

It's Not Just A Walk in the Park

On Sunday 17th October, with a group of friends, my husband and I took part in a *Walk in the Park* to raise money for the Head and Neck section of the new Oxford Cancer Centre. After a very chilly start in the Oxford University Park, it turned into a splendid autumnal morning with the gardens and trees looking magnificent.



the full backing of Macmillan Cancer Support. If you would like more information go to www.heads2gether.net Funds raised by our group will go specifically to Heads Up www.heads-up.org.uk the head and neck cancer fundraising charity which is part of Oxford Radcliffe Hospital

Charitable Funds. My on-line donations page is still open at: www.justgiving.com/HDerkacz if you would like to contribute.

Heads2Gether

The walk was not only to raise funds but also to raise awareness of, in our case, head and neck cancer both in terms of the need for early diagnosis and the understanding of the impact on survivors. Surgery and radiotherapy do take their toll, affecting how we look, how we speak, sense of taste and ability to swallow. A meal in a public place takes a lot of confidence. It is very important to get an early diagnosis.

Our group were walking under the title Heads2Gether which is a support group for patients, their families and carers with

Beads, Bits and Bobs Please

With Christmas cards arriving soon, may I please remind you that I collect used postage stamps for charity? Also broken jewellery, odd earrings, beads, used ink jet cartridges and mobile phones. Please leave at Southfield, Leaffield Road, Sipton or Milton Deli.

Wishing you all a Happy and healthy Christmas and New Year.

Heather Derkacz

Recycling Bins and All That

No doubt you are all used to the new recycling system and the variety of bins that we now have to accommodate in and around our homes.

Along with the handy 'food caddy' that we can stand in our kitchens before transferring its contents to the main 'food recycling bin', came a supply of compostable bin-liners. When these run out you have three options:

Firstly, you can fold old newspaper to make a suitable liner (not very good if the food waste is wet).

Secondly you can just tip the food waste straight into the bin.

Or lastly, why not purchase a further supply of bin-liners from our very convenient Co-op store in Milton.

The choice is yours!

Christine Halliday