

Celebrating  
25 years  
of the  
Cambridge Cancer  
Help Centre  
1986 - 2011

# Invitation

Our Centre was founded 25 years ago by Marilyn Barnes!!  
So ~ to celebrate, we invite you to a 'family' 25th Birthday Lunch  
and a 25th birthday Christmas Party

The lunch will be held on Wednesday 27th July and will start at 11am.  
A barbecue will be served from midday. We will have an Art Exhibition  
arranged by Pat, along with a quantity of interesting memorabilia. We have  
arranged 'Live' Music.

We are glad to invite our Members and Regular Visitors to the Party. I'm  
afraid we cannot include wives/partners/guests (unless, of course, they are  
regular visitors to the Centre).

And the places will not be transferable.

If you would like to come, please let me know by 6th July and I will  
put your name on my List.

Our Caterers will provide a delicious barbecue ~ vegetarian food included.  
And we will have a Bar. BUT we reckoned no one could make your sort of  
puddings so PLEASE BRING PUDDINGS! It would help if you discussed  
your pudding with Wendy so that she can make sure we have enough (but  
not too many) portions of puddings, and the refrigerated space to  
accommodate them.

We are not charging for admission,  
but there will be an opportunity to give a donation on the day.

Websters (our Centre Accountants)  
have kindly donated £50  
towards the cost of drinks for our Party.  
Very many thanks to all their Staff  
for their support.

If you cannot be at the July lunch, please come and let yourselves 'go' at the Christmas Party celebration ~ bring as many family, friends, guests, husbands, wives, partners as you like! (numbers at the Christmas Party are not limited.)

The Christmas Party will take place  
on Thursday 24<sup>th</sup> November

Prostate Cancer get-together  
on the 2<sup>nd</sup> Wednesday of every month from 2.30pm-3.30pm.  
This small group is led by Derek, David and Peter.

# My Memories over the past 18 of 25 years

Joining Marilyn Barnes' Management Committee. Becoming the Director of the CCHC. First premises kindly provided by Redmayne, Arnold and Harris. Second lot of premises in Napier Street (where someone crept into the office and took my handbag out of desk drawer). I thought I heard him, turned the corner by the office and there he was with my handbag under his arm and his confederate was waiting for him at the bottom of the stairs. So I said "can I have my handbag back, please" – he handed it over, his friend said "sorry" and they disappeared. Later on, Brian and I were sitting in the main room and I could see, just outside the door a very still reflection of a young man in the brass plaque\* which announced that we were the Cambridge Cancer Help Centre. I met Tricia for lunch for a 'catch up' and during lunch we out of the blue decided she could be the much needed Administrator/Secretary – subject to discussion with Fran, our Chair person. I had persuaded Gill Overhill, who had just retired and who was a longstanding friend to become a volunteer as did Maureen Woods, who was also a member of the Centre, so we started off our full-time venture with great excitement.

Some summers, some of us went to Sheringham for long weekends. That trip was the highlight of Ron's year. So many funny things happened there – the main victim of the practical jokes was Ron (and he loved it all). After one of Chris Stagles' pranks we all stood on the landing and listened to Ron saying rude words about us. I shall say nothing about what Tony and Chris hung up in Ron's toilet but I will say that one year we went to Ros's delightful nearby seaside home for a barbecue. David Barylko was usually in charge of cooking vast breakfasts for about 15 of us. We would all eat big breakfasts and then go off in different directions for the morning, arranging to meet somewhere for lunch. They told me to meet them under the Union Jack flag on Sheringham market and I stood there for an hour in hot sunshine, getting sympathy from the stallholders and then our lot sent Tony to find me because they were all in the pub. Sid came with us one year and was in a room at the top of the house. He enjoyed it all and was a keen walker in those days so was off and about a lot of the time. Viv joined us one day as did Fran, Judith and Suzanne – all of them brought amazing home-cooked food for all of us. Our landlady lived next door and was very kind to us as were

the terms for staying in this large house which was full of rooms with large bunk beds. We arranged that all the couples had their own room and everyone else had their own room full of bunk beds. Usually Gill and I or Margot and I shared a room and one morning when I didn't feel very well Margot came up with some of her home-made very tasty and recuperating soup. Margot mothered us all, especially if someone wasn't feeling very well.

Our main aim for those weekends was to keep Ron and Sid happy and I have to say I think we did that. Ron had to sleep downstairs because he couldn't climb up the stairs and so we put up a bunk bed in the sitting room for him, and just round the corner in the dining room we created a bed for one of our ladies who also could not manage the stairs. I won't give her name but we know who she is and we know where she lives! She fell out of bed during the night. Apparently everyone was calling "Ann" but I didn't hear a thing so they all got her back into bed, thankfully not hurt. Anyway, I think all of that made Ron's night. And breakfasts were often hilarious specially when Ingrid took Ron's breakfast order and he asked for a fried egg. She said sorry Ron we haven't got any fried eggs today but I'll get you a boiled egg – which she did but when she put it before him he saw other people getting fried eggs and plaintively said, "but I wanted a fried egg" but Ingrid didn't answer and simply left him to try to cut into his rubber boiled egg!

Ingrid had just met Tony at the Centre and it so happened that he came on our first trip to Sheringham (in fact he told us about the place) and Ingrid was also there. When Tony had made his first visit to the Centre we sat him next to Ingrid and Sarah, thinking they would be kind to him! And I do remember, at Sheringham, as we all got into our cars to go home saying to Tony "this isn't the end for you Tony (his partner had died) but it is a sort of beginning". And some time later, unsurprisingly, he and Ingrid got married! So up for a bit of match-making if anyone is interested!

Tricia produced a book for us (copies are still available) and spent hours and hours and hours on it. I always thought it was pretty easy to produce and publish a book, provided that you knew what you wanted to write, but Tricia disabused me of that view. If you don't already know, it is a very complicated process, and getting the colours of the cover right is even more complicated. The book contains stories written by some of our Centre Members.

