



From Kathy

I would have liked to start my round up with some jazzy statistics like how many thousands of cups of tea we've made and tons of cake that have been eaten. In the absence of those, all I can say is, lots. You can't measure support and care either, but I'll forge ahead and say we've dispensed buckets of that as well.

In the six or so months that I've been here I have seen how important a resource this is to the community and the diverse nature of its visitors. The fact that people come from well outside Cambridge shows how little there is like this around. Speaking to nearly everyone who registers here makes me wonder why there isn't more; it is so needed.

A common point in peoples' trajectory through cancer, is after the 'all clear'. Far from a golden handshake, it can feel like walking the plank, faced by a sea of unresolved trauma, unanswered questions, continued emotional processing and anxiety. The big question, "Will it come back?" can become an unwanted lodger in a mind that wants to get back to normal. Part of that can be due to the assumption at the outset, that one just picks up where one left off just before treatment. But, as with any trial in life, it changes people to varying degrees. Many people are

alarmed because they don't know themselves any more, or the body that seemed to go so badly wrong can't be trusted. For most, the finishing tape moves further down the track, as if two of life's race officials keep running from the runners. So the end of the 'race' is extended by hormone drugs or lasting side-effects of treatments; it can go on and on and, at a time when many friends and family are heaving a sigh of relief that it's all over, the person feels at odds with others' expectations. Some struggle with not being the centre of attention which comes extra hard when they still feel in distress.

Others, for whom it is the second or third time around, are living through the first timers' worst nightmare. Some feel hopeful because it was managed before and science has moved on since last time. Others worry that their older body might not cope with it again. Every scan brings the dreaded wait with sleepless nights and a cold feeling in the belly. The doctor's face is scrutinised for any clue as to the outcome as if a moment's more waiting is unbearable.

Then there's pain and fear. For those that have it, it can be a permanent occupant claiming squatters' rights and you don't have the 'paperwork' to evict it. It can sneak up on you like a prankster when you least expect it or you know it is lurking, just waiting for the medication to wane. Normal aches and pains are never that again as one will assume the worst; a headache is never just a headache, it's a possible brain tumour. Pain can sing to you at night; an unwanted serenade or persistent mosquito whine, making the hours tick by seen yet unseen. Magic are those

mornings when you wake to light; sleep having come to the rescue by stealth, picking you up and whisking you away to blessed oblivion. At these times the sound of a waking bird outside can be a companion and sign that the light will be flooding in to push away the dark.

But for all that, one can meet some golden people along the way. Golden because their spirit, compassion, humour and light, touch the heart. There are the friends who step into the breach and not necessarily the ones one expected to do so. There's nothing like threat to one's life to make colours brighter and experiences richer. We stop taking things for granted, the way we should all do before.

It is through giving that we receive, and through helping others that we heal ourselves.

Welcome to Azra

We are all delighted to welcome Azra Krsic, our new Deputy Manager, to work alongside Kathy in the running of our busy Centre.

From day one, Azra has calmly got on with everything that is needed whilst Kathy is on the road to recovery, and we are grateful to Azra for her quietly competent presence.



***** STOP PRESS *****

OUR NEW PATRON

We are delighted and excited to announce that Professor Robert Thomas, Consultant Oncologist at Addenbrooke's Hospital, has agreed to become our Patron.

Many of you will have met Professor Thomas or heard him speak at our Annual Wellbeing Conference in November and we're sure you will want to join us in extending to him a very warm welcome and in thanking him for his ongoing support.

Professor Robert Thomas is a Consultant Oncologist at the Primrose Oncology Unit, Bedford and Addenbrooke's, Hospitals specialising in Breast, Skin, Colorectal and Prostate cancer. He is professor of Biological and Exercise Science at Coventry University, a Senior Clinical Tutor Cambridge University and a visiting Professor at the University of Bedfordshire. He is author of the book "Lifestyle after

Cancer" and medical advisor for the lifestyle and cancer website Cancernet.co.uk. and the general lifestyle site keep-healthy.com

Although still embracing mainstream oncology research, he has an academic interest in the evaluation of nutritional, lifestyle and self-help strategies after cancer and has published over 100 peer reviewed scientific papers. He has designed numerous UK RCT's including the world's largest evaluation of a polyphenol rich nutritional supplement in men with prostate cancer ([Pomi-T study](#)).

He was an author for the evidence review for the National Cancer Survivorship Initiative and designed the UK's first government approved qualification in exercise rehabilitation for cancer patients which is now delivered nationally by The Wright Foundation. He has been awarded The British Oncology Association's "Oncologist of the Year" and the Hospital Doctor magazine "Doctor of the Year" and the Royal College Frank Ellis Medal.

