



# Ex-banker's helping hand for sufferers from cancer

## Holistic trips planned in France, Sweden and UK

by David Holmes

A WOMAN has launched retreats for people affected by breast cancer who are on the road to recovery.

Sam Ford, a personal trainer and sports massage therapist, from Mollington, near Chester, is running holistic retreats in France, Sweden and the UK.

The Nourish and Flourish retreats include yoga

classes and Nordic walking with qualified instructor Sam, to promote exercise and relaxation alongside balanced nutrition.

Sam, 38, a former Queen's School pupil, said: "I believe lifestyle factors may contribute to cancer. The retreats are set up with this in mind and are for people affected by breast cancer - after their surgical, chemotherapy and radiotherapy treatments have finished. The programme aims to help people put their lives back on track.

"The retreats involve educating people about eating better, exercising and relaxing. While there is a lot of support for people with cancer, this is a holistic approach and it addresses several factors, including lifestyle, which research has shown may reduce the risk of dying from cancer."

Sam, who previously worked for Credit Suisse in London for eight years, developed the idea for the retreats after leaving banking to become a personal trainer in 2006.

Sam, who is self employed as a personal trainer when she is not running the retreats, has known close family and friends affected by cancer. She wants to help people - at a price which may not cover her costs.

■ The retreats cater for a maximum of six people, including the partners, friends or family of those affected by cancer. They will run in springtime and autumn. For more details, visit [www.nourishandflourishretreats.co.uk](http://www.nourishandflourishretreats.co.uk) or call 0707519559.

LEADING THE WAY: Ex-banker Sam Ford from Mollington.

### Cheshire West and Chester Council

## One Lay Member Cheshire West and Chester Local Safeguarding Children Board £ Voluntary - out of pocket traveling expenses

The Cheshire West and Chester Local Safeguarding Children Board (LSCB) is looking to recruit one representative who is a resident of Cheshire West and Chester and a member of the local community, to become an Independent Board Member.

This is a great opportunity to help us to ensure that all of our agencies are safeguarding and promoting the welfare of children and young people across the borough.

We are ideally looking for someone who is familiar with child safety issues and can help us make better links with local community groups. We are also looking for someone who can challenge us to make our policies and procedures more accessible to the public, including children, young people and their families.

The LSCB is the key body to put in place and oversee arrangements to keep children safe. It sets out how agencies should work together to safeguard children and monitors how well they are doing. The board is made up of senior professionals

to represent all the communities of Cheshire West and Chester, we want you to bring a community perspective to the work that we do.

Our Lay Members will operate as full members of the Board attending the six half day meetings per year. Members will also participate in a small number of relevant Working Groups. Appointments will be for 3 years, and subject to annual review. We expect a commitment of at least ten days per year.

We will provide induction training for those appointed and other training opportunities available which will enable the position holder to increase skills and understanding of safeguarding issues. Out of pocket travelling expenses will be available to attend meetings, training opportunities and other events.

The successful candidate will be asked to complete an Enhanced Disclosure from the Criminal Records Bureau. Further information about the Disclosure can be found at [www.crb.gov.uk](http://www.crb.gov.uk) and in the application pack

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