

BHOC Voice

Cancer Information and Support Centre, Bristol Haematology & Oncology Centre

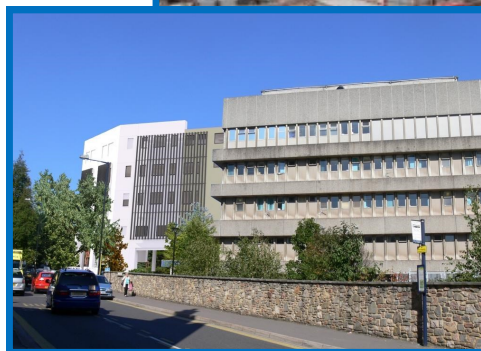
The Patients' Newsletter

Edition 15

OPENING SOON!

Over the last 18 months the Bristol Haematology & Oncology Centre has been undergoing major building works in order to expand and improve the current facilities. The project is due to be completed at the end of February 2014, revealing the following improvements:

- An integrated haematology and BMT unit - this will be a specialised unit that will deliver services for adults who need bone marrow transplants and treatment for complex haematological disorders.
- A dedicated unit for teenagers and young adults with cancer. This will help to ensure their care needs are met in an age appropriate environment.
- Two replacement radiotherapy bunkers under the existing car park will accommodate modern 4D Linear Accelerator's. These will replace outdated machines enabling us to provide increasingly advanced treatment for our patients.



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

Liz Pritchard, Secretary of the Friends of BHOC

Email: friendsbhoc@uhbristol.nhs.uk Telephone or fax: **0117 342 3432**

When 11-year-old Teigan Ralls found out that her beloved grandfather, Leslie Webber, had been diagnosed with cancer she decided to take action and got her whole school, Cheddon Fitzpaine Primary, involved in her grand scheme.

With the encouragement and support of family, friends and her deputy head, Nick Arnold, they held a sponsored walk around the school field in July. A fantastic **£950** was raised which was presented to the Friends of BHOC by Teigan, pictured with her brother Toby and grandfather Leslie. Thank you so much Teigan, we are so grateful and know how proud your family are of your wonderful idea and achievement.



Dunkley's Chartered Accountants held a successful charity ball in September raising money for Friends of BHOC and Orchid Male Cancer charity.

"We have chosen to support the Friends due to the excellent work the hospital does. The hospital has helped friends, colleagues and family of everyone working here which is why it's a charity close to the hearts of the staff at Dunkley's that we wish to continue supporting."

A cheque for **£2291.28** was presented to Elizabeth Pritchard Secretary of the Friends of BHOC by Natasha Wheeler & Julie Scotney.



Charity Garden Event in Kingswood, Bristol

During the Summer Sheila and Ken Willmott held an event in their garden to raise funds for the Friends of BHOC. With the help of family and friends, they had a very successful afternoon, with a bring & buy/antiques stall, book, cake, clothes stall, refreshments and a raffle. The amount of people who attended exceeded expectations, and donations poured in. The support was fantastic, and a total of **£1500** was raised.

Sheila wanted to give something back to the Bristol Haematology and Oncology Centre after receiving excellent care whilst in hospital during her treatment for breast cancer last year. She is now one year into remission and keeping well.



HAEMATOLOGY AND ONCOLOGY CENTRE

The Tang Soo Do Martial Arts club of Chipping Sodbury recently came to the BHOC to present a very impressive **£4,765** to the Friends raised at a Spar-a-thon involving participants from all over the UK.

Paul Townsley, their Senior Dan Grand Champion, has been a patient at the BHOC for a couple of years. Deciding he would like to raise funds for patients' treatment, he organised the event, held in the summer of 2013. He is pictured with members of the club including his wife Linda and son Connor.



Thank you so much Paul for a great idea and such a generous donation, we are very grateful.

On October 5th, Rich Meacham, aided by his very supportive wife Kaye, hosted a fantastic charity ball at the Bristol Marriott Hotel raising money for the Friends of BHOC and the Penny Brohn Centre. It was very successful, a great night with first class entertainment.

Pictured are Rich & Kaye's daughter, Olivia and her friend Beth Price who worked tirelessly selling raffle tickets. Helped by another friend, Frankie Belgium, they collected **£3,287** in the buckets which was amazing.

Thank you very much, a lot of hard work was involved and we really appreciate it.



Back in the summer Liz Pritchard was contacted by Michael White, Leader of the 256th Bristol Scout Group, with an invitation to visit the group at their Scout Hut in Hengrove and give a brief talk explaining the work of the Friends of BHOC. The group then very kindly decided to support our appeal and held an evening Fayre which raised a wonderful **£199.58**. Thank you all and your families and friends for their support. It all mounts up and we shall soon have our Linac!

