

Cup Cakes to the rescue in the fight against cancer!



During 2011 we sold a variety of homemade cakes on the last
Wednesday of each month in support of

Cancer Research UK

**A Big Thank You to everyone who made cakes
and to all of you who bought them.**

At the beginning of November the Trustees were able to visit CRUK and
present them with a cheque
for an amazing

£817

Who would have thought that cup cakes
would have attracted so much money!



*Our thanks to Joanna Kerr
for the illustrations*

Coincidence/Synchronicity

We first linked in to Cancer Research UK following their advertisements on TV, when getting in touch with them to make a link with our Centre seemed the right thing to do. Strange thing is on a Friday we sent an email to CRUK suggesting we make contact. As our message sat, unread, in their inbox, one of their doctors was visiting Scotsdales Garden Centre, and in their restaurant came across some information about our Centre and thought she would make contact with us! So when she turned on her computer the following Monday, she saw, to her surprise, a message from us! We decided we could probably raise a little bit of money for them from home-made cakes, and we are indebted to all those at the Centre who take that task seriously and offer beautiful cakes on the last Wednesday every month.

Incidentally, CRUK tell us that their scientists & doctors have contributed to most of the world's top cancer drugs and also pioneered the use of radiotherapy to treat cancer, Their 'hard evidence' includes some amazing statistics such as:

- Cancer survival rates have doubled in the last 40 years and the work of CRUK has been at the heart of this progress
- Almost 2 out of 3 women with breast cancer now survive their disease beyond 20 years
- The death rates for three of the UK's most common cancers ~ breast, bowel and male lung cancer ~ have dropped to the lowest level for almost 40 years
- Almost three-quarters of children with cancer are now cured of their disease compared with around a quarter in the late 1960s.

CRUK are asking for individual donations of £2 per month. If you would like to help please contact them on 030 0123 1861

www.cancerresearchuk.org



*Our Chair Ted Sage presenting the cheque to Katherine.
Other Trustees: Wendy Brown, Stuart Bartram,
Fran Dawson, Penny Olesen with Ann Dingley*

Our visit to CRUK from Tricia

The minute we set foot inside the amazing Li Ka Shing Centre we were transported into another universe ~ a totally different reality from our familiar world of the five senses.

We were welcomed and given a brief overview by Katherine, a bubbly young woman, enthusiasm spilling from every pore, before being introduced to Sarah, who guided us around the building, explaining its layout and introducing us to some of the amazing work that goes on there.

The whole of the first floor is taken over by a variety of ‘Core Facilities’ which are shared by all those working in their individual areas of research in the laboratories on the floor above.

We met Clive D’Santos, Head of the Proteomics Core Facility. A large chart hangs on the wall of his laboratory ~ a chart that worked its magic on each one of us. It offers a pictorial representation of (to us) an unfamiliar reality ~ that of the processes going on within each one of our body’s one hundred trillion or so cells.

The chart reminded me of a map of the London Underground (but far more detailed and complicated), where unexpected events could happen at stations all along the route. These clever people are attempting to detect a ‘station’ up ahead where trouble could be brewing, a slight alteration in one small part of the system which could cause chaos a bit further down the line. Clive D’Santos himself admitted that it was like looking for the proverbial ‘needle in a haystack’. But there he and his team were ~ looking for that ‘needle’ and miraculously, every so often, actually finding one. And having detected it, their task is to devise ways to counteract the effects of it so that the cells, and ultimately our bodies, are restored to proper working order. What a task ~ so many of us relying upon the success of so few!

The chart we saw was just one of many Biomedical Pathways being explored here ~ one of many worlds within worlds that we each unknowingly carry around with us ~ a hidden but integral part of ourselves. It brought exciting new insights to the concept of, “as above, so below”, and the inter-connectedness of things ~ such infinitesimally small cells, yet with our well-being within their control. I fancied that I could feel my own cells vibrating in their own joyful dance!

Our thanks to all the people we encountered that November morning ~

- The helpful men at the reception desk

- Katherine & Sarah for looking after us so well
- The friendly people we met throughout our tour
- Dr Albrecht Neesse for his fascinating illustrated lecture about his research into pancreatic cancer and his work on devising tests for its early diagnosis ~ extremely difficult as the pancreas is cocooned by other major organs of the body.
- Clive D'Santos for giving us a brief glimpse of William Blake's 'world in a grain of sand'

And a special thank you to Sarah for making my own experience even more special by arranging a detour so that we could actually see some HeLa cells. I'd recently read the book: *'The Immortal Life of Henrietta Lacks'* by Rebecca Skloot ISBN 978-0-330-53344-7, which tells the story of a poor, black, American woman from Virginia who died of cervical cancer in 1951. She was thrust into world awareness because cells from her cervix behaved in an extraordinary way. Most cells grow and divide a limited number of times and then die: Henrietta's continue to grow and divide sixty years later ~ a quality that makes them invaluable to scientists throughout the world. On a screen we watched the cells dancing in their own intricate pattern ~ such beauty ~ but so deadly for poor Henrietta.

