

BHOC Voice

Cancer Information and Support Centre, Bristol Haematology & Oncology Centre

The Patients' Newsletter

Edition 13

SUCCESS OF BHOC STAFF RECOGNISED AT AWARDS



A huge congratulations to all the staff who were shortlisted in the University Hospitals Bristol Trust's first ever Recognising Success Awards. The Awards took place on Friday 23rd November 2012 and were generously supported by Above and Beyond, the charity fundraising for Bristol's central hospitals. More than 200 members of staff and volunteers gathered together to celebrate at what was a fantastic occasion. A special congratulations goes out to the Bristol Haematology and Oncology Centre (BHOC) Porters who were the overall winners of their category "Non-Clinical Team of the Year". Jayne Boulton, BHOC Receptionist was also highly commended in her category "Patient Experience Champion" and the HeadStart Volunteers were highly commended in the "Volunteer of the Year" category.



In This Issue:



*VOICE is generously funded by The Friends of
Bristol Haematology & Oncology Centre*

NEWS FROM THE FRIENDS OF BRISTOL

Friends of Bristol
Haematology & Oncology Centre



help cure cancer

Alan Salter has been a patient here for many years and he and his wife, Christine, decided to host an evening of entertainment at the BAWA club in September 2012. What a great night! Alan himself sang Sinatra, and his friends Emily Moffet, Pete Best and Barry Hunt sang Karen Carpenter, Tom Jones and Elvis respectively! It was such a fun event which resulted in a donation of £1,200 to the Friends. A huge thank you to Alan, Chris and their very supportive family and friends.



When Simon Knight's Father, Peter, was a patient at the BHOC Simon saw that the Friends were fundraising for a radiotherapy Linac and decided to help. With the support of family and friends, he arranged a very successful charity night at Filwood Broadway and raised a fantastic £4, 070. Thank you all so much we are so grateful.

On 19th August 2012, which fortunately was a gloriously sunny Sunday, Olivia Grogono, Treasurer of the Friends' House Committee, hosted a Cream Tea at her home to raise funds for the Linac. It was very well supported and several committee members baked wonderful cakes and scones which were much enjoyed in the garden. A very grateful thank you to Olivia and her husband, Andrew, for their hospitality and £350 donation!



HAEMATOLOGY AND ONCOLOGY CENTRE



My name is Liz Pritchard and for the past years it has been my privilege to have acted as Secretary to the Friends of BHOC.

My main role is to meet with patients, sometimes just for a chat and at other times to discuss fundraising. People raise money for us in so many different ways. Some hold coffee mornings, some run marathons, stage productions, host golf days and raffles. The list is endless. All donations, however small, are so important and gratefully received. It is your generosity that enables us to achieve what we do.

The charity was formed in 1972 specifically to raise money for the Radiotherapy Centre (which later became BHOC). At the moment there are nineteen committee members. Apart from me, these are all volunteers so that all donations directly benefit the hospital and are not lost in high administrative costs.

Over the years the Friends have raised millions of pounds to help the patients and staff at BHOC by purchasing specialist equipment, funding research, improving the environment and providing comfort and support for patients and their families.

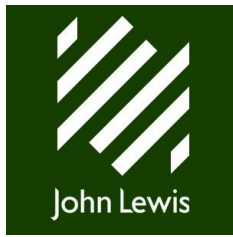
The current pledge by the Friends is going well, to raise £2 million in order to buy a radiotherapy LINAC for the hospital, the provision of which will keep BHOC at the leading-edge of world-class radiotherapy. Every penny raised in this appeal will go towards the new machine.

If you would like more information about the Friends or the LINAC Appeal why not look at our website www.friendsbhoc.org.uk or you can email me on elizabeth.pritchard@uhbristol.nhs.uk or ring me on 0117 342 3432. Alternatively pop in to see me and have a friendly chat. My office is on level G (the entrance floor) next to the WRVS coffee shop. You can't miss our logo on the window. I look forward to seeing you!

This is Maria Martin and Mike Hobbs who held a very successful fundraising night at the Lockleaze Community Association in October 2012. Maria initially became involved when her mum became a patient here a few years ago and this is the second event they have organised to raise funds for us. This time to the tune of £800! Thank you so very much to you both, I know how much work is involved and we are so grateful.



Zoe Evison became a patient in June 2011 and fought a hard battle with the amazing support of her family, friends and the wonderful staff here at the centre. She decided that once she felt better she would hold 'An Evening of Celebration and Fundraising', which she did, in April 2012 at the Winter Gardens in Weston-Super-Mare. Zoe managed to raise in excess of £5,000 for her 3 chosen charities, one of which was the Friends, who benefitted from a fantastic £1,780.10! Thank you so much for all your kindness and hard work Zoe, what a wonderful achievement!



Charity Fashion Evening

Thursday 14 March 2013

Scotch Horn Leisure Centre, Nailsea

7.30 – 9.30 pm

The Friends of Bristol Haematology and Oncology Centre in conjunction with the Ladies Fashion Department of John Lewis are holding a charity fashion evening! All proceeds will go to the Friends' LINAC Appeal to purchase a new state-of-the-art linac, a machine which delivers radiotherapy extremely accurately.

- * Clothes to suit all sizes
- * Advice on how to mix and match or combine with existing garments
- * Ask questions.
- * Feel the fabrics

£10 to include a glass of wine. Tickets available from the Friends' office 0117 342 3432. This promises to be a fun evening!



Friends of Bristol
Haematology & Oncology Centre



help cure cancer

Carol's Bran Cake

Ingredients

- 1 mug of bran flakes (can be substituted with Weetabix)
- 1 mug of milk
- 1/2 mug of sugar
- 3/4 mug of dried fruit
- 1 mug of self-raising flour

Method

- 1.Mix all of the ingredients apart from the flour in a bowl
- 2.Leave to stand for an hour and then add the flour
- 3.Mix well and transfer into a 1lb loaf tin
- 4.Cook on gas mark 4 for 45mins to an hour, or until firm
- 5.Enjoy!