He is an editorial member of the National Cancer Research Network clinical trials development committee, the National Institute of Health Trial clinical trials advisory committee and the British Society of Integrative Oncology. As well as being chair of the exercise expert advisory committee and media spokesperson for Macmillan and advisor for several Channel 5 documentaries, he is editor of the Monthly Lifestyle and Cancer news series and author of an active weekly blog both of which can be accessed via his website.

Copies of the latest edition of Professor Thomas's book are available to purchase from the office at a cost of £10

"How quickly and unexpectedly the Centre becomes the focus for welcomes, absences, and the everyday ups and downs of this world – a lifeline for many during the 'downs' when there is always someone to share experiences, to 'feel' for you. There are therapists giving generously of their gifts; there are others offering endless 'cuppas' and heaps of TLC".

From: Margot 'Looking at the Stars'

Psychological Wellbeing Service -

This NHS service offers short-term psychological treatments for common mental health difficulties, such as depression, anxiety and stress. The main treatments are: Guided Self-Help for people with mild to moderate mood and anxiety problems and Cognitive Behavioural Therapy (CBT) for people with moderate to severe difficulties. You may wish to be referred by your GP or, alternatively, you may prefer to refer yourself directly, which you can do via the web page: www.cpft.nhs.uk or by calling the self-referral team on 0300 300 005.

Christmas Festivities -

It all seems an age ago, but we must once again say: "WOW, what a wonderful team!" Angela, who is in overall charge of the Christmas Lunch and the delicious food; the tea ladies who come to lay the tables – and didn't it all look fabulous - the Police team and the Waitrose team who help us cope with feeding everyone, and, of course, Father Christmas and his ever-helpful(?) elves. Again, we were entertained by the splendid children of Shelford Primary School Choir – they are always enchanting, as is their Choir Mistress in her inspired direction. And this year, we had the fabulous Ely Ukulele Band to add to the festive spirit.

The Christmas party was attended by a small but enthusiastic crowd. The 'bring and share' nibbles somehow worked itself out and we didn't end up with 100 sausage rolls and a punnet of tomatoes. Instead we had a good spread, eagerly enjoyed by the young dancers from the Emma Collins School of Irish Dance. They kicked off proceedings with a fantastic display in their costumes. We thank the parents for turning out and Emma for supporting us. Inspired, we applied ourselves to the ceilidh, brought to us by Robert Ridout. He was an understanding MC as some of us didn't know right from left and centuries of tradition were ridden over roughshod. This provided entertainment for onlookers, some of whom risked a hernia from too much laughing.

The Centre's real success is due to the people in it; those who make everyone welcome while also offering unfailing kindness and compassion; their healing presence helps people deal with all the emotions that can engulf them.

Our tea team- are the backbone of our centre; always ready to welcome a new visitor if Kathy misses them, to set up for the repeated December functions and the countless 'bring and share' events; and always done with a joke and a smile.

Our therapists - We want to thank these exceptional people for their continued support and great dedication to our members. They do all this for the Centre and ask for no financial reward, and it is wonderful that we have such an amazing and unique team.

Kate Adler

Georgia Curry

Emma Hirst

Claire Mackenzie

Sue Pocock

Julia Smith

Angela Chisholm

Margaret Fletcher

Mari Kidd

Christina Perritt

Susan Rae

A very warm welcome to:

Jackie Head

(Massage / Indian Head / Reiki)

Patricia Medlow

(Lymphatic Drainage / Swedish
Massage)

And the return this summer of:

Terry Wardle

(Reflexology).

Sadly, **Dennis Smith** has decided that he can't continue to offer healing, but we are so very grateful that he will carry on his group relaxation sessions.

And we thank **Ian Morris**, who continues his special work supporting members.

This last year, we said a sad farewell to **Ann King, Dulcie Hutchings, Claire Price, Nichola Rodgers and Wendy Bratherton**, and thank them all for their marvellous support.

Social Activities - Ann Dingley

We, the Yum-Yums, continue to enjoy Thai lunch at the Cricketers, Melbourn Place (tel: 01223 778871) and "Nines" at the Leisure Park, (tel: 01223 2442(77)). We also returned to the Lazy Otter (tel: 01353 648383) for another Christmas lunch. Annette, the owner, always delights us with delicious meals and luscious puddings that some of us try to ignore and in which some of us indulge. (I also hear that Annette is planning to offer afternoon tea and cakes soon). We were joined by Annette's Mum, Evelyn, who, since 2002 has raised **£1,336** for our Centre from money raised at her Abington Whist Drives.

We try to arrange one meal out a month and will no doubt return to the above venues throughout the year. A particular favourite is Late Breakfast at the Lazy Otter which somehow turns into Brunch. We are also looking at resuming

occasional Sunday lunches. Details of all the lunch gatherings are at the Centre. When you add your name to the lists, I will assume that it is a firm booking and proceed to book a table. Please always give your contact details. Otherwise I won't be able to contact you if the event is cancelled. If you wish to cancel a booking, please let me know as soon as you can.

