

An Annual General Meeting

**of the CCHC will be held at the David Rayner Building
on Tuesday, 31 March 2015 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 1 April 2014;

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 year ended 31/10/14;

To appoint the Independent Examiner of Accounts for 2014-15;

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; Barbara Hylton; Bob Jackson; Penny Olesen; Ted Sage;

John Skilbeck;

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

Following the AGM, there is a bring and share lunch.

Ann Dingley's Thailand /Family Adventure ~ Because of you

Because of your generosity I was given a ticket to fly to Thailand to stay with one of my sons and my daughter-in-law; that was your stunning retirement gift. I have since heard from Anne Fleming that there were subsequent regrets - wishing they had put into operation a cunning plan and presented me with a gift-wrapped, tatty, rusty bike. All this to reinforce Ted's inference that the gift was a sponsored cycle ride to Africa, reminiscent of Stuart Bartram's charitable giving to our Centre when he rode his bike through African deserts and met, amongst others, the Massai tribes people.

It is a well known fact in my family that I like to arrive at airports long in advance of check-in time. That is because I cannot bear the thought of traffic-jams, long queues at the airport/missing the plane. This time I arrived at the airport about 2.30 pm for a 7.15 pm departure flight. There were reasons for this because one of my grandsons works in Henley and lives in Reading. He was returning there from Cambridge in time for the night-shift because his company is open 24 hours a day, 365 days a year, so he was going to be a stone's throw from Heathrow; hence an earlier start for us than usual. So I had an enjoyable, leisurely few hours in Terminal 2, watching the world go by after enjoying an airport lunch with my grandson.

Because of all of you making it possible, I had a brilliant time with my youngest son and Tae, my daughter-in-law. We started every day at around 7am with tea on the terrace in the warmth of the Hua Hin sun surrounded by beautiful plants in the garden (particularly noteworthy the bougainvillea, the beautiful blue plumbago and camellia); I have tried to grow the latter two plants at home and never succeeded in keeping them very long.

I had said to my son that I did not want a touristy holiday; I just wanted to fit in with the family routine. So it came to be that I saw some of Tae's yoga classes; she teaches yoga at their house and at a studio. One morning a friend of hers was teaching yoga to Tae and a group of her accomplished yoga friends, in the garden. At the end of the session someone asked if I would join in a group photograph; perhaps in a yoga position! It was established, after practice, that all I could do, with difficulty, was stand on one leg with the foot of the other leg resting alongside the standing leg. Easy-peasy, you may think! Well, not quite, but I hasten to add I was surreptitiously being held up by the young, slim thing standing next to me!

Because of you making it possible, we had an excursion to a fishing village, found a delightful coffee place on the beach and, returning to the car, passing places to buy fish and other stuff, I espied some attractive cotton tops on hangers. One was particularly cool-looking and I coveted it. As I checked it out my son wandered over and asked "what are you doing, Mum?" "I'd like to buy this top", I said.

"That is someone's washing, hanging out to dry", he replied. ***I beat a hasty retreat!***

Because of you making it possible, we sat in a pub, eating fish, chips and mushy peas while the Thai Beatles sang to us; we sat at a darkened beach bar watching the sun go down into the sea and then a beautiful orange moon rising from the sea; and we went to an Australian cafe and had a Big Breakfast. I was taken to lunch, on my birthday, followed by tea in a hotel where we expected cake. No cake! So that evening I was presented with a Waitrose Christmas pudding, sliced in half with a lighted candle in the middle! That was my birthday cake. I was also taken to a luxurious place where I had foot massage and shoulder massage for an hour and a half; some of my birthday treats from Tae and Jerry.

Because of you making it possible, we went to the Hua Hin vineyards and sat in their open-air restaurant overlooking acres of vineyards, eating delicious food. Also available was a selection of their different wines to accompany each course - wines which my son enjoyed. I chose English Breakfast Tea!

Because of Different Strokes, I had £100 worth of Thai Bahts to spend. Marvellous! I decided it was best spent dining out! So that we could all enjoy it.

So much to say - too much to write but one of the disconcerting but kind experiences was being guided, from a queue in a Bangkok airport toilet - to a toilet labelled "Disabled/Elderly"!.....**"Elderly"!?**

Eldest son met me at Heathrow on my return home so my other title for this writing is **"Family"** because family was the reason for the enjoyment of my holiday.

Family got me to the airport and home from the airport. Family gave me a marvellous time in Thailand. The Centre's "family" presented me with the flight and another of the Centre's "family" left a "Welcome Home" gift on my doorstep - found at midnight when I arrived home and unlocked my front door.

A Centre angel had left a collection of milk, ham, bread rolls, home-made mince pies, home-made apple crumble, a pretty bag of chocolates and a toilet roll with "Snowman" on each sheet! The benefactor is known to all of us in our **Centre "family"** because she is always doing kind and thoughtful things for everyone. She epitomises the essence and ethos of our Centre. I am sure you will know who she is. A clue is that she voluntarily cleaned our Centre every week for several years, starting in the early hours of the morning.

Thank you for your Christmas cards, birthday cards, good wishes on the phone and in emails.

Bless you all.

Thank you for everything. Long may our **Centre "family"** continue to offer all it does offer to everyone on their cancer journeys, as I am certain it will under the guidance of Ann Cox and Mary Pearson.

Ann xxx"

**Jerry and Ann on the beach
(a fantastic holiday for a fantastic woman)**



Self-Management Courses at the Centre January and February 2015

HOPE PROGRAMME ~

We still have places left on the Macmillan Hope Course starting Tuesday 27 January until 3 March at 1.00 pm – 3.30 pm. The course is made up of sessions lasting two and a half hours each, over six consecutive weeks. We have had many members of the Centre attend this course and this is what one member said about it:

‘The course helped boost my confidence. I learned that my input, be it big or small, was of value to the group. We all supported each other throughout, sharing tears of sadness, tears of joy, times of seriousness and times of laughter. I’d recommend it to anyone.’