It's in the Bag – What is happening?

Winners of Charity Initiative of the Year 2012

It's in the Bag (IITB) are proud winners of the Quality in Care Excellence in Oncology Award for Charity Initiative of the Year. Pictured below from left to right are: Paul Towner IITB lead for supporting and celebrating survival, Pete Styles IITB chair, Sue Brand Germ Cell CNS and Secretary IITB, Dr Jeremy Braybrooke Consultant Bristol Testicular Cancer Service, Richard Bullard and Rob Buy IITB reps Raising Awareness team.



The event, which was held at the NCRI (National Cancer Research Institute) conference in Liverpool on 6th November was a wonderful achievement for the group. The award was presented by BBC Newsreader Nicholas Owen. Richard Bullard (patient) who represented It's in the Bag said "we were very surprised to win, especially against so many other worthy projects. We are very proud of what we have achieved"

It's in the Banter

It's in the Banter Support Activities are now organised by Steve Wright (patient). The last activity was Karting in December and was well attended with lots of support all round. The next activity will be in February— either a five a side football match or Crazy Golf at Bristol Cabot

Circus . A brewery tour is booked for Tuesday 11th April at Butcombe Brewery. To book please email Steve at stevewright.iitb@gmail.com or ring 07738 299 803. These activities are open to all men diagnosed with testicular cancer.

The 3rd Testicular Ball Saturday 13th October raised a staggering £10,500

The 3rd Testicular Ball was a brilliant success with over 300 people attending this popular annual event. This year we had music from the Soul Miners and lots of spectacular prizes to win or bid for. The fun started with a quiz with lots of references to 'balls' and the Willy Wonky golden ticket went down a storm. 2013's Ball will be on 12th October, see website and flyers for details.

Testicular Clinic Volunteers Project

The Bristol Testicular Cancer Service and It's in the Bag are working together to introduce patient volunteers in the Testicular Cancer Clinic on a Friday morning from early 2013. Sue Brand Germ Cell CNS and Amy Brickhill Macmillan Support Worker are leading the project with the help of Mike Shields (patient) and Alex Howells (patient). We are currently looking to pilot the scheme for 6 months to see if patients benefit from this addition to the service. Alex says "I wanted to do this after I had seen a young guy in clinic who looked so anxious, I just wanted to go over and say it will be alright". If any testicular cancer patients would like to volunteer please contact Sue Brand or Amy Brickhill on 0117 342 3472 or email amy.brickhill@uhbristol.nhs.uk.





Teenage and Young Adult (TYA) Oncology Patient Experience Exercise 2012

Dr. Vineeta Gupta, Specialist Clinical Psychologist, Paediatric and Teenage & Young Adult Oncology.

In Spring, the TYA clinical psychologist conducted a Patient Experience Exercise for TYA patients (patients between the ages of 15-24) under the care of Bristol Children's Hospital & Bristol Haematology and Oncology Centre.

14 patients completed short surveys on a touch screen device and 6 patients completed interviews which were recorded and organised into themes.

Results from the survey were encouraging and patients agreed with many statements: the types of treatment were clearly explained to me (93% agreed), the choices in my treatment were explained to me (93% agreed), I am happy I get information in the way that I want (85% agreed), I was offered the chance to meet someone from the TYA team (79% agreed).

A number of themes emerged from the interviews:

Diagnosis as a life changing event, the importance of recognising individual differences, coping strategies such as having equipment as distraction and meeting other Young Patients.

"meeting another young patient done me the world of good.....I just thought do you know what it's not a big black hole there might be light at the end of the tunnel for me....."

Another major theme was the positive approach and manner from the staff which was highly valued by the patients and crucial to a positive patient experience.

"it's been such a good experience being in oncology being looked after the way that I am there have been times when I have been really ill and they just get on with it and they don't flap about, they don't stress, they're not rude to you, all aspects of this staff are really good."

As with all services there are always areas for improvement; the TYA team have made plans to give patients more information on keyworkers, a leaflet about the TYA team and continue working on TYA facilities and activities, however this patient experience exercise has suggested there is a wealth of current good practice which should be celebrated.

Please contact Vineeta Gupta at UH Bristol for more detailed results on the Patient Experience Exercise 0117 342 8168.

BRISTOL MYELOMA SUPPORT GROUP

Support Group Leaders Weekend



Every other year Myeloma UK, the national charity supporting Myeloma patients, organises a weekend for Support Group leaders to get together and exchange ideas. As groups are scattered around the country this is the only time that most of us meet up with other leaders. It can be a lonely job, wondering if you are getting it right and trying to think up ideas to improve, so direct contact with others in the same boat is very encouraging.

We are lucky in having support from a national organisation which provides a plethora of services ranging from helpline and clinical advice, through research funding to providing advice to the government on drug development and patient care issues.

The last workshop was in Bristol which was very convenient for us; in 2012 it was in Edinburgh, a long way off but a city we have never visited so also an opportunity to look around.

There are now 57 groups in the UK and Ireland, a mix of Myeloma and Haematology; 3 started in 2012 alone. Although all have the same aim, they do vary in what they do. Some are led by nurses and some by patients. Some are small, maybe 7-8 people meeting in their houses, while others have a large membership, well attended meetings with guest speakers and even social trips out. Most engage in fundraising, some modestly with coffee mornings, others involved in Lord Mayors Balls and the like. But for all, the main purpose is to get Myeloma patients, who have usually never met someone else with Myeloma before, to meet and exchange experiences, to answer common questions and to have a good time.

All this came together in a hotel on the outskirts of Edinburgh. Twenty-seven Support Group Leaders and staff from Myeloma UK attended the weekend which followed an Olympics theme. Various games took place alongside a more formal session about leadership skills and a "speed dating" networking session. Smaller breakout groups looked at easy proactive PR for Groups, coping with bereavement and loss in the Support Group setting and running effective meetings.