Our Breakfast Club continues on Saturdays at Scotsdales' restaurant at 9.30 am and we continue to walk on Thursday mornings, followed by breakfast at Livingstone's. We hope Audrey, who seems to have a fool proof relationship with the Weather Guardian Angel, will arrange the transfer of the formerly dry hour of 10.00 – 11.00 am to 10.00 – 11.30 am. For a couple of years, it has not rained during the walking hour! Audrey's special relationship remarkably ensured two dry hours on the day of "Doris"!

Because of the changes to the bus timetable we have adapted our meeting time. Some of us arrive at 10.00 am and others at 10.30 am. However, we do all manage to meet up at Livingstone's cafe for breakfast. The idea is that we do not walk as a group; everyone walks at their own pace. So, if you would like to join us, just walk your way round Parker's Piece; you will almost certainly bump into another one of our walkers all walking at their own pace. After the walk, cross the road at the front of the University Arms hotel, turn right and in a couple of minutes you will find the Livingstone's cafe (part of the Baptist Church) on your left; in there we get a warm welcome - they know us well – and our little eccentricities!

80TH BIRTHDAYS: Thank you to Kathy for celebrating the Centre's 80th birthdays. The cakes were superb (especially Stuart's! He said that his wife made the cake and he iced it). And thank you to those who made it an excuse to celebrate the birthdays wherever possible. Part of one of my 80th presents was some sessions in the gym where I cycle to the accompaniment of Tina Turner at a Wembley Concert belting out into my ears "YOU ARE THE BEST", which some of us at the Centre may recall I used to regard as "our song"!

Keep a look out for our lunch dates – all details at the Centre.

Ann Dingley

80th BIRTHDAY CELEBRATIONS

A SPECIAL PERSON WAS NOT INCLUDED IN OUR LIST OF AMAZING OCTOGENARIANS IN THE OCTOBER 2016 EDITION, FOR WHICH I AM VERY SORRY.

TRICIA SMITH ALSO CELEBRATED HER 80TH BIRTHDAY IN 2016 AND ANN DINGLEY WRITES HERE ABOUT THE CONSIDERABLE IMPACT TRICIA HAS HAD ON OUR CENTRE.

(Ann Cox)

Tricia - from Ann Dingley

During my early days working at the Centre, Tricia and I met for coffee and I mentioned the Centre required some secretarial and admin help. Tricia thought she would enjoy fulfilling that role and after being interviewed (over the telephone!) by Fran, our Chair, I'm glad to say she got the job. We worked together at Napier Street, Stockwell Street and Scotsdales. I could say I was impressed by the way Tricia nonchalantly dealt with the large spiders that scuttled alongside us at Stockwell Street. I could say I was impressed by the meticulous tidiness of her office at Stockwell Street (mine was crammed with everything because there was nowhere else to put all the stuff). I could say I was impressed by the way Tricia taught herself to be Treasurer (the Centre's finances were always very dear to Tricia's heart). She was always anxious that we did not waste or unnecessarily spend the Centre's money and took her role as Treasurer very seriously. The year she spent on acquiring that skill meant that she spent many sunny Summer days attached to her computer, when the rest of us were outside enjoying the warm weather. I could say I admired Tricia's work on editing "Looking At The Stars". I used to think that writing a book wasn't difficult; all one had to do was write it, create a Cover and get a publisher. Not so! The Newsletter was a joint team effort that worked very well for us. The minute the Newsletter was published I would start creating the next one - gradually emailing the bits and pieces to Tricia and she would uncomplainingly un-split my split infinitives, correct other grammatical errors and design the layout and print size. I know we are both proud of the way we worked

together to produce the Newsletter; I could not have done it without Tricia's unstinting contribution. They do say "nobody's perfect but a team can be". We were the perfect team. There are many things Tricia has done to help keep this marvellous Centre going. But, perhaps one of the most critical things was saving our bacon when the Centre ran out of money. All the trustees and I met together to discuss the way forward. Tricia's idea was that we should think of more ways to bring in money and perhaps start offering people the opportunity to become Members. The minimum yearly amount would be £5 but being a Member was voluntary not compulsory. All that the Centre offered would continue to be available whether one was a Member or not. Tricia also thought we should ask for donations for the refreshments. I absolutely disagreed with both ideas because I didn't want it to seem, to someone who had cancer, that we were after their money. However, I eventually accepted her ideas made sense and because of them, and the agreement of all the trustees, the Centre recovered financially. And here we are 31 years later! Tricia played a large part over many years ensuring its success for all of us, for which I am very delighted and thankful.

The future of Lifeline

For many years, Lifeline has been produced and distributed to everyone on the Centre's address list (now 750+), as well as to local businesses who support the Centre, and this has resulted in spiralling costs of printing and postage. Wherever possible, it would be helpful if future copies of Lifeline could be received electronically, so please let Barbara Hylton have your email address.

