

voice

Cancer Information and Support Centre

The Patients' Newsletter

Edition 10

BHOC has been 'Refreshed'!

Welcome to the Refreshed BHOC! For those of you who have visited the hospital in the last few months, I hope that you have been as pleased as we are with the results of the last year or so. Thank you for being so patient whilst all the work was going on. The main reception is now light and airy, and I hope that the standard of the environment now mirrors the level of clinical service that our staff provide. We have still got a few of the art installations to go, mainly in outpatients and the lift lobbies, and we hope to have them in place soon, maybe even by the time that you are reading this. We will also have held an Open Day (Saturday 5th March), which will give the public a chance to come and see the transformation that the kind donations and fundraising have enabled us to make.

Our radiotherapy department has been working hard and has developed two patient information DVDs. Both projects were led by Jancis Kinsman, Advanced Practice Therapy Radiographer. The first one, for children, was created by Aardman animations, and is called 'One of a Kind', and it won an award at the Excellence in Oncology Awards at the end of last year. Soon it is going to be put on the Macmillan website (www.macmillan.org.uk) too. Adults aren't being left out either, and the finishing touches are being put to an adult patient information DVD. It hasn't been done by Aardman, but it has been narrated by Anthony Head, of the Gold Blend advert and Merlin fame.



If you have any questions or comments, please feel free to contact me (0117 342 4148) Fiona Jones, Deputy Divisional Manager



Cast around in the latest copy of Voice to see some fishy goings-on.



Perch yourself down and read all about 'My Special Oak Trees'.



Swing by and see how the Friends of BHOC have helped this hospital.

Pictures are of glass artwork in the Centre

NEWS FROM THE FRIENDS OF BRISTOL

Mike Bright has been the carer of a patient at the BHOC day care unit for many months and consequently spent many hours in the department himself. During this time he noted that the televisions were old analogue sets and that there was little distraction for patients, apart from reading and sleeping! Between 30 and 40 patients attend each day and sometimes treatment can last for hours.

Mike decided to do something about it and proposed to the committee of the Hartcliffe Community Centre (where he is the secretary) that they hold a charity night to raise enough funds to purchase 2 x 32" flat screen TVs to benefit both patients and their families. It soon became apparent that they would exceed their original goal so Mike spoke with myself in the Friends office one day and I told him how a request had been made for 2 air mattresses for ward 61. These would cost in the region of £4,000 each + VAT. With the help of the committee and community centre members, dona-



tions from Wilkinson's Stores, Bristol, Bob Munroe productions, Endemol (Deal or no Deal) productions, Glen Rose Residential Homes, Ramada Jarvis Hotels and Debbie's Karaoke the money soon came pouring in.

On the 5th February the charity night was a great success, with live entertainment, disco and a very profitable auction, not to mention head shaves, raffles and ticket sales, the event raised over £4,500 and money is still coming in. Mike says that it proves that with a little effort things can be done to improve the well-being of a lot of people.

I personally would like to thank Mike for what I know was a very big effort and for how hard he worked to make the evening as enjoyable as it was. Very many thanks also to all at Hartcliffe CC for their support and generosity. A special mention must also go to the President, Ron Barry, for his auctioneering prowess, and to Neil James, the photographer, for capturing so many memories of a great night.

Steve Moorlen first became involved with the Friends when his mother-in-law, Doreen Turner, was a patient here way back in 1997. His first fundraising event was a disco which raised £1,725 which was donated to the Open Scanner appeal. Quite a tidy sum all those years ago!

Since then he and his wife Carole have organised numerous events – charity nights, golf days, quizzes and mulled wine at Christmas to name but a few. They are fortunate enough to have a very generous band of supporters, mostly living in Hallen and the surrounding area. I think Steve must be excellent at cajoling as these loyal folk, along with family, appear to turn up at every function he cares to arrange, they even buy our Christmas cards! We really appreciate it.

When I started working for the charity in 2004 I quickly became aware of Steve and the regular funds he was sending in to the office, so about 5 years ago, with the backing of John Miles, our Chairman, I asked Steve to join our Main Committee and luckily for us he accepted. I now attend some of his charity nights at the Hallen FC in Moorhouse Lane and am really impressed by the dedication of all those who have been so kindly supportive of our cause for so many years.

A special mention also to Andy of MB Frames for his sponsorship and generosity and for the wonderful £6,000 he presented to me in October.

Steve is on target to reach a fundraising total of £50,000 this year which is absolutely fantastic and I would just like to say a huge thank you to him, Carole, their families and all the residents of Hallen and Beyond! Good on you Amp!!



HAEMATOLOGY AND ONCOLOGY CENTRE



My name is Sabine and I am 37 years old. I was diagnosed with bowel cancer 2.5 years ago. I had an operation and had to undergo chemotherapy here at the Bristol Haematology and Oncology Centre. To have to undergo chemotherapy was another blow on top of the emotional rollercoaster I was already on. Unfortunately I had to be admitted onto the oncology ward several times, because I crashed a few times while I received Chemo. My body couldn't cope and I reached my limits. Like other cancer patients, I asked myself, „Why me? What else do I have to go through to beat this horrible disease?“ Finding the strength I needed when I was already weak was very hard, but the knowledge that I was in good hands here at

the Oncology Centre was reassuring and gave me much hope.

I recovered fairly quickly and could continue with the next cycle of chemo. The nursing staff were amazing, very professional, always there for me and made my stay as comfortable as possible. I cannot even find the right words to thank them enough for giving me hope, strength and belief in myself to fight cancer. And the doctors too, who discussed my situation openly with me, took time for me and explained everything in a way I could easily follow.

Now 2.5 years on, I am in the screening program and my results are very good. I know the fear of having a recurrence will not stop after 5 years, but hey ho - I think I am on the right track to making it! I will continue to try to beat cancer!

Even during my treatment I decided I wanted to do something personally challenging and to give something back to BHOC. Along with my partner Tamara Khayatt and 2 friends Tania Kinane and Claire Stuckey, we decided to run the Bristol 10km to raise money for „Friends of BHOC“. (See photo.) Not being particularly sporty types, it took quite a bit of training. We all managed to run the whole way and we raised approx £1,300 between us. I ran in order to say thank you to the amazing staff who helped me through the darkest time of my life. I also ran in the hope that this money will help to cure other patients, who are suffering from cancer too and make their stay on the oncology ward as comfortable as it can be.

Thank you BHOC for your great help and for saving my life! I will always be grateful.

Warmest regards and best wishes to everybody at BHOC.

Sabine Torgler

P.S.: To my partner, family and friends: Thank you all for your help and love, which gave me strength to get through this very dark time. You were my sunshine and I love you all! Sabine xox

This is Nick Jennings of Ashton who took part in the Bristol Belter Sportive 2010 to raise money for the Friends. Nick's mother-in-law had been a patient here and was so grateful for the care she received from the wonderful staff that Nick wanted to do something special for her.

On 3rd October, a wet and windy day (obviously), he commenced his 151km cycle ride from Redwood Lodge. His route took him through Portbury, Clevedon, Brockley, a very steep Burrington Combe and Cheddar Gorge, Chew Magna and Barrow Gurney, eventually finishing back at Failand. The total hill climb over the course was around 1,900 metres – every rider deserved a medal at the finish line, not a cup! The course took Nick 7 hours and 30 minutes and unbelievably he said he would do it again!



