

Sept/Dec 2017

BHOC

IN TOUCH



Information and Support Centre, Bristol Haematology & Oncology Centre

The Magazine for Cancer Patients, Families and Carers



IN THIS EDITION:

Birthday Celebrations

21 YEARS OF SUPPORT

HAPPY BIRTHDAY

Cancer Information Support Centre

IN TOUCH is generously funded by

The Friends of Bristol Haematology & Oncology Centre



Welcome to edition 4 of In Touch magazine.

Hello again and a very warm welcome to this edition of In Touch.

The past few months have been very busy here as we have been planning for our birthday party which was held in June. Hence the main focus of the Information and Support pages this time is on those celebrations. We had a fabulous day and were delighted to be joined by patients, families and staff both past and present.

It was lovely to see so many familiar faces and meet some new ones. We were privileged that Dr James Brennan and Ann Bullock were able to join us as they were both instrumental in the Centre being created in the first place.

Also in this edition are articles from various cancer charities and support and research groups.

There are the usual recipes and quizzes and helpful contact numbers for various organisations.

I hope that you will find it both informative and useful - and maybe even find a little humour in places.

You can contact us on 01173423369 or email cancerinfoandsupport@uhbristol.nhs.uk or drop us a line Information and Support Centre, BHOC, Horfield Road, Bristol BS2 8ED.



Rosie McMillan
Editor

Cover Story: "Sail 4 Cancer have been taking cancer patients and their families out sailing now for fifteen years and the feedback we get from our sailing trips speaks volumes." Full story—page 12



NEWS FROM THE

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**

Friends Chairman John Miles MBE stands down from Committee



John and Olivia

After 25 years of dedication to the Friends, our Chairman and friend, John Miles MBE, decided to stand down from the Main Committee in June. It was a very sad day as he has given so much time and energy to the charity and we all have such respect and admiration for him.

Our very great thanks to you John, we will all miss you immensely.

On a positive note, Olivia Grogono, originally the very notable chair of the House Committee, has stood up to chair the Main Committee.

Many congratulations Olivia, we wish you every success in your new venture and offer you our continued support and affection.

About the Friends of BHOC

We are a charity dedicated to supporting patients at Bristol's leading cancer specialist Centre, the Bristol Haematology & Oncology Centre.

We work to improve the environment in which the patients are treated and provide comfort and support to them and their families.

We also provide funds for new equipment and research into new treatments.

We are a non-funded organisation and rely entirely upon charitable donations.

We have recently raised £2m towards a new world class radiotherapy LINAC and we are currently fundraising for a Clarity Radiotherapy Imaging System

Can you help us?

We rely on donations from the local community, and it is the local community who will benefit from access to this world-class technology.

If you can help us with a donation or other assistance, or if you would like further details, please contact :

The Secretary, Friends of Bristol Haematology & Oncology Centre,
Horfield Road, Bristol BS2 8ED Tel 01173423432

We are also on JustGiving: www.justgiving.com/fbhoc



Steve Moorlen,
Anthea Thomas, Dr
Jonathan Musgrave,
Olivia, John, Dr Alan
McKenzie



Steve Moorlen,
Anthea Thomas, Dr
Jonathan Musgrave,
Olivia, John,
Liz Pritchard

FRIENDS OF BRISTOL HAEMATOLOGY AND ONCOLOGY CENTRE

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](tel:01173423432)



These are some of the Whitchurch Saturday Night dancers who have been generously donating to the Friends for many years. The club was originally formed by Pat Dunsford and her husband, Bob, who accompanies the dancers on his keyboard. The club is now run by one of Pat's daughters, Deb James. They are a lovely friendly group who I look forward to seeing each year.

Many thanks to you all for your kindness and welcome
Liz Pritchard



These are the lovely members of St Andrew's Ladies' in Avonmouth who very kindly nominated the Friends as their charity for 2017. Along with Steve Moorlen, I gave a talk there on 6th June and we had a great time. The group were formed about 40 years ago, so are quite established!

They generously presented me with a cheque for £800. This had been raised from the sale of plants, bring and buy stalls and charity auctions. Pat also collects everyone's 1p and 2p coins in her red post box (pictured).



One of the ladies, Margaret Hares, also personally donated £50.

She has recently celebrated a 'special' birthday and chose to give her gifts to charities. Thank you so much Margaret and very many happy returns!