As always we enjoyed meeting with other leaders, both old acquaintances and new, and learned a lot about how other groups run. And as always we were struck by how similar are the problems encountered by different groups, whatever their makeup, and how well leaders cope with them.



Our personal bonus was to add a couple of days holiday, staying on in Edinburgh in a rather cheaper hotel. We were really impressed with the city and saw many of the sights in a short time. Our visit coincided with the end of the Festival, an occasion for a really impressive firework display. The castle covered in cascades of fire was really something to see.

I was so amused by the reaction of a friend of mine to my diagnosis that I wanted to share it. ..

Sent in by Sue Hainsworth



The first time I found a lump I was living and working in India, and a friend warned me that local reactions would be varied..... however, that is the place to be if your hair goes, people simply either express condolences on the loss of a relative (one has one's head shaved as a mark of respect) or ask if you enjoyed the pilgrimage (Pilgrims to Tirupati, a local holy place, offer their hair to the Lord, the results are sold to wig-makers and Tirupati is an incredibly rich temple). Few suspected I was having chemotherapy.

This time around I had two amusing reactions, a friend's grandson having been told I was bald because of the medicine I was taking saw me on Skype. Whilst I was talking to his mother a couple of days later; he asked " Is that Auntie Sue who had cancer? Has she taken her medicine? So why is her hair not better? My cough got better when I took my medicine!!" Would that it were so easy!

However this is the one I think you might like best.....

I have a friend called Trevor, who has done many jobs for me, including a full garden make-over, he is REAL Somerset with an accent to match. On being told by a neighbour that I was not well, he came rushing round and greeted me with: " Oh Sue I am SO sorry to hear about your demise!" " But Trevor" I said " I am not dead yet" long pause.... " Is that what demise means? I have only seen it written down!" I suggested looking a few words up, starting with 'mortified' that was how he felt!

Much mirth and cups of tea all round but I think Santa will be putting a dictionary in his stocking this year!



Jo's cervical
cancer trust



Supporting women affected by cervical cancer

Sometimes the words of medical experts, friends or family are not enough to stem the feeling of isolation caused by a cancer diagnosis and beyond. That's why a local support group has been set up for women affected by cervical cancer.

In partnership with Jo's Cervical Cancer Trust, the only dedicated UK charity for women and those close to them affected by cervical cancer and cervical abnormalities, the group offers an informal environment for women to meet others locally going through similar situations to gain mutual support.

The group is run by Vikki Groves, a cervical cancer survivor and Naomi Willmott, who have both been trained by the charity.

Vikki said: "I know first hand the huge impact cervical cancer can have on both a woman's mental and physical state, and this support group will offer invaluable support to women who are on a similar journey. It will be a confidential place for them to meet others affected, talk about their own experiences or offer a haven for them to simply listen and gain support."

The group meets every other month at The Begbrook Club, Frenchay Park Road, Stapleton, Bristol.

For more information or to register for the group please visit

<http://www.jostrust.org.uk/support/support-groups>

Trivia



Oak trees do not produce acorns until they are fifty years of age or older.

No piece of paper can be folded more than 7 times.

Apples, not caffeine, are more efficient at waking you up in the morning.

Barbie's full name is Barbara Millicent Roberts.

Marilyn Monroe had six toes.

The sound of E.T. walking was made by someone squishing her hands in jelly.



NORDIC WALKING

- walking with poles to improve health and fitness

If you enjoy walking and are looking for something sociable and outdoors to help with your health and fitness, why not try nordic walking?

Nordic walking is just like ordinary walking except that you use 2 poles to help propel yourself forward. The poles support you, making it easier to go up and down hill and giving you good stability over uneven ground. They also engage your upper body - so working more muscles and burning more calories than ordinary walking. One of the key features of nordic walking is that you plant the poles behind you, which keeps your posture upright and your chest open - many people comment on how much easier their breathing feels when nordic walking.

Keeping active during and after treatment for cancer is now recommended by experts. The evidence suggests that it can help people manage some of the side effects of cancer treatment, such as fatigue and weight gain, and with some cancers, it could help reduce the risk of the cancer coming back.

Key benefits of Nordic Walking

Nordic walking is accessible, just like ordinary walking can be done whenever and wherever it suits you. All you need are a set of poles and a pair of sensible shoes.

Nordic walking can help reduce tiredness and improves mood, especially as it is outside. Cancer related tiredness is one of the most common and debilitating side effects of cancer treatment. Being physically active can help improve your energy levels. With nordic walking you can do as little or as much as you feel like - and exercising outside can really help with your feeling of well-being

Chemotherapy often causes balance issues, nordic walking helps with balance and sore joints. It naturally helps with this as the two poles provide a good stable aid to walking. Using poles also reduces pressure on sore joints by



spreading the load - this is particularly effective walking downhill.

Nordic walking helps keep bones strong. The risk of osteoporosis can be increased as a result of hormonal therapies or early menopause due to chemotherapy. Nordic walking is a weight-bearing exercise so (unlike swimming or cycling) can help improve bone health.

It accommodates the whole range of fitness

Studies have shown that moderate aerobic exercise (like nordic walking) during cancer therapy reduces fatigue, results in greater body satisfaction and maintenance of body weight, and improves mood, aerobic capacity, and quality of life. It also lessens the severity of treatment side-effects.

Taken from ACSM's (American College of Sports Medicine) Exercise Management for Persons with Chronic Diseases and Disabilities, 3rd Edition, 2009

abilities and is comforting to many people as the two poles act as a support as well as helping propel them forwards. It is social (yes you can walk and talk!) and it's outside, which is a great mood booster.

Penny Brohn Cancer Care, the Bristol based cancer charity, has initiated a nordic walking programme which runs every Tuesday afternoon. People going to the classes consistently say that nordic walking makes them stand taller, feel better and walk further than they imagined they could. They also comment on how walking in the countryside around the centre gives them a tremendous sense of wellbeing. Other cancer organisations have also taken an interest in nordic walking.

