

THE SUPPORT IS THERE, If we want it...

I have never personally experienced serious disease such as cancer, heart disease, diabetes or other similar conditions and so I really have no idea what the fear, pain and suffering must be like. I never really understood what my mum went through during her 15 year cancer journey which ultimately took her life. All I know is the absolute heartbreak and devastation I felt as a son losing a mother that I adored beyond words. Looking back now I wish I was more open to, and had more access to support to help get through, what for me was, a really tough time...

Looking for the blessings...



When I look back now I can see all the blessings that came as a result of my mum's cancer experience. I can see the changes she made to live a more joyful and fulfilling life (shortened though it was). I can see the amazing relationships she created and strengthened, I can see the exciting things she did and I can see the incredibly courageous qualities she had that really shone through.

But it wasn't always like that! When mum was first diagnosed with breast cancer I didn't want to know about it. I took my big fat head and firmly buried it in the sand and just hoped it would all go away! Would you believe that it stayed there even as I watched her go through what she went through over 15 years? I saw the devastation of diagnosis of secondary cancer in her liver, the horrendous side effects of the drugs pumped into her body and the heartbreak of numerous test results that gave her more challenging news. I simply blocked out any possibility that she would die – in my mind it wasn't one of the options I considered. I just wanted things to get back to the way they were before... back to 'normal'.

So, as you can imagine, when she did die – even with 15 years to prepare myself – I was absolutely devastated. I couldn't see the blessings and I couldn't see a light. All I saw was darkness and all I felt was the heaviness of a heart broken and the pain of knowing that I would never ever see my mum again.

The healing process

I did make one incredible decision that, over time, has totally changed my outlook and helped me to look back at my mum's life and death with gratitude and the understanding that she is always with me. That decision was to write a book about her life and the lessons that came from it. It has been a significant part of my healing process and I can tell you that her courage, determination and her 'never give up' attitude inspires me every single day to be the best I can be. I will be eternally grateful to her and I am excited that her story will make a positive difference in the life of millions of people for many generations to come.

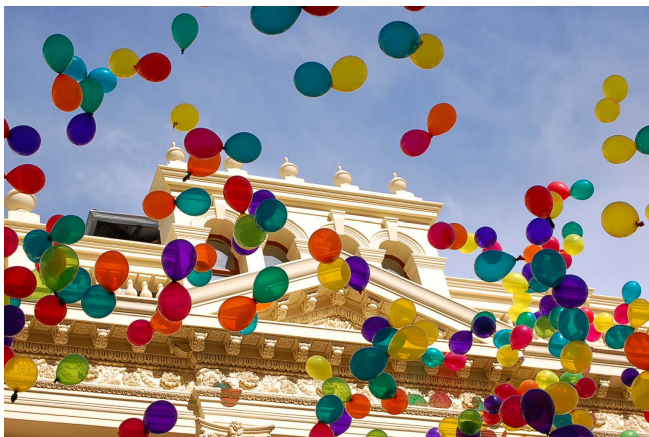


The support is there for us loved ones

As loved ones, carers and supporters of disease sufferers, it can be a lonely and scary journey. Whilst I am in no way diminishing the journey and challenges of the person suffering the disease, I can only talk from my experience and perspective. Whilst I had my dad, brother and sister to talk to about my feelings I didn't really do that either - maybe because they were too close. As I look back I wish I had others to talk to that could give me the perspective that at the time I so desperately needed.

If you are the loved one or carer of a sick person, maybe you feel the same. Would you like to know that there is some support out there if we are open to it? I was fortunate enough to meet two amazing ladies; sisters who have lost both of their parents to cancer. Anna & Helen, together have created a place for people to go to be with others for support through times when there may seem to be no answers nor hope. Anna has started the **Northern Cancer Support Group** (www.northernncsg.blogspot.com) and I would strongly encourage anyone who feels they need the support to find out more.

The Launch



Anna and the **Northern Cancer Support Group** are having a special launch on Friday August 20, 2010 at 10am till 12noon at the Plenty Valley Outreach Centre. It will be worth making the arrangements you need to make to get there. All of the details are on the flyer;

www.andrewjobling.com.au/downloads/NCSG.pdf

Can I suggest that if you are feeling lost and helpless in your desire to be there for that person you love and care for, then this is an event that may make an incredible difference for you? I look forward to seeing you there.

*Andrew Jobling
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www.andrewjobling.com.au*