

## Heads Up and Heads2gether

It started with a simple mouth ulcer that would not heal. Fortunately for me, my dentist and G.P. were concerned enough to arrange a biopsy. The results showed that my ulcer was actually a malignant tumour.

Treatment involved major surgery and a two-year recovery due to complications. The cancer was spotted early enough to be treated otherwise this would be a different story, however I am not writing this article to dwell on that.

### Survivors Travelling the Path

As a patient I discovered that Cancer Research UK does not conduct research into head cancers as they are unique in themselves. Heads-Up is a designated fund within the Oxford Radcliffe Hospital Charitable Funds. Money raised is used to improve the lives of patients with head and neck cancers by funding a team of dedicated head and neck scientists and research clinicians. Learn more at [www.heads-up.org.uk](http://www.heads-up.org.uk)



When cancer enters your life, nothing will ever be the same again. Survival becomes the focus of your life. During treatment, I met other “survivors” who have travelled the same path.

### Supporting Recovery

A small number of us have formed a support group called *Heads2gether*. We have made the journey from diagnosis, treatment and on to recovery. It is not an easy journey but we are able to enjoy life once more, which for me means time in the garden. I've always loved my garden and now it is my ultimate pleasure.

Macmillan nurses have trained our support group so we are able to answer questions and give realistic expectations. Following surgery, special attention may be needed to learn new ways of eating, speaking and coping with disfigurement. We realise that family and friends may also be affected. You are very welcome to join our social evenings. For more information visit [www.heads2gether.net](http://www.heads2gether.net)

**Heather Derkacz**

## Ducks are a Dabbling

Back in April a duck decided to make its nest in our back garden in Home Farm Close, Shipton. Luckily, we were in on May Bank holiday Monday when she lined up all sixteen of them by the back gate, ready to venture out into the big wide world.

The very attentive mother duck had been nesting for about four weeks; only



leaving the nest for short periods.

The photo shows them making their way across our neighbours' back garden heading, we think, for the pond in Trotsbrook.

Everyone in Home Farm Close had taken a keen

interest in their progress and gave them a good send off!

**Ann Lewis**