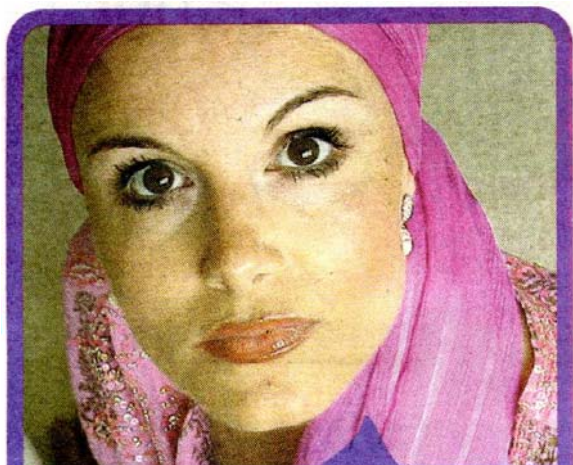


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## REBEKAH'S JOURNEY

Former Casualty star Rebekah Gibbs, 35, was diagnosed with breast cancer in April, just 10 weeks after giving birth to her daughter Gigi. This week in her exclusive diary Rebekah reveals how she's feeling optimistic...



I'm feeling so much happier this week.

I've mentioned before how I'm obsessed with August 22 – the date my chemo ends and my new life begins – and now my friend Madeleine has made it all the more poignant.

She had breast cancer too and sent me something thoughtful in the post this week.

It was a page from one of those calendars where you tear off a new date every day to find an inspiring message.

The one she'd sent me featured a quote from French scholar Michel de Montaigne. It read: "The value of life lies not in the length of days but in the use we make of them."

And the date? August 22 of course! It totally sums up the way I feel about life at the moment and reading it uplifted me. I feel like it's a sign that things are on the up.

Soon the chemo will be over and I'm looking forward to making the most of my life.

I think the special honey I've been taking, Life Mel, is having a positive affect on me. It's supposed to benefit the key blood cells affected by chemo, and can help with side effects including low blood counts and tiredness. I'm definitely feeling chirpier and have more energy. I also don't have mouth ulcers this time which is a relief!

The chemo still makes me feel exhausted and clammy but I feel like the honey has taken the edge off a bit – which can only be a good thing.

As I'm feeling so much better I decided to give in and accompany Ash, my fiance, to a classic cars fair near our home.

There are hundreds of things I'd rather do and usually I'd cry off, but instead I smiled and tried to feign enthusiasm.

We put Gigi in her pram and met Ash's sister, his

and little nephew, George, there.

Ash looked like a kid in a sweet shop. I lost him about 10 times only to find him drooling over an old Ferrari like it was a leggy blonde. He's such a boy.

While I was trying not to look bored a couple of Mirror readers spotted me and came up to say hello.

It's the nicest thing. When I was in Casualty people used to come up and I'd feel embarrassed as I was just someone pretending to be a paramedic on TV. But now I find it so touching. It means the world to me

### YOUR MESSAGES FOR REBEKAH

REBEKAH, I went to school with you and heard about your awful breast cancer battle.

You seem the same as I remember you – positive, upbeat and smiley. I'll never forget playtime with you directing us all in The Sound Of Music – great times.

It would be lovely to hear from you, and I wish you and your family well. Tara x

that people can relate to this column, are so supportive and so sweet about Gigi.

Talking of the little madam, this week we treated her to a pink baby bouncer. Her little legs dangle through and she bounces up and down giggling with her limbs flailing madly.

Hilariously her new moves are a chip off the old block. Ash does this kind of comedy 80s thing on the dancefloor and I've noticed Gigi's the same!

So the pair of us can't get enough of sitting there, laughing, as she does her best daddy dancing, and erupting into cute baby giggles. It's priceless.



If you want to send a message of support to Rebekah or see her exclusive online diary, you can log on to [www.mirror.co.uk/rebekahsjourney](http://www.mirror.co.uk/rebekahsjourney)