This is Eddie & Ginny Spackman with their daughters Tracey and Nicky who had 2 gift stalls at the BHOC's Christmas Fayre in December. They collected **£300** on the day, in addition to numerous other fundraising events throughout the year. Thank you for your hard work, dedication and many years' of support to the Friends. We are very grateful.



Green Community Travel Limited

We started operating in 1989, borrowing local minibuses, particularly that of the local Scout group, to provide transport for other community groups. The following year, South Gloucestershire Council loaned us one of their 16-seater buses, which we affectionately called the "bread van", and this became the mainstay of our provision for the next eight years.

In 2012, we rebranded the organisation as Green Community Travel (GCT). GCT would not be possible without the volunteers who drive/accompany passengers on our buses, deal with telephone calls and paperwork in the office, and help us with our fundraising. If you have a few hours to spare each week, why not join us in making a real difference to people's lives?

GCT also provides a Hospital transport scheme to all Bristol Hospitals including BRI, Southmead etc. All journeys are pre booked, and door to door, taking the stress out of travel.

GCT provides safe, affordable, accessible travel for individuals and groups who are unable to use public transport and would otherwise have no way of getting around. Any individual living within South Gloucestershire or voluntary/community group which meets within the South Gloucestershire can join our Group Travel scheme and make use of our services.

01454 228706 or email admin@greencommunitytravel.co.uk

Green Community Travel Limited

Dedicated Hospital Transport
Within

South Gloucestershire Area

**Including Southmead
BRI, Oncology Haematology**



**Peace of Mind
Door to Door
Pre Booked**



We'll get you there!

**Call
Green Community Travel**

Ring: 01454 228706

Website: www.greencommunitytravel.co.uk

It's in the Bag - What is happening?

Testicular Clinic Volunteers wanted:

Were you diagnosed with Testicular Cancer over a year ago? Would you like to help in Clinic? We are looking for enthusiastic men to help us to improve the clinic experience for recently diagnosed patients. Contact Amy Brickhill for more details: Amy.brickhill@nhs.net

Holistic Needs Clinic:

This Clinic is for men following radiotherapy or chemotherapy and takes place on the 1st and 3rd Thursday of the month.





The 4th Testicular Ball raised £13,500 for It's in the Bag

The 4th Testicular Ball took place in October 2013 at The Grand Hotel Bristol. It was sponsored by Go Skippy Insurance and supported by patrons artist Paul Oz, Pirelli MD Paul Hembery & footballer Louis Carey. The evening had a superhero theme to celebrate the brilliant achievements of fundraisers, awareness role models, supporters and many more.



It's in the Banter!

It's in the Banter has now been going a year and the number of men attending has more than doubled in this time. In the last 6 months we have organised Archery, Karting, and Laser Tag, all of which have been great fun and supportive.

For details of future event see the website www.uhbristol.nhs.uk/itsinthebag or contact Mike Shields on supporting@itsinthebag.org.uk



Website coming soon!

Our new website is coming in February 2014, updates for this will available on NHS site www.uhbristol.nhs.uk Twitter @ItsInTheBag or Facebook www.facebook.com/itsinthebag. This is one of It's in the Bag's biggest achievements, giving advice on checking your balls, support, fundraising, awareness and much much more.

**WE ARE
MACMILLAN.
CANCER SUPPORT**



In September 2012, Boots UK and Macmillan Cancer support developed a unique 'Boots Macmillan Information Pharmacist' role. These Pharmacists can provide information about cancer support services and are able to have conversations about the wider, practical and emotional issues.

From 10th September 2013, Boots Macmillan Beauty Advisors were also introduced to some Boots stores across the UK. These No7 advisors have been especially trained to offer practical advice and support to help those affected by cancer manage and disguise the visible side effects of their treatment, such as losing their eyebrows.

Boots stores, now hold localised Macmillan literature providing information and signposting to additional Macmillan support for people in their community.

By sharing expertise across services, volunteering and fundraising in such a collaborative and innovative way, we are able to reach even more people affected by cancer.



A1 Lung Cancer Support Group

This picture shows Jean Howse handing over a cheque to the A1 Lung Cancer Support Group Treasurer, Roger Chivers, following a recent Rock 'n' Roll evening at the Little Stoke Social club. The Social Club very kindly donated all the proceeds from this successful event in memory of the late Don Howse, a member of both the support group and the social club.



The A1 Group meet on the **1st Thursday of each month** at the **Fry Club at Keynsham**. These informal meetings start at **11.30am** and new members are given a warm welcome. New ideas are always needed for raising funds for extra equipment at both BHOC and other local hospitals.

If you would like to come along give **Pamela Chivers** or **Lynn Horner** a call on **0117 960 8887** or **0117 983 2895**.

