

Red Sky Ride 2016

Ride Ambassador: Emma White

Emma White is in one word, exuberant. Born and raised in Bunbury, WA she now is now living her dream as a paramedic in Perth.



'Sometimes all you need is twenty seconds of insane courage and I promise you something great will come of it.'

This is how I have been living my life for the past six months. When there is a needle I didn't want to have or a scan I was scared to do; all I needed was a few seconds of courage then it would be over or it would be more manageable.

Six months ago I would have laughed if someone told me this is the way I was going to living my life of cancer.

Last year I was in the prime of my life, being 25 years old I was enjoying my dream job as a paramedic, busy social life and was just generally feeling awesome. Then from left field was I was diagnosed with early stage breast cancer.

The cancer diagnosis completely turned my life upside down but to my surprise not all for the worst. Don't get me wrong cancer sucks; the chemotherapy, feeling sick, double mastectomy and all the other lovely surgeries I still have in front of me is not fun at all. Not to mention it is also an emotional rollercoaster one minute laughing and having a joke, the next minute tearing things up yelling and crying. I wouldn't wish it upon anyone.

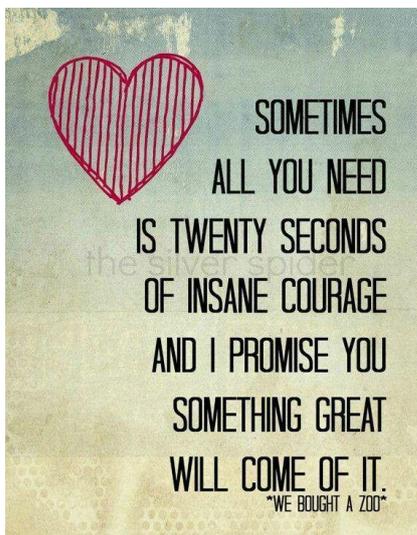
However, throughout everything I have met amazing and inspirational people; I have learnt so much about myself and also the people around me. I am stronger than I ever thought I could be and I no longer get hung up on the stupid little things. When you go through something like cancer, it makes you look at everything differently.

"Sometimes the best things in life aren't things but people that make you feel loved and cared for."

SolarisCare has played a huge part in making my cancer so much more bearable. It gave me a safe place to relax, unwind and escape. I felt very lucky to go and get a few massages and do some meditation and yoga at SolarisCare Sir Charles Gairdner Hospital and South West. Furthermore, it gave me piece of mind to know that those who were caring for me, my parents and my house mates in Perth, were also being looked after and could have a well-deserved break.

SolarisCare had been a large part of my family's life before I was even diagnosed. My mum is volunteering and has worked for SolarisCare South West for many years. I organised charity dinners that raised money for SolarisCare, in 2012 and 2013. It was ironic that I have ended up using their services.

I was honoured to be asked to be the SolarisCare Red Sky Ride Ambassador for 2016. From this role I hope to spread the good work of SolarisCare to lots more patients so that their cancer experience can be made that much easier by SolarisCare and the beautiful staff and volunteers there.



Read Emma's blog "The Cancer Journey: Challenging the Statistics"
<http://mmakwhite89.blog.com/page/2/>