



CHRISTMAS PARTY

Monday 4th December 2006

at Scotsdales Garden Centre



Very many thanks to David Rayner for letting us party there.

Programme:

Party Starts at 7.30 pm and finishes at 10.30 pm

Father Christmas from 7 – 7.45 pm

(We can shop from 6pm – 8pm)

Supper at 8 pm

Please bring FOOD, families and friends, good tombola prizes, AND WINE*

We will have a lovely choir singing carols for us

AND

Other Entertainment!

Someone remarked the other day that our Centre is rather like a family. And of course it is. Otherwise those of us who make fools of ourselves at parties wouldn't do it!

*If you plan to bring wine, please let me know in advance because although, somehow, not knowing what people will be bringing in the food line doesn't seem to matter because it always works out alright, it would be good for us to know if we need to buy wine or whether enough will be contributed.

Please also bring the tombola prizes to the Centre beforehand, if possible.

Many thanks.

ALSO

Comment was recently passed about the amazing mince pies served at the last Christmas party. Did **you** make some and bring them in a blue plastic or polythene container?

If so, let me know and please bring some more on the 4th December!

David Rayner has submitted his planning application to build our new Centre.

Thank you to everyone who sent us forms supporting the application ~ at the last count we had nearly 2,000 signatures, which came to us from far and wide. This letter accompanied one of the lists.

“Dear Ann, wonderful news about the new building. Crossing my fingers that everything goes to plan. I think about you all and the wonderful job you are doing. Lots of love *Elizabeth*

Also

Dear Ann, please find enclosed the signatures I collected to build a brand new Cancer Help Centre at Scotsdales. I do so hope that the planning application is successful and that the CHC will have a permanent home. It is very comforting for me to know that the Centre is there. I was particularly interested in the article by Peter Salt in your July issue of ‘Lifeline’ and the books recommended on ‘Mind over Matter’.

In 1966, at the age of 33 and twenty-four weeks pregnant, I was diagnosed with Hodgkins Lymphoma. I also had two daughters of four and six years old. These were the pre-chemotherapy days and I had four weeks of radiotherapy, having my abdomen shielded with a lead apron. I was determined to live for the sake of my children and somehow stayed focussed and determined to get better. My healthy son was born in October of that year.

After a recurrence in 1969, again treated with radiation, I remained clear of the disease.

Some time later, mass screening picked up an early breast cancer, possibly caused by the radiation in the Sixties. It could not be treated with radiation after surgery, because I had had too much already for Hodgkins. But Tamoxifen, meditation and visualisation seem to have done the trick and I have not had a recurrence

My family are all grown up now and my younger daughter became an oncologist, now a Consultant at Great Ormond Street Hospital.

I have followed your excellent work over the years with great interest and hope not only for selfish reasons, but for the help and comfort you give to people at a horrendous time in their lives.

All best wishes. *Edith Beale*

Now we wait.

We expect to hear the result of the application before Christmas.

Student Rag collected £306 for us at the Grafton Centre.

The students involved dedicated their efforts in memory of Cambridge Rag treasurer Dr Alex Hopkins, who died after battling the disease.

Moirá was in the Grafton Centre on that day and overheard someone shouting at one of the students who was collecting money for our Centre, and demanding that he show his photo-pass. Moira said, “the lad said he didn’t have a pass but he did have a letter authorising him to collect for the Centre. But the shouting guy was aggressive and said he would make a complaint. The lad looked crestfallen, so I walked over to him, realised who he was collecting for, went over with him to the guy who was ranting and raving and said, ‘this lad is genuine and I am somebody who uses that facility and am really grateful to him for doing this collection.’ I said to the student, ‘I go to this Centre. Thank you for doing this’.

However, the guy was still aggressive so I said to him this is bona fide and I explained that the Centre is worthwhile. I told the student that he shouldn’t be put off by people like that...I was very grateful to him. Luckily, he wasn’t put off and the Rag Day group raised £306 for us.”

The Centre needs, please:

- Someone to help the tea-making team to make drinks from 10 am on Tuesdays and Wednesdays
- Plain white saucers to accompany our mugs
- Plain white plates ~ any size

Street Collection on Friday 17th November ~

We need six people at a time throughout the day (10.30 am – 5 pm)

Can you help?

Please call Jane (*on C 300294*) to book a one-hour slot.

August Events

We had coffee mornings, bring and share lunches and other outings.

At the coffee morning to raise money for 'Different Strokes' we raised £102 for Annie's group, which took them to Linton Zoo. At other events, at Gill and Jack's, Ros's, Joan and Don's, Brenda's and Anne Flemings' houses/gardens a total of just over £250 was raised

Many thanks to Carole Brodie for guiding Ros and party round St Ives.

We also went to Saffron Walden.

Sadly there was a downside to our holiday month

You in Your Small Corner and I in Mine ~

Ron Knights and David Wilson

Our Dear Ron

Ron phoned me when our Centre first became a five-day week Centre. He read about us in the newspapers and rang me to say he had got a bottle of whisky for us to raffle. We had a large official opening in December 1993 by the Mayor Alex MacEachern, at the premises provided for us by Redmayne, Arnold and Harris. He (Ron) had no problem in climbing three flights of stairs to the Centre's room at the top of the building. At his funeral it was pointed out that Ron's social life for the past 13 years had been our Centre, and we know the delight he had in visiting the Centre every Tuesday morning and the particular pleasure he got from our long weekend stays at Sheringham. I cannot tell everything we got up to during those sojourns by the sea because they may be considered rude! But they weren't really and no sooner had we got home from Sheringham than Ron was nagging to get the next year's trip booked. Over the past year his poor old knees have stopped him getting to see us and he had other problems which made his life difficult. We visited him in Addenbrooke's and he was delighted when a bed at Arthur Rank was offered to him. His bed was in the corner of a small ward and although he couldn't see us when we visited him he could hold hands and squeeze them in response to us. He tried to reply but couldn't quite do that. He was at Arthur Rank for a couple

of days, cared for by his lovely daughter Jill and often visited by Michelle ~ who we constantly heard about, from Ron, as being such an excellent carer.