The Macmillan Information & Support Centre in Portsmouth have started nordic walking as part of their Physical Activity project for patients who are post-treatment. Julie Kill, the programme's co-ordinator said 'Nordic walking is the perfect activity for patients of all fitness levels, ages & comorbidities'.

An often overlooked aspect of cancer is its impact on carers. This can be a stressful role and it is sometimes hard to find things that you can still do together. Nordic walking is an activity that can be enjoyed by both the cancer patient and their carer as it is suitable for all fitness levels. At Penny Brohn it is not unusual for a carer to join the nordic walking group and the group dynamics benefit as a result.

How do you get started?

Nordic walking can be done in any location, urban or rural, but it's recommended that you learn the technique from a qualified instructor. The nordic walking group at Penny Brohn Cancer Care is run by instructor Vicky Welsh. It meets every Tuesday afternoon at 2pm and is for both beginners and regulars. All you need to do is call Cancerpoint. Vicky provides the poles, you just need to come suitably dressed for the weather conditions. If that time doesn't suit you, or you are walking elsewhere, instructors can be found on the Nordic Walking UK or British Nordic Walking websites.

Article written by Vicky Welsh, nordic walking instructor at Penny Brohn Cancer Care.

For further information about nordic walking at Penny Brohn please contact Cancerpoint on 01275 370 143 or email cancerpoint@pennybrohn.org

Case Study by Pat O'Neil

I was diagnosed with breast cancer in May 2011. I had a lumpectomy followed by chemotherapy, radiotherapy and hormone tablets. I tried to keep positive throughout but I felt wrecked much of the time. Sometimes it was an effort just to walk to the bathroom. Moving my arm was difficult because I had had lymph nodes removed. I was also in constant pain from nerve damage to my arm. I heard about the nordic walking group that Penny Brohn offered through BHOC and I came to my first session in January 2012 whilst still undergoing treatment. I did not know what to expect but I wanted to start to build some type of physical activity into my life and I liked the sound of nordic walking.

Vicky Welsh gave me a brief explanation of how nordic walking works and what I could expect from the walk, sorting out the right height of poles for me and putting me at my ease.

Another beginner was there and Vicky took us into the grounds at Penny Brohn to teach us the basic nordic walking technique, before walking to a nearby park. Although it is based entirely on your normal walking pattern I had to concentrate very hard on how I did actually walk and the time went by in a flash. Being outside and focusing on something other than my cancer was a wonderful distraction.

I found that nordic walking in and around Penny Brohn Centre helped me on the road to getting fit, feeling healthy, getting outdoors and really taking time to look at nature and appreciate the small things in life - like simply feeling the wind on my face.

It has not only been good for my health and wellbeing but it has lifted my spirits. I really enjoyed the social side, just meeting other people dealing with cancer, sharing our concerns and cancer journey and how we were coping with side effects of treatment. I really looked forward to our walks on Tuesdays and, now that I have returned to work, I still keep nordic walking, joining another group that Vicky runs on a Saturday.



IS A CRISIS ONLY A CRISIS IF IT'S IN THE NEWS?

A crisis can happen to anyone at any time. The British Red Cross offers a wide range of services to help people living in the UK to cope during and after a difficult or distressing life event.

Therapeutic Care:

The Red Cross currently holds therapeutic care sessions in a range of settings including the Cancer Information and Support Centre located in the Bristol Haematology & Oncology Centre. Trained therapeutic volunteers provide nail care and arm, neck and shoulder massage (through clothes) to patients and their family, friends or carers at the Centre. The treatments are free and take between 10 and 40 minutes depending on which aspects of the treatment the individual chooses. People using the service report that it is comforting and relaxing, and that it promotes a sense of well-being and a more positive mindset.

From January 2013, the therapeutic care placement at the Information and Support Centre will be held every **Tuesday between 1pm and 3pm**. If you would like to try the service, you are invited to book an appointment at the Centre in person or by telephoning 0117 342 3369, or talk to the staff on the wards.

If you can suggest another setting where therapeutic care might be appreciated, please contact the therapeutic care team on: WAGTC@redcross.org.uk or telephone 0117 3012637.

Other Red Cross Health and Social Care Services:

*The Red Cross also offers the following **UK Health and Social Care services**. Please bear these services in mind for yourself and your family, friends and neighbours, and contact the Red Cross on 0117 301 2600 or visit www.redcross.org.uk for more information.*

***Home from Hospital** provides short-term care and support through home visits aimed at providing companionship and promoting independence. Red Cross volunteers help with activities such as collecting prescriptions, shopping and light household work.*

***Medical Equipment Service** loans and sells equipment including wheelchairs, commodes, perching & shower stools, Zimmer frames and crutches.*

Red Cross Volunteering Opportunities:

Voluntary work is "the best part of my week" - Benedicte, Red Cross Therapeutic Care Volunteer, Oncology Support Centre.

The Red Cross is only able to provide such a wide range of quality services because of the support and commitment of our volunteers. If you are interested in volunteering, please contact us on 0845 054 7111 or visit www.redcross.org.uk/Volunteer.



B.O.S.S.

Bristol Ostomates Self Support Group are holding an Open Day on June 1st 2013 from 10.00- 1.00 in The Royal Marriott Hotel on College Green. There will be an exhibition of all the latest in Ostomy products from a wide range of companies. It will be a good opportunity to consult experts on any concerns you have regarding your medical condition and ensure that you are using the best possible products to help you with your day to day procedures.

Admission to this exhibition is free and is open to anyone with a colostomy, ileostomy or urostomy and / or their carer. There are car parking facilities below the hotel which is also on a good bus route.

For more information please call Christina Hammond on 0117 9736746 or Rob Malkin on 0117 9668021.

The Joys of Grandchildren...

