

News from Cambridge Cancer Help Centre



The Cambridge Cancer Help Centre, started by Marilyn Barnes in 1986, aims to support people who have, or have had, cancer, as well as supporting their families, friends and carers.

For some 28 years, the Centre has endeavoured to put people in touch with others who are affected by cancer and also to provide carers with opportunities to meet each other and receive support.

So let's look again at what it does so fantastically well.

Above all, it provides the comfort of friendship. To repeat a quote from C S Lewis "Friendship is born at the moment when one person says to another: *"What you too? – I thought I was the only one"*. Finding someone who identifies wholly with all you want to say is both consoling and reassuring.

We are also blessed with the friendship of so many generous and kind people who volunteer their time to be at the Centre - it's a long list:

- The tea team, who always offer a friendly and caring welcome to people, particularly those visiting the Centre for the first time.
- The fantastic team of therapists, who generously freely offer their holistic skills in reducing anxiety and relieving symptoms associated with treatment,
- Dennis who liaises with the therapists and oversees their appointment times for the diary (and much more), and also leads the weekly group relaxation session, assisted by Peter.
- Bren and Mike who have valiantly taken over from the lovely Pat Beaumont to lead the very popular Art Group, which continues to produce incredibly creative and inventive artwork.
- The members of Pam's Craft Group who resourcefully produce decorative and practical craftwork and at the same time raise considerable funds for the Centre.
- Jean who teaches computing skills to beginners and makes it a little less daunting and not entirely a foreign language.
- Richard who leads the weekly yoga classes and also donates a great deal of money for the Centre.
- Toni who has enthusiastically started a self help group to share information on the benefits of good nutrition and to pass on this knowledge to others; Toni

has gone on to persuade David Rayner to allow her space to develop a garden at the Centre to grow organic produce for everyone's use.

- Moniek who leads a weekly 'Gentle movement and relaxation' session.
- Robin who strums his guitar and sings everyone's favourite songs.
- The amazing Ann (Dingley) who acts as Social Secretary and continues to be a true friend to all who know her.
- Janet who leads the life-changing HOPE and EPP courses.
- Barbara who is indisputably the 'font of all knowledge' in the admin office and looks after lots of essential 'back room' needs.
- Penny who organises lots of social outings and raises a good deal of money by looking after 'Goods for Sale'.
- Wendy who buys provisions and looks after the library as well as organising 'bring and share' events.
- Stuart who is able to do any practical job that we ask of him, including the Ikea run – well, up 'till now!
- Keith who makes sure the money is collected and banked.
- Fred who cleans the windows at the centre.
- Anne Fleming who leads her Myeloma Group and the leaders of the other support groups who meet at the Centre.
- Joe who makes all sorts of special things that we decide we need.
- And last but by no means least - The trustees who have the responsibility of leading the charity and making decisions that impact on people's lives. They are all listed on the back cover of Lifeline.

We truly hope that the Centre will go on providing the blessing of friendship as it has to so many people over all these years and continue to be a sanctuary where people can leave everyday problems behind and talk, laugh and cry with like-minded people.

Ann and Mary xx

Working Group for Therapy Appointments

Because the therapies are so popular and sometimes it is difficult for people to find appointment spaces, we are looking for volunteer members and therapists to meet as a working party to look at the fairest way of allocating appointments.

If you would like to be involved, please speak to Mary/Ann.

Our Therapists

Thank you to all our therapists for the wonderful work you do for our Centre.

We are so fortunate to have such a wonderful team of therapists but sadly we have had to say farewell to some of our long-standing therapists this summer because of illness or a change of commitments.

We want to say a heartfelt 'thank you' to Phil Atkin, Wendy Haggar, Dulce Hutchings, Sue Johnson, Banni Koviely, Kathleen Lynch, Valentina Profeta, and Alison Sage. We send them all our best wishes and hope that we will keep in touch.