The UK Pie Party - all about us!

The focus of the UK Pie Party is raising money for cancer charities and hospices, using "Pie in the Face" humour to make everyone laugh, especially children.

On 4th June, this year, the UK Pie Party will be at the **Cambridge Strawberry Fair** to raise money specifically for the Centre – please encourage your friends and family to go along and support Vicky in her valiant efforts

FUTURE EXCITING FUND RAISING EVENTS



23 - 24 June 2017

Orwell and Barrington

Music has great healing powers. This 24-hour Marathon will draw communities together through music to raise money for the Centre.

All ages of the communities of Barrington, Orwell and beyond will be raising money by sharing the joy and power of music in 24 hours of continuous live concerts and informal music-making. The schools will set the clock ticking at 2pm on Friday 23 June in Orwell and the music will continue in many different styles and formats - choirs, jazz, classical, brass band, chamber music, organ, church bells and much more. A Big Sing at noon on Saturday 24 June in All Saints, Barrington will be followed by the Grand Finale at the Royal Oak, with live band and hog roast.

***Watch out for more details of the event as it progresses
and you can also follow it on Facebook:***

<https://www.facebook.com/24-Hour-Music-Marathon-138747049948124/>

On offer is a very special auction prize of lunch for two at the House of Lords in the Peers' Dining Room, with Baroness Brown of Cambridge, followed by a short tour of the House.

If you would like to make a contribution, you can go to JustGiving:<https://www.justgiving.com/fundraising/24hourMarathonMusic>. Bank transfers can be made to Sort Code 60 18 42 Account No 20674155. Cheques made out to: The 24 Hour Music Marathon may be sent CCHC.

SUMMER PARTY

16th September 2017

A fun-filled day of stalls, games and entertainment for all the family - please keep a look out for more details as plans progress.

We will be needing lots of help with manning the stalls and games, and providing food and drink (as well as bric-a-brac for our Granny's Attic stall), so please let us know if you can lend a hand.

Please encourage your family and friends to come along and support us on the day in raising funds for the Centre.



Listen out for ...

Janet Hickman, who will be joined by Amanda Norton and Harold Gelsthorpe (and with luck, Professor Thomas!) – to talk about the work at the Centre on the Jeremy Sallis radio show on Thursday, 11th May, in the lunchtime slot.

Our very grateful thanks to the following for their very generous donations (from November 2016):

A T Gregory	£108
Shelford Feast	£500
R & C Hall	£222
Hildersham Whilst Club	£200
Scott Heating ventilation	£250
Amino Communications	£3,000
The Fu-Gee Fund	£150
St Andrews Church, Stapleford PC	£250
Cambridge Business and Professional Club	£600

In Memorium:

Jean Clark	£326
Kate Grubb	£240
T Fennell	£50

The Craft Group raised £700 at their Christmas and Easter Craft Fairs - many thanks.

And, as always, our thanks to Richard's Yoga Classes for the money they regularly donate to the Centre

The Ely Ukulele Bank are making the Centre their charity this year - thank you to the members of the band.

For your diary.....



Forthcoming dates for the **MACMILLAN TAKE CONTROL WORKSHOPS** are: Tuesday 23rd May and 12th September (12.30 – 3.30pm).

The **MACMILLAN HOPE PROGRAMME** will run weekly at the Centre from Tuesday 6th June - 11th July (1.00 – 3.30pm) and Tuesday, 3rd October – 7th November (12:30 to 3:00pm).

The **TIME AND SPACE WORKSHOP** will take place on Monday 17 July (10.30 - 1.30 pm). TIME & SPACE is a self-management workshop for anyone who cares for someone living with and beyond cancer. It is a three-hour workshop based on the full six-week HOPE

FOR CARERS programme and has been created for carers who are unable to commit the time to attend the longer course.

The **EXPERT PATIENTS PROGRAMME** will run from 5 June - 10 July (10.30 - 1.00 pm) and 2 October - 6 November (10.30 – 1.00 pm).

Contact Janet Hickman for more information or an informal chat about any of the Macmillan Courses: (07866 331782) email janet.hickman14@icloud.com

BALLET FOR FITNESS & FUN with Sue continues at the Centre on Wednesdays (2:30 to 3:30pm).

CREATIVE WRITING takes place fortnightly on Tuesday afternoons.

RELAXING FACIALS are offered by Liz Harrison - bookable through the office.

PAMPER MORNINGS – hand treatment, mini facial, make up and colour taster sessions, with Liz Harrison and Karen Downs – monthly drop-in group sessions on Wednesdays (10.00 – 12.30). Contact the office for more information.



