

Message from our Chairman, Ted Sage, at our 25th Birthday Lunch on 27th July ~

Welcome to all of you on this special occasion ~ a Lunch to celebrate the 25th anniversary of the founding of the CCHC by Marilyn Barnes. It's good to see so many of you here.

Many people have been involved in making this event happen. Wendy (our human dynamo!) has played a key role in the organisation of the Barbeque and the desserts (with help from the tea ladies and others). Fran arranged for the Umbrella Big Band to be with us. Stuart organised the seating and video. David Rayner provided the barriers and organised the parking. I would like to thank all of them for making this special day such a success.

As well as enjoying the food and drink, do take a look at the impressive display from Pat's Art Group, also the memorabilia display put together by Tricia ~ it will bring back memories of the early beginnings and key points in the history of the Centre. There is even a picture of Ann as she was 18 years ago!

From small beginnings, and after many trials and tribulations, we now find ourselves in this super location thanks to the generosity of David Rayner (and the SCF) and a huge amount of work by the Trustees and Ann as the Centre was planned and built.

Let us raise our glasses and toast Marilyn Barnes for establishing the CCHC in 1986, and David Rayner, who has provided us with this wonderful building, and who continues to support us in so many ways.

To Marilyn and David.

And finally I'd like us all to raise our glasses in a special toast to Ann, who has been here since she took over from Marilyn in 1993, and whose enthusiasm, commitment and caring personality have made the Centre what it is today. **To Ann!**



Our thanks to ~

Histon Hog Roast for the delicious BBQ
Umbrella Big Band for creating a wonderful atmosphere
Simon & John who kindly served at the Bar
all who made the most marvellous desserts
& to everyone who contributed towards a very happy and
successful day.

This Centre is the Bees Knees. You are the Bees Knees

This place is unique. No one does it as we do. No one. All of you created the uniqueness, along with people who were part of this Centre over the past 25 years and who are sadly no longer with us. There is a long chain of people who helped the Centre on its way with their friendship and support to others.

What if.....David Rayner hadn't, out of the kindness of his heart, built this place for us to secure our Centre's future

What if.....Marilyn Barnes hadn't founded our Centre 25 years ago. Let's think about that and ask ourselves,

Without Marilyn's Centre where would I have been at 12.20 on Wed 27 July 2011? What would I have been thinking? What would I have been feeling?

A sobering thought methinks.
So God Bless David Rayner,
God bless Marilyn Barnes
and God bless all of you
(around 200 people) ~
all of whom I know!
How absolutely marvellous.



Barbecue meals were precisely booked for 175 people. I am sorry we could not include husbands, wives, partners ...at this event. The sun didn't quite shine but it was just about warm enough to sit outside and it was marvellous to meet people who had been involved with the Centre for a long time. And, three new people turned up at the Centre for support. I think Fran mentioned to one of them that she couldn't expect a Jazz Band, Barbecue and 200 people on all the occasions she visits the Centre in the future! So it was good that even on a very busy day we were able to help those new people feel they had found some support and new friends.

The day before our Party, David Rayner and Stuart put up the fencing to fence us in and fence everyone else out. I did volunteer some sort of help and as there was a fork-lift truck bearing all the small fence panels I did lift a few and put them in appropriate places ready for David and Stuart to fix them together. I was doing the last one when Stuart pointed out "Ann, that is not a fence panel it is a pallett so please put it down!" So I, thinking it was just a different sort of fence panel, put it down and went to make tea.

Talking of tea ~ a lot of the tea team helped Wendy organise the puddings. We had tried to make this an event where we didn't call on many of our Centre people to work hard on the day. But whoever volunteered was roped in. You may be relieved to know that I did talk Christmas lunch with Angela, who organises all the Christmas lunches. After all one has to look ahead. Angela asked how many people we planned to invite on that day. When I said I would talk to her about it later, she just laughed ~ I don't know why! Perhaps she suspects we will invite another 200 people!

You will remember that we have to limit our numbers at the Christmas lunch in the same way we did for the 25th celebration, but at the Christmas Party you can all go mad and invite everyone! They just need to bring a plate of food to share. Which reminds me about the puddings you provided for the 25th party. Stuart said he had never seen such an array of such luscious puddings. I said you always did that ~ you are renowned for your skill with puddings. And whoever made that amazing lemon cheesecake.....well... words fail me.

I don't know if you caught sight of the flip chart on which was written lots of thank-yous. If you didn't, it said:

Many thanks to Barbara for the therapies and office admin, Geoff, panto producer, Richard and Bernard for the gardening, 3 Old Gits, Ian for help with our indoor plants, Nigel for co-ordinating the therapists' appointments, Janet and Judy for the Macmillan courses, David Rayner for building the Centre, Lovely Liz for lots of stuff, Maggie and all the Cancer Research cake makers, Pam and the Craft Team, Keith for gathering up the money, superb therapists and counsellors, our librarians Anne P and Joyce, Marilyn Barnes for founding the Centre, Richard for the yoga classes, John, Joe and Fred for tackling the odd jobs, all the cake makers, Kath who makes all our Christmas and 25th birthday cakes, outstanding and terrific tea team, Fred for the window cleaning, Pat and Mike and

their Artists, (and Keith and Susi for helping to set it all up), Dennis, Peter and Anne for relaxation and meditation, Jean for the computer classes, Helmut for the computer and badges, Bob Algar, signwriter, and all of you for making this place a special and perfect place. And very many thanks to everyone who helped us clear up at the end of the afternoon.

And did you notice the screen on which Stuart showed the Fashion Show of 1993. It was organised by Breast Cancer Care and Audrey McDougal, who was at the 25th party. One of the models said she cried all the way through watching it because all of them had had breast cancer and all but one had had one breast removed. It was poignant, of course, because not all of the models 'made it through'. But I know what she meant. I had had the video for a long time and played it at home and was in the same state as Audrey. Fortunately for us, Helmut managed to convert the video into a CD. If you want to see it again, please let me know.

Since 1993 it does seem that cancer survival rates have vastly increased. Look how many of our Centre people are still around, alive and kicking. I am sure we owe a lot of that to the enormous expertise of our GPs and hospital doctors and nurses and to Cancer Research UK. We do, as you know, have a cake sale for them once a month to show that we recognise the skill and care we receive from such organisations.

