

Something to Celebrate ~ Tricia

We are happy to announce
that the long-awaited signing of our Lease
took place on 17th March

Ted Sage and Bob Jackson,
our Hon Sec and Hon Treasurer
signed on behalf of CCHC, and
David Rayner and Ben Rayner
signed for SCF.



We'd like to say a huge thank you to Simon Burson of Eversheds for all his work behind the scenes on our behalf. Throughout the lengthy negotiations we've benefitted from a wealth of legal expertise and very generous help from Simon and we do appreciate the part he has played in securing our Lease.

We're also most grateful to **Peter Cornell** who acted as intermediary between Simon and the rest of the Trustees, throwing light on the legal language and guiding us through many of the intricacies of the Law.

Thank you Peter for your invaluable help.

Since the AGM in March 2009 when Peter stood down as Hon Secretary, **Ted Sage** has taken up the mantle and helped to bring about a conclusion to the negotiations. Many thanks to Ted and to the rest of the Trustees, past and present, who have worked so hard to bring us to this place. We now have, for the next 15 years, that security of tenure that we have worked for tirelessly over a number of years.

Our present wonderful amenity is, under the terms of our Lease, costing us hardly more each year than we spent on our previous rather limited premises.

When we embarked on our search for a new home back in the Autumn of 2003 we were looking at premises costing around £20,000 a year in rent. When David came to our rescue two years later it was never our expectation that we would get ‘something for nothing’.

David made his promise of a rent of £1 a year in the early stages of designing the building, and at a time when he believed that the scheme would be entirely funded from public donations. It wasn’t, but David was honourable and kept his promise ~ in spite of a considerable shortfall in the building costs, and we now have a Lease for 15 years at a rent of only £1 a year.

Now that the Lease has been signed on such advantageous terms, the trustees are pleased that because of the generosity of our many supporters, we are now in a position to acknowledge the kindness of the Rayner family by making a substantial contribution towards the costs of the DRB. The trustees have therefore agreed to make a one-off donation of £60,000 to SCF to help pay off at least part of the considerable outstanding debt.



Some of our trustees outside our Stockwell Street premises in 2003 at the start of our search for a new home.

*David Wilson, Viv Neville,
Jane Cornell and Tricia Smith
with our co-ordinator, Ann Dingley*

Photograph by Cambridge Evening News

ART EXHIBITION ~ we held such an event last year
at the Centre. This year the idea has grown into
ART, CRAFT & PHOTOGRAPH EXHIBITION
to be held during the Centre's opening hours on
Monday, Tuesday & Wednesday the 5th, 6th & 7th July.

Pat's Painters and Pam's Craft Group will exhibit
amazing paintings and crafts, and Tricia will exhibit
a selection of her photographs of the
Backs through the seasons.

Some paintings & crafts will be for sale.

Pam has over 20 people working on 'crafts' which will be sold at the
Exhibition. Most of her fans take the work home, so Pam is quite pleased
to think that all those people are steadily working away in her craft group.
If you want to join her group, please meet her at the Centre on Tuesdays.

We're always pleased to see **Mike Roe** at the Centre.

He often comes on Wednesdays to help Pat with her Art Group.

Thank you **Mike** for your support.

Can antiperspirants or deodorants cause breast cancer?

This is the reply from Alison, Senior Science Information Officer from Cancer Research UK in their publication 'Together' ~

In 2002 a study looked for links between antiperspirant use and breast cancer in 1,500 women. The result? The researchers found that neither antiperspirants nor deodorants increased breast cancer risk. Concerns about deodorants and cancer were, in fact, started by an email hoax with no grounding in scientific fact.

Predicting prostate cancer risk

An international team, lead by Cancer Research UK funded scientists in Sutton and Cambridge, has discovered nine different regions of genetic variation that are linked to a man's risk of developing prostate cancer. The results could help doctors to provide tailored advice on prevention and early diagnosis in the future. Understanding more about the genes in these nine regions could also lead to new treatments for the disease.

Could a curry spice help fight cancer?

Participants in a new study we're funding will be taking capsules of curcumin, a substance found in many Asian dishes. The findings could pave the way for further research into whether curcumin can help prevent bowel cancer in people who are at increased risk of developing the disease.

Over the next five years - the (previous) Government had a radical plan to offer all patients the right to cancer tests and results within one week. £1billion extra investment over the next five years will buy the new diagnostic equipment needed to guarantee tests and results within a week. This will mean diagnosing more cancers at a curable stage.

*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.*

Our thanks to the following local pubs and clubs
and their customers for their recent donations ~

The White Swan

Champion of the Thames

Dobblers Inn

Live & Let Live

Burleigh Arms

The Pear Tree (Hildersham)

Active 4 Less

Foxton Post Office send us full collecting boxes on a regular
basis ~ thank you **Colin and Barbara** and your customers for
your continued support.

Our most grateful thanks to

Cambridge Building Society for £658.50

raised by the Society's Membership

casting their votes at the AGM

Pat Manning

You may remember meeting Pat when the Centre was located at Stockwell Street and occasionally when she was able to come to the new Centre.



The Reverend David Bush described Pat as adventurous, cheerful, a loving spirit and a lovely lady ~ dear to her family and friends. Pat was christened Alice Rose ~ she was called Rosie during her childhood but announced, when a teenager, that she would henceforth be called “Pat”.

