

MACMILLAN CANCER INFORMATION SERVICE VOLUNTEER NEWSLETTER

Summer - Issue 17 - 2007

VOLUNTEER NEWSLETTER

Hello to all, it's that time again. I hope you enjoy reading the latest version of the newsletter.

Volunteer training was on the 16th & 17th of May we would like to welcome our new recruits, we hope that you enjoy your time with our service.

A big thank you to all who attended the Boat Trip an enjoyable day was had by all; this also gave the new volunteers a chance to meet existing volunteers.



If you would like to submit an item for the newsletter please contact Julia Jennings-Hatt on 01279 698674

A big thank you to those volunteers who contributed to this issue. We hope that you enjoy reading their articles.

VOLUNTEERS OF THE QUARTER



Barbara Kilbey

&

Sandra Clark



We would like to extend our thanks to all our volunteers for the work that you do

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We would like to arrange other volunteer social events any suggestions or ideas would be greatly welcomed. Please contact Julia J.H. on the office contact number.

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BIRTHDAY GREETINGS

Clare Horgan - 10th June

Pauline Lloyd - 14th June

Sandra Clark - 2nd August

Sara Farrugia - 7th August

Audrey Privett - 27th August

Ann Robertson - 30th August

Vic Pocklington - 19th September

Many happy returns to you all.

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STEERING GROUP

Service update. – Service will be rolling out to Uttlesford in August and Epping in November.

Palliative Care Directory.

The Palliative Care Directory has been revised and now covers Uttlesford as well. The final draft is now ready for printing.

VOLUNTEER ARTICLES

Below are some items sent in for the newsletter by yourselves. Thank you for your contributions.

Twinning – By Jean.
Travel – By Barbara.

(Articles attached).

Also look out for the following articles in the next issue of your newsletter.

Psychology and Counselling news.

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**LEMON & CORRIANDER
COUS COUS**

*1 Packet of Lemon & Coriander cous
cous.*

16 Cherry Tomatoes – sliced into ¼

¼ cucumber cut into small ¼'s

¼ red pepper cut into small ¼'s

Small amount of red onions

*Good handful of coriander finely
chopped.*

Cook the cous cous as directed on packet, then leave to cool.

Dice all the fresh ingredients then add to the cooled cous cous.

Mix all together and serve or save in a container in the fridge to eat later.
Yummy.

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OFFICE CONTACT DETAILS

**The contact details for website are:
www.harlowcancerinformationservice.nhs.uk**

**Office details:
Advice line: 01279 698673
Administration line: 01279 698674**

VOLUNTEERS WEEK

Some of our volunteers were recently nominated for an award for their length time with the service. They attended a tea and awards ceremony hosted by Epping Volunteer Bureau.

Congratulations to you all on receiving your certificates.



Joy, Vic and Mary with their certificates and Cllr Caroline Pond Madame Chairman, EFDC.

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HOLIDAY NEWS

Denise has returned from her week in Jamaica, she spent a week drinking too many cocktails and being serenaded with Bob Marley tunes.

Denise has said that she is looking for Bob Marley CD's and would return for another holiday "No problem." (phrase used by the local people.)



TRAVEL
BY BARBARA KILBEY

When we retired 6 years ago, we planned to travel, only around Europe as Ken, my husband, is not too keen on flying.

Our first visit was a 6 week camping in France, in 5 different locations finishing up at a friends house in Germany, where, unfortunately we were informed that our youngest son had been in a bad accident and we had to rush home.

Our second trip, again camping, was to Vienna, Prague, Salzburg, Lake Garda, and since it hadn't stopped raining we ended up at my sister's in Southern Italy, giving us time to dry out!

The last place I ever wanted to visit was USA and felt fairly safe, knowing that Ken didn't like the idea of long flights; not so! One day in 2005 he announced that we were going to New Orleans, and then onto Orlando with friends who have a house there, I was gob smacked!

Unfortunately, New Orleans had the tornado so our destination was changed to Nashville. Were we had a wonderful time. I love country music and Nashville is the world centre for this. We stayed in the Maxwell House Hotel. We visited "Old Oprey", General Jackson's house on a cotton plantation, learnt line dancing and went to an Ice Hockey game. As it was "Thanks giving" time in USA the decorations were out of this world.

In Orlando we visited a theme park a day, we were like kids, and every thing was bigger than we had ever seen before, even the turkey legs that everybody was eating on thanks giving day.

We visited MGM studios and it snowed (from a machine) but was wonderful, Kennedy space station; thankfully on a coach, as all along the roads were basking alligators; It's impossible to tell you the size of it all, and when a rocket actually launches, personnel and visitors have to be 20 miles away to avoid heart problems. Fortunately we both have good health and intend to make the most of life, the old cliché – "you don't know what's around the corner" applies to us all.

Last February, having got the bug for "long hauls" we went to Cairns in North Queensland for 5 weeks, It was wonderful, we saw the Coral Reef, in fact, flew over it in a helicopter; walked through the Tropical Rainforest, visited the townships and met the indigenous inhabitants.

From there we flew to Tokyo and took a coach to Mount Fiji, we went from 90% to 0%, so majestic, it took our breath away. It looked like a wedding cake.

We are of to Lanzarote for a couple of weeks, then Berlin in April, and in May we are going to Spain for 6 weeks camping.

Next year, God willing, we are hoping to go to the East coast of Canada and we will be planning this very soon, along, hopefully with lots more trips in the future.

Watch this space!

Barbara.

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