We have been very lucky to have been approached by some very talented and experienced therapists who will be joining us over the coming weeks; we are delighted to be welcoming:

- Angela Chisholm – Aromatherapist. Angela has just retired from working at The Arthur Rank Hospice.
- Gabriella-B – is a Reiki practitioner who has studied and explored a wide range of approaches, gradually developing her own methods based around the deep meditation that she has engaged in for a number of years. Gabriella-B has discovered that the stillness and timeless nature of her being, whilst in a meditative mode, has a healing effect on others.
- Phyllis Smith – Counsellor. Referrals for counselling are made via Mary/Ann.

These are our current therapists and therapies they offer at the Centre. We will be taking on additional therapists in the coming weeks.

Angela Chisholm	Aromatherapy
Claudine Clark	Acupuncture
Margaret Fletcher	Angelic Healing
Gabriell-B	Stress Relief Therapy
Sandrine Gamaury	Reflexology, hand & feet massage
Ilze Kadils	Reiki healing
Ann King	Reiki healing, Rahanni celestial healing
Farnoosh Korvely Minozzi	Emotional freedom technique, Hypnotherapy, healing
Nichola Rogers	Reflexology
Dennis Smith	Spiritual healing
Maddi Thurston	Reflexology, aromatherapy, Swedish massage, Indian head massage, face massage
Terry Wardle	Reflexology

News from our Social Secretary

We have visited the Wok and Grill in Trumpington; Zahra Grill for curry; "Teacake" in Shepreth and sat in their delightful and pretty garden; Breakfast Club every Saturday at Scotsdales; Fordham Garden Centre for breakfast – and now we have a Walk!

We had the idea to walk round Parker's Piece twice, at our own pace, and then retire to Living Stone's café, where thankfully there is a waitress service, for tea and! Some walked faster than others but we finished in approx. 35 minutes. Of course as our waistlines and tummies decrease in size we shall obviously walk faster and no doubt set a record time. Seven of us tried it and if you would like to join us, please talk to me at the Centre, text or email me. See notice on Centre Notice Board.

Having only done it once to test out the idea, we now need to set up a regular day, maybe a Thursday, once a week or one every two weeks?

So – catch Trumpington Park and Ride bus to John Lewis at around 9.45 a.m. Alternative transport is the Guided Bus that stops near Parkside College. Meet on Parker's Piece in the vicinity of the University Arms Hotel at 10.15 a.m. We thought we would tackle any weather apart from rain or falling snow.

Ann D x

Isn't it great that our social life is still sparkling with Ann D at the helm.

Violet's new support MDP Group

A new group came to use the Centre for the first time during August—Violet's MPD Voice Group. Violet, came to talk to us about having a get together for her Group at the Centre and then arranged for her wig specialist to showcase to the Group a selection of wigs and how they could be individually personalised.

This group will meet at the Centre again in October.

***There is nothing better than a friend, unless it is a friend with chocolate
—Linda Grayson.***

Toni's For Life (Nutrition Group)

'For Life' is a self-help nutrition group started by Toni Anthony for people who want to gain and share knowledge about the benefits of raw organic food for their own well-being. The group meets once a month and Toni demonstrates how to experiment with a plant based diet to maximise health through energising and revitalising food and drink.



Toni, in her very enthusiastic way, has persuaded David Rayner to allow her a garden area next to the Centre to cultivate food the organic way, and is looking for help to keep it looking good and productive.

She would love to hear from you if you are interested in being part of her Gardening Group.

Car Boot sale for Toni's Nutrition Programme

Toni runs a very successful Nutrition Programme, for which she would like to buy a rather special Juicer to help her demonstrate juicing the many vegetables she grows at the Centre in her organic garden.

So, Fred arranged to organise a Car Boot Sale with assistance from Stuart, Chris and Ann D, and around £200 was raised. Lots of hard work involving Fred selecting the best site at Oakington—at 5.30 a.m!

If you would like to join one of Toni's Juicing Sessions, please 'phone the Centre to book a place.

One of Toni's Recipes:

Organic Green Juice:

1.5 cup/12 oz filtered water
1 cup spinach
2 cups Kale or Chard
2 Celery stalks
Small bunch of parsley
1 or 2 apples
Juice of one lemon with rind
Half inch of Ginger
Cup of ice

Making: Place in blender in order of list and blend for 1.5 minutes.

