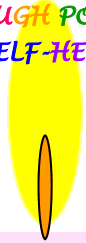




THROUGH POSITIVE  
SELF-HELP



“Hello my name’s Anne. I came to (a *Yoga and Cancer week at* Ickwell because I’m into my 4th year of cancer and my son comes here to yoga. He’s been trying to get me to do yoga, reiki and meditation for ages really and he got some leaflets, phoned Yoga for Health and said right Mum there’s a week when you can go

So him, my other son and my partner have paid for me to come ....and I must be honest I feel like a different person, I really do .....the yoga I’ve found here is wonderful and the breathing today was lovely, I can’t really describe it, it’s made me feel good anyway.”

Extract Interview  
Yoga & Cancer Video

**NEW  
VIDEO/DVD  
YOGA & CANCER**



**COMING SOON**

Just about to be released is this helpful programmes filmed at Yoga for Health Foundation, Ickwell Bury, nr Biggleswade, Beds. last year.

Please contact New Approaches for details.

# New Approaches to Cancer

## HANDS ON

SPRING NEWSLETTER—MAY 2004

Registered Charity Number: 285530

### LETTER FROM OUR PATRON



**Dear People,** As patron of New Approaches I send this reflection.

In this modern, technologically focused world it is easy to forget that healing is not just about chemotherapy, surgery and radiation therapy. Yes, they are magical and powerful and necessary, but don't forget faith and belief and hope. We know some of the science about the ways in which faith and belief and hope can help the immune system fight disease and can lead to beneficial health outcomes, but there is much we don't know. That lack of knowledge does not make faith, belief and hope less powerful or effective.

Illness is the experience of having a disease. Three people can have the exact same cancer with the same physical involvement and will have three different illnesses or experiences of having the cancer. Much of the difference can be about how much faith, belief and hope they bring to the disease.

Have faith that you can cope with cancer. Have faith in your caregivers; if you cannot, then consider changing caregivers. Have faith that there are energies larger than human that can be approached, appealed to and called on for relief and peace. Have belief in your own abilities to struggle with a disease and to overcome it. Have belief in the connection of all people and of all Creation as you draw on resources to help with your experience. Have faith in something larger than yourself, whatever you name that something or in whatever form you interact with that something. Whether you

use the word God, or Nature, or Creation or whatever, we humans are not the pinnacle of existence; we are merely part of it. We can, however, connect with the rest of Creation to draw on what we need to confront crisis. HAVE HOPE. Hope is anticipation of a good event or outcome.

There is hope and no hope. It might be hope of comfort, of cure, of a peaceful death with supportive family and or others around. It is important to have hope in the mix; hope improves the efficacy of all forms of therapy and creates the energy to persist. Enlist faith, belief and hope in your experience of cancer. Don't be afraid to anticipate miracles; they are all around us. Take the time to notice the miracles. Take the time and bother to become one!

**Harvey Zarren, MD, FCCC  
Patron New Approaches**

### CONTACT US

Centres at Laleham, Staines, Ashford Hospital, Middlesex, Chertsey, Woking and Claygate, Surrey

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,

New Approaches to Cancer,  
PO Box 194,  
Chertsey,  
Surrey KT16 0WJ

E-mail: [help@anac.org.uk](mailto:help@anac.org.uk)  
Web: [www.anac.org.uk](http://www.anac.org.uk)  
**FREEPHONE 0800 389 2662**



**MAYOR. AILSA & DAWN**

At an awards ceremony in March to honour outstanding contribution to the community 91 year old Ailsa Lawrence was quite overcome with all the attention she received 'A lot of people have done a lot more than I have' she was heard to utter on numerous occasions in the weeks running up to the special event.

Our Ailsa is very much a living legend of her times, she has focused much of her love and energy for life into helping people. So perhaps it is not so surprising that for the past 30 years, this amazing woman has opened her home and garden on a weekly basis to provide a special space for cancer patients, their families and friends to meet and be supported with love and special care. Every Wednesday

at Ailsa's home, holistic practitioners and healers from the local charity New Approaches to Cancer gather to offer a unique mixture of informed support, uplifting spiritual energy and gentle loving care to all those who attend and come rain or shine. This sort of

in her own lifetime. She is pictured below with Councillor Pat Weston who is also a supporter and friend of New Approaches. She is extremely supportive to the charity's ongoing work in the local area which now includes free yoga and gentle therapy sessions at Ashford Hospital, free nationwide information service of the different kinds of help available to all those whose lives are affected by cancer; As well as contact details of local support groups in around the country including the one held in Laleham where Ailsa is ever present providing not only the space, but also her unique blend of hospitality, love and healing, this includes a bowl of steaming home-made vegetable soup Just as warm as her welcome.



**AILSA & PAT**

regular unsung and unassuming service within the community over many years is what makes Ailsa Lawrence a legend

*Thank you Ailsa*

*The body is the temple of the individual soul; the world is the temple of the universal soul.*

*Use all your talents for serving others, that is the best way of serving yourself, or they and you are one entity*

Sri Sathya Sai Baba

## PLEASE HELP US TO HELP OTHERS

Ever wanted to really help our charity but find yourself not having enough time or the space in your busy diary?

Our new Sponsor a Space appeal opens up opportunities to help in many different ways. It's an ongoing project & a flyer is included with this

newsletter. Even copying it and giving it to just 10 people could raise £100. You can donate a space for as little as £10 a whole day for £60 or a day a year for the next five years for £300! All we need is to encourage you to help us keep this idea GROWING, to be creative with your fundraising

ideas and obtain sponsors to participate in activities that you enjoy or have to do anyway.

Perhaps you could involve your office, school, friends & family. If everyone put just £1 in a piggy-bank every time they mowed the lawn that could Sponsor Spaces all year.

## Where and When Diary

### • YOGA CLASSES

Are now running at Ashford Hospital on Thursdays at 12.30pm and Fridays at 11.00am (including a special class for men only). Also Evening Classes on Tuesdays and Thursdays. Find our ROOM beyond Tesco's at second car park  
Please phone 0800 389 2662 to book your space.

### • NEW CENTRE

Our new centre and office is now open in Claygate, above Barclays Bank, 36-38 The Parade, Claygate. Please call for information, help, advice and gentle therapies for cancer trauma.

Friends and families welcome.  
For a free information pack  
FREEPHONE 0800 389 2662

### • YOGA & CANCER

Popular holistic retreat run by New Approaches includes many gentle therapy demonstrations as well as yoga, mantra and breathing, meditation, reiki and healing and nutrition for patients carers and helpers.

**24th—29th October 2004**

At Yoga for Health, Ickwell Bury, Biggleswade, Beds. :  
01767 627271



*"THE REAL ACT OF DISCOVERY CONSISTS, NOT IN FINDING NEW LANDS BUT SEEING WITH NEW EYES"*

MARCEL PROUST