Nick says that without the help and encouragement of certain people his fundraising would not have been such a success, in particular his wife Tina, children Gemma, Lee and

Thomas and granddaughter Laila, his family and friends.

A special thank you to all at Bailey's Caravans and Mud Dock Cycles for their very kind sponsorship and support. Nick says it was a real honour and pleasure to give something back to the Centre and we are most grateful to him for his kindness and obvious stamina!

☆ VERY ☆
Important notes!
☆

My Special Oak Trees

In Summer 2004, I went on a trip to Lustleigh, where I found 5 acorns. When I arrived home a few days later I planted all five of them. By Spring 2005, three out of the five acorns had turned into saplings and at about the same time my Nan was diagnosed with cancer. I cared for the three acorns that had survived the winter. A few months later I decided that one of my presents that I was going to give my lovely Nan for her 60th birthday was one of my Oak Trees. I chose to give her one because I loved her so much and I knew she would care for it as well as I had. Nan loved the tree and talked to it every day, and as looked after it as well as she could. Nan believed as the tree grew stronger and healthier, so did she. This year marks the 5-year anniversary of my Nan's diagnosis, Nan's tree is strong and healthy, just like Nan. That is the story of my special acorns.

By Olivia Leebber, Aged 10.



A picture of Olivia, her brother Harry and Grace, her Nan.



Carer's Strategy Group

Do you look after someone who couldn't cope without you?

Since April 2010, the Trust has set up a **Carers Strategy Group** to help improve the experiences of Carers in the Trust. This means improving the services to Carers, providing better information and helping Carers in their valuable role to patients. In April 2010 Michelle Doubtfire was recruited to help the Trust implement these changes and improve the experience of Carers throughout the Trust. A Carer's page has been set up on the Internet at <http://www.uhbristol.nhs.uk/patients-visitors-and-carers/carers>

Am I a Carer?

A Carer is a person who provides substantial, **unpaid** care on a regular basis to a relative, friend or neighbour. The type of caring they undertake may vary in nature and in amount. Carers can be all ages, genders and from diverse backgrounds and so the support they require needs to reflect this. Not everyone recognises themselves as carers but see themselves as spouses, daughters, sons, sisters or nephews etc. You may be a young carer who looks after your mother, a husband who looks after his wife with dementia or a parent who looks after their child with learning difficulties.

If you just want to come along to get information and support then drop in at any time. **If you are a carer and would like to come to a focus group please** contact Michelle Doubtfire on michelle.doubtfire@uhbristol.nhs.uk

More Help and Support

If you are a carer, you are also entitled to a **Carers Assessment** to assess your needs and to help you to continue caring. You could be a young carer looking after your Dad with haemophilia, or a husband who is looking after his wife with cancer and needs help to continue to care. You can contact Bristol City Council about an assessment telephone **0117 922 2700** or email adult.care@bristol.gov.uk or you can get an assessment through your local carers' centre by calling 0117 939 2562. There are many organisations that offer FREE information, support and advice which are listed below.

Carers Direct offers free, confidential information and advice for carers. They can be contacted on 0808 802 0202

and lines are open 8.00am to 9.00pm Monday to Friday, 11.00am to 4.00pm at weekends. Carers can also ask for a call back in more than 170 languages.

Need a listening ear? You don't need to be religious to get help from our **Spiritual and Pastoral Care Team**. Having a friend or relative who is ill and in hospital can be very worrying and you may sometimes find it hard to balance your needs with theirs. You can call them on 0117 342 0607 or within the hospital on ext 20607.

"In our quest to continually improve the care provided to our patients, it is so important for us to engage with and recognise the invaluable contribution that carers make. Historically this has not always been the case. The Carers Strategy we are developing, with carer representatives will help us to do this and I am sure will result in better care and communications between patients, carers and staff." Alison Moon - Chief Nurse.

Below is a list of **Bristol-based** carers' organisations who offer help.

Alzheimer's Society; 0117 9610693 <http://www.alzheimers.org.uk>

Princess Royal Trust; Carersline 0117 965 2200: <http://www.prtcarserscentre.org.uk/>

Bristol City Council Care Direct 0117 922 2700: <http://www.bristol.gov.uk/>

Black Carers Project; 0117 914 4492 <http://www.blackcarersproject.co.uk/>

PRT Carers Centre Young Carers; 0117 939 2562: <http://www.bsqyc.org.uk/>

Rethink Carers' Service; 0117 903 1803: <http://www.rethink.org/>

Crossroads Care Bristol North; 0117 983 9955 www.crossroads.org.uk/bristolnorth

Crossroads Care Bristol South; 0117 353 3135: www.crossroads.org.uk/bristolsouth

Dhek Bhal (South Asian carers' support); 0117 955 6971: <http://www.dhekbhal.org.uk/>

Bristol and Avon Chinese Women's Group; 0117 935 1462: <http://www.bacwg.co.uk/>

If you would like to get involved in the Trusts work with Carers and help us

Improve our services please contact Michelle Doubtfire via michelled@carers-bs.org.uk or michelle.doubtfire@UHbristol.nhs.uk



SWFFL is a fishing club which we set up in April 2008 at Wimbleball Lake, on Exmoor, for people who are living with or recovering from breast cancer. The fly casting techniques have been proven to be very beneficial to build up tissue and muscle. The people do not have to have a knowledge of fishing as we have qualified coaches on our days to teach them.

The days are free to anyone - we start at 10 am with coffee and finish around 1 pm with a BBQ lunch of fish ,which are donated by fishermen who fish on the lake. In the winter we still meet on the first Sunday of the month for tuition in fly dressing ready to catch fish next season. The club started with 5 ladies and we have grown to 25.

Our members have found a new interest in their lives and, what is most important, new friends who are or have been through the same experiences. They have all become friends and are helping each other to carry on with life.

We are self funding and have obtained small grants to help with purchasing equipment.

In 2010 we started a group at Kennick Lake in Devon. This year we are launching yet another group in Cornwall at Sibilyback.

If you would like to know more about SWFFL or like to come and see us please look at our web site www.southwestfishingforlife.org.uk or ring Gillian 01398 371244



The Fisherman's Prayer

God grant that I may live to fish
 Until my dying day
 And when it comes to my last
 cast
 I then most humbly pray
 When in the Lord's safe landing
 net
 I'm peacefully asleep
 That in his mercy I be judged
 As good enough to keep.

A1 Lung Cancer Support Group

We are a friendly support group who meet monthly at the Fry Club in Keynsham at lunch time and organise several social activities throughout the year, namely BBQ's, ten pin bowling, cake sales and Christmas lunch.

We always welcome new members who come along (patients and carers).

So far we have raised money for syringe drivers for the BRI and at the moment are waiting for delivery of a haematology chair for BHOC, also oxygen saturation monitors for Southmead for the respiratory wards.

If you are interested in joining us? Give one of us a call:

Mike & Lynn 0117 983 2895, Maureen & Dave 0117 937 3825, Olive 0117 935 5405

HEADSTART

‘To turn a negative into a positive’



If you are experiencing hair loss and would like an alternative to wearing your wig, why not come to the Information and Support Centre to see all the hats, scarves and berets there.

The Headstart team are in the Centre on Wednesdays between 10 am and 4pm. They will show you what is in stock and demonstrate how to tie the many scarves and wear the host of hats available. On other days of the week the staff at the Centre are very willing to show you what is on sale as well as help with how to wear scarves.