Bristol Myeloma Support Group



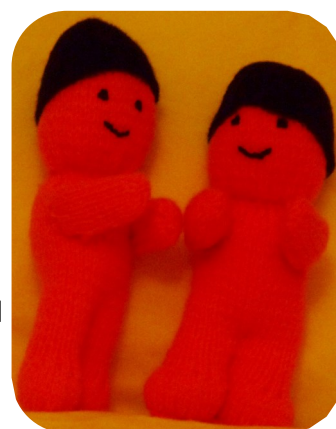
You may have seen me or one of my brothers or sisters around the place.

I'm 'Buddy', a Myeloma Buddy, and I like my chemo stirred not shaken!

A couple of years back, someone from the Myeloma Support Group in Bristol went to a meeting in the far north, where they saw some of my relations and were so impressed they bought the pattern.

Of course our tribe comes in all sizes and colours, but we, being knitted for MyelomaUK, are orange.

Now coming down to Bristol on foot would have been quite a journey, but we flat packed into the pattern, which was greatly admired by the group. Some stalwart knitters took to the streets to find orange wool and, before long dozens of my brothers and sisters came into existence. One problem arose; our pattern made us hairless, not a problem to me as bald is beautiful, but some people thought we had just come through chemo so deserved a cover-up. Next thing, all my family had hats!



We have appeared in public on several Myeloma Awareness stalls and many of us are now in loving homes, taking care of our patients and generally brightening up the place. We are very popular - last year we sold out on a stall at Frenchay and our dedicated knitters produced another 26 of us to man the stall at BHOC. They promptly almost sold out as well, so we now live in many houses all over Bristol.

Currently we are regrouping for our next appearance for **Myeloma Awareness in June**, when we hope to get taken into many more homes. You will see us in traditional orange and joined by some of our more exotic brethren in stripes or spots!.

See you around!

Myeloma is cancer of the plasma cells in the bone marrow. Our support group exists to help patients and their families to meet others with similar experiences. Anyone who has contact with Myeloma is welcome. We hold meetings, but if you can't come to these we can keep in contact by phone and our newsletter. Call **Margaret** on **01454 418412** or email **mgtm@sky.com** to find out more.



Blood and Lymphatic cancers
Leukaemia CARE

supporting a quality of life

Registered charity 259483 and SC039207

BRISTOL ADULT TRANSPLANTERS SUPPORT GROUP

Leukaemia CARE is a national charity providing vital care and support to those affected by blood or lymphatic cancers. The work that we do extends to the welfare of families and carers, as well as that of patients themselves. We understand that a diagnosis of a blood cancer can be a difficult and worrying experience, whether it is your own diagnosis or that of a loved one. We also know that being around others who have also been through a similar experience can be invaluable.

We have support groups up and down the UK in order to provide help and advice to patients, carers, families and friends of patients. All of our support groups are run by a group of passionate and dedicated volunteers, and we are always keen to welcome new members.

We run a support group for those living in and around Bristol called 'The Adult Transplanters Support Group'. It is an informal meeting which takes place four times a year at the Penny Brohn Cancer Centre from 6pm-8pm. The group provides support to those who have been through a bone marrow or stem cell transplant, but we welcome anyone who has been affected by a blood cancer in any way.

The support group has been going strong since 2008. It is a popular group with 42 members and receives a huge amount of support from the Bristol Haematology & Oncology Centre. The group is facilitated by Lucy Henderson, BMT nurse specialist and coordinator, as well as Professor Marks, both from The Bristol Haematology & Oncology Centre. Guest speakers and haematology experts attend the sessions, giving members the chance to seek advice, ask questions and talk to a medical professional about their experiences.

Lisa Nelson, patient and support group attendee, said: *"I go along to give back the extraordinary help and support I received from Leukaemia CARE and The Bristol Haematology & Oncology Centre – they got me through a very difficult time and I want to help others going through the same difficult process."*

If you or someone you know is interested in attending this group, please contact Lucy Henderson on

01173 428142 or the Leukaemia CARE team on **08088 010 444**.





Youth Cancer Trust - Peer Support Activity Holidays for teenagers and young adults (aged 14 to 30) with cancer.

The Youth Cancer Trust was founded in 1997. It is based in Bournemouth and provides free activity holidays for teenagers and young adults (aged 14 to 30) with cancer from the UK and Ireland. A friend of a similar age or a sibling may accompany the young person for free, or they might like to get their own group of friends together, with other friends they met whilst in hospital or at a cancer support group. Groups of 8 stay each week and choose to take part in a range of activities which include horse riding, sailing, water sports, go-karting and more leisurely pursuits such as arts and crafts.

“Every time I come here I find myself saying that I don’t want to go home. Thank you so much for having me and making me feel so special. I have made some fantastic memories and have met many new people whom I hope to stay in contact with” Jessica

The week’s stay is more than just a holiday. It gives teenagers and young adults the chance to restore and re-build confidence, try new activities and make new friends. Siblings or friends who come as companions also get the chance to share their experience of supporting a loved one with cancer whilst gaining support from others going through a similar experience.

