

AGM Report from the co-ordinator

Invisible Web ~ Connectedness

This is about quantum physics and science ~ neither of which I know much about! However, two books I read made a lasting impression on me. The first was 'The Field' by Lynne McTaggart. (*ISBN 0-7225-3764-6*). I remember being so taken with it that I spent the whole of a sunny summer day in my garden reading it from start to finish. Didn't understand it all but the first page led me on because it mentioned the idea of 'Connectedness', so that arrested my attention for the whole day.

Ed Mitchell, the sixth man to land on the moon, was on his way back to Earth with Alan Shepherd in their space shuttle Apollo 14, when suddenly, without any warning, he experienced the strangest feeling he would ever have ~ and that was a feeling of connectedness ~ as if all the planets and all the people of all time were attached through an invisible web. He said he could hardly breathe because of the majesty of the moment and he felt distanced from his body. He looked at the other Apollo crew members and none of them seemed to be aware of anything other than the tasks they were carrying out.

It was as though Ed Mitchell had experienced a blinding epiphany of meaning and in just an instant he discovered and felt 'The Force'. He suddenly had his own inner conviction that human minds were connected to each other and to everything else in this world and every other world.

There seemed to be, to him, an enormous force-field here, connecting all people, their intentions and thoughts and every animate and inanimate form of matter of all time. He felt that anything he thought or did would influence the rest of the cosmos.

In the early 1970's a handful of scientists stumbled on an element of quantum physics that seemingly had huge potential. That was 'The Zero Point Field', which Lynne McTaggart describes as "an ocean of microscopic vibrations in the space between things".

In this so-called ‘dead’ space lay the very key to life itself, to cell communication, to DNA, strange effects like ESP or spiritual healing and also to the collective unconscious. Scientists have discovered that “we are an energetic charge. All human beings and all living things are a coalescence of energy in a field of energy connected to every other thing in the world”. It has been called a “resonating universe”.

So....25 years after Ed Mitchell had experienced collective consciousness in Apollo, scientists were beginning to prove it in a laboratory.

What happened to Ed Mitchell changed the world

So, on the grounds of his ‘connectedness’, I linked in to Henrietta Lacks, a poor, black American woman who died in 1951 from cancer of the cervix.

Henrietta Lacks also changed the world

Normal cells go through life, then stop dividing and begin to die. However, Henrietta’s **malignant** cells didn’t stop dividing and they never died! They are immortal and you can see them at Cancer Research UK and in thousands of cancer research establishments throughout the world.

An individual HeLa cell weighs almost nothing. One scientist estimates that if you could pile all the HeLa cells ever grown on to a scale they would weigh more than 50 million metric tons. They would wrap around the Earth at least 3 times, spanning more than 350 million feet. They have contributed to five of the past ten Nobel prizes for Medicine. It has been suggested that while scientists have made fortunes and reputations from Henrietta’s tissues, the same cannot be said of her family: they were not informed.

Henrietta Lack’s cells still continue to grow and multiply. The world’s first immortal human cells were cut from her cervix. More than 60,000 scientific articles have been published about research done on HeLa cells: a further 300 papers about those cells are published every month. There are billions of Henrietta’s cells stored on ice. A scientist said, “once there is a cure for cancer, it will definitely be largely because of Henrietta Lack’s cells”.

An author, (not of this book) Eric Schlosser, said “racism, greed, idealism and faith in science helped to save thousands of lives but nearly

destroyed her family”.

A scientist said “no dead woman has done more for the living”. Henrietta, a poor, black American woman, changed the world and made it better for those of us who have had cancer. We are connected to Henrietta Lacks.

Ed Mitchell changed the world: Henrietta Lacks changed the world

All of you change our little bit of the world at our Centre because of what you do so immeasurably well for each other. Why is that, I wonder? Perhaps Anne Janowski (who used to be our chiropodist) summed it up when she said, “I felt that both staff and visitors were on an equal, non-clinical footing with a common successful aim to give and receive support and hope”.

Perhaps that’s our secret! Not much hierarchy here, no bosses ~ just all in it together helping each other ~ tea team, craft team, therapists, Art team, individuals, all quietly helping out wherever they see a need.

There is, I am certain, a connectedness here amongst all of us, a determination to do our best for each other. How very fortunate we are to be a part of this place. And what a lovely feeling to be connected to each other as part of the Invisible Web. How absolutely marvellous ~ you are all marvellous. And amazing.

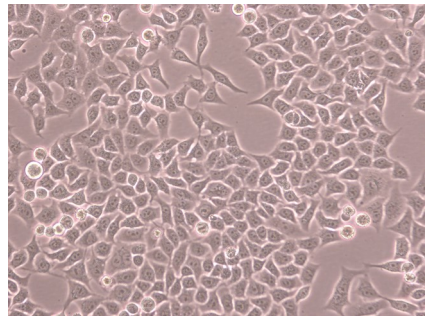
At our Centre all is well



*The Field' is in our library, donated
to us by Dennis Smith*

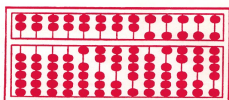
*2 copies of 'The Immortal Life of
Henrietta Lacks' are also
in our library*

*Photos of HeLa cells kindly sent
by Katrien from CRUK*



At our Centre all is also well financially ~

Our most grateful thanks to all
who have contributed to the success
of the year 1 Nov 2010 ~ 31 October 2011



We've made a promising start to the year Nov 2011~Oct 2012.
We'd like to thank the following organisations for their recent
very generous donations ~

Waitrose raised £539 from their green disc collection. They
continue to support us in many ways throughout the year.