Ron was born within the sound of Bow Bells. He was evacuated to Soham as a youngster and joined the Royal signals at the age of 21, serving in Malaya and Singapore. Having left the Army in 1963 he joined the Fire Service. Ron was diagnosed as having a brain tumour, long before we met him at the Centre and he lived a long, active life following an operation. Lots of us went to his funeral. The Royal Signals did too ~ how right that they should escort him into and out of the church.

Many thanks to his daughter, Jill, for sending us a donation raised at the funeral in Ron's memory.

David Wilson

So much to say about David and at the moment we are constantly reminded about him and in awe of how much he did for us and the Centre. David had been ill for a short time and was sure he knew the diagnosis, even though we reminded him he didn't know for sure. However, he was right (*of course*) and we visited him at Addenbrooke's and Arthur Rank. He was in a corner bed in a small ward, a ward shared for a couple of days with Ron ~ but neither knew who was in the opposite small corner. But we who visited did and maybe it is right to describe it as a synchronicity that two people who had been with the Centre for such a long time were together, without knowing it, for their last couple of days.

At the funeral David was described as a talented man, an amazing man who excelled in Roman archaeology and aerial photography for archaeologists and who was also extremely competent and knowledgeable about Early Dance.

Fran and I prepared to say something about David at his funeral. How to do it loomed large in our minds for several days. Impossible to talk with dry eyes, we thought, about this marvellous man ~ a trustworthy man who guided with good sense ~ a Mentor without a doubt. However, we thought that writing down what we wanted to say would give us the best chance of success.

Fran started with this quote from Dr Johnson:

They that mean to make no use of friends, will be at little trouble to gain them; and to be without friendship is to be without one of the first comforts of our present state.

To have no assistance from other minds, in resolving doubts, in appeasing scruples, in balancing deliberations, is a very wretched destitution.

There is no wisdom in useless and hopeless sorrow, but there is something in it so like virtue, that he who is wholly without it cannot be loved, nor be thought worthy of esteem.

The loss of such a friend as has been taken from us increases our need of one another, and ought to unite us more closely.

Fran continued:

I have had the pleasure and privilege of working as a Trustee with David for the past thirteen years, and I know that we shall all miss his steady influence and his friendship more than he could ever have understood.

I managed to say (*despite it being a Humanist funeral*)

'A Happy Ending'

A few months ago, when David's diagnosis still hadn't been completely established, we talked quite a bit about there being a gall-bladder problem rather than the pancreatic cancer which David suspected was the case. So whenever David mentioned 'pancreatic cancer' I just kept reminding him that we still didn't know for sure and that maybe we were looking at a more easily dealt-with problem. He wasn't convinced but he said that he knew I wanted a happy ending for him.

A little later, when we knew the diagnosis, I asked him if he knew about Elizabeth Kübler-Ross (*a medical doctor, psychiatrist and thanatologist*) and her

views on what happens after one dies. He said “I know that Elizabeth (*my Elizabeth*) was greatly impressed with Kübler-Ross. Her own mother died relatively young and there wasn’t a day that she did not miss her and regret not having her advice. David went on to say, “I have no doubt, whatever, that she met her mother on the ‘other side’”.

So I trust that
he has reached that
‘Happy Ending’
and is with his
Elizabeth.



Many
David’s
sending us
raised at his funeral.

a

thanks to
family for
donation

In our Centre’s library we have books written by Elizabeth Kübler-Ross. In ‘Death is of Vital importance’ she wrote about an American Indian woman who told Elizabeth Kübler-Ross that her sister had been killed hundreds of miles away from the reservation by a hit and run driver. Another car stopped and the driver tried to help her. The dying woman told the stranger that he should make very, very sure to tell her mother that she was all right because she was with her father. She died after having shared that. BUT the woman’s father had died one hour before this accident on the reservation, seven hundred miles away from the accident scene and certainly unbeknownst to his travelling daughter.

David Rayner, owner of Scotsdales Garden Centre invited the nearby residents as well as those people in Shelford and Stapleford to come along to his Garden Centre to look at the proposed plans for the new Cancer Help Centre. He also asked for some of the people who come to our Centre to tell their cancer stories and explain how important our Centre is to them. I don't need to tell you more about it because an article, which appeared in the Shelford and Stapleford newsletter, does that for me!

Here is part of the article ~ with many thanks to Gt Shelford Village News

A planning meeting? Perhaps, but also much, much more besides

A public meeting was held at the restaurant at Scotsdales Garden Centre on Thursday, 10 August. The stated, and somewhat prosaic, aim of the meeting was to present and discuss a proposal for new premises for the Cambridge Cancer Help Centre, intended to be erected in the grounds of the garden centre, prior to application for planning permission. And yes, there were drawings of the proposed building, and Reg Cullum, who had produced them, was there to explain and answer questions. Also Charlie Nightingale was there, demonstrating the Parish Council's interest in the project. However, what transpired was something much more stimulating than any planning discussion could be.

David Rayner welcomed us all to the meeting, which was an informal affair and was chaired by Radio Cambridge's Andy Harper. Ann Dingley, the Centre's co-ordinator, outlined the aims of the organisation and current proposed relocation. Mark Howe, a trustee of the Centre and marathon enthusiast, then gave his personal and pictorial account of his journey 'From Cambridge to the (North) Pole', where he (and some 50 others) took part in a sponsored marathon at the North Pole. Mark's marathon was sponsored to raise funds for the Centre. It seems his flight there in a Russian cargo plane was more intimidating than running in -40° temperatures.

