



# New Approaches to Cancer

## HANDS ON

AUTUMN NEWSLETTER 2005

Registered Charity Number: 285530

### SUSTAINABLE LIVING by VICTORIA HANDS



#### HELP & SUPPORT IN

CLAYGATE, SURREY  
LALEHAM, STAINES  
ASHFORD, MIDDX  
WOKING, SURREY  
BRIGHTON, SUSSEX  
Also free information  
0800 389 2662

#### 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

New Approaches to  
Cancer  
PO Box 194  
Chertsey Surrey  
KT16 0WJ  
help@anac.org.uk  
Web: [www.anac.org.uk](http://www.anac.org.uk)  
0800 389 2662



The work of New Approaches focuses on an holistic mind, body, spirit approach. We can provide a wide range of information so that you can make informed decisions about your life. Sometimes you need expert advice to take important decisions, however, we all make hundreds of decisions throughout the day many of which we are no longer aware of. As such they are better called non-decisions but they are also very important and impact on our wellbeing. The most important aspect of wellbeing is to have an enquiring mind, so here we start to enquire about a range of issues we may not normally think impacts our wellbeing.

#### This time we look at our waste

The volume of waste produced in the UK in **one day** is enough to fill Trafalgar Square to the top of Nelson's Column. 78% of this waste goes to landfill. 80% of Britain's populations live within 2km of a landfill site. Leachate is a liquid that seeps from landfill sites. It contains pesticides, solvents & heavy metals & is harmful to health and the environment.

#### Reduce, reuse and recycle (or compost) your waste.

Call your local authority and ask what recycling services they offer and start to use all of them. Most local authorities provide recycling facilities for glass, paper, card, plastics, tins, batteries and



textiles. If they don't, put a request in writing to your local councillor and the local authority waste manager. Visit [www.recyclenow.com/](http://www.recyclenow.com/) to find out about services where you live.

*150 million plastic carrier bags are used in Britain every week. If you laid them together, they would almost reach twice around the equator! Plastic bags can take up to 500 years to decay in landfill.*

- \*Never use a plastic bag again, instead invest in cloth shopping bags or make some up from old textiles.
- \*Reuse any plastic bags you already have as bin liners to save buying in fresh materials.
- \*Choose products with minimal packaging.
- \*Leave your supermarket packaging at the supermarket, let the manager know that you are doing this and that you do not require this amount of packaging on your products.
- \*Write to manufacturers.
- \*Give unwanted items to charity for reuse.



About 33% of household waste can be composted. Organic biodegradable waste is the main source of methane in landfill. Methane is one of the greenhouse gases responsible for global warming. You can compost easily if you have a garden, but you can also have a community composting scheme to share with your neighbours if you live in flats, or wormeries if you have no communal outdoor space. Your garden and plant pots benefit directly

from good quality compost which saves on the cost of buying compost and fertilisers and preserves natural supplies of peat.

The average British household receives 13 items of Direct Mail every four weeks. 32% of it is never even opened and in total 1 million tonnes of junk mail and magazines are binned every year. Register to stop receiving junk mail for free and recycle any that gets through.

[www.mpsonline.org.uk](http://www.mpsonline.org.uk)

0845 703 4599

Mail Preference Service  
Freepost 29 LON20771  
London W1E 0ZT

Next time we look at our cosmetics

\*\*\*2006 DIARY DATE\*\*\*

MON 20th Feb in Claygate  
SUSTAINABLE LIVING

Free talk with Victoria Hands  
People and Planet living in  
balance and harmony.

Practical tips for everyday  
living—come and find out  
how you can do your bit!

#### SUST. SPIRITUAL LIVING

An evening talk with

Dr Craig Brown

At Ashford Hospital 6.30-8.30  
(behind Tesco's in Estates Dept)

Wed 23rd November

0800 389 2662 (bookings)

Dr Craig Brown is a well-known practising GP and healer. This will be an evening demonstrating how spiritual values including, peace, positivity, compassion, co-operation, self-care and healing can sustain and enhance our lives as cancer patients, carers and health professionals.

Free Sustainable talks sponsored  
by Macmillan Cancer Relief.

Please buy gifts and books from Amazon by clicking through the link on our website and we automatically get a donation.

[www.anac.org.uk](http://www.anac.org.uk)



# Excerpt from HEAL THYSELF by Edward Bach

published by The C.W. Daniel Company Ltd



Dr Edward Bach MD, BS, DPH, MRCS, LRCP (1886-1936) trained and worked in conventional medicine in the early part of the last century

Thus we see that our conquest of disease will mainly depend on the following: Firstly, the realisation of the Divinity within our nature and our consequent power to

overcome all that is wrong; secondly, the knowledge that the basic cause of disease is due to disharmony between the personality and the Soul; thirdly, our willingness and ability to discover the fault which is causing such a conflict and fourthly, the removal of any such fault by developing the opposing virtue.