Anyone who has a diagnosis of cancer can attend the HOPE programme. We are also lucky enough to have a dietician to visit one of the sessions to give advice to participants.

EPP COURSE ~

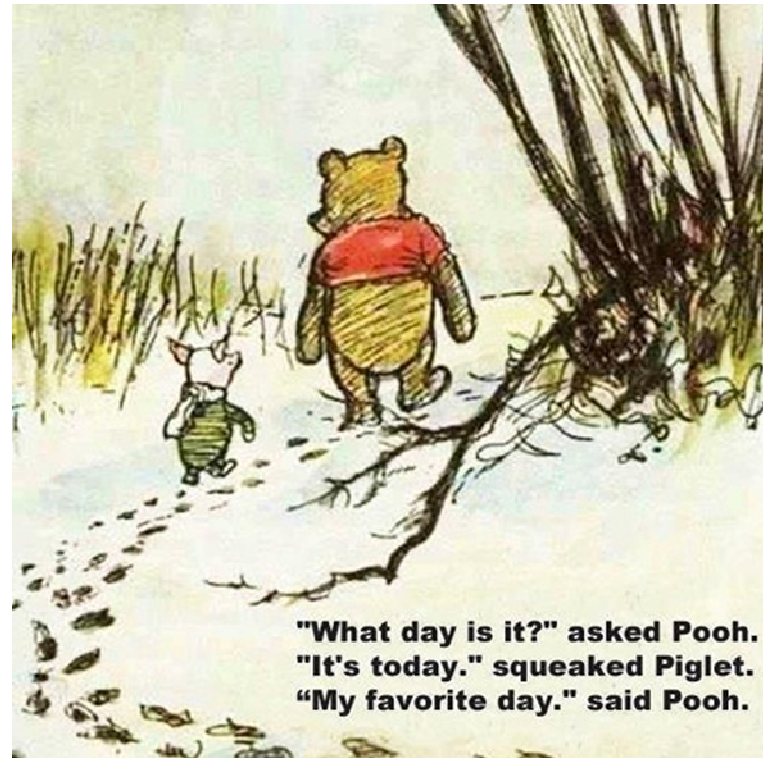
We also have places available for our Expert Patients Programme, which starts on Monday 9 February until 16 March at 10.00 am – 12.30 pm. This Course is also over six consecutive weeks and runs along the same format as the HOPE course. Anyone who has a long-term health condition can attend the EPP course.

Both self-management courses help you to develop confidence in the daily management of your condition and meet others who have shared similar experiences.

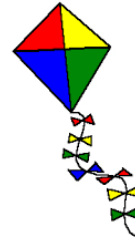
Both courses cover serious issues but a lot of laughter is shared at the appropriate times!

If you are interested in one of the above courses, please contact Janet, Ann or Mary at the Centre; alternatively telephone Janet on 07866331782 or email: Janet.hickman14@icloud.com

Someone once said: "I go to my support group because on bad days they carry me through and on my good days I can carry them".



Meditations whilst flying a kite



If I had my life to live over
I'd dare to make more mistakes next time.
Next time I'd relax, I would limber up
I would be sillier than I have been this trip.
I know of very few things I would take seriously.
I would laugh more and moan less.
I would take more chances
I would climb more mountains, swim more rivers
And watch more sunsets.
I would watch less TV and have more picnics.
I would have only *actual* troubles and very few *imaginary* ones.
I would regret my mistakes but not go on feeling guilty about them.
I would tell people that I like them and I would touch my friends;
I would forgive others for being human and I would hold no grudges;
I would play with more children and listen to more old people;
I would go after what I wanted without believing I *needed* it;
And I wouldn't place such a great value on accumulating wealth.
You see, I'm one of those people who lived cautiously;
Sensibly and sanely.
Hour after hour, day after day.
Oh, I've had my moments
And if I had it to do again I'd have more of them.
In fact, I'd have nothing else—just moments; one after another
..... Instead of living so many years ahead of each day.
I have been one of these people who never go anywhere
Without a thermometer, a hot water bottle, a raincoat and a parachute.

If I had to do it over again, I would travel lighter than I have.
If I had my life again I would start
Barefoot earlier in the Spring
And stay that way later in the Fall
I would go to more dances
I would ride more merry-go-rounds
And I'd pick more daisies.

(Written by Nadine Star when she was 86, shortly before her death).



The CCHC Lotus Trademark ~

In the late 1980s our founder, Marilyn Barnes, produced the first piece of advertising literature for the newly-formed Cambridge Cancer Help Centre. She approached her friend, Sheila Lyne, and asked her to design a symbol that would reflect the ethos of the group. Sheila came up with two designs—a lotus and a bluebell. The **lotus** was chosen and soon became a very important part of the Centre's image. The **lotus** has many associations with peace and harmony and chimed well with Marilyn's ideas about relaxation and meditation and their importance in the healing process. The **lotus** has served CCHC well and will continue to be a significant part of the Centre—a line of 24 Lotus flowers stretches across the glass doors of the main entrance and a further 8 on one of the office windows, so we will always be reminded of its calming qualities and its association with Marilyn.

A new CCHC logo ~



Happily, Ann Dingley thinks the new logo is very good! Her son says that what is written with a logo is more important than the "picture"; it is what is written that captures the imagination. Ann remembered that it was when Ted said the lotus didn't "say anything to him" that she realised straight away that we needed a new logo. When the lotus was chosen, it had meaning for Marilyn and those who chose it, but it is doubtful that many people are now aware of its beautiful connections.

The ethos of CCHC was established in the very early days and has continued to guide us ever since, and we feel that our latest logo reflects the love, empathy and understanding that people find at the Centre, not forgetting the smiles and hugs.

We hope you agree that it captures the imagination and the welcoming smile that is CCHC.