In our 2007 newsletter we mentioned that the **cost of breast cancer diagnosis and treatment in Manhattan in 2007 was \$192,720.04.**
The same treatment for a 36 year old in London was £0.00
How fortunate we are in this respect.



Thank you for your kind letters after the Party ~

here's a small selection of them:

Congratulations on your 25th birthday! The Centre provides so much for so many and always meets the needs of each person each day. I AM SO GLAD I CAME TO KNOW YOU WHEN I DID. The times I have spent with you all have always been a blessing.

No single word can describe how much we both enjoyed the celebration lunch, fantastic food, loved the live music and party atmosphere. After an absence of six weeks it felt SO GOOD to be back with you all ~ that instant feeling of warmth and friendliness as soon as I walked in. Strange to be on the receiving end and not actually working!

*I did not have an opportunity to thank you for the wonderful celebration today and so I am writing to say how helpful and encouraging it was. Everyone involved must have worked so hard to create **such** a **happy** occasion*

I want to say thank you from all the people you will help over the next 25 years.

Car Sticker

On the day of the 25th celebration barbecue I received a call from someone who had just read one of our car stickers which gives information about our Centre. He said his father had just received a cancer diagnosis and was very upset. Could we help. So..... we rang his father, with the caller's permission, and Derek C spoke to him at length and invited him and his wife to the Centre. I know there was a party going on but it seemed important to us that we needed to support this person. He needed to talk to someone urgently. He and his wife came in, and after a long conversation with Derek and others they went away feeling better than when they arrived.

As far as I know, only 3 of us display this sticker in our cars, so if you would like such a sticker (free of charge) let me know.

And ~ how lovely it was to see Sid who had spent some considerable time in hospital. But I know he concentrated on getting well in time to attend

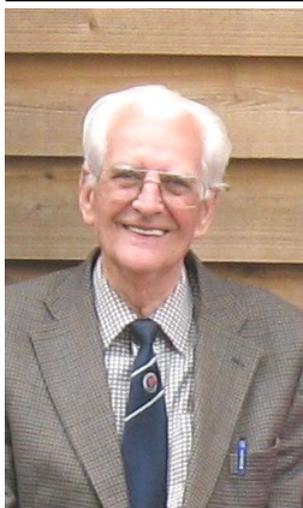
our 25th Birthday Party.

Party collections

Our Bucket collection for the BBQ raised **£518**, including two cheques, each for £100 and one cheque for £50. We were glad that so many of you signed the Gift Aid envelopes, so there'll be more money to come. Thank you all for your generosity.

The Party Raffle raised **£231**

& Sales of the Art Group cards reached **£187**



We were very sorry to hear that

Michael Pettit

had died earlier in the Summer. He was a long-standing member of the Fuchsia Society, and together with Charlie Napthan, presented us with the lovely bench that sits outside our Centre.

Thank you to Michael's friends and relations for donating **£670** in his memory.

Carers group

Are any Carers who use the Centre interested in forming a Carers' Group to meet occasionally for a chat over a cup of coffee? Contact Jacky Clarke or Ann Dingley at the Centre. email jackyrubyclarke@email.com

From Ingrid

Having just read the last wonderful Lifeline magazine I feel so uplifted and very humble. All those amazing people who have left impressions on our lives with things they have done or are doing or have quoted. It's made me stop and think. I went to the Art group today. I didn't paint much. I was just unwinding after having (I thought) a bit of a traumatic week. I unloaded my week on to Audrey who, bless her, was trying to paint a picture of a red telephone box (which I named The Last Telephone Box). She listened.

Tony was told after using a 'do it yourself' bowel testing kit that he had cancer and was immediately given an appointment for Tuesday 21 June for a colonoscopy. In the meantime, after having a scan I was also told I needed a colonoscopy which was booked for Monday 20th June. For those who have been through this procedure you will know one is required to not have any food, only water, for 24 hours, along with taking this awful laxative to empty one's bowel completely. Well, it was a good thing we had two toilets at home as it was impossible to move without needing the loo. This meant Tony had to take me on the Monday, in the middle of his bowel medication, to the hospital for my colonoscopy! Can you imagine, poor Tony. We set off with pants, wet wipes and toilet rolls! He seated himself in the waiting room next to the nearest loo. Bless him. I had my surgery and thankfully nothing too terrible was wrong.

Next day I set off with Tony (I wasn't supposed to drive but I felt OK). He had successful surgery and an amazing surgeon removed everything nasty - so fantastic a result - so, so lucky.

How we had struggled. Everything was quite a feat, so today at the Art group I really needed to unload, and lovely Audrey listened...and she finished her painting! That's what the Cambridge Cancer Help Centre is all about. Lovely people. Thank you Audrey for listening.

PS if you receive the 'do it yourself' bowel cancer kit, **please** do it ~ it probably saved Tony's life, as he had no symptoms whatsoever.

The Three Old Gits ~ David Deacon

Oh Dear! What a name to be lumbered with. We are just three good friends who met and got together at our wonderful Cancer Help Centre. We three suffer with cancer problems, like so many of us.

Derek is an ex-naval man, Fred is ex-Army and I served with the RAF. Because of the association with the three Forces a lot of banter and humour goes on between us, which in turn lightens our thoughts regarding our cancer.

We hope that we do not offend any one of our lovely members or staff within the Centre. We sometimes get some stern looks from Ann* and Penny but we're sure it's all in the game.

We respect totally the happy, friendly and very compassionate way that the Centre is run by our lovely folks and volunteers. What would we do without our marvellous Centre? God Bless You All and Keep Smiling.

“Stern” - never! However, I sometimes go up to them when they are all laughing their heads off and say - “what is all this laughing about- don't you know this is a Cancer help Centre“. But whatever I say doesn't change the way they all carry on. Ann

The Three Old Gits from the CCHC

Hi I'm Derek, the shorter one of the 3 old Gits, the other two being David, & Fred.

The term '3 old gits' is a humorous way in which we view ourselves, a bit like the three amigos, but with True friendship, a friendship that we have built up whilst coming to the CCHC.