Many thanks ladies for a lovely friendly evening and for making us feel so welcome. A special thank you to Carole Moloney, the chair of the group, and to Carol England, their bookings co-ordinator.



What's new with It's in the Bag?

Survivorship Toolkit Courses

The Bristol Testicular Cancer Service and It's in the Bag continue to work together to provide



Survivorship Toolkit courses which take place at the Aztec West Hotel Bristol.

The next day course will be:

- **11th September**
 - **Dates for 2018 will be announced soon.**
- <http://itsinthebag.org.uk/> or <http://www.uhbristol.nhs.uk/btcs>

The next Personal Development weekend is:

Friday 3rd – Sunday 5th November

If you have had testicular cancer/ germ cell cancer and would like to attend: **Contact Sue & Liz on 0117 342 3472**

NEWS!



This year we organised our very first music festival called The (one and only) Testical Festival! It was a great success attended by over 500 people, who all had a wonderful time. The bands played, the people danced and the sun came out all day. We raised a phenomenal £8,000. This will be repeated in 2018 date TBC.

Grillstock, Pride and Toilets!

Our awareness team were out in full force spreading the word of testicular cancer and the importance of self-checking. TEAMITB gave out thousands of cards at both events and continued to use our bright and eye catching merchandise to draw in the crowds. We were overjoyed when It's in the Bag won Admedia's award for the best campaign in April. In a toilet near you, maybe you saw them?



It's in the Banter and Afternoon Tea

We held our first Banter event for some time and the guys enjoyed a game of Foot Golf. Organised by Graham Smith, 16 survivors and their families turned up in the rain to support each other. We held our second Afternoon Tea for 12 partners, mums and siblings. Organised and attended by Jane Short, Catherine Horler-Underwood and Liz Allison, this was a wonderful treat and great support. It's in the Banter and Afternoon Tea, dates to be confirmed please check the Website or Facebook for details. For details of future event see the website www.itsinthebag.org.uk

Fundraising Kit

This year we launched our brand new fundraising kit! All you need to help us continue the work we do. If you would like one go to our shop, they are FREE (payment for P&P)

<https://its-in-the-bag.myshopify.com/products/fundraising-kit>

NEW Website!

It's in the Bag presents our new website, why not take a look?

<http://www.itsinthebag.org.uk/>



Supporting the Bristol Testicular Cancer Service:

It's in the Bag continues to support the BTCS based in the Bristol Haematology and Oncology Centre by attending the AGM and providing refreshments. Tim Snary and Simon Chilcott attended on behalf of patients.

Don't forget to visit our website www.itsinthebag.org.uk Twitter @ItsInTheBag or Facebook www.facebook.com/itsinthebag

PENNY BROHN LUNCH

What did the Romans ever do for us? Well one thing was that they completely changed the diet of Brits! This was one of the interesting facts members of Prospect, the Bristol & District prostate cancer support group, heard after their lunch at Penny Brohn Cancer Care in July.

Twenty five members and partners attended and afterwards they had an interesting talk by nutritionist Victoria Kubiak, who spelled out some hard facts about food.



Malcolm Gamlin, Chairman of "Prospect", introduces Victoria Kubiak

An information sheet she gave out listed the foods to eat less of: dairy, red meat, refined grains and sugars, also burnt and charcoaled foods. We should also drink less alcohol, drink plenty of water, increase our daily activity, keep to a healthy weight, find ways to manage stress and, above all, enjoy our food and eating. In her talk Victoria also said people needed to have a varied diet including a range of colours and different foods.

Foods we should include in our diets were tomatoes (preferably cooked, she added), water melon, pink grapefruit, papaya, and selenium-rich foods like Brazil nuts, poultry, game, liver and kidney, plus oily fish and seafood.

Foods rich in polyphenol are good for us too, such as pomegranate, turmeric and green tea. We also benefit from foods rich in phytoestrogen such as soya foods, broad and other beans, lentils, peas and flax and sunflower seeds.

If that wasn't enough, we should also eat broccoli, cabbage, cauliflower, cress, rocket, Brussels sprouts and pak choy, a member of the cabbage family (see <https://www.bbcgoodfood.com/glossary/pak-choi>). Allium-rich foods were the final 'treats' - garlic, onion, leeks and chives. Victoria also stressed that herbs of all varieties were good for us - so get some of the 11 dried herbs the BBC food website says every cook should own.