Origen Lodge donated £500 in recognition of "the
excellent, selfless, and very necessary relief provided by this
Centre".

The Cantabrigia Lodge raised £620 at a Lodge dinner. They
say, "Our special and grateful thanks go to Liz Gage of SGC, who
very kindly made our bouquets and potted plants look
magnificent. Also The Blue Lion at Hardwick for their generous
raffle prize".

Very many thanks from us all

'Icon' magazine ~ has an article written by Professor Robert Thomas. I wish I could write every word of it in this newsletter but I cannot for various reasons. So here are some highlights ~

The article starts by saying that a man newly diagnosed with prostate cancer would most likely expect immediate treatment. However, Professor Thomas, consultant oncologist at Addenbrooke's maintains that there can be much to gain and nothing to lose by biding time. "For men with Gleason grade 6, or early grade 7 cancer," he reassures. "there is no need for immediate intervention". Professor Thomas puts these patients on an Active Surveillance programme, combining regular PSA checks to see if their cancer progresses. "What we watch for is the doubling time – how quickly the PSA rises in those measuring between six and 20". He goes on to say that through lifestyle changes, 40% of patients stabilised and did not go on to have treatment.

In the Icon article he also says that the lowdown on lifestyle offered is highly significant not only for newly diagnosed men, but for any man wanting to prevent prostate cancer or its recurrence. He adds that the Kenfield trial shows that exercise for more than three hours a week reduces the risk of prostate cancer recurrence by 36%. Professor Thomas goes on to say that 58% of men who were overweight had worse toxicity and risk of relapse following treatment than those who maintained a healthy weight and active regime. If one is looking at what level of exercise is beneficial it certainly isn't a twice-weekly amble, or gardening or a stab at housework.

Professor Thomas has lots to say about diet: he concludes by saying that when he sees men coming in with PSAs going up and then sees their PSAs dropping because they have gone out, exercised and lost weight, that is very motivating and very believable.

*Nutritional testing is available through Professor Thomas' website
cancernet.co.uk (£295).*

*Pick up a copy of Icon at the Centre - or you can obtain a copy
by phoning 01280 821 211 or email enquiries@canceractive.com*

from Denis D

A tough looking group of bikers were out riding when they saw a woman about to jump off a bridge ... so they stopped and parked their Harleys.

Their leader, a big burly man, gets off his bike and says, "What are you doing?"

"I'm going to commit suicide", she says.

While he didn't want to appear insensitive, he didn't want to miss an opportunity either, so he asked her ... "Well, before you jump, why don't you give me a kiss?"

So she does

And it was a long, deep, lingering, spine-tingling kiss.

After she's finished, the biker leader says, "Wow! That was the best kiss I've ever had! That's a real talent you are wasting. You could be famous. Why in the world would you want to commit suicide?"

"My parents don't like me dressing up like a girl ..."

The authorities think she may have been pushed ...

FOR SALE/WANTED

If you have any items for sale/exchange/wanted ~ please let me know. We can advertise the items on the Centre's notice board. I got a beautiful garden table and chairs at a ridiculously low and generous price within 10 minutes of putting up the notice!

Audrey Proud ~ from Pat B

Anyone who saw the Great Shelford Village News will be aware that the front cover illustration of Shelford Library was painted by none other than our own Audrey Proud, one of the Artists in the Cambridge Cancer Help Centre painting group.

Audrey used an original photograph that she took herself to capture this lovely image. The Friends of the Great Shelford Library have been trying to recruit volunteers to support reduced library staff and Mike Roe, who is their Chairman, brought the painting to their attention.



Congratulations
and well done Audrey!

Very sad to say, we have 'lost'

Elaine, Julie & Anne

Elaine Nicholls

What struck me about Elaine was her bravery. I knew she'd been ill for a long time, hanging on for a family wedding and birth of a grandchild. The wedding was brought forward so Elaine was able to experience all the happiness that goes along with weddings. And last Christmas before Elaine died, she wrote Christmas cards, taking the trouble to say nice things about our Centre when one would have thought that her thoughts would be on other things....such as herself! I do know for sure that Elaine thought the world of her large, caring family who took such great, great care of her. And I know she was especially fond of her lovely sister Judy, who is part of our tea team ... so we knew quite a lot about what was happening to Elaine



Julie Wilderspin

walked into the Centre for the first time looking well, in spite of the worrying diagnosis she had received. She talked it through with a few of us and none of us could believe that the diagnosis and prognosis were correct. She was however, determined to fight on. She appeared to be doing very well with that mission but how sad that she couldn't beat it in the end. But surely her determination gave her longer than she would otherwise have lived? I hope so. A brave, determined young woman.

We send our love to Rob and all her family.



This photograph of Julie was taken by Ted at our Christmas lunch. She looked lovely, and as though cancer were a million miles away.

I reckon our philosophy has to be that although we cannot change the course of history for people who have cancer, we can change the bit of their lives they experience once they have received that diagnosis, and visit our Centre. And we can be pleased and comforted by knowing that it is a place full of friends, and therapists, who all do their best to make their journey as brilliant and comfortable and as much fun as possible.