We don't take ourselves too seriously, and I suppose it shows, we can be a bit raucous and loud, but hopefully not too annoying.

We try to engage with everyone at the Centre, and really enjoy each other's company.

The CCHC has thrown so many people a lifeline which we have caught with both hands. It has been said before, but our Centre is so many things to everyone, it's the Love, Friendship, and the sense of belonging. No one is

judgemental, this all set in a building that is not just bricks and mortar, but a building that envelops everyone who comes through its doors with a calming aura of peace and tranquillity. It transports you into another dimension in space and time ~ a place where your problems cannot reach you, you feel invincible, strong and at peace, most of all you get a recharge and the will to carry on.

When you have healing or take part in any activity in our Shangri-La, the world becomes a better place, your cancer or chronic illness takes second place to the inner peace and contentment experienced here, a truly life-changing feeling!

This feeling is in no small part due to the wonderful people who run the Centre and organise the days for us. We each and every one of us in some way has been touched by their kindness, generosity, and friendship, which we all cherish.

This brings me back to the '3 old gits'. Friendship, True friends, a brotherhood, forged through Love and respect for each other. So being part of the old gits is an honour, an honour that brings the word Friendship into a whole new meaning, and in the nicest possible way. It is an honour to belong to this club!!

Thank You David & Fred for being my Friends, and Thank you to one and all at the biggest club of all, THE CAMBRIDGE CANCER HELP CENTRE, where small miracles do happen. JUST BELIEVE WE DO!

Many thanks

to *Joe* for sorting out all the sofa covers after they were washed ~ a mammoth task to fit them all back on again ~ but he did it!
And to *Fred* for cleaning the windows even in August!



It's 'Duxford weekend' and this year, as at this time every year, there is constant plane noise as the propeller aircraft (which one is a spitfire? I ponder) circle around my garden ready to head for Duxford. So as I dash from front garden to back garden I reflect on what it must have been like during those days between 1939-1945 and I particularly remember Mavis. My first job when leaving school was in a Government Office typing pool, and a colleague, Mavis, showed us her photograph albums containing page after page of aircrews. Unfortunately she would often say, as she turned the many pages, "they've all gone, they've all gone - we never saw them again". I remember my schooldays, being taught by so many unmarried teachers - Miss A, Miss M, Miss P, Miss I, Miss B, another Miss M, - all such polite and well-meaning ladies, and I wondered if the men they loved and were going to marry perished during the war. And of course, this didn't just happen in this country but in many other countries all over the world, whatever 'side' they were on. And I thought that all of us have battles in life. How did those young men manage to make themselves dash for the aeroplane when all our lives depended on them doing so? ~ they must have been very frightened but didn't let it show and still dashed for the aeroplane. How do people who have cancer, or any life-threatening illness, cope with the disease when there is very little they can do about it themselves, unless of course their fighting spirit brings them to our Centre. They come to the Centre, with smiles on their faces (most of the time) even though 'inside' and on the back burner, they may be despairing for their future and the future of their families. It does seem we are all in it together, as they say. Whatever we personally encounter, others have done it and are doing it at the same time.

A letter from one of our members:

Thank you for the help and support you all continue to give me I would be lost without you all. The Centre is a huge part of my life and I see you all as my special friends and love you all dearly.

A thing of beauty from Tricia

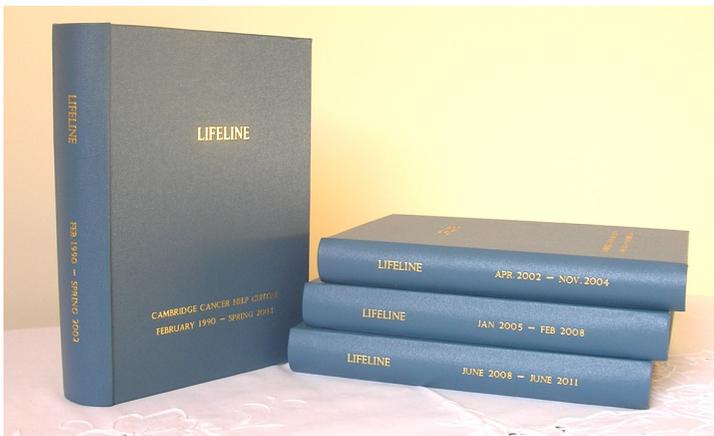
To celebrate 25 years of the CCHC we've had back copies of our newsletters bound into four hard-backed volumes. We've always kept one pristine copy of each newsletter as they've been produced, and for a long time I've hoped that one day we would collect them into something more permanent. Amongst our archives we've even found a copy of the very first 'Lifeline' that Marilyn compiled in February 1990, so this is where volume 1 begins.

As the books are irreplaceable we are not going to leave them on our library shelves. But I do hope that anyone who's interested will ask to see them: we'd be delighted to share them.

The books have been beautifully bound by J S Wilson & Son of Wadloes Road, Cambridge. I can't help smiling each time I see them, when I involuntarily think of John Keats' immortal lines:

A thing of beauty is a joy for ever:
Its loveliness increases: it will never
Pass into nothingness

(forgive me ~ my enthusiasm does sometimes get the better of me!)



From Denis Day

I heard that the third alcoholic drink may become a depressant. So here are some alternative ways of using vodka.

- *To remove a bandage painlessly, saturate the bandage with vodka ~ it dissolves adhesive.*
- *To clean the caulking around bathtubs and showers, fill a trigger-spray bottle with vodka, spray the caulking, let set five minutes and wash clean. The alcohol in the vodka kills mould and mildew.*
- *To clean your glasses, simply wipe the lenses with a soft, clean cloth dampened with vodka. The alcohol in the vodka cleans the glass and kills germs.*
- *Prolong the life of razors by filling a cup with vodka and letting your safety razor blade soak in the alcohol after shaving. The vodka disinfects the blade and prevents rusting.*
- *Spray vodka onto wine stains, scrub with a brush, and then blot dry.*
- *To cure foot odour, wash your feet with vodka.*
- *Vodka will disinfect and alleviate a jellyfish sting.*
- *Swish a shot of vodka over an aching tooth. Allow your gums to absorb some of the alcohol to numb the pain.*
- *Rub vodka on your chest and back as a liniment.*

I do miss the centre in August Ann. Margaret told me this morning, that I'd missed the tea fight at Grantchester. To tell the truth it never entered my head and that's strange, considering the room in that vacant space. I need something that reminds me, it's no good writing it down as I'd forget to look at wherever I wrote it down. One thing I can try is putting it on the computer as I always check that. Hope to see you soon, I saw Pat and Keith in the village a couple of days ago and they waved as they went by. I'd like to say, without being slushy, that I've never had so many people that I would call 'friend' in my life before, and that's why I miss the Centre so much. I only realised it the other day.

