



HANDS ON

New Approaches to Cancer



SUMMER/AUTUMN

NEWSLETTER 2007 Reg. Charity Number: 285530

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

CONTACT US

New Approaches to Cancer
PO Box 194
Chertsey Surrey
KT16 OWJ
0800 389 2662
help@anac.org.uk

IT HAS been a time of positive changes for New Approaches to Cancer. We are offering more support and education opportunities than ever and this is due to the untiring help and support of so many of our helpers, volunteers, patients and therapists behind the scenes.

We have moved out of our Ashford room into a new centre behind the hospital. We are continuing to offer a wide variety of events, groups and classes. This room is in a Housing Association Community House and has been offered as a



result of an article written about us in the local paper. Many thanks to Joy and Linda and all our helpers for making the move possible.

We look forward to seeing you all again soon!

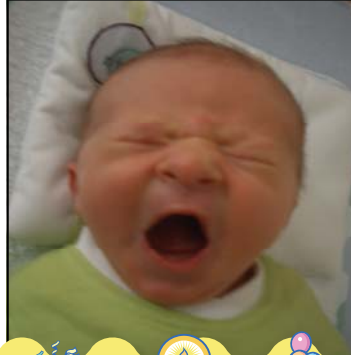
Our New Ashford Support/Education Centre is at

Community House (A2 Housing Group Venue)
2 Laburnum Way
(off Holywell Way)
Ashford, MIDDLESEX

OUR AGM WAS HELD ON 15TH AUGUST AT OUR CLAYGATE OFFICE
THE ACCOUNTS ARE AVAILABLE TO VIEW ON REQUEST TO PO BOX 194, CHERTSEY, SURREY KT16 OWJ

HELP & SUPPORT IN

CLAYGATE, SURREY,
ASHFORD, MIDDX,
WOKING, SURREY,
BRIGHTON, SUSSEX,
WORTHING, SUSSEX,
TUNBRIDGE WELLS, KENT



I am Elliot Fletcher Laycock the new son of your Treasurer Graham and his beautiful wife—my Mum Ingrid. I was born at Kingston hospital on 20th August 2007

Whoopieee!



SPONSORED WALK DORNEY LAKE 03/07/07

The walk was a tremendous success – and the rain held off for almost the entire time! As predicted, Luke out rode all the walkers, with his Mum keeping up a tremendous pace, jogging beside him. The wonderful Gypsy (a beautiful Newfoundland) found the walk gave her a



tremendous thirst – as you can see in the photo. Thank you all for your support, whether walking, donating,

encouraging or in many cases all three. There are still donations pouring in, so we cannot tell you the final figures, but can say that we have reached £3,400 so far! For a small charity such as ours, this is a tremendous help – so thanks again. (The final figures will be displayed on the website at a later stage, so do please

check up in a couple of weeks time.) Those still wishing to make a donation can still do so online at www.anac.org.uk by following the donation link or by contacting the office.

Thanks to Jenny Floyd and all the amazing New Approaches fundraisers!



YOUR DONATIONS ENABLE NEW APPROACHES TO PROVIDE FREE.....

Talks and healthy living demonstrations, regular classes in holistic therapy to support the cancer patient such as Relaxation and Visualisation Therapies, Yoga, Nutrition, Flower Remedies, Life-Coaching etc., – And, in the spirit of prevention, invite local medical practitioners and nurses to attend as well as patient's families and friends. Practical and financial help in all areas of complementary therapy. Fund holistic treatments and provide ongoing support by giving appropriate professional attention through our network of offices. Helpers are available to give practical direction in all areas of complementary cancer patient care. Carry out home visits, supply self-help tools such as juicers, books and tapes. We send out free information packs and send out informative newsletters quarterly, make educational DVDs and maintain an extensive Website. Working alongside conventional treatment, our aim is to encourage a sustainable and complementary way of living which will lower the risks of cancer and help those already diagnosed.

WE COULDN'T DO ANY OF IT WITHOUT YOU

Cancer Support Groups

run at our new address in Ashford every 1st and 3rd Wednesday 2.30–4.30

There are also Cancer Support Groups Monthly in Brighton Claygate and Worthing

Yoga and Relaxation Classes

Visualisation and Meditation
At Ashford on 2nd and 4th Wednesdays 2.30–4.30

New Talks at Ashford
17th October—Ayurveda
28th Nov—Laughter Therapy

FREE GENTLE YOGA & RELAXATION CLASSES

Currently running at
ASHFORD
Wednesdays 11–12pm
CLAYGATE

Tuesdays 3.30–4.30

Thursdays 1.00–2.00

Also in WOKING

Tuesdays 1.00–2.00

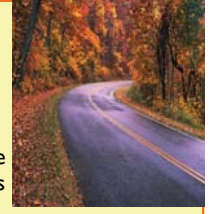
FREEPHONE

0800 389 2662



Tools for Self-Healing

Jan Alcoe is a writer and trainer in health and social care. She was diagnosed with cancer in the summer of 2005 and has completed a lengthy but successful treatment. Here she shares some tools



The shock of a diagnosis like cancer causes major disturbance within all levels of our being – physical, mental, emotional and spiritual, as well as in relationships with family, friends, work and other spheres of living. Familiar footholds, in terms of our roles, routines, goals and plans, fall away as we are confronted with the big life issues which serious illness present – Why this? Why me? Why now? We may feel beset by a rollercoaster of emotions, we may feel alone and separate from normal life, we may feel out of control in terms of what is happening. However, each of us has a vast capacity to promote self-healing if we can access our inner selves and rediscover the qualities and resources we have forgotten we have. There are several healing tools we can use to do this. All of them help us to by-pass our anxious, thinking minds and find a place of strength and stability within. We can use them to express our true selves and to heal on all levels.