There was little time to digest the unfamiliar scientific information which was offered so freely that morning, but we were left with wonderful images and wonderings, and we carried away with us the infectious enthusiasm of everyone we met and the strong sense of a team effort ~ a bit like our Centre really ~ lots of wonderful people doing their best to make good things happen.

As Penny and I drove away from the site we marvelled at the delicate arc spanning the entire Addenbrookes complex ~ a rainbow with its reassuring message of hope for the future.

Million Women Study

If you are approached to become one of their Million Women, you are given forms with tick boxes to complete. If you want to become part of this project please get in touch with Professor Valerie Beral, Cancer Research UK. The Study is overseen by Cancer Research UK, the MRC and University of Oxford. Call 0800 262 872. Or write to 'The Million Women Study', Feepost RLYH-ZKJE-CRUK, Oxford OX3 7DG. Check it out on www.millionwomenstudy.org

The MW Study is a national survey of women looking at how various behavioural and other factors affect health. Over a million women across the UK joined the study between 1996 and 2001. It is the largest study of its kind in the world. Because of the unique combination of a large population and a comprehensive National Health Service, Britain is the ideal setting for this type of research. The Study is investigating how various lifestyle and other factors affect women's health and is helping to answer many outstanding questions about the effects of a range of factors from HRT use to diet, exercise and participation in social activities.

Taking part in the MW Study gives you the chance to provide information that can potentially benefit all women. For example, findings from the study contributed to a fall in HRT use in the last few years, and as a result there are now an estimated 1,000 fewer breast cancers in the UK each year and many thousands fewer worldwide.

With the latest form came the following:

Some recent results from the study

- Obesity accounts for 1 in 20 cancers in women
- The more alcohol women drink, the greater their risk of breast, mouth, throat and liver cancer
- Women using HRT are at increased risk of breast cancer, the risk being higher for combined oestrogen –progesterone HRT than for other types
- All types of HRT increase the risk of ovarian cancer
- Cancer risks go back to normal quickly after stopping HRT..

Results from the Million Women Study have influenced national policy, including the advice given by the Medicines and Healthcare products Regulatory Agency (www.mhra.gov.uk).

They add: Staff at the co-ordinating centre thank you for filling in questionnaires for the Million Women Study. The response from women across the country has been fantastic and we are beginning to answer many questions that women often ask about their health.

Christmas Party

We were joined at our Party by lots of the people from Prostate Cancer Support Association. Everyone brought along superb food. It is gratifying that so many people do their best to make absolutely delicious food. As usual Angela Collison was the 'Person in General Charge' of the party (and lunch) events. She was helped by hordes of our tea team and other Centre people who did whatever they could to make the event a success. We thanked everyone at the Party ~ it is not a good idea to mention them all by name in case one forgets someone. But the truly amazing thing is that without being asked, people do rally round ~ preparing fruit punch, manning the bar, cooking the food, serving the food and clearing up at the end of the event. One hardly has to ask for help because it always has, over the years, risen up all by itself!

I should think around 170 people were at our Party, drawn in, no doubt, by the gossip about the Panto! David Rayner was part of our audience as we watched 'Forty Winks Beauty', written by Richard Tydeman, directed by Geoff Nicholls and produced by Sylvia Lowe. Geoff did the directing bit through most of the rehearsals, closely assisted by Sylvia, but he was appearing in another play on the party night so Sylvia took over all the last minute arrangements. Judith Bowen provided lovely costumes, Stuart Bartram was the Stage Manager and in charge of everything else that moved behind the stage on the night. He does have a tendency to automatically say "no" when you ask if he can do something, but most of us have learned by now that he means "yes" and just likes to wind everyone up!



I have to say that our cast was superb, as I am sure you will agree. We enjoyed hissing at the

Wicked Fairy (Ingrid) and being hysterical at the sight of John as No. 3 fairy!

The



Sylvia transforming John into a fairy

Entertainers' (formed and led by Doreen Kent) had us tapping our toes with their selection of seasonal carols, Jazz and Songs from the Shows. Doreen had a long career in the theatre before, most unfortunately, breaking her neck in 2007. Undeterred, she formed her own group, which has become popular throughout Cambridgeshire for its singing and colourful costumes.

We were delighted that Doreen agreed to bring her group (free of charge) to our Centre's party ~ **many thanks to all 'The Entertainers'**.

At the end of the evening the 'Three Old Gits' (Derek, David and Fred) gave us their version of 'We wish you a Merry Christmas'.

Actually, the 'finishing off' came with Tina Turner's 'You Are the Best', which you all are ~ and we played that as everyone went home and others stayed to clear up. There were people dancing/jiving amongst the people who were doing their best to clear up while they danced in between times! ~ bit like move a chair or two, dance a minute or two, move another chair!

Christmas Lunch ~ a sparkling event

So many people spent a lot of time setting it all up the day before ~ and helping it run smoothly on the day. Not mentioning any names but you will know who you are!