Love, Denis.

The Health and Fitness Referral Scheme programme

lasts for 10 weeks and is supervised by qualified staff who ensure that you will have a safe, effective and enjoyable start to a more active, healthier lifestyle.

Who will benefit?

Exercise can play a key role in assisting post-operative recovery, mobility, insomnia, back pain and weight loss, as well as improving self esteem and fitness. In addition, research has proven that regular exercise can improve a broad range of physical and psychological medical conditions including, amongst others, angina, diabetes, arthritis, obesity, hypertension, asthma, anxiety and depression.

How the GP referral Scheme operates

A local GP, Practice Nurse, Consultant or other Medical Professional refers patients by issuing them with a 'Referral Form'. This referral gives details of any medical problems the patient may have which will need consideration when one of our qualified instructors is formulating an appropriate exercise regime.

Following a referral by your surgery, you must make an appointment for an assessment at MSC. Please bring along your referral form to your first appointment for the instructor to see and assess the document.

Your first session will take the form of a simple but effective fitness assessment with one of our qualified GP Referral Instructors. It will last approximately 45 minutes. We will then need you to complete a medical questionnaire and take part in the assessment. Part of it will involve cycling on an exercise bike or walking on a treadmill, so please wear loose, comfortable clothes and soft-soled shoes or trainers. Pending the results, an exercise program will then be put together by the instructor ready to begin at the next appointment, the Exercise Classes.

It doesn't matter if you've never used a gym before or you are nervous about exercise, there is always something you can do which will lead to a more healthy and enjoyable lifestyle.

If you are interested give Simon a call at Melbourn 01763 263313.

Tea Team Celebration

We, the trustees and I, took our Tea Team out for tea to Grantchester Orchard. It had been raining heavily on and off all morning, and the afternoon was no better. However, we set out the tables and chairs under very dark skies hoping that the rain would not pour down just as everyone became immersed in their scones, jam, cream and cups of tea. We eyed up suitable trees which could provide cover, but Stuart had assured us that the weather would be fine at 2.30pm. He knew what he was talking about, and the 20 or so of us had a warm, sunny hour or two in deck chairs under the apple trees. And everyone was given a rose as a final thank you for all they do for us, making our Centre a friendly, approachable and informal oasis. Amongst all the lovely thanks from the tea team, this one came from Kathie, who at the time was suffering from a broken wrist...

Dear Ann,

Yesterday's tea party was just the kind of therapy I needed. It was so good to be with you all - another of your brilliant ideas and you even managed to organise the weather too!! The Centre just seems to generate fun and warmth wherever we all meet. Thank you all so much.

The Craft Group

weren't so lucky with the weather. Unfortunately it was too cold to sit in the Orchard so instead we ate our Cream Teas indoors.

Pam wrote:

*Thank you for the lovely tea and scones really enjoyed by all.
Much love from the Craft Group*

Cheese & Wine Party for the Therapists

This was a chance for us to say 'thank you' and for the therapists to meet one another. For a long time we'd been trying to arrange a get-together for them. So at last, helped by the Waitrose buffet food, wine and soft drinks, we were able to bring many of them together for a joyful occasion. The weather was wonderful and we were able to sit outside the Centre enjoying the sunshine and the lovely garden.

I recently read ‘The Friday Night Knitting Club’

by Kate Jacobs ISBN 978-0-340-92219-4

I couldn't get into the book at first but tried again a couple of times because it had been recommended to me as having a sort of Centre flavour to it. It is about a disparate group of women who gradually become close friends, wanting to help each other through dramas and traumas and inconveniences. (*See what I mean?*) That wasn't a real reason for the group forming in the first place. They met in a wool shop where the owner set up a casual, informal meeting once a week to sell wool and teach knitting skills to people from varied backgrounds, in a friendly sort of informal and casual way, over plates of home-made cakes (*See what I mean?*) Some of the group were knitting enthusiasts but were somewhat outweighed by people who just seemed to want to meet for no particular reason and to gradually talk about themselves and their lives, with a bit of knitting in between.

Throughout the book, once I got into it, there were so many things which reminded me about the Centre ~ and particularly about our own knitters who knitted their socks off for the Chernobyl children.

One of the characters writes a thesis in which she claims that there is tremendous power generated “when women hold on to - or reclaim - the traditional skills of women who went before us. In the developed world, knitting is at once a reminder and a connection to the struggles of our collective past, when warm clothing was a necessity that could only be made by hand, and a joyous celebration of the ingenuity and creativity of our mothers and grandmothers”.

Book Club ~

Several people at the Centre would like to join a Book Club. I think we would need at least two people to lead it. The books could be bought, or borrowed from the library. Another suggestion was that one person could read a book of their own choice and then report back on it to the group. If either of these ideas appeals to you, please let me know.



*The Duchess of Gloucester admiring
Diann's painting*

Remembering Diann Hinton ~ from Pat

Diann was among the first members of the painting group. She was always friendly and easy to talk to and really enjoyed coming to the Centre. Diann kept chickens and would sometimes bring fresh eggs for the painting group members.

When we held our first exhibition in 2009 Diann exhibited several of her lovely paintings.

We were all very sad when we heard she had died ~ all the painters who knew her have sadly missed her.

