

A Walk in the Park

In September our group met in Hyde Park joining approximately 800 kind people giving their time to walk 10km for the Mouth Cancer Foundation. Our team was representing Heads2gether the support group we created four years ago with two of us proudly wearing our survivor sash.

The weather was perfect as squirrels played amongst the autumn colours. With bottles of water, bananas and Jelly Babies (my vice) our group completed the walk despite the usual calls of "Are we nearly there" after 1km. We received our medals and retired to the Serpentine Cafe resting on the patio watching the sunset all agreeing we had enjoyed a lovely day.

This event is to raise awareness of mouth cancer. Before the walk we had sadly listened to a list of names, our friends who hadn't survived another year. In the early stages, mouth cancer is easy to ignore as in my case it appeared as a mouth ulcer. It was a malignant tumour needing radical surgery.

Every three hours someone will die from mouth cancer this being a higher proportion than breast, cervical cancer or skin melanoma.



Thank you to everyone who sponsored Ray and myself and to Mary who dog-minded. We have so far raised £600.

Thank you also to my kind cake-makers and helpers who helped me raise £100 on my Macmillan Coffee morning. For support go to: www.heads2gether.net. Leaflets available at Wychwood Surgery or contact myself. If unable to help I can refer you to a trained support advisor.

Heather Derkacz

Wychwood Surgery Coffee Morning

I would like to thank all who supported the recent coffee morning held at the Wychwood Surgery. This well-attended event raised a grand total of £650, which

was shared equally between Macmillan Cancer Support and the Lawrence Home Nursing Team.

Esther Parsons

Kingham and Daylesford Rotary Now Open

At the recent very successful launch meeting of this new club, 20 members 'signed up' to become the 21st Rotary club in Oxfordshire and one of 32,000 clubs in over 150 countries around the world. Currently there are an equal number of men and women who will meet fortnightly (Wednesday 5.45 for 6pm, dinner optional at 7pm) at The Mill House, Kingham and fortnightly on Saturdays (at different locations for the time being) for breakfast (8.30 to 10.00). Come and meet new friends and help make a difference. Call **Paul Jackson** on: 01608 658 500.