There is a lot of fondness from some of us for the cosiness of Stockwell

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Street. We were having to leave Napier Street and I had a catching-up lunch with a friend, Joan Bendall, and when I mentioned we were looking for new premises she told us about the Baptist Church hall which at that time was being used by Fulbourn Hospital. So I went along and had a look. The way it was suited the purpose of the people in it who were doing messy jobs, like greasy, oily repairs to such things as bicycles, painting and suchlike. They were moving out to newer premises... So I took our chair person, David Wilson, along, and before he went in to look I said to him “you have to have vision, David” so he agreed he was a visionary sort of person and we moved in and said “yes please” to the Minister, Gordon Tubbs. He and the deacons painted out the place and cleaned the carpet and there we were. One drawback was the limited car parking (3 spaces) and we had to also use the street which also contained residents’ parking. However, when I would apologise to Gordon for taking up more than 3 spaces sometimes he said “carry on – it isn’t a problem”. I know that some of our people would not come to the Centre because they were worried about the parking issues but we survived the drawbacks and it was a cosy place. Admittedly there were gaps in the wall through which one could see daylight, and very large spiders would sneak up on you when you weren’t expecting it and I would watch where they went and tell Tricia where they were, so she could deal with them!

The rent was very reasonable and that was a boost for us. Therapies took place in curtained off corners of the church hall which meant that anyone having a therapy could hear the conversation from the hall. But I am told by Dennis that sometimes they would hear something funny and Dennis and the person being healed were driven to laughter. In fact some people do miss the experience of being tucked away in a corner of a busy room, behind a curtain, because they still felt part of what was going on even though they were relaxed into a comfortable state of being. Now of course we have ‘proper’ therapy rooms. George had built two offices on the stage – one office was for Tricia and was extremely neat and tidy. Of course mine was a mess and I would try to justify it to myself and say, “but there isn’t any storage space and I have to put everything we need into my office”, but I don’t think anyone believed me even though they would put on an act and agree, with a smile on their faces. Sometimes a spider (we think) would set off the alarm and the ADT people (who put in the alarm free of charge, due to influence from our police friends) would ask for a duster to sweep off the cobwebs and I would have to ask Tricia the location of the duster. She is good

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with dusters – or used to be. I am not sure if she is still in sympathy with dusters!

We were open five days a week. Then about 16 years ago we ran out of money. Tricia and I were made redundant but still went into the Centre. An anonymous donor offered me an Honorarium so that I was able to pay my mortgage, and I continued to offer training courses to boost my income. The Trustees met to see if we could keep the Centre going. And of course, we did. I remember Tricia suggesting that we charge 20pence for a cup of tea, which I didn't really agree with but that, along with her suggestion of asking our people if they would consider paying a Membership Subscription (minimum of £5 a year) helped the Centre to turn a financial corner and keep us self-sufficient. We have done a lot of fund-raising ourselves and we were joyful when a stall at Addenbrooke's hospital would bring in a sum between £200-£500.

We have had super Trustees and David Wilson at one time was Chair, Secretary and Treasurer – all at once! Later on Tricia took on the job of being Treasurer, although she hadn't done anything like that before. But she is very good at maths – (I am not good at maths, and at the age of 10 was made to stand on my school desk, to be ridiculed by everyone - well, the teacher, not the children - in the class for getting an easy sum wrong). I do remember that in one of our best summers Tricia spent many weekends indoors learning how to be a treasurer and setting up her way of looking after the books.

Goods for Sale table at Stockwell Street - one small table piled high with goods for sale. Ros, Brenda D and I would tidy it up every day but Tricia and I would despair of its untidiness - well Tricia was more despairing than I was, but she agreed that because it brought in lots of money to the Centre and lots of pleasure to the people who gave or bought the goods for it, it should be continued.

Mark who did the London Marathon, the Inverness Marathon and the North Pole Marathon - lots of us watched the first two events and amazingly Mark found us on his London route - gave me a peck on the cheek and continued running - several of us travelled by train/plane to Inverness to watch him run up and down hilly bits and straight bits in the Inverness Marathon and I still maintain he finished the route looking as fit and energetic as when we waved him off from the hotel. Ian Chadwick did the Three Peaks Challenge and all by himself raised £12,207 from businesses and friends.

There was the amazing Fashion Show which was arranged by the

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partnership of Breast Cancer Care and our Centre. Audrey M, one of our members, was a leading light, having a foot in both camps. Due to Breast Cancer Care's expertise in these fashion shows they knew exactly what to do to make this Show a professional occasion. The models were people from our Centre who had breast cancer and I can tell you there has been nothing like it since.

I sat watching the rehearsal at the Guildhall (the tickets were free and there were two full-house performances) watching the ladies being energetically put through their rehearsal by an accomplished choreographer. The clothes had been provided by John Lewis, Marks & Spencer and other establishments in Cambridge. I sat next to a hairdresser who had given his services free of charge. He and I sat next to each other quite overcome by the fact that these women, who had so many dire worries, were doing their best to remember the routines. Jo in her late eighties, was following one of the young girls and I heard Debbie say to her "just follow me Jo, and you will be OK". Jo survived her breast cancer well into her 90's.

Of course we all know that through David Rayner's generosity we now have a lovely new building. If you have wondered about the white Buddha at the Centre, the story is that just after David Rayner gave us the marvellous news about 'a bit of land' and produced the building plan, I walked out of his Garden Centre hardly able to keep my joy and excitement within myself, and was suddenly pulled up with a start when I realised that there were 3 rows of Buddhas, (about 30 of them) all smiling at me, as though they were sharing and relishing my delight, and it was as though they knew all about it before I did! I do have a small Buddha at home on my mantelpiece which, with the position of his hands, indicates "have no fear - your wish will be granted". And the Trustees and I had had such a wish in our minds for quite a few years. So these Buddhas continued smiling at me knowingly as I reflected on what was happening to us. It was a strange feeling as I realised that the rows of Buddhas were facing the site of the new Centre. In fact to prove that to myself I walked in a straight diagonal line from the middle of the row to where I knew the Centre's entrance would be. So I felt sure there was some sort of marvellous message there - and we bought the white Buddha!