The new logo will also be an integral part of the tea bar (painted on the rear wall) and on all our literature.

See the new website for the "all singing, all dancing" version; www.cambridgecancerhelp.org.

Worried about tax or legal matters?

Come and talk to Liz Hooley and Christine Bradley at the Centre on Tuesday 24 February 1–3pm.

As you may already know, I was a Tax Inspector in Cambridge and then worked in professional practice for almost 40 years. The Centre has been a great help to me personally since my diagnosis 9 years ago and I continue to enjoy its support and that of the many friends I have made here. Therefore I wanted to give back to the Centre and have volunteered my help to members with tax worries on the basis of my experience. Although no longer in employment with Websters (the Centre's Accountants), I remain a member of the Association of Taxation Technicians, but I must emphasise that I am no longer insured. Liz Hooley is a fully qualified Solicitor in professional practice with Websters and has a wide range of experience in private tax and legal matters. She has helped several members of the Centre over the last few years and, where appropriate, the work has been dealt with professionally by her at her Cambridge Office for a reasonable fee. Liz gave a well attended talk 2 years ago at the Centre with a brief review of legal matters including Lasting Powers of Attorney, Wills and Advanced Decisions and she is keen to continue her work assisting members of the Centre. Where any complex tax or legal matters of concern to individual members have been dealt with at Websters, I am happy to say that 5% of the first fee has been donated to CCHC, and I understand that this will continue.

If you have any tax or legal worries, however small, please come along to the Centre and have a chat with me or Liz on 24th February between 1 pm and 3 pm (it is not intended to be a formal presentation). We can arrange for a confidential meeting, either on the day or later, as appropriate. If you can't make it that day but would like to talk to us, please contact Mary, the Co-ordinator, or Liz at Websters (01223 507080, liz@tax.uk.com) or me at the Centre ~ I am usually there on a Wednesday.

Best wishes, Christine Bradley

**Group Relaxation
sessions take place at CCHC
every Wednesday
12.00—1.00 pm**

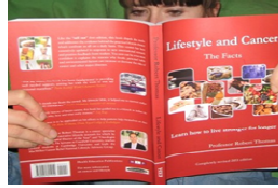
Learning to Let Go: Deep Relaxation

Relaxation is vital – for everyone, in any state of health, but especially for anyone who is coping with serious illness.

Peter Harrison says:

Deep down within each of us there is a silent, wise intelligence responsible for the entire health of the whole being, the health of the body, the health of the emotions, the health of the mind. In order to co-operate with this silent, wise intelligence, we need to let go of all else that would absorb our attention and would use up our precious energy.... This silent, wise intelligence, responsible for the health of the entire body, works at its most efficient in those moments of deep and total relaxation. In this deep relaxation, we are not aware of any tensions, we know of no pain, no sorrow, no frustrations, and there are no desires to be fulfilled. This is the blessing, the importance of deep and total relaxation.

For those who find it difficult to relax, it is comforting to know that it is a skill that can be learned like any other—and it is worth learning. With body and mind at rest, and burdens lifted, we can experience the joy of “just being”.



"Lifestyle and Cancer" by Professor Robert Thomas

Many people who have had a cancer diagnosis want to make sure they have the best possible medical care and fully understand their treatment options; they also want to know the best ways to help themselves. Things which seemed straightforward before cancer become more complex, especially after the side effects of surgery, treatment, hormone therapy, etc, start kicking in. For example; what are the best things to eat, should we exercise less or more, would supplements help, are they safe? So many questions - the problem is where to look for the answers? There are countless books and websites telling us how to live better for longer or claiming to have the answer to fighting cancer.

Professor Thomas, consultant oncologist at Addenbrooke's, has studied how lifestyle affects the development of cancer; he is very aware of the concerns which many patients have, not only with conventional treatments, but with dietary, exercise and lifestyle issues after cancer. He also knows that people need to feel in control and have a positive desire to help themselves. As a scientist and a doctor, he has a great deal of knowledge around these issues, and his book "Lifestyle and Cancer" contains lots of practical guidance whilst at the same time taking account of the psychological, emotional and physical needs of people with and after cancer. Ann C x

For more information: Cancernet.co.uk



Summary of Pomi-T Study

To answer the question of whether food supplements are a helpful addition to the diet of men with prostate cancer, this UK government backed trial has been designed to the highest possible scientific standards. If the supplement is proven to be beneficial, then up to a third of men with prostate cancer will benefit from a simple dietary addition which could potentially delay or prevent the progression to more radical interventions with their associated toxicities.

203 men with prostate cancer were randomised to receive either **Pomi-T** or a placebo. After six months there was a 63% difference in the rate of rise in PSA between the two groups, which was highly statistically significant. The research team are now planning trials involving men with other stages of prostate cancer and individuals with other slower growing cancers.

The four foods within **Pomi-T**: **green tea, broccoli, pomegranate and turmeric**, are thought to have a variety of anti-cancer properties; slowing cellular growth, encouraging cells to die when they have reached the end of their natural cycle, and preventing further DNA damage via the antioxidant process (absorbing the super-oxide free radicals produced from our environment). By protecting the prostate cancer cells from further genetic damage it is hoped that indolent malignant or pre-malignant cells do not progress into more aggressive types.

The rationale for combining four different whole foods types (berry, vegetable, spice and leaf) was to provide a wide spectrum of natural polyphenols, avoiding over-consumption of one particular type.

Pomi-T is not a medicinal product and is designed to be taken as part of a balanced diet : 2-3 tablets a day. It is made by a UK supplement manufacturer and is supplied to the trial centres in blank bottles together with an identical placebo pill. After the trial has finished **Pomi-T** will not be able to be prescribed by a doctor because it is classed as a food not a drug. The Trial Committee advise that individuals are signposted to where they can find more information.