EXCLUSIVE 'BODY SHOP' EVENT – advice on makeup and skin care – Tuesday, 9th May (11.00 am – 1.30 pm). Contact: Elaine Moss, Azra or Ann Cox for details.

ANNE FLEMING'S COACH TRIPS this Summer include:
Thursday 22nd June: Coach trip to **Bressingham Gardens and/or Steam Museum**. This will include unlimited trips on a narrow-gauge steam train and 3 goes each on a galloper. (Whatever that is!!). Wednesday, 9th August: Coach trip to **Sheringham and Holt** with option of taking train to Holt from Sheringham (at extra cost) or taking the coach there, after lunch.

THE next **HEALTH AND WELLBEING EVENT** will take place on 14th November and again will be kicked off with a presentation by Professor Robert Thomas. Keep an eye on the notice board and the website for further details.

MINDFULNESS COURSE



What is Mindfulness? In this busy life, many of us experience an over-active type of mindset, we dwell, analyse and worry about the past and are anxious and catastrophise about the future. Mindfulness practise is a simple technique, using your breath, to focus your mind fully on the present moment. This encourages being entirely present in each experience of life and spending less time in the cycle of stress and anxiety. It is based on very simple Buddhist meditation techniques, which are gradually integrated into daily life and promote increased self-awareness and

understanding of self. The course also introduces some techniques to help overcome stress and anxiety and to break free from unhelpful patterns of thoughts.

Reported health and wellbeing benefits of practising mindfulness are:

Reduction of stress

Improved sense of well-being and calmness

Reduction of depression/anxiety

Increase in immunity/resilience

Improved sleep patterns

Decision making easier, often with better outcomes

Improvement in relationships

Pain control/reduction

Improved self-esteem and confidence

Improved concentration.

The Course:

The course is 8 sessions long, each lasting up to two and a half hours with a short break. All sessions are completely confidential within the group and legal boundaries. There will be a maximum of 12 people in the group. The course is progressive and it may be difficult to catch up if you miss a session; however, it is completely understood that this is sometimes unavoidable. Whilst you may gain some benefit in simply attending each session, the greatest benefit will be gained if you aim to do 20-30 minutes' work in-between sessions for 6 days. You will need computer access to download recordings to use at home.

What happens in the sessions?

The sessions are run in a comfortable setting. You will be asked to bring a notebook and pen to use as a personal journal and to wear comfortable clothing. Time is largely spent listening and discussing ideas around Mindfulness; how and why it may be useful to you. We also introduce and try some simple, short and guided meditations. Everyone is free to join in as much or little as they choose. The first session is considered as a taster "get to

know you” session and there is an option to discontinue the course at this point.

Most people have some nervousness about joining a group, but this usually disappears during the first session and by the final session the other members of the group have become valuable and supportive friends. Our experience is that people enjoy the course and find it relaxing, interesting and enjoyable.

To learn more about the next Mindfulness Course, please speak to the Manager/Deputy Manager.

DONATIONS FOR THERAPIES -

The holistic therapies offered at the Centre are aimed at supporting people who are dealing with a cancer diagnosis and are provided by fully qualified volunteer therapists. Nevertheless, there is a cost to CCHC in providing this service. The centre costs many thousands of pounds a year to run, so it would help us enormously if a small donation of, say, £5 were made for each treatment, so long as you can afford it. Every little helps!!

Stockwell Street - Glyn Edwards

I have been a member of CCHC for about 20 years or more. And if it were not for a chance meeting with the very revered Ann Dingley I would most likely never have come across it.

I am not a cancer sufferer myself but my family has been ravaged by the illness.

My wife was diagnosed with advanced breast cancer in 1990. One year later my daughter Gail was diagnosed with the illness and died in 1992 aged 34. It was an awful time for me and my other daughter, Avril, living with two members of the family with the illness. My wife Beryl died in 2014.

As for my meeting with Ann Dingley, we were totally unknown to each other at the time. We both happened to be having coffee in the "Stoneyard" - the only customers at that early hour of the morning, and I started a conversation, across the room, as you do. I asked Ann where she worked and what was her occupation. She told me she was the Director of the CCHC based in Napier Street. She invited me to pay them a visit, which I did, and went along to see what it was all about. I went with mixed feelings but was pleasantly surprised to meet a group of very positive, happy people. From this point onwards I became a Member. It was a good time to become a member because they were just about to move out to new premises - a Church hall in Stockwell Street. I helped with the move and we arrived at our new home. From the outside, it was a very dreary-looking place and it took a lot of work to make the place inside homely and welcoming. But we managed it and our Members enjoyed the Centre and all that it offered. For me it was therapeutic and took my mind off the past and brought some normality back to my life.

I now attend the new Centre on a regular basis and to see what we have today, and remembering how we started, it is staggering. Sadly, a lot of our members at Stockwell Street are no longer with us but I have happy memories of all of them.

The CCHC is a great institution. Long may it stay that way.