\*If you know the whereabouts of this brass plaque please will you return it in time for our 25<sup>th</sup> birthday party. It maybe that a kind person took it home to clean

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it – that would have been in between our departure from Stockwell Street to our arrival at our new building.

## Don Foster

Always a lively visitor to our Centre ~ and a generous one also. He had spent most of his life in South Africa and told of his yearning to return there, but with his illness it wasn't a practical proposition, and the cost of an airline ticket would have been prohibitive. He spent many years raising money for charities ~ mostly the Heart Foundation I think. He was undoubtedly generous to our Centre and would keep us up to date with his treatment and his outlook on life and the death that he was not afraid of and which he knew was rapidly approaching: in fact I think he welcomed it.



## Margot Gasson

I remember Margot first contacting the Centre many years ago when we were at Stockwell Street. She phoned us on behalf of her husband, and the very day they made the phone call they came to the Centre. That was the beginning of a long attachment. Margot was clearly very fond of Dan and we hoped we helped him during his illness. I am sure we did. Margot said we did!

After Dan's death Margot offered hand-massage at the Centre. She very cleverly positioned her little therapy table in the main room (we didn't have any secluded places) and placed her 'customer' where she or he could be on the outskirts of the room, next to the radiator, and where they could easily see what was going on all over the place. So they became familiar with all the people at the Centre before they came face to face with them. This always seemed a good way of going about things. It was casual, informal and certainly a low-key way of introducing them to what went on at the Centre.

Margot had a 'way' with her, I am very glad to say. She was mischievous, always smiling, always ready to sort out her friends' problems and always very caring with everyone. She protected everyone. When we went to Sheringham she was mostly the one who cared for anyone who was feeling a bit under the weather. When I was a bit unwell one day, and in my bunk bed, she came up with some of her home-made, and such delicious soup. Margot did lots of good things we didn't generally get to hear about. She was without doubt an extremely caring person who looked after so many people at our Centre.

She sometimes told me about her derring-do's ~ I'm not sure if I believed them but I'm also sure I should because Margot was a truthful person. She told me, with a smile on her face and in her eyes, that she was expelled from school! We both laughed a lot about that but she didn't reveal to me the reason for her expulsion. She also told me about an episode which included her car and her husband to be - Dan. But I really do not think I can repeat that one!

On her last visit to the Centre, in a wheelchair, she was able to see a therapist for some healing, and afterwards she sat in Dennis's and Peter's relaxation group. She smiled all the time she was with us that day. And she smiled when she said "goodbye" and went home, knowing, I am sure, she probably wouldn't ever be at the Centre again.

God bless you, Margot.

Tricia has this to add:

Draping Margot's coffin was a black and white patterned rug, which had warmed and comforted her during her few weeks in the Care Home. Sitting dramatically on top of the rug was her bright red hat - and a fridge magnet bearing the words ~

Some people make the world more special  
just by being in it.

Among Margot's papers her daughter Wendy found

*'A Mother Superior's Prayer'*

*Lord, Thou knowest better than I know myself that I am growing older and will some day be old.*

*Keep me from getting talkative and particularly from being possessed with the idea that I must say something on every subject and every occasion.*

*Release me from craving to straighten out everybody's affairs.*

*Keep me from the recital of endless detail. Give me wings to get to the point.*

*I ask for grace enough to listen to the tales of others' pains. Help me to endure them with patience.*

*Seal my lips when I am inclined to tell of my aches and pains. They are increasing with the years and my love of rehearing them grows sweeter as the years go by.*

*Teach me the glorious lesson that occasionally it is possible that I may be mistaken.*

*Keep me reasonably sweet. I do not want to be a saint. Some of them are so hard to live with, but a sour old woman is one of the crowning works of the devil.*

*Make me thoughtful but not nosey; helpful but not bossy.*

*With my vast store of wisdom and experience it does seem a pity not to use it all.*

*But Thou knowest, Lord, that I want a few friends at the end. Amen*

Thank you Wendy for rescuing this from your mother's paperwork, and sharing it with us ~ it will have many resonances for anyone who knew dear Margot!

We have received over £2,000 in memory of Margot ~  
a wonderful tribute to her popularity

## Computer Club ~

if you have been to Jean's computer classes, or even if you haven't! do come to our Computer Club, due to start in about a month's time.

Please join us ~ all levels welcome. Please bring your own lap-tops. If you do not have one we can provide one.

At the Computer Club the idea is to share our knowledge. Please let me know if you'd like to join this Club which will take place on Monday mornings.

## Supermarket Senior Greeter

Young people sometimes forget that we older people had a career before we retired. Charley, a new retiree-greeter at a supermarket just couldn't seem to get to work on time. Every day he was 5, 10, 15 minutes late. But he was a good worker, really tidy, clean-shaven, sharp-minded and a real credit to the company and obviously demonstrating their 'Older-Person-Friendly' policies. One day the boss called him into the office for a talk.

"Charley, I have to tell you, I like your work ethic, you do a bang-up job when you finally get here ~ but your being late so often is quite bothersome."

"Yes, I know boss, and I am working on it."

"Well, good, you are a team player. That's what I like to hear."

"Yes sir, I understand your concern and I'll try harder."

Seeming puzzled, the manager went on to comment, "It's odd though your coming in late. I know you're retired from the Armed Forces. What did they say to you there if you showed up in the morning late so often?"