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 62. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"

A little girl was diligently pounding away on her grandfather's computer. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. "I can't reads."

When my grandson asked me how old I was, I teasingly replied, "I'm not sure..." Look in your underwear, Grandpa," he advised, "mine says I'm 4 to 6."

A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and when we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."

When my grandson and I entered our holiday cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, my grandson whispered "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."



Firm Roots Cancer Support



- Helen Jones

Two years ago I had breast cancer, and needed a mastectomy and six months of chemotherapy. I found it a really horrible year in my life, but my faith in God, and support from my family and friends, got me through. I tried various cancer support groups – many of which were excellent - but I couldn't find any that offered spiritual and prayer support. Since the time of my illness, I have had a growing sense of wanting to set up a Christian cancer ministry that would pray for and with people, as they go through their cancer journey.

Earlier this year, I started Firm Roots Cancer Support. I chose the name because I believe that if you are rooted in Christ – he will help you in the storm of cancer – you will bend but you won't break, because he will support and hold you.

In June we started a Cancer Prayer Support Group at St Matthews Church, Kingsdown which meets on the second Wednesday of the month 7.30-8.45pm. We have coffee and cakes to start with, and just chat and get to know each other. Then we have a time of prayer, read the bible and have a word of encouragement. There is space to pray, reflect, receive prayer or just be quiet in God's presence. We also have a book of prayer, so people can email in prayer requests or write prayers for people whose lives are affected by cancer.

On 24th November 2012, we ran a first retreat day at Trinity College, Bristol. This is a quiet day, as a chance to have some time out, pray and reflect, listen to music, have some fun workshops and be encouraged. There will be further retreat days in 2013.

Everyone is really welcome to come along to our prayer support group and retreat days. You don't have to go to church or have a faith – just come and receive some prayer and encouragement. If you would like any further information about Firm Roots, or to email a prayer request so we can be praying for you, please contact me at firmrootscancersupport@hotmail.co.uk.



St Matthews Church, Kingsdown



FIRM ROOTS CANCER SUPPORT
'Strength for today; hope for tomorrow'

Have you or someone in your family, been affected by a cancer diagnosis? Are you in need of some encouragement? Then come to our...

CANCER PRAYER SUPPORT GROUP

Come for cake, coffee, friendship and prayer (if you would like it)

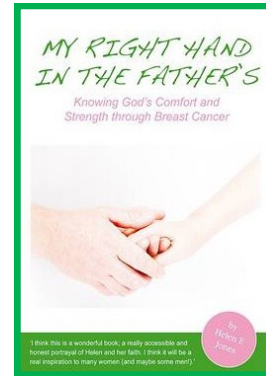


EVERYONE WELCOME!

SECOND WEDNESDAY OF THE MONTH
7.30pm – 8.45pm
At St Matthews Church, Clare Road,
Kingsdown, Bristol, BS6 5TB

Contact Helen at firmrootscancersupport@hotmail.co.uk or 0117 944 1598

'My Right Hand in the Father's; Knowing God's Comfort and Strength through Breast Cancer' is a new book written by Helen Jones. Helen has kindly donated a copy to the Cancer Information & Support Centre which has been added to our reference library. So please do come and take a look.



A CIRCLE OF FRIENDSHIP

By Ros Mansell



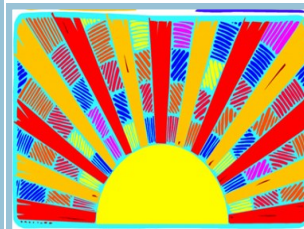
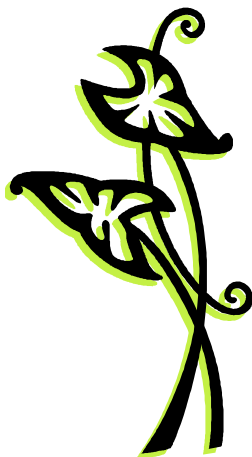
A circle of friendship...
is bound together,
by sharing good moments
and Life's stormy weather:

And should you feel lonely...
you needn't pretend;
surrender your false pride
and lean on a friend.

A circle of friendship...
is a growing delight;
it helps dispel sadness,
as it lets in the 'light.'

A circle of friendship...
warms you in its glow;
take that warmth with you
and feel the 'love' grow.

You stand in a circle...
with hands reaching out;
the giving of yourself,
is what friendship's about!



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
- Chapel Services on Sundays (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- UH Bristol

**Prayer cards are available at the
Information and Support Centre**

A1 Lung Cancer Group

The A1 lung cancer group have again been busy raising funds. They have purchased 3 Heat Pads at a cost of £1,905.00 for the Oncology Day Unit. The photo shows Michael Horner (patient and A1 Group member) showing how it is used. The pads help open up the veins prior to administration of treatment which aids patient comfort.

A donation of £2,000 was also given to Southmead Hospital G Ward to enable them to purchase a 7mm Paraview Telescope costing £7,638 for a less stressful way of looking at the lining of the lung.

The A1 Lung Cancer Group meets the first Thursday of each month at the Fry Club in Keynsham. Any new members would be made most welcome. If you would like to know more please ring one of the following:- Pamela and Roger 0117 960 8887 or John and Molly 0117 953 3579 or Michael and Lynn 0117 983 2895.



Quiz ...find the missing links for these words

1. Remote Tower
2. Hair ... Throat
3. Rambling Garden
4. Jacket Salad
5. Honey ... Keeper
6. Sweet Throb
7. Speed Shy
8. Off Fee
9. Turtle Tail
10. Cross Music
11. Banana Second
12. Crystal Headed
13. Horse String
14. Wall Clip
15. Scratch Board



Answers on page 24!



You Tree Weston-Super-Mare

Cancer Support and Fellowship group for anyone who has been affected by Cancer – friends, family and carers

You Tree was started about two years ago by our founder Veronica Vaughan-Rain and a few friends who understood where she was coming from. Sadly Veronica passed away in July 2012, but I'm very pleased to say her legacy lives on.