Pat had an accident when she was five years old and was strapped in irons and in hospital for three years. During that time she didn't see her mother. At the age of eight she learned to walk again but her local school refused to teach her because of her injuries so a private school was found for her. They returned the fees at the end of each term so that that money could be used for the following term! Her Mum tried to keep her in cotton wool and Pat's consultant said, “do not dance, exert yourself in any way or have children”. So Pat decided to learn to ride a bike! And learn to dance.

Perhaps they did not know Pat very well because she was determined to lead a normal life ~ after meeting her husband, John, at the Dorothy Ballroom they subsequently had two daughters, Linda and Janet. Pat started to paint and discovered some of her hidden talent. She became an antique specialist ~ particularly skilled in purchasing buttons, and at the funeral we were each given a buttonhole of miniature chrysanthemum heads on a pretty pin. Pat taught herself to carpet-lay and upholster and she talked to groups, passing on her skills, which also

included refurbishing an antique dolls' house.

Her grandchildren said that Pat was “an extra special person”. They said she could do anything ~ they enjoyed playing cricket with the home-made cricket stumps and they said that Pat could make anything out of anything. **She was strong and determined and they said that because of that it was possible to achieve the unachievable.**

Pat enjoyed joining in Barton village life and it was said that “good stuff comes in little bundles” ~ that was Pat. And she was always smiling.

We were told at the funeral that Laurens van der Post said that we make a great mistake if we think that peoples' lives cease to influence us when they die. The effect they have on our lives is fixed ~ they continue to influence us after they have died .

The Reverend Bush said that during our last moments those who are out of sight do come back and meet us. He repeated what Pat's family had told him, that having been lying in bed with her eyes closed, during her last moments, Pat then opened her eyes wide ~ looking beyond the family ~ perhaps at those who are out of sight ~ because he felt that those people do come back and meet us on our way to eternity.



The Kindness of Strangers ~ Tricia

It was never my intention to linger in Derby on my way to my cousin's 80th birthday party further north. The journey had already taken much longer than I'd anticipated when I foolishly positioned myself in the 'wrong' lane and became trapped in a sprawling network of unfamiliar roads and busy roundabouts. After driving around for some time, becoming totally disorientated, I pulled into a Service Station to ask for directions.

The man at the till immediately picked up on my distress. "Would you like a glass of water?" he asked, and then with a concerned look added, "can I get you something to eat? ... I won't charge you for it ... you look so tired". We chatted for a while before he put me on my way, but I hadn't listened carefully enough to his instructions and it wasn't long before I felt more hopelessly lost than ever.

This time I drew into the forecourt of a large car showroom where a young woman gave me a fresh set of complicated directions. Realising that I wasn't taking on board any of her instructions she suddenly said, "Look ~ I'll take this car. Follow me and I'll get you to the A52 to Ashbourne. It's a large roundabout ~ you'll see the sign, and at that point I'll leave you".

I followed the young woman for several miles through a succession of confusing roundabouts until at last I recognised some familiar landmarks and was able to make my way unaided.

I choked back the tears ~ anxious not to miss the next crucial road sign! ~ but moved by the genuine, unconditional kindness of two complete strangers.

I don't think I'll join the crusade to put the 'kind' back into 'humankind'. It's already there.

PS I've decided that the next time I attend a gathering of my extended family I shall travel northwards by train.

Reminds me of my own

Day That Did Not Start Well

I was in the shower, minus spectacles, and reached out to get the white Waitrose bottle of white shampoo, ‘with silk proteins to enhance shine’ (cost 99p). Poured it on and proceeded with hair wash. Odd, I thought, not many, in fact not any, soapy bubbles. Obviously something not quite right here methinks.

Not surprising because I had picked up the white plastic bottle of white Waitrose Ecover (cost £2.34) a ‘non-scratch effective cleaning with natural power which de-greases and removes obstinate stains without scratching, no petrochemical based ingredients, bath cleaner’, but also containing, I am inclined to believe, something which has given me at least two more grey hairs.

The day got better because Annie and I went to visit a dear friend in Luton ~ followed by Milton Keynes Ikea!

Easter Raffle & Tombola

The Easter Egg Raffles raised £79

The Tombola raised £55



Icon Spring 2010 ~

If you have not received your copy of Icon at the Centre you may not have read the following:

In one of the articles we are told that Vitamin D has enormous potential to beat cancer. I know this news is not new and has been published in various ways during the past. In Icon it says that Vitamin D is a natural cancer ‘cure’ – and that is clarified by “I don’t think there is such a thing as a single cure for all cancers and doubt that there will ever be. But everybody with cancer should certainly include vitamin D in their integrative treatment package if they want to increase their personal odds of beating the disease”.

As always I am so tempted to write in the newsletter every word that is written about Vitamin D in Icon, but one always has to be wary of breaching copyright. So read Icon for yourself. Pick it up from the Centre or order your own copy from enquiries@canceractive.com

Or phone 01280 821 211

‘Icon’ is free of charge.

Oh yes, I must just add this bit ~ “The Boston Medical School has completed a lot of important research on vitamin D”.

Oh yes, and this bit as well:

Professor Hollick said “if women obtained adequate levels of vitamin D there would be 25% fewer deaths from breast cancer”. It seems that many experts feel that Vitamin D is more a hormone than a vitamin, and receptor sites are found on both the cell and nuclear membranes ~ especially in cancer cells. It is as simple as saying that everybody with cancer should ensure that they have an adequate daily intake of this natural cancer fighter.

