

**AN ANNUAL GENERAL MEETING
OF THE CCHC WILL BE HELD AT THE DAVID
RAYNER BUILDING ON TUESDAY, 29 MARCH 2016
AT 12 NOON**

All who are interested may attend, but only paid-up Members will be entitled to vote. Subscribing Members include both those who make monthly payments and those who make a single annual donation

AGENDA

- To receive apologies for absence
- To approve the minutes of the AGM held on 31 March 2015
- To receive the Annual Report
- To receive the Centre Co-ordinator's report
- To receive the Honorary Treasurer's report
- To approve the Annual Report & Accounts for the year ended 31 October 2015
- To appoint the Independent Examiner of Accounts for 2015-16
- To elect members of the Committee of Management
(The members of the Committee standing for re-election are as follows: Stuart Bartram, Wendy Brown, Ann Cox, Fran Dawson, Janet Hickman, Barbara Hylton, Bob Jackson, Penny Olesen, Ted Sage, John Skilbeck)
- To elect the Centre's Officers
(The following nominations have been received:
Chair: Ted Sage
Hon. Secretary: None
Hon. Treasurer: Bob Jackson)
- Any other business

Ted Sage Acting Hon Secretary

Social Activities

Parker's Piece Walk.....

We started our walks during Spring/early Summer in 2014. To our delight and amazement our walking has continued for almost two years. Interestingly, it does not rain between 10 and 11am on Thursdays. We think Audrey is responsible for ensuring it is so! On one occasion it did make a half-hearted attempt to start to rain. Audrey remonstrated with the Heavens and the drizzle stopped!

After the walk we collapse in Livingstone's cafe and enjoy the table service from the friendly, welcoming staff. Our conversations are wide-ranging, including the state of the world, purchasing cardboard coffins temporarily masquerading as coffee tables and bookshelves until the time they can be used for their original purpose, what one of us may write on her partner's headstone (*very amusing*), reports on hospital clinic attendances, past and future holidays.

Our only rule is that whilst we will walk in snow, ice or gale-force wind... we will not walk in rain. So, if it should rain between 10 and 11, we just go for the Livingstone's breakfast!

(Good buses are the Guided Bus, the Park and Ride buses or the no. 2).



"When did I first start rambling?
Well, it's a long story..."

Dining Out.....

We enjoyed our pre-Christmas Lunch at the **Lazy Otter**. We enjoy our lunch there every December and also in the Summer ~ beautifully delicious food and luscious puddings.

(Telephone Annette, 01353 649780

if you wish to book a table).

*Helmut found and recommended the **Cricketers**, at which we all enjoyed an authentic Thai lunch, with tasty, tempting puddings.*

(If you wish to book a table,

call them on 01223 778871).

Breakfast Club.....

Continues at Scotsdales on Saturday mornings at 9.30am. Sid and some of his family met us there just before Christmas. Sid held Maria's hand and sang to us. He gave us chocolates and we gave him chocolate ~ made with Guinness!

Sunday Lunch

We visited the **Queen's Head pub in Harston** for Sunday lunch. We all consider Anne Fleming's undoubted culinary expertise and opinion when we try a new restaurant and I am glad to say we all agreed with her that the roast lunch was all we could wish it to be.

It has been suggested we try the **Rose at Stapleford** and the **Cambridge Motel at Shepreth**.

Stand by!
Ann Dingley



The Christie Hospital in Manchester now has a novel way of treating infections of the mouth and throat after chemo and radiotherapy. No more are they thinking of providing drugs; instead they are turning to the natural anti-bacterial powers of Manuka honey.

Companionship!

If you want someone who will eat whatever you put in front of him and never say it's not quite as good as his mother's



.....then get a dog.

If you want someone always willing to go out, at any hour, for as long and wherever you want



.....then get a dog..

If you want someone who will never touch the remote, doesn't care about football, and can sit next to you as you watch romantic movies



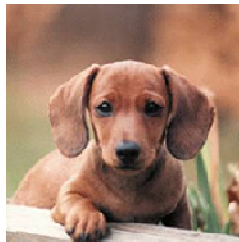
.....then get a dog.

If you want someone who is content to get on your bed just to warm your feet and whom you can push off if he snores



.....then get a dog !

If you want someone who never criticises what you do, doesn't care if you are pretty or ugly, fat or thin, young or old, who acts as if every word you say is especially worthy of listening to, and loves you unconditionally, perpetually



.....then get a dog!

BUT, on the other hand, if you want someone who will never come when you call, ignores you totally when you come home, leaves hair all over the place, walks all over you, runs around all night and only comes home to eat and sleep, and acts as if your entire existence is solely to ensure his happiness



.....then get a cat!