The service available at the Information and Support Centre was set up by Marilyn, Carol and Margaret after a visit to Christies Hospital in Manchester in 1977. The Bristol set-up has gained in popularity and support since that date.

Improving Cancer Services for BME (Black & Minority Ethnic) patients

As you may be aware from previous issues of this newsletter, the NHS in Bristol has a service aimed at meeting the needs of BME cancer patients and carers. The results of previous studies are reinforced by the recent Department of Health (DoH) National Cancer Patient Experience Survey Programme which indicates that white patients are more likely to report a more positive experience of cancer treatment and care than those from minority ethnic backgrounds.

http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_122520.pdf

As part of the DoH strategy for improving cancer services, the National Cancer Action Team (NCAT) is working with a number of BME organisations and cancer networks to understand why BME cancer patients are reporting less favourable experiences. In particular, NCAT have launched the **National BME Cancer Patient Advisory Panel** which aims to give a voice to BME patients and their carers and to provide the NHS with information to help improve services so that they are more equitable.

Who can join? *Anyone from a BME background with experience of cancer (including family members and carers) who are aged 16 or over.*

How can I join? *Ring freephone number 0800 634 7382 or complete an online application on the website www.cancerinfo.nhs.uk. There are also some forms available where you can request for an application to be sent in the post; you can obtain these from Marion Boateng on 0117 982 8549. Information is also available in a number of languages – please also contact Marion for details.*

What will I have to do? NCAT will contact you to take part in a survey up to four times a year either by phone or email. The surveys will cover things like your experiences of diagnosis, treatment and the care or services you received. The outcome of each survey will be communicated to you through a newsletter. Surveys can be carried out in your preferred language. Information will remain confidential and only used to help and assist with improving cancer services for all.

Local contact is Marion Boateng - Tel: 0117 982 8549 or marion.boateng@nhs.net



Ken Brock, of the Collar Group for patients with head and neck cancer, receiving his Communities Award from South Gloucestershire Council and Filton College for all his work in connection with cancer. The ceremony was on 10 March 2011 at the BAWA Club.

WATCH OUT FOR THE ENDINGS!

The last thing I want to do is hurt you. But it is still on the list.

I asked God for a bike but I know God doesn't work that way so I stole a bike and asked for forgiveness.

Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.

The early bird might get the worm but the second mouse gets the cheese.

How is it that one careless match can start a forest fire but it takes a whole box to light a camp fire.

I didn't say it was your fault. I said that I was blaming you.

I thought that I wanted a career but it turned out that I just wanted the pay cheques.

Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.

A clear conscience is usually the sign of a bad memory.

Whenever I fill out an application form, in the part that says 'if an emergency notify...'

I put DOCTOR.

I saw a woman wearing a sweatshirt with the word 'Guess' on it... so I said 'Implants'.

The voices in my head may not be real but they do have some good ideas.

I used to be indecisive but now I'm not sure.

Some cause happiness wherever they go, others whenever they go.

Change is inevitable except from a vending machine.



Jo's Cervical Cancer Trust



By Georgina Hannay

Jo's Cervical Cancer Trust (Jo's Trust) is the only UK charity dedicated to women and their families affected by cervical cancer and cervical abnormalities. Their aim is to offer information, support and friendship to women of all ages, to help them to understand the importance of cervical screening, and to provide their own personal brand of support if their screening shows up abnormalities or if they are diagnosed with cervical cancer.

They look to provide comprehensive, easy to understand information about cervical cancer, cervical abnormalities and their subsequent treatments.

From having had personal experience of cervical cancer I can't praise Jo's Trust enough. From day one they helped and supported me with all the relevant information I needed access to, with the ability to be able to talk to other women going through what I was with the use of their online forum boards and private messages with other members.

They have an expert panel who you can contact with medical questions which was a godsend for me. They pride themselves in aiming to help you understand every step of what you're going through, and I can confidently say they did, they have and I have no doubt they will continue to.

So inspired by the help that they have given me and what they can do for others I have decided to run the Bristol 10k to raise money for Jo's Trust and have recently applied to become a help-line volunteer offering support, information and referrals to women, their families and their friends affected by cervical cancer and cervical abnormalities.



Georgina collecting for Jo's Trust

I really can't thank them enough

For more information about Jo's Trust please visit: www.jostrust.org.uk

Thoughts

Life is not measured by the number of breaths we take, but by the moments that take our breath away

Trust your own instincts. Your mistakes might as well be your own, instead of someone else's. (Billy Wilder)

Not all those who wander are lost. (J.R.R Tolkein)

The most important trip you may ever take in life is meeting people halfway. (Henry Boye)

Difficult things take a long time, impossible things a little longer. (Andre A Jackson)

It doesn't matter how slow you go, as long as you don't stop. (Confucius)



A MESSAGE FROM THE CHAIRMAN OF THE FRIENDS OF BHOC

help cure cancer For the last 17 years it's been my great pleasure to have acted as Chairman of The Friends of Bristol Haematology and Oncology Centre.

The first big project we attempted after I became Chairman was to raise money for an Open Scanner. Our initial target was just over £1 million but in the end we had to raise considerably more to pay for staffing and training over the first 3 years plus add-ons to keep the machine up to date and in the end we raised closer to £2 million.

Over the following years, The Friends have raised further millions of pounds to fund a multitude of projects. To name a few:-

- refurbishing the reception area a couple of times.
- decorating wards 61 & 62 (£14,000).
- providing the conservatory area and roof garden, although today are no longer in use
- funding the set up of the information/support centre plus paying for relaxing literature and DVD's and supporting some of the salaries
- providing £80,000 for the installation of 49 televisions in the wards.
- refurbishing conference rooms and supplying computers.
- electronic journals for the library £24,000

We have raised millions to provide much needed equipment including, in more recent years, Elektra Synergy £550,000; Digital X-ray £230,000; Head and Neck Mobiliser £61,000; Imaging Equipment £60,000 plus many smaller items such as chemotherapy pumps, wheelchairs, breast gowns etc..etc...

In the areas of research, we have funded much research work and too much to list but includes:-

- converting offices to create the clinical trials suite
- subsidising the Chair of Oncology at the University at £50,000 a year for four years
- brachytherapy £123,000.
- Professor Stephen Gill research.
- James Brennan's Palliative Care.
- Psychologist for 2 years £56,357.

We have just contributed £326,000 towards the Refresh project.

The House Committee also play such a vital role at the hospital helping to make patients' stays as least stressful as possible. Areas which they have helped include:-

- the Quiet Room.
- providing furniture for the relatives room on ward 61 and tutorial desks.
- DVD and Wii machines for the day rooms.



- bedside lockers and patients' chairs for all beds on both wards.
- new curtains and blinds.
- small things like providing the cost of a Christmas tree and maintaining the aquarium, which I'm sure make all the difference to a patient's visit.

This is just a very small selection provided by The Friends from the funds we have raised and would not be possible if the committee members had not given up so much of their time and who all do this on a completely voluntary basis - so I thank every one of you most sincerely.

Of course, we thank the good people of Bristol and surrounding areas including the whole of the South West, who have raised such vast amounts for us from concerts, street collections, cycle rides, walks, coffee mornings, raffles, dances etc..etc...