Anne came to us as a live wire ~ an athlete and cyclist, and full of energy. I know that Anne very much appreciated the therapies she experienced at the Centre. This is what Tricia wrote about her, after attending Anne's funeral ~

Anne Vickery A Short Life but Lived to the Full

A large and colourful gathering of family and friends assembled in the picturesque St James Church, Lode for a celebration of Anne's "unbridled enthusiasm for life". Friends were over-spilling the pews: it was standing room only for the last arrivals.

Anne had requested that the congregation didn't wear black. She usually wore strong, bright colours herself, so there were deep purples, blues and greens dotted throughout the church and an abundance of the bright red that Anne so often wore. As her coffin was carried down the aisle, Chris De Burgh's 'Lady In Red' enhanced the moment and immediately set the scene for a very personal celebration.

In a moving Tribute from Anne's husband Dave, and her children Tom and Amy, we learned of Anne's early passion for athletics and her impressive sporting achievements as a middle-distance runner ~ at one point becoming a world record holder. Her eternal optimism and doggedness in every aspect of her life contributed to her stated preference for spending "50 years as a lion rather than 80 years as a lamb".



Anne (no 74) out in front

Anne's fortitude and her love of sport and travel and adventure were reflected in Tom and Amy, who have inherited many of their mother's qualities, and who are exhibiting the same enthusiasm for life that Anne had. One couldn't help but admire them.

Our thanks to Anne's family and friends for their very generous donation of £1,525 in memory of Anne

I hope that Rob and Dave will visit us whenever they can ~ they said they would. And perhaps the rest of Elaine's family will come to see us when they feel they'd like to.

Cancer Research UK ~

We are told that because of the support they receive from the public, the best radiotherapy treatments are available to everyone who needs them. £250 million is to be spent setting up new proton beam radiotherapy centres in London and Manchester. "This type of treatment was previously unavailable in the NHS and patients were sent abroad for their treatment. Proton beam therapy is particularly valuable for treating childhood cancers and adult cancer in the head, neck, and brain. It uses charged particles instead of X-rays, which means that a higher dose of radiation can be delivered straight to the cancer with less damage to nearby tissue, resulting in fewer side-effects."

We now have a large **CRUK** box into which we can put our unwanted clothes and shoes. Please support this cause ~ any donated items will go to the Cancer Research shop in Burleigh Street.

Please continue to give jewellery, bric a brac and books to us so that Penny can put a price on them and raise money for our Centre.



Tax Help ~ Christine Bradley

Dear fellow members and supporters of CCHC

I have been a member of the Centre for 6 years. The Centre has been a great support to me and I would like to give something back. I am a qualified Taxation Technician and member of the Association of Taxation Technicians: I have worked in tax both as a Tax Inspector in Cambridge and in private practice for over thirty years.

I am happy to continue to offer short informal tax sessions at the Centre on Wednesdays, when I am usually present. There have been so many changes in income tax in the last thirty years it can all be very confusing to anyone, particularly when you receive your tax codes or a tax calculation from HM Revenue & Customs, or you may be considering retirement. Any conversations with me at the Centre are free, confidential and with no obligation. I consider my role to be primarily one of support and encouragement based on my many years of experience.

If you have any concerns that may require a formal arrangement, for example, the preparation of tax returns or tax repayments claims, I can be found at Andrew Webster Limited in their Personal Client Department at 10 Wellington Street, Cambridge, just behind the Grafton Centre, where I work for 3 days a week. I can be reached there by telephone on 01223 507080 or by email on Christine@tax.uk.com.

Websters can also deal with all your legal, financial and accounting needs as well as any personal tax queries and the website is <http://tax.uk.com> should you like to see what websters can do for you.

Please do not hesitate to contact me
if you have any questions at all or just want to say hello.

Cobber ~

introduced to Janet & Judy's Macmillan course

It is described as an innovative body cooling neck wrap that has been designed to help battle the harsh Australian climate. The Cobber lowers body temperature by cooling the carotid arteries of the neck, providing a natural evaporative cooling system for your body. This environmentally friendly, non-toxic product is made from poly-cotton material filled with cooling crystals. Soak your Cobber in clean cool water for approx. 15 minutes – remove – distribute the crystals evenly by running your hand down the Cobber and replace into the water for a further 20 minutes. Now it is ready for use. It keeps cooling for 2-3 days and can be reactivated again and again, by soaking it in water.

For best results ~

- for all day wear: place in the refrigerator or freezer for a short period before use.
- To make it hot, place in a microwave for 20-30 seconds.
- To clean: wash by hand with a liquid soap. To dry, simply hang your Cobber up by one end for several days, returning the Cobber back to its crystal form.

Prices from approx. £12 inc postage.

Search the internet for Body Cooling Neck Wrap/Scarf.

Macmillan 'Hope' courses

18 Sept to 30 Oct Tuesday afternoons from 1.30-4pm

If you have done the 'New Perspectives' course you can still do the 'Hope' course because it has a different programme.

Anyone interested please get in touch
with Judy York or Janet Hickman 07544506074 or email
hope.cambridge@mail.com

Derek Carpenter ~

won a competition arranged by Gowrings Mobility Road-show. Gowrings adapts vehicles for wheelchairs while Aerobility, formerly known as the British Disabled Flying Association, offers disabled people the opportunity to fly a specially adapted aeroplane.

