

Complementary Cancer Care Trust wishes everyone a happy and enjoyable Christmas, and every best wish for the New Year.



Thank you to everyone who joined us in Bexleyheath Mall on Saturday (28th November) to support our fund raising event. An amazing £436.54 was raised from the tombola and the sale of healing crystals. Thank you once again. Watch out for more fund raising events in 2010.

The Trust has received an excellent reaction to the Carers and ex-Carers Support Project. We were lucky enough to be funded, by Bexley Council, for the 3-month pilot project. Due to the great response we are seeking funding to continue the group. A number of carers have joined the Trust as full members and we look forward to welcoming them regularly to the Monday Group.

Steps to a Pre-Tox Festive Plan

Avoid festive fatigue by boosting your immune system now by sleeping and eating your way towards Christmas. "The stress on the body increases dramatically at Christmas. Stress on the body increases dramatically at Christmas. You must get your body into balance as much as possible before you take it out of balance.

1. Diet – eat regularly and eat healthy well-balanced meals – don't skip meals, especially breakfast.
2. Drink – prepare your gut and immune system. 80% of our immunity is in our gut where most of our vital bacteria resides to help fight off invading bugs and sickness. Eat slowly and chew your food until it is almost liquid – this will give your inside a lighter load to digest. Pineapple and asparagus are great cleansing foods and will help to clean you out before you batter your system with mince pies and mulled wine. Cranberries are one of the very best antioxidants, so plump for Christmassy cranberry cocktails.
3. Sleep – long day and late nights are unavoidable in the run-up to Christmas but it is important to get at least 4 – 6 hours of uninterrupted sleep. Most of us find it impossible to get a good night's sleep after drinking alcohol, but a small amount of magnesium, a natural sedative, will help. Too much refined sugar depletes magnesium levels, so you're likely to be running low after a few sugary drinks.
4. Drink as much water as possible and enjoy a healthy 'grill-up' rather than an unhealthy fry-up.

The Daily Mail – 26 Nov.2009

The Trust is looking for anyone who would like to play an active role in fund raising. If anyone is able to help with ideas - maybe organise a coffee morning or if you know of anyone running a marathon or another kind of event that can be sponsored, please give the Trust a call on 01322-524079. We would love to hear of some new ideas.

The Big Lottery

Whilst the Trust did not receive money from The Big Lottery in 2009, we were rewarded with a getting to the last round of the process. We were congratulated on our application but unfortunately, due to lack of funds at the time, did not receive the grant we had hoped for.

We intend to resubmit our application again in 2010, with a few minor alterations. The Borough of Bexley have only had one successful bid for a large amount of money for 'Outreach Communities' so hopefully CCCT will be lucky next time.

The Department of Health has launched an online service that allows patients to rate their GPs. Patients can comment on how easy it is to get an appointment, recommend their local medical centre or criticise it. The tool, which is part of the NHS Choices website, is similar to the hospital comparison service launched in the summer. A Health Minister said: "Patient feedback on GP services is an effective way of driving up the standards of primary care even further."

The Kent Link Newsletter – Nov.2009

Benefit / Legal Advice

For benefit/legal advice Kate at the Inspire Centre recommends the following contact for anybody having difficulty in obtaining their benefit entitlements or needing legal advice: Kate Grubb at Cross Street Law Centre, 4 Cross Street, Erith, Kent DA8 1RB, Tel: 01322 359955 or email: kate@tmlc.org.uk.

Cross Street Law Centre also have a drop-in facility at the above address on Wednesdays and Thursdays between 10am and 12.30pm.

We understand this advice centre is a free service but strictly speaking only for residents of the London Borough of Bexley.

The equivalent for Dartford residents is DIAL, Northfleet (01474-321761 or www.dialnwk.co.uk)

The MS Society Newsletter – Nov.2009

Online petition to Prime Minister to support carers

Maidstone Carers Project is promoting a petition to Government over the use of money by primary care trusts said to have been allocated to support carers. The petition reads: "We the undersigned petition the Prime Minister to ensure the additional £150 million that has been allocated to Primary Care Trusts by Government to fund breaks for carers is used for this purpose and not subsumed into baseline budgets."

Further information on the petition can be obtained by

The Monday Support Group begins again on Monday 11th January 2010

There is a busy programme of events for the Winter-Spring period including a number of outings planned to Darwin House, a Kent Lavender Farm, Hall Place and a boat trip from Greenwich to Westminster.

Our regular exercise and art therapy classes will continue – a full programme of events will be sent in the New Year.

Complementary therapies are increasingly being used, together with orthodox treatments in integrated approaches to cancer care, to improve the quality of life for those with life-threatening cancers and as a form of prevention against cancer.

Self-help tips

- Decrease your intake of red meat, dairy produce, sugar, refined flour, salt, alcohol, caffeine and other stimulants.
- Eat more fresh vegetables and fruit, wholegrains and soya products (use organic, non-GM produce where possible).
- Stop smoking.
- Take antioxidant nutrients, such as selenium, vitamins A, C and E, and essential fatty acids (such as fish oils, borage oil, flaxseed oil) on a regular basis. A balanced multivitamin and mineral supplement may also be useful.
- Practise self-care. Examine yourself regularly and avoid unprotected sun exposure.
- Take regular exercise and watch your weight.
- Make time for rest and relaxation and find ways of relieving and reducing stress in your life.
- Use positive thinking techniques, affirmations and creative visualisation to maintain a positive attitude to life and stimulate the body's natural healing processes.
- Seek professional advice immediately if you notice any warning signs of cancer. Early detection is crucial to successful treatment and cure.

Article has been taken from the BBC Health website and reviewed by a medical expert.

Chicken & Pasta Soup

1 tablespoon vegetable oil
large onion, peeled & finely chopped
1 - 2 leeks, sliced & soaked
3 sticks celery, sliced
2 teaspoons dried mixed herbs
360g pack roast chicken thighs
100g pasta shells for soup
2 - 3 chicken stock cubes, made up with 1 - 1½ litres boiling water
50g frozen peas
freshly ground black pepper



1. Heat the oil in a large saucepan over a moderate heat & fry the chopped onions & sliced leeks for approximately 5 minutes or until softened.
2. Add the sliced celery, carrots, mixed herbs, stock & bring to the boil.
3. Remove the skin from the chicken thighs & strip the chicken meat from the bone. Add the meat & pasta to the soup & stir.
4. Reduce the heat & simmer for 10 - 15 minutes or until the vegetables & pasta are cooked through. Just before serving add the peas & season to taste.

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Dedicate a donation to someone special

Christmas is a special time of year, particularly for those remembering a loved one.

A *donation* to Complementary Cancer Care Trust is a special way to remember a loved one, and your gift will help continue our Monday Group and provide therapies and workshops.

A donation form can be obtained from the Trust – and why not ‘Gift Aid’ your donation too, the Trust will then receive 28p from the Inland Revenue for every £1 you donate.



Complementary Cancer Care Trust

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