To quote Veronica's experience she found that once a patient has been discharged from the hospital there is a feeling of loss and loneliness, and nowhere to go. We can't run back to the hospital but we are still in need of support, so You Tree was born.

When I joined Veronica in her quest I had no idea I would in the not too distant future become a victim as well as a member of the committee. I was diagnosed with cancer in May 2012 and thanks to my involvement with You Tree I already had my support network in place. I cannot speak highly enough of having the support of friends at a time like this, and friends who really understand what you are going through. In fact because of the support You Tree gave me it hasn't been anything like as daunting as it would have been if I'd been on my own.

If you or a family member has been affected by cancer I sincerely urge you to come along to You Tree where you will make lots of new friends and gain the same support that I have found. We meet every Thursday at the Lauriston Hotel in Weston Super Mare opposite the sea front and next to Weston College. We can be found in the lounge area from 10am – 12 noon or ask at the hotel reception.

We are supported by Macmillan who has trained us in listening skills. If anyone feels the need to talk to someone it will be in a confidential manner. We also have a number of activities and outings planned. The idea is to take us out of ourselves in a fun way. Laughter works, as it is nature's own medicine. Our full programme of events can be found on our website www.youtree.org.uk

We are looking forward to seeing you at You Tree at the Lauriston Hotel.

Susan Bradley

Chairperson

Telephone Sue:

Landline 01934 641 424

Mobile 07742 900 025





Cancer Information and

A confidential free service for anyone affected by cancer

Opening times Monday – Friday 9 – 5 pm

Drop in / Telephone Helpline 0117 342 3369

Email: cancerinfoandsupport@uhbristol.nhs.uk

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 two members of staff and a team of dedicated volunteers. Training in listening and 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 etc

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
- 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

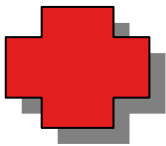
Coping with cancer usually involves many changes in people's lives: meeting new doctors, strange tests, unfamiliar treatments and so many hospital appointments. Your working life may have had to change and relationships may seem different. With so much stress, some people find it helpful to talk to a 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 free Relaxation CD and booklet



Red Cross

The Red Cross team provide neck and shoulder massage, hand massage 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 Monday - Friday.

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.

NEWS FROM THE CANCER INFORMATION & SUPPORT CENTRE

In August we marked a special 'switch-over' as Patricia Murphy – known to us all simply as 'Pat' has transferred from being an information officer back to being a volunteer. Pat first volunteered at the Information and Support Centre back in 2002. She later increased her hours and stepped into an information officer role for three years, before making the transition back to being a volunteer in August 2012. The Centre is delighted at Pat's on-going involvement, and continues to benefit from her years of experience and the wealth of knowledge she has accumulated during the last 10 years.

One of Pat's most notable achievements- and a lasting legacy- has been editing and publishing the patient newsletter 'Voice', which, under her care has flourished, becoming a sought after resource for patients and health professionals alike. Pat has now handed the publishing of Voice, along with some wise words of wisdom, on to the new information officer Alice who, I think you will all agree, has done an excellent job of keeping up the high standard set by Pat.

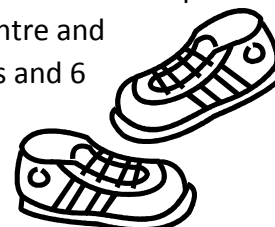
Emily Ruthven (Centre Manager)



In 2012 we have said good-bye to Jean Dash, a valued volunteer who has moved on to pastures new after many years working for Volunteer Services. In August we welcomed Jeff our new volunteer and Alice our new Information and Support Officer. We also look forward to welcoming Nazia, Beth and Isobel in the new year.



Alice, the new Information and Support Officer decided that a good way to support the Centre would be to raise some funds through Above and Beyond. So after packing some last minute training (and a new pair of trainers) in to the end of the summer she ran the Bristol Half Marathon on 30th September. Alice managed to raise £276 for the centre and completed the half marathon in 2 hours and 6 minutes.



BHOC Cancer Information and Support Centre goes mobile

The Cancer Information and Support Centre is now providing a mobile service, with an information trolley visiting wards and outpatient areas in the BHOC.

This new service has been implemented in order to make it easier for patients, their carers, family and friends to access information and support. The trolley aims to circulate through all the outpatient and ward areas each day, and contains information on fatigue, stress management, seated exercises, finance and benefits, hairloss and lots more. The staff pushing the trolley are also trained listeners. They are happy to stop and spend time with anyone who wishes to talk through their anxieties and concerns and they can signpost to professionals and organisations that may be able to help.



Our Reference Library has grown...

Why not come and take a look? Alongside having a large amount of factual written information to take away, the Information and Support Centre

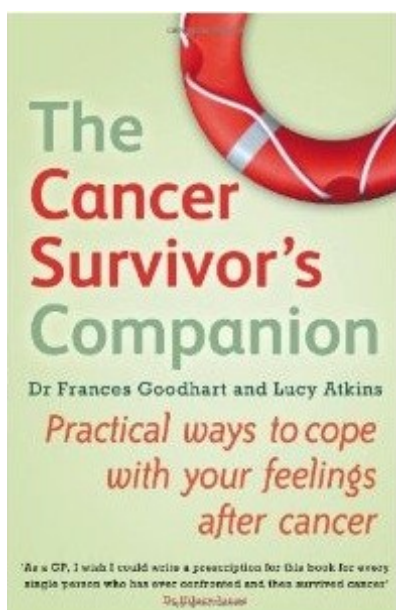
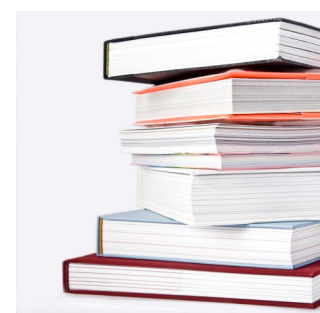
has a growing mini reference library.

