

## **Tina's Story**

My name is Tina and I'm caring for my sister, Joanne. Joanne was diagnosed with breast cancer, which had spread into her lungs and further.

As a care, I just was at my wit's end for Joanne, and then my daughter had told me about Charis, and we thought we'll give it a try. My goodness, I'm so delighted – this place was sent from heaven.

I get reflexology here whilst Joanne is in getting counselled, and I can honestly say, I can sleep, I can relax, and it sets me up.

It's quite common for friends to go away and you think they don't care and... You meet them on the street – as a carer, I have met people downtown in shops that have sort of turned their back and have crossed to the other side of the road, not because they don't like me, not because they don't care, but because they just don't know how to handle it or what to say. But it will go away, and these people will return into your life again, and you just don't hold it against them because they're just frightened.

I know it sounds silly, but I embroidered pictures and things, and I painted ceramic ornaments and I did all that there. I've seen me sitting up to four o'clock in the morning and just completely and entirely lost. There was no cancer. There was just me doing this craft, and it really helped me, and I'd advise anybody to get into wee things like that there. It really can help you and it's a real destressing thing to do.

Over this past years that I have been recovering from past illness, I found it's great to get out because other people can just lift you, and something can be said in the conversation that just gives you a whole new insight into...maybe I'm not as bad as I thought I was.