The old man looked down at the floor, then smiled. He chuckled quietly, and said with a grin, "they usually saluted and said Good Morning, Admiral, can I get your coffee, sir?"

# Visit to Penny Brohn ~

a group of 11 people from the Centre, driven by Stuart in Annie's minibus, enjoyed a long weekend at Penny Brohn.

They all send their thanks to the anonymous donor who provided £100 donation towards the cost of petrol.



Ingrid, Bill and Denis wrote about their experience:

from Ingrid:

What a fantastic weekend we had! We hadn't turned out of Scotsdales' drive before one bright spark said "are we there yet"! The journey had 3 food and watering stops and all went very smoothly, which was down to Stuart's good driving and navigating skills. (And perhaps with a little help from Sat Nav!) We eventually arrived at PBCC at 4pm and we said goodbye to Stuart who unfortunately couldn't stay with us but he travelled on to Dorset.

We had a quick look round the place, including the little shop which was open and some of us bought gifts. Our rooms were lovely and then we were taken around the building which was amazing ~ half was an old manor house with a new section built on. But the decor of old and modern worked very well. The gardens were beautiful with many different kinds of trees, some of which must have been very old. Some of the grass had been left un-mown to enable wild flowers to grow. There was a gazebo with a wonderful view of the river and estuary, plus a wooded copse with old tree trunk seats arranged in a circle. After having a wander and a lovely supper we entered the living room which had lovely leather recliner chairs with a stool for your feet. Here we had introductions and relaxation. Unfortunately poor Denis had a fall and was taken by ambulance, accompanied by Bill, to Bristol Hospital, which unsettled us a bit, but luckily he

was back fighting fit the next morning and arrived to a big cheer from all of us.

We were offered bedtime drinks, with Pam in her very polite and poshest voice asking for “skimmed or semi skimmed milk, please”. The answer obviously was “Noooooooo”! as dairy products are not used at PBCC. Of course we did pull her leg and Yasmine and Rachel bought her a bottle of semi-skimmed milk on the way home!

The next day, Saturday, started at 8am with relaxation ~ then breakfast at 8.30 followed by the ‘Living Well’ programme which consisted of physical health, psychological emotion, spiritual purpose and meaning, relationships, welfare and living with impacts of cancer treatment. This continued through Sunday until 4pm. The whole course was very moving with much laughter, fun and a few tears. Poor Helmut ~ some of us had difficulty in pronouncing his name. Thus Helmet and Hermit and Homer were some of them and I can recall Denis saying “we won the war!!” Fortunately Helmut took it all in good fun and lots of laughter again.

Some of us found time to take lovely walks along the estuary ~ very refreshing.

All too soon it was time to leave with lovely Stuart arriving to take us home. Goodbyes to the staff and last minute photographs were taken and then we were on our way. We had two food and watering stops this time, one especially for Denis as he needed some lip salve as his lips were chapped (probably from kissing all those nurses). Yasmine and Rachel went shopping for him and could only get him a pink silky glossy one ~ oo la la. It quite suited him especially as he put some on his cheeks as well as his lips. I don’t know what his wife, Margaret, thought when he arrived home!!

Eventually we arrived back at Scotsdales about 10pm. We were all tired but Stuart obligingly dropped people off en route. I think we all came home uplifted, and hopefully left some of our anxieties behind us at the lovely Penny Brohn Cancer Care Centre!

**Bill wrote:**

*‘The Dream Team’ enjoy a wild and wonderful West Country weekend.*  
We set off, as 11 friendly, polite CCHC delegates, but returned as 11 happy lovable friends. Our Denis had the misfortune to fall heavily after the arrival dinner on the first night and that was the catalyst that united us all, the beginning of a non-stop laughter and joyous weekend.

I went with Denis in the ambulance to the Bristol Royal Infirmary with two

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young, delightful, caring medics, named Sam and Jenny who treated Denis with both TLC and great respect.

On arrival at A & E we were the fourth ambulance in a queue and had to wait (inside the ambulance) for half an hour, due to the large number of casualties waiting to be seen, but our young but very professional attendants were so interesting to talk to that our wait was soon over and we were inside the A & E Department. Denis and I then waited for the cabaret to begin!

A poor chap without any teeth was struggling to eat such a big double sandwich whilst his next door (cubicle) neighbour attempted to breathe through his oxygen mask with a big grin on his face, like a Cheshire cat. Just after midnight the doctor informed Denis he would have to be admitted for more tests, so I left him in their capable hands. Denis however was kept awake all night long by another patient in the next bed making aircraft noises through his oxygen mask. I returned 'home' to the P B and we all tried to get some sleep.

In the morning there was a big cheer when our Denis walked back in, as we ate our lunch. The group's stories, fun and laughter continued throughout the weekend, with moments of sadness as we listened to some stories of our friends' cancer journeys.

As we drove home to Cambridge the fun and laughter continued and we all thanked our super driver Stuart as he also joined in the fun.

Each and every one of us had a lovely, eventful, challenging, emotional but very happy time. This was made clear to me as I watched Audrey, Ingrid, Christine and Pam putting on their warm cardigans and tops, whilst laughing together, looking like four happy young women on an outing...and then Rachel, Delphine, and Yasmin eating their 'naughty' KFC delights (shhh!) It was quite moving to see!

What a wonderful weekend we enjoyed together, and the information, and what we all learned on the PB Course will benefit each and every one of us. A BIG thank you to our 'awesome' CCHC and our facilitators! Thank you

and from Denis:

I and 10 others have just returned from the Penny Brohn Cancer Care Centre in Bristol. A peaceful retreat set in beautiful grounds. I unfortunately collapsed, due I'm sure to the journey ~ it had nothing to do with anything else because the settings and treatment we received were idyllic and I loved every minute of our time there.