Spring Fair ~

every year we are delighted to raise money for Scotsdales Charitable Foundation to help David Rayner reduce the shortfall on the Centre building. So we have fund-raising 'fairs'.

A few weeks ago we raised £601 for SCF.

Many thanks to those who made cakes, bought cakes, manned the stalls, sold hats and bric a brac, and on a very hot day persuaded people to buy tickets for the chocolate tombola ~ as a matter of urgency! I have to admit I could not stand the heat and retired to the shade many times to 'supervise', I told myself. We made many excursions into our Centre to drink tea/rest and recuperate.

Many thanks also to Penny who set up the sorting out of masses of stuff to sell, and to Theresa who on the day was marvellous ~ I was able to answer every question put to me with "ask Theresa ~ she is in charge". I think that is a good ploy and intend to do it more often!



Website & Publicity

Have you seen our new website yet ~ created for us by John Dawson, with support from Fran and Ted and initial help from Matt.

Our new updated publicity has now arrived and it would be marvellous if anyone can help us distribute it to Oncology, the Wallace Centre, G.Ps' surgeries and anywhere else suitable you can suggest.

Thank you John for your help

From Bren ~

For any members interested in opera or ballet, the Vue Cinema, Grafton Centre Cambridge, is showing films recorded at the Royal Opera House and Globe Theatre. It might be nice to meet up as a group for coffee/lunch before the films. Previous films have been £10 and there are no concessions as the films are expensive to put on.

La Fille Du Regiment (*filmed live at the Royal Opera House*)

Monday 28 June at 2 pm / Tuesday 29 June at 6.15 pm

Swan Lake, Royal Ballet

Monday 5 July at 2 pm only

139 minutes, usually with a short interval

Barber of Seville (*filmed live at the Royal Opera House*)

Monday 16 August at 2 pm / Tuesday 17 August at 6.15 pm

Aida (*filmed live at the Royal Opera House*)

Monday 27 Sept at 2 pm / Tuesday 28 Sept at 6.15 pm

As you like it (*filmed live at the Globe Theatre*)

Monday 11 October at 2 pm / Tuesday 12 October at 6.15 pm

The Tsarina's Slippers

Royal Ballet & Royal Opera. Music by Tchaikovsky

Monday 15 November at 2 pm

Nutcracker

Monday 20 December and Tuesday 21 December

For more details contact Bren on 01223 832235/ b.reeve@supanet.com

Breast & Prostate Cancer Groups

We plan to start these separate groups, meeting in the usual way at the Centre once a month on Tuesday afternoons. Ros will lead the breast cancer group and Peter will lead the prostate cancer group. The idea is to keep it informal ~ a smaller version of what already goes on at the Centre. Ros and Peter will endeavour to obtain relevant literature and provide information about wigs, headscarves and lingerie to the breast cancer group. They will also invite speakers to talk to the groups. Let me know if you would like to join in these groups. Nothing will change in that anyone with either of these cancers can still come to the Centre in the usual way. These groups are 'extras', so if you wish to participate in them please do.

Very many thanks to Jean Dalby

who has been offering computer lessons on Monday mornings. She offers six lessons to our beginners, who are so pleased to be able to face up to those computers! The idea for the lessons came from Ted, our Secretary, and Jean was delighted to take on the (enjoyable) task.

Tea Bar

From time to time, well... no, regularly, home made flapjacks, chocolate brownies, coffee and walnut sponges, butterfly buns, scones and Scotsdale's coconut rings as well, wander in through the door. Just what is one to do?! We all know the answer, so please do not send in a boring reply (such as "eat an apple") in a brown envelope.

Since March, as well as replenishing supplies at the tea bar, we have been able to add £320 to Centre funds from the money collected in the teapot!

A personal view from Michelle ~

Ultimately, we're in control

Personally I think that most of us have far more control over what we do or say than we necessarily appreciate. George Bernard Shaw said, "People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, they make them."

Well, he's got a point, hasn't he? We become what we think about.

Of course the opposite is almost certainly true as well, the person who has no goal, who doesn't know where he's going, and whose thoughts must therefore be thoughts of confusion, anxiety and worry ~ his life becomes one of frustration maybe even fear. And if he thinks about nothing ... he's probably not going to get anywhere.

How does it work? Why do we become what we think about? Well, I'll tell you how it works, as far as I know. Let me tell you about a situation that parallels the human mind.

Suppose a farmer has some land, and it's good, fertile, productive land. The land gives the farmer a complete choice; he may plant in that land whatever he chooses. The land doesn't care. It's up to the farmer to make the decision.

We're comparing the human mind with the land because the mind, like the land, doesn't care what you plant in it. It will return what you plant, but it doesn't actually care what you plant.

Now, let's say that the farmer has two seeds in his hand - one is wheat, the other is nightshade, a deadly poison. He digs two little holes in the earth and he plants both seeds ~ one wheat, the other nightshade. He covers up the holes, regularly waters and generally takes care of the land ... and what will happen? Invariably, the land will return what was planted.

As it's written in the Bible, "As ye sow, so shall ye reap".

Remember the land doesn't care. It will return poison in just as wonderful

abundance as it will wheat. So up come the two plants ~ one wheat, one poison.

The human mind is far more fertile, far more incredible and mysterious than the land. **Freedom isn't free ... Someone had to pay for it** but it seems to work the same way. It doesn't care what we plant ... success ... or failure. A concrete, worthwhile goal ... or confusion, misunderstanding, fear, anxiety and so on. But what we plant seems to return to us.

