**Timebanking with Macmillan**

**A member’s Account**

When you get a cancer diagnosis it not only changes your life but those who are around you. The ‘c’ word is more common nowadays however we have a way to go until patients get the support they need and treatment. For myself it has been an emotional rollercoaster ride. You are having many thoughts about your future. Not to mention treatment & hospital visits. It is extremely daunting. Resting your life ‘so to speak’ in the hands of the medical professionals but I quickly realised I had to wake up and be your own doctor to yourself. Patient heal thyself.

One size does **not** fit all. What works for one can be detrimental to another. One of the most important things to remember is to stay calm, be happy and above all be positive. You mind is your greatest tool. In order to do that enjoy yourself when you can, live your life!

The Timebank has done that for me by running arts & crafts classes and jewellery making classes. You have a chance to be create things and enjoy yourself and meet people. Fellow members have come to my home and done the gardening and household chores that I have been struggling with. They have given me support in the community where other organisations have deemed I was not eligible for.

They are listening to their members and trying to put in place activities and groups that are missing in the borough. It is a great idea and more voluntary organisations should take note. There is not pressure to give back immediately if you are not in a position to. Going back to basics with mutual respect for your fellow members.