A good friend of mine, Alistair Cole, is doing a sponsored walk from John O'Groats starting on April 13th and finishing in Lands End on May 15th. The money raised will be used by The Friends for a specific item in memory of Alistair's sister, Liz, who died of cancer last year. Further details can be found on www.blobbyswalk.com.

We would love to hear from anyone wishing to raise funds for The Friends. Please contact our secretary Liz Pritchard on 0117 3423432. Our website is www.friendsbhoc.org.uk

"We are dedicated to helping patients at the Centre by purchasing specialist equipment, funding research into new treatments, improving the environment in which patients are treated and providing comfort and support to them and their families. We are totally dependent on voluntary funding".

John Miles

Chairman of The Friends of Bristol Haematology & Oncology Centre

ADVERTS - DO YOU BELIEVE THEM ?

FREE PUPPIES - New breed - ½ cocker spaniel. ½ sneaky neighbour dog.

FOR SALE - Eight puppies from a German shepherd and an Alaskan husky.

HORSE MANURE - 50p pre-packed bag. 20p do-it-yourself

ALL BIRDS - Going cheap

FREE – Eight year old Yorkshire terrier. Hateful little dog.

PUB SIGN – Hot beer. Lousy food. Bad service. Welcome

SPECIALS EVERY DAY – (Monday – Wednesday) seen outside restaurant

Bargain basement upstairs

FOR SALE – Antique desk. Suitable for lady with thick legs and large drawers,

TIRED OF CLEANING YOURSELF— LET ME DO IT

THIS FATHERS' DAY HAVE THE KIDS SHOT . (photographer's advert)

FOUND - Dirty white dog....looks like a rat....been with us for a while now....there'd better be a reward.



In the grid there are 50 names of girls.
How many of them can you find?
(Answers page 22)

A	N	N	M	A	R	R	T	P	I	B	N	S	R	O	A	S	E	T	H	W	M	N	L	Z
O	N	I	O	N	O	F	W	M	A	R	T	I	N	R	A	C	H	A	E	L	B	G	A	E
S	F	N	R	T	G	I	N	A	N	I	B	V	O	I	L	C	W	W	B	O	M	A	R	G
G	A	N	A	V	W	N	L	M	A	E	G	S	B	M	B	S	E	A	B	E	Z	A	R	A
D	S	H	A	N	N	A	H	E	W	B	E	E	N	A	N	V	R	W	B	Y	X	A	M	K
O	J	A	B	W	V	E	R	O	N	I	C	A	R	C	D	M	O	V	I	O	L	E	T	S
N	R	U	E	T	X	Q	W	A	N	S	F	M	Z	Y	A	R	S	O	P	Y	M	C	A	M
N	C	W	D	I	T	Y	N	X	O	N	I	O	M	V	X	A	A	M	A	N	D	A	T	N
A	W	M	A	I	B	I	B	Q	B	I	E	D	L	C	T	A	R	I	F	O	L	I	B	A
Q	C	X	N	M	T	R	I	O	A	W	C	A	N	I	Y	C	A	C	P	L	A	T	A	R
B	W	A	V	C	O	H	D	L	V	N	O	D	X	A	V	E	H	H	Y	L	I	L	L	E
S	T	A	C	E	Y	B	L	A	W	O	R	N	L	V	O	I	C	E	B	R	U	I	U	S
O	A	B	E	T	L	E	O	F	X	R	O	I	N	D	N	O	A	L	A	U	I	N	S	O
T	X	W	T	O	D	A	V	I	B	B	A	L	B	O	N	Z	C	L	Q	B	M	A	R	R
R	A	L	C	M	I	X	O	E	R	A	Z	E	L	K	E	X	T	E	N	A	J	I	U	M
I	C	B	I	D	R	A	I	M	A	I	O	B	E	R	M	Q	O	C	I	L	W	C	E	I
O	H	R	U	S	T	R	M	A	I	C	I	R	T	A	P	E	T	R	Z	P	A	N	D	R
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S	E	I	Z	C	R	U	M	I	C	O	U	R	T	N	E	Y	L	R	O	T	M	T	E	D
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M	E	F	C	A	T	O	C	E	N	E	W	V	N	Y	O	H	I	L	D	A	R	P	L	E
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I	O	R	U	F	E	L	G	I	R	A	W	N	K	J	L	G	O	S	A	M	A	R	Y	I
H	S	O	K	I	P	O	R	C	H	A	R	L	O	T	T	E	X	W	L	E	N	O	L	M
E	I	S	B	Y	O	C	K	L	E	V	E	L	Y	N	U	C	H	T	B	W	K	N	U	P

St John Ambulance Carers Support Programme

DO YOU CARE FOR SOMEONE AT HOME?

WOULD YOU LIKE SOME ADVICE, NEW SKILLS OR INFORMATION?

This FREE carers support programme is delivered by a Registered Nurse. The course can help and provide training. A certificate is awarded on completion

Dates for 2011 are: 21st, 28th, June: 5th 12th July: 21st 28th September: 5th 12th October: 15th 22nd 29th November: 6th December

The courses are held at the Vassall (Carers) Centre, Gill Avenue, Fishponds from 10am until approx. 2pm. Lunch and all handouts are provided.

Contact Judith Goldsmith, Manager for booking or more information

0117 9786050 or judith.goldsmith@avon.sja.org.uk

BRISTOL SARCOMA SERVICE

There have been many changes to the Bristol Sarcoma Service (BSS) over the past year which have all helped to create a more patient-friendly system.

John Dixon, who established the service, has retired and he has been replaced by Paul Wilson and Anthony Macquillan, both sarcoma plastic surgeons. As a result the surgical, diagnostic and some follow-up clinics have moved from Southmead Hospital to Frenchay Hospital.

This move has also enabled a new 'one stop' diagnostic service to be set up which means that anyone with a suspected sarcoma can see a consultant surgeon, have an ultrasound scan and undergo a biopsy all on the same day. In most cases the results are then available within a week, minimising stress to the patient.

The BSS team are always looking at ways to improve and develop the service and have recently recruited new patient/carer representatives, Peter Warne and Sarah and Catherine Atkins. They will attend quarterly sarcoma site specific group (SSG) meetings to give patient/carer views with the aim of improving the service further. We are a small, friendly and welcoming bunch so please consider coming along.



Bristol Sarcoma Group will be homeless from the end of the year!

Our current meeting place at Bristol General Hospital is closing at the end of 2011 so we urgently need to find a new venue to ensure our monthly meetings continue. Parking, disabled access, timings and cost are all things we must consider but we welcome *any* suggestions.

For more information on the BSG email Andrew Sheppard (patient rep) at info@bristolsarcomasupport.co.uk or contact Christine Millman (sarcoma clinical nurse specialist) at christine.millman@uhbristol.nhs.uk or on 0117 3424849.

What are sarcomas?

Sarcomas are cancers of connective tissues, such as bone, muscle, nerve and cartilage. They account for about 1% of all cancer diagnoses each year.

Bristol Sarcoma Group

We continue to meet monthly for an informal chat with a good mix of regular and occasional attendees.

Our 'Christmas' meal eventually took place in January at Cosmo restaurant, postponed because of bad weather in December and was enjoyed by all. There are further social and fundraising occasions planned for the coming year so look out for details, and any new suggestions are welcome.

Our monthly meetings often include a guest to speak on a particular subject. Recent speakers have talked about the role of surgery in treating sarcomas and Penny Brohn cancer centre.