We may have to rethink how we organise this event in future because it is getting difficult to make sure that everyone who wants to lunch can be fitted in. This year we were able to seat 110 people and we were fortunate to have police waiters from Sawston and RAF Wyton, who of course were fed when they had finished the washing up! Angela is in overall charge of the lunch event. She finds someone to supply, cook and carve the turkey: she arranges for a number of our people to cook jacket potatoes and make the salad and fruit salad. Angela makes home-made chocolates for everyone. She usually calls on Sal, Ilza and Margaret Speed for help at the party and also Carol at the lunch. Carol and Margaret are 'let out' by Waitrose to help us cope with feeding all those people! We have someone at the Centre (Carole G) who makes a superb vegetarian option (which I eat and I am not vegetarian).



Once again we were entertained by the delightful children of Shelford Primary School Choir under the inspired direction of their Choir Mistress, Lucy Barlow.

And everyone went home with a present from Santa!

Christmas cracker joke:

Q. What do you call a woman who stands between two goal posts?

A. Annette

Christmas crackers ~ our thanks to those members of our Centre who provided some of the Christmas crackers for our Lunch.

And particular thanks to **Point Contact** (who supply our hand towels/kitchen rolls & toilet rolls) for their donation of a large number of boxes of crackers.

Thank you all of you for always rising to the occasion,
providing whatever is needed for the Party and Lunch.

Waitrose ~ our very many thanks for all the help we have received from them at several of our catering events ~ and for the tea, coffee and organic milk which they supply throughout the year.

We very much appreciate their generosity.

Thank you Wendy ~ for organising a Christmas Quiz.

It was fun for those taking part, and it made **£13** for our Centre.

The Christmas Tombola raised

£268.75

& the Raffle raised

£481

Thank you to everyone who donated all the lovely prizes and to all who bought tickets

End of year thanks from some of our Members

To everyone ~ we've come to that time of year again when I struggle to find the right words to tell you what a wonderful bunch you are and what a haven the Centre is for all visitors. Love from L & N

I have recently visited your superb Centre, was helped by one of your marvellous therapists, and was overcome by the serenity of the building and the furnishings. It had a lovely peaceful feeling which was gorgeous to experience. Words are insufficient to aptly describe the feeling I experienced when I stepped over the threshold. More power to your elbow, as the saying goes. The people I met were welcoming and very friendly and looked so relaxed.

Your coordinator and I have been friends for over 50 years and she has given me frequent news of the building progress and of the successful outcome. Everyone involved with the Centre should be justifiably proud of their success in creating such a haven for people in need. God bless you all. PH

To all at the CCHC I can't believe I will be sitting down to my second Christmas meal with you all. I feel so privileged to be a part of this tranquil haven set in the middle of Cambridge. Happy Christmas and may all our wishes come true in 2012 ~ love MS

To all of you who have worked so hard to make the CCHC the warm and welcoming place it is. You are the soul that gives a lift to all those who need added support at a difficult time of their lives. Thanks and God Bless ~ H & C G

Thank you so much for all the support you have given me in the past year. I came to the Centre to help other people but have found it a great comfort to me. Thank you ~ JS

Thank you for all the work, seen and unseen, that you do to help people. Love J & H

Many thanks for all the support from the Centre this year. Coming to the Centre means so much to me. J

Dear Ann,

It has been a pleasure to have worked as a volunteer at the Centre for the past two years. Having worked in the NHS and in other countries, I would like to say that it has been a unique and positive experience being with you all. I felt that both staff and visitors were on an equal, non clinical footing with a common successful aim to give and receive support and hope. The atmosphere in the Centre, which is so well managed, is indeed quietly uplifting, allowing those visiting to find their own level of emotional and physical support in challenging times.

Thank you again for the gift of flowers and cards. Something to fondly remember you all by. With sincere good wishes to you and all within the Centre.

Anne Janowski

Anne has been our very welcome and valued chiropodist. We reluctantly said goodbye to her. Our feet will never be the same again! We send Anne our very best wishes for the future.

Christmas Drink Drive Crackdown ~ from Denis D

As the Christmas Crackdown approaches I would like to share an experience with you about drinking and driving. (something never to be taken lightly) As some of you well know, some of us have been known to have had brushes with the authorities on our way home from the odd social session over the years.

Well, I have done something about it: a couple of nights ago I was out for a few drinks with some friends and had a few too many beers and some rather nice claret; but knowing full well I may have been slightly over the limit, I did something I've never done before ~ I took a bus home. I arrived back safely and without incident, which was a real surprise since I had never driven a bus before and have no idea where I got it from!

Dairy Foods ~ from Penny Brohn Cancer Care

Introduction

The Bristol Approach to Healthy Eating reflects current research findings on dairy products in relation to health and specifically cancer. At this time there are gaps in this area of research and for this reason it is difficult to draw firm conclusions. However, this handout will explain the information that is known so that readers can make their own decision about whether or not to include dairy products in their diet. This information provides general guidance and ideally we recommend people speak to a nutritionally qualified health professional for further support in making a decision based on their own unique needs.