A NEW WORKSHOP AT CCHC

CREATIVE WRITING

**A SERIES OF FIVE : RUNNING FORTNIGHTLY
FROM 2nd FEBRUARY TO 29th MARCH
TUESDAYS 2pm – 4pm**

Creative writing is a way to explore thoughts, ideas and emotions that can otherwise be difficult to express, with no skill or experience required. The techniques that will be explored in the workshops aim to help you process the thoughts and feelings that you may find difficult to put into words and can be more easily expressed through metaphors and stories. The process of creative writing can help you to learn to understand your feelings, and help to build your confidence.

Candice Kent will facilitate the workshops. She has a PhD in English from the University of Cambridge and, having taught both literature and creative writing, she has often witnessed the potential that writing offers for self-development.

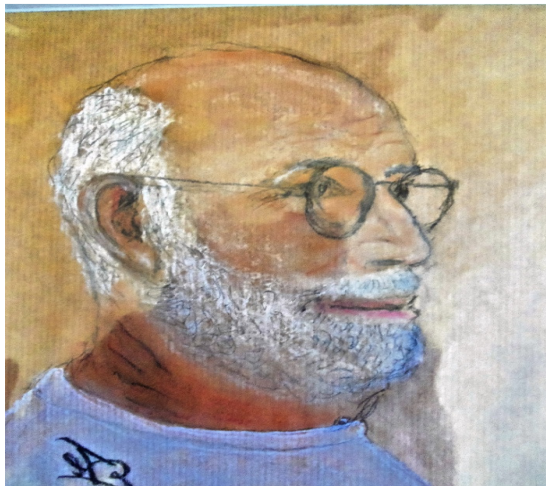
Maybe you would like to try creative writing? If so, please have a chat with Mary at the Centre to find out more.

John Dudley Billton

We were very said to hear of the death of the charming, elegant gentleman, John Billton.

Some members of the Art Club joined the family for his funeral on 7th December. John was an accomplished artist who put most of us to shame. We heard at the funeral of his many different jobs and his very interesting life. He was, in his younger days, a marathon runner. John's lovely wife Jan was a very young widow with two small girls when she met John who took on the girls as his own.

Your are much missed, John.



What amazing talent we have in our Art Group!. Here is another example from a vast pool of exceptional paintings.



Michael—Old London Town

Visit to the Barn, Kirtling (and other exoctic places) by Bren Reeve

I first met Michael Walton when he came with his carer to the Cambridge Cancer Help Centre. Michael was attending as part of Different Strokes, an organisation to provide help for stroke victims. I was told that Michael was an architect. He had, sadly, lost the use of his right arm and he was right handed. Michael thought he would like to join our art group and practise painting with his left hand. He has done remarkably well.

To tell you something about myself. I have been doing my best to run the Art Group, together with Mike Roe, since Pat Beaumont left. I do not profess to be an artist myself. I was a medical secretary for 30 years in the private sector, firstly doing Obstetrics and Gynaecology. I worked for the same consultant for 20 years during which time he had given up Obstetrics to concentrate on Gynaecological Oncology. Things had become much more specialised over the years. When that consultant retired, I went to work for his much younger successor and I worked for him for 10 years. During that time, my husband of 46 years (I was a child bride!) became ill with cancer and died quite quickly. I had to leave work to look after him.

I had been attending the Cambridge Cancer Help Centre with my husband who was very reluctant to attend at first. I tricked him into going to Scotsdales and then suggested we wander across the road to see the notice outside CCHC.

The lovely Ann Dingley dashed out and ushered us in saying "you will be so pleased you have come". A session of relaxation was about to begin so we joined the group and I sobbed silently through the session. We had to imagine ourselves in our favourite place and afterwards John and I both said we had been to the same place, a remote Monastery on beautiful Lantau Island, Hong Kong, in 1975. (My husband was in the RAF for 30 years). We had been dropped off from a rickety local bus (a lady had dropped an ironing board on my son's foot I remember) and as we walked in near silence to the monastery, we watched the bus descend the winding roads until it was out of sight. We sat by a rippling brook and the only sound was from a croaking frog. Absolute bliss. We were hoping the bus *would* come back later in the day to pick us up or we should be in trouble.

After the session at CCHC, it was suggested I might like to join the art group. That was in 2008. My husband decided that it had been a good ploy on my part to get him there because he was a great raconteur and loved talking to the other people. Later, he went to Arthur Rank House (again very reluctantly) for day therapy for him, respite for me. He thoroughly enjoyed his days there. After a very stressful Christmas, John died in the early hours of 2 January 2009 at home in bed. We were on our own and I held him whilst he slipped away. I am afraid I hate Christmas now. Too many memories.