Meetings are held in the Windsor Room at Bristol General Hospital from 4pm to 6pm on the third Monday of every month and anyone affected by sarcoma is welcome.

Retiree Bathtub Test

During a visit to my doctor, I asked him, "How do you determine whether or not a retiree should be put in an old age home?"

"Well," he said, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the retiree and ask him or her to empty the bathtub"

"Oh I understand," I said. "A normal person would use the bucket because it is bigger than the spoon or the teacup."

"No" he said. "A normal person would pull the plug. Do you want a bed near the window?"



HEAD AND NECK CANCER SUPPORT NEWS

Ken Brock (Collar Group) and Liz Eley (Head and Neck Patient Network) have been busy presenting to public Overview and Scrutiny committees findings from the Head and Neck / ENT service review. We are pleased to be offered the opportunity in public to demonstrate that jaw replacement and reconstruction need not be regarded as a halt to normal activity – well we are both getting on a bit so we would probably be dribbling our soup anyway!

Ken runs the Collar Group, which is a Bristol based group of cancer patients with regular meetings and events for patient support. He also helps patients at home after discharge if they feel the need and directs them to sources of relevant help. He had his jaw replaced from his

hipbone in 2005 at Southmead followed by radiotherapy. He organises and comperes concerts, is involved with his local brass band (he used to play) and keeps very busy with 'this and that'.

Liz, living in Somerset, is linked to the Collar Group but offers telephone, e-mail or chat-over coffee links for people who live outside Bristol or who do not want to go to a group - called the Head and Neck Patient Network. She had a half-jaw replacement from her arm at RUH in 2005 and a complete replacement from her fibula (apparently a 'spare') leg bone in 2008. She runs a small farm with angora goats, pigs, shire horses and chickens. She has two wolfhounds so there is still life after major surgery!

If you would like to contribute ideas to the service for yourselves, please contact us.

We'll keep you up-to-date with what is happening. Also we appreciate funny stories or tips to pass on.



Liz Eley and Ken Brock of The Collar Group

If you need or could offer H&N patient support, we run a Patient-to-Patient Support Register. Individual informal chats and help, telephone or e-mail links, or group meetings – your choice. We're there if you want us!

**Liz Eley
H&N Cancer Support Network
39 Butts Hill
Frome
BA11 1HR**

**Ken Brock
Collar Group
3 Shanklin Drive
Filton
Bristol BS34 7EL**

**01373 472312
liz.eley@uwclub.net**

**0117 3304968
badger0838@gmail.com**

DOG WORDS—all the answers have the word 'dog' in the answer (answers on page 19)

Worn by a clergyman

A small shark

A general drudge

Something very untidy

Used by diners to take uneaten food home

Cigarette butt

Learners' swimming stroke

Turned down at the corners

Sharp bend

Completely weary





Bristol Testicular Cancer Service News and Events

The Bristol Testicular Cancer Service (BTCS) and the user group *It's in the bag* have been working together on a few projects.

Testicular Cancer Support Group

The Bristol Testicular Cancer Service (BTCS) provided a support group for men with Testicular Cancer every 8 weeks from 5—7pm in a Bristol pub for three meetings. These were arranged following a project asking the views of other patients for the kind of support they wanted. Initially the meetings were well attended, but unfortunately, the numbers reduced, prompting the team to conduct a survey asking men if they would like the support group to continue.

The survey was carried out between October 2010 and January 2011. 101 questionnaires were completed and 64% stated they did not wish to meet with other men, however 36% stated they did. The data clearly shows men would like to meet in the pub and 70% of those thought the meetings would be best placed on a Friday lunchtime near the BHOC. Advertising the support group needs to be in various mediums. We suggested the website, posters, flyers in clinic and Face Book. Some noted Twitter, which the trust are hoping to implement with our website and some ticked all of the mediums. The BTCS will organise a monthly meeting to take place in the Robin Hood Pub (St Michael's Hill) the last Friday of every month commencing 25th March 2011.

Living Well Beyond Testicular Cancer

The BTCS had a series of meetings and conversations with representatives from the Penny Brohn Cancer Care Centre to organise a survivorship course in line with the Cancer Reform Strategy 2007. This residential course took place in January 2011 at Penny Brohn Cancer Care at Pill.

This is some of the feedback received from the 7 men who attended

- the men felt the atmosphere was of quiet calm and the staff were attentive.
- the men felt like they gelled and were able to express their thoughts in a safe and trusting atmosphere
- the most important result of the weekend was the group gelling and having an opportunity in a safe place to talk about and share their experiences.
- all the attendees found this to be the most important aspect of the course that would encourage them to attend again.
- all the group felt they genuinely benefitted from the experience and would encourage others to do the same. They commented how more positive they felt after the weekend experience and truly enjoyed the time for themselves without the pressure of work, family and outside agencies.
- one of the attendees felt that the 'alternative' approach would discourage others from attending, especially our younger men and TYA's.
- the sessions on Finance and Relationships were far too short and all the attendees would have found these the most useful.

The BTCS are working with Penny Brohn Cancer Care Centre to look to the future of this course.

News:

Following the success of the Testicular Ball 2010 it is to be repeated. This year at The Grand Hotel Bristol 2nd July 2011, tickets available from Pete Styles 0117 942 6267 or information on our website.

The Website with all patient information is available on www.uhbristol.nhs.uk/itsinthebag



Cancer Information and

A confidential free service for anyone affected by cancer

Opening times Monday – Thursday 9 – 5pm, Friday 9 – 4.30 pm
Drop in / Telephone Helpline

Please drop in – **no appointment necessary** or telephone our helpline on 0117 342 3369
We can send information directly to you if you are unable to drop in or you may just need to talk.
We also accept referrals from healthcare professionals.

The Cancer Information & Support Centre is the first centre in the country to be run by ex-patients and carers. We have members of staff and a team of dedicated volunteers. Training in listening skills and in the skills needed to provide information and support sensitively is given to all volunteers.

We offer -

- A warm and friendly environment, where you can discuss how cancer is affecting your life.
- A safe space to talk through your worries about diagnosis, treatment, family difficulties, ending treatment

Our service is free and confidential to anyone affected by cancer; their relatives; friends and carers.



Information

We have information available on a range of subjects.

- Aspects of living with cancer and cancer awareness
- Details of other organisations both locally and nationally
- Types of cancer and treatments
- Free copies of a DVD 'Preparing for Chemotherapy'
- Support groups
- Travel Insurance
- Carers support
- Bereavement
- Health & well-being
- Life after cancer
- Financial assistance

Book a session with the Macmillan Benefits Service which offers -

- Information on benefits and allowances
- Help with application forms
- Help with one off payments

If you cannot find what you are looking for one of our staff or volunteers will be on hand to help.

Support Centre BHOC



Support

Coping with cancer usually involves a lot of changes in people's lives: meeting new doctors, strange tests, unfamiliar treatments and so many hospital appointments. Your working life may have had to change and relationships may seem different. With so much stress, some people find it helpful to talk to a trained listener who is not involved in their lives.