What is meant by dairy products?

Dairy products are animal milk and products made from it such as cheese, butter, ghee, yogurt, crème fraiche, fromage frais, cream and ice cream. The milk usually comes from the cow but products made using sheep and goat milk are also quite commonly available in the UK.

Nutritional value of dairy products

By design milk is a highly nutritious food. It is rich in protein and fat, mainly saturated but also some polyunsaturated, and contains significant levels of certain vitamins and minerals such as calcium, vitamin A, vitamin D and the B vitamins. It also contains other compounds that can be beneficial for health such as conjugated linoleic acid. Fermented dairy products can also provide a source of healthy bacteria (probiotics). When lower fat products are formed their energy content is decreased as are the vitamins found in the fat (particularly vitamin A). However, they retain their protein, B vitamins and calcium. Products which are predominantly fat (butter, cream, ghee) lose their protein and calcium content.

Dairy products and general health

Despite the nutritional benefits of milk, some experts question the appropriateness of animal milk as a food for humans. It is thought humans first began to consume milk approximately 10,000 years ago, around the time of the advent of agriculture. In evolutionary terms 10,000 years is a very short time period and some experts believe that our genetic make-up has not adapted to the introduction of dairy. Research shows that in parts of the world where dairy has been consumed for a shorter period, people

are far more likely to have difficulty digesting milk, due to an inability to break down the milk sugar lactose. This intolerance to lactose affects most adults worldwide, but in Europe, where milk consumption has a longer history, it affects between only 5 and 15% of adults. Symptoms of lactose intolerance are abdominal bloating and pain, and diarrhoea.

Apart from digestive problems, some people find that consuming dairy foods leads to greater mucus levels within their sinuses. When dairy products are eliminated from the diet these individuals often find that respiratory symptoms such as sinusitis improve. Despite lots of anecdotal evidence to suggest dairy can encourage mucus production, there is little good research evidence to support this finding.

Sponsored Cycle Ride

Very many thanks to Lisa's husband **Robin**
and his friends **Danny, Simon, Steve & Dan**

for cycling 80 miles between Cambridge and Norwich
and raising **£90** for the Centre

Found out recently about an organisation known as the **Wigbank** (www.wigbank.com) that can make use of second hand wigs, and raise money for charity in the process.

Affinity Radio

recently carried out a broadcast from our Centre. They interviewed quite a number of people who spoke about their diagnosis and the benefits they gained from coming to the Cambridge Cancer Help Centre.

The producer asked Derek and me to choose some of our favourite music, which was played in between interviews.

Derek chose Rod Stewart's 'Sailing', as it reminded him of the journey we embark on when diagnosed ~ we are all at sea in stormy waters, and want to be free. He also chose 'Perfect Day', sung by Susan Boyle, as our friends at the Centre are the 'Perfect', in our day.

I chose 'Fix You' (Coldplay) ~ play it for yourself and see if it does not bring a tear to your eye. I also chose Status Quo's 'Rocking All Over the World', because not only do I dance to it in my kitchen but I think it sums up the feeling people get when they have visited the Centre for the first time, met other people who supported and reassured them and also felt more than an inkling of Hope for the future. And I chose Tina Turner's 'You Are the Best' ~ because of course, you are ~ I think that all the time ~ when I am at the Centre and when I am at home. That's why we played it as people were clearing up after the Christmas Party.

There will be more interviews in the near future ~ once every 8 weeks. These will be conducted by 'Envision Radio'. If you would like to take part please let me know.

Our November Craft Fair raised over £1,500 for the Centre.



Many thanks to the enthusiastic and hard-working Craft Group, led by Pam. The group works throughout the year making lots of beautiful things for sale. The members are always looking for new ideas about articles to make, so if you have any ideas, please let them know.



Pam still requires knitted squares. Please talk to her about size and colour, and if you can provide any new double knitting (or thicker) wool in bright colours that would be helpful.

*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.*

Plant Lady!

I put up a notice asking for a volunteer 'plant lady' ~ and Pat offered her husband Keith!



He looked so absolutely fetching and stunning in his 'Head Gardener' hat, carrying watering can and a handful of dead leaves, that I was driven to ask Tricia to photograph this gardening vision for all of you to see!



Our thanks to
The Staff & Fellows of Churchill College
for £240
raised at their annual Christmas raffle

Reasons Not to Mess with Children from Sophie B

A kindergarten teacher was observing her class of children while they were drawing. She would occasionally walk around to see each child's work. As she got to one little girl who was working diligently, she asked what the drawing was.

The girl replied "I'm drawing God".

The teacher paused and said "but no one knows what God looks like".

Without missing a beat, or looking up from her drawing, the girl replied, "they will in a minute".

The children were lined up in the cafeteria of an elementary school for lunch. At the head of the table was a large pile of apples. The teacher made a note and posted it on the apple tray:

"Take one only ~ God is watching".

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note "Take all you want. God is watching the apples".

