is easy to remove quickly. Many of them carry scissors around specifically to cut clothing.
3. They also look for women on their mobile phone, searching through their purse or doing other activities while walking because they are off-guard and can be easily overpowered.
4. Men are most likely to attack and rape in the early morning, between 5 am and 8.30 am.
5. The number one place women are abducted from/attacked is supermarket car parks. Number two is office parking/garages. Number three is public toilets.
6. The thing about these men is that they are looking to grab a woman and quickly move her to another location where they don't have to worry about getting caught.
7. Only 2% said they carried weapons because rape carries a 3-5 year sentence but rape with a weapon is much higher.
8. If you put up any kind of a fight at all, they get discouraged because it only takes a minute or two for them to realise that going after you isn't worth it because it will be time-consuming
9. These men said they would not pick on women who have umbrellas, or other similar objects that can be used from a distance in their hands. Keys are not a deterrent because you have to get really close to the attacker to use them as a weapon. So, the idea is to convince these men that you're not worth it.
10. If someone is following behind you on a street or in a garage or with you in a lift, look them in the face and ask them a question, like what time is it, or make general small talk: now that you have seen their face and could identify them in a line-up, you lose appeal as a target.
11. If someone is coming toward you, hold out your hands in front of you and shout STOP or STAY BACK! Most of the rapists interviewed said they'd leave a woman alone if she yelled or showed that she would not be afraid to fight back. Again, they are looking for an EASY target.

I Don't Think So ~ Pauline

A husband is at home watching a football game when his wife interrupts, "Honey, could you fix the light in the hallway? It's been flickering for weeks now."

He looks at her and says angrily "Fix the light! Now, does it look like I have an electrician's logo printed on my forehead? I don't think so!"

The wife asks, "Well, then, could you fix the fridge door? It won't close right."

To which he replied, "Fix the fridge door? Does it look like I have 'hotpoint' written on my forehead? I don't think so!"

"Fine," she says, "then could you at least fix the steps to the front door? They're about to break."

"I'm not a damn carpenter and I don't want to fix the steps" he says. "Does it look like I have 'Woodies DIY' written on my forehead? I don't think so. I've had enough of you. I'm going to the pub!"

So he goes to the pub and drinks for a couple of hours. He starts to feel guilty about how he treated his wife and decides to go home and help out. As he walks into the house he notices the steps are already fixed. As he enters the house he sees the hall light is working. As he goes to get a beer he notices the fridge door is fixed.

"Honey", he asks, "how'd all this get fixed?"

She said, "well, when you left I sat outside and cried. Just then a nice young man asked me what was wrong and I told him. He offered to do all the repairs and all I had to do was either go to bed with him or bake a cake."

He said, "so what kind of cake did you bake him?"

She replied, "Helloooo....do you see 'Delia Smith' written on my forehead? I don't think so!"



Money Matters ~ Tricia

It's good to see that so many of you are now signing **Gift Aid Declaration** forms so that we can claim back the tax you have paid on your subscriptions and other gifts to the Centre. It means that, at no extra cost to yourselves, your gift becomes worth more than a quarter as much again.

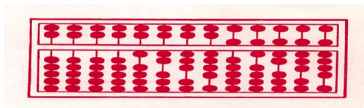
"I don't understand about **Gift Aid**", someone at the Centre said to me recently, "I pay tax at 22p in the pound, and yet you say it's worth 28p in the pound to the Centre".

In case anyone else is wondering too, the simple answer is that the money in your pocket is 78% only of the money you earn ($100 - 22 = 78$). In order to have £10 in your pocket you need to have earned more than £10 ~ in fact you need to have earned £12.82.

(22% of £12.82 = £2.82 or just over 28p in each pound in your pocket)

Remember ~ you can help us in this way only if you are paying tax at the standard rate (22p in the pound) or above. It does NOT apply to those who pay tax only at the starting rate (currently 10p in the pound) ~ or to those who pay no tax at all.