So, having won the competition, Derek, accompanied by his wife Rosemary and Ted Sage, our Chair, flew a four-seater plane, taking off from the Imperial War Museum at Duxford. He said he enjoyed what was an exhilarating and inspiring flight. When they climbed to a thousand feet the pilot invited Derek to take over the controls. Derek said he had a fabulous time because he felt that whatever disability one may have, with fighting spirit and determination obstacles can be overcome.

We now call him 'Biggles'!



Derek has also taken us into Facebook. I have asked him to describe how we can all be involved in this venture. He writes

CCHC has a Facebook page dedicated to everyone at the Centre ~ and their families and friends. It gives up-to-date information and guidance on how to access various organisations, ie Cancer Research UK, Bowel cancer, Prostate etc.

Facebook is a social network and people worldwide can, and do, access our page, either to look at what we are up to or in some instances to comment.

I update the page daily with the content I think will be of interest

to everyone. But as it is not all about me, but all of you at the Centre, the page needs a lot more input ~ please add items that you think will interest everyone.

It would also be helpful when you read any articles to leave comments ~ whether you find it helpful, or not, as the case might be ~ and to share it with your friends.

Our Facebook page has really reached around the world. A lot of people are now aware of who we are and what we do, which can only be good for us.

Using our page will open up a whole new world for you as you can chat live (keeping your conversations private) and talk to like-minded people who understand what you go through. But most of all is the support you can give. It pays to talk.

The art group's paintings can also be accessed on our page; they are so good and people have been looking at them.

If you do not have access to a computer, please come and see me when I am at the Centre and I will be more than happy to show you what it's all about.

Please give our Facebook page your support.

You'll find us on Facebook at [cambridgecancerhelpcentre](https://www.facebook.com/cambridgecancerhelpcentre)

We have two 'prostate wives' who are happy to talk to any other prostate wives! Please let me know if you would like to have a friendly and informative chat with them.

from Dennis S

There was a large queue of people in the bank. Suddenly in walked a masked man carrying a gun. Unfortunately the gunman's mask slipped off briefly and was rapidly replaced.

Robber says to first man in queue – “did you see my face when the mask fell off?”

“Yes”, said the man.

So robber shot him dead.

Then robber says to the next man in the queue, “Did you see my face when the mask fell off?”

“No”, said the man,” I didn't - but my wife did”.

Man dies and goes to heaven. On the gate he is asked by St Peter for a special word as a password to gain entry to heaven.

The man says, “well I don't know any such words but perhaps I could do your job on the gate - you must get pretty tired doing this all day”.

St Peter says... “well, the healing word is ‘love’ and you have to spell it”.

So the man spelt l o v e and was given the job of gate-keeper.

Some days later his wife appeared at the gate.

Man said, “you can't come in unless you can spell the special password”.

“What is it?” she said.

He replied – “it is ‘Czechoslovakia’”

Dennis we'll forgive you for these sexist jokes ~
because they are so very funny!

From SAGA magazine

Did you know – that “the violinist in the Titanic’s band earned £1 a week. His pay was stopped at 2.20am on April 15, 1912 – the moment the ship sank. Two weeks later his father was sent a bill for the White Star Line buttons that were sewn onto his bandsman’s tunic. When his family asked if the body could be sent home they were told that ‘normal cargo rates would apply’. A week after the Titanic sank, 54 stokers and firemen on its sister ship, Olympic, refused to sail until there were sufficient lifeboats on board. They were arrested and charged with mutiny.”

From ‘And the Band Played On’ by Christopher Ward.

His father was Jock Hume, the violinist. (Hodder & Stoughton: £20)

Simon Davies ~ from the gym

is threatening to visit the Centre. I think he has a Boot Camp in mind. But never fear, because we haven't got the insurance to deal with a boot camp. However, he is looking forward to meeting everyone and he may talk you into trying out the gym ~ it is good fun and very rewarding and satisfying, and makes you feel self-righteous and smug(!) as you walk on the machine. And then there is tea afterwards!

Home shopping

If you have trouble doing your shopping there is a new scheme, operated by Age Concern and the supermarkets. What you do is ... make your list, telephone AgeUK and let them know which supermarket you prefer and they will arrange for your shopping to be done and delivered to you. Phone their Shopping Service on 01354 696650, between 9am-12.30, Monday – Friday. The cost is between £2 and £3. You do need to pay via a credit/debit card.

Time to retire!

from Tricia

Little did I think when I became a trustee in 1996 that I'd still be playing a part sixteen years later.

It's difficult to judge the appropriate time to make changes in one's life, particularly when that life is a happy one. I've enjoyed my time at our Centre enormously, but as each birthday looms, and the numbers become seriously big, I'm conscious of time slipping by, while my own projects lie unfinished in an ever-increasing pile of files and jottings. I need some mental space now to immerse myself in these projects while I still have the energy and enthusiasm ~ and the focus to carry them through.

By July 2012 I shall have completed twelve years as editor and presenter of Lifeline. The June edition seems a good time to round off my involvement. I'm planning to retire from the Centre on Wednesday 1 August as we start the August break.