Bazza had shingles from Carole

Here's what happened to Bazza, an Aussie truck driver:

Bazza walked into a doctor's office and the receptionist asked him what he had. Bazza said: "Shingles". So she wrote down his name, address, medicare number and told him to have a seat.

Fifteen minutes later a nurse's aide came out and asked Bazza what he had. Bazza said, "Shingles". So she wrote down his height, weight, a complete medical history and told Bazza to wait in the examining room.

Half an hour later a nurse came in and asked Bazza what he had. Bazza said, "Shingles". So the nurse gave Bazza a blood test, a blood pressure test, an electrocardiogram, and told Bazza to take off all his clothes and wait for the doctor.

An hour later the doctor came in and found Bazza sitting patiently in the nude and asked Bazza what he had. Bazza said, "Shingles". The doctor asked, "Where?" Bazza said, "Outside on the truck. Where do you want me to unload 'em?"

Arriving at Machu Picchu ~ Stuart Bartram



As I stood looking down on the ancient city of Machu Picchu bathed in the late morning sunshine I couldn't prevent a few tears running down my cheeks, and nor did I want to. We had spent the last three and a half days trekking along what must be one of the most beautiful and dramatic routes on the planet. Twenty seven people thrown together to complete a task that we knew would be challenging, but which none of us thought would be as memorable or as rewarding.

It started in February 2011 when I received an e-mail from the fund raising team at Penny Brohn Cancer Care. As part of their objective to raise funds for their charity, which needs approx £2,000,000 per year, they were looking for people to complete the famous Inca Trail. Each volunteer was asked to raise money for the charity by means of individual

sponsorship. It just so happened that I had wanted to do this particular trek for many years and I had seen first-hand what marvellous work Penny Brohn does for people with cancer, their families and carers. So quite naturally I signed up.



Unfortunately there isn't room here for Stuart's full account of his adventure, but

if you'd like to read more about the hardships and challenges he encountered along the way, please pick up a copy at the Centre.

This is how Stuart ends his account:

I was emotionally drained by the experience, I felt truly honoured to have walked the route of the Inca people, I felt relieved that I had not let anybody down by failing to complete the challenge, pleased that my injured knee held up and I had just read all of the good luck messages from members of CCHC. It was also a truly wonderful sight to look down on the ancient lost city. As we walked down to the city we came upon

some of the tourists who had travelled to Machu Picchu by train and bus and I felt that they would never get that wonderful sense of achievement that we had all experienced and I felt a little sorry for them.

I feel that you might think this trek was an easy thing to do, but I have not told you about how some of the party suffered from sickness, fatigue, blisters, swollen feet and ankles, diarrhoea etc. Yet despite all of these things we all managed to complete the trek and I put it down to the wonderful camaraderie shown by each and every member of the group. The thing we all had in common was a link to Penny Brohn and a desire to help those dealing with the effects of cancer. I know that all of us who took part in the challenge got a huge amount of pleasure and satisfaction from the trip but even more importantly we raised more than £51,500 for Penny Brohn cancer care.

I would just like to say a huge thank you to all of those who sponsored me on this challenge.

The total raised by me was a magnificent £2,073.50



Bollywood Spice

Just before Christmas a group of us went from the Centre for lunch at Bollywood Spice. It was, of course, great fun. Ingrid and her sister Tina had very amusing musical, jiggling Christmas hats, accompanied by flashing earrings, so when in full surge they were responsible for lengthy peals of laughter. Laughter to be beaten only when Ingrid and Tina went to the toilet ~ we could hear uncontrollable and lengthy bouts of giggling when they realised they had used the men's toilets. I am afraid to say this mood didn't change throughout our lunch. Can't take them anywhere!

The curry was superb. The owner was very generous to us and we tried new complimentary dishes prepared for us by the Chef. We hope to have lunch at the Bollywood Spice restaurant in Trumpington once every 4-6 weeks. If you would like to be part of this group, or to join us for the first time, please let me know.

I and a small group of friends have also eaten at the Bollywood Spice in the evening ~ just as enjoyable an experience, but more peaceful, without Christmas hats, earrings and women using the men's toilets!

Margaret B gave a talk on

WWI Battlefields of Flanders & The Somme

to the Retired NHS Members' Fellowship

Thank you Margaret for donating the proceeds to our Centre

Soup glorious soup

Thanks to Carole Patrick we benefit from her home-made healthy soups ~ butternut squash, mushroom, mixed vegetable, cauliflower & apple, carrot & lentil, green vegetable, tomato & parsnip and pumpkin. Carole, inspired by the good cooking which she saw coming from Penny Brohn Cancer Care nutrition courses and literature, shops for fresh vegetables, prepares them all and cooks enough soup to feed at least 25 people most Wednesday lunchtimes. She has started a soup revolution. A few of us at tea the other day agreed we were all making soup at home because of Carole's soup initiative, bless her! We charge £1 a mug, and although it was never intended as a money-making project, the Centre does make a profit ~ over **£150** in fact since last October!