It's been said that the human mind is the last great unexplored continent on earth. It contains riches beyond our wildest dreams. It will return anything we want to plant.

This seems to be an appropriate place to insert something which has appeared in our newsletters a few times over the last ten years. It has a powerful message and I know that people have cut the item out of their newsletter and sent it far and wide.

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’. Here they are:-

Sexual Fantasy

Come on, you must have one. Well so says Dr Paul Martin. He says, in ‘The Sickening Mind’ (*Harper Collins ISBN 00-00-255 638-9*) (it is in the Centre's library) 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 if your cheeks are burning with embarrassment. "If they are", 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.

Single Black Female seeks male companion, ethnicity unimportant. I'm a good girl who loves to play. I love long walks in the woods, riding in your pickup, hunting, camping and fishing trips, cosy winter nights lying by the fire. Candle-light dinners will have me eating out of your hand. I'll be at the front door when you get home from work, wearing only what nature gave me. Call and ask for Carla. I'll be waiting

Over 150 men found themselves talking to the Atlanta Humane Society.
The writer was a black Labrador!

Christmas ~ Geoff Nicholls

We are hoping to stage a short pantomime at this year's Christmas Party on 9th December. For this we need actors ~ but don't be alarmed as there is nothing too demanding involved and NO EXPERIENCE IS NECESSARY! You would have to learn a few lines though and turn up to rehearsals.

The pantomime we would like to do is Richard Tydeman's 'Albert Laddin', a published mini-panto along the lines of Aladdin. It is only about 20 minutes long, but is very entertaining. There are ten parts for women and/or men, but as in all pantos, gender is not really important. Some roles are very minor, with only four or five lines, but even the main characters don't have many lines to learn. There is a Narrator, who introduces the story and appears throughout, but he/she can read their lines

Help will also be needed with costumes, props, set changing etc. but none of these should be too onerous.

There will be a preliminary meeting/read through at the beginning of September for anyone who is interested in being in, or helping with the pantomime.

Rehearsals would probably start at the beginning of October, once a week to start with (probably on Tuesday or Wednesday afternoons), but possibly twice a week nearer the performance date.

If you are interested please put your name on the notice in the Centre. DON'T BE SHY GIVE IT A TRY!

We need to know before the beginning of September that there are enough people interested in taking part, because we will need to order scripts.

Maureen Kent

Annie, Dorothy, Fran, Penny, Tricia, Joe and I went to Maureen's funeral. Maureen had motor neurone disease, described as the cruellest of diseases. Those of us who knew Maureen would wholeheartedly agree with each other that she was, as was described today, kind, generous, bubbly. The Reverend Jonathan Burrough got to know Maureen when she was a volunteer at Arthur Rank. Maureen had said that having MND, had brought her into contact with so many wonderful people and she would want to thank them, and all the professional people at Arthur Rank and within the Health Service who had diligently cared for her.

Maureen was supported by her husband, Terry. We knew that he cared for her with the greatest devotion. If I could say to Maureen, now, that I was going to write about her Terry, she would say that was an excellent idea. Because Maureen said "my lovely husband Terry has always loved and cared for me".

I'm certain that the words from 'You Raise Me Up', sung by 'Secret Garden' played at her funeral, were words undoubtedly meant for Terry who, she said never complained during the five years he looked after her. So I reckon Maureen chose that song particularly because she was thinking about all Terry had done for her and was to her.

And if you want to make your day particularly meaningful, google 'Secret Garden' and click on the golden picture of Fionnuala so that you can experience Brian Kennedy and violinist Fionnuala Sherry's beautiful performance.

When you've heard it you'll need a cup of tea and ten minutes away somewhere in a quiet place by yourself.

For Terry ~ from Maureen

When I am down and oh my soul so weary;
When troubles come and my heart burdened be;
Then, I am still and wait here in the silence,
Until you come and sit awhile with me.

You raise me up, so I can stand on mountains;
You raise me up, to walk on stormy seas;
I am strong, when I am on your shoulders;
You raise me up... to more than I can be.



There is no life – no life without its hunger;
Each restless heart beats so imperfectly;
But when you come and I am filled with wonder,
Sometimes, I think I glimpse eternity.

Maureen's grandson Arron wrote this poem:

I really loved my grandma
She was so kind to me
We used to do so many things
Now it's memories I see

We used to go off in the car
To good old Hunstanton beach
We used to go and catch the crabs
Then have fish and chips for tea

We went off to the pantomime
And oh what fun we had
Oh how I miss those last few years
Thank you for the years we had

When we went off to Legoland
For another day of fun
Oh how I wish my grandma
Just one more day could come

We used to set our stall out
On a Saturday night
I'd snuggle up to grandma
And she would hold me tight

But I still have my grandad
And look after him I will

So come on get those bikes out
And start peddling up the hill

And when I go and stay with him
We'll sit and talk a while
And bring back lovely memories
That we both hold deep inside

So now I thank you, grandma
For all the things you've done
Your memory will live on in me
And now your job is done

So when I close my curtains tight
When it's time to go to bed
I'll look up at the stars above
And blow a kiss upon your head

But now it's time for grandma
To rest her weary head
Good night, God bless, dear grandma
God only takes the best

**I will miss you so much grandma
Love you forever ~ Arron
(night night grandma, love Emily**

Life on the Train from Margaret

Compare life to a train ride. We get on, we ride, we get off, we get back on and ride some more