For more information about Pomi-T: www.pomi-t.com and about the Pomi-T trial: www.cancernet.co.uk/pomi-t.com

Organic Chocolate Mousse (courtesy Toni 'For Life')

- 1 pitted medjool dates
- ¼ cup of pure maple syrup
- ½ teaspoon vanilla extract (optional)
- ¾ cups of mashed avocados (1 ½ avocados)
- ¼ cup of cacao powder
- ¼ cup of water

Place the dates, maple syrup and optional vanilla in a food processor fitted with 'S' blade and process until smooth. Add the avocado and cacao powder and process until creamy. Remember to stop occasionally to scrape the sides of the bowl with a rubber spatula to ensure everything is blended well. Add the water and process briefly. Stored in a container, the mousse will keep for 3 days in the refrigerator. Serve chilled or at room temperature. ***Surprisingly simple to prepare and really scrummy!***

***WE ARE DELIGHTED TO WELCOME THE
FOLLOWING THERAPISTS WHO ARE KINDLY
VOLUNTEERING THEIR SERVICES AT CCHC:***

It isn't always easy to find therapists who are willing to give their time and expertise free of charge, but how very fortunate we are at CCHC to have such a wonderful group of therapists who have tremendous amounts of goodwill. The team is now joined by:

Christine Ashton - Bowen Technique/Reiki Therapist:

Christine is with us every Monday morning offering the above therapies. The Bowen Technique is a hands-on therapy that is applied using very gentle pressure. The Technique is based on the theory that gentle moves over precise points of the body can prompt the body's innate ability to relieve pain, restriction and imbalance without the need for deep, manipulative or forceful treatment. It is a gentle, subtle and relaxing therapy.

Christine has been leading the Relaxation Group on Wednesday and will continue to do so when needed.

Christine is also a qualified 'Heal Yourself', Louise Hay, Trainer

Julia Smith - Reflexology:

Julia is our latest volunteer Therapist, and will be offering Reflexology on alternate Wednesday afternoons starting in February.

Bric-a-brac/Recycling

People are very generous in the items they bring to CCHC that they no longer need. All clothing items go straight to Cancer Research UK (CRUK) who either sell them to the public through their shops, or as rags; all to help pay for research into cancer. The books we are given are put on sale here and sold for £1 each; many people bring them back to be resold, so we get more than one bite of the cherry! When we have books which are not selling or we have too many duplicates, we wheel them over to Scotsdales where they sell them to the public and the money raised goes to Scotsdales' Charitable Foundation which owns our building, to help pay towards the building's upkeep and maintenance.

The Bric-a-brac we are given is sorted and anything that would be useful to the Centre (i.e. for the Craft or Art groups, the Nutrition Group, our kitchen, etc) are passed straight to them. Anything suitable for Raffles or Tombolas are given to Wendy to use at Easter or Christmas. Then anything we can sell is put out near the office with a nominal price on it; this is the minimum we would expect anyone to put in the box – but we are always happy to be given more! When we have finished with the items, we pass them on to CRUK, for sale through their shops.

In the spirit of recycling, we collect plastic bottle tops so long as they have 2 02 4 04 stamped on them; Jim Starr collects used stamps; the Craft group recycle greetings cards; Penny sends foreign coins on to another charity, as well as small, good condition toys to a Shoebox Parcel for Christmas for children in Eastern Europe who would otherwise have no Christmas presents.

So please continue to bring your unwanted items to the Centre; clothes into the CRUK box, anything else into the trolleys in the big kitchen; and help us to raise money for CCHC and support the other Charities.

Penny Olesen

Life may not be the party we hoped for, but while
we are here we might as well dance.

*Grandma ~ where have you gone ~ maybe Jean's
Computer Group can help?*

The computer swallowed Grandma,
Yes, honestly it's true
I pressed 'control and 'enter'
And she disappeared from
view.

It devoured her completely,
The thought just makes me
squirm.
She must have caught a virus
Or been eaten by a worm.

I've searched through the re-
cycle bin
And files of every kind;
I've even used the Internet,
But nothing did I find.

In desperation, I asked Mr. Google
My searches to refine.
The reply from him was negative,
Not a thing was found 'online.'

So, if inside your 'Inbox,'
My Grandma you should see,
Please 'Copy, Scan' and 'Paste' her,
And send her back to me.



www.clipartof.com · 440171

*The most precious things in life are not built by
hand or bought by men*

A group of students were asked to list what they thought were the present 'Seven Wonders of the World'. Although there were some disagreements, the following received the most votes:

1. Egypt's Great Pyramids
2. Taj Mahal
3. Grand Canyon
4. Panama Canal
5. Empire State Building
6. St Peter's Basilica
7. China's Great Wall

While gathering the votes, the teacher noted that one student hadn't finished her paper yet, so she asked if she was having trouble with her list. The girl replied "Yes—a little", I can't quite make up my mind because there are so many". The teacher said "Well, tell us what you have and maybe we can help". The girl hesitated and then said, "I think the 'Seven Wonders of the World' are:

1. To see
2. To hear
3. To touch
4. To taste
5. To feel
6. To laugh
7. To love

The room was very quiet—you could have heard a pin drop. The things we often overlook as simple and ordinary and that we take for granted are truly wondrous.

BRIAN'S EXPERIENCE SHARED:

My problems began when I found myself using the loo a lot during the night and then starting to pass blood ~ but, for some reason I couldn't tell anyone. I knew something was wrong but I didn't want to admit it to myself. When I at last managed to tell my wife, Mary, we went together to see my GP on 11th September 2013 and he said "you've got cancer mate". Off to Oncology for further tests, and was told that "you have aggressive prostate cancer". I asked "what is this all about" and was told that my cancer "had gone walkabouts". I then began to feel really worried and much more so after I had a CT scan; the left side came out dark, but the right side was speckled with lots of small tumours and one larger one. By this time I was feeling pretty low, and to be honest I felt like throwing in the towel (my GP put me on anti-depressant tablets). Then my neighbour asked if I had been to the Cancer Centre at Scotsdales and Mary and I decided to go and see what it was all about. When we arrived, we were given such a warm welcome by the lovely Ann Dingley; she told me she would like me to meet a man named David D (it turned out we had known each other for some time) and I also met Derek C, who helped me to fill in various forms, because at that time I was a complete mess. Later, I was told I would need hormone therapy because radiotherapy could damage other organs, so I was given a slow release Zoladese implant into my stomach every 3 months, which I could have for the next 6-7 years.

