

# News



Autumn 2010 Issue

YES TO LIFE YOUR OPTIONS FOR CANCER

## Dear Friends and Supporters,

Amidst an uncertain time for charities, we are very pleased to have been able to maintain and strengthen our Help Line service. This is thanks to continued outstanding voluntary service by our lovely and expanding team (see more below) and the extraordinary generosity and initiative of our supporters. Additionally, we have managed to expand our range of business supporters, and this is now proving to be an excellent source of funds. I'm looking forward to an exciting 2011 and wish you all a very Happy New Year.

Robin Daly, Chairman and Founder

## Recent Events

**Coast to Coast:** In June, relatives and friends of Bryony Daly, the founding inspiration of Yes to Life, as a wedding present to Bryony's sister Myrren, travelled from the USA to do the Coast to Coast walk in aid of Yes to Life. In two weeks the team trekked 190 miles from St Bees to Robin Hood Bay, keeping us updated and entertained with their brilliant blog <http://dalyc2cwalk.blogspot.com>. The walk raised almost £4,000, A fantastic result. Our sincere thanks to Jo Daly, Imogen Daly, David Airey and Vidya Heisel.

**BIKEast:** Our regular annual epic, the fourth chapter in the London to Istanbul 6 year marathon, went this September from Venice to Dubrovnik - two spectacular cities separated by 830 kms of stunning coastline. Our 4 stalwart Yes to Life riders were part of the



team of 11 who maintained a stiff upper lip through some seriously unseasonal weather, interminable hills, baking sun and lashings of Balkan beer, covering 100 miles or more most days! Quite apart from the enormous satisfaction gained from pushing another giant step closer to Istanbul, the trip raised well over £12,000 for Yes to Life! Our heroes: Paul Stevens, Robin Ellis, Mike McLellan and charity founder Robin Daly. Sign up now for next year's trip!

**camexpo:** Once again, in October Yes to Life was generously given a free stand at the Earls Court exhibition by the promoters, Diversified. Our main focus at the show is to widen awareness of Yes to Life and of the enormous range of strategies available to people with cancer to help themselves. The show has proved to be an excellent forum for this, and it is heartening to find how many people working in Complementary and Alternative Medicine have now heard of our work and are supportive of our aims.

## Coast to Coast Walk - Blog Extract



"My feelings at the end? For me the walk was an odyssey, conceived and planned for over a year - something that I had to do. I loved every moment of it, wind, rain, sore feet and all, and I feel so privileged to have had this chance to walk through some of England's finest countryside, meet such lovely people and raise money for Yes to Life at the same time....My main feeling - gratitude for having had this amazing journey with Imogen, David and Vidya and gratitude to all of the people who supported us with their donations and good vibes. Thank you all and thank you Alfred Wainwright!!"

Jo Daly

## Yes to Life

Unit 4, The Energy Centre, Bowling Green Walk, London N1 6AL

Telephone: 0845 257 6950 [office@yestolife.org.uk](mailto:office@yestolife.org.uk) [www.yestolife.org.uk](http://www.yestolife.org.uk)

Company No: 05495576. Registered Office: As above. Registered Charity No: 1112812

"I would like to thank you for all the useful information you have provided me with so far and to say how amazing it has been to speak to such lovely, committed and knowledgeable people" - Sara

## Yes to Life Business Partners

Businesses support Yes to Life core services

We now have several Business Partners who have pledged to provide us with regular support. These are generally, but not exclusively, from a market sector that is naturally aligned with the Yes to Life ethos - organic foods and products, supplements, etc. If you know of a business that would provide Yes to Life with even a small regular monthly donation, or that would run regular promotions supporting us, please let us know.

### EARTH natural foods

Great examples of this are Natural Greens who have made us their chosen charity right from the launch of their business, Xynergy Health who donated 620 jars of Manuka honey, and Earth Natural Foods of Kentish Town who are selling it for us,



as well as running a counter collection. Inlight Organic Skincare donate a percentage of sales of certain product lines. Home Scents and Yes Pure Intimacy both give us monthly donations.



monthly donations.



We are also now being supported by branches of **Sainsbury's Locals** in London - let us know if your branch is interested



(London only at present), and several London branches of **Waitrose** are having us as a charity of the month. This is possible at any Waitrose, nationwide. If you live near one, we will send you a leaflet to take in to suggest Yes to Life as one of their charities. We stand to gain a few hundred pounds from each one of these, for very little effort.

## Become a Friend of Yes to Life

We have a Friends scheme for regular supporters. Monthly donations are extremely valuable in providing Yes to Life with the on-going stability needed to get on with the job. If you would like to support us in this way, please go to our website and click Support Us, or contact us by mail or phone (details below).

## Calendar

We are currently developing an exciting programme of events for 2011 - educational events, gala events and sponsored events.

Keep an eye on our website for news of these as they are confirmed.

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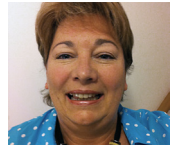
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## Volunteers

As awareness of Yes to Life has grown - hugely helped by our stunning new branding provided by gpstudio - more skilled and motivated people have been drawn to volunteer for specialised roles in the charity.



Clare Condy, an osteopath with personal experience of cancer, has joined our team of call operators, as has Deanna Tennancour, who has many years



of nursing, end of life care and complementary medicine behind her. Fiona Breitenbach has taken over the coordination of Personal Fundraising Schemes, an extremely important service to increase people's access to treatment.

We urgently need an experienced bookkeeper able to volunteer about a day per week. This would suit someone retired or a part time worker wanting to make a significant contribution to our work - please contact the office (see below) if you know anyone suitable. There is also an opening for regular volunteering in the office, which can be very flexible.

## Thank you!

Massive thanks to the St Pauls BNI group, in particular Jon Marks and Tim Milton, who have determinedly collected over £1000 for the charity.



## Two easy ways to help us in 2011

**eBay:** Could the old stuff in your loft provide urgently needed help for people with cancer? You can give a percentage of your ebay sales (even 100%!) to Yes to Life. Just choose us and specify a percentage.

**Easy Fundraising:** Through [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) you can raise money for Yes to Life whilst shopping online. Give up to 15% of every purchase from over 2000 of the UK's best-known retailers, including Amazon, M&S, Argos, John Lewis and HMV.

## Christmas Cards

And finally, you can now send Yes to Life Christmas e-cards to your friends and family. Just go to our home page (put 'Yes to Life' into Google) and follow the links and instructions.

## Non Toxic Options

Photodynamic Therapy

Around 100 years old, Photodynamic Therapy (PDT) is now just beginning to be offered by the NHS for the treatment of a variety of solid tumours. The treatment consists of the administration of a photosensitising agent, the best of which are now non-toxic and very accurate in selectively adhering to cancer cells only. The tumour is then exposed to a specific wavelength of laser light which activates the sensitiser and kills the cancer cells.

PDT can be very effective and, as it has no long term side effects, can be repeated as necessary.

*"A million thankyou's once again for all of your help and also for the fact that you support unconventional approaches to cancer. It has worked for our Dad. He was given 2 years at diagnosis and here we are 7 years on..." - Anna*