The duty of the healing art will be to assist us to the necessary knowledge and means by which we may overcome our maladies, and in addition to this to administer such remedies as will strengthen our mental and physical bodies and give us greater opportunities of victory. Then shall we indeed be capable of attacking disease at its very base with real hope of success. The medical school of the future will not particularly interest itself in the ultimate results and products of disease, nor will it pay much attention to the actual physical lesions, or administer drugs and chemicals merely for the sake of palliating our symptoms, but knowing the true cause of sickness and aware that the obvious physical results are merely secondary, it will concentrate its efforts upon bringing about that harmony between body mind and soul which results in the relief and cure of disease. And in such cases as are undertaken early enough the correction of the mind will avert the immanent illness.

Amongst the types of remedies that will be used will be those obtained from the most beautiful plants and herbs to be found in the pharmacy of Nature, such as have been divinely enriched with healing powers for the mind and body of man.



For our own part we must practise peace and harmony, individuality and firmness of purpose and increasingly develop the knowledge that in essence we are of Divine origin, children of the Creator, and thus have within us, if we will but develop it, the power to attain perfection. And this reality must increase within us until it becomes the most outstanding feature of our existence. We must steadfastly practise peace, imagining our minds as a lake ever to be kept calm, without waves, or even ripples, to disturb its tranquillity, and gradually develop this state of peace until no event of life, no circumstance, no other personality is able under any condition to ruffle the surface of that lake or raise within us any

feelings of irritability, depression or doubt. It will materially help to set apart a short time each day to think quietly of the beauty of peace and the benefits of calmness and to realise that it is neither by worrying nor hurrying that we accomplish most, but by calm, quiet thought and action become more efficient in all that we undertake. To harmonise our conduct in this life in accordance to the wishes of our Soul, and to remain in such a state of peace that the trials and disturbances of the world leave us unruffled, is a great attainment indeed and brings to us that Peace which passeth understanding; and though at first it may seem to be beyond our dreams, it is in reality, with patience and perseverance, within the reach of us all.

His medical researches led him to the understanding that much of our ill-health originates in our emotional and mental state rather than in the physical body. He described a link between negative qualities in ourselves and the corresponding positive qualities in plants which can be used as remedies that bring hope to the desolate, strength to the exhausted and comfort to the distressed

For further information on the Bach Flower Remedies contact:  
www.healingherbs.co.uk  
info@healingherbs.co.uk  
The Edward Bach Memorial Trust/Brighton Cancer Support Group on 01273 735198



## PATIENT POWER

and some dates for the diary

### Healing with Hope

by Dale Lemure (gently edited to fit space)

There is a place that this cancer survivor can escape to  
An oasis in the desert of life  
A room filled with spirituality and truth,  
amid all the weary worlds strife

Oh simple sacred sanctuary, cocoon me with your web of love.

The noisy; apathetic, inhuman race goes on, but this room becomes peaceful as a dove.

Oh circle of my hope

Circle of my healing,  
You know where I hurt,  
You know what I am feeling.

For it is here, and here alone, that this cancer survivor can surely survive.  
Interlocking hands with those wounded as myself, am I truly again alive.

For the circle tries to unleash and undo, the pain and anguish cancer has done, Strength is given to lift the dark clouds, so we may again see the sun.

So, someday should hope's sun set slowly silenced and healing hands release to humbly let go.

This survivor's spirit to this portal of peace shall return to the angels who loved me so

Dedicated to the support workers at The Healing with Hope Programme USA (and from us to support groups everywhere!)

### DAYS & TIMES

#### GENTLE YOGA & RELAXATION FREE CLASSES

starting Sept 6th with Nuala Burke, Yoga for Health Foundation

#### ASHFORD HOSPITAL (Estates Dept)

Tuesdays 1pm-2pm

Wednesdays 6.30-7.30pm

#### CLAYGATE

Tuesdays 3.30-4.30

Also in WOKING Tuesday 1.00-2.00

**FREEPHONE 0800 389 2662**

please ring to confirm your interest and book your place

### LIVING THE LIFE YOU DESIRE

10-4pm Sunday 5th February  
£25 or by a donation you can afford  
Ashford Hospital (Estates Dept.)  
An experiential workshop encompassing the mind, body and spirit, where you can discover how to fulfil your dreams in a practical and realistic way.

### Starting Mon 14th Nov SELF-CARE CLASSES

To be held on alternate Mondays from 2-4pm at Ashford Hospital.

£5 or by a donation you can afford  
These classes will share with you the tools and techniques you can utilise from TODAY to enhance and grow your personal development in a holistic way and to bring about the balance and harmony needed for your own well-being.

With Holistic Life Coach  
Joy Allen  
0208 844 2041



Why not give a gift of a "TREE TO THE NATION" this Christmas or to commemorate any special occasion [www.internationaltreefoundation.org](http://www.internationaltreefoundation.org) or 0870 7744269