Gentle Movements - exercise with Moniek

Gentle Movements is based on Yoga, Chi Kung and Feldenkrais. The main focus is an awareness of the body. Increased awareness helps to release tension, move more easily and regain energy. Moniek guides people through mindful exercises, which include breathing, freeing up joints and muscles, relaxation and work with Chi (life force). This makes participants feel better adjusted in their bodies and more balanced in their lives. The Chi will flow more freely.

The movements can easily be adapted if they would otherwise cause discomfort. For example people who cannot lie on the floor or stand for longer periods of time, can do the movements sitting on a chair. There is no previous experience required. Everybody is welcome! After doing Gentle Movements with Moniek, people have said: "I was feeling so much more balanced after the session, my posture was straighter and I felt at ease", "Very pleasant and calming", "I left the session feeling much more peaceful than when I arrived".

Sessions take place on Wednesdays 10.30am – 11.30am. Spaces are limited, so please book in advance.

A Tribute to Pat Beaumont

When Pat was first asked by Ann to do some painting with people at the Centre, she was very nervous about it; her confidence was still low and she wasn't sure if anyone would be interested. Thankfully she responded courageously to Ann's request and it quickly became clear that Pat had a very special talent for helping and inspiring people to see themselves as artists, when previously they had little or no artistic experience. Pat loves painting and she shared that love with her group, gently encouraging people who said "I can't draw" or "I haven't painted since I was at school". Her real joy was hearing how much the group enjoyed the lovely atmosphere that had been created around the Art table.

And so it was with the utmost sadness that the Group and all at the Centre said a very fond farewell to Pat at a party on 3rd September. Pat has been a wonderful inspiration to 'Pat's Painters' and to people in the Centre generally and it is difficult to express how much everyone will miss her gentle and calming presence. We all send her our hopes and wishes for a happy and contented 'retirement'.

Ann Dingley writes about Pat:

I read a book entitled "Quiet – the Power of Introverts in a World that Can't Stop Talking" (ISBN No. 978-0-141-02919-1). The first chapter instantly, but instantly, reminded me of Pat.

The author, Susan Cain, tells us that in December 1955 a sensibly dressed woman in her forties got on a public bus. She had spent the day bent over an ironing board in a dingy basement tailor shop in a department store. Her feet were swollen her shoulders ached. She, Rosa Perks, sat in the first row of the Coloured section as the bus filled with passengers. When the bus was full the driver ordered her to give her seat to a white passenger. The author tells us that Rosa Perks uttered a word that ignited one of the most important civil rights of the twentieth century. "NO".

A police officer arrived to arrest Rosa. He asked her why she wouldn't move. She answered "Why do you all push us around?" At the time of her trial and conviction, a rally was held for her in the poorest section of the town. Five thousand people gathered to support her lonely act of courage. Martin Luther King spoke to the crowd and said that the time comes when people get tired of being "pushed out of the glittering sunlight of life's July and left standing amidst the piercing chill of November".

A city wide bus boycott took place and lasted 381 days. People trudged miles to work; they carpooled with strangers; they changed the course of history. When she died at the age of 92, obituaries recalled her as soft-spoken, gentle but with a quiet strength, sweet and small in stature, timid and shy but with the courage of a lion and with QUIET FORTITUDE. Which led to people who are interested in personality types, reflecting on and discussing how someone can be quiet AND courageous at the same time! After all, Rosa was a woman who would prefer to keep silent. Rosa Parks changed the world.

Pat, in my opinion, is "soft-spoken, sweet and small in stature, with quiet strength and has courage and QUIET FORTITUDE".

Pat, having had cancer, also said "NO" to being pushed around by the affects of cancer and "out of the glittering sunlight of Life's July". Fortunately she met Janet Hickman and experienced the HOPE Course at our Centre and later agreed to think about a gentle suggestion that perhaps she would set up an Art Group at the Cambridge Cancer Help Centre.

Pat brought Art and friendship to everyone in her popular and well-attended Art Group. Pat Beaumont changed the world with her QUIET FORTITUDE.