Then came the most compelling part of the evening. Some ten or so individuals successively related their experiences of how the Centre and its volunteers had helped them through their own, or their loved one's, illnesses. All related in a calm, matter-of-fact way, how they had been helped to rebuild their lives with the support and encouragement that the Centre had provided. It was most moving to hear their tales, simply told. It was difficult, no ... impossible, not to shed a tear as one lady told how, in the space of some 5 years around 1980, she had lost two grown-up children from cancer, and had then herself contracted the disease. The point of her story was that there had been no Centre to help her at first, but that she had benefited so much from it later on when she set out on her

own recovery. The Centre also offers facilities for those affected by other serious illnesses; a group of stroke sufferers meets there regularly.

I don't know how much work related to Planning Permission was done at the meeting, but the rest of it was fascinating and life enhancing. Regrettably, a notice announcing the meeting, and which was intended to be included in the August issue of the *Village News*, got lost somewhere in cyberspace, and so perhaps not enough of you were made aware of the meeting. On the other hand, the notice would have indicated that it was mainly for discussions of planning matters, whereas this seemed to be the least of the reasons for attending.

The work of the Centre is clearly of great benefit, and should be of interest to us all, as few of us will remain untouched by cancer during our lives, either directly ourselves or through our loved ones. It is greatly to be hoped that the Centre is successful in finding a new home, and it would be splendid if that home were to be here in our village. Due to the great generosity of David Rayner and his family, and to the undoubted energies of Ann Dingley and her team, this may well happen. Let us hope that any planning problems that may arise` can be solved.

At the Meeting Anne said:

I was diagnosed with Multiple Myeloma (*more commonly known as Cancer of the Bone Marrow*) almost exactly two years ago in August 2004. At the time I couldn't walk, as I had collapsed and compacted the vertebrae in my back.

Thankfully, with treatment, I began to improve and in the October I attended the Arthur Rank Hospice where I met Audrey, who told me about the Cambridge Cancer Help Centre. I went there not quite knowing what to expect, and since then I have never looked back. I have received tremendous support and friendship from everyone who goes there, and I still visit the Centre every week for healing and reflexology.

Because of this support I have been able to start up a Local Self-Help Group for Multiple Myeloma: we meet at the Centre every 4-5 weeks on a Wednesday afternoon, enjoying the facilities that they provide. Again it is great to be able to give something back and help others through some of the traumas and treatments that I have experienced.

Unfortunately my cancer is incurable, but I live life to the full and look forward to my weekly visits there. I really hope that this new Centre will be built at Scotsdales so that not only I, but many others can benefit from it.

Recipe Book ~ from Anne

At one of our August days out, Karen and I were saying that we should put together a Recipe Book. There are lots of good Cooks out there, not only at the Centre but also amongst the Recipients of this Newsletter.

If you have a favourite Recipe or Recipes, please could you send them to the following email address and Karen and I will begin! Watch this Space!

Email: anne.crawford@ntlworld.com

Nourishing Bean Sprout Salad ~ from Karen

In a roomy bowl, mix:

8oz bean sprouts, any combination you like of broccoli, alfalfa, mung, mustard

2 medium carrots, grated (*or more, if you like*)

Cucumber, cut into matchsticks.

Spring onions finely sliced, or red onions, finely chopped.

Bunch of fresh coriander leaves torn from stalks and finely chopped.

For the dressing, put into a jar (or something in which you can mix the ingredients thoroughly without spraying the ceiling):

1 clove of garlic, peeled and finely chopped

1 teaspoon runny honey (Jane's is lovely)

1 teaspoon Dijon mustard (it's a good emulsifier, i.e. helps oil and vinegar to mix),

1 tbsp mild vinegar (rice or balsamic are nicest)

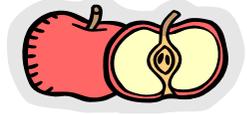
3 tbs soy sauce

1 tbs Thai fish sauce.

Mix these thoroughly before adding 6 tbsp toasted sesame oil (or flax seed oil or other nutty oil, e.g. walnut, pumpkin seed etc.) Mix again thoroughly. Pour the dressing over the mixed veggies and give a good mix. Fingers are good tools, and can be licked afterwards. Let it sit for a bit, and mix again before serving. Yum.



Bramley Apple & Panettone Pudding ~ from Anne



Bread & butter pudding is one of my favourites. I use left over pain au chocolat, croissant and brioche, but I think that with Bramley apples and Italian panettone I have found the perfect pud.

The pud is rich with cream and milk. I heat this before beating with the eggs, so that the custard stays smooth and I scatter little clumps of brown sugar over the pud which turn crunchy. I like to make a big pudding so that there will be enough left over for people to have a piece from the fridge with a cup of tea whenever they feel like it.

To serve 8 – 10 you will need:

A heavy based pan & a large ovenproof dish

500ml (18fl oz) double cream

500ml (18 fl oz) milk

4 large eggs, plus 4 extra large yolks

100g (3.5oz) castor sugar

350g (12oz) Bramley Apples

1 Panettone, about 450g (1lb) in weight.

Pre heat the oven to 190°, gas mark 5. Put cream and milk in a large heavy based pan, bring to boil then take off the heat.

In a bowl beat the eggs, egg yolks and sugar until mixture is very pale. Very slowly, add hot milk & double cream mixture and mix well but don't whisk.

Peel, core and slice apples into chunks. Put them into a large, ovenproof dish. Cut the panettone into slices about 2cm (1in) thick and overlap them slightly on top of the apples. Scatter brown sugar to taste over the top.

Pour the custard and leave to soak for 10mins. Put the pudding in the oven for about 18 – 20 mins until golden on the top, but still slightly wobbly to the touch.

Leave to set at room temp. for about 15 – 20 mins. before serving.