There are accidents and delays. At certain stops there are surprises. Some of these will translate into great moments of joy ~ some will result in profound sorrow. When we are born and we first board the train we meet people whom we think will be with us for the entire journey. Those people are our parents. Sadly this is far from the truth. Our parents are with us for as long as we absolutely need them. They too have journeys they must complete. We live on with memories of their love, affection, friendship, guidance and their loving presence. There are others who board the train and who eventually become very important to us in turn ~ brothers, sisters, friends, acquaintances who we will learn to love and cherish. Some people consider their journey like a jaunt tour. They will just go merrily along. Others will encounter many upsets, tears, losses on their journey. Others will linger on to offer a helping hand to anyone in need. Some people will leave an everlasting impression when they get off. Some will get on and get off the train so quickly, they will scarcely leave a sign that they ever travelled along with you or ever crossed your path. We will sometimes be upset that some passengers whom we love, will choose to sit in another compartment and leave us to travel on their own. But there is nothing that says we cannot seek them out again.

Nevertheless, once sought out and found, we may not even be able to sit next to them because that seat will already be taken. That's OK ~ everyone's journey will be filled with hopes, dreams, challenges, setbacks and goodbyes. We must strive to make the best of it ~ no matter what. We must constantly strive to understand our travel companions and look for the best in everyone. Remember that at any moment during our journey, any one of our travel companions can have a weak moment and be in need

of our help. We too may vacillate or hesitate, even trip...hopefully we can count on someone being there to be supportive and understanding.

The biggest mystery of our journey is that we don't know when our last stop will come. Neither do we know when our travel companions will make their last stop. Not even those sitting in the seat next to us.

Personally I know I'll be sad to make my final stop...I'm sure of it!

My separation from all those friends and acquaintances I made during the train ride will be painful and leaving all those I'm close to will be a sad thing. But then again I'm certain that one day I'll get to the main station only to meet up with everyone else. They'll all be carrying their baggage...most of which they didn't have when they first got on this train. I'll be glad to see them again. I'll also be glad to have contributed to their baggage and to have enriched their lives just as much as they will have contributed to my baggage and enriched my life.

We're all on this train together. Above all, we should all try to strive to make the ride as pleasant and memorable as we can, right up until we each make the final stop and leave the train for the last time,

All Aboard!

Safe journey!

Bon Voyage!

The following was written by ~

Chris Woollams, Editor of 'Icon'

Here are some revised reviews on a number of 'complementary therapies' mentioned in 'Cancer Watch' ~ like Mistletoe, Medicinal Mushrooms, Selenium and Green Tea. You could consider all of them as good complements to your existing cancer-fighting programme. As you will see, none conflicts with chemotherapy or radiotherapy. In fact they enhance results.

What do CT scans, mammograms, formaldehyde and household pesticides have in common?

The opposite effect of green tea, mushrooms, oily fish and walnuts apparently!

Oily fish and mushrooms, walnuts, and green tea; mistletoe and peppers, garlic and tea tree, these are a few of my favourite things. (Sing along then!) Interestingly, for the first time there is research that actually examined men with **prostate cancer** and showed that if they ate **two particular foods they could stop the growth and spread of their cancer** in more than a quarter of the cases.

Green Tea ~ a simple way to lower your cancer risks

For years Epidemiology studies have shown that Green Tea consumption was associated with lowered cancer risks. But was it true - or was it just 'The Chinese effect'? After all, they didn't eat much meat and had fewer toiletries, EMF's and chemicals to cause them problems.

Now there is new research - several studies - showing the benefits of Green Tea, even if you already have cancers like breast, prostate and leukaemia. This revised review of Green Tea will explain why **everyone who is keen to beat cancer should include Green Tea** (5 cups a day) in their diet plan.

Mistletoe improves cancer survival times

Especially for radio- and chemo- patients

Now this is your chance to find out the Truth about Mistletoe. German scientists believe it **increases survival times and helps clear away 'Toxic debris'** being an important complement to Chemo- and radiotherapy.

Medicinal Mushrooms can help you fight cancer

Mushrooms help **boost your immune system** in a number of different ways, and they help it 'see' the rogue cells. One of the reasons is that they contain beta Glucan Polysaccharide - and polysaccharides and glycoproteins have been the subject of four Nobel Prizes. Mushrooms also have the ability to **shrink tumours by up to 70%**, which is more than can be said for a lot of chemotherapy drugs! Mushrooms - and they don't actually have to come from outer Mongolia - are yet another 'complementary therapy' that you'd be wise to take a look into.

icon magazine is going out this month to over 500 Hospitals, cancer centres and the Health sections of major libraries. We have a print run of nearly 60,000. Of course, if **icon** is not to be found in your local hospital, you could always complain there, or order a home delivery direct from us.

This issue includes an interview with the new head of Macmillan cancer care, a review of Bach Flower Remedies, two Living Proofs (on asbestos-driven cancer Mesothelioma; and another on Ovarian) plus features, tips, letters, answers to your questions from our Integrative Doctor, and our Integrative Nurse, and so much more.

Selenium~ the mineral that fights cancer

There are about 300 selenoproteins in your body and they are vital to your health. Selenium also works with vitamin E to boost your immune system and is known to destabilise a protein Akt3 that causes cancers, like prostate and melanoma, to develop.