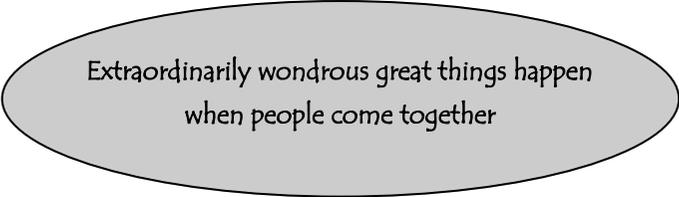
The round robins we had with Nicki and Sabine with each of us laying bare some of our innermost emotions caused some tears, understandably. I must confess to a lump in my throat at times, due mainly to the things that have happened to me during my life. Things that you have kept suppressed for most of your life will rise up given half a chance and bite you in, you know where. But having said all that, it was, I felt, a good experience and for me exorcised some demons. But more importantly through the tears came a lot of laughter and gentle poking of fun.

The underlying emotion was one of a much bandied about word and that was 'love'. Even the two ladies who facilitated our chats felt it coming from us for each other.

The food was quite wholesome but unusual, for me anyway, and took some getting used to. I couldn't find the bowls of lettuce very exciting, but there were other things that were very nice ~ different mixtures of pulses etc. I say etc because I haven't a clue what a lot of it was made up of, but it was all very nice.

NO TELEVISION or Radio. No newspapers either. I thought about reporting them as it was against my 'yuman rights' ~ only kidding. I never missed it once as we seemed to be on the move all the time with the group ~ me moving a lot more slowly than the others ~ but I was looked after by our little family.

Thank you to everyone for making the trip memorable.



Extraordinarily wondrous great things happen  
when people come together

# Pam's Craft Group

raised an amazing £1,000 for our Centre.

They put in a huge amount of hard work and are planning to do it all over again on the 15th, 16th, 22nd and 23rd November. They would be pleased to hear your ideas about the best sorts of things to make and sell.



Thank you  
'Craft Group'  
for your enthusiasm  
and dedication



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## Therapists ~

We have lots now ~ offering reflexology, healing, quantum healing, massage, chiropody, counselling. We have three people who offer reflexology, several who offer healing, one who offers massage, one who offers chiropody. Where a particular therapy (e.g. chiropody and massage) is in great demand we have altered the system a bit. You will know that you can have chiropody once every two months and massage once a month. This allows other people to have a chance to experience those therapies.

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## Our Life ~ Fred Kingsley

Our life changed in September 2010 when my wife, Delphine, was diagnosed with cancer. We were so shocked we could not get our heads round it. We didn't know where to turn. We tried different things, but we didn't find them helpful. It was then that I remembered that I had seen the Cambridge Cancer Help Centre at Scotsdales Garden Centre. Not sure what it was all about I thought I'd go and see for myself, so one Monday I called in and was met by Ann ~ and after a few tears and a cup of tea I knew that life had started again.

Delphine and I arrived the following Wednesday morning and met all sorts of people and relished their friendship to both us. And we were offered complementary therapies, and outings which were arranged by the lovely lady Penny. We met the tea team ladies ~ a lovely friendly bunch, along with the therapists, who make you feel absolutely great. There was this man who seemed to always be busy mending and fixing things. It turned out he is a Trustee and you could talk to him about anything. So now we have made many lovely friends at the Centre. We would like to thank our lovely Ann for all her hard work. We notice that she is always dashing about and never sits down long enough to finish a cup of tea!

We'd also like to thank David Rayner, He is such a hero. I wonder what makes this man tick. How generous of him to provide this beautiful new building for the Cambridge Cancer Help Centre: it has enriched our lives.

## Chernobyl Children ~

will visit us on 6<sup>th</sup> July at 11am .

We will give them lunch, so if you would like to contribute to the food (they particularly like crisps and ice cream) please tell Penny or Wendy.

The **Craft Group** have made blankets for the children to take home with them. Many thanks to all the people who knitted hundreds of squares, but the biggest thanks must go to **Margaret** who painstakingly stitched all the squares together ~ and made 23 colourful blankets! Amazing woman!



An-

other group of very young children will visit us in November  
but we will tell you more about that later on.

# Machu Picchu , Penny Brohn and Stuart



Machu Picchu, the lost city of the Incas, was built over 700 years ago and, hidden by the Peruvian jungle since the 16<sup>th</sup> century, was rediscovered in 1911. No one knows for sure why Machu Picchu was built. Some surmise that it was a royal or religious retreat for one of the Inca rulers. Unlike other Inca sites, which were destroyed by the Spanish conquistadores, Machu Picchu remains pretty much intact due to the fact that it was never discovered by the invading Spanish. This was due to its extremely remote location on a saddle shaped ridge slung between two giant mountain peaks at an altitude of nearly 2500 metres.

This October a team of volunteers is attempting to walk the original Inca trail to Machu Picchu in order to raise money for Penny Brohn Cancer Care. Each year they need to raise in excess of £2 million to continue providing life-changing complementary care and support to everyone who goes through their doors. PBCC receives no funding from the government or the NHS, so without the help of generous supporters Penny Brohn wouldn't be able to continue.

Last year I was fortunate to go to Bristol and see their centre and the people who run it. I was totally in awe of everything I saw and came away thinking that

everyone affected by cancer should have access to such life-changing complementary care. So when I saw the advertisement for volunteers to join the Inca Trail Challenge I contacted Penny Brohn Cancer Care and signed up straight away. Now all I need is for as many people as possible to sponsor me and donate as much money as they can afford to help me reach my target of **£1,000**. I must point out that all the money I raise will go to Penny Brohn Cancer Care as I have funded the trip myself.