Gift Aid Declaration forms are available at the Centre



CamCab Scheme

Donation

CamCab are a Cambridge taxi company. They have promised to donate 5p to the Centre for every booking they receive so long as you quote 'CASH005' when making the booking. You can make a booking for one of their taxis on phone number 01223 704704. Don't forget to quote CASH005 when making your booking, and the 5p's will soon start rolling in!

Charity Flowers Direct ~ Peter

Charity Flowers Direct is a flowers by post service which will make a donation to the Centre of 15% of the value of any flowers you order from them if you quote our Source Code 'CCHC' when placing your order.



We should receive some brochures from them shortly and these will be made available at the Centre. You can order flowers for delivery by visiting their website, www.charityflowers.co.uk. Alternatively their telephone number is 0870 5300 600 (24 hours), or contact Ann for help in placing an order. If you place an order with them, don't forget to quote Source Code "CCHC" so the Centre will receive the 15% donation! And if you use their service, please let us know whether you are happy with it.

Newmarket Races ~ Peter

We held a public collection at Newmarket Racecourse on Saturday 13 May when **£1,104.45** was raised. We would like to thank all those racegoers who so generously donated, Newmarket Racecourse for giving us permission, and all those who volunteered to hold the collecting buckets on FA Cup Final day!

We would also like to thank Norwich & Peterborough Building Society (*Burleigh Street branch*) for donating the cost of three new therapy bed covers.

AND

We would like to say a big thank you to everyone who gave donations or sponsorship money, and all those who worked to raise that money, in support of Mark Howe's heroic efforts in running 26.2 miles in freezing conditions in the North Pole Marathon on 8 April, and a huge thank you to Mark for being brave enough to enter the marathon in the first place!"

The appeal has raised just over £15,000 so far ~
and the money is still coming in.

Goodbye Lesley ~ from Jane

Our lovely Lesley who has looked after our feet so well for the last 5 years is no longer able to come to the Centre. She wouldn't let me tell anybody as she didn't want any fuss, but I know that there are a lot of people who would have liked to have said 'goodbye and thank you' to her, but I had to respect Lesley's feelings. Lesley was so committed (coming in every Tuesday, staying on in the afternoon for the 'Different Strokes' Group, and also on our Thursday evening openings, dependable and with such a sunny disposition and welcoming smile. I'm sure that you will all want to join me in wishing her all the best for the future and to thank her for all the time and effort that she has given to us all at the Centre.

Lesley, we will really miss you

And welcome...

Sian is now coming in once a month to offer reflexology on Tuesdays, and Michelle, who is a spiritual healer, has joined us at our Thursday evening sessions. We are delighted to welcome them to our Complementary Therapies Team and hope that they will both enjoy their time at the Centre.



The Cambridge

Multiple Myeloma

Self Help Group

The first meeting was held at the Cambridge Cancer Help Centre on Wed. 14th June. The next meeting will take place at 1 pm on Wed. 19th July. All Patients and Carers are very welcome.

For further information please telephone Anne Fleming on 01223 503322

This month we also sadly say

Goodbye to Mandy

who has been a valuable part of our team of therapists for four years. She has been one of our regular fortnightly Wednesday Healers and also lead the Relaxation Group. Last year Mandy ran a Meditation for Health course at the Centre too. We shall miss her friendly welcoming personality so much. I emailed Mandy to check that it is to Dorset that she will be moving and here is part of her reply:

" yes it is Dorset - Weymouth, so I will be back by the sea again after moving around the country for the last 25 years. It was always my intention to move back to the sea at sometime and the opportunity has arisen! So although it is difficult to leave friends, home, work, and all that goes along with life, a new part of my life has opened up for me and I feel willing to accept that gift! My parents live close to my new home so I am grateful to be able to spend some time with them. I am extremely grateful to have been introduced to the Cancer Help Centre; meeting such lovely people has given me much inspiration and I will miss you all. I will keep in touch and wish you all success with the new centre and for continuing to give such valuable support."

Mandy, our love, thanks and best wishes go with you.

Jane

John Manning

Very many thanks to Pat Manning for generously sending our Centre £335 raised in memory of her husband John.