Many thanks to Carole and the people who help her serve the soup, clear up afterwards and do the washing up.

We always enjoy receiving unexpected gifts:
recently we were delighted to receive a cheque

for **£500** from

Scott Heating & Ventilation Ltd

& a donation of **£443.50** from

Cambridge Assessment Entertainments

Committee

Very many thanks from us all

Very many thanks
to the following for their donations ~

Heather Coppock (home collection)
Mrs Estelle Dexter (home collection)
Peter & Shirley Tillet
The Pear Tree, Hildersham
Dorothy & Joe (home collection)
Maggie Sanders
T Coslett
Gordon Murray & Family
J M Bartholomew
Rosemary Campbell
Betty Sullivan
Andy Carman
Mary Stewart (home collection)
Richard Hall (home collection)

Our thanks also to ~

Abington Whist Club ~ **£100**
Caldecote Womans Institute ~ **£50**
Ista Energy Solutions ~ **£197**

Radio Frequency Ablation

from Margaret Joyce

I came to the CCHC really by accident, but was made very welcome and within minutes of my arrival, had a cup of REAL coffee in my hand and was sitting on a comfy sofa.

I've had cancer since 2006. I've had two lots of major surgery and 6 months chemotherapy. This year I was diagnosed with small lung metastases (of colon origin) and was sent off to Papworth Hospital. Once again I thought I was going to go into hospital feeling fine and come out feeling awful! But not so. I was offered major surgery or just wait and see, but didn't wildly fancy either.

Then out of the blue, a phone call came from my daughter, "Mum ~ have you heard of Radio Frequency Ablation"? A friend had mentioned someone she knew who was having this treatment, for small lung tumours. Nothing ventured, nothing gained, I firmly believe, so with some trepidation, I started to investigate.

There it was on the cancer uk website; there were details of a consultant radiologist doing it in London. I emailed her twice and had immediate and helpful replies. I gave my GP all the details ~ she had never heard of it, but was very keen to refer me as a possible candidate for this treatment. After a few weeks I went, with Papworth's blessing, to University College Hospital, where a scan revealed that I had just the right sort of tumours to be treated. I could hardly believe my good luck.

I was admitted a few weeks later, had the treatment, which really consisted of putting tiny probes onto the tumours and microwaving them, under a general anaesthetic. Twenty-eight hours and four paracetamol later I was able to go home, feeling really no side effects at all. Three months later I had a follow up scan and my lung was clear.

I would love to meet someone who's had the same treatment and wonder why it's not more widely available and more known about.

There is now a Facebook page dedicated to the CCHC ~ Derek Carpenter

You can access the page through your own or a friend's Facebook account. If you do not have access to Facebook I will be pleased to demonstrate our page and the links we have established with other people and organisations.

On our page you can read about the Centre and see the comments posted by others. There are already links with the USA, India and Prague and with others who have been reading the page. You can also contribute your own thoughts, and share your experiences.

There are other links on the page to help you to obtain quick access to other information that you may require. Currently you can access help with benefits, Penny Brohn Cancer Care, relevant news items and much more. More links can be added as required.

If you use our Facebook page regularly and share it with others, more and more people will become aware of the good work done by the CCHC ~ you will be helping us to 'Go Global'.

Why not give it a go? It's easy!

Many thanks to
Foxton Post Office & their customers

for their frequent collections, which have
totalled almost **£200** during the year



Mary Stewart ~ a long-standing member of our Centre

Before becoming ill Mary had spent a happy Christmas with her son and daughter and their partners, enjoying a trip to London for a stage production of 'Hamlet'. Sadly Mary died on 5 January, her family around her.

At the funeral there were fond recollections of Mary's charity shop 'trawls', her love of music and singing, and her wit and humour. She tended to look for the joke in the human condition and she amused those around her with her impersonations of people she encountered.

We shall miss Mary ~ and her mischievous smile. *Tricia*

Richard, the partner of Mary's daughter Bella read this piece by Bishop Brent

I am standing on the sea shore,
A ship sails in the morning breeze and starts for the ocean.
She is an object of beauty and I stand watching her
Till at last she fades on the horizon and someone at my side says:
"She is gone."
Gone! Where?
Gone from my sight ~ that is all.
She is just as large in the masts, hull and spars as she was when I saw her,
and just as able to bear her load of living freight to its destination.
The diminished size and total loss of sight is in me, not in her.
And just at the moment when someone at my side says,
"She is gone",
There are others who are watching her coming, and other voices take up
a glad shout:
"Here she comes"
~ And that is dying. An horizon and just the limit of our sight.
Lift us up, Oh Lord, that we may see further.