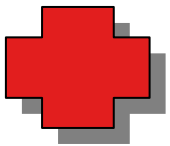
We can provide -

- emotional support by trained people who have experience of cancer
- support for partners, families and carers
- access to other areas of support
- bereavement support

Relaxation & stress management

We have a range of booklets written by resident clinical psychologists. These include

- Managing the stress of cancer
- Overcoming insomnia
- Mindfulness – a 3 minute breathing exercise
- A Relaxation CD and booklet



Red Cross

The Red Cross team provide neck and shoulder massages, hand massages and nail care free to patients, staff and carers. Call us to book a session.



Look Good Feel Better

Free makeup and skincare workshops for women coping with cancer treatments. Call us to book a fun session.



Creative Writing session

Fiona Hamilton an experienced facilitator and writer with counselling skills offers free therapeutic writing sessions. Call us for details or to book a try out session.



Headstart

The Headstart team will be available on Wednesdays between 10am and 4pm to help and assist with headwear for patients experiencing hair loss. Drop in for advice and for a demonstration showing different ways to tie scarves. Hats and scarves are also available during centre opening hours

If you have any comments on the work of the Centre we would be happy to hear them

If you would like to volunteer for the Centre or for Headstart please ask for details.

PROSPECT'S GLORIOUS GLORYFEST

Prospect is the Bristol and District Prostate Cancer Support Group.

In September we attended GloryFest at the Colston Hall. We have been working with a group of young African-Caribbeans who were very keen to promote awareness of Prostate Cancer amongst their community. GloryFest was a programme of gospel music, Jamaican folk music, modern music, dance, drama and poetry displaying some great local talent. There was even a quiz half way

through to see how much the 200 strong audience had learned about prostate cancer. Prospect's Chairman gave a 20 minutes talk about prostate cancer and a number of the group were present to run an awareness stand and answer any questions people had. The whole event lasted nearly 4 hours and was a great success in raising awareness of the disease. The African-Caribbean community is at three times the risk of developing prostate cancer so raising awareness is of major importance.



To contact a member of Prospect, please ring 01934 626799 or go to our Website www.prostatecancerbristol.org.uk

Dog word answers (from page 14)

Dog collar	Dog end
Dog fish	Doggy paddle
Dog's body	Doe eared
Dog's dinner	Dog leg
Doggy bag	Dog tired

WD 40 Part 11

In the last edition of Voice there were some helpful hints about many ways that WD40 could be used.

Here are a few more.....

1. Removes dirt and grime from the barbecue grill.
2. Keeps ceramic/terracotta garden pots from oxidizing.
3. Removes tomato stains from clothing.
4. Keeps glass shower screens free of water spots.
5. Camouflages scratches in ceramic and marble floors.
6. Lubricates noisy door hinges on vehicles and doors in homes.
7. Dead insects will eat away the finish on your car if not removed quickly! Use WD-40.
8. Gives a children's playground gym slide a shine for a super fast slide.
9. WD-40 is great for removing crayon from walls. Spray on the mark and wipe with a clean rag.
10. Spraying an umbrella stem makes it easier to open and close.
11. Restores and cleans padded leather dashboards in vehicles, as well as vinly bumpers.
12. Restores and cleans roof racks on vehicles.
13. Keeps bathroom mirrors from fogging.
14. Keeps pigeons off the balcony (they hate the smell).
15. Folks even spray it on their arms, hands and knees to relieve arthritis pain.



Outlook



Outlook is a psychology service which specialises in helping people who are concerned about their appearance, or the appearance of someone close to them. We work with adults, adolescents, children and parents / siblings.

We know that having an unusual or different appearance or experiencing a change in appearance, perhaps as a result of a medical condition or accident, can often be difficult to cope with. Many research studies have shown that small changes in appearance can be just as upsetting as large ones, and that hidden changes can be just as hard to cope with as visible ones. For some people, fear of being asked questions, stared at, or having to reveal a particular part of their body to others can sometimes make it difficult to maintain social activities and enjoy life. However it doesn't need to be that way.

Outlook offers focused, short-term help to give our clients the skills they need to cope more confidently with their thoughts and feelings about their appearance and the social situations they may face. Areas where we can help include: -

- Difficulties dealing with other people's reactions, e.g. comments, questions, staring, teasing and bullying.
- Low confidence or self-esteem, particularly about social situations.
- Anxiety about a current or future relationship.
- Trauma symptoms.
- Making decisions about surgery or medical treatments.
- Psychological preparation for surgery or other medical treatments.
- Self-consciousness related to appearance.
- Distress in connection with body changes.
- Difficulty getting back to previous activities or adjusting to new ones.
- Family issues e.g. distress and grief about a child or partner's visible difference.



We work with people with a range of conditions which might affect appearance, including:

- Effects of surgery and other treatments (e.g. scars, swelling, hair loss).
- Illnesses including cancer, stroke, facial palsies and neurological conditions.
- Congenital or genetic conditions, such as birthmarks, or an unusual or absent feature.
- Scarring from accidents like fires, car accidents or scalding.
- Skin conditions such as acne, psoriasis, alopecia and eczema.

If you think you, or someone close to you, would benefit from Outlook's support, please talk to your GP or other health professional, who can refer you to our service.

If you have any questions, or would like further information, please contact us at Frenchay Hospital (Bristol) on 0117 340 3889 or e-mail Outlook.dsu@nbt.nhs.uk. We also have a website with useful links to other organisations at www.nbt.nhs.uk/outlook.



A big THANK YOU to everybody who contributed to this edition of Voice. We hope that you will find something to interest you, inspire you, puzzle you or make you laugh!

We are always happy to take contributions for the next edition so either drop them in at the Information and Support Centre at BHOC or email one of our Voice team - patricia.murphy@uhbristol.nhs.uk.

OF MUTABILITY BY JO SHAPCOTT

Book review by Mary

This slim volume of poetry won the COSTA book award earlier this year. The judges praised it as “very special and uplifting”, saying “the subject matter was so relevant”.

Jo Shapcott’s poems are rooted in her experience of breast cancer. Her book is dedicated to the doctors who treated her but the disease does not dominate matters...“Forget what’s happening in my cells.” she asks the reader. The word cancer does not appear in the collection which deals with the subject of mortality. The poet has the ability to convey vulnerability without self pity. The poems are about life, hope and play and the poet’s warmth and humour shine through, celebrating the small wonders of life.

The mutability of the title refers to the concept of change... in nature, in the body and in human interaction... and is a reminder of life’s impermanence. The poet’s work has the ability to change the way you view the world around you. She explores the body’s relationship to the world in its fragility, toughness and mutability.

There are 45 poems in this collection. Each one stands alone yet there are connecting strands throughout, for instance there is the recurring theme of liquid water, tea, fountains, waves etc and of people looking skywards emphasizing human smallness.

Although Jo Shapcott has asked the reader to “forget what’s happening in my cells”, cells are a frequent theme in some of the poems ... “somewhere in my body the changed cells gathered” (Composition), “I could feel the membranes in my body tremble...” (La Serenissima), “cells itching, feeling jagged, turning raw...your blood tests turn the doctor’s expression grave.” (Of Mutability), “so many tablets you’d think his cells had shares in GlaxoSmithKlein.” (His ‘n’ Hers). Nature plays an important part in the poems. The poet writes of “damsons, twitching in the wind,” (Where I Lived), “those flowers with the faces of bereaved dogs and scared kittens” (The Death of Iris) and “grubbing through the bramble for blackberries.” (Shrubbery). In a series of poems about trees the colour of bark is described as “asphalt or slate in the rain” (I Go Inside A Tree). In Night Flight from Muncaster the reader becomes “an owl from your raptor talons to your huge eyes...”.