ICON – Everything You Need to Know to Help You Beat Cancer

This magazine is produced by the charity CANCERactive. It contains such a lot of interesting stuff. It tells me that every article and photograph printed in this magazine is the copyright of CANCERactive so what I'm doing is simply giving you bits and pieces from it. The magazines are at the Centre. Let me know if you would like me to send you a copy.

There are articles on

'Hypnotherapy & Cancer', and 'Who Cares for the Carer?'

The Ultimate Cancer Detox: cancer cells love glucose: so don't feed them. Don't make your liver fatter: your liver is filling with dead cells and fats. Don't drink alcohol: your liver doesn't need another problem! Alcohol makes it work harder.

Parasite? Sushi, exotic vegetables, foreign holidays, even kissing, and you could be infected. Attack this using a Purge (Neways make one and Wormwood).

Ever taken antibiotics? Your supermarket chicken has.

It says you could well have a yeast and microbe infection –Icon gives possible remedies. Cut out sodium, processed, prepared foods, sausages, bacon, canned foods, bread, breakfast cereals, salt, soy sauce, monosodium glutamate; all poison the cell, it says here, making it acid and cutting its oxygen levels.

Take your supplements and minerals

Cut oestrogen: it reduces oxygen in your cells – nail polish, perfume, after shave, white linings in canned food, plastic containers and wrappers all contain chemicals that may mimic the action of oestrogen.

Go to a cranial osteopath, acupuncturist, Reiki master or Kinesiologist

Drink 1.5 litres of water per day

Liver cleanse – gallstone flush –nobody at CANCERactive has any first hand experience of it but say they are told it works!

20 Ways to Protect Your Kids – tell them to eat fruit! One American study showed that those kids who didn't eat fruit at all always went on to develop cancer later in life. Give them cod liver or fish oil everyday. Cut out salt and sugar. Salt poisons healthy cells and sugar feeds cancer cells. Refined wheat, white bread and white pasta are just sugar by another name. Cut out dairy. Numbers of studies link dairy and cancer risk, and that means pizzas too. Avoid living near pylons, phone masts or power cables. Don't allow them mobile phones. Head lice shampoos and garden sprays, flea sprays or flea collars – all linked to increased risk of child brain tumours and leukaemias. Let them eat dirt: too much irradiated, bacteria-free food gives weak immune systems. They need the fresh food and the outdoor life of their grandparents, need to catch minor illnesses to develop an effective immune system. Antibiotics kill off friendly

bacteria in the body, the front line of the immune system – go organic or grow your own toxin-free vegetables – more vitamins, more minerals, more omega 3, less pesticides. Go toxin-free in kitchen and bathroom. Potentially harmful ingredients currently found in everything from shampoo to baby wipes, from anti-

perspirants to household cleaners. Make them take exercise, to move their lymph or oxygenate their blood.

Keep them thin! Err on the thin side of normal.

Create laughter and happiness – laughing moves lymph and boosts immune systems.

‘The Spice of Life’ – Nutrichef points out that three key spices, turmeric, cumin and ginger have significant anti-cancer properties. In an article ‘The 4 Pillars of Cancer’ the writer asks, “do you have a parasite?”

“No” is not an option. Think again, they suggest, ever taken antibiotics, eaten sushi, kissed a stranger, eaten tropical fruit, been to South East Asia or an African country?

There is an article - “Cancerwatch”, which aims to bring the latest information that can help beat cancer – e.g. I3C from vegetables such as broccoli, cauliflower and cabbage and a chemical called genistein found in soy, red clover and some other pulses both increase ‘repair proteins’ in the cell and help prevent damaged genetic information being passed on. Another heading is about ‘unnecessary’ aggressive therapy for prostate cancer, oral cancer – saliva difference, pancreatic cancer could be linked to late-onset diabetes, photodynamic therapy for bladder cancer, multiple myeloma treatment. There is information on “killing cancer with ultrasound”.