Back to Michael.....

I was talking to him recently on my return from a holiday in Agadir. Michael asked me if I would like to visit him at home and give a little talk about Agadir. His wife, Lila, thought it was an excellent idea. Well, I have never given a talk in my life. I have always been very shy. At school I used to sink down in my seat and pray that I would not be asked a question. As a toddler, I used to hide behind my father's legs. However, I went with Judy Arnold and Ann Dingley. Susi Foster joined us with Lila. Michael showed us around his amazing barn. He told us that it was full of bats and pigeons when he bought it. As an architect, he designed the conversion himself. Michael also showed us his books of drawings which he had been doing every day with his left hand. His hand was so steady; he amazed us all. We had a delicious lunch served by Lila and Susi.

My talk.....

Since my husband died, I have found holidays a problem. I did travel for some time with my sister-in-law who had been widowed but she has a man friend now so I decided to be brave and go on my own. The three of us had been many times together to Egypt and we have contacts there so I have been visiting on my own since 2013. Last year, I went to Luxor in March and November but I also went to Agadir on my own in October. Agadir is a wonderful place for a holiday. During a day trip from Agadir to Marrakech, I met two ladies from Stoke on Trent. They suggested that if I were to go again in 2015, I should let them know and they would come at the same time. So that is what happened in October 2015.

In October 2014, with some trepidation, I had booked a holiday in Agadir at the Riu Tikada Dunas Hotel. The hotel is situated overlooking the beach at Agadir, where there is a beautiful, wide, promenade 9 kms long. We were told that where the promenade runs out there is a private beach for the King of Morocco, who probably visits just twice a year. I spent a lot of my time fast walking the promenade, watching the surf, sitting on the wall people watching and trying to avoid traders who, to be fair, were not at all pushy if you waved them away. On the hill by the Kasbah there is writing carved out of the rocks which says "God, Country and King". This is beautiful to see at night when it is illuminated.

I booked various excursions. On day one, a long excursion to Marrakech. We left about 7 am and arrived back at midnight. A completely barmy guide called Ahmed (more about him later) with just one tooth, picked us up wearing traditional Moroccan long cream tunic with a hood and leather, very pointy slippers. He held a walking stick aloft to guide us around crowded places. As we left in the coach I took out my little notebook to record items of interest, something you CAN do when you are on your own. You can look out of the window all the time and listen to the guide; something you cannot do with a companion who never stops talking! Leaving Marrakech, the sun was rising over the Atlas Mountains. We drove through the Sousse Valley. The hills were pretty pink granite. We were shown Argan trees, aromatic herbs, olive trees, carob trees, and bee hives. We passed a reservoir and a dam. In the hills there re Berber villages, and later we came to a fertile plain where they grow apricots, oranges, melons, etc.

We arrived, slightly stiff, in Marrakech after the long journey and were joined by a local guide to take up the rear in case anyone got lost. I was slightly frightened of getting lost, being on my own, so I had worn a very colourful top! We did a walking tour of the Jardin Majorelle, very beautiful; an oasis in the middle of the city. There were the brightly coloured, costumed men ringing bells, with pots of tea and brass cups attached to themselves. After the garden, we started to walk the souk closely followed by the local guide. Then onto some beautiful Riads with cool, enclosed courtyards and running water. It was a very hot day and I was wise enough to wear sensible shoes, unlike some!

We had a sumptuous lunch in a Riad restaurant and some cooling drinks. Afterwards, we were taken to Djemaa el-Fna, a Unesco designated World Heritage site teeming with snake charmers, acrobats and potion peddlers. Then into the souks again where we were left to our own devices and told to meet up in a cafe where we could have a drink and wait to be picked up again. I attached myself to two ladies from Stoke on Trent, Pat and Lorraine, who were also frightened because we just could not find our way out! We were later collected by Ahmed and walked to a stunning Riad restaurant down some steep steps ~ again we had a sumptuous meal whilst being entertained by a belly dancer (not a pretty sight when you are eating!). Later, we were walked through the square again, this time in complete darkness. Now the square was full of restaurants and stalls, very noisy and full of delicious aromas; there were cross-dressing belly dancers, boxers, storytellers and astrologers and the odd dentist. I wish I could have stayed longer, but we were ushered back to the

coach for the long journey back to Agadir.

Another day I was taken to a caleche (horse and carriage) where we were joined by a British couple and two sisters from Belgium. We went to the Sousse river to look at birds, including flamingos; sadly a long way out.