It is hardly surprising then that people with deficiencies in selenium develop more cancers. Indeed the latest research doesn't just show selenium's prevention powers - it shows it can help in your fight to beat cancer.

email: chris@iconmag.co.uk phone: +44(0)1280 821 211

web: <http://www.canceractive.com>

What I Want In A Man! Original List

1. Handsome
2. Charming
3. Financially successful
4. A caring listener
5. Witty
6. In good shape
7. Dresses with style
8. Appreciates finer things
9. Full of thoughtful surprises
10. Loves surprising me at weekends

What I Want in a Man, Revised List (age 32)

1. Nice looking
2. Opens car doors, holds chairs
3. Has enough money for a nice dinner
4. Listens more than talks
5. Laughs at my jokes
6. Carries bags of groceries with ease
7. Owns at least one tie
8. Appreciates a good home-cooked meal
9. Remembers birthdays and anniversaries
10. Plans together time at weekends

What I Want in a Man, Revised List (age 42)

1. Not too ugly
2. Doesn't drive off until I'm in the car
3. Works steadily - splurges on dinner out occasionally
4. Nods head when I'm talking
5. Usually remembers punch lines of jokes
6. Is in good enough shape to rearrange the furniture
7. Wears a shirt that covers his stomach
8. Knows not to buy champagne with screw-top lids
9. Remembers to put the toilet seat down
10. Shaves most weekends

What I Want in a Man, Revised List (age 52)

1. Keeps hair in nose and ears trimmed
2. Doesn't belch or scratch in public
3. Doesn't borrow money too often
4. Doesn't nod off to sleep when I'm venting
5. Doesn't re-tell the same joke too many times
6. Is in good enough shape to get off the couch at weekends
7. Usually wears matching socks and fresh underwear
8. Appreciates a good TV dinner
9. Remembers your name on occasion
10. Shaves some weekends

What I Want in a Man, Revised List (age 62)

1. Doesn't scare small children
2. Remembers where the bathroom is
3. Doesn't require much money for upkeep
4. Only snores lightly when asleep
5. Remembers why he's laughing
6. Is in good enough shape to stand up by himself
7. Usually wears some clothes
8. Likes soft foods
9. Remembers where he left his teeth
10. Remembers that it's the weekend

What I Want in a Man, Revised List (age 72)

1. Breathing.
2. Doesn't miss the toilet.

After being married for 44 years, I took a careful look at my wife one day and said "Darling, 44 years ago we had a cheap apartment, a cheap car, slept on a sofa bed and watched a 10 inch black and white TV, but I got to sleep every night with a hot 25 year old girl. Now I have a million £'s home, a £20,000 car, nice big bed and plasma screen TV, but I'm sleeping with a 69 year old woman. It seems to me that you're not holding up your side of thing".

My wife is a very reasonable woman. She told me to go out and find a hot 25 year old gal, and she would make sure that I would once again be living in a cheap apartment, driving a cheap car, sleeping on a sofa bed and watching a 10 inch black and white TV.

Some children were asked ~

When is it OK to kiss someone?

Answer: when they are rich (*Pam aged 7*)

Is it better to be single or married?

Answer: It is better to be single but not for boys because boys need someone to clean up for them (*Peter aged 6*)

How would you make a marriage work?

Answer: Tell your wife that she looks pretty even if she looks like a truck (*Ricky aged 10*)

What would you do on a first date that went wrong?

Answer: I would run home and play dead. The next day I would call all the newspapers and make sure they wrote about me in all the dead columns. (*Craig aged 9*)

How do you decide who to marry?

Answer: You have got to find somebody who likes the same stuff. If you like sports she should like it and she should keep the chips and dip coming (*Alan aged 10*)

New Perspectives' courses run by Janet and Judy (*nick-named by Paul Burbridge as 'Morecambe & Wise'*) will now be held at the Centre throughout the year. Each course lasts six weeks and is held on Monday mornings. The last course finished a few weeks ago ~ the next one will start on 13 September. There will then be one month's break before the following course. I hear positive praise about this course ~ it is free of charge, is held in the Cambridge Cancer Help Centre and in the past was called 'Living with Cancer'. I have heard much laughter from the groups and would like to emphasise that I do not think you will regret attending these courses.

*To book yourselves in please let me know or contact
Janet Hickman on 07866331782 or Judy York on 07922126508*

Very many thanks for the following donations ~

In memory of Bill Dalby ~ **£327**

In memory of Julia Ambrose ~ **£521**

Donation from Brenda McHugh ~ **£114**

Stuart Dingley ~ **£200** from a Line Dance he organised

Edward Elmer ~ **£360** in lieu of a leaving gift from Plant Sciences

Royal British Legion, Babraham Branch ~ **£71** Raffle & Donation

Thanks also for donations from

Cambridge City Trefoil Group, Paradise Housing, 1740 Club

and a sponsored Handstand from Daniela McDermott

Therapists

I think we need to bear in mind that our therapists need time off occasionally ~ either to fulfil their obligations to their employers/own businesses ~ or for holidays etc. For instance on a busy Wednesday recently we had all four healers absent ~ one because of family illness, one on study leave, and two on holidays. And two others are absent because of long-term illness. I think we also need to remember that we have far more people visiting our Centre now than we did say a year or two ago and that therefore the demand on the therapists' time is extreme. Over two months we have had 1,000 visitors! We also have only three therapy rooms now rather than four. We are doing our best to bring in extra therapists ~ all the necessary formalities, such as CRB checks, do take quite a time to accomplish. So please bear with us ~ we're hoping to have four more therapists soon.

Unfortunately for us, Helen is moving to Canada

so we are losing a good and popular reflexologist.