To conclude...Personal Prescriptions (www.canceractive.com) is a service offered to assist people who will receive a tailored, personalised, information gathering service, specifically for individuals suffering from cancer. Chris Woollams (a former Oxford University trained Biochemist) writes that cancer is a serious disease and the service is designed to provide information around the ‘outside’. He believes that by clearly knowing and understanding the information that is particularly relevant to you and your specific type of cancer, those odds of beating it can be significantly bettered. Chris will not comment on your current treatment programme - he leaves the orthodox medicine to your expert doctors. His information will cover possible contributory factors that might need to be addressed in an holistic treatment programme, as well as information from published sources relevant to your situation and for building an holistic programme; and on where to go and who to contact for further expert advice.

Suncream ~ behind the label (of a leading brand)

(from The Ecologist)

Ingredients: Aqua, C12-15 alkyl benzote, Butylene glycol, isotridecyl salicylate, Butyl methoxydibenzoylmethane, Glycerin, Dimethicone, Polyglyceryl-3 methylglucose distearate, C18-136 acid glycol ester, Octocrylene, Butyrospermum parkii, Octyl salicylate, Phenoxyethanol, PVP/hexadecane copolymer, Parfu, Tocopheryl acetate, Methylparaben, Acrylates/vinyl isodecanoate crosspolymer, Diethylhexyl butamido triazone, Xanthan gum, Butylparaben, Ethylparaben, Potassium hydroxide, Isobutylparaben, Propylparaben, Tetrasodium EDTA, Dipropylene glycol.

The list of ingredients with unknown health effects are listed in this article by Pat Thomas (who wrote 'Cleaning Yourself to Death', in our Centre's library.) Pat Thomas writes that chemicals that provide sun protection are also potentially irritating to the skin, and irritated skin is more prone to sun damage. Emerging research, she says, also suggests that some of these chemicals are oestrogen mimics that persist in the environment and in the body. Potentially, this could lead to gender-bending effects in men and boys, and breast and ovarian cancer and reproductive abnormalities in women. She adds that used properly, sun screens will prevent sunburn. Sun screens may reduce the risk of squamous cell carcinoma, but their effect on the more serious basal cell carcinoma and the more deadly malignant melanoma is uncertain. Indeed, she adds, some studies have linked regular sun screen use to higher rates of melanoma among men and basal cell carcinoma among women.

She continues that while it is impossible to make an effective sun cream without chemical sun screens or mineral sun block, it is possible to make a sun cream that is low in skin irritants and is without synthetic perfumes or petroleum-derived polymers (plastic-like substances that 'glue' the sun screen to your skin). It is suggested that we try these instead

Green People www.greenpeople.co.uk

Weleda www.weleda.co.uk

Dr Hauschika www.drhauschika.com

Aveda www.aveda.com

Yaoh www.yaoh.co.uk

Neal's Yard www.nealsyardremedies.com

Aubrey Organics www.aubrey.organics.com

Eolani www.ecolani.com

And, of course, try the Bristol Centre

Www.pesticidescampaign.co.uk ~ is a website recommended in the Ethical Living page of the Observer magazine.

Lucy Siegle ~

writes about the Royal Commission on Environmental Pollution report on crop spraying, in effect the first official acknowledgement that the 31,000 tonnes of pesticide sprayed every year on UK farms affect the health of rural dwellers ~ something, apparently, that campaigner Georgina Downs has been saying since she became ill, suffering severe muscle wastage. The report suggests that up to one million people are affected each year, with increased rates of miscarriages and cancer in surrounding areas. Lucy thinks that until farmers take Joni Mitchell's advice to give us spots on the apples and leave the birds and bees, please, this won't be enough to stop the pesticide drift.

Something else from Lucy ~ candles ...

Researchers from the Netherlands found higher levels of potentially carcinogenic polycyclic hydrocarbons in churches, than in the air beside main roads. They were baffled ~ the culprits inside our homes tend to be common or garden items, such as sofas, PC monitors and fridge casings. None of these are found in your ordinary place of worship. But what the researchers did find, were candles! The majority of candles emit large amounts of particulate pollution (a major ingredient in air pollution) which has been linked to respiratory and heart problems, especially in children. Most of the candles we burn, it seems, especially at home, are made from paraffin wax, a petroleum-based by-product of crude oil, and therefore unsustainable. Add to this metal-based wicks, artificial scents and boosters, and pollution rather than purity springs to mind.