A poem from Derek

Cancer is Just a Word ~ Isn't It?
Cancer ~ a word ~ but what meaning!
You have cancer the consultant said!
Three of the hardest hitting words you may have ever heard
Your mind dissolves into mush
Did I hear properly?
Is it benign, is it malignant?
You panic, other words spoken to you are just words
My mind is racing. I can't keep up
Malignant I think was said
Am I going to die
How long have I got
All questions meaning to ask, now forgot
The room has gone dark and quiet
Tears are starting to flow clouding my eyes
I want to be gone from this place
I want to be where I'm happy and safe
With my loved ones and home
Cancer is a terrifying place
But a word I've learnt to face

From Mel ~

I found out in September that I had cancer. My sister found the Cambridge Cancer Help Centre on the internet. I am so glad to come along.

When I first walked through the doors with my Mum and stepdad, Ann made all of us very welcome, introducing me to everyone, and everyone was being so friendly as Ann made me at ease.

Before I visited the Centre for the first time I saw my doctor. He said I have got depression. But after being around people in the same cancer boat as me I felt so much better.

I am so grateful for the Centre as I would be ten times worse without it.

I went for healing for the first time today and felt like a different person. For half an hour I forgot about all my problems. It was wonderful.

I feel like I 'belong' as everyone is in the same boat as me.

Look Good Feel Better

These sessions now take place at our Centre, once every two weeks. The idea is to give a big boost to people who are undergoing cancer treatment at the moment, or who are within a year of completion of treatment. Volunteer Beauticians lead the group from 1.30-3.30pm every other Tuesday. Refreshments are provided and the session is free of charge. A beautiful bag of make-up is yours to keep. Oncology at Addenbrooke's refer people to us, and there are lots of leaflets around describing the sessions. If you are a member of our Centre and would like to take part, please talk to Barbara to book a place.

From Vic P

A Doctor was addressing a large audience in Tampa. “The material we put into our stomachs is enough to have killed most of us sitting here, years ago. Red meat is awful. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High fat diets can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water. However, there is one thing that is the most dangerous of all and we all have eaten, or will eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?”

After several seconds of quiet, a 75-year-old man in the front row raised his hand, and said softly, “Wedding Cake”.

Tell Me This Won't Happen to Us! from Jan H

Two elderly ladies had been friends for many decades. Over the years, they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards. One day, they were playing cards when one looked at the other and said, “Now don't get mad at me...I know we've been friends for a long time, but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is.”

Her friend glared at her for at least three minutes she just stared and glared at her. Finally she said, “how soon do you need to know?”

From Dennis S

Man says to friend “My wife is giving me lots of aggro.”

Friend ~ “why is that?”

Man ~ “because I didn't open the car door for her.

After all, it took all my energy to swim to the surface.”

Guided bus to St Ives

When Andy Campbell, Managing Director of Stagecoach visited our Centre he kindly offered us a free-of-charge trip to St Ives and arranged for the Guided Bus to pick us up at the Centre. So we had a jolly day: the bus was driven by Danny, who pointed out the sights along the way and stopped at one stage so that he could explain the mechanics of the wheels being guided ~ he answered lots of questions.



Someone else who sat up front and described things like ~ there is a rabbit, there is a pheasant, there isthere iswas Penny. She is so used to leading other bus trips she cannot break the habit ~ a very pleasant habit I might add. However, this was **my** bus trip and the apparent downside was that the passengers asked me where the sweets were. Penny always provides sweets on her coach trips. I, in my naivety had thought that we wouldn't need sweets just tripping along the route to St Ives. But no, sweets were demanded with barely controlled outrage at their absence.

Our lovely driver took pity on his passengers and shared his packet of biscuits with them ~ just to keep them quiet. Rest assured, dear readers, Penny will provide sweets on her up-coming bus trip in February. (I shall sulk.)

We were dropped at St Ives bus station, tripped around St Ives, had lovely lunch and then headed back to Trumpington Park and Ride.



Many thanks to Andy Campbell and Stagecoach for a superb, although sweetless, day.

To all at the Cambridge Cancer Help Centre from Clare Phillips

I thought I'd introduce myself and tell you a little bit about my fundraising plans to help this wonderful Centre which I visited recently with a friend of mine. My friend, Alison, has found the support here fantastic so when I heard I had a place in the London Marathon I asked her to choose a charity I could support ~ and this is the one she chose.

My training for the marathon is going reasonably well so far ~ I have run it before in 2005 so I know how hard it is. It took me just over 5 hours then and I am not sure I have got any faster in the 7 years since. I am not a natural runner so I really will be putting the work in for the training, which I hope will convince my friends and family to sponsor me.

I've already started a sweepstake on my finishing time. Greene King brewery has kindly donated some prizes for me to use in my fundraising so I will be coming up with lots of ideas over the next few weeks.

If you would like to find out more, please visit my justgiving page ~ which also shows details of how to donate £2 simply by sending a text from your mobile phone. The page is at www.justgiving.com/ClarePhillipsCCHC. Thank you for taking the time to read this and I'll be writing again soon to let you know how the fundraising ~ and indeed the training ~ is going.

Many thanks to Tim & CBS

for all the help they've given us over many years

CBS first supplied a photocopier to us in 1996. Since then they have provided us with more up-to-date models and have serviced them free of charge. All we have to pay is a small charge for each copy we make.

