

OAP is hurt in crash

AN ELDERLY motorist suffered back and chest injuries following a three car crash in the A12 Colchester Road, Harold Wood, on Sunday morning (October 3).

The 87-year-old woman was driving a blue Peugeot which was in collision with a blue Jaguar, which then was in collision with a black Passat, just before 9am.

She was cut from her car by London Fire Brigade and taken to Queen's Hospital, in Rom Valley Way, Romford, where she remains in a stable condition.

The Jaguar driver, a 60-year-old man, and his teenage passenger were unhurt as was the 35-year-old driver of the Passat.

The road was closed in both directions for nearly eight hours between Gubbins Lane and Whitelands Way, as well as at Tangent Link.

Eastbound traffic resumed at 4.55pm and all roads reopened at 5.24pm.

Join the gang

YOUNG actors, musicians, comedians and producers who are Guides or Scouts are being hunted for a gang show.

Romford District Scouts and London Over The Border Guides are preparing to join with other groups to produce the show in May. Havering groups will join with those in Redbridge, Newham, Waltham Forest and Hackney.

Gang Show co-ordinator Mike Hayward said: "The aim of the show is to give young people, together with their leaders, the opportunity to develop theatre skills on a professional stage. For some this will be a once-in-a-lifetime opportunity.

"It's all about teamwork, confidence, new skills, responsibility, sharing and so much more."

The team are holding a get-together on November 13 between 10am and 6pm at the Kenneth More Theatre in Oakfield Road, Ilford. More details on 0208 5275435 or 020 85212671 or visit www.showstoppers.org.uk.

View from candidate

JONATHAN Slater, who represented Labour in Aldershot at the last General Election, will be speaking at a meeting next week.

Mr Slater is standing for the National Executive Committee of the Fabian Society and will attend the Havering Fabian Society's meeting on Thursday at Saffron House in South Street, Romford, from 8pm.

He will discuss his ideas for the future, in particular that the society should actively campaign about issues such as eliminating child poverty.

How these brave women are tackling cancer

NEARLY 46,000 people are diagnosed with breast cancer each year in the UK, which is the equivalent to one person every 11 minutes.

But many doctors believe

with earlier and regular checks, many more of the 12,000 or so people – increasingly women under 35 – who lose their lives to the deadly disease could be saved.

To highlight the start Breast Cancer Awareness month, the Recorder has spoken to two brave women whose stories offer hope and inspiration to others.

Round two in fight to beat killer

By STEVE STILL

steve.still@archant.co.uk

NOT many people battling an aggressive form of cancer for the second time around would say "they are one of the lucky ones" but Michelle Adams is a woman with a positive message.

The courageous mum-of-two, from Upminster, was prompted by Breast Cancer Awareness Month to tell her story – in part to encourage younger women to get regularly checked.

But her long struggle, which started in 2007 when she discovered a painful lump in one of her breasts, may offer hope to others in a similar position.

Despite cancer having affected other members of her family, she admits the news still came as huge and unexpected blow.

The 38-year-old said: "When they broke the news, it was a complete shock. I was gobsmacked. There was no other word for it.

"They had to act quickly because it was huge – it was an enormous tumour."

Michelle was given chemotherapy to shrink the tumour straight away after being admitted to Queen's Hospital, where she says she had

"amazing" care from the doctors and nurses who she says saved her life.

Aggressive chemotherapy, some of which was new and being trialled, was followed by a mastectomy and, later, reconstructive surgery.

Though shadows appeared during the next two years, it wasn't until 2009 that cancer was spotted for the second time.

Michelle said: "Unfortunately, a tumour had jumped and hidden behind my spine. Cancer is very clever nowadays, it disguises itself."

Now she has been referred to the Royal Marsden Hospital and is coping with weekly treatments for secondary breast cancer, which is along the spine and causes considerable pain.

But Michelle, who runs a construction business with her husband Dennis, is finding strength thanks to her family which includes children Billy, seven, and Chloe, nine, and stepchildren, Laura, 22, Katie, 21, and Charlie, 17.

Her advice? "In a nutshell, get the cancer located early, never give up, always keep positive, never let the cancer take control and fight till the end – after all, life is really precious."



FIGHTER: Michelle Adams with husband Dennis

'Screenings are so vital'

FOR Gwen and Doug Whitehead, who are looking forward to their golden wedding anniversary early next year, 50 years of happy marriage is not the only thing they have to celebrate.

Six years ago, Gwen, now aged 72, was diagnosed with breast cancer, after a screening at the Victoria Hospital, Romford.

Following surgery and radiotherapy treatment, she is clear of the disease, but she still has regular mammograms, and advises other women to do the same.

Gwen, who lives in a retirement complex in Romford, said: "Quite a few of the ladies here have taken my advice and have regular breast screening."

Currently mammograms are offered every three years to women aged 50 to 70, but women over the



50 NOT OUT: Gwen and Doug Whitehead

age of 70 can still attend for mammograms if they request them. Havering achieves the highest rate of breast screening in London.

When Gwen was diagnosed with breast cancer, the

upper age limit for screening was 65, but has since been raised.

She said: "I had always been for the screenings when I was called for them. After I passed the age limit I was told that you can ask to continue with the mammograms every three years, and I thought it was a good idea to go on having them.

"I did feel scared when I was diagnosed, but my treatment was wonderful, and the breast cancer nurses were so good and explained everything to me. They also involved Doug all the time so he knew what was going on.

"I would always tell women to have the screening. The NHS is there for you, and things can be done if you are diagnosed with breast cancer, especially if you catch it early on."

For more information about breast screening in Havering call the screening office on 01708 504823/4.

Big day for business will be a firm favourite

OCTOBER 19 is going to be a big day for East London's estimated 30,000 businesses, say the organisers of the first annual Expo.

It will be held at Sanofi Aventis, Rainham Road South, Dagenham, and is sponsored by Archant, publishers of this newspaper. It is free to attend.

Exhibition stands are sold out, reflecting a huge amount of interest from business. There are still one or two sponsorship opportunities for those who wish to raise their profile across East London.

Jamie Banks, chairman of the organising committee, says that the Expo is being targeted at the needs of the business community, to help them to succeed and grow despite difficult economic times.

He is expecting to welcome hundreds of the region's business owners and managers to the event, where they will find more than 75 stands with leading businesses offering goods and services, and actively seeking trading opportunities.

Financial services companies, banks and accountancies will be offering free financial advice and guidance, and there will be training organisations ready to help those seeking to build the skills of their employees.

A free "meet the buyer" event will help small and medium-size companies secure business with large contractors.

The programme now confirmed includes Nikki Bartlett, motivational speaker, Crossrail, UBS, LBD, Carol Hustler, procurement and tendering

expert, Bouygues, Constructionline, Roofit & EON.

Registering in advance is recommended. Visit www.eastlondonexpo.co.uk or email mary@bdchamber.co.uk

Free seminars will be running throughout the day, covering a wide range of topics essential to business success. Entry will be on a first come, first served basis.

The main part of the Expo will run from 10am to 6pm, and conclude with a networking event, 6pm to 8pm.