To sponsor me please:

- ◆ Complete a Sponsorship form at Cambridge Cancer Help Centre. I will collect any money after the completion of the challenge.
- ◆ Go to my Just Giving fundraising page at [www.justgiving.com/stuart-bartram](http://www.justgiving.com/stuart-bartram)

I realise that there are a large number of charities trying to raise money for good causes and that it is sometimes very difficult to choose which to support, but I urge you to be as generous as possible for this most worthy of causes as I know how influential their work can be on people's lives.

Thanking you in advance *Stuart Bartram*

## Myeloma UK

Anne Fleming is fund-raising for Myeloma UK ~  
here at the Centre on Friday 1<sup>st</sup> July from 10.30-12.30. Admission £3.

If you can do so, please bring cakes to sell and also buy cakes  
and other delightful items from the stalls.

# Ros Nightingale

Ros was such an important part of our Centre it is impossible to stop expecting her to walk in and ask for a green tea.

Her funeral attracted the biggest crowd the Arbory Trust had ever had. The room had been built to seat 75 people but more than twice that number packed into the space.

We celebrated Ros's life and were given a 'Peace' rose, which had been Ros's wish.

Ros helped so many people. She and I had our own ways of doing things. We never discussed it but it set itself up in a natural way and we did it without thinking about it. When I met a new person at the Centre I would quite quickly introduce them to Ros.

At her Commemoration Mark, her son, read some of Ralph Waldo Emerson's words, which ended with the following

*"to know that even one life has breathed easier because you have lived - this is to have succeeded"*

And that led me in to saying that Ros had asked me to talk about our Centre at this Celebration. We both shed a tear or two about the whole idea of what was going on, but I told Ros I would prefer to talk about her. I know our lovely Centre made a difference to her because she made an enormous difference to the people who came to our Centre. When Bill Dalby came to us for the first time (in an upset state) and met Ros, he said she was "an angel".

Many people at the Centre will always remember Ros. Because she knew how to listen...and she knew what to say.

Dear Ros made lots of lives "breathe easier":  
she is, without a doubt, absolutely irreplaceable.



The following was read at Ros's Celebration:

**Dust if you must**

Dust if you must, but wouldn't it be better,  
To paint a picture or write a letter,  
Bake a cake or plant a seed  
Ponder the difference between want and need?

Dust if you must, but there's not much time  
With rivers to swim and mountains to climb,  
Music to hear and books to read, friends to  
Cherish and life to lead.

Dust if you must, but the world's out there  
With the sun in your eyes, the wind in your hair  
A flutter of snow, a shower of rain.  
This day will not come around again.

Dust if you must, but bear in mind,  
Old age will come and it's not kind.  
And when you go – and go you must –  
You, yourself, will make more dust!

It's not what you gather but what you scatter  
That tells what kind of life you have lived



Some time ago Ros sent me the following:

## Subject: Warning to men

Women often receive warnings about protecting themselves in shopping centre car parks etc. This is the first warning I have seen for men. I wanted to pass it on in case you haven't heard about it.

This is a 'heads up' for those men who may be regular customers at B&Q, Argos or even Asda. This one caught me totally by surprise. Over the last month I became a victim of a clever scam while out shopping. Simply going out to get shopping has turned out to be quite traumatic. Don't be naive enough to think it couldn't happen to you or your friends.

Here's how the scam works:

Two nice-looking, university-aged girls will come over to your car as you are packing your shopping into your vehicle. They both start wiping your windshield with a cloth and chamois, with their breasts almost falling out of their skimpy T-shirts. (It's impossible not to look).

When you thank them and offer them a tip, they say "No" but instead ask for a ride to McDonald's. You agree and they climb into the vehicle. On the way, they start undressing. Then one of them starts crawling all over you, while the other one steals your wallet.

I had my wallet stolen November 4th, 9th, 10th, twice on the 15th, 17th, 20th, 24th, & 29th. Also December 1st & 4th, twice on the 8th, 16th, 23rd, 26th & 27th, and very likely again this upcoming weekend. So tell your friends to be careful. What a horrible way to take advantage of us older men. Warn your friends to be vigilant!

Asda has wallets on sale for £1.99 each. I found even cheaper ones for £1 at Poundland and bought them out in three of their stores.

Also, you never get to eat at McDonald's. I've already lost 11 pounds just running back and forth from B&Q to Argos, Asda to Tesco's.

So please, send this on to all the older men that you know and warn them to be on the lookout for this scam. (The best times are just before lunch and around 4:30 in the afternoon.)

*Another one from Ros ~*

A group of 40-year-old girlfriends discussed where they should meet for

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dinner. Finally, it was agreed upon that they should meet at the Ocean View restaurant, because the waiters there were rather handsome and desirable.

10 years later at 50 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View restaurant, because the food there was very good and the wine selection was good also.

10 years later at 60 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View restaurant, because they could eat there in peace and quiet and the restaurant had a beautiful view of the ocean.

10 years later, at 70 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View restaurant, because the restaurant had Early Bird Specials, was wheel chair accessible, and they even had an elevator.

10 years later, at 80 years of age, the group once again discussed where they should meet for dinner. Finally it was agreed that they should meet at the Ocean View restaurant, because they had never been there before.

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## Psycho-sexual Counselling ~

separate groups for men and women. Women's group starts on 13 June and continues on the second Monday of each month from 11am-12.30pm.

Please let me know if you would like to join these groups,  
which are led by an Addenbrooke's nurse.

# Macmillan New Perspectives course

Cancer can affect your life in many ways. When you're living with cancer you may feel isolated, low, anxious and tired. Macmillan's New Perspectives course is free for anyone who has been affected in this way.

It is a six-week course of informal sessions, led by two tutors who have had cancer themselves. The weekly, two-and-a-half hour sessions will help you to share experiences, gain confidence and manage symptoms and stress.

**When is the next course: 13 June or 12 September 2011**

**Where is it held: Cambridge Cancer Help Centre**

**Time: 10.00 – 12.30 pm**

**Who do I contact for further information: Janet Hickman or Judy**

**York Tel: 07866331782 or email: [colin.hickman@homecall.co.uk](mailto:colin.hickman@homecall.co.uk)**

Thank you for taking the time to read this article.