I am now coping very well and feel on top of the world. My special thanks have to go to CCHC and all the good friends I have made here; also the therapists for the wonderful complementary therapies and to Sue, for her excellent counselling; many thanks to you all for your friendship and support.

Brian Plummer

Do you enjoy a good read?



Would you like to be a member of an informal reading group and share your thoughts and insights with others who enjoy reading?

Reading groups are a fun, social way to make new friends whilst having the opportunity to share with others the pleasure of reading and talking about books (or possibly to regain a lost interest in reading).

It has been suggested that it would be great to have a Book Club/Reading Group at CCHC, and if this appeals to you, please speak to Mary.

***EVERYONE HERE CONTRIBUTES TO THE
SUCCESS OF THIS CENTRE AND EVERYONE
MAKES A DIFFERENCE JUST BY BEING HERE
AND LISTENING TO EACH OTHER.***

Singing Group



We mentioned in the previous Lifeline that we thought a singing group would be good to have at the Centre and asked if anyone was interested.

A couple of people came up to say they would love this and how were the arrangements going. This was on a Wednesday morning and at the time I had exhausted all my contacts. A few minutes later, a member of the public popped in to see if she could use The Centre for an event at the weekend. I explained that would need to be done through Scotsdales but then offered to show her around. As we got near the Art Group she turned to me and asked if we had a choir..... well what can I say? People keep telling me 'things happen here at The Centre'.

It turned out that, her name is Sarah, she is a music teacher, singer and producer and had worked with other groups. Of course, we then had to have a very excited chat! Sarah emailed me later in the week to say that she had negotiated time out with her work and we started our Singing Group two weeks before Christmas. Sarah not only came with her plan for the hour but with three others to support us; one who plays our Piano beautifully.

This is not a choir. Sarah is a professional vocalist and spends time at the beginning of our sessions with exercises to help build the muscles around the neck and vocal chords; so we have breathing exercises, warming up exercises, scales and then some harmonies! Everyone who has joined us (sometimes with a bit of persuasion), are completely and utterly in awe of this wonderful lady and what she has given us in a very short space of time.

We are all looking forward to continuing and hope more of you will be able to join us on Monday mornings between 12 - 1 m. You can give me a quick call if you want any more details. Mary

Thank you ~ from Mary

Well, it has been a full on few months for me, with many first times as Coordinator at The Centre. As many of you will know, I started in June with Ann Cox as a Job Share Coordinator. Come October and our lovely Ann has some news that rocks us. Ann is now going through her own journey and keeping in contact, working away from the office doing all the things that I have to say I am very grateful for; that she loves and I loathe! These lines were drawn at the beginning of our working relationship, so no surprises!!

Why Thank You, you may ask? I have been grateful for the support of all those who come to the Centre; the Volunteer Therapists and The Tea Team, The Trustees, The Groups - you have all been understanding and kind. My feet have not touched the ground. Suddenly, I realised that I had to do something about the Christmas Party - I had thought that it would just happen as in years past! ! Finding fun things to do was a delight. Having to sing in Public was a first and definitely daunting, but strangely OK. Thinking that the audience would be warm and understanding gave me courage! Thank you!!

I have things marked in the diary so that I am better prepared for next year!!

Christmas Lunch!

Discussions on this started in August! That was a shock. This is a well oiled machine that just rolls up and runs. I was left with details to tick off but WOW - what a team! With the police team and the Waitrose team, all went off perfectly, including the washing up!! And the Elves did a splendid job helping Father Christmas and yet again, we were splendidly entertained by the Shelford Childrens' Choir.

Mary

Christmas Party

A lovely evening; great to see so many of you and what a great spread! Lots of lovely cakes and savouries; I just loved the hot punch too - thanks to David.

The evening started with a viewing and explanation of our new website which is now live!! It was also the first time the new Logo was on display. The website will be updated regularly with information on any upcoming events as well as the day-to-day activities of the Centre - check it out!.

The Christmas cake was divine - a donation from the Craft Group!

This was the first year in a while when there has not been a Panto. Laughter and tears! ~ That was just the rehearsals - of which there were very few (did you guess?! I hope everyone enjoyed it as much as we did.

There was a Teddy Auction ~ Christopher Ian had also named the Teddy with an offer to donate an extra £20 if the Teddy was correctly named - thank you Christopher for your donation!

We then had our traditional Christmas songs to wind up the evening; Fran led the singing whilst John accompanied on the Piono!

Some people had unexpected jobs on the night - they all rose to the occasion splendidly!!

Mary

Patricia Peat Talk

Patricia Peat came to the Centre to talk about her knowledge of Integrative Oncology and in particular the safe integration of complementary therapies (including nutrition) with conventional medicine.

A session was held during the day for therapists who practice in the Cambridge area, including our own therapists. It was very well attended and some participants had travelled long distances to hear Patricia speak. A session in the evening was held for Centre Members and extended to anyone with a diagnosis of cancer or their supporters.

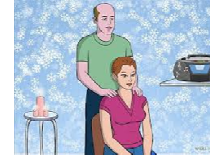
Both sessions were very well received with many comments about wanting more time from Patricia.

This event was in collaboration with Sarah Ling and Maddy Hickey-Smith from CICHeal.

