

In 1995 I lost my mother to Cancer. She was a lovely woman, a person who taught thousands of children in the Highlands, a mother, a grandmother and the most gentle and caring person imaginable. And her passing from cancer left a huge gap in so many lives - perhaps those of my father and myself more than any. Yes, the treatment given was first-class. Nobody could have done more than the Canisbay Medical Practice, the Nurses, the Caithness General Hospital, or Raigmore. But on a cold November night she lost her battle. And two years ago Liz and I lost our Son-in-Law to Cancer as well. He left a wife and four children. And again, the medical care was quite wonderful. But he still passed away and the loss was still there.

In early 2020 I became involved with North Highland Cancer Information and Support Centre, as a Volunteer, and sought only to provide some help and assistance to the quite wonderful people who attend as Members, or who give so freely of their time to run the Centre. And I learned something very quickly - The centre provides much more than just a "drop-in" facility. It gives a sense of love, care and empathy to everyone who goes there.

Whether a person has recently been diagnosed, or whether they are undergoing treatment, or - sadly - are trying to come to terms with a bereavement, the people at NHCISC are there for them. There are no conditions, there are no demands. There is simply support. And I will say this - just by being a Volunteer and using some of my experience to assist the Centre in its day to day operations, I have gained a huge amount. I have seen the way that people are helped and I have seen the look of relief on their faces when they know that they are not alone. And this is beyond price. I want to personally thank everyone at The Centre for what they do - you make a difference. And that matters. Thank you.