*"Surround yourself with only people who are
going to lift you higher"*

Oprah

Glyn - from Ann Dingley

Glyn - well, he at Stockwell Street was a Stuart Bartrum, in the same way that Stuart Bartrum is a Glyn Edwards at the present building. One could say their "job descriptions" were more or less identical. When we first arrived at Stockwell Street, with all our goods in an Emmaus van (because they agreed to call themselves "furniture removers" just for us that day), the door to the building was locked. Boiling hot day, all of us exhausted, we heard the sound of someone playing a piano one storey up. The pianist couldn't hear us banging on the door so, in a flash, Glyn was already climbing up the wall, holding on to a drainpipe I seem to remember. Horrified, we made him descend before he fell and broke numerous bones. All the resulting consternation brought the pianist down to let us in!

As time went on Glyn led a team (some of whom will be reading this - I'm thinking Brenda and Daphne - to repaint

numerous, but numerous, dark brown doors to gleaming white. Any job that we needed doing was done by Glyn. He never said "no" - (just like David Rayner and Stuart Bartrum!)

Marilyn Barnes created our Centre and established a thriving group that met one evening a week before we gained a permanent daytime home at Stockwell Street. Glyn was one of our much-valued mainstays. We would have been lost without him.

From Maggie - a member of the Art Group -

We think that BREN is a saint
For she gets us all ready to paint
But we like Kit-Kat-ing
And endlessly chatting
And budding Picassos we ain't!
When MIKE does his walking around
We wonder what he has found –
An effort so weak
It brings a blush to the cheek?
Or fine paintings worth more than a £?
Our nerves we are trying to soothe
We are not intending to move
Our paints are decreasing
But we won't be ceasing –
Just doing our best to improve!
(This is for Bren Reeve, who devotedly keeps the Art Group in order.

Helping ourselves - from 'Looking at the Stars'

Perhaps the most important thing about the centre is that it instils in us the idea that we can help ourselves and gives us control of our lives again, and miraculously one of the most important ways we can begin to achieve this is by being ready to help each other.

Ian once remarked that at the Centre he had noticed that we try to listen to everyone's ideas and philosophies and treat them all with respect. We believe that it is important for each of us to find and follow what makes our own heart sing – and a lot of 'singing' goes on at our Centre.

We do try to listen to everyone and take account of their views. We are careful not to push anyone in a direction that they feel uncomfortable with. For some people, the Centre provides their first taste of a spiritual approach to life. Others, coming to the Centre for the first time, are very sceptical about complementary therapies, which we encourage as a way of demonstrating that even at the blackest times, we do have some control over our lives.

So far as the 'singing' goes, we would love to hear from anyone who could take on the role of leading our "Singing Group" – we do so miss it! Do you know of anyone who might take us on?

For those who were unable to attend the Annual General Meeting on 28th March 2017, this is a summary of the report from Edward Sage, Chair of the Trustees:



ANNUAL REPORT AND REVIEW FOR THE YEAR ENDED 31 OCTOBER 2016

Management Changes: After Mary Pearson told the Trustees that she intended to leave in June, they carried out a review of the operations of the Centre and decided that the management structure needed to be strengthened. One of the key decisions was that a Centre Manager should be appointed, and after several candidates had been interviewed, Kathy Dixon took up the position in mid-August. After a further operations review in November, the Trustees agreed that there was a resource shortage in several areas and that a Deputy Manager was needed to further strengthen the organisation. Azra Krsic was selected and started on 20 March.

Courses: The Macmillan HOPE course was run on four occasions during the year. A related course for their carers called Time and Space was delivered three times during 2016. These courses will continue in 2017. The Expert Patients Programme (EPP for short) was run four times. This is also a free course designed for adults living with any long-term health condition. The Macmillan Take Control course was run four times in 2016. This 3-hour workshop covers the essential elements of the Hope programme for people who have been affected by cancer. Further courses are planned for 2017.

The Mindfulness course has proved to be very popular and so far, two have taken place with a third currently being delivered. The Creative Writing course has been very well received by those attending it and it is now repeated regularly.

Therapies: During the year, a variety of therapies including healing, reflexology, aromatherapy, massage, hypnotherapy, Bowen, EFT, tai chi, reiki, Swedish massage, Indian head massage, hypnotherapy, and relaxation sessions have been offered, all of which provide invaluable benefits for our members' wellbeing and development. The support and dedication of all the therapists that continue to support our members, is greatly appreciated. Those looking to improve their strength have enjoyed the new ballet exercise class for all ages and abilities run by Sue Pollock, and Dennis Smith continues to run his popular relaxation sessions every week.

Support Groups: Groups meet regularly and provide support for people with the following illnesses.