Pat's Painters : Farewell from Pat Beaumont

Firstly, I want to say 'thank you' to Janet Hickman who I met in 2008 when I went on her 'Living with Cancer' course. It's hard to believe it is six years ago that Janet introduced me to Ann Dingley who was then the Coordinator of the Cancer Help Centre and also the inspiration behind the Art Group. I would like to say a special 'thank you' to Ann, because with Ann's support and encouragement I started to share my love of painting with people at the Centre.

At the beginning, a lady whose daughter died of cancer gave us £1,000 and as the group grew we used this money to buy eight tables. The Art Group have been provided with wonderful paints, brushes and paper and other equipment—all money well spent. I am proud to say all the painters have been amazing and have done some wonderful artwork, had exhibitions, sold paintings and hundreds of cards for the Centre. They also had a stall to raise awareness of the Cancer at the Lacey's Lunch where they sold paintings and cards. Some of the painters have donated paintings and raised money for the childhood cancer charity (The Emily Lyman Foundation) and these paintings were sold in America. Some have even met a Duchess at the official opening of the Cancer Centre.



Many of the Art Group's paintings have been hung in the Cancer Centre therapy rooms for everyone to share and enjoy. We have been inspired by each other—Mike with his lovely watercolour techniques and Sylvia with her beautiful flower displays. The tea ladies also have given us many little helps and kindnesses. We have had help and support from so many of the people in the Cancer Centre, setting up the tables, helping with the

library, even filling jam jars with water for the painters; these offers of help have all been appreciated. Some people raised money with garage sales to support us and though I can't name everyone, I want to thank you for all the help that has made the Art Group such a success.

Lastly I have given Ted Sage (trustee) a memory stick with Art Group information, including names of the painters and copies of all the paintings from exhibitions; these can then be put in the Gallery on the new Cancer Centre website. I know the painters will be proud to show their lovely artwork.

Thank you for the lovely leaving lunch and the beautiful cards and gifts and especially all the warm messages I received. *Pat x*

The Friday Singers' Summer Concert 2014

This was our first talk at an event away from the Centre. The Friday Singers have supported us in the past and did so again this year. We decided there was safety in numbers and that we would both go along together. Well, what a treat! Held at Sawston Village College on a beautiful Friday Morning In July — Mary arrived a little early to find support in the aisles by way of some of our wonderful Tea Team in the audience and she gladly joined them - Ann arrived a little late and was delighted to see everyone already there; they were a wonderful support.

The singing was wonderful and very uplifting and we had five minutes to say our bit; this was followed by more songs with a First World War theme and the concert ended spectacularly with The Beach Boys – Barbara Anne. Of course, being a dancer, Mary couldn't resist a little dance in the aisle - dragging a very willing partner – Ann – with her.

The Friday Singers were very generous and raised a whopping £522.22 for the Centre – thank you to the fabulous Friday Singers and Robin. *Mary and Ann x*

Interested in singing?

Do you have an interest in singing and starting a 'Singing Group' - not a choir - so it's possible for anyone to join in—even if they have never sung before and are tone deaf!? If so, Mary would love to talk to you.

Book of Remembrance

David Rayner has asked for a "Book of Remembrance" to be set up and kept at the Centre as a record of late members of the Centre who have had their ashes scattered or buried in the garden area near the Centre. A book has been bought for this purpose and is now in the Admin Office.

The book will allow families to add a photograph and to write any personal message should they wish to do so.

We Remember Jon Hudson

We knew Jon for a very short time. He became known at the Centre as "Jon the gardener" as he was often seen working hard to keep Toni's gardens looking good and productive.

Jon was enjoying having therapies at the centre and he will be missed.

Cancer Active

Cancer Active is Britain's No. 1 Complementary and Integrative Cancer Charity, and its aim is to give people with cancer as much information as possible to make more informed, more personal choices about their health. Chris Wollams, who founded the Charity, sets out the latest available research on complementary and integrative treatment in easy to read articles on his website www.canceractive.com. If you would like to receive his regular newsletters with the latest information, email: chris@canceractive.com.