We look forward to hearing from you.

Janet and Judy

Email address ~ for those of you who have my email address, please send me an email because I have lost my list of contacts due to computer break-down! Thanks

*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.*

## Pensthorpe ~ Penny

Our latest trip was to Pensthorpe in North Norfolk. We had a very smooth ride up and arrived in time for coffee and the loos prior to our ride in the trailer. We were taken by a lovely man with a rich Norfolk accent to see the little old lambs, the little old birds, little old bees nest in a hollow tree etc on our way round the hinterlands of the farm, which is farmed in an ecologically friendly way to encourage the insects, reptiles, birds and mammals. The lakes were created as a result of gravel extraction and they were deliberately made to different depths to encourage the waders, ducks etc who each have specific needs.

After delicious lunch in the very pleasant cafe, there was the rest of the reserve to explore, the gardens to admire. Spot the red squirrel, became a topic as our members met each other, lots of comments about the baby Avocets with their spindly legs, baby Storks nearly falling out of nests, Reed Buntings constructing nests, Ruffs giving the most amusing displays of the day, and so many different types of ducks ~ they all had very good hearing ~ the mere rustling of a paper bag had them dashing to be fed with the special food.

Eventually we had to say goodbye to them all and go home more than satisfied with our day out.



Very many thanks to  
Cambridge Different Strokes  
for their generous donation of £500

We'd like to thank The Friday Singers  
for their donation of £440  
following a talk by Ann to their group

From Margaret P

Woman buys self-assembly cupboard. Back home she reads the instructions carefully and assembles the cupboard in the bedroom. It looks really neat. Then a train passes and the whole cupboard collapses. Not daunted by this she re-reads the instructions and reassembles the cupboard. Then, another train passes and the whole cupboard collapses again. Thinking she must have done something wrong she re-reads the instructions and reassembles the cupboard. Then a train passes and the whole cupboard collapsed yet again. Now she's finally fed up with this and calls the customer service department. She is told that this is quite impossible and that they will send along a technician to have a look.

The technician arrives and assembles the cupboard. Then a train passes and the cupboard collapses. Completely baffled by this the technician decides to reassemble the cupboard and sit inside it to see whether he can find out what causes the cupboard to collapse.

At this point the woman's husband comes home, sees the cupboard and says "that's a nice looking cupboard" and opens it.

The technician says "you won't believe me, but I'm standing here waiting for a train".

# Very many thanks to the following for their donations ~

Foxton Post Office

Live & Let Live

The Pear Tree, Hildersham

Dobblers Inn

Peter & Shirley Tillet

Heather Coppock

Lilian Norden

Dorothy & Joe

Richard & Cheryl

Jean Dalby

Sue Stevenson (NHS Blood & Transport, Long Road)

Les Fordham

Fred & Delphine

Thomas Dale

Mrs E Dexter

## Our thanks also to ~

Burleigh Arms ~ £120

Cambridge Resale ~ £101

Cambridge Tangent ~ £100

Lotus cards ~  
on sale at the Centre  
£1 each or 6 cards for £5



Cards illustrating  
the CCHC's logo.  
Original needlework by  
Wendy Brown  
using the design for the  
lotus which was chosen by  
Marilyn Barnes  
25 years ago

I received this from Christine ~

*Dear Ann,*

*Who would have thought Rigby & Peller would be so good! I made an appointment with Sally, the breast cancer fitter and it was very successful. My measurement was a surprise too. I came out with two new mastectomy bras and a new swimming prosthesis ~ and it didn't break the bank. The shop is in the Grand Arcade, next door to the White company.*



## AGM held on 22 March 2011 ~ Tricia

**Fran** decided to step down as ‘Chair’ this year, but we are very pleased that she will continue to be a Trustee ~ as she has been since Marilyn first formed a Committee almost twenty-five years ago.

**Thank you Fran** for stepping into the role of Chair when David Wilson became too ill to continue. And thank you for your huge contribution to the development of our Centre over the years, and more recently for leading us through a very busy and significant time in the history of the CCHC.

**We appreciate your hard work and dedication.**

**Thank you Ted** for agreeing to add ‘Chair’ to your already busy role as Honorary Secretary. We are most grateful for all you do for us.

This year we welcome **Janet Hickman** to our team. Janet is already well known to those who have taken part in the Macmillan courses and we look forward to having a new ‘voice’ on our committee.

**Wendy Green** has recently moved away from the area making it impractical to continue to attend our meetings. Thank you Wendy for the contribution you have made since becoming a Trustee in 2009.



## Extract from AGM Financial report for year November 2009 - October 2010

Our most grateful thanks to all who have supported us financially during the year ~ without your help we would be unable to continue providing the service we offer. We've received very many donations including Membership Subscriptions and Covenants totalling well over £4,000.

Cambridge Masonic Bowls	250	S Dingley	360
Haslingfield Church	100	Cambridge Building Society	200
A & M Bailey	468	In memory of C Quick	659
In memory of J Wilson	200	J Robinson	406
Police Golf Society	582	In memory of Pat Manning	300
M Armstrong	133	Histon Piston Ladies	295
C & V Hawes	100	Napp Pharmaceuticals	120
Adams & Harrison	200	C A Mead	200
R Mackley	100	Chesterton Bowls Club	155
Abin/Hildersham Whist Drive	100	R Parker (Yoga Class)	1,700
CBI East of England	1,287	Sale of Goods	530
Girton Golf Club	1,000	Payments for therapies	3,790
Cambridge University Press	8,737	Other donations under £100	1,904
In memory of Bill Dalby	327	Collecting Boxes	2,816
B McHugh	104	Fundraising Events	501
In memory of J Ambrose	521		4,006
E Elmer			

Many thanks to all who have contributed  
to another successful year

## Fran

I could tell you that Fran and I were here almost every day during the time this building was planned and built. On the days the Centre wasn't open, (we were operating from the Sunflower Room) we were here. David Rayner asked us to set up a café in the little cabin just over there ~ where we could serve tea and cakes and ask people to give a donation to his building fund as they sat and watched the builders doing their building of our Centre. And it was there that we met potential volunteers ~ I think a couple of them are now in our Tea Team.