Lymphoma; Myeloma; Urostomy and bladder cancer; MDS - Myelodysplastic syndrome; PNH - Paroxysmal Nocturnal Haemoglobinuria; Elaine's group, a general cancer support group popular with under 60's.

The Cambridgeshire Prostate Support Association, the only patient led support group in Cambridgeshire, also meets in the Centre once a month.

The Health and Wellbeing Event: The second Health and Wellbeing event took place in November 2016. It was very well supported with over 70 attendees. The format was changed this year with the speakers delivering their talks in the morning. Prof Robert Thomas's talk was again very popular, and, during refreshments, participants could wander around our Market Place and ask questions of: Age UK, Carer's Trust, Cancer Patient Partnership Group (CPPG), Macmillan Cancer Support Information Services, the Maggie's Benefits Adviser and the Radiotherapy stand. Taster sessions were held in the afternoon and we had very good feedback about the nutrition,

mindfulness and complementary therapies that were on offer, and the legal advice from Webster's. We aim to run these events every November.

Social Events

Every Saturday morning, Ann Dingley meets a group for breakfast at Scotsdale's, and every Thursday morning, rain or shine, another small group meets to walk twice round Parker's Piece, followed by refreshment at a nearby café. Visits are also made to various local restaurants and, of course, to Ikea! Anne Fleming organises various coach trips throughout the year to places such as Southwold and the Bury St Edmunds Christmas Market, all of which are thoroughly enjoyed by Members.

The Art Group

This ever-popular art group goes from strength to strength with several new members. Bren Reeve leads it, ably assisted by Mike Roe. The standard of work produced continues to amaze and sales of art raised £239 (£248 in 2015).

The Craft Group

The Craft Group, coordinated by Maggie Sanders, meets weekly and raised £1,148 (£981 in 2015) for the Centre during the year.

Other Activities

Christine Bradley offers confidential tax advice and arranges popular talks on tax and legal matters to groups of members.

Helpers

The Centre could not operate without its team of voluntary helpers who have taken on several important tasks. They make the tea, welcome visitors and help with the administration. These helpers are not a separate group; most are members who have enjoyed (and continue to enjoy) its benefits and wish, themselves, to contribute to its success. Thanks are also due to: Robin Harper who's playing and singing is much appreciated; Jean Dalby who runs the computer group; Ian Morris who helps to support new members; Richard Parker who runs the yoga group on Mondays, donating the weekly fees to the

CCHC. The volunteers, therapists and trustees have all undergone Adult Safeguarding training.

Community relations

The Centre has continued to enjoy community support during the year. The Sawston police and Waitrose have been active in supporting events such as the Christmas lunch and their help is appreciated. So too, is the help generously provided by many others.

Dependence on unpaid services and donations in kind

As already indicated, the Centre could not operate without the unpaid services of its band of helpers. Therapists provide their services free of charge. Donations in kind contributed to a variety of fund-raising ventures, as prizes in raffles and in the sale of goods. We have also received support from a number of local businesses, and the SCDC, who have donated or funded the acquisition of needed equipment and furnishings.

Financial position of the CCHC

The primary purpose of our financial reserves is to accumulate sufficient resources to secure the long-term ability of the Centre to rent premises in which to conduct its activities, and to develop new services and therapies for the benefit of its members. Although we received several generous donations from individuals, companies and other local groups during the year, the overall level of donations is reducing. At the same time, our operational costs are increasing. Whilst major fundraising initiatives were judged not to be necessary during this past year, the Trustees are clear that fundraising must now become a vital area of focus if we are to underpin our operation and continue to offer and develop the valuable range of complementary services for which we are well-known. The Trustees and management will ensure an appropriate framework for fundraising is established and will, of course, continue to encourage companies and individuals to raise funds on behalf of the Centre. However, in addition, members and their families are encouraged to join us in this task by raising awareness of the Centre

and, where possible, by identifying fundraising opportunities and supporting fundraising activities. By facing this challenge together, we are confident that we will ensure the Centre has a secure future.

Edward Sage, Chair of The Cambridge Cancer Help Centre

CAN YOU FUNDRAISE FOR US?

Fundraising can be fun – all you need is a little imagination and inspiration.

How about a tea party at home with your friends, with cakes and a raffle?

Or, a pamper evening?

A Quiz or Race Night could be fun;

Or maybe a Frock Swop?

You probably have plenty of other ideas of ways to have a fun time while raising money. Will you help? We would love to hear from you about your thoughts for raising funds for CCHC and how you are going to do it. We will then promote it on the website.

"Sid Sheldrick - Ann Dingley

As we entered the West Chapel at the Crematorium we heard the haunting music theme from the "Railway Children". It seemed so very apt because my favourite character in that many-times-watched film was Mr Perks,

the Station Porter. He always reminded me of Sid because he and Sid were both staunch and proud Railway men and similar in attitude to life.