Back to Pat and Lorraine...

Back at the hotel I ran into Pat and Lorraine again, who were going for fittings for leather coats, so I decided to join them and I bought a black leather hip length coat. Nice price!

They said, when I left, to let them know if I go to Agadir again and they will come at the same time, so that is what we did the next year, October 2015.

We did an excursion to the Atlas Mountains one day. I was taking photos at the top of the mountain and a group of British people were marching along the road toward us, singing loudly and I heard a voice saying "coom on ya lazy boogers". I looked around and it was Ahmed, the crazy man who took us to Marrakech the previous year. I said "oh no, it's you again!". He recognised me (or said he did) and gave me a big bear hug and we had photographs taken.

Pat, Lorraine and I arranged a very long excursion, all along the Atlantic coast, with our own private car and driver, to Essouaria, a very interesting city but with an appalling stench of fish and smoky barbeques everywhere. Back in Agadir, we had more leather coats made, red this time, and bought leather handbags.

(Bren Reeve)

Self Management courses at the Centre : March, April and May 2016

Macmillan Take Control Programme

The Take Control programme is a 3-hour workshop that has been designed to allow facilitators to extend the option of self-management to anyone who has had a cancer diagnosis. The programme brings together the most enabling and empowering aspects of the 6 week Hope Programme which have been identified as essential to support you on your self-management journey as you strive to 'take control' of your life.

The next 'Take Control' programme is delivered on Tuesday 22 March at 12.30 – 3.30 pm.

Macmillan Hope Programme

This 6 week self-management programme provides a supportive and friendly group setting which will give you knowledge and confidence to cope with many of the frustrations, fears and sense of isolation that living with cancer can bring. The course is open to anyone with a cancer diagnosis.

The next Macmillan Hope programme will start on Monday 11 April at 10 – 12.30 pm.

Expert Patients Programme

This 6 week self-management programme is for people living with a long term physical health condition or mental health condition. People who have come on the course have reported that it has helped them to feel more confident and more in control of their life.

The date of the next EPP course will be in May/June.

To book a place on any of the above courses please contact Janet tel: 07866331782 email: janet.hickman14@icloud.com or see Mary at the Centre.

For the Homeless

If you would like to provide useful items to the homeless, please consider:

Large, substantial garden waste bags. ~ ideal for keeping sleeping bags dry;

Woollen socks ~ hiking socks particularly good;

Bobble hats;

Mittens ~ woollen preferred;

Plasters ~ individual ones, not in strips.

I got this information from a friend who helps look after the homeless in London ~ was also advised by someone at our Centre who used to be homeless. Also, please just drop the item by the person rather than hand it over and wait for their thanks.

Ann Dingley

***Extract of a letter from Hilery Bond
(who attended the Expert Patients
Programme) to Janet Hickman
(Facilitator)***

Dear Janet

I would like to thank you and Belinda, you both took all of us to your hearts, putting us at our ease each week and helping us to see how we could help ourselves and improve our lives, with some simple ideas and practical advice.

I would appreciate it, if you could also pass on my thanks to the lady sitting next to me and who said she was a trainee. She was so kind to me when I most needed support and understanding. There was also such a good social atmosphere, which everyone enjoyed and which we will all miss.

I was speaking to Ann and Pat at the MS Therapy Centre on Thursday and both said how much they would miss the Tuesday sessions. Pat admitted that she was very negative after the first session, but her husband encouraged her to give it another go and she said, she then began to get into it and went from strength to strength. I commented how she came out of herself and had become more positive. Only twenty minutes before, she said she was driving herself and her husband mad, but now she was more relaxed remembering the social setting of the EPP Course.

My very best wishes, Hilery

OUR WONDERFUL CRAFT GROUP *(known as Pam's Craft Group)*

Our enthusiastic and hard-working Craft Group works tirelessly throughout the year making lots of beautiful things for sale, and the fantastic result is that over the past five years, the group has **raised an amazing £8,625** on our behalf.

We are very grateful to all the members of the group, past and present, for using their creative flair for the benefit of the Centre, so a huge thank you to:

Anne (1)	Jenny
Anne (2)	Joyce
Betty	Kathy
Bren	Maggie
Corola	Rona
Doreen	Sue

The craft group meets weekly on Tuesdays and everyone is welcome. No skills are required other than the ability to sit and chat with others and enjoy learning or practising a wide range of crafts including knitting, patchwork, card making, sewing, tapestry, etc.



Money Matters ~

We would like to thank the many people who have given so generously over the years; we are grateful for their support, without which we could not operate.