“I am so grateful to have somewhere I can come and spend a few days that breaks the home/hospital cycle – it very quickly gets boring and stressful. I saw my doctor on Friday afternoon and she couldn’t believe how much progress I’d made and how well my wound had healed! I put it down to lots of laughing and sea air (and scrambled egg every morning!)” Gemma

The Youth Cancer Trust offers a simple booking procedure. As long as there is a free space, a new guest can be booked in. The Trust takes bookings up to a year in advance and the spaces are very popular, especially during the school holidays.

Young people, parents or health professionals are welcome to contact us, by **phone** on **01202 763591** or by **email** – [**admin@yct.org.uk**](mailto:admin@yct.org.uk).

More information and the application form can be found on the website – [**www.youthcancertrust.org**](http://www.youthcancertrust.org)



Ellen Macarthur Sailing Trip

This summer Vicky Britton (TCT Youth Support Co-ordinator) and Suzie Holmes (CLIC Sargent Young Persons' Social Worker) accompanied young people on the Ellen Macarthur Cancer Trust sailing residential trips on the Isle of Wight. Young people from around the south—west enjoyed learning to sail, completing their Introduction to Yachting certificate, as well as water-fights, games of rounders, kite-flying, pasties, fish and chips, ice-creams, a BBQ, meeting Ellen Macarthur herself, and an incredible night anchored in Newtown Creek. We plan to repeat these trips next year, so spread the word!



Peer Support

Here, Pete, a young person being treated in Bristol, explains why support from people his own age has been particularly important.

When you're going through cancer treatment, it's easy to become disheartened. This is especially the case with teenagers and young adults, many of whom are forced to adapt rapidly as they are torn away from crucial positions of development in terms of their education, relationships, social life and independence. This is why it is important to have a strong support network, and events to look forward to, to encourage a positive outlook.

The TYA Team provide both of these, and have been of invaluable help to me. The social events and opportunities which they offer have introduced me to people of my own age, who are in similar situations, as well as providing me with experiences which allow me to enjoy teenage life as I would be normally. The peer support which I've received from other patients has also been important in helping me through my treatment, and it's great that we're able to socialise and interact with each other through TYA events, it helps to prevent any feelings of isolation which I may have otherwise experienced.

Pete

Find Your Sense Of Tumour

On Friday 11th October, Vicky Britton (TCT Youth Support Coordinator) and Jax Hulbert (TYA Specialist Nurse) joined colleagues from Cornwall, to take young people from around the South West to Teenage Cancer Trust's annual 'Find Your Sense Of Tumour' conference. This incredible event saw around 400 young people and TYA professionals descend on Center Parcs Nottingham for a weekend of activities and talks aimed at 14-25 year olds who've had, or are having, treatment for cancer.

The weekend included talks from young people, health professionals, Paralympian and TV presenter Giles Long, and the fantastic Ellen Macarthur, plus pampering sessions, discos, swimming, activities and so much more. Feedback from the event has been phenomenal, and everyone is already looking forward to next year's event!



'We listened to a variety of guest speakers who were all incredibly inspirational in their own right and some of the bravest people I've had the fortune to meet' Will

The best way to find out what happens at the 'Find Your Sense Of Tumour' conference is to check out the new video on YouTube – search for 'Find Your Sense Of Tumour' 2013, Teenage Cancer Trust's conference for young people.

To find out more, or to keep informed about next year's trip, contact Vicky Britton, Teenage Cancer Trust Youth Support coordinator for the South West:

victoria.britton@uhbristol.nhs.uk

'I was incredibly nervous about going as I knew very few of the people who would also be there, but I signed up for it and I'm so glad that I did.' Will

(Quotes taken from www.teenagecancerexperience.blogspot.co.uk/)



Weekly clinic for anyone preparing for, receiving or recovering from cancer treatments.



Treatment Support Clinic

Monday 9.00am to 1.30pm

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

"Bristol Haematology & Oncology Centre staff welcome the new Penny Brohn Cancer Care Treatment Support Clinic. We encourage anyone who wants to learn more about how they can help keep themselves well through cancer treatment to go along and find out more."

Dr Jeremy Braybrooke, Consultant Oncology & Chair of the Bristol Haematology & Oncology Centre

To book:

Phone: 01275 370 143

Email: cancerpoint@pennybrohn.org

Visit: www.pennybrohncancercare.org/treatment-support-clinic

Registered Charity Number 284881



Helping you live well.

Midsummer Party



In June £6,074 was raised at a Midsummer party held at Bristol Lawn Tennis & Squash Club. The money was raised for the Treatment Support Clinic, that runs every Monday morning at the Penny Brohn Cancer Centre in Pill.

Over 100 people attended and lots of fun was had—bidding in the auction, watching the flamenco dancer and guitarist, and dancing the night away!