Prospect organise about ten meetings a year all aimed at helping prostate cancer patients and their partners cope with this disease. Full details of our meetings, latest news concerning prostate cancer, and contact details are available on our website www.prostatecancerbristol.org.uk. You can contact us by email at prospect.bristol@gmail.com or phone our helpline on 0800 035 5302

The Purbeck Workshop

Creative escapes for those touched by cancer



The Purbeck Workshop is a registered charity (number 1161110). Established in 2014, we are dedicated to providing creative escapes to those touched by cancer within the Dorset area. We are recognised by Macmillan Cancer Support and as a viable support for Dorset and Somerset and we are listed on their [website](#).

We know only too well that a cancer diagnoses can turn your world upside down. From the endless medical appointments and treatments, as well as changes to your lifestyle, working capacity and mobility. Your family members and friends will also be affected.

We can help! We can provide you with the creative space in a relaxing and supportive environment where you can participate in our free classes and events and meet people who have been on the same journey as you. We aim to help take your mind off your worries and fears...just for a few hours!

We hold a diverse range of workshop classes and events throughout the year such as flower-arranging, woodworking, watercolour painting, crochet and knitting, needle-felt sewing, tai-chi, encaustic wax painting, mixed media, glass painting, astronomy and much more.

For us, it's not about you mastering new craft skills or even the end product. It's about you taking some time out for a few hours, having fun and engaging with your creative self - you may even discover some new hidden talents and skills.

So whether you've had a recent or previous diagnoses or you know people currently touched by cancer, our door is open, you're all very welcome to attend. Cancer journeys are very individual and personal, so you won't be asked to share your experience during the sessions, unless of course you want too.

We also know that it can be difficult to attend somewhere new for the first time, so we invite cancer patients to bring along family members, friends, carers or neighbours to the session, everyone will be greeted with the same warm welcome.

We appreciate that it can be difficult to plan and make arrangements when you are in treatment or in recovery, so no advanced booking is needed for any of our sessions - just turn up on the days that suit you. There is no limit to the number of sessions you can attend. Beginners are always welcome and we'll provide all the materials you'll need for our workshop sessions.

We are located just a one-minute walk from Wool train station with wheelchair accessibility and off-street parking.

The Purbeck Workshop is a community based charity and we are always looking for volunteers to teach their craft skills. We would love to hear from you if you have a couple of hours to spare each month.

To find out more about the Purbeck Workshop and to view our current classes and events and volunteering opportunities, visit our website www.purbeckworkshop.org or facebook page <https://www.facebook.com/purbeckworkshop/> or Twitter page <https://twitter.com/PurbeckWorkshop>

Liz O'Hara
Purbeck Workshop Trustee

Off the Record Bristol



Here at Off the Record Bristol (OTR), we provide young people aged 11-25 with info and support for anything relating to your mental health and emotional wellbeing.

We speak to young people who are struggling with specific issues such as depression and anxiety, but we also know that mental health is something that everyone has – just like physical health. Sometimes life is good, sometimes it sucks a bit, so your mental health is something that constantly changes. We encourage you to manage it, to look after yourself, and to equip your mind with tips and tricks for when things do get tough.

A cancer diagnosis has a huge impact on a young person's life – and certainly on your mental health. When a loved one's physical health is bad, life can feel restrictive, isolating and confusing – and understandably that can leave you feeling pretty down.

You can help yourself and try to practice some small exercises to build up your emotional wellbeing throughout a difficult time. Here are some of our suggestions:

Notice the positives. Make a special note to write somewhere every single day, three things that you appreciated, or that went well or made you laugh. Over time, this will really make a difference. Remember that no matter how bad a situation looks, there is always some silver lining, even if it is hidden.

Build your strengths. Focusing on your strengths can help you to feel more confident, motivated and prepared for challenges. It's a sure-fire way to become more resilient. Think of a time that you did something you were really proud of. Now think about what strengths you used to make that thing happen. Were you creative, patient, wise, or was it another strength you used?

OTR

WE OFFER FREE, CONFIDENTIAL MENTAL HEALTH SUPPORT AND INFORMATION FOR YOUNG PEOPLE AGED 11-25 ACROSS BRISTOL AND SOUTH GLOUCESTERSHIRE.