One rather different and affectionate poem (Somewhat Unravelled) is about a little old aunt with Alzheimers who gives the poet a hard time saying “with all your language you never became the flower your mother wanted”. The aunt is mentioned again in Shrubbery, “my poor little auntie tugging at the twigs of her dementia”.

This collection of poems brings a surprise on every page, even the most mundane subject is often portrayed in a powerful way but with warmth and humour. Re-reading these poems is really worthwhile as with each new reading one discovers something missed the first time round. A lovely anthology of verse.

Published by Faber & Faber ISBN 978-0-571-245470-5

RRP £12.99 (widely available for less)

LYMPHOMA SUPPORT GROUP

We meet on the 4th Monday of every month at 7.30pm at Wills Hall in Bristol.

Pictured is a photo taken at our New Year’s meal.

In July we will be celebrating 25 years of the Lymphoma Association with a celebration supper.

For more information please contact Chris or Geoff on 0117 965 7982
juniorpohl@hotmail.co.uk



Penny Brohn Cancer Care Living Well Clinic



Penny Brohn Cancer Care has started a new drop in service – the ‘Living Well Clinic’ for patients at BHOC. It will run every Wednesday afternoon, 2pm-5pm in the Quiet Room at the Outpatients Waiting Area, Level 1.

Advice and information will be available on how people affected by cancer can support their health through and beyond treatment. The service offers a listening ear and includes tips on diet and nutrition, exercise, relaxation and supportive ways to manage side effects.

Another exciting new development is that there will be 3 new Living Well courses that will be run at BHOC by staff from Penny Brohn Cancer Care. The courses will run for seven weeks, starting in June, September and November, for up to 12 people with cancer (and their main supporter/carer if desired).

These Living Well courses are part of a new programme created by Penny Brohn Cancer Care. This aims to further the vision of the National Cancer Survivorship Initiative that “people living with and beyond cancer are empowered to manage their condition, based on their needs and preferences”. Living Well has been developed following on from a pilot project which took place recently in collaboration with North Bristol NHS Trust and the University of the West of England.

The Living Well course looks at the different ways that cancer may have had an impact on your life, and helps you develop a support plan to manage these. It aims to enable you to:

- Improve the quality of your life and help you manage the psychological, emotional and physical aspects of cancer
- Have more choice and more control over how you support yourself
- Meet with others in a supportive group, sharing the experience of living with and beyond cancer
- Learn about the different kinds of help and support that are available to you
- Improve your day to day experience of living with cancer by making a realistic, workable support plan for yourself
- Learn to use a range of simple self-help techniques to improve your quality of life

Living Well courses are also offered by Penny Brohn Cancer Care at our dedicated residential centre at Pill, on the outskirts of Bristol. Some courses are being run in partnership with other NHS Trusts, charities and support groups for people with a specific kind of cancer. These courses take place either at Penny Brohn Cancer Care or at other locations across the country.

If you are interested in finding out more, you can drop in to the Living Well Clinic on Wednesday afternoons at BHOC, or call Lynne Sheppard, Living Well Administrator on 01275 370108 or email her at Lynne.Sheppard@pennybrohn.org

NOTE: Penny Brohn Cancer Care is the UK’S leading charity specialising in complementary care for people with cancer and those close to them. They provide a unique combination of physical, emotional and spiritual support using complementary therapies, lifestyle information and self-help techniques for anyone affected by cancer at any stage of their illness.

ANSWERS TO GIRLS’ NAMES WORDSEARCH (from page 12)



Amanda	Ann	Anna	Belinda	Bronwen
Caitlin	Charlotte	Courtney	Della	Conna
Eve	Evelyn	Eileen	Frances	Gina
Hannah	Helen	Hilda	Iris	Isobel
Janet	Judith	Kathleen	Lacey	Lesley
Lily	Lisa	Mary	Michelle	Nicola
Olive	Olivia	Paige	Patricia	Primrose
Rachael	Rose	Sandra	Sarah	Stacey
Theresa	Tina	Ursula	Veronica	Violet
Wendy	Yvonne	Zara	Zeta	Zoe

Creative Writing for Wellbeing: free one-to-one sessions for patients and carers

you do not need experience

enjoyable, relaxed and creative time in the week for you

participants have said:

- * *'it was great to express feelings in words'*
- * *'a creative, fun hour in the week'*
- * *'helped me through a difficult time'*

with experienced facilitator Fiona Hamilton

sessions last an hour and are held in a comfortable private room in the hospital at times to suit you

If you are interested in finding out more please phone the Information and Support Centre on **0117 342 3369** or email writingforhealth@yahoo.co.uk

I Am Grateful

by Enci King

I am grateful for pigeons
I am grateful for trees
I am grateful for red skies at dawn
I am grateful for bees.

I am grateful for surgeons who can work
ten hours straight through complications
and unexpected developments.

I am grateful for hospital beds
that move and bend.
I am grateful for nurses that tend them.

I am grateful for daughters missing me
and 'being brave' on the phone
I am grateful to polar bears
for not eating my beloved.

I am grateful for being alive.
Be grateful with me.



The Harbour: free counselling for people affected by cancer

The Harbour is a Bristol based charity offering free professional counselling to people affected by a life threatening physical illness. We see people who are ill themselves, carers and family members, and people who have been bereaved through illness. We see individual clients; couples together; and a supportive therapeutic group for clients with breast cancer will be starting from Easter 2011. 75% of clients come to us because of cancer, and we also see people affected by other illnesses.

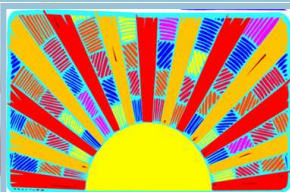
Our therapists are highly trained and very experienced. We see clients for a length of time determined by an individual's need and circumstances. We do not charge a fee, but ask clients to make a donation if they are able.

Clients find that having a time and space to talk about the emotional and psychological impact of all that is happening to them is a huge comfort and relief at a very difficult time. At The Harbour you can speak completely freely and in absolute confidence.

"I want to say that the Harbour's support has enabled me to keep going through the two bleakest and most terrifying years of my life. It helped me find the strength to care for my husband through his illness, and it has enabled me, somehow, to steer my way through deep grief since his death. I simply do not know what I would have done without the help I've received from The Harbour."

2010 client

To find out more or make an appointment please contact The Harbour: 0117 925 9348
info@the-harbour.co.uk



Spiritual and Pastoral Care Team

Chaplains and our volunteer visitors offer appropriate support to patients and staff, of any faith or none. We are there to be with people in whatever situation they find themselves.

The following are available to help:

- Quiet places for private prayer
- Bedside Holy Communion
- Regular Christian Services (see notices on wards)
- Muslim led Friday Prayers
- Links with different faith groups
- Always on call for emergencies

Contact us on : 0117 323 5447- North Bristol Trust
0117 342 0607- UHBristol

BENEFITS ADVICE FOR PATIENTS AND CARERS

Macmillan is funding a link with Bristol Citizen's Advice Bureau so that patients and carers can receive expert financial advice.

Members of the team visit BHOC on a regular basis.

If you would like to speak to one of them, by phone or in person, please call the Information and Support Centre for more information or ring on 0117 342 3369.