Tim has often anticipated our needs ~ we have him to thank for the new desks and smart chairs that we acquired for the office during the summer.

And thank you Tim
for sorting out our Centre computers recently.

Penny's Outings for 2012 ~ see notice board for details

February 17	Wymondham
March 29	Stamford & Burghley House
May 4	Mystery Tour
July 26	Brighton
August 15	Lunch in Dunwich then Southwold
September 21	Wroxham & Broads Boat Trip
November 22	Brick Lane Music Hall

Joe B,

like many others, is an asset to this Centre and saves us quite a lot of money. He has recently mended three chairs, each repair taking quite a lot of time so that he could do a professional repair job ~ as an ex-upholsterer would! How fortunate we are to have him to call upon when we need some help. I could list all the things he has done for us over the years but he wouldn't be pleased if I did that! He would tell me off!

Many thanks to everyone who provides
Goods for Sale

Penny is sometimes to be seen emerging from the piles of goods you have donated. She sorts through it all, prices and displays it.

Thank you Penny

Thanks also to
Stuart and the Burton Latimer Tennis Club

for the tennis balls which are either given to the visiting
Chernobyl children or sold to benefit our Centre.

Pam and Brian Chambers ~

donated masses of beautiful vases and other goods for sale. They had previously been for sale in their florist's shop, and Pam and Brian were very generous to pass all of them on to us. Our thanks to you both.

Richard's Yoga Classes

These classes that Richard so kindly
offers each Monday afternoon
continue to flourish
~ and generated over
£900

towards Centre funds during 2011



'Meditation' by Fiona Benham

Very many thanks Richard for all you do for our Centre

The measure of a life
is not in its length
but in its content

One of the quotations

from Fiona's 'Little Book

of Inspiration' ~ the book she compiled, with her Aunt Diana, after her cancer diagnosis.

The Kings Head Sawston

We received a lovely letter from Kay Wheeler and Terry Rayner of The Kings Head in Sawston. They run a 'Charity Bonus Ball' and use the money they make to help charities in the area. They explained their policy of supporting people "who dedicate themselves to working in the community", and go on to say, "please find enclosed a cheque for **£50** as a thanks for your hard work that you do for the community". What a lovely thought ~ makes such a difference to us all when we feel appreciated!

Thank you Kings Head & all your customers

Quiz Hour ~

possibly around 2 pm on the 2nd Wednesday of the month

Would anyone be interested in forming small groups or pairs for a 'quiz hour' on the 2nd Wednesday of each month? Don't worry ~ nothing too difficult ~ just a bit of fun.

Small charge and a prize for the winners.

Have a word with Susi or Bren if you're interested.

An ANNUAL GENERAL MEETING

of the CCHC will be held at the David Rayner Building

on Tuesday, 27 March 2012 at 12 noon

All who are interested may attend, but only paid-up members
will be entitled to vote.

Subscribing members include both those who make monthly payments
and those who make a single annual donation

AGENDA

To receive apologies for absence

To approve the minutes of the AGM held on 22 March 2011

To receive the Annual Report

To receive the Centre Co-ordinator's report

To receive the Honorary Treasurer's report

To approve the Annual Report & Accounts for the year ended 31 Oct
2011

To appoint the Independent Examiner of Accounts for 2011-12

To elect members of the Committee of Management

The members of the Committee standing for re-election are as follows:

Stuart Bartram, Wendy Brown, Fran Dawson, Janet Hickman,
Bob Jackson, Penny Olesen, Ted Sage, Tricia Smith

To elect the Centre's Officers *The following nominations have been received:*

Chair: Ted Sage

Hon. Secretary: None

Hon. Treasurer: Bob Jackson

Any other business

Ted Sage *Acting Hon Secretary*

David L told me about a bus which travels via Barley, Gt Chishall, Fowlmere, Thriplow, Newton, Hauxton, Lt Shelford, Gt Shelford, Stapleford. It is a Meridian bus, no. 31. It passes Scotsdales Garden Centre. I have the information at the Centre. Most helpful bus arrives at Scotsdales at 10.20 and departs about 14.23. Please ask us for more information and to see the timetable.

Someone at the Centre told me she had a dream about Ros. In the dream she noticed Ros sitting on a sofa, and when asked why she was at the Centre, Ros replied, "I just wanted to see if everyone was alright". From time to time Ros appeared to be sitting on different chairs and sofas ~ as though she was moving from one person to another ~ something she often used to do.

Ros gave outstanding support to her friends here when they needed it most. And yet, in her Will she left **£2,500** to our Centre as a 'thank you' for all the support we offered her.

Oh Ros ~ how we miss you!

AGM message ~ I'm counting on you to provide lovely lunch nibbles at our AGM on 27 March at midday ~ as you always do!

Much love and a Happy & Healthy 2012 ~ Ann

<p>As usual we shall be closed on Easter Monday, which falls on 9 April this year. We'll also be closed on Monday 4 June ~ a Bank Holiday for the Queen's Diamond Jubilee</p>