My time with the CCHC has been more pleasurable and more fulfilling than any paid job I've ever had (apart of course from the individual tuition I've so enjoyed with my GCSE maths students). I couldn't have envisaged a happier working relationship than the one Ann and I have shared through good times ~ and through some difficult ones too. I've enjoyed all the different facets of working with Ann ~ but none more that our close and happy collaboration on 'Lifeline'. And I've also very much enjoyed my involvement with the financial aspects of running the Centre.

I feel privileged to have been part of an organisation
that has enriched so many lives.



Many years ago when I first became interested in astrology I came across an image that has remained with me ~ the image of a packet of seeds. The beautiful lettuce pictured on the front of the packet is the potential for what each of the seeds inside the packet could become. But in order to reach its potential the tiny seed needs light and water, and space to spread its shoots and leaves. It needs to be nurtured carefully in order to become as beautiful as that mature plant pictured on the front of the packet.

But we can be absolutely certain that the lettuce seed, however hard it tries, will **not** grow into a prize-winning radish!

Our birth chart is a bit like the picture on the front of the seed packet. Whether we grow and reach our full potential is dependent upon many factors: we too need to be nurtured ~ fed and watered and supported and encouraged. Our chart is unique to us: it is what is possible for us ~ the beautiful picture we could become. But we cannot become someone else's picture.

**“All around us in nature life unfolds according to its
own inner design”** *(Howard Sasportas)*

I was reminded of this image recently as I walked round Scotsdales Garden Centre and spotted the dozens of packets of flower and vegetable seeds stacked neatly on their shelves ~ all those seeds ready to be bought and scattered in some fertile garden and given the opportunity to grow and become what they were meant to become.

Those seeds are all reflected here at our Centre ~ from the delicate sweet pea to the confident sunflower, from the ground-hugging plants to the tall dahlias and hollyhocks. Together they've produced a colourful and disparate array of blooms and fruits. And there's room for all of them in our own special 'garden' that grows and flourishes in the lovely setting of the David Rayner Building.

Marilyn set the first seed back in 1986, followed in 1993 by Ann, who

brought her own gifts and at the same time provided the fertile soil in which a huge variety of plants have been nurtured and encouraged to grow.

Our Centre has not grown by moulding people into a set of rigid rules: it has grown and flourished because Ann has been sensitive to the needs and qualities of others. She has cleverly brought together lots of different types of potential, making all sorts of outcomes possible.

My warmest thanks to Ann, and to the Centre, and to those courageous people in it, for playing a part in helping me grow towards the picture on the front of my own particular seed packet.

With love from Trícia

Do not walk behind me
~ I may not lead.
Do not walk ahead of me
~ I may not follow.
Just walk beside me
and be my friend.

Anon

The ordinary leader
likes to make people
think highly of him:
the extraordinary leader
makes people
think highly of themselves.

Anon

*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.*

Thank you Barbara ~

We're very pleased that Barbara Hylton has agreed to take over much of the work that I presently deal with in the office ~ and we're also delighted that she has accepted our invitation to join the Trustees.

At the moment the future of 'Lifeline' is uncertain. There's an empty space just waiting for the 'right' person to step into. The computer skills required are not too onerous. However it does require someone who has an appreciation of our language and a sharp eye for detail. It's quite a commitment ~ but very rewarding.

Tricia

When I was young, we all teased my Mum when she frequently went round with a dustpan and brush - wanting to keep the home nice for us. She'd laugh and say "you'll miss every hair of my head when I'm gone". And we would giggle without any concern because it never really occurred to us that she would one day be 'gone'.

It's good for us to know that during our Centre's difficulties about 15 years ago (when we almost ran out of money) Tricia was the cornerstone of the trustees who met to discuss our future and to try to keep the Centre going. One of Tricia's ideas to raise money was to charge for refreshments. I didn't agree with that because I didn't want people to be asked for money when they were anxious about their diagnosis. Tricia also proposed asking for a Membership Subscription (minimum amount £5 per year) although if anyone could not afford that they would still receive all the help provided by the Centre. It is significant that Tricia came up with ideas to save the Centre despite the fact that I didn't agree with her proposals. But of course they were right ~ and they helped to

save the Centre. Tricia and I soon realised that we had different strengths and weaknesses ~ different pictures on our seed packets ~ which is a GOOD thing, because we complement each other and have been a good team during the past 18 years.

We also had difficulties at one time in recruiting a Chair, Secretary and Treasurer. It was impossible to find the right people. So David Wilson became all three for a while! Eventually we found Beverley, who briefly took over as treasurer, and then Tricia (who is GOOD at maths) agreed to learn to be a treasurer. I was always very impressed that during a very sunny Summer she spent many, many weekends at her computer devising the best ways to look after the Centre's money in a way that would satisfy the Charity Commissioners. All this at the same time as most of us were sunning ourselves in our gardens.

To me, Tricia has been a confidante, whose strengths include integrity, keeping a confidence, being a friend who can listen and advise (but only if asked to do so) and who can also brush away the irrelevant and unimportant parts of one's concerns.

I know that Tricia won't be 'gone' in the same way as my Mum and I'm sure she will return to the Centre to meet everyone from time to time because **she will miss us all**. I hope you do, Tricia because I certainly shall miss every hair of your head.

We will be saying "farewell" or "au revoir" to Tricia
on Wednesday 1st August at 11am. Please join us.



Tea Money

The money that you so generously put into the teapot each week, replenishes our supplies at the tea bar and also provides some of the food for the Chernobyl children and for our parties. As well as that, we've been able to add over £400 to our

general fund since January of this year.