Thank you Helen for all you have done for the Centre ~

we shall miss you but wish you well in your new life.

Stella has agreed to lead the therapists' team ~ most unfortunately Stella could not make the first meeting ~ at the last minute she just had to be elsewhere, but Nigel ably stood in. It must have been difficult for him because in a way he didn't know fully what was on the agenda, but our many thanks to him for being in Stella's place and for accepting his new role without making any fuss, other than almost demanding a hot chocolate to see him through! Barbara and Anne were able to be part of that discussion group so that they could explain their role in supporting the therapists and we hope to move things forward in many ways. A lot of

our paperwork requires revision to bring us up to date with recent thinking and at the moment some of it is quite cumbersome and not in line with the views of some of the therapists. However, to do this we need input from as many therapists as possible. Stella will confer with Nigel and take up leading the group as soon as she can.

Synchronicity ~ Tricia



My small buddha had survived many Winters in an exposed part of my garden: this year, with the sharper frosts and prolonged cold weather, a deep crack had appeared in his body.

I'd been gardening during the morning and noted that all was well. After lunch, in readiness for the meeting of the village Book Club, I finished the last chapter of the month's required reading ~ 'The Other Boleyn Girl'. The ending is dramatic, detailing the beheading of Anne Boleyn.



I put down the book, stood up, and glanced out of my sitting room window.

There on the ground lay the toppled
head of my buddha!

The London Eye ~ Penny

When you have several people saying 'I really would like it if we could go on the London Eye' what can a person do but try to make the requests a reality. So we met at our usual spot at the Park and Ride at Trumpington, not too early a start at 9.45. Our coach had arrived in plenty of time to get us all on board especially our less mobile members who were lifted into the coach on a special hoist, operated expertly by our lovely friendly driver Keith who has taken us out on previous expeditions. A certain Stuart was clicking away taking photos of the sights and of all of us.

We reached the O2 by the Thames in Greenwich and had time for people to seek out the loos before we boarded a swish commuter boat. Compared with the Tourist boats they are cheaper, more frequent, very comfortable seats, easy to get on and off, even for the



wheelchairs. They move swiftly and smoothly on twin hulls, and have large panoramic windows for fine views in all directions. We passed the Old Royal Naval College designed by Christopher Wren, The Tower of London, St Paul's and the Globe Theatre and were driven under all those famous bridges. The on board café produce good tea and coffee to lubricate the voyage. I for one would feel inspired to work if I commuted in such style each day. A certain Stuart was clicking away...

I went to collect our tickets



Fifty minutes later we disembarked at the London Eye, and having chosen a spot to meet later we all went off to eat our picnic, find a pub or restaurant, some of us found a Pizza Express, and suitably refreshed we made our way back past the buskers, 'statues' and other street entertainers on the Riverside walk. A certain Stuart was clicking...

and counted all of us into the fast track queue. I was then amused to find one of the staff from the Eye asking each of our ladies “Are you Penny?” They all kept pointing to the end of our group ~ the poor girl was much relieved when I owned up to being Penny with the tickets! The Eye stopped for our wheelchair users who went on first, and when that capsule was full the rest of us followed in the next. A certain Stuart was....

Although the weather was not perfect we could see a long way and people were soon pointing out Wembley Stadium Arch, Nelson’s Column, Downing Street, among the famous and recognizable sights. We oh so



gradually returned to Earth. Again the Eye stopped to allow safe passage for Sue and Nobby. A certain Stuart was clicking away taking photos of the sights and of all of us...



We had time for the post card, an ice cream and the loo before our faithful Keith and the coach met us just nearby and once we were all settled we were homeward bound. Despite the London traffic we made good time and everyone had fulfilled their ambition of a Flight on the London Eye.



Extract from AGM Financial report for year November 2008 - October 2009

On top of the impressive list below of donations totalling £31,370 we also received £5,735 from Membership Subscriptions and £20,840 from Fund-raising activities (including a magnificent £12,207 from Ian Chadwick's '3 Peaks Challenge').

Our thanks to everyone who contributed to
a very successful year

Spicers Ltd	362	B Blackburn	100
Rotary Club of Cambridge	1,500	R Mackley	360
WRVS	180	J Smith	181
Lions Club	5,000	Cambridge Tangent	100
John Lewis Partnership	1,607	King's Head Sawston	115
CD Art	600	In mem of Dorothy Sidgwick	150
B Hooper	1,000	Cambridge University Press	100
Xmas Fair Horningsea	300	Huntsman UK Ltd	120
Rutherford Ladies	200	Terri & Jethro (Camb Blue)	4,000
Trumpington Christmas Fair	750	SWB Shanks	100
Andrew Webster	150	Camb & Isle of Ely Chapter	605
Haslingfield Church	250	In memory of Ruby Fordham	100
Amino Technologies PLC	500	Cambridge Flower Club	200
A Collison	650	Burwash Manor Ball	330
In mem of Pat Jones	100	Rutherford Rotary Club	500
In memory of P George	1,000	In mem of Elke Hunold	954
Different Strokes	500	Heartbeat Publications	750
Girton Baptists	271	Payments for therapies	142
K & Y Potts	250	Other Donations under £100	1,000
M & S Retired Ladies	500		2,136
Kneesworth House	100		3,507
T Reeve			
Waitrose			

An extract from my report at the AGM ~

"Accepting Others As They Are"

The following is what Marilyn Barnes (our Founder) recently wrote to me ~

"As I left hospital in 1982 I remember feeling completely alone and abandoned by the medical team. No matter how tender and loving the family is there is always that feeling that they have to be spared and in a way, supported by the patient. So a brave face must be put on things

I realised I couldn't be the only one to feel like this. That's why I started the Centre. **Every person in this Centre is able to help others, and does so, even without realising it ~ accepting others as they are is a very big point of this. Cancer was where my focus was ... but now I feel we need to help vulnerable people of any kind and be inclusive."**

I know I get emotional about this place and about all of you who delight in what it offers. And when I was seeking inspiration for what to talk about at this meeting I was thumbing through a booklet written by Tricia, entitled 'Quotations ~ That Have Left Their Mark'

And there was the perfect one for me!

