

## The Enemy Sarcoma

To have sarcoma  
You need a diploma  
Who has heard of that word?  
I wish I could turn back time  
To the happy days before I knew  
The happy days now  
Are clouded with blue

I long for the days I was free of worry  
My life was full, always in a hurry  
Priorities change for the better  
As I wait for the dreaded hospital letter  
Good news or bad, I know I will cope  
Life would be nothing without hope

You get to realise the meaning of life  
Work and money cause too much strife  
Family and friends are what matter  
Not your wallet getting fatter  
Simple pleasures mean so much more  
You make the time and try to explore  
What will happen if I die?  
I don't want to and that's no lie!

Elizabeth Lebbell  
2006



## LA2 A Pilgrims View

In Shrewsbury there lies a deep and dark resource  
Who can with focused eye unleash a lance of rays  
enough to kill  
But in the skilful hands of those who know its ways  
Can safely concentrate its beam to cure an infirmity

In grotto cave lead lined and windowless it sleeps  
A gentle giant in a cage  
Until awakened by the call of pilgrims bold  
Who seek it out their gross infirmity to cure

When pilgrims take the lonely walk down to the source  
They need not fear the beast that lurks within  
Because of reassurance from the keepers sweet  
Conducting them to where they can obtain a cure

In special place they lie or stand and dare not move  
In case perchance the giant's buzzing eye should miss  
its mark  
The keepers long since gone to safety, free the power  
That burns an adversarial line to maximise the cure

Released at last from giant's bonds, lightly they step  
Along the lonely walk back to the world  
The pilgrim's soul is bright  
From thoughts of one more step to happiness and cure

But why this verse from one so insignificant  
It is to praise and thank the keepers of the giant's eye  
Who use their skill and risk their lives each day  
To offer pilgrims bold perchance a cure for their  
infirmity.

John Voller - a pilgrim (left)  
1<sup>st</sup> January 2006

LA2 refers to Linear Accelerator (for radiotherapy)

# Sarcoma UK

We publish a half-yearly newsletter and information leaflets for patients with sarcoma, working with the specialist treatment centres.



Further leaflets are in development.

Our website contains information about sarcoma and its treatment. All our leaflets and newsletters can be ordered by post, online or downloaded.

**<http://www.sarcoma-uk.org>**

We have a self-support email list for patients and carers. Register at

**<http://www.mailtalk.ac.uk/lists/sarcoma.html>**

## **We work with:**

National Institute of Health & Clinical Excellence (NICE)

National Cancer Research Institute

British Sarcoma Group

GIST Support UK

The Rarer Cancers Forum

Macmillan Cancer Relief

Cancer Voices

Cancer Bacup

European Cancer Patient Coalition

Global GIST Network

International Sarcoma Patients Advocate Network

**Sarcoma UK, PO Box 128, Ludlow, Shropshire, SY8 1YL**

# Sarcoma Support Meetings

We have been aware for some time of the need felt by sarcoma patients and carers for contact with others facing a similar situation to their own. I know from my own experience, it was two years from the time I was diagnosed before I met another sarcoma patient. For some, because it is such a rare cancer, they may never knowingly have contact with another sarcoma patient.

Sarcoma UK has been able to budget for some support meetings in 2007. The number would have to be limited and, with travel a big consideration, will need to be held in cities with good transport systems and with venues ideally within walking distance of the railway station. We plan that the meetings will be informal, possibly with an invited speaker, and will include lunch and refreshments during the day. Above all, the aim will be to bring together fellow sarcoma patients and carers.

In order to get plans into place we first need your help. If you would be interested in coming, we would appreciate it if you would complete the form below, indicating which cities and days would be convenient for you. Once we have an idea of numbers, we will be able to look for a suitable venue. It is likely that the meetings will be held in May, June or July when the weather is better and the light evenings make travelling easier.

There will be no charge for the meetings and we may be able to offer financial help with travel costs for those who need it. So please complete the form bearing this in mind. As soon as arrangements have been made in a city you have indicated, we will write to you and give you further details. Details of the meetings will be published in our next newsletter.

**Please indicate which cities would be convenient for you. Tick all that apply**

Birmingham	<input type="checkbox"/>	Manchester	<input type="checkbox"/>
Bristol	<input type="checkbox"/>	Newcastle	<input type="checkbox"/>
Cambridge	<input type="checkbox"/>	Norwich	<input type="checkbox"/>
Exeter	<input type="checkbox"/>	Nottingham	<input type="checkbox"/>
Glasgow	<input type="checkbox"/>	Oxford	<input type="checkbox"/>
Leeds	<input type="checkbox"/>	Sheffield	<input type="checkbox"/>
London	<input type="checkbox"/>	Southampton	<input type="checkbox"/>

**Please tell us the days you would be happy to come to a meeting. Tick all that apply.**

Monday	<input type="checkbox"/>	Friday	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	Saturday	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	Sunday	<input type="checkbox"/>
Thursday	<input type="checkbox"/>		

**Finally, let us know your name and address**

*(not necessary if you have also completed the form overleaf)*

Name: .....

Address: .....

.....

..... Post Code .....

Please return the form as soon as possible to:  
**Sarcoma UK, PO Box 128, Ludlow, Shropshire SY8 1YL**

# Are you on our mailing list ?

If you did not receive this copy of Sarcoma UK by post and you would like to receive future editions please complete and return the form below. All our information and newsletters are supplied free of charge.

If you received this copy by post we will keep you on the mailing list for future editions unless otherwise requested.

Name .....	Please tell us a bit about yourself.	
Address .....	sarcoma patient	<input type="checkbox"/>
.....	patient's family	<input type="checkbox"/>
.....	consultant	<input type="checkbox"/>
Post Code .....	nurse	<input type="checkbox"/>
Email .....	hospital information unit	<input type="checkbox"/>
	other (please state)	<input type="checkbox"/>
	.....	
We have specific information available for some sarcoma types. If you would like us to send more information please let us know the type of sarcoma:		
Type of sarcoma: .....		
Please tick here <input type="checkbox"/> to confirm that you are happy for Sarcoma UK to retain your personal details for future mailings. Sarcoma UK will not pass your details to anyone else.		Please tick here <input type="checkbox"/> if you would like more information about our email support group.

<b>Information Leaflets</b>	
Sarcoma UK can provide information leaflets which help to answer the questions which patients most frequently ask. If you would like us to send any of them to you please tick the appropriate box.	
<i>Want to Understand Sarcoma</i>	<input type="checkbox"/>
<i>Following Surgery</i>	<input type="checkbox"/>
<i>Advanced Sarcoma</i>	<input type="checkbox"/>
<i>GIST – Gastrointestinal stromal tumour</i>	<input type="checkbox"/>

**Please also complete the questionnaire overleaf.**

Please return the form as soon as possible to:  
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