

News



Summer 2011 Issue

YES TO LIFE YOUR OPTIONS FOR CANCER

Dear Friends and Supporters,

2011 has already proved to be an exciting year with many new developments and alliances, as well as some wonderful support from new friends. More of this below, as well as of the upcoming events scheduled to the end of the year and beyond.

On a personal note, I am delighted that changes to my business life are now increasingly freeing me to dedicate time exclusively to Yes to Life, which is, as those of you who know me will be aware, my consuming passion.

Forthcoming Events

Robin Daly, Chairman and Founder

Cancer Tales, 18th September



Harriet Walter, Barbara Flynn & Sam West perform a reading from Nell Dunn's play.

Thanks to the extreme generosity of author Nell Dunn, The Diorama Theatre in central London, and all the actors, Yes to Life is holding a reading from *Cancer Tales*, a play compiled of moving and at times distressing experiences of those with cancer.

This will be a very special fundraising event for a limited number of people, so if you want to join us, please book now, via the links on our website home page.

Yes to Life Seminar Series, 18th June: Yes to Life is thrilled to present its second seminar in the series *Cancer: Creating an Integrative Treatment Programme*.

This Saturday morning event is being held at the University of Westminster, Cavendish Street, W1 and is being enthusiastically supported by **The Really Healthy Company**.

Patricia Peat RGN, founder of Cancer Options, is speaking on integrative cancer therapy and why it is the future of cancer treatment. **Dr Nicola Hembry**, Medical Director of Integrated

Health Screening Ltd and co-director of the Research Genetic Cancer Centre, is talking on personalised cancer treatment, and naturopath **Robert Jacobs**, the driving force behind the Society for Complementary Medicine, is discussing the use of functional medicine to maximize the benefits and reduce the side effects of conventional cancer treatment. To book, go to our website home page and follow the links.

BIKEast, 29th September: This year's leg of our epic London to Istanbul fundraising bike ride is from Dubrovnik to Thessaloniki in Greece. Riding through no less than five countries, from the Adriatic to the Aegean Sea, from one great city of the Mediterranean to another, we'll weave a path through ancient lands steeped in history and legends.

To join the trip however, you don't need to be a biking legend! You just need to be able to ride a bike, have no insurmountable health issues and be prepared to put in some solid training. The ride will consist of 6 days of around 80 miles each.



Several people are already signed up (including star fundraiser and BIKEast veteran Robin Ellis, above) and weekend training rides are under way. If you think you might want to join in, please contact the office (see below).

Yes to Life

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

Telephone: 0845 257 6950 office@yestolife.org.uk www.yestolife.org.uk

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

"Both my partner and I would really like to thank Yes to Life for the support we have received so far. It is certainly a valuable service you provide to people in similar circumstances." - Helen

Andy Curry



To celebrate the pivotal support Yes to Life received in its formative years from Andy Curry, both as Trustee and Gala Events Organiser, we are setting up Andy's Fund, for which we plan a gala event in March 2012. Andy died in January this year and her enthusiasm and charm is sorely missed. This new fund will specifically fund direct support for people with cancer. We plan to run regular events to contribute to this fund in recognition of the unique contribution Andy made to the charity.

New Partnerships

Teaming up to help educate and support

FoodMatters and Rob Brennan

As announced in our special spring events newsletter, we are benefitting from an exciting partnership with **Rob Brennan** of **Fitness Universal** who is screening the provocative documentary **FoodMatters** in aid of Yes to Life. The second screening of the film took place in central London on 13 April and was an enormous success. You can read more about Rob's mission to introduce people to healthier lifestyles on the Fitness Universal website at www.fitnessuniversal.com.



Joining Rob and Robin Daly to answer questions following the film we were delighted to have the inspirational **Polly Noble**, a holistic health coach, raw food coach and author of "The Cancer Journey" which is firmly based in her own experience of cancer. Read more about Polly and her work on her website www.pollynoble.com.

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, and all you have to do is ask!

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

18th June: Seminar - Building an Integrative Treatment Programme, London

18th September: Cancer Tales by Nell Dunn, London

29th September: BIKEast, Dubrovnik to Thessaloniki

Check our website for full details of the above.

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Past Events

Yes to Life day at St Pancras International, 25th March



A whole day was dedicated to Yes to Life at one of the busiest and most attractive travel hubs in Europe. Sam Kidby, a brilliant supporter, organised 12 hours of continuous events in the main concourse of St Pancras International. Performing in front of a Yes to Life backdrop custom made by Ben Day, the acts ranged from the exquisite Jubilee String Quartet to unbelievable John Farnworth, football free-style world champion; from awarding winning DJ Woody (Lee Woodvine) to the inspirational electric viola playing of Max Baillie; and from The Living Dream Company street dancers to performance poet Ash Sarkar.

It was a day in a million and we not only raised much needed funds but moved the charity a bit further into the mainstream. If you missed it, take a look at the video and listen to the radio interview on our website, under Past Events.

Yes to Life Abseil: Margella, one of our help line operators, and Tihitna, our bookkeeper, rose to the challenge while Steve abseiled beside them taking amazing photographs. Both were terrified, but they hung in there and managed to get down safely in order to raise very welcome funds for Yes to Life. **London Marathon:** Jason Vale, founder and CEO of Juice Master, is ran in this year's London Marathon on 17th April to raise money for Tami Brown's Yes to Life Fund. **South Downs Walk:** Neil Cook and Kirsten Chick, integrative cancer specialist from The Vision of Hope Clinic, took part in the Just Walk 2011, a breathtaking charity walk over the

picturesque South Downs in West Sussex to support Yes to Life. **Ridgeway Walk:** Hero Steve Williams took part in the 50th Ridgeway 40 which takes place along an ancient track across the chalk downs between Overton Hill near Marlborough (Wilts) to Streatley Youth Hostel (Berks). He completed the walk in less than 12 hours (pew!) - his best time for this event.



Non Toxic Options

Pfeifer Prostate Protocol

Swiss oncologist Prof Ben Pfeifer has put together a carefully selected protocol of vitamins, minerals and natural anti-cancer agents that has a high success rate in helping men with late stage prostate cancer, for whom there are generally limited treatment options with very undesirable side effects. It is a very undemanding treatment as the wide range of nutrients have been synthesised into four types of capsule that are taken at regular intervals. Side effects are extremely limited and Prof Pfeifer has documented remarkable remissions using this method. It is available in the UK or at the Aeskulap Clinic in Switzerland.

"Talking to you lifted me and I feel so much more optimistic and empowered. Something clicked, as you focussed me on the joy of life, thank you so much. It might not feel much to you, but it was in the right moment and multiplied because of it." - Imogen