Our thanks to Diann's family and friends
for their donation of £250 in her memory

(together with a bottle of champagne specially for the Art group)

Carole's Butternut Squash Soup recipe

chopped med onion
b/nut squash peeled, deseeded, cubed
tablespoon oil or butter
vegetable or chicken stock cube
water to cover
Soften chopped onion 5-10 mins

Add squash, stir to coat
Add water to cover
When almost boiling add stock cube
Cook med to high 20 mins
Season, cool, blend
~ absolutely delicious

My Life Chain by John Smith

My life changed in October 2010 when my wife, Val, was diagnosed with a brain tumour. It hit me very hard when I was told they could do nothing about it. When I asked how long I had got with Val they said, “about 3 months”. Val went back to the ward and I told them I hoped I could have her back home to look after her, but I was told I would not be able to cope with Val at home. In November a bed came up in the Garden House Hospice so I stayed with her until she passed away in January.

In February I was lost without her after 45 years together. I hit rock bottom. My daughter Katie took me to her house to keep an eye on me, then in May a phone call came from the hospital to say I could have counselling. It was hard to go back to the hospice because of my sad memories of Val, but in June my life changed again for the good. One day I said to myself “what am I going to do today?” I thought I would take a trip to Scotsdales Garden Centre. As I approached Scotsdales I looked over to my left and saw a sign for the Cambridge Cancer Help Centre. I parked the car and then soon found myself in the Centre! As I walked in Ann came up to meet me and I told her about Val and said how lost I was. She then sat me down at the table with a cup of tea and said “John, this is the place for you”. She told me about all the help available at the Centre.

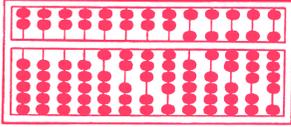
So I then stopped going to the hospice and I can honestly say that from the day I met Ann I have not looked back. I would like to thank you all at the Centre for getting me back on my feet. You are a lovely lot.

If in December I am not myself, don't worry ~ it will be my first Christmas without Val.

PS Tessa and Katie (my daughters) say “thank you for all you do ~ you are one big happy family for Dad and we will come to see you all soon”.

Our thanks to the
Cambridgeshire Masonic
Bowls Association
for their generous donation of £200

Thank you Roger Gray
for your donation of
£250 from the sale
of a piano



Money Matters: a complementary view on why our Centre is So Very Special ~ from Tricia

I find it quite remarkable ~ and uplifting ~ that an organisation the size of CCHC is able to operate so successfully on a relatively small budget. This is made possible by the generous terms of the Lease of our premises, and also by our dedicated team of volunteers, whose skills are so diverse that we have no need to employ anyone other than Ann to keep the whole wonderful show on the road.

Although we employ Ann, it is on a very modest salary, and there is an enormous unpaid element to what she does for the Centre. On top of that, because of her unique personality, she draws people to her, all eager to help in any way they can. And what an array of skills they offer ~ we have:

- people running Yoga and Computer classes
- an Art Group and a Craft Group
- people with a variety of sewing skills
- a Tea Team
- people who enjoy cleaning and keeping things in good order
- lots of ladies who love making wonderful cakes and puddings
- those who are very knowledgeable about setting up computers and solving all sorts of practical problems that always seem to accompany computers
- some very useful, can't manage without them 'Mr Fix-it' sort of people
- therapists offering a variety of therapies
- a wide range of admin/computer/organisational skills
- electrical/upholstery/furniture-polishing/sign-making/photographic skills
- financial expertise
- legal expertise
- sales & marketing expertise

- librarians keeping our large collection of books in good order

- gardeners for the rear and side gardens
- our own resident window-cleaner

We have people providing money for us through:

- Membership Subscriptions/Covenants
- generous donations from individuals and organisations
- people keen to organise sponsored events and other fund-raising activities, including Collecting Boxes
- people who leave money to us in memory of loved ones
- donations for therapies, counselling and sale of goods

With this money we are able to:

- pay Ann's salary
- pay our share of the 'housekeeping' bills (electricity/telephone/broadband internet access/setting-up of our website/insurance costs/building & garden maintenance)
- pay our Professional Fees to the Independent Examiner of Accounts
- pay for our office materials and any asset purchases required
- afford postage and printing costs to enable us to circulate 'Lifeline' three times a year to a mailing list of just over 500
- subsidise jolly outings
- buy laptops for our computer classes
- provide art materials for the Art Group
- provide materials for the Craft Group (when required)
- give 'thank-you' parties for our Therapists, Tea Team and Craft Group
- finance our Big Party in July celebrating 25 years of the CCHC, where we were able to provide an excellent BBQ, accompanied by music from the 'Umbrella Big Band'

We have people who have:

- provided us with office and general furniture
- donated goods for sale and for raffle prizes

- provided provisions for our tea bar

And we have those from local businesses and other organisations who give practical help in a variety of ways.

Our collective skills and gifts are varied and considerable, and all freely and willingly given ~ lots of people slipping into lots of slots ~ each doing what makes their own heart sing, thereby enabling others to ‘sing’ in their turn.

Little wonder that it works so well!

Even when the darkest clouds are in the sky,
You mustn't sigh, and you mustn't cry:
Just spread a little happiness as you go by!

from the Clifford Grey/Vivian Ellis song

A Craft Fair ~

arranged by our energetic and clever Craft Group.
will take place on the 15th, 16th, 22nd & 23rd November.

There will be a vast array of pretty things to buy.

Very many thanks to the following for their donations ~

Foxton Post Office

Penny (home collection)

Eric & Nell Gipp (home collection)

Jenny Wilkie

Free Press

The White Swan

Terri Wardle (home collection)

Val Beamish

Christine Bradley (sale of surplus allotment produce)

Dorothy & Joe

Meg Barrett

Cowlings Family Butchers

Our thanks also to ~

Brenda Blackburn ~ **£275** (collection of 50p pieces)

John & Lillian Norden ~ **£188** (sale of fruit)

Histon Piston Ladies ~ **£85.51**

In memory of E Tolliday ~ **£100** from A M Holt

In memory of Don Foster ~ **£196**

Ghislane Holland ~ **£107** (sale of goods at Market)

Brenda Truelove ~ **£70** (donations from lunch party)

From Denis Day

Everyone seems to be in such a hurry to scream 'racism' these days.

A customer asked, "In what aisle could I find the Irish sausage?"

The assistant asks, "Are you Irish?"

The guy, clearly offended, says, "Yes I am. But let me ask you something:

if I had asked for Italian sausage, would you ask me if I was Italian?

or if I had asked for German Bratwurst, would you ask me if I was German?

or if I had asked for a kosher hot dog would you ask me if I was Jewish?

or if I had asked for a Taco, would you ask if I was Mexican?

or if I had asked for Polish sausage, would you ask if I was Polish?"