HOWEVER YOU FEEL AND WHATEVER IS ON YOUR MIND, WE HAVE LOADS OF STUFF ON OFFER THAT CAN HELP. GET IN TOUCH TO FIND OUT WHAT WE DO, HOW WE DO IT, AND WHERE IT HAPPENS!

WWW.OTRBRISTOL.ORG.UK
YOUNG PEOPLE - CHANGING MINDS

Practice self-care. It's OK to not be OK, especially when you're dealing with something as intense as an illness, and you often need to take some time out for yourself. Listen to some of your favourite music, do some breathing exercises or mindfulness, or have a Netflix binge. Some of these might seem silly or unimportant, but it's really important to look after yourself especially when things are stressing you out.

OTR is based in the Old Market area of Bristol and you can come to us for loads of different areas of support – group work, creative work such as art therapies, one-to-one counselling – we also have specialist groups for LGBTQ+ young people, and for young people experiencing bullying or self-harm.

In the meantime you can check out our website at otrbristol.org.uk for more info on what we do – there's also a space to sign-up to our services and choose the best option for you. You can follow us online on Facebook, Twitter and Instagram at @otrbristol.

Talking to children about cancer

The Secret C: Straight Talking About Cancer Paperback – 1 Jul 2009

by [Julie Stokes](#) (Author), [Jane Fior](#) (Editor), [Peter Bailey](#) (Illustrator), [Vicky Fullick](#) (Designer)

This illustrated guide for children provides a sensitive introduction for a child when a parent, sibling or a person close to them is diagnosed with cancer. Cancer in the family is hard for everyone, especially when children are involved. Children need to understand what is happening and it can be hard for adults to explain when they themselves are trying to come to terms with the implications of the diagnosis. Children often want information but sense that they need to protect their parents from the questions they want to ask.

Paperback: 32 pages

Publisher: Winston's Wish; 2nd Revised edition (July 2009)**Language:** English

ISBN-10: 0955953928



When Someone You Love Has Cancer: A Guide to Help Kids Cope (Elf-Help Books for Kids) Paperback – 1 Jan 2005

by [Alaric Lewis O.S.B.](#) (Author), [R W Alley](#) (Illustrator)

Paperback: 32 pages

Publisher: Abbey Press (1 Jan. 2005)

Language: English

ISBN-10: 0870293958

ISBN-13: 978-0870293955



My Parent Has Cancer and it Really Sucks Paperback – 29 Mar 2013

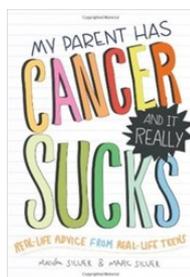
by [Maya Silva](#) (Author), [Marc Silva](#) (Author)

A book specially for the most forgotten family member when cancer strikes a parent: teens It's estimated that one million teens have a parent or close relative with cancer -- and it really sucks. Which is why father-daughter team, Mark and Maya Silver, who was a teenager when her mother was diagnosed with cancer, have written a book of advice and support specifically for the undeserved teenage audience.

Paperback: 304 pages

Publisher: Sourcebooks, Inc (29 Mar. 2013)

Language: English



Mums Don't Get Sick Paperback – 1 Jul 1996

by [Marylin Hafner](#) (Author)

Abby's attempts to mind the house while Mum is ill result in chaos.

For reading to under-sevens.

Paperback: 25 pages

Publisher: Walker Books Ltd; New edition edition (1 July 1996)

Language: English

ISBN-10: 0744547229

ISBN-13: 978-0744547221



When a parent has cancer it can be very difficult to explain things to a child.

At the Information Centre we have a list of publications that may be able to help with this process.

A few of them are detailed here, but many more are available online or from bookstores.

Please note—we do **NOT** stock these publications ourselves.

Cows on the Couch: A Cancer Story Paperback – 2 Jul 2015

by [Christine White](#) (Author), [Julie Leiman Weaver](#) (Illustrator)

This little book is perfect for every family struggling with cancer and explaining it to young children. Told honestly, but gently by adorable cows, children are taken through the standard steps of cancer treatment from hair loss to surgery. Beautiful original watercolor illustrations by noted artist Julie Leiman Weaver bring the cows to life and ease the children through difficult concepts. "My perfectly healthy, organic-eating, farm-dwelling daughter-in-law was recently diagnosed with Stage 3 aggressive Cancer. She and my son wanted a book to explain to their 2 and 5 year-old children what would be happening to Mommy. They couldn't find just what they were looking for, so I wrote this story for the little ones. The name "Cows on the Couch" comes from a silly car game I play with the kids to keep them occupied as we travel from the farm to my house so that Mommy can recuperate from chemo."