The cure of the part should not be attempted without treatment of the whole, and also no attempt should be made to cure the body without the soul, and therefore if the head and body are to be well you must begin by using the mind: that is the first thing—for this is the great error of our day in the treatment of the human body, that the physicians separate the soul from the body.

Plato c427 BC.

Indian Head Massage Course:



This Course is for Members and their partners, commencing Tuesday, 3rd March, 1.30—3.30 pm for four consecutive weeks, led by Sarah Ling who is a very experienced Tutor and Practitioner.

Indian Head Massage is a lovely technique that not only helps the body heal but can relieve the effects of stress of life and illness that we can all suffer. It is a therapy that can be given anywhere, as all you need is a chair and a pair of hands willing to work wonders. Unlike many therapies, this one is as relaxing to give as it is to receive ~ why not come and learn this lovely therapy and then be able to help the person next to you.

During this short course, we will look briefly at the history, effects and benefits of this routine and of course how to use it safely and where caution should be applied. We will concentrate on the techniques and routine for the head, neck and face and will incorporate some shoulder work as well. Sarah can guarantee a great atmosphere to learn and have some fun as we learn a new skill that you will be able to use on friends and family and especially within the centre. Everyone gets to experience the treatment each time. *For more information, contact the Co-ordinator.*

*To each is given a bag of tools,
An hour glass, a book of rules
And each must build, ere time has flown,
A stumbling block, a stepping stone.
(source unknown)*

REMEMBERING BETTY SULLIVAN

Betty Sullivan joined the Art Group in her nineties, following a serious stroke. She was our oldest member. When she first came, she was almost unable to speak and she had great difficulty with reading.

We had a little party with a cake on her 90th birthday and Betty was overcome.

She relied on a voluntary driver to bring her to the Centre, often late because of carers' visits at different times in the morning. But she so loved coming to us once a week and we all loved to see her. Sylvie used to take away Betty's sandwiches (made by the carers) and "tart them up" with pretty salads and fruits to make them more appetizing. Betty usually went home with a little box of cakes for her tea.

Betty once brought her old art portfolio to show the group and we were stunned by her talent. She tried to tell us about the Royal Air Force (was she once a member?) but she absolutely refused to talk about the war; obviously some very painful memories.

The news of Betty's funeral came on the day of the CCHC Christmas party so we were not able to attend.

Rest in Peace, lovely Betty. We all miss your beautiful smile.

*"Love is the simplest force in all the universe.
It is also the most powerful."*
Mahatma Gandhi

SOCIAL SECRETARY NEWS

Around 20 of us met at the 'Wok and Grill'. Never absolutely sure how many of us will turn up but two tables were set aside for us. The 'Wok and Grill's' way of going on is that customers can refill their plates as much as they like. I think the "Man of the Dining Experience" was Roy. "Roy", I said, "would you like me to join you when you serve yourself because with just one working arm you may find it impossible to hold the plate and at the same time swirl your plate with ice cream from the ice cream machine?" I should have known that Roy, who can build fences and lay patio concrete slabs with one hand, would not find holding a plate at the same time as operating the swirly ice cream machine a major difficulty. But do you know what he said? "No thanks", he grinned, "I shall get help from the Chinese waitress". As he didand the young and pretty Chinese waitress helped him with the ice cream and up and down the steps to the dining area and all that stuff. However, I shall not say that my feelings were hurt and shall suffer in silence.

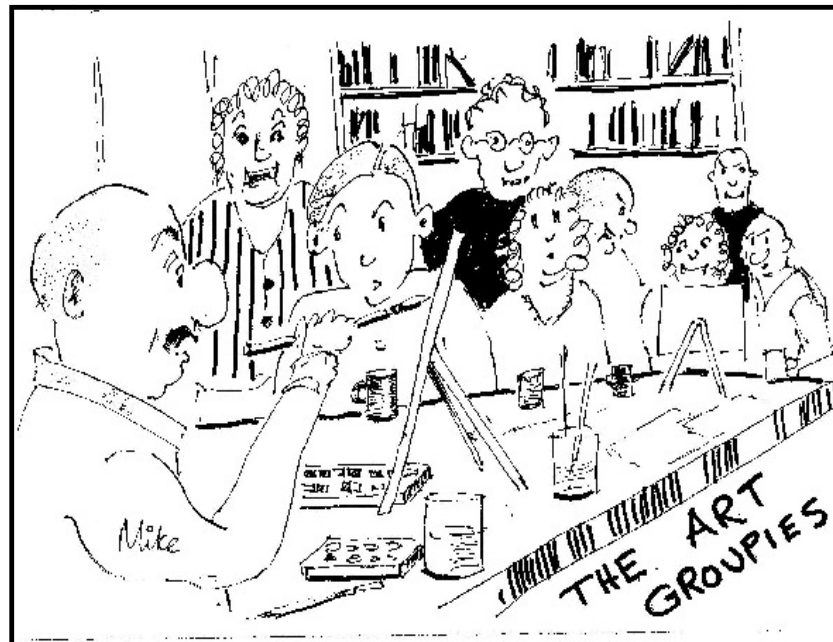
Thursday Morning Walk ~ A great success. Parker's Piece is a great place for us to walk at our own pace ~ got the idea from David Rayner's sister Pat in Australia. She told me that she and a group of her friends walk round a large shopping Mall and then collapse over coffee. We all walk at our own pace ~ some clockwise, some anti-clockwise; some walk one circuit, others do two laps, but Helmut does three laps! ~ and then we collapse at "Livingstone's" cafe at the Stoneyard over baked beans on toast and compare notes regarding the diminishing size of our tummies. And the absolutely best thing about this venture is that we all look forward to it. We all leap out of bed with enthusiasm; Jan comes all the way from Ely and Audrey did the walk all by herself on one occasion when the rest of us were on holiday, at the hospital or walking round IKEA!