The Treatment Support Clinic is a joint project between Bristol's Haematology and Oncology Centre and the Penny Brohn Centre. Both Sister Helen Cooper and Senior Staff Nurse Susie Budd attended the party, which was organised by Penny Brohn's Client Support Coordinator Sue Bricknell.

Pictured right Dr Catherine Zollman, who leads the Treatment Support Clinic with Helen Cooper and Susie Budd collecting an award for the Clinic, as runner up in the 2013 Awards for Innovation in Self Care.



Penny Brohn Cancer Care is a local Bristol based charity helping people and their supporters to live well with the impacts of cancer. The centre gives people the practical tools they need to regain control of their lives. With this support they can make positive changes to their health, enabling them to live well with cancer.

Penny Brohn runs a number of day courses, sessions, and residential courses. All of these services are free of charge, thanks to donations and voluntary contributions.

For more Information see their website www.pennybrohncancercare.org or contact their helpline 0845 123 2310.



Cancer Information and

Opening times Monday – Friday 9am – 5 pm

Drop in—No appointment Necessary!

Telephone Helpline 0117 342 3369

Email: cancerinfoandsupport@uhbristol.nhs.uk

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

We can send information directly to you if you are unable to drop in to the centre, or a listening ear if you need to talk.

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



Information

We have information available on a range of subjects:

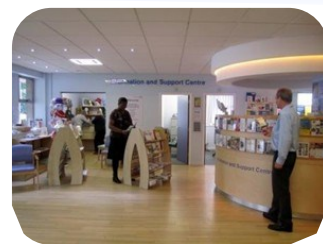
- Living with cancer
- Details of other organisations both locally and nationally
- Types of cancer and treatments
- Support groups
- Travel Insurance
- Carers' support
- Bereavement
- Health & well-being
- Life after cancer
- Financial assistance

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 your place.



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 are available on Wednesdays between 10am and 3pm to help and assist with headwear for patients experiencing hair loss. Hats and scarves are also available during centre opening hours Monday - Friday.



Reflexology

Free reflexology sessions are available to breast cancer patients through Bosom Buddies & therapist Rachel Glanville-Davey. These sessions run on the last Thursday of each month, please contact us for details on how to book.

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 Information



Dr James Brennan was instrumental in setting up the BHOC's Cancer Information and Support Centre. To mark his retirement, Racheal the new Info and Support officer interviewed him and recounts his story.

Dr James Brennan first arrived at the Bristol Haematology and Oncology Centre on 18th May 1992 – his birthday! When he started, James was one of the first clinical psychologists in cancer services, and when he arrived he did not know what his role would be and nor did anyone else it seemed! He was met at reception by Alan Priest (Bio-physics) who showed James to his office. In his office there was a table, chair and a telephone, Alan asked if the room was alright and then left James alone in his office. Shortly after, James went to find him again to ask for a telephone directory, which he used to start 'cold calling' people under 'oncology'. By doing so, James found various support groups within the community; however he did not find a formal support group within the Oncology department.

James decided to invite all the volunteers from these support groups to a meeting. In the meeting, which consisted of ex - patients or carers, James put this question to them. 'What was lacking from the health service, whilst they were undergoing treatment?' The response was that they lacked information and support whilst they were having their treatment. This led James to start thinking how great it would be to have a dedicated information and support centre for patients. These meeting with local support groups have continued and are now formal 'liaison meetings' which are used to link the patients with the community.

A few years later, Mount Vernon Hospital in Middlesex, opened an information and support centre. This prompted James to really push for one within BHOC. It was Dr Victor Barley, who was Clinical Director at the time, who helped to find space in the main reception for the Centre to open. The Centre opened in 1996 with financial support from the Friends of Bristol Haematology and Oncology Centre.

When the Centre opened, it was staffed entirely by ex-patients and carers, which made it the first of its kind in the country. This is still an extremely important feature of the centre for James because;

1. It means patients and their friends and families can meet and talk to people who have shared the same experiences – & they are received with understanding and empathy by the volunteers at the Centre.
2. It sends an important message to patients – *'We do not just treat cancers, we also support the people'*.
3. And finally it demonstrates that people do survive cancer.

Over the years the Centre has changed and developed. in many ways. The centre now has around 7000 contacts a year, not only from patients and their families, but also from Trust staff. The range of information the Centre provides has grown enormously over time, and it is continually updating and growing. The Centre is still staffed largely by volunteers and their contribution is invaluable.

And Support Centre

James puts the success of the centre down to the enormous commitment and dedication of the volunteers and managers, who have done terrific work within the centre over the years. With special mention to Anne McGill, Anne Bullock, Sue Stengel and Emily Ruthven.

In his retirement James hopes to pursue his other interests. These include Sculpturing, carpentry and also his interest in music, especially the piano—which he says he ‘plays badly’ and James still intends to continue writing.

On behalf of all the staff in BHOC, a heartfelt thanks to James for all the support and knowledge that he has shared with colleagues and patients over the years. We wish you a very happy retirement!

