



# WHAT'S NEW



WINTER 2015/6

## GOODBYE TO A GREAT YEAR, AND HELLO TO A NEW ONE

### IN 2015 WE FUNDED:



We are proud to have been able to help an unprecedented amount of people in 2015. This would have been impossible without the fantastic support we receive, so a big thank you to all of our supporters. Calls to our helpline continue to increase steadily and we look forward to another busy year raising awareness and supporting those who need it. We hope you will stick around to share the journey with us and wishing you all a happy and healthy 2016!

**'The monthly awards given by Yes to Life have literally been a lifesaver to me'**

Read more on our blog: [yestolifecharity.blogspot.co.uk/p/stories.html](http://yestolifecharity.blogspot.co.uk/p/stories.html)

## NEW INITIATIVES

### Resources for people with cancer

We have been developing the 'Resources' section on our website. You will now find a PDF guide called 'What benefits are you entitled to?' as well as a page of discounted resources including HBOT, massage and Vitamin C. There is still also a 'Reading' and 'External Links' section which we hope you will find helpful.



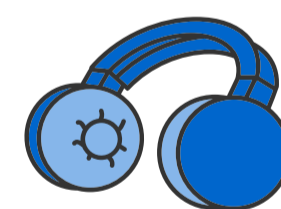
You can find our resources section here: [yestolife.org.uk/y21/links.html](http://yestolife.org.uk/y21/links.html)



We are now proud members of the Fundraising Standards board.

### Rocking the airwaves

Our Chairman Robin Daly's show on UKHealth Radio has been going for 8 months now. He has interviewed a huge array of very interesting people including doctors, nutritionists and patients. Look out for the 'Yes to Life Special' from Christmas eve!



**Listen on demand:**  
[ukhealthradio.com/blog/program/yes-to-life-show/](http://ukhealthradio.com/blog/program/yes-to-life-show/)

### New Healthy Fundraiser for 2016



We have been developing a brand new fundraising initiative that will be launching in February 2016. We don't want to give away too much just yet, but let's just say it will be healthy, delicious and fun! Join our mailing list to be the first in the know (this can be done on the right of our homepage)



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## FUNDRAISING

### Circle of Eight raise over £2400

Nicki Williams of Happy Hormones gave a talk on fat, fatigue and hormone havoc for the Circle of Eight in December. With a raffle and plenty of donations the evening raised over £2400! Huge thanks to all involved.

### North London Half Marathon 2016



We are putting a team together to run the North London Half Marathon on Sunday 20th March. If you would like to join us and help us raise money for our funding pot please get in touch.

## SUPPORTER SPOTLIGHT

In 2015 we launched a scheme to invite the many wonderful practitioners associated with Yes to Life to become supporters. In this section we will introduce some of the fantastic work they do.

### Dr Kate James

Dr Kate supported both her mother and daughter with integrative care after their diagnoses with cancer. Seeing the positive impact first hand, her passion and belief in integration grew.

She now dedicates her practice to supporting individuals with cancer whilst raising the profile of Integrative Medicine and teaching. She specialises in the use of medicinal mushrooms, natural supplements and diet together with other techniques to support patients.



**Contact Dr Kate:**  
[www.drkatejames.com](http://www.drkatejames.com)  
[dr.kate.james@googlemail.com](mailto:dr.kate.james@googlemail.com)  
Tel: 01668 213 004 /07891 830 137



## EVENTS

### Coming up:

- Talk with Nina Joy + Cansurviving  
- January 23rd, London
- Talk with Dr Kissin  
- February 10th, London
- The Best You Exhibition at ExCel  
- February 27th, London



### Eat to Outsmart Cancer Workshops

Our cookery workshops with Inspired Nutrition will kick off again in March.



### Lifestyle Choices and Cancer Seminars

Our seminar series kicks off around the country in April.

See our website for more details:  
[yestolife.org.uk/events/calendar2015.html](http://yestolife.org.uk/events/calendar2015.html)

We are seeking new helpline volunteers to join our team.

For more details see our website:  
[yestolife.org.uk/helpcentre/volunteer.html](http://yestolife.org.uk/helpcentre/volunteer.html)

### FOLLOW US