Make love ~

In the Cambridge Evening News 'Things They Say' column ~ read that Sir Clement Freud pointed out that he is 82 and lame. He said that he was propositioned by a woman who asked him to go upstairs and make love. He said he had to reply that it was either one or the other.

I read in the Observer Magazine that beetroot stimulates the immune system and is packed with vit C, iron, folate and potassium and is full of antioxidants. Counterbalance, it says, beetroot's sweetness with vinegar, citrus juices and tomato. Beetroot also loves spices, particularly cumin and chillies, and is spectacularly offset by soured cream. Or slice it wafer-thin, briefly steam and toss with lime juice, feta cheese, capers, diced tomato and chives. Or try it diced, tossed with lemon juice and topped with Greek yoghurt mixed with a hint of garlic and splash of olive oil, garnished with chopped coriander.

But bear in mind that if you eat beetroot it can colour your urine and faeces. One of 'us' was horrified to see red urine and quickly shot off to the oncologists. They quickly narrowed it down to beetroot, not blood!

A recent newsletter was sent to someone who now occupies the house of an ex-member of our Centre. So she read the newsletter and was moved to send us a donation. She wrote, "I was very interested to read about your wonderful cancer help centre. Here is a small donation."

Very many thanks to her (*we don't know her name*).

News of our therapists ~ Jane

Margot

Unfortunately Margot has been advised by her physio that she should give up doing hand massage at the Centre. For some years now she has given many people such support as she talked and massaged that I know that she will be greatly missed as one of the Centre's therapists.

Thank you Margot
for your generous commitment and hard work.

*Although Margot will no longer do hand massage, she will, thankfully,
still regularly visit the Centre.*

We have three new reflexologists joining our wonderful therapists team. Marie is already working every Wednesday morning, and Rosemary will be offering treatments at our Thursday evening openings which started on October 5th. Anna will also be joining us in October on Tuesday mornings once a month.

A very warm welcome to them all.

Michelle Bernard, who volunteers as a healer on Thursday evenings, is also available to see people at her home or their home, for a donation.

She can be contacted at:

48 St Barnabas Road

Cambridge CB1 2DE

Tel: (01223) 574185

E-mail: michelle.bernard2@ntlworld.com



One of our Centre's members, **Barbara Johnson**, changed careers a year or two ago and writes:

I was Choir Director at St Andrew's Girton and had a full ministry there but I felt God had something more for me to do. My working life had been in Personnel in the Civil Service and I had had 27 different job roles in 37 years before retiring on health grounds in 1998. I had thoroughly enjoyed my varied career and very soon found myself back in work on a part-time basis as a Job Search Tutor, helping the unemployed to get back into work. It was while undertaking this role that I saw just how tragic some people's lives had been, how difficult it can be to adjust to changes in life whatever the change may be, particularly without a faith, and how much I wanted these people to come to know and love the Lord.

I continued to explore my vocation and was handed a brochure about training at St John's Theological College, Nottingham. With only 3 'O' levels to my name I felt I would be unable to undertake the training but the Principal encouraged me to try a module on a distance learning course and two years later, to my surprise, I had completed a Higher Certificate in Theology and Vocation. I had felt for some time that I had a strong calling to Workplace Chaplaincy and to ministry in the church and this was affirmed again and again by others. I was then offered the opportunity to study on a Mixed Mode Training course at St John's, combining study with work and church experience, providing I had a Church Placement and Work Placement agreed before commencing the course. In answer to prayer I was directed to the website for St Alban's Diocese and was given a work placement as a volunteer workplace chaplain with the Herts and Beds Workplace Ministry Team and was offered the opportunity to join St John the Baptist, Royston as a lay worker. At this time I had no thoughts of ordination.

I was recommended for ordination training, so obviously God thought otherwise. I have recently learnt that I am to be the Senior Chaplain to the Luton and Bedfordshire Fire and Rescue Service after my Commissioning on September 10th. I have stepped out in faith not knowing whether I could pay my College fees or cover my travel expenses, whether the car would survive the extra miles, whether my health would stand up to all the journeys, but God has provided in so many ways, he has led me by the hand and I know that I am in his loving care. He is moulding me and shaping me into what he wants me to be, he has a purpose for me in his world and I only have to continue to put my trust in him.

God Bless.

Angela & Tony

Tony says that Angela is improving. He says there is definite progress. Angela can stand with a frame although her arms and legs remain paralysed. She cannot speak but she can nod or shake her head in answer to questions. She is about to begin speech therapy. Angela has recently been transferred from Cambridge to a rehabilitation centre.

Tony is progressing although he still has some aches and pains. He hopes to be able to drive again soon.

We send our love to them both.

Cancer Research UK magazine 'together'

tells us that former England football manager Sir Bobby Robson has survived both bowel cancer and a rare form of mouth cancer. He said, *"working in football, we're often wrongly portrayed as heroes. But scientists and doctors working to beat cancer are the real heroes."*

In 'together' it goes on to say one should never ignore changes inside the mouth. You probably won't have cancer but it's best to get any changes checked out. These are the warning signs to look out for:

An ulcer or sore in your mouth or on your tongue

A red, or white patch in your mouth

An unexplained pain in your mouth or ear

An unexplained lump in your neck

A sore or painful throat

A croaky voice or difficulty in swallowing

It also says:

See your doctor or dentist if you notice any of these changes and they last longer than three weeks. To find out more about mouth cancer and how to reduce your risk visit www.openuptomouthcancer.org or call 020 7061 8355

News from Pat Planner

Dear Ann

We had such a busy summer and were away for such long periods that I am only just catching up on other things such as reading the Summer Lifeline properly. What a good season it has been for all of you there, as well. I am overwhelmed by all the achievements and impressed at how hard you and all the CCHC team work for results. Congratulations once again to Mark for completing his marathon. The news about the proposed New Centre is unbelievable, what a wonderful gift, but so well deserved. The phrase 'God works in mysterious ways' comes to mind! When it is built I hope you are planning to get some really eminent personage to officially open it. I'll be there! Best wishes.