Waterproof Picc Line Covers

Since March 2013 the Information & Support Centre has been selling waterproof Picc line covers. We stock two sizes; large and medium. If you would like more information please contact us at the centre on **0117 3423369** or drop in to see us!

Bristol Haematology & Oncology Centre—Radiotherapy Open Evening.

If you are due to start a course of radiotherapy, you, along with your relatives/carers, can attend a tour and a brief introduction to radiotherapy. The Information Centre will also be open, providing details of support services, wigs, scarves and complementary therapies.

When? 6.30 –8pm

First Wednesday of every month.

Located in the BHOC main reception

If you would like to attend please contact **Jancis Kinsman 0117 3424469** and leave a message or email jancis.kinsman@uhbristol.nhs.uk



Wig Recycling Point and Second Time Around Headwear

We have opened a Wig Recycling Point here at the Centre and are selling washed and combed second hand wigs for £5 each. Pay us a visit to see our ever increasing selection of wigs in varying styles and colours! We are also selling a selection of low cost ‘Second Time Around’ headwear. Any donations of wigs or headwear would be gratefully received.



We have two new Arrivals to the Centre since the last Voice came out. These include Nick; a new volunteer and myself! My name is Racheal and I have picked up Alice’s Red Editor’s Pen! I look forward to working in the Centre with Emily and the volunteers!

Racheal
Cancer Info & Support officer



Easy Italian Chicken

Preparation

15 minutes

Cooking

50 minutes

Serves

2 people



Ingredients

Olive oil (1/2 tbsp.)

1 medium-sized onion, chopped

2 skinless chicken breasts, cut into strips

10 cup or button mushrooms, sliced

2 tins of chopped tomatoes (400g each)

Dried Italian herbs (2 tsp)

Worcestershire sauce (2 tsp)

Penne or similar dry pasta
(210g/7oz)

Fresh basil

Salt and black pepper



1. Preheat the oven to 180°C/160°C fan/ gas mark 4
2. Gently fry the onions in a little olive oil for about five minutes.
3. Then put the onions, mushrooms and all the other ingredients apart from the pasta into an ovenproof dish. Mix thoroughly and bake in the oven for 40 minutes, or until the chicken is cooked through.
4. Meanwhile, cook the pasta according to the packet instructions.
5. Serve the chicken with the pasta and fresh basil.

Nutritional Information

Energy 646kcal

Protein 52g

Total fat 20g (of which saturates 4g)

Carbohydrates 70g

Fibre 8g

This recipe has been taken from Macmillan's 'Recipes for people affected by cancer' book. The book has a variety of recipes for different dietary needs which include soups, savoury, sweet and smoothies.

'Recipes for people affected by cancer' is a free booklet available to take away from The Cancer Information and Support Centre in BHOC, along with other leaflets/books on diet and cancer.

If you have any recipes that you would like to share, and would like for them to be in our next edition then feel free to drop them into us at the Centre!

Astronomy Wordsearch answers (from edition 14)

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

Can you solve these brain teasers?



Q1) Sam's mother had 4 children in all. The first one was named May. The second and third were called June and July respectively. What was the fourth child's name?

Q2) I get wet while I dry. What am I?

Q3) You are driving some people around in a bus. Four people get in at the first stop and three get off. Seven people get off at the second stop and five get on. At the third stop, two get off and six more get on. What would you say is the colour of the driver's eyes?

1. Fourth child's name is Sam, 2. A towel, 3. Check the mirror. You're the driver remember!

The aim of the **BME Cancer Awareness Project** was to raise awareness of the range of cancers that affects diverse ethnic minority communities across the UK. Focus was placed on supporting black and minority ethnic (BME) carers mainly from African and African Caribbean background who often provide care to those with cancer related issues.

Part of the awareness raising campaign was to identify and recruit new members to the National BME Cancer Voice Panel, the panel acts as a unified voice for expressing the needs of cancer supporters, cancer care givers and people who suffer from cancer. Panel members actively participate on the panel by giving their views and opinions of cancer related service provisions across Bristol.



Key Outcomes:

7 BME Cancer Champions were recruited

43 new members were recruited to the BME cancer panel

145 Cancer Awareness Information Packs were distributed

11 venues across the city were used for the awareness events over a 12 month period

28 new assessments were conducted and individuals received direct support from Bristol Black Carers.

Information on the project was included in several newsletters and on the NHS London website.

Hazel Brittan Adult Care Service manager from Bristol Black Carers stated at a recent conference that *'a key aim of the project was to strive to maintain the trust and confidence of people using cancer related provisions across the city, since cancer does not discriminate, let's work as a community to beat it'.*

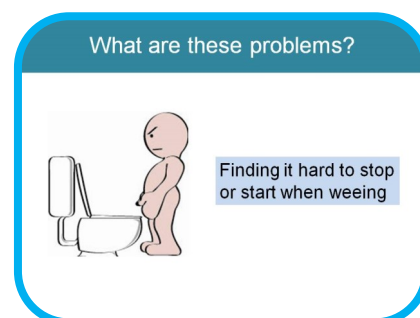


Prospect - the Bristol and District Prostate Cancer Support Group.