Attendance Allowance

If you know an elderly person who requires help with completing the Attendance Allowance form, ring the DWP on 0345 605 6055 - ask for option 3 and request that an Officer from the DWP makes a home visit to assist with the completion of the form.

Tax Chat with Christine Bradley

In the February 2014 edition of Lifeline, Christine's telephone number was shown incorrectly. It is 01223 507080 for anyone wanting to contact her for informal tax advice.

Macmillan Learn and Share Event

On 11th June, Macmillan held a 'Learn and Share' Event at the Rowley Mile Conference Centre in Newmarket. Ann set up our stall early and did the first part of the day with Ted; Mary and Toni arrived later and were able to attend some of the discussion groups. Our eye catching display stand attracted a lot of people who had many questions about the Centre - a very rewarding day. Mary and Ann x

August Opening

This year, as a break from tradition, we decided to keep the Centre open during August. We thought it would be quiet but in fact we were delighted to see lots of familiar faces and a few new ones, even though therapies were not on offer.

Thank you to all the volunteers who continued to support us making tea, etc.

All Things Bright and Beautiful

(Anglican hymn with words by Cecil Frances Alexander, published in 'Hymns for Little Children')



Not sung, but used as a metaphor at the annual tea party to express our thanks to our wonderful volunteers for their hard work and dedication during the past year.

Our guests all arrived looking extremely elegant and colourful. The tables were equally vibrantly adorned with hand embroidered tablecloths strewn with flowers, butterflies and birds, laid with fine bone china and silverware. Guests enjoyed a delicious selection of delicate finger sandwiches served on three tier stands alongside freshly baked scones with jam and clotted cream and a delectable assortment of cakes, all served with freshly brewed tea from china tea pots by the trustees and staff.

All topped by an amazing multi-coloured cake created by the amazing multi-talented Stuart Bartram, who later invited guests to take part in a lively quiz.

We think our very valued guests embody the spirit of "All things bright and beautiful"; we hope they enjoyed 'Putting on the Ritz' and thank them for everything they give to the Centre all year round. *Ann x*

All Things Bright and Beautiful (continued)



Can I say that there were indeed many bright and beautiful people on our cat-walk that day.

All these events are new to Ann and me, so we worked under instruction from the magnificent Barbara who in turn had received her orders from the Goddess of these events - Wendy. Can I just say that they are Trojans and every little detail is attended to – we are in awe!

The room was decorated with bunting - Stuart as ever on the ladder and making sure everything in that department was just so, with a little direction, I believe, from Penny.

Talking of Stuart, there was a rather marvellous cake produced by his lovely lady but decorated sumptuously by Stuart and the effect was stunning. *Mary x*

Party to welcome new coordinators

How wonderful to have a Welcome Party – thank you to everyone and in particular Ann Fleming for organising such a wonderful day – the spread was fabulous. We are beginning to appreciate that having parties is a great part of the culture of our Centre; we are learning.....

We have been shown immense kindness and warmth since we took on the joint role of coordinator and everyone has been so friendly and supportive – thank you.

Ann and Mary xx

The Elizabeth Coteman Fund
(the area's leading specialist pancreatic cancer support charity)

Back in June, I contacted Gerald Coteman of the Elizabeth Coteman Fund to ask if he could assist Judy Symonds, whose husband, Ray was in Addenbrooke's receiving treatment for pancreatic cancer. Judy doesn't drive and wanted help in travelling to see Ray and also to get Ray from the hospital to the church on the occasion of their daughter's wedding. Gerald responded positively and quickly with practical help and support and managed to coordinate everything to get Ray to the church for this most important family occasion. Ray was a brave, determined man, and The Elizabeth Coteman Fund made a real difference to him and his family. *Ann C*

Gerald Coteman writes:

Following a call from Ann Cox at the Cambridge Cancer Help Centre, the Elizabeth Coteman Fund took on an important challenge on behalf of a Balsham family. Ray Symonds, former Collections Manager at the Museum of Zoology, Cambridge, was diagnosed with pancreatic cancer in June. Although very unwell, and receiving treatment at Addenbrooke's Hospital, he was determined to attend his daughter's wedding ceremony in Ely to give her away.

