

# Citizen of the year



Citizen of the Year Krista Hyer with co-workers at Europe Day. PHOTO: L. STADLER.

● Krista Hyer, the formidable force who founded "Cancer Support Group Mallorca" received recognition for her worthy work by being awarded Citizen of the Year at Europe Day.

I caught up with her to find out what ignited her into action.

"Early April 2011 I read an online notice asking if there was an English speaking Cancer Support Group in Mallorca.

I did some quick research to discover there wasn't. So in memory of my younger sister M-L, I started the "Cancer Support Group" said Krista. "Qualified as a British counselor, with meditation and relaxation training, enabled me to confidently offer this service to

the Expat community. During my search for suitable premises I had many conversations with Macmillan's in the UK. I met Sue Burrows about six weeks after I had officially started the group and she became one of the founder members."

"CSG Mallorca brings together people facing, major life changes. The group allows Members to share experiences and advice.

It is extremely helpful talking with other people who are in the same situation, and this is where our Buddy scheme comes in, where we put other members in touch with each other so that they can give one to one support.

Although most people

have family and friends to turn to, it's helpful to talk to people outside your circle.

Sufferers feel less isolated, because you make connections with others facing similar challenges." Krista's groups aid in all aspects of help from emotional stress to guidance on nutrition and health issues.

They offer practical advice and information about treatment options, including alternative therapies that can run alongside of your conventional treatments.

(Drop in centre every Monday 10am to 2pm c/Luna 3 in Portals Nous.)

Certainly this is a very welcome support network on the island and Krista's award much deserved.



by Laura Stadler

My column

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