I've been asked to arrange an outing for Sunday lunch and a return visit to the 'Lazy Otter' where Joe's other niece provides an outstanding lunch in her beautiful water-side restaurant at Stretham—will keep you posted on the notice board.

Ann Dingley

THE TALENTED ART GROUPIES!

Those who are healed become the instruments of healing
(Swami Sivananda Radha)



Remembering Lilian Baker

Lilian visited us when the Centre was based at Stockwell Street. She appreciated receiving the newsletter and on its arrival would immediately put the kettle on and read Lifeline from beginning to end. She always made sure she gave us the stamps to post her newsletter and very generously left a donation to the Centre, which we received after her death last year. Lilian was a lovely, thoughtful and friendly lady who appreciated all that the Centre offered.

Long-term effects of treatment

For many people with cancer, even years after diagnosis, the emotional and physical aftermath of treatment is often not understood by the world at large, which makes coping that much harder. Here at the Centre we are surrounded by compassionate friends and colleagues who do understand and don't shy away from how we might be feeling. But for others, this poem by Oncologist, Dr Cordelia Galtcut, conveys the isolation many people feel.

PLEASE don't.....

Please don't tell me how I should feel
Or what I should think about having cancer;
How I should be 'over it' by now;
How I should be more positive;
How I should be grateful that I'm alive.

And please don't say "you're over-reacting to your situation,
It's only you who feels like this, or
It's time you got on with your life".

How can you know? You have never been in my situation

And please don't ask me what I have contributed to my cancer
Or tell me how brave I've been.
There was no choice at all.
It was just the luck of the draw.

And please don't ask me how my cancer journey has been.
There was no journey.
There *is* no journey, because there is no end in sight.

And for pity's sake, don't say,
"Well, we're all going to die in the end,
I could get run over by a bus tomorrow".

You have never stared death head on.

You have never had cancer.
We are on different sides of the track now.

Tell me instead
That you cannot know what it is like living through this.

Tell me instead that you have an open heart
And an open mind,
That you'll listen,
That you'll try and understand,
Even when what I'm saying sounds preposterous to you.
It is my reality.

And please, please try and look beyond your own fears,
Or if you can't, tell me so.

Having cancer *is* terrifying
And the terror does *not* diminish,
Because the fear that it will come back is ever present.

So please, please don't tell me that I'm one of the lucky ones,
That I'll be back to normal soon.
Because my *life* and *I* have changed forever.

The WRVS : Did You Know?

The WRVS are the original providers of Meals on Wheels; they provide millions of meals, fresh or frozen, every week and they cater for all dietary requirements. Telephone: 0845 608 0122 for details.

*There comes a time in your life, when
you walk away from all the drama and
the people who create it.*

*You surround yourself with people who
make you laugh; you forget the bad and
focus on the good; you love the people
who treat you right and pray for the
ones who don't.*

*We are not human beings having a spiritual
experience.*

*We are spiritual beings having a human
experience.*

“All Shall be Well” ~ Julian of Norwich

In her book, “A Visible Wound”, Julie Friedeberger writes:

“Through having cancer I’ve learned that illness can be regarded, and used, not as a enemy to be fought or a catastrophic nuisance to be got over with and forgotten as quickly as possible, but a precious, unique opportunity for spiritual growth, transformation and healing. It has been for me, and I believe with all my heart that it can be so for all of us. We can, if we so choose, transform the stumbling block of illness into a stepping stone to healing and a fuller, richer, more useful life, a life in which we can put whatever we have learned, whatever we have become through the alchemy of our own transformation, at the service of others.”

Beethoven defiantly said “I will seize fate by the throat; it shall certainly not bend and crush me completely”.

I am reminded in these writings about all of you who come to the Centre and your defiance against illness, and especially of the help you give others who are in the process of assimilating the experience of cancer and transcending the trauma of it. There really are secret miracles at work within us that only time can bring forth and we must allow time to do its work. And with Julian of Norwich we trust that “all shall be well”.

Ann Cx

(Native American chant):
*Cauldron of changes, feather on the bone
Arc of eternity, ring on the stone.
We are the old people
We are the new people
We are the same people*

LIBRARY BOOKS

As you are aware we have an extensive library at the Centre. To borrow any book, we just ask you to put your name, address and telephone number, along with the book title, author and the date taken out, in the red book located in the red box on the bottom shelf of the library. Some of these books are quite expensive and we like all of them to be available to members.

We have recently been re-cataloguing the library and there are quite a lot of books missing since the last inventory. We would be very grateful if you would take a look on your shelves to see if you have any books which you may have borrowed and forgotten to return. If this is the case, please would you put them in the red box. There is no need to leave your name. Thank you. Wendy

DON'T TELL ANYONE!

Sitting upstairs on the Park and Ride bus, we passengers heard half of a loud mobile 'phone conversation. We sat quietly and couldn't help listening. "Don't tell anyone, don't say anything, but John, you know John, he goes out with Mandy. Well, last night he went to see Vicky, but don't tell anyone because he told Vicky he didn't want Mandy to know and Vicky says I mustn't tell her boyfriend, Dave, because she doesn't want him to find out. But she said she had a great time with John, but it's a secret and I'm not supposed to tell anyone. So don't tell anyone what I've told you. I'll let you know what happens. OK? See ya, bye."

As we passengers got off the bus we sort of surreptitiously half smiled at each other and I am sure we kept it all to ourselves! Except, oh dear, I've told all of you! But don't tell anyone!!

We would like to tell you who told us but we can't because it's a secret!

*OUR AMASINGLY TALENTED ART
GROUP :*

We are blown away by the art that is produced by the Group and would like to share with you some of their wonderful paintings in this and future copies of Lifeline.