So thank you to all of you who help to raise funds in this way.

Tricia

Therapies

Due to the popularity of the therapies and because some people can't find appointment spaces, please will you book reflexology once a month only, and all other therapies just once a week for the time being.

The appointment sheets will be placed in the book once a month. So, please do not put your name on a waiting list but book your appointment after the last Monday of the month.

Sorry to have to introduce these 'rules', but some of our unwell people find it upsetting when they can't book a therapy.

Super Soups from Carole P

Soup-making has been discontinued for the Summer. Carole will resume production in September. Many thanks to her for providing such a welcome hot lunch during those cold days.

Clare Phillips ~

When I gained a place in the London Marathon I thought I would try to do something different and decided to run dressed as a bottle ~ with a view to breaking the World Record for this feat. I thought it would also be a great opportunity to support a good cause, so I asked my friend Alison Horsley if she could recommend one and she suggested The Cambridge Cancer Help Centre. It has been lovely to meet so many people at the Centre when I have been to visit, and I'm delighted that, as I write, I have raised over £500 for the charity, with more still to come in. I was so touched that many people who didn't even know me supported me and by the lovely card that you sent me after the marathon. Thank you to all of you.

Unfortunately I didn't have a good race on the day, and the marathon took me far longer than I had hoped. To do all that training and have it all go wrong on the day is rather demoralising but the main thing is that I raised a substantial sum for CCHC and another charity I was also supporting. I'm so pleased that I was able to find out more about your excellent work as a result of the marathon and I look forward to coming back to present the money soon.

Clare was mentioned by Steve Cram at the beginning of the race and he also mentioned our Centre. We sent a text message to Clare wishing her well and I did manage to catch sight of it on the TV at lunchtime.

So well done Clare and many, many thanks for supporting our Centre in such an energetic and innovative way: running the London Marathon dressed as a bottle must have been very uncomfortable!

Thank you Clare
for raising almost £600 for our Centre

Chernobyl children ~

They will come to the Centre for lunch on Wed 4 July. If you would like to contribute food, please talk to Wendy. We usually keep the food simple. Crisps and ice cream are their favourites and we have an old-fashioned ice-cream bicycle coming to us courtesy of Phil. I'll be first for the ice cream just to make sure it tastes OK for everyone else! I think Phil and his ice-cream bicycle are available for hire ~ do let me know if you want more details.

JeZo, the magician who entertained the children last year, will join us again this year. He is particularly clever with his magic with these children: because of the language difficulty he has to mime much of what he does.

We are collecting warm and Summer clothing for the children. If you have any to fit ages of say, 5–11, please let me know. The clothes need to be in extremely good/as new condition.

Chess Club

Very many thanks to Marge and Brian P who bought a superb Kazparov chess set for the Centre. So Fred will start a Chess Club if anyone would like to join ~ to learn how to play or to compete.

Thank you Penny & Wendy for organising our

Easter Raffle which raised **£137**



Joanna Holding is one of our very valued

tea team at the Centre. I first met Joanna at the 'Inspired Group' meeting, where I had been invited to talk about our Centre. I remember her telling me about her business and she told me about her website www.wearmyhair.com. Joanna's aim was to provide wigs at reasonable prices. We were very impressed ~ so impressed that we exhibited her leaflets at our Centre. We also include them in our information packs that we give to new people when they visit our Centre for the first time. Joanna is an entrepreneur who lives in Cambridge. I was thinking about that the other day as I watched her help serve teas, collect up the dirty mugs and then do her bit with the broom ~ as do all the tea ladies before we leave the Centre on a Wednesday afternoon.

We were pleased to see Joanna featured in ~ 'Life Lessons', written by Lizzy Denning, in the Cambridge News recently. Joanna sells her wigs to women, men and children ~ not just to people who have lost their hair due to illness, but to people who fancy a new look or who haven't time to sort out their own hair before leaving home in the mornings.

So....if you want a wig for a bad hair day ~ talk to Joanna!

Tea Team ~

Alan told me he has to take 2 Kalms tablets before meeting his tea team on a Tuesday! He says that's the only way he can cope with them! Stand back, Alan. You'll wish you hadn't said that!

Very many thanks to the following for their donations ~

Foxton Post Office

Live & Let Live

The White Swan

Free Press

Dobbler's Inn

Acorn Garage

Penny Olesen (home collection)

Mrs Estelle Dexter (home collection)

Gordon Murray (proceeds of talk he gave)

Heather Coppock (home collection)

Pro Quest (Office collection)

Brenda & Bert Truelove for their donation of **£200** given to them in lieu of presents at a family reunion

The family & friends of **James Dann Smith** for sending us over **£650** in his memory

Eleanor Murray (Gordon's daughter) & her fellow students of Wilberforce House, Swavesey Village College for raising **£543** through a variety of charity events, including 12-mile sponsored walks.

Robin Maunsell ~ who died recently

was a regular visitor to our Centre, back in the Stockwell Street days. Robin was always amusing and accompanied us on one of our annual long weekend trips to Sherringham. We had lots of fun there ~ always starting the day with a large breakfast, usually cooked by David B. We would then wander off to explore the beach, or go for a trip on the railway, have a pub lunch or do whatever took our fancy. Robin introduced us to Anne before he left Cambridge and we thought how lucky he was to find such a lovely and marvellous woman. We haven't seen him since he moved away but we remember the enjoyable times we had when he called into our Centre and kept us amused.