The assistant says, "No, I probably wouldn't."

The guy says, "Well then, because I asked for Irish sausage, why did you ask me if I'm Irish?"

The clerk replied, "Because you're in Halfords."

Ann's favourite shop!



Jesus Knows You're Here ~ from Vic Pinner

A burglar broke into a house one night. He shone his flashlight around, looking for valuables when a voice in the dark said, "Jesus knows you're here".

He nearly jumped out of his skin, clicked his flashlight off, and froze. When he heard nothing more, after a bit, he shook his head and continued looking.

Just as he pulled the stereo out so he could disconnect the wires, clear as a bell he heard, "Jesus is watching you".

Freaked out, he shone his light around frantically, looking for the source of the voice.

Eventually, in the corner of the room, his flashlight beam came to rest on a parrot.

"Did you say that?" he hissed at the parrot.

"Yep", the parrot confessed, then squawked, "I'm just trying to warn you that he is watching you".

The burglar relaxed. "Warn me, huh? Who in the world are you?"

"Moses", replied the bird.

"Moses?" the burglar laughed. "What kind of people would name a bird Moses?"

"The kind of people that would name a Rottweiler Jesus."

Penny & Wendy
recently raised £65 from a Car Boot Sale .
Thank you for all the many things
you both do for the Centre

Yorkshire Bank would like to alert you to a new emerging scam. Please be wary of contact from any individuals who claim to be calling from PC security firms. They will call to advise that your PC has been affected by a malware attack. This is an attempt to gain (remote) access to your PC. If you do provide any information it is possible malware may be installed on your PC which could allow access to sensitive information, including passwords and security details. If you do receive a contact like this never provide any information or allow access to your PC. Always ensure your PC is fully protected against virus threats and malware at all times.

Microsoft Scam ~ from one of our Members

Please do not be taken in like I, embarrassingly, was. I had been without internet access for ten days and was waiting for the 'Prodigal Son' to come and help me. I now know that it was a fault between BT and my internet provider and I had to call on Outreach (BT) to fix the problem. Already I had bought a new Router and a new telephone line filter but still could not get an internet connection.

I had been trying to contact someone from Microsoft Help at the weekend. On Monday morning I took a call from a man with a very strong Indian accent. He asked "are you having trouble with your computer? We can fix it for you". I asked if he was calling in response to my query and he said "yes, we can fix it for you". He then asked me to go to the computer and type in an address. This took me to a site which allegedly showed a long, long list of virus and malwares which had taken control of my computer. (All untrue I now know.)

I was very alarmed. The man (after speaking to his supervisor!) told me to leave the computer on and he would call me back when it was fixed. In the evening he did ring back and said it was almost finished, turn off the computer, and what time would I like him to call me next day. I said 9am and he said that was a bit early and he would call me at 11am. In the meantime I had paid him by Barclaycard £69.99.

I waited in all the following day and no telephone call came. By this time I was worried, so I rang the Prodigal Son to ask him to look and see if there were any scams going on. There were lots of things on the internet about this scam.

I then rang Barclaycard and told them what had happened. They said they would cancel the card and send me a new one and they would cancel the transaction. The transaction was NOT for £69.99 as stated, but

£74.60. They also advised me that it would be a good idea to take out Identify Fraud Protection (another £70 or so) as these people could run up debts in my name or even take out a mortgage. It would be my responsibility to prove they were not my debts and would cost a fortune in solicitors' fees.

At the end of the month I had a Barclaycard statement. The transaction had *not* been cancelled as promised and the Barclaycard supervisor refused to reconsider because I had given the scammers my details.

Next expense: I had to call in a computer expert, who came half an hour after I left a message on his answer-phone. He said it was urgent that he updated all the security on my computer. An excellent man, he spent three hours at my house. Later I had to call him back as my printer did not work due to the updating. He charged an hour for that although it took much longer.

So altogether a rather expensive mistake and it has shaken my confidence as I thought I was pretty canny in the business world. I have sent a detailed report to Action Fraud to help other gullible people like myself falling into the same trap. We live and learn.

Anon

Thank you Heartbeat
for your donation of £1,000.

Heartbeat are in the process of producing yet another
'free' local community magazine in support of CCHC



Judy Holt - a life well lived

We were sad to hear that Judy, one of our tea-team ladies, died during the Summer, quite shortly after receiving her diagnosis.

With her friend Mary W, Judy used to visit Scotsdales Garden Centre. Together, they watched with interest as our building took shape. "When it's finished let's go and see if we can help", said Judy to Mary. And that is what they did.

The church was full and we heard that Judy had enjoyed a life well lived and a generous life. Judy was involved with very many activities, not least of which was being a member of the tea team at our Centre. Apparently her favourite catchphrase was "yes dear" and that must be why she was such a willing volunteer. I did notice that at our parties she was usually stationed by the dishwasher with Mary, instead of enjoying herself in the throes of the party. Just the sort of person one needs at party-times ~ always willing to get on quietly with helping everyone else. We shall miss her lots.

Val and I had been emailing each other ~ reflecting in a small way on the death of Glynis, who was brought to the Centre by Margot ~ and the death of my Thai daughter-in-law's Mum. We were considering the ways in which different cultures deal with death. I told Val about the process in Thailand with my daughter-in-law's Mum and how some of what was happening in Thailand seemed more appropriate in some ways than what happened here. At the end of all that, Val sent me the following:

A Keeper

Their marriage was good, their dreams focused.
Their best friends lived barely a wave away.
I can see them now,
Dad in trousers, work shirt and a hat;
and Mum in a house dress,
lawn mower in one hand, and dish-towel in the other.
It was the time for fixing things:
a curtain rod, the kitchen radio, screen door,
the oven door, the hem of a dress.
Things we keep.

It was a way of life, and sometimes it made me crazy
All that re-fixing, re-heating leftovers, renewing;
I wanted just once to be wasteful?
Waste meant affluence.
Throwing things away meant you knew there'd always be more.