MYELOMA SUPPORT GROUP



Myeloma is a cancer of the bone marrow which is currently treatable but not curable. There are nearly 4,000 new cases per year in the UK and 14 - 20,000 people are living with myeloma at any one time, accounting for 1% of all cancers. About 80% of patients are over 65, so our group is fairly well on in years, though we do have younger members. Myeloma impairs the immune system, which makes patients prone to infections and slow to recover from any setback, and also obstructs the regeneration of bone.

In the bleak mid-winter we had a carvery dinner. Some people might think that support groups are all doom, gloom and sharing of symptoms but we (and I suspect all others) are far more upbeat. We have been running for four years now, helping to support people with Myeloma and their families in the Bristol area. There are many such groups around the country, backed up by the excellent national charity Myeloma UK

So what do we do and how do we help?

We have chat sessions

We invite speakers on topics relating to Myeloma

We hold social evenings (including the aforementioned carvery)

Our meetings, where we welcome anyone from Bristol and the surrounding areas, are held every other month in Horfield and generally provide an occasion for members to meet other myeloma patients, find how much they have in common and (yes) swap experiences. Most patients had never heard of Myeloma until they were diagnosed so we try to help them with relevant information and provide support whenever needed.

If you know of anyone who has Myeloma, or an interest in it through a friend or relative, do ask them if they know of us and, if not, to get in touch with

Margaret (01454 418412) or Hilary (01934 510828).

Our next meetings are on 17 May and 19 July.

BRISTOL OSTOMY SELF SUPPORT GROUP.

BOSS will be holding their Open Day in the summer at The Bristol City Council House on College Green. All Ostomates their families, friends, carers will be welcome and there will be no entrance fee. This is an important event as agents from many different companies will be attending and exhibiting the latest in a range of appliances and ostomy related products. There will also be expert, confidential advice available from trained staff. **BOSS** is one of the largest self help groups in the South West. There is no entrance fee payable to the meetings and there will be entertainment and refreshments. Each

meeting is attended by a Stoma Care nurse who can give confidential, helpful advice.

BOSS Meeting dates:-

September 5th at Broadmead Baptist Church Hall, Union Street at 2pm

December 3rd at Broadmead Baptist Church Hall, Union Street, 2pm

Contact numbers:-

Joyce Roderick 0117 9558236

Rob Malkin 0117 9668021

Christina Hammond 0117 9075326



CANCER ORGANISATIONS

A1 Lung Cancer Group

Sarah - 0117 950 5050

BOSS - Ostomy group

Christine Hammond—0117 9075326

Rob Malkin—0117 966 8021

Bath Breast Friends Young Persons Support Group Under 50

01225 428331 ext. 4057

Kate Hope & Cherry Miller

Bath Information & Support Centre

01225 824049 or 01225 824852

Variable opening times

Mon—Fri 10—3 Rebecca

Bosom Buddies – Breast cancer support

Lynnette Hopkins 0117 3424940

Bristol & Avon Chinese Women's Group (sitting service)

Main Office 0117 9351462

Bristol & Beyond Lung Support Group

Michelle Samson – 0117 3423489

Lois Phillips - 0117 3424050

Bristol Sitting Service – for South Asian carers of elderly people

Dhek Bhal 0117 9556971

CHEC Support for Black & Minority Ethnic patients and carers

Marion Boateng—0117 982 8549

Marion.boateng@nhs.net

<http://www.avon.nhs.uk/ethnicCancer/>

Cancer Information & Support Centre

Bristol Haematology and Oncology Centre

0117 342 3369 See pages 12-13 of this issue!

Changing Faces – support for disfigurement to face, hands or body

0845 4500 275

Cheltenham Cancer Information Centre

08454 224414 Mon – Fri 10 – 5

Collar Group – Head & Neck Cancer Support

Ken Brock 0117 330 4968

Liz Eley 0117 330 4968/ 07939 947272

Cotswold Care Breast Cancer Support Group

Kathy Lane 01453 886868

Daisy Network—Premature Menopause Support Group

0845 1228616 www.daisynetwork.org.uk

GOSH (Gastro Oesophageal Support & Help)

Issy Battiwalla 0117 9701212 Ext 2454

Hammer Out Brain tumour support group

Anne Coles 0845 4501039

Jewish Community's Cancer Support Organisation - Chai Cancer Care

Helpline: 0808 808 4567

Lymphoedema Support Group

Lynn 0117 960 1537

Lymphoma Association – helps people with lymphatic cancer (Hodgkins or non-Hodgkins)

0808 808 5555

Local contacts: Chris or Geoff

0117 965 7982 juniorpohl@hotmail.co.uk

Penny Brohn Cancer Care

0845 123 2310

www.pennybrohncancercare.org

(services are all free of charge)



Maggie's Centre, Cheltenham

Janet Side 01242 250611
9—5 Mon—Fri

Myeloma UK

Rebecca 0800 980 3332
www.myeloma.org.uk

Nicola Corry Support Foundation (for young families who have a mother or father suffering from cancer)

0845 2573754

Off the Record - counselling & information for young people 11 – 25
0808 808 9120

Positive Action on Cancer – free counselling service for 18+ Frome, Bath, Warminster
01373 455255

Princess Royal Trust Carers Centre
0117 965 2200

Prospect Support Group – Prostate Cancer Talkline
01934 626799

Rainbow Centre – children affected with cancer & life-threatening illness
0117 9853343

Rarer Cancers Forum
Helpline 0800 4346476
www.rarercancers.org.uk

Sarcoma Support Group
Christine Millman 0117 342 4849
www.bristolsarcomasupport.co.uk

Somerset Cancer Care
Taunton - 0800 7314608
Minehead – 01643 851430

Somerset Prostate Support Group Association

www.somersetprostatecancer.org.uk

St Michael's Laryngectomee Club

May Donovan 0117 9071519

Testicular Support Group

Sue Brand 0117 342 3472

The Harbour – counselling for people affected by life-threatening illness
0117 9259348

Wessex Cancer Trust Drop-in Centre

Jane Scarth House
01794 830374

Weston Breast Cancer Support

01934 647119
(Mon-Fri 8.30 – 4.30)

Young Women 4 Young Women

0117 9186501
www.yw4yw.com

WEBSITES

Beating Bowel Cancer
www.bowelcancer.org

Breast Cancer Care
www.breastcancercare.org.uk

Cancer Research UK
www.cancerhelp.org.uk

Macmillan Cancer Support
www.macmillan.org.uk

Marie Curie Cancer Care
www.mariecurie.org.uk

Royal Castle Foundation (lung cancer)
www.roycastle.org

FINISH WITH A SMILE

Those who jump off a bridge in Paris are in Seine.

A man's home is his castle, in a manor of speaking.

Dijon vu - the same mustard as before.

Practice safe eating - always use condiments.

Shotgun wedding - A case of wife or death.

A man needs a mistress just to break the monogamy.

A hangover is the wrath of grapes.

Dancing cheek-to-cheek is really a form of floor play.

Does the name Pavlov ring a bell?

Condoms should be used on every conceivable occasion.

Reading while sunbathing makes you well red.

When two egotists meet, it's an I for an I.

A bicycle can't stand on its own because it is two tired.

What's the definition of a will? (It's a dead give away.)

Time flies like an arrow. Fruit flies like a banana.

In democracy your vote counts. In feudalism your count votes.