"Say as you think and speak it from your soul"

So, that is from Tricia (and Shakespeare) and so, from my soul, here is what I think about everyone at this Centre.

At this Centre we have:

One person whose three children died from cancer

At least one person here whose daughter died from cancer

Until very recently we had someone in our group who had motor neurone disease ~ there isn't a cure...yet

We have people here whose grown-up sons and daughters have been killed

in road traffic accidents

And dear Margot's son was killed a few months ago in a paragliding accident

Someone at this Centre, who has got cancer, said to me not long ago that if a person has cancer they also have hope of recovery and of again leading a normal life. But, she added, if a son or daughter has died, whether from cancer or in a road or paragliding accident, there is not that hope. So, we wondered, which situation would be the hardest situation for us to bear. To have cancer or to lose a child.

So that's something for us to think about.

In 'Larkrise to Candleford' the Postmistress said to the postman that if you love what you do you give yourself to it and you have a sense of belonging. Someone who comes here told me that coming to this place has given him a structure to his week ~ better to be here, he said, than sitting at home day after day thinking about cancer. So I am sure that he and others have a strong sense of belonging to our Centre.

The Postmistress also said to the postman that "people need people" ~ how true that is about this place and she also said that people take it in turns to help each other ~ which they do at this Centre, particularly once we all recognise that people here are experiencing cancer, bereavement, anxiety and depression.

Our trustees may or may not have had their own struggles with cancer and we are so very fortunate to receive the enormous help they give, along with their integrity, to our Centre.

I often feel how fortunate we are to have such wonderful helpers: a lovely tea team, who are such fun to be around, Liz, who comes in at 6.45am and voluntarily does three hours of cleaning, Dennis, Peter and Anne who lead the relaxation sessions on two days, therapists who do not charge us a penny for what they offer to everyone.

There are gaps in the attendance of the therapists at the moment because of illness or a change in their family commitments. In addition to the therapists we all know, we have Sylvia who offers hand massage, Nigel who brings all the

therapies together by looking after the therapy appointments' book, Barbara who looks after updating CRB checks and the therapists' insurance and Anne who maintains the therapists' paperwork. Some of the therapists are here every week, some every two weeks or once a month. Our counsellors continue to offer special help to those who need their skills.

Keith is very good at scooping up money and banking it for us.

Joe makes and repairs things for us and, it seems can do anything we ask of him! Stuart is here all day ticking off the 'to do list' we relentlessly create for him, Wendy assisted by Anne buys all our provisions, Richard and Bernard look after the garden and pots, Jean teaches computer skills to beginners, Penny, now joined by Theresa, looks after our 'Goods for Sale' (and raises a lot of money) ~ and Penny also takes us to Ikea(OK and other places!)

And I feel so overwhelmingly delighted when I see, for instance, occasions such as when I saw Pam and Yasmine welcome Maureen into their card-making/craft group. Now you may not think that is remarkable but Maureen had motor neurone disease and literally could not lift or move a finger, an arm, a foot or wriggle a toe but they made her feel she was part of their group. She smiled and laughed through the half an hour she joined their Craft Group,

Someone described Pat as "the lovely Pat". How marvellous to see her Art group spread out from two people to so very many more that we have to keep buying more Art tables! Pam has enthusiastically set up an Art & Craft group on Tuesdays. Incidentally, Pam whispered to me the other day "you know I always used to say I couldn't stand groups and clubs ~ now I love it here! In fact I am too busy to find time to die."

Annie has made such a remarkable and tremendous difference to her Different Strokes people. They want to lead normal exciting lives ~ because Annie absolutely DEMANDS that they endeavour to lead normal and exciting lives! And she has to be obeyed!

Anne Fleming's myeloma group expands almost while you are looking at it. It is a very successful meeting ground for people who travel a long way to meet Anne and discuss myeloma within her group.

Bless all of you for playing your part and for making this place the way it is. A lot of people at the Centre were told by Penny Brohn Cancer Care (then the Bristol Centre) that it is important to “make your heart sing”. And everyone here makes my heart sing because it is so gratifying that there is a remarkable and beautiful closeness between all of us at this place, and endless support for those who need it, because we are truly a ‘Support Group’ and, as Marilyn wishes, we are

Accepting Others As They Are.

Much love from Ann

PS: The Centre will be closed as usual, in August, so our last day of opening will be Wednesday 28th July. We will re-open on Wednesday 1st September (in good time for Geoff's pantomime rehearsals!).

Late news ~

We're happy to report that our Honorary Treasurer has survived his 3-Peaks Challenge, raising money for 'Beating Bowel Cancer'.

We're very relieved that he has returned safely.

If anyone would like to sponsor Bob, there are forms at the Centre.