Since normal forms of transport would not have been appropriate for someone in Ray's condition, the Fund used its knowledge and experience to make the necessary arrangements for specialist transport and care. Working with the regional Red Cross, the Fund made arrangements for an ambulance and crew to convey and look after Ray on his journey to the wedding and back. Besides arranging and paying for the ambulance and trained crew, the Fund co-ordinated nursing care, as well as temporary discharge arrangements and drugs direct with the hospital consultant. Ray was able to fulfil his wish by giving his daughter Becky away; notwithstanding Ray's illness, it was a joyous occasion and Ray was able to see the photos from the day. Sadly, Ray lost his battle with pancreatic cancer just a few weeks later. A representative from the Fund attended Ray's funeral where a huge gathering paid tribute to his life and work.

When Judy Symonds contacted the Fund to inform them of Ray's passing, she said "we still can't thank you enough".



The Elizabeth Coteman Fund is delighted to have worked with the Cambridge Cancer Help Centre on this occasion to achieve a small, but important, outcome for one family trying to deal with this brutal disease.

I think both our organisations can be comforted about how we responded to this call for help and it is an example of how we might work together in future.

www.ecfund.org

Dinah Craik, A Life for a Life, 1859.

But oh! the blessing it is to have a friend to whom one can speak fearlessly on any subject; with whom one's deepest as well as one's most foolish thoughts come out simply and safely. Oh, the comfort – the inexpressible comfort of feeling safe with a person – having neither to weigh thoughts nor measure words, but pouring them all right out, just as they are, chaff and grain together, certain that a faithful hand will take and sift them, keep what is worth keeping, and then with the breath of kindness blow the rest away.

Walk in Wandlebury Park (March 2006)

Walking in the park for an injection of:
tree-lined avenues
bilberry smoked air
light filtering through
a cobweb haze of leaves
daffodils lighting the fields

Two silhouetted geese across the sky.
I want to remember it all.

And tomorrow
the light will continue to filter,
the rain will fall, the sun will shine.

There is the unknown ahead:
a greyness – steely, strong, rigid –
marching towards me, while I quiver
and want to run away.

From Negotiating the days by Lizzie Madder

Promise Yourself (Anon)

To be strong that nothing can disturb your peace of mind.
To talk health, happiness and prosperity to every person you meet.
To make all your friends feel that there is something in them.
To look at the sunny side of everything and make your optimism come true.
To think only the best, to work only for the best and to expect only the best.
To be just as enthusiastic about the success of others as you are about your own.
To forget the mistakes of the past and press on to greater achievements of the future.
To wear a cheerful countenance at all times and give every living creature you meet a smile.
To give as much time to the improvement of yourself that you have no time to criticise others.
To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.
To think well of yourself and proclaim this fact to the world, not in loud words but in great deeds.
To live in the faith that the whole world is on your side so long as you are true to the best that is in you.

CHRISTMAS - YES IT'S COMING!

Dates for your diary:

- Christmas Lunch:** Tuesday, 2nd December at 12 noon
Tickets £5.00. Secret Santa : a unisex present to the value of approx. £3.00.
- Christmas Party:** Thursday, 11th December. No pantomime this year and we would love to hear from you if you have any suggestions for entertainment that evening.
- Christmas Closing:** The Centre will close on Wednesday, 17 December 2014 and reopen on Monday, 6 January 2015.

Doctor's Orders

A man goes to the Doctor, worried about his wife's temper. The Doctor asks: "What's the problem? The man says: "Doctor, I don't know what to do. Every day my wife seems to lose her temper for no reason - it scares me." The Doctor says: "I have a cure for that—when it seems that your wife is getting angry, just take a glass of water and start swishing it in your mouth. Just swish and swish but don't swallow it until she either leaves the room or calms down.

Two weeks later the man comes back to the doctor looking fresh and reborn. The man says: "Doctor that was a brilliant idea! Every time my wife started losing it, I swished with water. I swished and swished, and she calmed right down! How does a glass of water do that?"