But when my mother died, and I was standing in that clear morning light
in the warmth of the hospital room,
I was struck with the pain of learning
that sometimes there isn't any more.
Sometimes, what we care about most gets all used up and goes away...never to return.
So..... While we have it, it's best we love it... And care for it..
And fix it when it's broken... And heal it when it's sick.
This is true: For marriage... And old cars...
And children who misbehave at times...
Dogs and cats with bad hips...
And aging parents...
And grandparents.
We keep them because they are worth it,
because we are worth it.
Some things we keep,
like a best friend that moved away
or a classmate we grew up with.
There are just some things that make life important,
Like people we know who are special...
And so, we keep them close

Children from Belarus

It all began when we met Joan and Vic ~ and when we did I realised I knew one of their daughters from the days when Fran, Tony and I did role-play for the Police training sessions. *(You know, being arrested for fighting in the street, knocking down old ladies and stealing their handbags, and all that sort of stuff. And of course, Fran, Tony and I would always start off by saying we didn't do such a thing, but it wasn't long into the interview before we were proved to have done the dastardly deeds.)* So we wanted to become involved with the host Melbourn families who bring the children over every year. We, and lots and lots of our knitters, decided to make woollen blankets for them because the temperature in the childrens' home country is very cold in the Winter. And into the beautiful bags made by Margaret and Wendy went toothbrushes, face-cloths, felt-tipped pens and cuddly toys. And we gave them lunch. Their favourite food appeared to be crisps and ice cream.

Then we heard that one of the youngsters in the new group of visitors wanted to be a policeman when he grew up. So I got in touch with Gordon Murray and asked if he could do anything to entertain the children. Although the young lad who wanted to be a policeman was unable to come to Cambridge this year, the other children were treated to a day of the helicopter and the police dogs. I am told that they had a most brilliantly exciting day.

At the end of the visit, as they left the helicopter base, the children had a VIP police car and motorcycle escort onto the public highway. How exciting for them. Bless their dear little hearts. **And so very many thanks to Gordon Murray and Cambridgeshire Constabulary for giving them a day I am sure they will never, ever forget.**



A touch of Magic ~ Tricia

The mere sight of them filing into our Centre ~ smart in their newly-acquired bright red fleeces and trainers ~ some holding hands ~ all wondering what lay in store, was enough to stir something deep-seated and overwhelming within us, and we knew that we were going to need all the control we could muster to keep our emotions in check. This was the first visit for these dear little 7-year olds who will spend a month here in Cambridgeshire each year for the next five years. We're told that the experience will significantly raise their life expectancy.

Before lunch, we'd arranged for a magician to entertain them. JezO told us that his act usually relies heavily on banter, so his ingenuity was put to the test. But he overcame potential language barriers brilliantly with a skilfully choreographed combination of mime, music and dance, and an abundance of colourful 'magic', resulting in lots of laughter and eager offers of help. What a skill! JezO had his audience enthralled, children and 'grown-ups' alike. Penny was quite a hit with the children ~ at one point she almost disappeared beneath a collective 'hug-in'! So many tear-jerking moments in one short morning ~ so much enrichment for all of us who were there.

Thank you Carole for searching the internet and finding us such a treasure!

We hope that images of magic and laughter, bags of goodies and colourful balloons sustained the children during any discomforts suffered in the dentist's chair later that afternoon!



Cambridge News Community Awards 2011

And as if that weren't enough emotion for one day, Penny and I accompanied Ann that evening to the elegant Howard Theatre at Downing College where Ann received the 'Unsung Hero' Award.

We were very proud of her.

Tricia

I was delighted to hear I was a finalist in the Community Awards which were organised by the Cambridge News. I tried hard to find out who had made the nomination but it was a well kept secret. Tricia and Penny accompanied me to the Presentation



Evening which was held in Downing College. Derek, who had made the nomination, was

*Ann receiving her award from Andy Campbell,
Managing Director of Stagecoach.
Photograph by Cambridge News*

there with his wife Rosemary when we arrived, so at last the secret was out. We admired the painting on the ceiling in the Howard building and wondered if Pat and her group could achieve something similar on the ceiling of our Centre! (fluffy clouds floating across a blue sky)

In these difficult economic times I was amazed at the generosity of

the gifts given to those of us who were fortunate to win the awards. I was given a lovely, well I call it an 'Oscar', which causes prisms over my little sitting room when the sun shines or a lamp shines on to it. If I look into it from its base there is an interestingly-shaped empty space. On the front of my 'Oscar' is inscribed my name, followed by 'Winner, Unsung Hero, Cambridge News Community Awards 2011'. At the base of the 'Oscar' it says 'Stagecoach' who were the sponsors of this particular award. The Editor and Deputy Editor of the Cambridge News handed me the trophy and I was told by them and Andy Campbell, the Managing Director of Stagecoach, that my prize didn't include a free ride on a bus! - but instead I was given an envelope which contained £300 of Scotsdales vouchers and a promise of a patio heater. Fran has asked if we can all stand around it when there is snow on the ground but I think I'll have an Open Day when the sun is shining and you can all come to admire it over a cup of tea!

I am making a list of what I require for my garden. I have put a couple of ideas to our Centre's well-known gardener - David Barylko (a former trustee who helps to man the bar at our Christmas party) and sought his opinion on the practicality of my plans. I think I shall go for a 'Secret Garden'. I think Derek Carpenter was asked for his ideas on what my prize should be and I told him he absolutely could not have chosen better. He, and his wife Rosemary, told me it was extremely difficult to keep the secret.

I am so grateful to have received this Award from the Cambridge News but know it could not have happened if I hadn't been at the Cambridge Cancer Help Centre. And I know that our place is full of 'Unsung Heroes'. How marvellous it would be if we could spend a day with all of you being given an award. You deserve it more than I.

Ros Nightingale

Of course we miss Ros lots. Her son-in-law Terry, decided to undertake the Great North Run on the 18 September. He told us he had run it for Breast Cancer UK after Ros got her breast cancer diagnosis. He explained that he had a good relationship with Ros and said that at times she felt like his 'kindred spirit' due to many shared interests and their outlook on the world. He said that they had some very intense conversations though when they touched on politics!

Terry raised around **£400**, and Kate and Mark, Ros's daughter and son, have said they will add the same amount to the donation for our Centre.