We first met Sid when his wife, Olga, was "persuaded" by the Addenbrooke's Breast Care nurses to visit our Centre. Olga did not want to visit us but the nurses persisted with their suggestion and Olga eventually timidly knocked on our door. But, with relief, she ran away when we didn't answer the door quickly enough. However, fortunately we caught her before she disappeared from sight.

Olga was taken over by the kindness and friendliness of everyone at the Centre and on her next visit she brought Sid to see us.

How fortunate for the Centre that we met Sid because fund-raising was high on our list and Sid rapidly placed our collection tins in as many pubs as he could reach in the City. Sid and I had a chance meeting in Cambridge one day and he invited me to accompany him to one of the 'King Street Run' pubs where he had a pint and I had an orange-juice and he checked out the Centre's collecting tin. In the Centre's November 2004 newsletter, we recorded that Sid had placed our tins in 18 pubs. Sid also obtained a donation of £3,000 for us from the Railwaymen's Social Club when it redistributed its funds before closing down.

He and his daughter Christine were involved with shaking collection tins on a bitterly cold day in 1998, in Cambridge Railway Station booking hall - a cold, draughty place in those days many years ago. I kept sneaking away for a warming cup of tea but Christine and Sid stuck it out. Sid

would usually provide the main tombola present which we would offer in our fund-raising at Addenbrooke's Hospital. Christine often made stunning cellophane-wrapped cakes that we sold or gave as raffle prizes. Sid was proud of the support we offered to people who had cancer and always seized the opportunity at the end of any Centre celebration to tell us what he felt about our drop-in centre.

He always invited us and a lot of his ex-railway mates to his significant birthday celebrations at the "The Fighting Cocks" pub at Wendens Ambo. On those occasions, he gathered up large donations for the Centre.

Sid's knowledge of the Railways was phenomenal. He had been a Ticket Inspector. And a strong Union supporter, even in his retirement. Such amusing tales Sid told us about those days! Royal passengers to whose children he gave sweets (not allowed but they enjoyed the sweets), travelling on the trains during floods, polite but pointed altercations with non-ticket passengers and the lady passenger who told Sid she had lost her soul on the underground train- but he gave her the solution for her problem. Wish we had written all those stories down.

Sid was a loving family man - he was always proudly telling us about his children and grandchildren. He said that during the days his son James was a medical student and hard up, Sid would get off his train in London at the end of his shift and head off to meet James at the hospital to give him a financial boost.

James told us that arrangements had been made to take Sid to King's College for the Carol Concert. Warmly

wrapped up in his wheelchair he was enjoying the occasion. All the concert-goers had been given serious instructions, such as that the Concert was being recorded so would everyone be silent during the proceedings. However, James said that once the choir started singing "Once in Royal David's City" Sid decided to make it a duet! Wish I'd been there!

Sid wasn't able to talk in recent years but he could sing. One day when we breakfasters spotted him with his daughter Christine in Scotsdales' restaurant he held Maria's hand and sung to her. How heart-touching that was.

We used to send Valentine cards to Sid. I think we sent at least a dozen cards most years, all anonymous of course. We continued to send Valentine cards to Sid every year and sent him one this year. I am not sure if he realised they were always from his friends at the Centre or from unknown admirers but, of course, all of us were his admirers and will continue to remember his kindness, thoughtfulness and energetic support of our Centre.

On the Order of Service there is a steam train and a lovely picture of Sid, with a pint, along with

"When I die don't get upset, just go to the pub and have a drink and say he was a good fellow. It's what you do for people when they are alive that counts".

Sid - you were a very good, lovely, dear fellow."

Ann D

Hope is the Thing with Feathers

"Hope" is the thing with feathers
That perches in the soul
And sings the tune without the words
And never stops at all,

And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That kept so many warm.

I've heard it in the chilliest land
And on the strangest sea,
Yet never, in extremity,
It asked a crumb of me.

By: Emily Dickinson

Whatever you do
HOLD on to hope!
The tiniest thread will twist
into an UNBEAKABLE CORD.
Let hope anchor you in the
possibility that this is NOT
the end of your story -
that change will bring you
to peaceful shores.

By: Anon

Say Bazonka

Say Bazonka every day
That's what my grandma used to say
It keeps at bay the Asian Flu'
And both your elbows free from glue.
So say Bazonka every day
(That's what my grandma used to say)

Don't say it if your socks are dry!
Or when the sun is in your eye!
Never say it in the dark
(The word you see emits a spark)
Only say it in the day
(That's what my grandma used to say)

Young Tiny Tim took her advice
He said it once, he said it twice
he said it till the day he died
And even after that he tried
To say Bazonka! every day
Just like my grandma used to say.

Now folks around declare it's true
That every night at half past two
If you'll stand upon your head
And shout Bazonka! from your bed
You'll hear the word as clear as day
Just like my grandma used to say!

Spike Milligan