Very many thanks to the following for their recent generous donations:

<i>Craft Group Christmas Fair</i>	<i>£500</i>
<i>Mrs P Harris (Kate Grubb's Grandmother)</i>	<i>£50</i>
<i>Heydon Grange Venerables (from their Christmas lunch)</i>	<i>£200</i>
<i>Hildersham Whist Club</i>	<i>£120</i>
<i>Scott Heating & Ventilating Ltd</i>	<i>£250</i>
<i>Websters (from CCHC client referrals)</i>	<i>£100</i>
<i>Early Night Club</i>	<i>£250</i>

Thank you also to:

Nicky Vere-Compton (UK Pie Party Leader) who 'threw' a Pie Party at home on 23rd January (National Pie Day), raising £60 for CCHC .

Lilian Norton from the sale of plums which raised £208.

Dave Pither from the sale of walnuts which raised £102.

Future Fundraising Events ~

Sawston Fun Run & Walk (Sunday, 15th May 2016) ~

CCHC is one of the beneficiaries of this year's Fun Run and Walk and it would be great if you could support the event in any way you can (perhaps by walking the course) ~ please see Ted Sage or Mary if you are able to take part or are able to help on the day.

'Rhythm of Life Singers' Charity Concert on Saturday, 19th March 2016, at Bar Hill Church. The singers are a group from Cambourne and one of our Members is singing. See Mary for further details.

The UK Pie Party ~ CCHC is the designated beneficiary for the Cambridge based fundraisers. The following events are planned: CCHC Family Fun Day (projected date 22nd May); Strawberry Fair - 4th June; Pets in the Park - 18th June. Check out www.ukpieparty.com.

Upcoming Events ~

Websters' Tax Clinic : 16 March 2016

Liz Hooley, solicitor, will hold a Tax and Wills Drop In session from 1.30 pm on Wednesday 16 March 2016.

AGM at 12 noon on 29 March 2016

Can we please count on you to provide lovely lunch nibbles at our AGM—as you always do!

Lymphoma Charity Cycle Ride/CCHC Family Fun Day

Provisional date 22nd May—to be confirmed.

Visiting Children from Chernobyl

Nicky (Leader of The UK Pie Party) will happily provide entertainment to the visiting children from Chernobyl (provisional date either 29th June or 6th July; to be confirmed).

CHRISTMAS PARTY ~ START THE NOT STRICTLY MUSIC!

Wow ~ what a showstopper! A fabulous evening of music, dancing and fun; something for everyone, leaving us with smiles on our faces and some very happy memories. All involved had put in so much effort and it was wonderful to see everyone up and dancing, having a good giggle, and enjoying it all so much.

After our 'bring & share' supper, the 'Strictly' music started and Sylvia (our master of ceremonies), ably assisted by Fraser—the horse, welcomed the Strictly hostesses ~ Lordia and Stress (Janet and Wendy) and the Judges: Lenny Lightfoot Good Egg (Ted); Bruiser Tortellini (John); Armless Arlene (Pat), and Darcy No Bustle (Barbara). The line up of dancers taking part were:

First on ~ our very own exciting and outrageous Can Can Dance Company.

Next up ~ the Burlesque Troupe ~ slower paced, very slinky and rather racy!

Followed by ~ The Cambridge Lindy Hoppers ~ high octane energy and brilliant (with that vintage edge).

Afterwards, the dancers were invited back to hear the 'expert' views of the 'Not Strictly' Judges (and to be consoled by Lordia and Stress). The three dancing teams had wowed everyone with their incredible performances and at times the judging became a little over-excited (no names, Bruiser!).

It could not have been bettered had it been the Tower Ballroom, Blackpool!

After winding up Showtime, Mary invited everyone to join in with a ceilidh led by Bob our caller. This was a huge success, enjoyed by everyone who could manage to get on to the packed dance floor and helped by the Showtime Dancers who all stayed on to take part. When everyone was exhausted by the dancing (and the laughter at the attempts to learn the steps), the evening was wound up by our Singing Group with a toe tapping selection of songs and seasonal carols for all to join in.

A fabulous evening which sent us home with broad grins and a warm fussy feeling.

Everyone who helped and took part were simply amazing; there are so many to thank that it is impossible to do so here (and I wouldn't want to leave out anyone).

But there are a couple of people we must thank:- Stuart for all the 'behind the scenes' technical expertise, and Mary for her fantastic work in putting it all together both creatively and practically ~ a mammoth task, logistically and emotionally. It is a great testament to her persuasive powers that all involved threw themselves into whatever was asked of them and enjoyed themselves tremendously in the process.