We are a local support group for prostate cancer patients and their carers and family providing help, support and information. We do this in a number of ways, through our telephone helpline, regular meetings and one to one support. Our web site and a quarterly newsletter, as well as email updates, inform our members and the public on matters of interest concerning prostate cancer. Speakers at our meetings cover a range of subjects, our last talk was on the benefits of exercise. Our meetings also give the opportunity for members to get together and share their concerns and successes.

Members are also involved in raising awareness of prostate cancer locally. In September we ran a stand at the Run for the Future event on the Downs. There was free PSA testing for men on the day, and about 60 men took this test. All in all there were some 500 runners all raising money for the work of the Bristol Urological Institute.

Prospect has prepared presentations to raise awareness of prostate cancer and these have been given to local organizations such as Probus, Bowls and Rotary Clubs. We have also started to give presentations to adults with learning difficulties to help raise awareness of prostate cancer amongst this much-neglected section of our communities. We have produced our own presentation slides one of which are illustrated, as we could not find anything suitable to use. Representatives from South Gloucestershire People First, the Brandon Trust and also a Bristol based urology consultant have vetted these presentations. If anyone knows of a group who might benefit from such a presentation, please let us know.



Prospect can be contacted by email at prospect.bristol@gmail.com or by telephoning our helpline on 01934 626799.

Our website www.prostatecancerbristol.org.uk contains useful information for prostate cancer patients and gives details of our current activities.



ENERGISE: An Exercise Programme for Cancer Patients



The Energise post cancer exercise programme has been running in Easton and Henbury Leisure Centres in Bristol since Spring 2013. People accessing the programmes have been reporting positive improvements to both their fitness levels and quality of life.

One current participant at Easton leisure centre said *'It was suggested I come on this programme to build up slowly. I've only been coming for a few weeks but my energy levels are boosting already and its confidence that you can do stuff.'* Another person who has recently completed the programme commented that the programme was *'great fun and helped me to have structured exercise and to have someone who knew what they were doing.'* Many of the participants have gone on to join the leisure centres at a discounted rate.

Energise Bristol Self-referral

People can refer themselves to the programme in Bristol 18 months after the end of their cancer treatment. Details of the programme and the referral forms can be found via the following link: www.bristol.gov.uk/energise

Alternatively please contact: **Macmillan Cancer Support Co-ordinator on 0117 323 2125**

Sadly the physiotherapy-led programme at Southmead Hospital has had to stop running. This is due to difficulties staffing the programme and securing a venue in the new Brunel Building at Southmead, due to open in May 2014. Alternative solutions to this problem are being investigated at the current time.

Expansion of Energise

We are delighted that Energise has expanded to venues in North Somerset, South Bristol and South Gloucestershire with funding from Macmillan Cancer Support.

In North Somerset there are programmes running in the following locations:

The Barn, Great Western Road, Clevedon on Wednesdays from 9.30 – 10.30am

Jubilee Hall, Slade Road, Portishead on Tuesdays from 12pm – 1pm

For details and to refer yourself contact: Kate Oldham 07800 743305

Hutton Moor Leisure Centre, Weston-super-Mare on Mondays from 1pm – 2pm (Gym class) & Tues 2pm – 3pm (Circuit class). You can come to either class or both depending on your preference.

For details and to refer yourself contact: Jo Rickwood 01934 425900



In South Bristol there will be a new programme starting on Monday 13th Jan 2014.

This will be held on Mondays between 11am and 12pm at Hengrove Park Leisure Centre, The Promenade, Hengrove Park, Bristol, BS14 0DE.

For more details please contact:

Henry Mace 0117 937 0205 or 07710 588 095 or

email Henry.mace@parkwood-leisure.co.uk

South Gloucestershire Council are in the process of training Level 4 exercise instructors in Cancer Rehabilitation. Once this is complete they will be offering exercise referral across many of their leisure centres in the New Year.



General Enquires

If anyone has general queries about any of these programmes or about exercise for people living with and beyond cancer please contact:

Catherine Neck 07730 286356 or email Catherine.neck@nbt.nhs.uk



Bath & North East Somerset

Aquaterra and **Macmillan Cancer Support** have joined forces and are thrilled to announce the launch of an innovative Cancer Survivorship Exercise Programme in Bath starting **January 2014**. Working in partnership, it will be delivered by Aquaterra and supported by Macmillan Cancer Support. This 12 week programme is open to anyone who has had a diagnosis of cancer in the last 5 years and can be accessed at all stages of cancer: from diagnosis, during treatment, post treatment and beyond.