Due to the efforts of one of our volunteers, we have been kindly donated £208 worth of books by Little Brown Book Group. Amongst the array of books sent to us is "The Cancer

Survivor's Companion" by Lucy Atkins and Frances Goodhart. Winner of the 2012 Best Health Book category in the Guild of Health Writers Awards this is the first UK book to look in depth at cancer survivorship and its emotional fallout.

If you have read a book and found it helpful, please let us know and we can ask the publisher (very nicely!) if they will give us a copy!

little, brown
BOOK GROUP



Paul's Fund & Paul's Place

Providing a holiday break for young adults experiencing a life threatening illness, bereavement or being a carer.

It was on Valentines day in 2007 that our son Paul, then aged 18, was diagnosed with a brain tumour. At the time he was studying for his A levels at St Mary Redcliffe and Temple School but following surgery at Frenchay he made a good recovery, went on to pass his A levels and in the autumn headed for Leeds University to study Biochemistry. All was going well till a scan the following March showed the tumour re-growing. As an 18 year old he was treated as a normal adult patient and we would have to say we found our trips to the Oncology unit very challenging. We felt very out of place amongst the predominantly much older patients attending the same clinics. Paul underwent two courses of chemotherapy as an out-patient and was only hospitalised once following a seizure, but there was no Teenage and Young Adult support in those days. We were, however, blessed with some wonderful nursing friends who, along with our GP, St Peter's Hospice, the District Nursing team and, at the end, a Marie Curie nurse, together made it possible for us to care for him at home till he died in November 2008.

Paul had his own money and following his death we set up a charitable trust in his name through the Charities Aid Foundation called Paul's Fund. At the time we didn't know how we would use the money, but we did know we wanted to be involved in spending it, not simply give it away. As a family we were able to enjoy several holiday breaks during and after his illness which were really important, but it struck us that as a young adult Paul did not have access to the many charities focussing on children, teenagers and their families. And so we developed the idea to set up somewhere to provide holiday breaks with young adults as the focus. We would call it Paul's Place and Paul's Fund would meet all the accommodation costs.



In January 2011 our idea became a reality when we purchased a Bed and Breakfast called The Old Bakery in the small village of Georgeham just a mile or so from Croyde on the North Devon coast. It was amazing how we came to buy The Old Bakery which had some features that fitted exactly with our idea to be able to offer flexible B&B and self-catering accommodation. Throughout 2011 we carried out improvements, started taking regular B&B guests, and started the serious business of contacting charities, hospices and agencies around the country to say we existed and who could apply for a grant. We firmed up on our criteria, namely young adults (which we define as aged 18 to 30) facing bereavement, diagnosis of a life threatening or terminal illness, or being a full time unpaid carer.



The fund will also pay for close family members of a friend/partner coming with them, and may also give a grant to help with travel and daily living costs. In 2012 we have had the privilege of beginning to welcome a good number of Paul's Place guests. They have come from Exeter, Bristol and as far away as Manchester. Some have found us by searching on the internet, many have been referred by charities such as the Teenage Cancer Trust and CLIC Sargent. Some of the young adults have had their own children and come as a family. Due to the generosity of local attractions, we have been able to set up our Paul's Place Passport scheme giving them free or reduced entry which has made the holidays even more affordable and fun. As one social worker said *"It is fantastic to have the chance of holiday breaks especially for our young adults who have far fewer sources of help. To be able to get financial help is so helpful to people and ensures they can really enjoy a break rather than worry about spending too much."*

We will let one of our guests have the final word: *"I just wanted to leave a note to express our gratitude and support of Paul's Place....Not only has it let me have some time to relax, but also it has inspired me (and my family) to see that there is hope, light and opportunity out of the darkness and pain that death brings."*

Paul's Place (which continues to be known as The Old Bakery for ordinary B&B guests) is open year round apart from Christmas. For more information about Paul's Fund and how to obtain a grant, visit www.pauls-fund.co.uk or contact David and Pippa Morton:

T: 01271 891076

M: 0779 398 0760

E: paulsfund11@virginmedia.com



Treatment Support Clinic

A clinic for anyone preparing for, receiving or recovering from cancer treatment



Our weekly clinic helps you learn how to play an active role in keeping yourself well through treatment.

What to expect

- Practical advice on eating well and managing side effects
- Optional acupuncture to help with nausea and tiredness
- Gentle exercise sessions specially designed for people with cancer
- Relaxation skills for use at home and in hospital
- Delicious healthy snacks and juices
- Meeting and sharing with others going through similar experiences



Sessions will be led by staff from Penny Brohn Cancer Care with input from staff at the Bristol Haematology & Oncology Centre and the University of Bristol.

**Monday mornings
9.30am to 1.30pm**

At Penny Brohn Cancer Care National Centre
Chapel Pill Lane, Pill, Bristol BS20 0HH
Help with transport may be available for those who need it.

If you would like to book a place or find out more please phone 01275 370 143
or email cancerpoint@pennybrohn.org
www.pennybrohncancercare.org

Registered Charity No. 284881

*Answers—Find
the missing links*

- | | | |
|------------|-------------|-----------|
| 1. Control | 6. Heart | 11. Split |
| 2. Cut | 7. Camera | 12. Clear |
| 3. Rose | 8. Licence | 13. Shoe |
| 4. Potato | 9. Dove | 14. Paper |
| 5. Bee | 10. Country | 15. Card |

Treatment in the comfort of your own home

For some people home-based treatment provides more choice and more control. It may help to alleviate the stress that can be associated with a hospital visit. Most important of all, it helps you to lead as normal a life as possible, with minimum disruption to you and your family.

A safe, reliable and highly personalised service

Healthcare at Home is the most experienced (over 20 years) and largest provider of specialist community nursing (including chemotherapy) and pharmacy services in the United Kingdom. At Healthcare at Home, all our chemotherapy nurses are highly skilled and are fully trained and qualified, to ensure you receive the highest quality of care.