The power of meditation

Many of us say that we can't meditate because we cannot still the mind. Instead of trying to stop thinking, just focus on peaceful thoughts. Even a minute spent in this way can take your mind off pain and anxiety and leave you feeling refreshed. It can also help us to surface some inner qualities, for example, love or patience, which can fill us up and make us feel strong. Sometimes it can be difficult to sit still, but you can still meditate while going about your everyday tasks or while walking.

'Following my diagnosis, I find it difficult to meditate. My mind teems with anxious thoughts and is drawn to what is going on in my body, in particular to the pain experienced from a fast-growing tumour. However, there are fleeting moments in which I can just observe my pain, as if I were detached from the physicality of my body. It is in these moments that I begin to experience a growing sense of peace, and with it, a reduction in pain and fear. I notice a settling in myself and a feeling of growing strength in just 'being' with the confusion, the implications and the challenges of the illness and its treatment. As I begin to feel calmer, negative thoughts and emotions occur less frequently. More and more of the time I feel content in just being. Sometimes I even feel great waves of happiness & a sense of connection with everything.'



Healing pictures

Using our senses to visualise a healing scene can help us to cope with difficult treatments and procedures. Take a few moments to relax and picture in your mind a lovely wood or room you can visit whenever you need to.

Create a beautiful chair you can imagine reclining on when you have a treatment or examination. See yourself calm and smiling, accepting the treatment with gratitude. You can picture a radiotherapy therapy treatment as a shaft of sunlight or add other, helpful details to support yourself. Practise going to this healing place before, during and after your treatments.

Giving thanks



It may sound odd to be grateful when we are experiencing serious illness. But giving thanks is like a plate of nourishing food. It is healing to ourselves and ensures that we receive many good wishes from others! Begin with yourself. Thank yourself every day for how well you are doing. Extend your thanks to those who are supporting you by telling them what a difference they have made. You may then feel ready to fully appreciate the treatment you are receiving, even if it is difficult. It is so much better to have good feelings in your body and mind, than feelings of bitterness and resentment. Of course, you can extend your appreciation into a spiritual practice by giving thanks to God, to the universe or to a greater consciousness.

Laugh and the world laughs with you

Cancer is a serious business, but there is no need for us to give up sharing moments of laughter and playfulness. In fact, laughter has many physical and mental benefits and is a great healer. Ask your friends to share their best jokes with you, watch a funny film, and allow your sense of playfulness to come to the fore. You will find that you are expressing your true self and that this will make you feel energised and alive.

Remember "Laughter Therapy" Talk in Ashford on 28th November— see front for details



Be creative!

Many people say they are not creative because they can't draw or paint. However, we are all creative beings and giving expression to our creative gifts helps us to heal. Some of us do turn to art or music during illness and discover abilities we didn't know we had. However, we can do most things in a creative way, whether it is arranging hair on a head, plants in a garden, words on a page, or food on a plate. Let your creativity have a voice without being judgmental or critical of what you produce. You will find it brings moments of deep, timeless peace, as well as a chance to discover who you truly are.

Time for reflection

Experiencing cancer is often described as a journey. It can make us look at our lives and ourselves in new ways, bringing



surprising insights and valuable learning. It can help to capture some of this by keeping a journal, making a collage of pictures or writing a poem. Always try to focus on how far you have come, not how far you have to go. You will then experience feelings of achievement and satisfaction in your own strength and qualities.

These healing tools can be described as 'spiritual' tools because they connect us with the essence of who we really are, and with a wider sense of belonging. If you practise them and play with them you will discover the power of your own self-healing.



Not drowning but waving!

Jan Alcoe

I walked sure-footed
along the beach

where the sand was packed-down hard
and the curve of its whiteness set out my path ahead.

A rogue wave washed me into the sea
and I struggled in the swell of an ocean
without form or limits,
my feet floating free of any surface below.

I tried to swim towards the shore
but the currents took hold of my body
and kept me apart
from all I had known.

Alone in a vastness of being,
as I floated in the bottomless blue,
everything I thought I was, thought I did,
began to sink away.

I tried to plan my return to the known-ness of land
but my mind stayed full of a thousand thoughts
without direction or intent,
while I trod the waters of past suffering.

As the tides closed over and around me
I felt an enormous peace and stillness within.
I was, after all, not alone,
not separate, but a spark of light in a great, teeming sea
of life.
Not drowning, but waving!

' Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible'. St . Francis of Assisi