Pat went on to write

Hurray I'm 70! How can you be pleased about that? Because, when I was first hit by cancer at age 57 I didn't expect to reach this age. But I have and I've survived this and the cancer returning not once but twice. This has been achieved with the wonderful NHS treatment and the help and support of family and friends, help and advice from the Bristol Cancer Help Centre and the friendship and physical and psychological support from the Cambridge Cancer Help Centre. I must also give myself credit for having the good sense to put my reliance on all these agencies and a certain amount of positive thought.

So here I am today, in 'good health' and 13 years on. Since 1993 I have seen my three grandsons grow into charming young men and in addition have been presented with a set of twin granddaughters.

Having reached 'old age' I can reflect on a full, happy and interesting life having fulfilled most of my ambitions. I still have a varied and full life with many interests and hobbies. I continue to do my season of voluntary stewarding at Shakespeare's Globe Theatre and a little nearer to home, work a few hours a week in the Henley Oxfam Bookshop.

I have solved the dilemma of do I or don't I SKI (*spend the kids' inheritance*). How? I spend it with them. Last year Brian and I took the three boys to Egypt. What a great week we all had, what delight we took in seeing them experience a journey back in time, the fun of a Nile Cruise, the excitement of bartering with the boat traders, and their awe at the splendour of the temples at Karnak and Abu Simbel.

This year we took them, now aged 13, 15 and 17 to Africa on safari. What fun that was! They still debate whether that or Egypt was their best holiday ever. They claim that they have learnt more about history and geography than they ever have at school. Money well spent then!

Did they or we enjoy it most? Difficult to say, we know that these experiences together have been the most marvellous bonding exercise. We hope that when they are our age they will look back and remember us as 'fun'

grandparents, and have lasting memories of our shared adventures.

But, that is not the end of it. Oh no, the brochures are out already for next year. Where shall it be ~ Alaska, China, India? I remind myself that I might not have been here to share in all this joy ~ let's have more of it. I know what they mean when they say 70 is the new 50!

Pat also mentioned that she heard something on the TV news about discrimination against women returning to work after cancer. This is apparently against the law although Pat hasn't seen it reported on in the newspapers. If anyone has any information about this, please let me know for the next newsletter. Thanks.

By the way, Pat sent me a newspaper cartoon, showing two women chatting over lunch ~ one says "when the kids left home we decided to try and achieve some unfulfilled ambitions, so I'm living with an architect in Lewes, and he's with a stripper in Leytonstone".

Pat adds "when I spoke of fulfilled ambitions I hadn't thought of this. Am I too late?"

AGE

Age is a quality of mind;
If you have left your dreams behind,
If Hope is cold,
If you no longer look ahead,
If your ambition's fires are dead,
Then you are old.

But, if from Life you take the best,
If in Life you keep the zest,
If Love you hold
No matter how the years go by,
No matter how the birthdays fly,
You are not old.

Anon

Insurance

A newspaper cutting from a 'quality' newspaper reports on a woman who was diagnosed with breast cancer six years ago and had surgery almost immediately. Despite being a non-drinker and non-smoker the 41 year old has found that most life insurance companies will not take her as a customer; if they do, they insist on exorbitant premiums, such as up to £300 a month for £100,000 of cover. This woman has contacted many banks and building societies, all of whom turned her down. She has now found two companies to consider her case. Both firms have quoted nearer £50 a month for life cover. The Association of British Insurers (ABI) said it was up to individual companies to make a decision on which patients they would insure. They added that people with pre-existing conditions can find insurance very easily by going through a broker.

Reduce Your Risk of Bowel Cancer

Professor Wendy Atkin is Deputy Director of Cancer Research UK's Colorectal Cancer Unit

This is what she advises:

When it comes to bowel cancer, the message is clear ~ many of the risks are associated with our Western lifestyle. Cut down on processed and red meat, which is particularly linked to a higher risk, eat plenty of fruit and vegetables and take regular exercise. We also know that it's important to avoid obesity; the heavier you are, the more your risk of bowel cancer rises. Don't drink too much, as heavy drinking increases the risk of bowel cancer, and there's now evidence that smoking plays a role in its development, too. Long-term smokers have a two or three-fold increased risk, whereas if they give up they can halve that risk.

Jane read this in a newspaper

'Cancer sufferer Liz White was told to take off her baseball cap or she wouldn't be served in a pub in Norfolk. Liz wears the hat only to cover the baldness caused by her chemotherapy. But landlord Darren Reilly said she couldn't be identified by his CCTV cameras and only recently there had been a violent incident involving people in baseball caps.'

You can't be too careful ~ 55 year-old women with breast cancer are well-known for smashing up pubs!

Have received particular praise for

Robert Sayle and Marks & Spencer when it comes to buying a bra following a mastectomy. Robert Sayle say that their skilled bra experts know how to help you feel more comfortable if you have had breast surgery. They offer valuable and sympathetic assistance. There is also a post-mastectomy swimwear fitting service and an under-wired strapless bra to wear with an evening dress.

Ring 01223 36192 ~ ask for the Lingerie Department.

Power

BBC Vegetarian Good Food magazine advises that to the casual observer, broccoli, banana, chilli and kiwi fruit are ordinary everyday foods. But they are among the most powerful foods around. These super-foods are packed with nutrients that can help you stay fighting fit. Their secret weapons include vital vitamins and minerals, including important antioxidants that help us in the never-ending battle against free radicals ~ the arch-enemies of good health.

Help protect yourself, it says, against high blood pressure, heart disease and cancer with delicious super-food recipes such as Walnut Pasta with Roasted Tomatoes, Baked Onion Soup and Stir-fried noodles.

