

# News



Autumn 2011 Issue

YES TO LIFE YOUR OPTIONS FOR CANCER

## Dear Friends and Supporters,

This autumn we are saying a fond farewell to two long serving supporters who are needing to give priority to other areas of life. Our Executive Director, Joanie Speers, has stayed with us three times as long as she originally planned, but now demands from her own expanding Welsh charity mean that it really is time for her to move on. John Palmer, one of our longest serving Trustees, is now finding the demands of his consultancy work leave him unable to fulfil his commitment to the charity in the supportive way he has for many years. This leaves us with some critical vacancies, and open to suggestions for eligible candidates!

*Robin Daly, Chairman and Founder*

### Thanks for the invaluable support!

Joanie Speers leaves the charity stronger financially than it has ever been, with our income increasing despite the current financial climate, and with substantially more secure governance and systems in place. She has been a tireless supporter of the charity, always unhesitatingly going above and beyond the call of duty whenever she saw the need. We have much to sincerely thank Joanie for.



John Palmer's extensive experience in the charity sector has been an invaluable asset to the Board of Trustees, and over the years he has been unstinting in his support of the charity. We're pleased to say that he is happy to continue to advise the charity in the future.



The seminar was well attended by a mix of professionals and general public, and the feedback was enthusiastic and encouraging:

*'Inspirational speakers, very informative content.'*

*'This was my first 'Yes to Life' seminar. I and very interested and delighted I came.'*

*'Fantastic - informative.'*

We plan to repeat this seminar in January or February 2012 as part of a joint seminar with and at Penny Brohn Cancer Care, Bristol.

**October Talk at Earth Natural Foods** Raw food coach, author and motivational speaker Polly Noble addressed a fascinated audience at an evening event in Kentish Town's wholefood supermarket. Polly is living with secondary cancer, and doing so extraordinarily well, on a carefully constructed regime of raw food and superfoods. She detailed how she is not only controlling her condition, but has completely normalised her 'incurable' leg, previously swollen to twice its usual size by lymphoedema.



Question time after the talk looked set to go on all night as people were eager to hear the practical details that contribute to her successful regime. We plan to do further similar talks both at Earth and elsewhere.

**Comedy at the Bloomsbury Theatre** Fundraiser extraordinaire



Jeremy Banks, aka "The Charity Fundraiser", put on a brilliant show featuring the wit and talents of Nina Conti, Chris Martin, Alistair Barrie, Richard Herring and Scott Capurro, who all performed gratis. Sadly, Shazia Mirza was held up in traffic and so was unable to be there.

A great time was had by all and the evening raised £1000 for the charity. Sincere thanks go to the performers and to Jeremy, who is already planning another show for us!

## Recent Events

**June Seminar at Westminster University** The Really Healthy Company teamed up with Yes to Life to present the second in our seminar series 'Cancer: Building an Integrative Treatment Programme'.

Patricia Peat explained in great detail why an integrative approach to cancer treatment is the way forward, Dr Nicola Hembry spoke on personalised cancer treatment and Robert Jacob talked about how functional medicine can maximise the benefits and reduce the side effects of conventional treatment.

### Yes to Life

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

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

*"When I came across your website,  
I burst into tears..."*  
- Andrea

**BIKEast - year 5 completed** This year's ride was an huge success. Setting out from Dubrovnik, the team pedalled through five countries, arriving on the Adriatic at Thessaloniki, six days later. The ride was, as ever, a character building experience, as the team sweated through everything from spectacular mountain scenery to the idiosyncracies of Albania.



The old stalwarts who have been with us since the start in London were joined by several others who we've collected along the way, to make an impressive team. We're still counting the pennies, but the total raised looks set to be well over £12,000.

Next year, BIKEast reaches its goal, Istanbul, and we plan to build our biggest team yet for the grand finale, ending on a high with a party in Istanbul! If you're interested in the ride of a lifetime, let us know soon.

## Great Supporters!

Helping us to support more people in need

### Chris Martin and Sainsbury's

Yes to Life has a serious running champion in the form of Chris Martin, manager of Local Sainsbury's, Essex Road, North London. Chris has run a total of 100km for Yes to Life by entering marathons in Birmingham, Liverpool, Edinburgh, plus the Great North and Great South Runs. And as if that wasn't enough, Chris has been running with a very sore foot most of the time. Seems he's unstoppable! He is setting a magnificent example for his staff of extraordinary dedication to a cause he cares about.

### Inlight support

For the second year in a row, Inlight organic skin care has generously supported Yes to Life during Breast Awareness Month, with a donation of £1 for every face and body product sold during October. This is the kind of support that we really welcome, as it gets our name out there and helps sell good healthy products.

## 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 - planned for 2012

**Spring** Seminar at The Penny Brohn Centre, Bristol

**Late Spring** Next London seminar in our successful series

**October** BIKEast, the final chapter, Thessaloniki - Istanbul

Keep an eye on our website for full details of the above and more.

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## Pilotlight

**"Because great causes deserve great talent":** We're thrilled that Yes to Life has been successful in applying to Pilotlight (www.pilotlight.org.uk) for development support throughout 2012.



This will take the form of a team of four volunteer managers from the business sector working closely with the charity to develop and reach its goals. This is an extraordinary opportunity for Yes to Life to tap into the skills and enthusiasm of a group of altruistic experts.

## Team News

**Call operator expansion** Thanks to a generous grant from the St James's Place Foundation, we have been able to recruit and train six new call operators over this year. They will begin manning the Help Line in December and will enable call operators to take much needed breaks with full back-up. This brings the number of Help Centre volunteers to eleven, not only strengthening and enriching our team, but also bringing in a wealth of personal experience and fresh ideas. In addition to answering calls, two of our trainees will take on managing Personal Fundraising Schemes and coordinating loans and gifts of equipment to beneficiaries.



**Margella Salmins** With the influx of new volunteers, our longest serving Help Line Operator, Margella Salmins, will now be focussing on the Wellbeing Workshops, which she has championed from their beginnings. This is an opportunity to say a heartfelt thanks to her for the enormous dedication she has shown in maintaining the service and in supporting those who have approached us for help.

**Some Help Centre statistics:** So far this year, the Help Line has received 341 enquiries. Additionally 1,047 emails on patient funding and related matters have been received and we have awarded 350 grants to people with cancer totalling £63,000. The total given to help pay for treatments and consultations since the Help Centre was set up is over £320,000.

## Christmas Cards

**Yes to Life e-cards:** Three designs of e-card are available on our website to send with a personalised message. These are completely free but with an option to make a donation to Yes to Life. Go to the Yes to Life homepage (see address below or just type 'Yes to Life' into Google) and click the link.

## Non Toxic Options

Mushroom products

For many years, products made from mushrooms such as Maitake, Reishi and Shiitake have been used in the Far East to help restore the immune system. In fact they are routinely used in hospitals alongside conventional treatments such as chemotherapy as a means to counter the aggressively depressing effect of the treatment on immunity, and to promote faster recovery.

Sadly, despite favourable reports from Cancer Research UK over the last decade, so far there has been little interest in their use in NHS hospitals in the UK.

*"We are overwhelmed by your generosity in covering the total cost of the sauna. Thank you so very much for your kindness."*  
- Libby