Thank you Mary—it was just marvellous! Now, how are we going to follow that?

Ann Cox

Christmas Lunch ~ another sparkling event

Again, so many people spent a lot of time setting everything up beforehand and helping it run smoothly on the day, that it is difficult to mention everyone who helps to make this the 'must go to' lunch every December.

This year, we were fortunate to have a team of waiters from **the Police** and **Waitrose** to assist **Angela Collison** and her wonderful team in feeding everyone ~ very many thanks to you all for your help. Angela is in overall charge, organising the turkey and arranging for the cooking of jacket potatoes and making the salad and fruit salad ~ and somehow it just works beautifully each time with everyone rallying round ~ preparing the punch, managing the bar, cooking and serving the food, clearing up at the end; it happens as if by magic! Santa made his usual appearance, so that everyone went home with a present, and once again, we were entertained by the delightful children of Shelford Primary School Choir under the inspired direction of their Choir Mistress, Lucy Barlow. Thanks also to Point Contact Hygiene, who donated the Christmas crackers.

Many thanks to everyone involved for a superb day.
Ann Cox

Experiences at the Christmas Party ~

The Singing Group performed a collection of songs and carols as a finale to a very successful Christmas Party and, having only joined them the week before, I was very nervous at the thought of singing "in public", as I didn't want to let them down. When the evening arrived and it was the turn of the group to sing, I found myself shaking the whole time, but managed to get through ~ just. However, for all that, I did enjoy the experience and hope that everyone else did.

Gill Taylor

I, like Gill, joined the Singing Group just a couple of weeks before the Christmas Party and was somewhat perturbed to find that I would have to commit to memory the words of some of the songs and carols that were going to be performed at the party. Having little capability for memorising the words of anything, it was with a real sense of trepidation that I found myself standing with the group in front of such a large crowd of people. I can only hope it was not painfully obvious that not all the singers were word perfect on the night!

Ann Cox



A stranger saved my life (Sue Brown)

Life is a very precious thing. I was carrying oxygen with a cannula attached to my nose when I arrived over two years ago to another warm welcome from my local Breath Easy group. Today, I'm able to enjoy walking in the countryside, going out for lunch, and I even made it to my daughter's graduation ceremony - something that would previously have been impossible.

I'd struggled with a lung condition called IPF (Idiopathic Pulmonary Fibrosis) for 15 years while my children were growing up. It was thought to be caused by pneumonia following flu. Over the years I managed with steroids and adapted my work/life balance. But my condition gradually deteriorated, leaving me severely breathless.

It was sometimes frightening and I was left disabled - suffering from weakness and dependent on oxygen. My consultant estimated my life expectancy and it was not long. He asked if I wanted to be assessed for a possible lung transplant. With such a limited life ahead I was determined to try and, after a few anxious months, my name was put on the transplant list. It gave my family great hope during a very difficult time as my symptoms grew even more severe, to the point where I could barely bathe or dress myself.

On the evening following a WI social meeting in January 2014 I received the call I had been longing for, just as I was about to go to bed. It seemed unreal. A lung transplant would be possible at Papworth Hospital if I passed certain tests. I felt calm, ready and hopeful, and this was my second chance at life.

In the early hours of the morning I was given a general anaesthetic and the next thing I was aware of was 'talking' to my family using pieces of paper and signs - I had a tube in my throat helping me to breathe. The operation had taken seven hours and I'd been left to sleep through the next two days. I was delighted to see my daughter, who'd travelled from Madrid.

I returned home after a month of recovering and physiotherapy. I no longer needed oxygen and had regained enough strength to wash and dress myself but I still had more recovering to do.

There were challenging times with complications and further hospital treatment involving chemotherapy for lymphoma at Addenbrookes hospital but the medical teams were outstanding. During well periods I was able to experience for the first time being able to join in country rambles and I enjoyed spending the extra time I'd been given with family and friends. I was now living a life that beforehand could not have existed for me, and I appreciate every day.

I hadn't been well enough to visit universities when our son was choosing his course, but now I could accompany him to York when he started his degree. Our daughter completed her year in Madrid and I went to see her during her final year at Southampton University. I was so proud to attend her graduation ceremony - I couldn't hide my tears of happiness.

We now had an empty nest so, a year ago, we relocated to live in a bungalow near Cambridge. I have thoroughly enjoyed exploring our new area and taking part in activities at the CCHC such as craft and singing. I enjoy making cards and was even able to continue making them when I was poorly in hospital last year.

I fully appreciate the precious gift from my donor and their family. It's hard to describe just how much this generosity has changed - as well as saved - my life. I would not be alive without it and I treasure every single day.