How marvellous of them to do that.

Look Good Feel Better

will start offering advice on make-up from January 2012. The sessions will be held once every two weeks from 1.30-3.30pm. To qualify for attendance one needs to be no longer than one year away from chemotherapy or other treatment. A volunteer from Addenbrooke's Hospital, who is already experienced in looking after the people who attend these sessions, will make herself available to help welcome the newcomers.

If anyone at our Centre who qualifies for the Look Good Feel Better sessions would like to join in the groups, please talk to Barbara.

Psycho-sexual counselling ~

led by an Addenbrooke's nurse. One-to-one appointments available for men and women. Please let me know if you would like an appointment.

*The views expressed in articles in our newsletters,
and the products that are referred to, are not necessarily endorsed by the
Cambridge Cancer Help Centre.*

Our new Financial Year starts on 1 November so as usual we are enclosing Subscription renewal forms for the coming year. Many thanks to all our **Subscribers and Covenanters** for donating over **£5,000** during the year to 31 October. As there are so many of you we no longer send receipts ~ but we very much value your contribution.

Tricia

Business Cards

A welcome visitor to our Centre the other day had a good idea and suggests that when you are sitting in Oncology Outpatients chatting, as we know you do, with other people in the waiting room telling them about our Centre, you may wish to give them one of our Centre's 'Business' Cards at the same time. If you would like to do that please let me know. We have a large supply of the cards and what better use could they be put to than helping to spread the word about all of us at the Centre.

Our thanks to
the PTA of
Dame Bradbury School,
Saffron Walden
for their generous donation
of **£327**

Thank you East of England
Development Agency
for the desks and
office equipment
& for the donation of **£200**

We have lots of therapists offering ~ **reiki healing, spiritual healing, reflexology, massage, counselling, therapeutic back massage, chiropody, head and neck massage, hypnotherapy and EFT**. Shortly **acupuncture** will be available. It is best if each person has only one therapy a week. If you have cancer you will need to seek your doctor's permission to have reflexology. This requirement is to satisfy the therapists' insurers.

I extracted the following from some information given to me by the hypnotherapist:

Contrary to the popular myth, when in **hypnosis**, clients are not 'under the control' of the hypnotist or transported to a far off land. In fact, this could not be further from the truth. Hypnosis is an entirely natural state of consciousness that we pass through several times a day. For example, when we are drifting off to sleep at night or are daydreaming. Due to this, it is possible for pretty much anybody to be hypnotised.

EFT (Emotional Freedom Techniques) ~ EFT is a powerful tool that can be used to release all sorts of negative thoughts, memories or behaviours, such as anger, fear, jealousy, low self-esteem, guilt, anxiety and worry. The technique is easy to learn.

*As part of their course **Medical students** sometimes ask if they can spend a few hours at the Centre. I usually spend a little time telling them what we do here and they ask me questions. Then we let all of you loose on them! Thank you for taking time to spend with them. They always say it is helpful. One of them asked me what the Centre's weaknesses are and I said we hadn't got any! I did suggest they should put that question to those of you they spoke to. Carina, another of the students, gave us box of chocolates and a card with this message:*

Thank you ever so much for inviting me to come and learn about the Centre and for everyone's generous time and help with my project. It has been lovely to talk to so many lovely people. The Centre really is a special place, especially due to the special people that make it. Thank you again for everything.

Please note: It isn't necessary to be referred to our Centre ~ anyone who has cancer can just walk in.

Our Centre does not offer 'alternative' therapies. It offers 'complementary' therapies. It does not set out to suggest alternative treatments or alternative ideas of medical treatments. Our purpose is to 'fill the gap' which hospitals and doctors cannot fill. We offer a time and a place for people who have cancer (and their carers and families) to meet others who are in a similar situation. We do have the time to do that. Very occasionally (twice in the past 18 years) someone will say to us that they will not pursue medical advice/treatment but will sort out their own way of dealing with their illness. We always say that is their choice but in our view it is wise to take advice given by the hospitals and G.Ps.

Nutrition/Diet/Supplements ~ we have always held lots of information from Penny Brohn Cancer Care re nutrition and have also downloaded a book written by a local GP, Dr Simon Poole. The book is called 'Positively Good For You' (ten simple enjoyable steps to a healthier, longer life). It and all other books are available to borrow ~ please do not keep them longer than 3 weeks.

Penny Brohn

came to our Centre recently and put on a 3-day **Living Well** course. Our many thanks to them and also to Waitrose who provided lunch and cake for the three days. How very generous of them.

Waitrose also provide our milk, coffee and tea on a regular basis ~ and they sent us a **£600** donation recently.

Thank you Waitrose for the support
you give us in so many ways

Our Christmas Party will be on November 24th ~

a bit earlier than usual this year but there was not another available Thursday evening before Christmas. The party will start at 6.30pm. Supper will be at 7pm. Please bring along, with your friends, a plate of food (and puddings!) to share. There will be a pantomime at 8pm and other entertainment at 9pm, with a contribution from the Three Old Gits in between times.

Our Christmas Lunch will be on December 13th.

Pretty soon we will have forms for you to complete to guarantee your place. Remember, there is a numbers limit which does not, I'm sorry to say, include husbands and wives and friends ~ unless of course those people are regular attenders/participants at the Centre. Father Christmas will join us so please bring a unisex present costing no more than £3 ~ if two of you join us you will need to bring two gifts please. If you are stuck for ideas there are many lovely gifts at Scotsdales.

Love from Ann

PS You may or may not know that once I have typed out all the material for the newsletter, I send it to Tricia, who spends hours and hours and hours adjusting the format and font sizes, putting it into grammatical shape, sorting out the page order and design, and adding the photographs. I truly admire what Tricia does with our newsletter.

PPS I did hear her say to someone in the office, “the trouble with Ann is that she can never go quietly ~ she always has to quietly go”.

PPPS I think this was a reference to my split infinitives! **Take no notice!**

Much love to all you ‘Unsung Heroes’ ~ *Ann*

<p><u>Please Note:</u> The Centre will be closed on the 26th, 27th & 28th December, and on Monday 2nd January. We will re-open on Tuesday 3rd January.</p>