People living with and beyond cancer are now being encouraged to resume normal activities as soon as possible and that the long-term aim is for them to gradually work towards meeting physical activity guidelines for health. This scheme is aligned to Let's Get Moving – the brief intervention model to promote physical activity in primary care – and will consist of 12 weeks of individual or group-based exercise. This supervised exercise scheme is **free** to participants and is led by specialist instructors trained in Cancer Rehabilitation. It aims to manage the side effects of cancer and its treatment and then gradually assist long-term recovery. The approach is client-centered with a strong emphasis on informed choice and personal control. Sessions will be delivered at the Bath Sports and Leisure Centre and Keynsham Leisure and will include: **Gym, Nordic Walking, Pilates/Flexibility and group circuits**. At the start, all participants will have an initial 1:1 appointment and then a programme of activity will be personalised to suit individual needs and preferences, they will be offered support, guidance and encouragement to improve their activity levels at their own pace.

Those who wish to apply for this programme should contact the **Aquaterra Active Health Team** on **020 7689 9847** or email referrals@aquaterra.org

Living With and Beyond Cancer – Step Up Fatigue and Lifestyle Management Service.

If you have completed your cancer treatments but are still experiencing fatigue that is interfering with your daily routines, home life, social life and/or work this service may be able to help you.

This service has been set up by Macmillan Cancer Support and the Royal National Hospital for Rheumatic Diseases Foundation trust in Bath. The Step Up service is specifically aimed at supporting those who have completed their primary cancer treatment and may be struggling to cope with daily activities due to fatigue related issues.

What treatment and support will I be offered?

The service aims to tackle both enduring the physical and mental fatigue based on individual needs. Treatment and support provided by the service can include:

Activity and exercise planning.

Relaxation, mindfulness and stress management techniques.

Employment and/or educational support such as liaising with employers and occupational health practitioners.

How can you access the Step Up Service?

You can be referred by your GP or specialist cancer team. They will need to complete a referral form to confirm that you comply with our referral criteria. You must be 18 to access our service. If you are unsure whether our service can be of help to you, please call us directly on **01225 473456**





Care Navigator Service

Are you responsible for paying for your own care?

The Care Navigator Service works within Adult Social Services and Housing. This is a free Service and is available to those who are financially responsible for their care and who may be concerned about how to get the help they need to remain as independent as possible. The Care Navigator team will provide information and advice about the social care options and practical help that may be available for those that require assistance in setting up support to meet their needs.

What does a care navigator do?

- * A care navigator will provide advice and support not only to the individual, but to their families or carers if required.
- * Care navigators will make home visits in North Somerset. They will support hospital discharges from Weston General and the Bristol hospitals and can signpost and refer individuals to the appropriate services or help arrange care according to the individuals needs.

What are the aims of the service

- * We work with you to ensure you maintain your independence despite needing care.
- * We provide an informal approach tailored to your needs.
- * We can help individuals, and their carers, plan their care needs for the future. We can also respond to those whose needs are urgent.
- * We can negotiate costs of care so that individuals may achieve best value for money.
- * We respond quickly and efficiently to every case.

To Make a Referral or for more information, please contact Care Connect on
01275888801



Many thanks to all who contributed in any way to this edition of Voice, it really is appreciated.

We would love to receive more contributions for our next issue and beyond, so please do get in touch. Call in to us here at the Cancer Information and Support Centre and drop off recipe ideas, puzzles, fundraising ideas or even a funny anecdote or two! We look forward to hearing from you.

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 Buddies—Macmillan cancer support

Practical community support 07543248714

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

Clic Sargent—Support and information for children and young people with cancer and their families 0300 3300 803 www.clicsargent.org.uk

Daisy Network—Premature Menopause Support Group 0845 1228616 www.daisynetwork.org.uk

Firm Roots Cancer Support—Prayer Support Andy Hunter—0775 8823629 andeeehunter@live.co.uk

GOSH (Gastro Oesophageal Support & Help) Jackie Elliott—0117 9839906

Hammer Out - Bristol & Taunton Brain tumour support group Anne Coles—0845 4501039

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

Macmillan One-to-One Support.(Bristol) 07920 833641 bch.macmillansupport@nhs.net

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 & info for 11 – 25 's
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

Teenage Cancer Trust

Victoria Britton—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 Cancer Information and Support Centre

01934 881 079

Young Women 4 Young Women

0117 9186501
www.youngwomen4youngwomen.com

Youtree—Cancer Fellowship and Support Group

Weston Super Mare.
01934 514843 or 07584 990983
youtree@rocketmail.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

Sport Wordsearch



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

archery	cricket	gymnastics	rowing	surfing
Badminton	darts	hockey	rugby	swimming
basketball	fencing	horseracing	running	tennis
bowling	fishing	netball	skiing	wrestling
bowls	football	racing	snooker	volleyball
boxing	golf	Rock climbing	snowboarding	cycling