Sue Brown

For more information or enquiries on the organ donor register you can contact 0300 1232323 or view information at www.organdonation.nhs.uk



Welcome to our new volunteers

Clare Price joined us in January as a massage therapist. Clare does a morning slot the first Wednesday of the month.

Christina Perritt will be joining us on 23rd February and will be offering Reiki, EFT/NLP/Cognitive Hypnotherapy for a full day on Wednesdays.

Claire McKenzie is joining us at the end of February and will be offering the Bowen Technique on a weekly basis on Monday mornings.

Gwen Hopkins has joined the Wednesday afternoon tea team.

Karen Arnold has joined the Tuesday afternoon tea team working with Margaret but also providing support in other areas as needed. Karen has also just finished her training as a Civil Celebrant and has many years' experience as a Cruse Counsellor

Candy Stokes has joined us on Tuesdays in a general volunteering capacity. Candy has experience as an information manager and a facilitator ~ so Candy will also be joining the HOPE facilitator team with Janet.

Candice Kent is running a Creative writing course on alternate Tuesday afternoons - finishing 29 March.

Welcome to you all and we wish you every happiness in your work here at the Centre.

THE RAINBOW DIET AND CANCER

(Extracts from 'The Rainbow Diet' by Chris Woollams)

The British Journal of Cancer reported a new Harvard Medical School study with the heading 'Mediterranean Diet Cuts Cancer Risk'. Dr Dimitrios Trichopoulos, professor of cancer prevention and epidemiology said "our results show just how important diet is to cancer. Of the 26,000 people we studied, those who closely followed a traditional Mediterranean diet were less likely to develop cancer". He added "although eating more of one food group alone didn't significantly change a person's risk of cancer, adjusting one's overall habits towards the traditional Mediterranean diet had an important effect. Consuming more good fats (like those found in olive oil) rather than bad fats (like those found in chips, biscuits and cakes) had the greatest effect, reducing cancer risk by 9 per cent". The research also showed that making two changes to your diet, such as eating more peas, beans and lentils and less meat, could cut risk by 12 per cent. And the more changes made, the bigger the effect!.

Eating different natural compounds multiplies the effect: The University of Illinois has been studying lycopene (from tomatoes) and indole-3-carbinole (from broccoli). Each is known to have a positive benefit with prostate cancer. John Erdman, Professor of Food Science says that they are quite different substances and don't have to be eaten together to have an effect. But when combined, their effect seems to multiply ~ they work on completely different anti-cancer pathways, but eating both in the same meal seems to have a much greater effect.

Natural compounds can outperform drugs: In the same studies, Erdman concluded that the combined effect of broccoli and tomatoes had better results than the oestrogen inhibitor Finasteride. And also indole-3-carbinol is producing better results than Tamoxifen.

A fundamental truth: We know that the diet therapies of Gonzalez, Pfeifer and Gerson are quite rigorous and disciplined ~ they cover all the bases. But the rest of us are just ordinary folk trying in our own ways to get a little reassurance and discipline into our diets, and give us the best odds of beating a cancer. And I believe the answer is exactly the same as these professionals employ ~ and that is width. A discipline that is simple to use and goes right across the many stages of cancer. For this reason, I am in favour of the French and particularly the Mediterranean diets, which acknowledge a fundamental truth that there are foods around us, in our local environments, that we have eaten fresh and in season for thousands of years, and they work with our bodies to protect and correct us all day long. They heal our illnesses. So what are we waiting for? Go on, 'Eat a Rainbow' ~ take some sunshine into your life, look for organic fruits and vegetables from a good local supplier ~ and even grow a few yourself. I am absolutely convinced from everything I have read in the last 6 years in preparing this book that natural compounds are an essential part of any prevention or treatment programme and offer everybody a real opportunity to correct and heal.

My summary: The issue is width ~ the solution is a spectrum ~ and the delivery is The Rainbow Diet.

(Chris Woollams)

The Rainbow Diet

is a very popular book that is always in demand from our Library. A few copies have not yet been returned, and we would be most grateful if you could check your shelves just in case you may have overlooked it.

CRUK Cakes.....

On the last Wednesday of each month we sell a variety of homemade cakes in support of
Cancer Research UK

*Last year a total of £433.90 was raised.
A Big Thank You to everyone who made cakes
and all who bought them.*

Richard's Yoga Classes.....

The yoga classes that Richard so kindly offers each Monday afternoon continue to flourish, and over the past five years has generated a fantastic **£7,752** towards Centre funds.

Very many thanks Richard for all you do for our Centre.