If you choose to be treated at home, you will soon discover that we offer a highly personalised service. All our nurses are friendly, reliable and totally committed to you and your needs. They understand that intensive treatment can be stressful and that it can cause considerable loss of control and upheaval. The team is very experienced in coping with these issues and putting you, your family, friends and carers at ease.

A nurse will contact you prior to your treatment starting, to discuss what to expect and allow you the opportunity to ask any questions. This means you have the confidence of knowing about the team who will be caring for you. Once treatment at home commences, our nurses on call will help and advise 24 hours a day, 7 days a week.

We are the most experienced in this field and work with the leading Consultants and hospitals, including the Bristol Oncology and Haematology Centre, throughout the country, both privately and the NHS.

Ask your Consultant

Your Consultant will advise you whether your particular oncology / haematology treatment (including chemotherapy) is suitable to be given at home. This option is only available with a referral from your consultant and you remain under their supervision at all times. Home-based treatment is covered by all of the major private medical insurance companies. The NHS, including the Bristol Haematology and Oncology Centre, funds homecare for some patients.

How to find out more

If you would like to find out more about being treated at home or work, just ask your Consultant. If you would like to find out more about Healthcare at Home's specialist nursing services, you can call us on 0870 366 4640

Ruth Joyce, Regional Clinical Manager
Healthcare at Home, Bristol



CANCER ORGANISATIONS

A1 Lung Cancer Group

Olive—0117 9355405

Mick & Lynn—0117 9832895

BOSS - Ostomy group

Christine Hammond—0117 9736746

Rob Malkin—0117 966 8021

Bath Breast Friends—Young Persons Support Group

Under 50

01225 428331 (Switchboard – request Kate Hope or Cherry Miller)

Bath Information & Support Centre

Tracy Langton - Manager

01225 824049 or 01225 824852

Bosom Buddies – Breast cancer support

Lynnette Hopkins—0117 3424940

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

Main Office—0117 9351462

Dhek Bhal Bristol Sitting Service – for South Asian carers of elderly people

0117 9556971

CHEC Support for Black & Minority Ethnic patients and carers

Celia Phipps, Clinical Service Manager South West—0117 919 0250

Cancer Information & Support Centre

Bristol Haematology and Oncology Centre

0117 342 3369

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

0845 4500 275

Cheltenham Cancer Information Centre

0300 422 4414

Citizen's Advice Bureau

0117 946 2563

Daisy Network—Premature Menopause Support Group

0845 1228616

www.daisynetwork.org.uk

Firm Roots Cancer Support—Prayer Support

Helen Jones—01179441067

firmrootscancersupport@hotmail.co.uk

GOSH (Gastro Oesophageal Support & Help)

Jackie Elliott—0117 9839906

Hammer Out - Brain tumour support group

Anne Coles—0845 4501039

Head and Neck Support Groups

Southmead Hospital: Claire Coogan—0117 323 5077

Weston-super-Mare: Claire Coogan—0117 323 5077

Chai Cancer Care—Jewish Community's Cancer Support Organisation

Helpline - 0808 808 4567

Look Good Feel Better

To book a workshop ring 0117 342 3369

Lymphoedema Support Group

Emma - bristolanddistrictlymph@googlemail.com

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

National helpline—0808 808 5555

Local contacts: Chris or Geoff—0117 965 7982

juniorpohl@hotmail.co.uk

Maggie's Centre, Cheltenham

Janet Side—01242 250611

Myeloma UK

Margaret—01454 418 412

mgtm@sky.com

www.myeloma.org.uk

Nicola Corry Support Foundation - for young families who have a parent suffering from cancer
0845 2573754

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

Penny Brohn Cancer Care
0845 123 2310
www.pennybrohncancercare.org

Positive Action on Cancer – free counselling service for children, young people or adults. Frome, Bath, Warminster, Trowbridge
01373 455255
www.positiveactiononcancer.co.uk

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
Leigh Collins 0117 342 4849
Chris Millman 0117 340 3381
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 Laryngectomy Club
May Donovan—0117 9071519
Adam Cockle—0117 342 5106

Sunflower Walking Group—Walking group for all

those affected by cancer
Jennifer Mills—jenniferannemills@yahoo.co.uk

Teenage Cancer Trust
0117 342 2468

Testicular Support Group
Sue Brand—0117 342 3472

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

Weston Breast Cancer Support
01934 647119
Mon-Fri 8.30 – 4.30

Weston General Hospital Cancer Information and Support Centre
01934 881 079

Young Women 4 Young Women
0117 9186501
www.youngwomen4youngwomen.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

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

Shine—for people aged in their 20s, 30s, and 40s with a diagnosis of cancer
www.shinecancersupport.co.uk

Nature Wordsearch



y	z	q	n	w	j	h	h	b	v	z	d	u	p	y	r	a	w	o	s	s	a	c	e	q
t	w	o	e	a	f	o	r	e	l	a	n	d	d	o	g	n	i	m	a	l	f	c	z	n
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Find the list of words below hidden in the grid above

- | | | | | | | |
|-----------|-----------|-----------|-----------|-----------|-------------|-----------|
| Alligator | Bracken | Cormorant | Crayfish | Deforest | Constrictor | Cheetah |
| Cranefly | Locust | Desert | Foreland | Frogspawn | Giraffe | Butterfly |
| Fledged | Albatross | Cassowary | Amphibian | Buzzard | Anaconda | Ammonite |
| Chaffinch | Capibara | Arachnid | Caribou | Bulrush | Geothermal | Alpaca |
| Ladybird | Forester | Guillemot | Lemming | Eagle | Cricket | Flamingo |

If you would like to contribute an article for a forthcoming edition of Voice please contact Alice Redfearn at alice.redfearn@uhbristol.nhs.uk or call 0117 342 3369.