A shining example of a GM, pesticide and herbicide free, completely biodegradable candle is a 'Timothy Han' candle, made from all natural ingredients, comprising 100% soy wax (which is a renewable resource) and blended with essential oils.

Angela and Tony ~

you may have heard about their dreadful accident. Tony is recovering from many broken bones, but is able to get around. Angela is in a coma. Tony says no visitors at the moment, please. We all wish them both a full recovery.

Dr John Briffa,

also in the Observer magazine, reveals why it is useful to compare the saltiness of food with sea-water, which contains about 2.5g of salt per 100g. Bread contains about half this level, he says, while some foods, such as cornflakes, sausages and other processed meat products, can contain salt levels equivalent to or higher than sea-water. If the food manufacturer lists salt as sodium, watch out for this, as sodium must be multiplied by 2.5 to calculate the equivalent amount of salt. He says that some processed foods contain more salt than sea-water.

Lymphoedema

If you had radiotherapy at least two years ago and have got arm lymphoedema now, you might be able to take part in the HOT Trial, which is designed to test whether high-pressure oxygen helps women with arm lymphoedema caused by radiotherapy. A recent study in 21 patients with arm swelling suggests that there are benefits but further research is needed. For further information please contact the trial co-ordinator Mrs Lone Gothard on 020 8661 3460 or by e'mail: lone.gothard@icr.ac.uk

National Prostate Cancer Conference

'Pioneers in Practice: From Innovation to Reality?' will take place on Friday 3 November 2006 at the Olympia Conference Centre in London. Speakers will include Ann Walker, Chief Executive of the Healthcare Commission; Professor Alison Richardson, Chair in Cancer and Palliative Nursing Care, Kings College, London; Professor Freddie Hamdy, Sheffield University; and Andy Ripley, England Rugby Union hero..

If you have any queries regarding the conference contact Elizabeth Bananuka, Events Manager, either via email elizabeth.bananuka@prostate-cancer.org.uk, or on her direct line 020 8222 7652.

Thank you Joan ~

for helping with all sorts of jobs at the Centre. I particularly appreciate your help in counting all the money from the collecting tins ~ and it's always **exactly** right! *Tricia*

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Angus ~ car service and MOT repairs ~ second-hand vehicles supplied

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David Cooper ~ driving lessons, intensive courses

Contact Annette Walsh on *01223 830427*

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Quotes from John F

"Every New Yorker knows the indignity of waiting at red lights, trying to avoid some guy with a sponge and bucket, and then getting squeezed against his will. Of course it's not quite so bad if you're in a car" *Bill Maher*

"Every now and then you meet a man who's ignorance is encyclopaedic"
Anon

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

From Thailand son

A blind bloke walks into a shop with a guide dog. He picks the dog up and starts swinging it around his head. Alarmed, a shop assistant calls out: "Can I help, sir?" "No thanks", says the blind bloke. "Just looking".

Another joke from Thailand son

This fella is on safari in Africa when he comes across an elephant lying on the ground, in distress. He investigates and finds a thorn in its foot. He removes it, and the elephant trots merrily away. Twenty years on, the man is standing in the street in London watching a circus procession pass by. When the elephant gets level with him, it stops, looks straight at him, reaches out with its trunk, lifts him bodily into the air, smashes him on the ground and jumps on him.

It was a different elephant!

Love Ann xxx

P.S. Ken is selling a 21" T.V. contact him at the Centre

John Dawson has given the Centre a video 'Lymphoedema, how to manage your arm swelling'

PPS 'ABBA' were offered £200 for the Centre to appear elsewhere. We regretfully turned it down, thinking that it is only funny to an audience who know the impersonators!



Happy 20th Birthday to the
Cambridge Cancer Help Centre 1986 ~ 2006