

Doom and Gloom (OR SO I THOUGHT)

Several years ago I was diagnosed with Prostate cancer. I had skin cancer and chronic lymphocytic leukaemia. I also had a stroke (not too severe), atrial fibrillation (Heart problems) and a couple of bouts of Pneumonia. Finally, a bladder operation (Oh what fun ... NOT)

I spoke to the Macmillan nurse, at Wick, who suggested that it might be beneficial for me to attend the North Highland Cancer Support and Information Centre.

Being somewhat of a cynic, I totally dismissed the suggestion and for two years went my own merry way.

After two years I again saw her again. On this occasion she persuaded me to attend the centre.

I took myself to the centre, my wife accompanying me, with some trepidation, not knowing what to expect.

“WOW” We were made to feel very much at home. The only questions we were asked, initially, were “What is your name”? and “What would you like to drink”?

It was so pleasant, with lovely company, that we soon settled into a regular routine of visiting the centre every Monday for tea, biscuits and a blather.

We have also attended various therapies and my wife has become a volunteer at the centre. The centre has been of tremendous benefit to us

Malcolm Clark has formed a male section, which is proving very successful for men, who would like to attend and maybe discuss, with others, their problems. That is a matter for you to decide.

Everything said at the centre is highly confidential and can be discussed without fear of being repeated.

If you have any problems, a committee member or volunteer is always available to lend a helpful ear and offer useful advice.

Don't make my mistake by not attending for two years, **as I did**. I missed out on so much joy and laughter with the other members.

No matter what your age, the centre is open for **YOU** so don't be afraid.

Come and join us

YOU WILL BE MADE MOST WELCOME