Note ~ in Big Issue it says

“Vegetarians live longer than meat eaters and vegans live longer than vegetarians”

School Uniform/Teflon

In Ethical Living Lucy Siegle points out that a child’s school uniform could have been made by a child who doesn’t have the chance to go to school, and then there’s the fact that school skirts are coated in Teflon (*the stuff of frying pans*) for stain resistance. Its key ingredient, perfluorooctanoic acid is increasingly found in our bloodstream; it never breaks down and has been linked to cancer and birth defects in animal studies.

However, Clean Slate Clothing (www.cleanslateclothing.co.uk) produces uniforms made from organic cotton, free from highly polluting asodyes and manufactured by women in Tamil Nadu, who receive a fair proportion of the profits.

Blueberries ~

Bought three plants from Scotsdales Garden Centre (*where else!*). The Scotsdales leaflet recommends planting a minimum of three varieties so that good cross-pollination is assured.

The Oregon Blueberry Commission and the University of Maine tell me I shall benefit in the following ways:

- Improved vision
- Clearing of the arteries
- Strengthening of the blood vessels
- Providing antioxidants for disease resistance
- Helping to prevent urinary tract infections
- Aiding enhanced memory

May help to reverse age-related physical and mental decline
Can promote weight control

Source: Oregon Blueberry Commission and The University of Maine



National Prostate Cancer Conference ~

will take place on Friday 3 November, 2006 at the Olympia Conference Centre, Hammersmith Road, London W14 8UX

In the most recent edition of **Icon** I read that Professor Tim Oliver at Bart's Hospital, London is conducting a ten-person 'trial' on prostate cancer, using a protocol devised by a Professor Pfeifer in Switzerland. This protocol involves all natural compounds, including Biobran, ProstaSol, Imupros and Curcumin complex, all supplied by the 'Really Healthy Company'.

It seems that the trial follows an interesting personal story involving Al and Faith Smith. Al tried complementary therapies and visited the Bristol Centre. After a period of remission Al's aggressive cancer returned and his PSA levels rocketed.

Professor Ben Pfeifer, director of clinical research at the renowned Aeskulap clinic in Switzerland specialises in combining conventional and complementary cancer therapies. He has had great success in treating prostate cancer with a phytotherapy protocol of the four supplements. It seems that a one-year full clinical trial involving 184 patients with advanced and late stage prostate cancer saw two-thirds with decreased symptoms. PSA levels were reduced by up to 50%, tumours shrunk and progression was inhibited. The results then prompted a pan-European 5- year trial involving 1,250 men. Again, two-thirds of the men

had a greatly improved condition.

The supplements cost £500 a month and were not available on the NHS. So Faith Smith decided to take all the information on the protocol to top UK doctors ~ and this led her to Professor Oliver.

Al is the first British patient to take up the protocol. After just two weeks his PSA had halved and today it is below 7, having started at over 40. Al's story can be found on www.prostatecancernow.org

For more information on Pfeifer's protocol see <http://www.clearfeed.com/pfeifer>

Icon Editor's note ~ "we will stay with this story for the sake of all our readers with prostate cancer. We sincerely hope this progresses to a full clinical trial and that, now vitamins are classed as drugs, the NHS has the sense to fund the treatment. It is but a quarter of the cost of Herceptin and even less than the hormone therapy it replaces."

There are many copies of Icon at the Centre.

Richard tells me that the Cancer Research Website points out that tomatoes contain a chemical called lycopene. This is found in all forms of tomatoes and tomato products. It is a powerful antioxidant and mops up free radicals that could damage DNA. They are also an excellent source of vitamins A, C and E. Tomatoes must be cooked to release lycopene.

NOW they say that the European Union's food safety watchdog has rejected a study that links aspartame to ill-health! However, Roger Williams, the Liberal Democrat MP for Brecon and Radnorshire, called on the Government for action about the growing body of evidence suggesting that the sweetener might pose a significant risk to human health. He said that evidence of aspartame's carcinogenic properties and the adverse brain reactions that it could cause was irrefutable. Several international experts also voiced concern about the sweetener's safety.

However, the Ramazzini Institute stood by its findings and said that it planned further research ~ it said that it considers its work on sweeteners to be of the highest priority for the protection of public health.

Different Strokes (for young people who have had strokes) ~ celebrated their yearly event (the AGM) in London. Three of Annie's group attended. The programme was 'Sex, Living and Working'. Annie said there were a lot of youngsters there, at least one in her teens.

The speakers talked about disability, another person spoke about the law and was very supportive of any sort of support groups for people who have had strokes and offers them lots of help. The third speaker had a stroke ten years ago. He is thirty-four now and works for the YMCA as a physical training instructor, even though he has similar disabilities to Annie.

The afternoon was taken up with the Sex therapist speaker, who pointed out, amongst other things that people, particularly young people, need lots of loving.

Our 'Different Strokes' group is making remarkable progress in all sorts of ways. Annie now talks twenty to the dozen and only occasionally has to struggle for the right word ~ Peter now walks lots of steps, Roy is taking his driving test soon ... an inspirational lot of people who are now part of our Centre.

They had an outing on the river ... in a punt! We giggled lots as we imagined them taking it in turns to do the actual punting!



Illustration

by John

If Love Costs (then I'm Buying)

I've been around in the world for many a year
Travelled thru the land, both far and near
Seen a lot of things you just wouldn't dream
But I'm so lonely ~ do you know what I mean?

Sometimes I get to thinking I'd be better off dying
But then again, if love costs then I'm buying
I don't care how much harder it's getting
'Cos I know, if love costs then I'm buying.

I've been in love so many times before
But in the end I'm just shown the door
And I get to thinking it's just a waste
But still I hunger after your sweet taste.

Sometimes I get to thinking I'll end up crying

But then again, if love costs then I'm buying
I don't care how much harder it's getting
'Cos I know, if love costs then I'm buying.