The following is what he wrote many years ago for our newsletter: it was also published in 'Looking at the Stars':

A friend pushed the leaflet into my hand saying "This might be of interest to you", and for a while I thought no more of it.

I was going somewhere else at the time, where you sat from 10am to 3pm with no one much who wanted to talk. There was a vicar who was chatty at lunch time and a few old girls you could make giggle if you tried hard enough. I said to my sister, who was looking after me at the time, "I don't think I can stand much more of this", so one Tuesday we ambled along to Stockwell Street like Tweedledum and Tweedledee. A Church Hall, though. I wasn't too sure about that. Churches aren't exactly my

scene so it followed that Church Halls weren't either.

Grimly ~ and I've been told on a number of occasions that I looked worried and confused when I first came to the Centre ~ I pushed open the door on a big room full of books and chairs, in a sort of rough circle, and tables and people. People who came up, after they'd found us somewhere to sit, and talked to us. Yes, the other place had people in it and they were very kind and I don't want to knock what they were doing, but these people seemed somehow different. At first I couldn't really work out what it was but eventually the penny dropped. We were talking about this and that and how's your father and what the weather was like, and I thought to myself ~ shouldn't we be having serious discussions about our illnesses. Well, perhaps we did a bit from time to time, but most of the time it was idle everyday conversation.

And then, much later, somebody said, "Are you coming to have some lunch at the cafe?" The TopCafe, translated into Turkish as the Topkapi. That might have been the final thing that persuaded me.

Oh, and by the way, you can make the old girls giggle here if you try hard enough ~ not to mention the less old ones.

Robin handed this over and I read it as I made his coffee. (I was also a tea lady in those days.) Took his coffee to him as he was discussing fathers and being idle, and I said I needed to know if he saw me as one of the 'old girls' or the 'less old ones'. Fortunately for him he made a politically correct reply!



Bob Algar

We knew Bob before he received his cancer diagnosis. He had his own Sign-writing business and did lots of jobs for us and for Different Strokes ~ all free of charge. After his diagnosis he joined our Prostate Group. Derek says, “Although he wasn’t coming every week the time spent with us talking to like-minded men seemed to set him at ease. Bob’s death wasn’t expected as we had spoken to him recently when he called in to tell us that his PSA readings had gone up ~ but he didn’t appear to be that concerned ~ so quite a shock.”

I remember meeting him in town one day. He told me he was still working, and that his own Sign-writing business was a big part of his enjoyment of life. We both agreed it was well worth working on after 'normal' retirement age ~ an aid to a longer life, he and I thought. And also a good reason for getting up early, eagerly wanting to be in the office from quite an early hour.

So ~ that's the way to do it!

Bob’s family & friends collected
£1,100 for our



Centre.

I said to someone the other day

“we don’t do dying at our Centre”.

So having to report on 5 deaths in this newsletter is unusual and has never happened before. As ever, we always wish there was something we could do about it when we lose people we are fond of. I think the only way we can look at it is to realise that at least we made a pleasant difference to their lives when they came to our Centre. I do remember having almost dropped my Mum when she was ill and I was living with her. After she died I thought about that a lot and was upset about it. But when I thought it through a bit more carefully, I was sure she would have said to me that almost being dropped was balanced out by having been looked after for a year.

We do get feed-back sometimes from ‘our’ surviving relatives and they tell us that our Centre did make a big and significant difference to the lives of their loved ones. So well done all of you for making a difference to so many people.

We have a Lymphoma Support Group meeting at our Centre
once a month. Forthcoming dates are:

Tuesday June 19

Tuesday July 17

1.30-3.30pm

Contacts: Alison 07917 227068

Claire 07811 348893

Jill 07506 236507

Christine 07507 854730

From Vic P

The man who sent this information is a computer tech. He spends a lot of time clearing the junk off computers for people and listens to complaints about speed.

Any time you see an email that says “forward this on to ‘10’ (or however many) of your friends”, “sign this petition”, or “you’ll get bad luck” or “you’ll get good luck” or “you’ll see something funny on your screen after you send it” or whatever – it almost always has an email tracker programme attached that tracks the cookies and emails of those folks you forward to. The host sender is getting a copy each time it gets forwarded and then is able to get lists of ‘active’ email addresses to use in SPAM emails or sell to other Spammers. Even when you get emails that demand you send the email on if you’re not ashamed of God/Jesus – that is email tracking, and they are playing on our conscience. These people don’t care how they get your email addresses – just as long as they get them. Ignore them and don’t participate.

Almost all emails that ask you to add your name and forward on to others are similar to that mass letter years ago that asked people to send business cards to the little child in Florida who wanted to break the Guinness Book of Records for the most cards. All it was, and all any of this type of email is, is a way to get names and ‘cookie’ tracking information for telemarketers and Spammers – to validate active email accounts for their own profitable purposes. Stop adding your name(s) to those types of listing regardless of how inviting they might sound. It’s all about getting email addresses and nothing more. You may think you are supporting a GREAT cause but you are NOT! Instead you will be getting tons of junk mail later and very possibly a virus attached. And you are helping the Spammers get rich.