BERNARD FOREMAN

You may not have noticed Bernard.

Because he quietly got on with tending the gardens behind and at the side of our Centre. He and Richard both offered to voluntarily take on that task when we moved into the new building at Scotsdales. Bernard also used to fill the plant bowls with hyacinth bulbs every Winter to make a beautiful perfume for everyone as they walked through the front door of the Centre.

And those of us who were fortunate enough to notice Bernard knew his qualities and sense of humour. He said to the Reverend Ken Jones, Minister of Barton Baptist Church, who led the funeral service, that he (Bernard) shouldn't be described as an angel because he was no such thing. He preferred the description "a straight-speaking, rough diamond". Richard read to us verses chosen by Bernard, from Romans, chapter 8, verses 28-39.

The Service was held at the Woodland Burial Ground, at Barton. It happened that I arrived early - very early! I was welcomed by Tracey O'Leary, independent Funeral Director from "Woodland Wishes", who said it was fine for me to be early and so.....I stood quietly by Bernard; he in his substantial and elegant cardboard coffin. What a privilege I thought. Just Bernard and me. In the last conversation I had with Bernard a couple of weeks ago he said he would like to go to sleep and not wake up ...

And that is what he did.

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It seems that Bernard left school at 14 (Bernard said he was head-hunted). The Headmaster of Bernard's school was asked which lad he would recommend to work on the gardens within the Council's Parks' Department. So Bernard's appointment set him off on his gardening career. It is reckoned that Bernard could grow the best hostas in Barton, if not the country, and he claimed to have the secret of ensuring trouble-free hostas. He said he would sell the secret for £5!

Quite a few years ago Bernard and his neighbour, Richard, arranged a large garden coffee morning party in aid of the Centre. I cannot remember how much money they raised for us but the day was sunny, their large gardens were perfect, of course, and there was not a weed to be seen.

After the Service, as we enjoyed delicious refreshments, one of Bernard's friends revealed that Bernard, being a Yorkshire man, was an "extra" in "Last of the Summer Wine". He may have been a TV "extra", with a small 'e', but the Bernard we knew was a very kind, generous and helpful EXTRA, quietly doing good works in the background, and he held our precious Centre in high regard. God Bless You, Bernard.

Ann Dingley

*He who binds himself to Joy
Does the winged life destroy;
But he who kisses the Joy as it flies
Lives in Eternity's sunrise.
(William Blake)*



'Something to Look Forward To' was the idea of Andy Coldron following his wife Fiona's diagnosis with breast cancer. During and following surgery and treatment, Andy and Fiona found that small treats such as a meal out, a night in a hotel, or a day out with the family, was an essential positive to think about and provided some brief respite from the relentless slog of the hospital environment. (Fiona was later diagnosed with secondary breast cancer and is receiving ongoing treatment for this incurable but treatable condition). So in 2015 Fiona and Andy decided to set up their new charity called **'Something To Look Forward To'**. It aims to promote well-being, relieve stress and in particular aid recuperation of those who are experiencing the effects of cancer and its treatment by providing people with positive experiences. It will do this via a website where it will be possible to access a variety of free gifts donated by individuals and companies (these include 'gifts' such as weekend breaks; hotel stays; theatre tickets; coach trips; tickets for sports events; tickets for attractions; the list is endless).

We were so pleased to meet Fiona when she came to CCHC and later attended the Macmillan HOPE Programme, and delighted when she said that she wanted to work in association with us; because we are convinced that this new charity will benefit many, many, people. If you wish to apply for any of these fantastic gifts, please take a look at the website: www.somethingtolookforwardto.org.uk, or contact Fiona Medley at : fiona@somethingtolookforwardto.org.uk.

FUTURE EDITIONS OF LIFELINE

To save on ever increasing postage costs, we propose in future to publish just two editions of Lifeline each year ~ in February and October. In the event that you no longer wish to receive these, it would be a huge help if you could contact us to let us know.

POET'S CORNER

The Best Thing in the World
By Elizabeth Barrett Browning

*What's the best thing in the world?
June-rose, by May-dew impearled;
Sweet south-wind, that means no rain;
Truth, not cruel to a friend;
Pleasure, not in haste to end;
Beauty, not self-decked and curled
Till its pride is over-plain;
Light that makes you wink:
Memory, that gives no pain:
Love, when, so, you're loved again.
What's the best thing in the world?
--Something out of it, I think.*

This lyrical poem reflects on life and nature and starts with a rhetorical question. It describes the many beauties the world has to offer and in answer to the opening question, states, "Something out of it, I think." This surely means that there are too many beautiful aspects of life and nature to pick only one.