The Doctor says: "The water itself does nothing. It's keeping your mouth shut that does the trick".

A Yorkshire treat

A Yorkshire man and his wife walked past a swanky new restaurant ... "Did you smell that food?" she asked... "Wonderful!"

Being a 'Kind Hearted Yorkshire man', he thought, "What the heck, I'll treat her!"

... So they walked past it again...

Self Help Management Programmes

We have places left on the Macmillan HOPE Course and the Expert Patient Programme. Both are self-management programmes for people with cancer and other long term health conditions—they each run for 6 weeks and are free of charge. If you are interested, please give me a call on 07866331782 or talk to Ann or Mary at the Centre. *Janet (Hickman)*

Very many thanks to the following for their donations:

Webster's—a donation of £118.55 made in September 2013 was not acknowledged in the October Lifeline and was pointed out by a Member. An additional cheque for £65.00 was also received from Webster's in March. A total donation of £183.55.

Magog Singers Concert	£328.00
Sawston Friday Singers	£522.22
Roy Young and Lesley Turner	£700.00
Eversheds	£1,541.00
Waitrose Community Matters	£309.00
NAPP Pharmaceuticals	£500.00
McIntosh Foundation	£2,000.00
St Andrew's Church, Chesterton Coffee Club	£125.00
Legacy from Lilian Margaret Baker	£100.00
Bartrum Wedding Donations	£420.00
Harry and Carole Gelsthorpe Garage Sale	£102.00 (donated to 'For Life')
Car Boot Sale	£200.00 (donated to 'For Life')

Other donations:

Charity Flowers Ltd	Robert Mottershead
Christine Bradley	Lymphoma Group
Rex Cox	Joe and Dorothy Borley
Foxton Post Office	Colour Session
Live and Let Live Pub	Dobblers Inn

New Logo and Website for CCHC

In today's world, having an attractive, contemporary online presence is important for organisations of all kinds for a variety of reasons. For a charity such as CCHC, this presence can provide a window on who we are and what we offer and is an important way to let the wider community know that we are here and ready to help. By reaching out to those around us, we hope we will be able to help even more people and make greater use still of the wonderful facilities at our disposal.

Over recent months, the Trustees have been working closely with two organisations; David Avery of design company TAGBrand (responsible for Scotsdales' sunflower branding) has created an exciting new logo and image for us; web design company Granite5 are in the process of helping us to create an attractive new website incorporating this new image. As part of this work, as many of you will know, David recently organised a professional photo shoot in the Centre with the aim of capturing 'the Centre in action' in its many different aspects. We now have a wonderful selection of pictures and these will provide powerful images for our new website. The design of the new website is almost in place and a first draft was recently reviewed by the Trustees. We are now making final revisions to the structure and, at the same time, preparing new content to be included in the site. Once the revisions have been made and the content has been written, edited and added, we will have a new site ready for final review by the Trustees. Once this is complete, we plan to demonstrate the new site to our Members before we go live. We are hopeful that we will be able to complete this work over the next 6 weeks or so and therefore be ready to launch the new site during the second half of November. Watch this space! *John Skilbeck (on behalf of the Trustees)*

Park and Ride Cambridge

Do you know it is possible to pay in advance of arrival at the Park and Ride? It's an online payment scheme. There are two main options for paying in advance. If you don't wish to have an account you can do it on a one-off basis.

You need to go to the Park and Ride website: **www.cambridgeparkandride.com**

Select Car Park

Select Date

Select Entry Time

Select Time on Site

Click Pay Now and the Parking Details screen will come up.

Put in Vehicle Registration Number

Click Next and the Payment Screen will come up.

Fill in your payment details.

Fill in Billing Address and Click Next

A screen confirming payment will appear.

If you are a more regular user, you may wish to have an account and set up **"Bill per usage"**.

"Bill per usage" is a system that adds up what you have used in the month and deducts it from your registered card at the end of the period. So if you have used the Park and Ride three times in the month, it will deduct £3, if you have used it only once, it will deduct just £1.

Register for an account at **www.cambridgeparkandride.com**.