If love costs more than you can afford
Baby, you know where to find the door
If love costs but you just won't pay
Baby, you might as well just go away
 But if love costs then I'm buying
 And if love costs then I'm buying

*Peter (from D S Group)
wrote this in November 1998*

Another group ~ the **ME group**, will meet at our Centre every couple of months so we are certainly opening our doors to other charities who need a bit of help now and then.

Anne Fleming's
Multiple Myeloma group
meets at the Centre every six weeks.

FOR LEXOPHILES (LOVERS OF WORDS):

~ I thought they loved Lexus automobiles...

- A bicycle can't stand alone; it is two tired.
- A will is a dead give-away.
- Time flies like an arrow; fruit flies like a banana.
- A backward poet writes inverse.
- In a democracy it's your vote that counts: in feudalism, it's your Count that votes.
- A chicken crossing the road: poultry in motion.
- If you don't pay your exorcist you can get repossessed.
- With her marriage she got a new name and a dress.
- Show me a piano falling down a mine shaft and I'll show you A-flat miner.
- When a clock is hungry it goes back four seconds.
- The guy who fell onto an upholstery machine was fully recovered.
- A grenade fell onto a kitchen floor in France, resulting in Linoleum Blownapart.
- You are stuck with your debt if you can't budge it.
- Local Area Network in Australia: The LAN down under.
- He broke into song because he couldn't find the key.
- A calendar's days are numbered.
- A lot of money is tainted: 'Taint yours, and 'taint mine.
- A boiled egg is hard to beat.
- He had a photographic memory, which was never developed.
- A plateau is a high form of flattery.
- A short fortune-teller who escaped from prison: a small medium at large.
- Those who get too big for their britches will be exposed in the end.
- When you've seen one shopping centre you've seen a mall.
- If you jump off a Paris bridge, you are in Seine.
- When she saw her first strands of grey hair, she thought she'd dye.
- Bakers trade bread recipes on a knead to know basis.
- Santa's helpers are subordinate clauses.

- Acupuncture: a job well done.

NOTE: No trees were killed in the sending of this message, but a large number of electrons were terribly inconvenienced.

Year 11 at Parkside Community College
had a fundraising session to benefit a charity.

So many thanks to

Oscar Dingley, Hugo Hymas and Charlie Parr

who chose our Centre and whose idea it was to invite their classmates to pay 50p each and attempt to eat three cream crackers within 45 seconds.

Easy-peasy you might think!

However Oscar told me that it was very nerve-racking watching the attempts because they would have lost £5 from the profits to each person who managed to beat the challenge.

There were all sorts of tricks ~ the most worrying one was where all three cream crackers were put in the mouth at once! Some of them came pretty close, but fortunately for our Centre no one succeeded.

Relief all round!

They have given us £13 ~ ideas please on what to spend it on.



John

SAUSAGES & MASH ANYONE? ~ Peter

Try some delicious sausage and mash in **November!** The Crown & Punchbowl restaurant (on the High Street in Horningsea, Cambridge CB5 9JG, telephone number 01223 860643) will donate 25 pence to the Centre for every sausage and mash meal ordered (by anyone at all, so tell your friends!) in the month of November. They have a selection of different homemade sausages, flavoured mash and sauces, usually four different varieties of each, from which you can 'mix and match' your sausage and mash lunch. The cost of a sausage and mash meal is **£9.95**. Lunch is served every day from 12.00 noon, dinner from 6.30 pm every day except Sunday.

Visit their website at
www.cambscuisine.com
for more information.

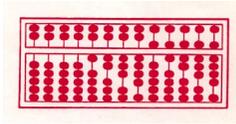


From Ros

A card is posted through your door from a company called PDS (*Parcel Delivery Service*) suggesting that they were unable to deliver a parcel and that you need to contact them on 0906 6611911 (*a premium rate number*). **DO NOT** call this number, as this is a mail scam originating from Belize .

If you call the number and you start to hear a recorded message you will already have been billed £15 for the phone call. If you do receive a card with these details, then please contact Royal Mail Fraud on

02072396655 or ICTIS (*the premium rate service regulator*) at
<http://www.icstis.org.uk> or your local trading standards office



Money Matters ~ the start of a new year for the CCHC ~ from Tricia

As most of you know our financial year starts on 1st November, so as usual, with the October copy of Lifeline, we enclose a renewal form for subscriptions for the coming year. Since November 2005 we have raised just over £1800 from these donations ~ in fact, rather more, because many subscribers also tick the Gift Aid box and we are presently in the process of claiming the extra pounds generated in this way.

Have you ever thought of becoming
a monthly subscriber through our covenant scheme?

This year we have raised over £2,000 (+Gift Aid) from our Covenantors.

For just £5 a month the Centre would receive
£60 (£72.20 with Gift Aid) for the year.

But whether you subscribe on an annual or a monthly basis we really value your contribution and thank you all for your generous support.

Covenant forms and Gift Aid Declaration forms are available at the Centre from Ann or Tricia ~ or you can tick the appropriate box on the enclosed Subscription Renewal and we will send you the forms.

Salvestrol

Cells in the body use Salvestrols to help correct themselves when things go wrong. They are like the cell's own police force helping to ensure the cell functions correctly.

The scientists who discovered Salvestrols have surmised that the gene, which expresses the enzyme that uses the Salvestrols, first appeared around 150 million years ago.

Scientists who discovered Salvestrols have performed many safety tests ~ not on animals, but in human cell lines. They have identified that the body needs a critical level of Salvestrols to enable it to perform correctly.

They are not found in processed foods, but are likely to be found in organic produce that has not been sprayed. They are found only in non-processed whole foods. Salvestrols are tumour specific.