Email petitions are NOT acceptable to Government or any other organisation. To be acceptable petitions must have the signature and full address of the person signing the petition, so this is a waste of time and you are just helping the email trackers.



Thank you Print -Out
 ~ a shopping experience
 with a difference
 from Tricia

Since July 2002, when Mike printed 'Lifeline' for the first time, I've watched his business expand as he's kept pace with changing technology and filled his shop with an ever-increasing range of sophisticated machinery.

Over the years I've experienced Print-Out as a meeting place for a variety of interesting people ~ each one engaged in his or her own project ranging from local magazines, greetings cards, impressive leaflets and brochures, maps, and on one occasion a Family Tree which stretched the entire length of the counter.

There never seems to be a lull in the activity, but even on the most fraught of days there's always a space for the quiet humour and the willingness to do the best for each customer which characterise the business. Over the years I've enjoyed the laughs and the banter and the amusing encounters ~ and even, on one occasion, the animated exchange of opposing views that I was provoked into by a fellow customer while Mike and Steve looked on with amusement!

I shall miss my contact three times a year through 'Lifeline', but that doesn't mean, Mike, that you've seen the last of me. I shall be back. Indeed ~ I WILL be back. I have plans for all sorts of little booklets of my own!



The Lacey Lunch ~

The Lacey family have organised Charity Lunches since 1988 and over the years have raised a total of £186,000. This year our Centre is one of the beneficiaries, along with East Anglian Air Ambulance and British Legion.

Our very many thanks to the Laceys ~ John, Jill, Robert, Julie, Sarah, Ian, Rebecca, Davina and Libby. And, of course, to our Alison. We all had a delicious lunch in an enormous marquee. We bought raffle tickets; there was an auction; there was a Mystery Box; our Art & Craft goodies were for sale. All in all, a remarkable occasion. I believe they have already started planning next year's event. The EAA ambulance appeared and Ted took lots of photographs. There were people from British Legion, EAAA and our Centre working hard on preparation all day. So thanks to Liz, Margaret A, Margaret F, Penny, Sylvia, and Wendy from our Centre.

Pat displayed the Centre's Art and sold quite a lot of pictures and cards ~ helped by Ken. Pam and Doreen sold craft items.

Budding Entrepreneurs?

Hannah and Millie (two 11year olds) decided to make some home-made petal perfume and sell it to their neighbours to raise money for our Centre. So our Centre is richer by **£5.16**.

We are always delighted to receive donations and we send Hannah & Millie many thanks for their excellent fund-raising idea.

Ingrid and I visited Sid ~ he assured us he is “happy all the time” and hopes to be at our Christmas Lunch and the Christmas Party.

Late News ~ "my dear Mum"

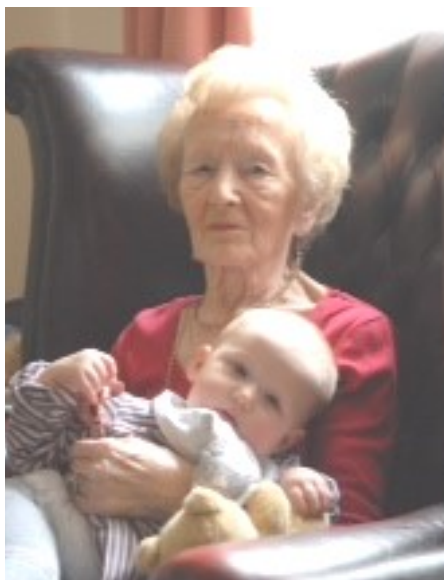
The delightful, lovely lady ~ Edna Milne, died suddenly. Edna was Ingrid's and Tina's Mum. Edna never missed the Centre's Christmas lunches, Christmas parties and chiropody appointments!

When I originally wrote about Edna for this newsletter I included remarks about her insisting she never went out, didn't see anyone all week. But I later asked Tricia not to include that in case it offended Edna's family. So how pleased I was when Tim read out the following in Church today:

Nan was always out and about, although she would have you believe she was stuck in all day. Her favourite saying was 'I haven't seen a soul all week'. Edna would enjoy describing a melodrama, with nuance so that everything was twice as big, twice as complicated, twice as bad, and three times more expensive than it really was!

I also know that she adored Tony, Ingrid's husband, and that he and her large family adored her and looked after her so very well.

Edna has made an extremely generous bequest to us and how I wish we could hug her and thank her in person for keeping our Centre in mind.



Edna with her newest great granddaughter Florrie ~ who often comes to our Centre and charms us all.

Ingrid calls her "my dear Mum" ~

She was a dear person to all of us and we shall miss her.

Our Jubilee Tea Party

60 years, Job Well Done, so we all came together.
Ate 50's food like bread and jam,
fish-paste and sandwiches of Spam.
The sun shone on the croquet,
The Queen and Duke called in ~
they said they couldn't stay long,
Liz played 'God Save the Queen'.
A Great Fun Day for all of us ~
and all because, you see,
of a Job Well Done for 60 years by Her Majesty the Queen.

Much love from Ann

PS: Is there anyone out there who can give our Craft Team a lesson or two on the intricacies of the sewing machine ~ such as how to zig-zag etc?

Dates for your diary:

The Centre will close at 4pm on Wed 1 August
& re-open on Monday 3 September
Christmas Party will be on Thursday 13 Dec
Christmas Lunch will be on Tuesday 18 Dec