Once your account is ready, you can set up a Bill per usage permit by filling in the boxes on the Bill per Usage screen.

If you don't have access to a computer or don't want to pay in advance, the ticket machines require a small amount of information from you. If you are using a concessionary bus pass, at the machine you press 'Park only'. It will then ask you for some of your Vehicle Registration Number.

After confirming this, it will show a photograph of your car. If this is your vehicle, press the Green button, press how long you are staying, and then it will ask for your payment. The ticket machines do take correct coins or debit/credit cards.

Information provided by Cambridge Park and Ride.

Milk Bottle Top Collection Update—July 2014

To all our milk bottle top collectors—another update for you.

Thanks to your diligence and kindness, we have exceeded our first 1000 kg. This means we have achieved the sum of £70.80 and still going...

Mainly the sorting of the tops is minimal because so many of you are aware that the re-cycling company can only use milk bottle tops or those with a 2, 02, 4 or 04 in the re-cycle triangle in the lid, and that's great.

For those other collectors who are not aware (or find it extremely difficult to see these symbols), we are still hugely grateful but sometimes 50% are unsuitable and have to be sorted (by Chris, Myra and Robin) and diverted to "Lush" in the Grand Arcade. "Lush" will take anything we can't, so again landfill is being avoided, but no money forthcoming from "Lush".

The haulage company, The Welch Group in Stapleford continue to arrange transportation of the tops, free as part of their community work, to the nearest re-cycling centre in Portsmouth. We continue to be very grateful to them for still agreeing to do this.

The person we are doing all this for is Christine, still living her life confined to a very special wheelchair (the £18,000 for this was raised by the family, by charities and individual donations).

As you can image, we would never have been able to collect enough bottle tops to buy a wheelchair. However, one of Christine's passions is baking, so money raised will either go towards or buy a piece of equipment of several gadgets to enable her to do more by herself.

At present, her husband is still working on the downstairs extension which includes the new kitchen with work surfaces that are the correct height for Christine in her wheelchair.

For those of you who are not aware, in October 2010 Christine had a burst aneurism in her neck. This left her totally paralysed from the neck down. Christine was in Addenbrooke's Hospital, Stock Mandeville Hospital, a Care Home and now back home. The house has had to be totally adapted to include a lift so she is able to go up to the first floor and of course a hoist to lift her in and out of bed. She is now able to lift her left arm and use her left hand (luckily she is left-handed). Christine is a very cheerful lady and likes to take part in as much as she can. With the continued collection of bottle tops, we will be able to help her achieve much more in the kitchen.

Thank you again for all your support. Chris and Myra.

People will forget what you said

People will forget what you did

But people will never forget how you made them feel

***A Presentation by Patricia Peat
at the Cambridge Cancer Help Centre
on Thursday, 13th November (5.15 pm—7.30 pm)***

Patricia Peat is an internationally recognised specialist in Integrative Oncology and she is passionate about encouraging the safe integration of complementary therapies (including nutrition) with conventional medicine.

After many years as an oncology nurse, Patricia saw the need for people to have access to good quality information about all approaches to treatment so they could take charge of their cancer decisions.

Patricia was the founder of Cancer Options and developed it into a renowned service at the forefront of cancer treatment developments. She now leads the Cancer Options Team and works in conjunction with the 'Yes to Life' Charity (Britain's leading holistic support for people with cancer).

Patricia is a respected public speaker on the subject of integrative medicine and empowering people to make their own decisions.

She is a medical advisor to the 'Yes To Life' Charity and the Integrated Health-care Trust and is a Patron of the Cancer Active Charity.

She has a regular column in ICON magazine (Integrative Cancer and Oncology News) and is co-author of The Frontier Guide to Medicine with Professor Karol Sikora.

We are very fortunate indeed that Patricia has agreed to make a presentation at our Centre and would really love you to join us—we can promise you an extremely informative evening.

If you have any questions about the evening, please chat to Mary.

Thank you Histon Print-Out

Since 2002, Mike at Histon Print-Out has printed 'Lifeline' for us and we would like to say how much we appreciate all he has done and continues to do for us in producing our Newsletter.