



CANCERVIVE



Offering help from personal  
experience for family, friends  
and colleagues of cancer patients

## Why Cancervive?

Cancervive is a charity established to address the needs of anyone whose family or friends are cancer sufferers. We are here to provide a support network based upon our own personal experience at these difficult times.

Cancervive exists to enable people to be able to talk openly and confidentially with other people who have first hand experience. We're aware of all the possible financial and practical problems which can arise and are able to offer support.

## Why?

I decided to start Cancervive, after living with two loved ones who had cancer. My first wife Pam had cancer for four years and my second wife Bridget had cancer for six years. The day a loved one is told they have cancer is a day you will never forget. To me it felt like my worst nightmare was just beginning. Instead of facing the nightmare and looking after your loved one alone, having nobody to talk to who understands your deepest thoughts, why not come to us? We are non-medical ordinary people. We know what it is like, so let us help.

**Paul Huggett - Founder**

email: [paul@cancervive.org.uk](mailto:paul@cancervive.org.uk)



Pamela Mary  
Huggett



Bridget Mary  
Huggett

**You're not alone** - We offer help  
from personal experience.



**t: 0845 438 6418**  
**e: [info@cancervive.org.uk](mailto:info@cancervive.org.uk)**  
**[www.cancervive.org.uk](http://www.cancervive.org.uk)**

Registered Charity No. 1125809

## Who else is involved?

**Rebecca** - Cancervive is a big part of my life now, when dad and myself first started talking about setting up a support group I never imagined it would have this much interest, now after six months I can already see how much something like this is needed.



In 1994 when I was 7 my mum died of breast cancer, then in 2007 when I was 20 my step mum also died from breast cancer. Its such a hard thing to go through especially if you are not getting the help and support you should be getting.

Cancervive has been set up in memory of my mum, Pam and my step-mum, Bridget whom I miss every day. I hope that by setting up Cancervive we can help others get through a hard time, as the family, friends and colleagues are often the ones who are forgotten yet suffering just as much but in a different way.

email: [rebecca@cancervive.org.uk](mailto:rebecca@cancervive.org.uk)

**Charles** - I have known Paul for just over two years and knew Bridget for just over a year, having discussed the aims of the charity with Paul on a number of occasions I was very pleased to be able to join in this very worthwhile undertaking, I really think we can make a difference.



email: [charles@cancervive.org.uk](mailto:charles@cancervive.org.uk)



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**Maggie** - I joined the Cancervive team on Day 1 having been invited to by Paul. I had lost my mother to cancer in 2006 and have also had friends with cancer, so I have a little understanding of the thoughts and feelings that can arise when someone we know or love is diagnosed.



My hope is, that by being part of this organisation, I can simply be a listening ear.

email: [maggie@cancervive.org.uk](mailto:maggie@cancervive.org.uk)

**Terri** - Paul and I have known each for many years and would often spend time discussing life's injustices.



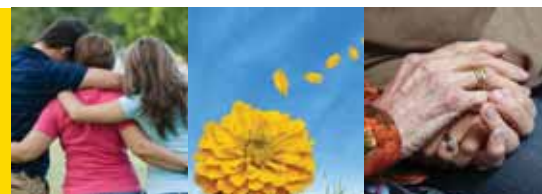
On the day he told me about his plans to put his experience with cancer to a positive use I had just finished a 10 week introductory course in counselling. His plans seemed an ideal opportunity for me to test out my new skills and seeing his enthusiasm I volunteered to join the group.

email: [terri@cancervive.org.uk](mailto:terri@cancervive.org.uk)

**Isobel** - Having had experience of cancer in my close family and seen what Paul and the rest of the team had achieved in the first year, I was really pleased to have the opportunity to join Cancervive and help support the aims of this very worthwhile charity.



email: [isobel@cancervive.org.uk](mailto:isobel@cancervive.org.uk)



**t: 0845 438 6418**  
**e: [info@cancervive.org.uk](mailto:info@cancervive.org.uk)**  
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Registered Charity No. 1125809

## Help and support

We hold 3 groups of meetings depending on the needs of the individual:

**Group 1** - is for anyone who knows someone who has been diagnosed with cancer, or who has undergone treatment and not yet recovered.

**Group 2** - is for those whose loved one's treatment has not proved to be successful and who are having to come to terms with the difficult outcome.

**Group 3** - is for those who are dealing with bereavement due to cancer.

At each meeting there is the opportunity to express thoughts and feelings in a supportive and caring atmosphere.



## How the media can help

Cancervive exists through charitable donations. We can only carry out our valuable work with support and therefore we need to raise awareness of our charity in the local community with the help of the media.

We have already received media coverage in the press, held a radio interview with Southern Counties Radio and have been on ITV's "60 Minute Makeover", where they helped to integrate an office into our house.



# 60 Minute Makeover



Stills from the show, focusing on the new office

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**BBC**


**NEWS** **LIVE** **BBC NEWS CHANNEL**

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**New charity aids cancer families**

**A man from West Sussex who has lost two wives to breast cancer has set up a charity to try to help relatives of cancer patients.**



*Wife of Mary Huggett* *Widow of Mary Huggett*

Pamela and Bridget Huggett both died from breast cancer

Paul Huggett, from Hurstpierpoint, said while there was much support for those who have cancer, relatives and friends were often forgotten.

Cancervive will arrange for people needing advice to get together with others with the same experience.

The charity has been founded by Mr Huggett, along with his two daughters.

**Seven volunteers**

He said he had thought he would have had more support when he lost his second wife to cancer.

He explained: "I was thinking, second time around it's got to be easier - there's going to be more treatment out there and there's going to be more help for all of us - sadly there wasn't."

Mr Huggett's first wife, Pam, died in 1995, after suffering from breast cancer for four years.