Boatman by Inge:



Lady by Albert:



Very many thanks from us all ~

***Our most grateful thanks to the following organisations
for their very generous donations:***

Cambridge Bridge Club	£467.00
Hildersham Whist Club	£108.00
Norwich & Peterborough Building Society	£100.00 (Make a Difference Week)
Province of Cambridgeshire Masonic Bowls Association	£250.00
Scott Heating & Ventilation	£250.00
Waitrose	£466.00 (For Life)

Many thanks to the following for their donations:

Jenny Fennell ~ from a talk to a local WI Group on "Boating in France";
Sarah Bullock, Charlie Russell & Lucie Johnstone ~ who held a Christmas shopping morning;
Joyce Hunt ~ from a home collection box;
Sarum Ebrahim ~ a donation of hand-made cushion covers;
June Bailey ~ from a stall sale;
Gavin John Roberts;
Dr Gail Ewing

In memorium:

Lenna, Dugald & Emily Finlayson	In memory of Kate Lucy Grubb
Mrs Pat Harris	In memory of Kate Lucy Grubb
Caroline Scallon	In memory of Ruth Blogden

Our thanks also to ~

Richard's Yoga Classes which last year raised a grand total of £2,110.70.
The Craft Group who raised a magnificent £594.30 at their annual Christmas Fair.

WATCH OUT ~

The telephone rang, I looked at my watch 3pm; Mr Smith said a man with an Indian accent, yes I said; I am from Talk Talk he said. I did not find that this was unusual because my telephone and internet are supplied to me by this company. Whenever I need to have any contact to with these people, I am always connected to an Indian call centre (I personally do not find that I can always understand half of what is being said when I call them). "We find that your computer has a fault", the man went on, "it is downloading programs without your permission and your computer memory is at its maximum and is about to break down and needs urgent attention". The man then asked me to turn on my computer and that he would attempt to correct this from his end. This I did and for the next hour the man then proceeded to take my computer over, where many pop ups appeared on my screen, being instructed to fill in many letter codes and options. By the time all this was over, my mind was completely addled; eventually the man said that he had corrected the fault and my computer was back to normal. The man now told me that my certificate had run out some time ago and because of this Talk Talk owed me money; at the time this cheered me up considerably, although I did not understand what he was talking about. The man now said he would pass me over to Talk Talk's financial side to pay me my money back. A lady, also with an Indian accent then came on the phone, saying that they owed me £47.00, and needed my credit card details so that this money could be paid into my account; this required giving her my card number, expiry date and three digits from the back of the card. This next bit gets a bit strange, but by now I was very fed up and tired, for I had been on the phone for over an hour and a half and my mind was quite numb with it all. "I am paying into your account £157.00" the lady went onto to say, "but I want you to pay back to me £110.00 via Western Union India". It was only afterwards that I wondered why she was paying me more than that which Talk Talk supposedly owed me and then wanted me to pay them back some of it.? I am afraid that I ashamedly went along with all this. The lady then asked me to contact my bank and up on my computer screen came the words that I was to say to them. Using my mobile, I phoned my bank who said that I could send money via Western Union India, but they needed the person's account number and sort code. I relayed this information to the lady and on hearing this, she abruptly put the phone down, leaving me a little

puzzled by it all. What I did not do at this time, was to find out if the £157.00 had now been paid into my account, which of course I was later to find out it had not. Almost straight away, like a bolt of lightning I knew I had been scammed; I looked at my watch over two hours had passed by. My first thoughts were, how was it that me, of all people, could be caught out like this. Confirmation of all that had happened came, when I called the Talk Talk centre who agreed that the call had nothing to do with them. I immediately rang my bank and was very relieved to find out that my bank account and card were intact, but also confirmed that a scam had been attempted - they then went on to cancel my card, eventually sending me a new one with all the wait involved for pin number etc. I eventually re-rang TalkTalk with all the details, but then it came into my mind, what have these criminals done to my computer and were they still able to control it, so then I thought it very wise to have this checked out, at a cost later of a massive £144.00! Sometime during this episode I must have given these people my e-mail address for I received two e-mails purporting to be Western Union, thanking me for joining them. The mail gave me a phone number to ring to confirm this. Later I received a phone call from someone claiming to be Western Union asking me to reaffirm that I had joined them. But by this time I had realized that I had been a victim of a scam and told them that it had nothing to do with me and to cancel anything that had been arranged in my name. I am now aware that this call from Western Union was also a scam, for on looking for a record of the two e-mails on my computer, these strangely have disappeared - it is worrying to know how? But the added concern from this is that somehow these people must have access to my e-mail.

Lots of theories came in with regard to this episode; why was it that these people only wanted a relatively small amount of money from my account for all their effort, or was I being charged for the long international telephone call, although on checking this out, it appeared not. How did these criminals know my telephone number and name, also that my provider was Talk Talk? I have recently written to this company suggesting that they must have a serious internal leak, which must affect all their customers and which they urgently need to address. To end with, I naively thought that I was always clever enough to spot any scam that came my way. Unfortunately the whole episode has left me feeling pretty stupid and certainly making me much more wary in the future.

Dennis Smith.

A time to heal

No one comes through cancer without help and my deepest thanks and love go to all those who are helping me now:

Peter, my husband, is my rock, as he has been throughout our life together.

My family and friends who are holding my hand all the way; their support and love have sustained me from the start.

Mary, who unhesitatingly took up the reins at the Centre while I recover from surgery and come to terms with cancer.

The Trustees who are giving me time to heal, and much more; I thank them for their support and friendship.

The Therapists whose unfailing kindness and compassion have encouraged me from the beginning; I am grateful for their healing presence in my life; they know who they are.

Maggie, my yoga teacher who has guided and supported me.

All the people at CCHC who have given me love and friendship and who are themselves instruments of healing.

I am grateful, deeply grateful to you all for your willingness to help and the love shown me during my healing process.

Everyone with cancer needs time to deal with all the emotions that engulf them, and I am thankful to have been given time to be as emotional as I need to be before I get off my bottom and start to pick up the threads again.

Ann C x