I could tell you that we were here so often that David and his daughter Caroline, offered us staff discount in the restaurant!

I could tell you that we were allowed to put on the first coat of paint in all the toilets. So when you use the toilet, please reflect on that! We were allowed to put shiny aluminium foil over all the joins in between the breeze blocks and we were allowed to make gallons of tea for the builders as they worked around us on this lovely building. So we can tell ourselves we did play a small part in building this marvellous Centre of ours.

But the most important thing to tell you is that a few years ago Fran offered help and her listening skills to someone who really needed them. When I phoned him yesterday evening he said,

*“at that time it was a struggle to enjoy life. I was slipping downhill but after four chances to talk to Fran, the light came on again and I had more enjoyment of life. Fran did a good job for me”.*

And Fran did a good job for me as Chairperson.

## Co-ordinator's Report at the AGM

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## on Tuesday 22 March 2011

Friendship....and “*It Isn't What You Does So Much ~ It's What it Means*”, which was said by Mr Perks, Station Master in ‘The Railway Children’. So let's look at what we does!

- The Tea Team ~ bless them, for offering friendly and welcoming faces to people who often find the tea bar their first port of call, particularly when visiting our Centre for the first time.
- Pat and Mike lead the Art group ~ its popularity accounts for the fact that we are running out of space for our artists. It is popular because of Pat and the support given to Pat by Mike.
- Jean is proving that learning to use a computer is easy-peasy.
- Anne Johnson feeds the birds, or should I say the squirrels! And she does her tea-team stint on Mondays.
- Barbara doubles on the tea bar and tackles some of the Admin in the Office.
- Pam and her gang enthusiastically lead the successful, fast-growing Craft Group.
- Nigel continues to liaise with the therapists about their appointment times for the diary.
- Janet and Judy lead their popular and highly-acclaimed ‘New Perspectives’ course. Lives are changed as a result of the excellent work they do.
- Richard supervises weekly yoga classes, from which he raises lots of money for our Centre, and he and Bernard look after the garden which surrounds the Centre.
- Anne Fleming continues to lead her large Myeloma group and Annie Diggins continues to expand her ‘Cambridge Different Strokes’ group.

When we talk about ‘friendship’ it is true to say that in the end we always need another human being. And Ralph Waldo Emerson said “*the way to have a friend is to be one*”.

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C. S. Lewis wrote, *“Friendship is born at the moment when one person says to another: ‘What! You too? ~ I thought I was the only one’”*. How apt that is in a cancer help centre. Finding someone else who identifies with all that one wants to say. What a comfort!

And I count myself extremely fortunate to be able to say that I have so many friends I enjoy being with in this beautiful and amazing place.

Jane Austen said, *“One enjoyment was certain, that of suitability of companions ~ a suitability which comprehended health and temper to bear inconveniences, cheerfulness to enhance every pleasure, and affection and intelligence, which might supply it among themselves if there were disappointments abroad”*. It is as though, when she wrote that in ‘Pride and Prejudice’, she had a vision of the Cambridge Cancer Help Centre between 1986 and 2011!

So I think we have a lot of, as she said “suitability of companions” ~ for instance Denis said to me, “I didn’t think I was a joining sort of person”, but he went on to say that this Centre is “like a warm blanket” because of the friends he has made.

Carole Patrick walked in to the Centre a few weeks ago ~ we came face to face and then she said, “I am not supposed to be here today. I wasn’t going to come today. But this place is like a magnet.”

And I thought ~ that kind of tells me that we are doing the right thing at this Centre.

You will have gathered that I am not clever enough to make up all those brilliant and apt quotations. They came from Tricia’s book ‘Quotations ~ that have left their mark’.

So many thanks to Tricia, who is a true friend, for producing such a booklet.

The last word is about all of you ~ Beethoven said, *“I will seize fate by the throat; it shall certainly not bend and crush me completely”* ~ lots of defiance from Beethoven, who reminds me about all of you who have cancer and your defiance against the illness. But perhaps you didn’t feel this way until you came to this Centre and found other people in similar situations.

When we were moving out of Stockwell Street a lot of us were anxious

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that we would keep the 'homely' feel to the Centre. Never quite sure if we have achieved that informal feeling. BUT it was proved to me last week that we have done so ..... because ..... we always want everyone to feel and enjoy the informality of this place ~ to treat it as if they were at home. So....there was this young woman elegantly sprawled out on one of the sofas, head propped up on cushions (the way one does at home) among lots of her friends who were all slouched around in a friendly slouching sort of way. And her legs were bent up behind her (in the way one does at home) as she reclined in a happy comfortable sort of way. So, everyone from Stockwell Street ~ I think we did it! It's homely! I think we are doing alright!

Derek C added this ~

Since finding the CCHC, I have come alive again. I have a purpose, a reason to get up in the morning. I don't feel like I'm on the scrapheap any more loosing my job through illness.

The Centre is non-judgemental, it is a sanctuary for us, where we can leave our everyday problems behind and talk with like-minded people, laugh or cry and not feel odd. Most of all is the total inclusion, whatever our ability.

The CCHC envelops you with a warmth and love that is indescribable.

Long may the CCHC continue. Thank You

*Much love from Ann*

PS: As usual the Centre will be closed during August, so our last day of opening will be for the Party on Wednesday 27th July.

We will re-open on Monday 5th September.