He married his second wife, Bridget, five years later, but she died last year, also of breast cancer, which was diagnosed six years earlier.

**Cash boost**

In total, the Cancervive charity is being run by seven volunteers who have personally been affected by cancer.

It aims to meet every three weeks from 22 April, at the Triangle Healing Centre, in Cuckfield.

The national charity, Macmillan Cancer Support, has supported the initiative with £500.

A spokeswoman said: "Macmillan Cancer Support works with a range of local voluntary and health and social care organisations, offering help like this."

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# Sisters set up cancer group after double loss

## Family battles the heartbreak

by JESSICA BAULDRY

PICTURE: SAM STEPHENSON

SS270308-C4

SISTERS who went through the heartbreak of losing two mothers to cancer have helped set up a support group.

Sarah and Rebecca Huggett were devastated when they lost their natural mother Pamela to breast cancer in 1994.

Last year the siblings faced yet more pain when stepmother Bridget died from the same illness. Rather than brood on their misfortune, the girls and their father Paul were inspired by their experiences to set up Cancervive.

Rebecca, 21, from Western Road, in Hurstpierpoint, near Hassocks, said: "Me and my sister had no support. I guess I just needed someone on my wavelength to talk to."

Paul Huggett gave up work to become a full-time dad when Pamela passed away.

He said: "Back then people used to keep cancer quiet and there was no support for family and friends. It probably wasn't until six months into Pam's illness that someone actually asked me how I was."

"Even the second time around we still didn't get the support we needed. It's hard because friends and family are the ones that suffer. It's almost like we've got the cancer too as we're watching that person die."

"We really needed to talk to people in the same situation. Also, we didn't know there was financial help available. This is



**SUPPORT GROUP:** Paul, Sarah and Rebecca Huggett have set up Cancervive to help others

where Cancervive comes in." The family plans to hold meetings for three different groups every three weeks at the Triangle Healing Centre in Cuckfield.

Sessions will be held for family of those who have just been given the diagnosis, terminal patients and the bereaved.

The first meeting will be on April 22 at 7pm. Counsellors will be on hand to help.

Eventually Rebecca and

Sarah, 18, hope to set up a group for children too. Rebecca said: "I was seven when mum died and I felt so alone. I went for counselling but all I did was sit and draw pictures."

"Then when Bridget was diagnosed it was a case of 'For goodness sake, not again.'"

"Me and my sister realised there wasn't enough for kids, so we hope to set up a group for children too."

Cancervive has received

funding from Macmillan Cancer Support, and family friend Keith Wigg has set up a website. For more information, go to [www.cancervive.org.uk](http://www.cancervive.org.uk) or ring 0845 4386418.

Anyone who wishes to donate to Cancervive can send cheques payable to Cancervive to 41 Western Road, Hurstpierpoint, West Sussex BN6 6SU.

jessica.bauldry  
@theargus.co.uk

# Tee-off for new charity

Father and daughter launch Cancervive after double tragedy

Report: Phil Dennett

phil.dennett@sussexnewspapers.co.uk

**A FATHER and daughter who lost two cherished women to the same kind of cancer have started a new charity to support families suffering a similar situation.**

Rebecca Huggett, 21, of Western Road, Hurstpierpoint, lost her natural mother Pamela, 43, to breast cancer in 1994 when she was only seven.

Last year tragedy struck again when she lost her stepmother Bridget from the same disease.

Now Rebecca is helping dad Paul Huggett, who also lives in Western Road a few doors away, to run a new support charity called Cancervive.

The Macmillan cancer charity has given the public-spirited pair some training and a £500 grant towards their work.

On March 29 golfers will pay £45 a head to play a flood-lit session including supper at Cuckfield Golf Centre at Sparks Farm just outside Cuckfield to raise more money for the work and about 25 have already agreed, including one novice golfer who only recently started lessons. But the session urgently needs more players.

Mr Huggett said: "We need a maximum of 40 and a minimum of 36 otherwise we've got to cancel it. This is our last push because we have only got until Sunday of this week to get the numbers up."

Mr Huggett, a self-employed driver, said of his double loss to cancer: "Basically when you are told your partner's cancer is terminal you feel as if you get it yourself. You do go through a grieving process when they are alive, when you know they have not got long to live. At a time like that there is no-one out there for carers or next of kin. The only help you get is from the hospice, but you can't get that if they are not in there."

Rebecca, who works at Arden Grange pet food firm in Albourne, near Hurstpierpoint, said: "The charity was really my dad's idea."

"He said he'd been married 20 years and for 10 of those years he had lived with someone who had cancer."

"He always said that friends and family needed a lot more support if they had people in the family with cancer."

"We have got three different groups running. One is for people with someone who has recently been diagnosed, the second for those where relatives have been told that someone is near the end, and the third is for those who have lost someone."

"We think this is the best way people can support

each other, with separate groups dealing with different situations."

Rebecca's sister Sarah, 18, a hairdressing and beauty student at Crawley College, has also attended training with a view to later helping the charity.

The sessions are held at the Triangle Healing Centre on the old Cuckfield Hospital site at Chapelfields, Ardingly Road, Cuckfield.

Each group meets once every three weeks. Anyone wishing to attend the sessions or take part in the golf should contact the charity on its own dedicated number 0845 4386418.



Pamela Huggett



Paul Huggett



Bridget Huggett





**telephone: 0845 438 6418**

We will be available to answer your calls

**Mondays 7pm - 9pm and**

**Thursdays 8pm - 10pm.**

Messages can be left outside of these hours.

**email:** [info@cancervive.org.uk](mailto:info@cancervive.org.uk)

**website:** [www.cancervive.org.uk](http://www.cancervive.org.uk)

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