I have lots of information from Scilla (*who was, I think, in the past a research nurse*). She would be very happy to talk to anyone at the Centre about this exciting information and product. **TALK TO SCILLA.**

One of the Centre's members sponsored a friend who was running in the Fun Run (or some similar run). However, she discovered that the charity the runner was supporting carries out experiments on animals. So the donation was given to us instead. Our member has left at the Centre a list of charities who either do or do not carry out experiments on animals. It is in the library.

THE ULTIMATE PLUM PUDDING

A very special, light and delicious pudding full of luxury fruits and nuts soaked in brandy and dry sherry

This excellent pudding has been specially made to raise funds for
CAMBRIDGE CANCER HELP CENTRE

www.cambridgecancerhelp.org Reg. Charity No. 297886

Baking Instructions: Remove wrap and lid. Either microwave (600w) for 7 minutes only or wrap in foil and steam or boil for 60 minutes. Leave to stand for five minutes before turning out of bowl. Store cool and dry.

454g/1lb e
Best before-use date
12/11/18

Christmas Puddings

Now on sale at the Centre

Or

Collect at our Party at
Scotsdales on 4th December

£5 each

Quiz Night ~

Don't miss the enclosed information about the Centre's
Quiz Night in January of next year.

CLEANING YOURSELF TO DEATH, (How Safe is Your Home?)

By Pat Thomas publisher Newleaf. ISBN 0-7171-3162-9

This book is in our library. It says...well...lots. Here's a bit.

Colourings...in bubble baths, in hair products, in facial cleansers, in mouthwashes, in soap, in toothpaste. In facial cleansers the product may be loaded with preservatives, amongst which maybe BHT, which is a synthetic antioxidant that can cause, it says in this book, allergic reactions. And, it says, that although it is a common toilet ingredient it is most widely used as an antioxidant in rubber and plastic and in liquid petroleum products such as gasoline and motor oil.

One chapter is headed "wake up and smell the chemicals".

The index lists, among other things, aftershave, air fresheners, aromatherapy candles, arthritis, asthma, body lotions, sprays and oils, caffeine, cancer, carpet cleaners, deodorants, detergents, diabetes, eating disorders, chronic fatigue syndrome, perfumes, hair conditioners and shampoos, hair sprays, hormone-disrupters, detergents, lindane, nail polish, 'natural' products, non-Hodgkins' lymphoma, polishes, preservatives, shower gels, sun creams, talcum powder, toilet cleaners, chronic fatigue syndrome (more than 70% of sufferers are female and it says in this book that this may be because women have a higher rate of chemical exposure.)

It also says that carcinogens get into our toiletries in all sorts of ways. Because many of them are based on compounds called ethoxylated alcohols. It goes on to say that in a 1991 study of a range of products including shampoos, liquid soaps, sun creams, bath foams, moisturising lotions, aftershave balms, cleansing milks, baby lotions, facial creams and hair lotions, more than half the products contained dioxanes at levels potentially harmful to human health.

And the book makes the point that the 'not tested on animals' claim does not refer to the widespread practice of post-marketing testing on the human animal.

The Royal British Legion Women's Section invited Ros and me to tell them about our Centre. So we did that. They very kindly gave us a donation and hope to visit the Centre on Wednesday 21st February, in the afternoon. **I have promised cakes! ... Please!**

Cambridge to London Bike Ride

Many thanks to Peter Durrant and his family
for raising **£171** for us on a
sponsored Bike Ride

Sue Green, Barbara and David Boreham, Helen Clayton, Val Cox,
Wendy Fray, Gill Hinks and Hilary Hadjidakis
organised a very successful coffee morning for the Centre on 21st June
and invited over 70 people! The weather couldn't have been better and
everybody thoroughly enjoyed drinking tea and coffee, and eating the
superb selection of delicious cakes, whilst relaxing and chatting in Sue's
beautiful garden.

They also held a raffle, received numerous donations from friends who
weren't able to make it on the day and
raised over **£1200** for the Centre.

A wonderful effort by a group of very special people. Jane





John wrote
The War of a TriciAnn

Behind the scenes, battling to hit the necessary deadlines, the excellent, nay complementary, team of Ann and Tricia beaver away to produce yet another riveting issue of 'Lifeline', our very own newsletter. Magically appearing at the appointed hour, it is easy to imagine that fairies from the bottom of the garden must be doing it. This however, is not the case and our two unsung fairy heroines strive mightily to collect, consider and collate that near perfect mix of information, appreciation, sobriety and humour with such professionalism, skill and tenderness that it is difficult to image any improvement.

Truth be told, it just keeps on getting better and better!

*Thank you John for your kind words ~
we do hope we won't wear each other down !
Ann & Tricia*



Also from John:

Don't put off 'til tomorrow what you can
do today, 'cos if you enjoy doing it today
you can do it again tomorrow!

Groucho Marx

Joke from David Rayner

This is about a woman in her sixties, who chose to have a baby. Bearing in mind that one forgets things when one gets a bit beyond 50, the story is that she had this lovely baby and settled him down for a sleep. Some friends visited and asked to see the baby.

“Oh”, said the mother, “I don’t want to disturb him, I’ll show him off when he wakes up”.

“Oh, come, come”, said the visitors, “must we wait ~ we will be quiet and do our best not to wake him”.

“Sorry”, said the Mum, “I’ll show him off when he wakes up”.

Visitors remonstrated, as they would, and almost demanded to see the baby.

“Well”, said the mother, “I don’t quite know where I have put him ~ won’t know until he wakes up and cries”!

Much Love from Ann

x x x

PS Please write your letters of support for the new Centre at Scotsdales to the planners ASAP. Many thanks

PPS Instead of bringing a present to the party at Scotsdale’s please bring a present costing no more than £2, suitable for a man or a woman, to the Centre ~ we will open them on Tuesday & Wednesday ~ the 19th & 20th December.

