



New Approaches to Cancer



HANDS ON

**FREE GENTLE YOGA AT
ASHFORD MIDDLESEX
HOSPITAL
Thursdays & Fridays**

**Claygate Cancer Support
Group and Free Talks
coming next year**

**NEXT FREE TALK AT
ASHFORD, MIDDLESEX
HOSPITAL 6.30—8.30
Wednesday 8th December—
Colour, Health & Fun**
Sue Shattock

Nurses, Patients, Carers and
Families all welcome
For all the above contact:
0800 389 2662

CHRISTMAS IDEAS

If you purchase your Gifts & Books on Amazon through the link on our website, we receive a donation!

You can now donate by credit or debit card by using the link on our website to the safe secure site provided by the Charities Aid Foundation.

www.anac.org.uk

In remembrance of
Pat Convery

Please accept this donation in memory of my lovely friend Pat Convery. Everyone loved her and I know she always looked forward to Wednesdays when she came to see you all. She was my best friend, and I will sorely miss her, but never forget her. My life has been enriched by knowing such a loving, giving person as Pat.
God Bless her and you all
From
Wyn Pelling

AUTUMN/WINTER NEWSLETTER

Registered Charity Number: 285530

FROM OUR PATRON The Healing Connection

In December of 1990, a group of caregivers at the Union Hospital, dissatisfied with the emotional quality of inpatient care, formed a committee to empower patients to become an integral part of the process of healing. An additional goal was to improve the quality of the working experience



for caregivers. The committee eventually became The Healing Connection. The group meets weekly and pools the creativity and caring of members from all departments of the hospital. Frustrated with a medical system that seems only to value technology and medi-

cations, The Healing Connection seeks to place people and human interaction back into the centre of the healing process. Connecting patients, caregivers, families, friends and administrators, The Healing Connection seeks to establish awareness of and respect for the healing qualities of interpersonal caring and interaction. The Healing Connection seeks to make the hospital experience itself a powerful tool for healing patients, apart from any specific technological or pharmaceutical treatment. Caregivers can also heal, even at work!

Brief excerpt from an article written by Dr. Harvey Zarren, Medical Director of The Healing Connection —please contact the office for a transcript of the full article.

Cancer's Best Medicine

A Self-Help and Wellness Guide
by **Mauris L. Emeka**

ISBN 0-9640125-3-7

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(includes class
for men)**
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Please don't forget to support us with our ongoing
"Sponsor a Space Appeal"

many thanks

New Approaches to Cancer is a UK registered charity promoting the benefits of holistic treatment for cancer patients and their carers. Working alongside conventional medical treatments we provide free information on

a wide range of gentle complementary therapies and can recommend experienced local practitioners and support groups throughout the country. If you feel we can help you please contact us and help us to help you.

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MY GIFT OF CANCER by Joy Allen

EDITED FOR THE NEWSLETTER - FULL VERSION AVAILABLE ON REQUEST



You may look at this title and think, how can cancer be a gift? Cancer brings tears, suffering, Fearfulness and trauma, but it also has its blessings. . It can bring love, intimacy, peacefulness and when you have come through the experience, a sense of fulfilment and

gratitude and a feeling of being glad to be alive. It was 1999 and I had been in my new house for 6 months. I had boyfriends and friends and life felt good. Then everything changed very quickly,

I was told there was a large lump behind the nipple and I would need to have a mastectomy. Well then it hit me and I lost my voice for the rest of the day. I had known about this for two weeks and I hadn't told anyone because I thought I haven't got cancer, there was no family history and I hadn't had a days illness in my life and I felt fine. I was diagnosed in April and I was to go into hospital on May 5th, I felt I was on a conveyor belt, everything was happening around me and I felt I had no choice but to go along with it. Then a friend told me about Dottie Hook and New Approaches to Cancer, so I went along to see Dottie and she gave me some healing and then looked at my diet and told me what to get to

build my immune system. Also to start taking Arnica to stop any bruising and to get some Rescue Remedy to help me relax and sleep alright. I felt I had some control back over my body and I felt empowered. I was still frightened about going into hospital but my eldest son was with me and he was still with me when I came back to the ward. It was about two days later and I was lying in bed, when I heard a rustling noise beside me and I just moved my eyes only, to my left and I saw a huge Angel next to me, it was closing its wings back as if to say you are alright now, the sense of peace and love that came over me was immense and I believe this was my Guardian Angel, and we all have one. I was lucky enough to see mine. When it

was time to go home, my dear sister came to look after me for two weeks as I was very weak We became much closer. I spent time in my garden feeling so glad to be alive I just watched the birds and the bees and how wonderful nature is with all the different colours. Then it was time to see the oncologist again who told me I needed twelve sessions of chemotherapy over a space of ten months and five weeks of radiotherapy. It sounded daunting, but I knew that my attitude would determine whether I would get



*Savour every moment
Find delight in every day*

through these tough times and I thought I've got this far and with the support of my family and friends, plus New Approaches and the support group at Laleham, I will get through this. So I started the chemotherapy and even with a cold cap after the second session all my hair started to fall out. It took ten days and I cried every single one of those days. It felt like I had lost my femininity, losing my breast and my hair. It was about two weeks later I was looking in the mirror when I suddenly realised femininity isn't about how you look outside, its what's inside that counts. All my life I had been looking at all the externals life and thinking that these would make me happy and they hadn't. That inner peace was missing and I had kept on

searching for the next thing to make me feel happy to give me that inner contentment and suddenly I had it. I realised for the first time how loved I was by others and this had filtered through to me and I started to love myself. I'd taken things for granted, my health especially, I hadn't known it's the little things in life that are important. Being there for someone, giving up your time, sharing special times and accepting people as they are, we are all unique. I won't pretend going through the chemotherapy was easy, I had to call upon the Angels quite a few times when I felt low in energy and spirit, but the holistic approach combined with the conventional medicine gave me the tools I needed to help myself get well. I have made many dear friends at the group and we are still there for each other. After a year I returned to work and then decided to go part-time, I wanted to slow down the pace of my life, my priorities were different, inner contentment was more important than having lots of money. I'm now studying to be a spiritual Life Coach and hope to inspire others on their spiritual journey through life. There are no guarantees but with a positive attitude and following the holistic approach I feel there are a lot of years to go yet. My gifts from cancer are Gratitude for each day, tolerance for myself and others and learning to love myself as I am.

Support Groups available Nationwide. The Laleham/Staines Group meets on Wednesdays at 2pm.

We always welcome volunteers to help with the work of New Approaches and now we hope to fund some new projects. To help us with this we urgently need to hear from all of our volunteers and potential new ones. Please take a few minutes to write to us about yourself and include the following.

- Your name and contact details
- How you know New Approaches
- Why you want/ed to help & how
- Any new project ideas you may have

Many thanks

*There is one God and one Law endowing all Creation with the spirit of the
"One in Whom we live and move and have our being" World Unity and Service Trust*