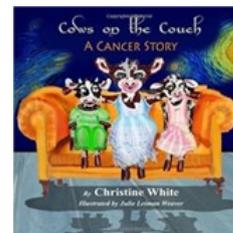
Paperback: 24 pages

Publisher: CW Publishing (2 July 2015)

Language: English

ISBN-10: 0692470050

ISBN-13: 978-0692470053



My Book About Cancer Paperback – 30 Jan 2003

by [Rebecca C. Schmidt](#) (Author)

When a father or mother has been diagnosed with cancer, the entire family can be traumatized. "My Book About Cancer" is a workbook that gives children an effective emotional outlet as they cope with their parent's disease. By creating and discussing their own book of experiences with parents, grandparents, and other adult loved ones, children can share their emotions and concerns as the family progresses through the diagnosis and treatment of cancer. This interactive workbook is both a colouring book and a sketchpad. Children can colour various animal characters that depict scenes, images, and emotions likely to be encountered during a parent's illness. Each facing pages allows children enough blank space to draw pictures of their own experience. "My Book About Cancer" is available in two versions, one for children with a mother with cancer and one for those with a father with the disease.

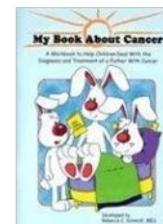
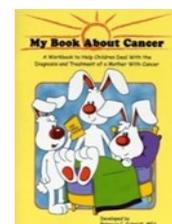
Paperback: 54 pages

Publisher: Oncology Nursing Society (30 Jan. 2003)

Language: English

ISBN-10: 1890504335

ISBN-13: 978-1890504335





New members are always welcome, with our aim being to establish a friendly, supportive and informative group for the benefit of patients and carers.

Themed meetings

The group meet every other month on the third Tuesday at United Reform Church Community Rooms, Upper Horfield at 7.00pm until 9.00pm.

We organise speakers to come and talk to us on a variety of subjects related to Myeloma. Our next meeting is September 19th.

Coffee mornings

Meet at “The Piano and Pitcher” (harbourside in Bristol) 11am, October 18th and December 20th for coffee and chat.

Next meetings

September 19th – Themed meeting 7.00pm

United Reform Church community rooms, Upper Horfield

October 18th – social, 11am “Pitcher and Piano” Bristol

November 15th – Themed meeting 7.00pm Upper Horfield

December 20th – social, 11am “Pitcher and Piano” Bristol

Please contact Sarah for any more information

sarahlrossiter@btinternet.com

The Macmillan Therapy team are here to help.

Macmillan Cancer Support is funding pilot programmes at University Hospitals Bristol NHS Foundation Trust to keep patients active and better able to deal with the consequences of disease and treatment. These programmes are part of a 2 year project to look at what services Occupational Therapists, Speech & Language Therapists, Dietitians and Physiotherapists are providing for cancer patients around the Trust.



Left to right Lauren Padfield - Macmillan Rehabilitation Therapy Technician; Cate Mitchell - Divisional Lead Therapist for Specialised Services; Tom Cave - Macmillan AHP Cancer Rehabilitation Project Lead.

The Macmillan Cancer Related Fatigue Management Programme has been designed to aid in the management of fatigue using group discussion and physical activity. 7 sessions are run over the course of 12 weeks at South Bristol Community Hospital, with input from physiotherapy and clinical psychology to address fatigue issues in an holistic manner. This is for adult patients over 18 years old, who have completed their active treatment. The programme is currently running its second 12 week cycle and will start a third cycle in September.

The Macmillan Therapy Treatment Support Service aims to help patients improve their function during treatment. If patients have issues with mobility, loss of function, breathlessness, pain, or fatigue, a physiotherapist will contact patients via a telephone call and offer either advice, face to face assessment or onward referral. This is for any adult patient over 16 years old with a cancer diagnosis. Since March we have received more than 95 referrals.

The Macmillan Prehabilitation Support Programme is helping to build up Ovarian and Lung cancer patients who are going on to have surgery by prescribing an individual physical activity programme and weekly follow-up phone calls. So far 26 patients have been involved with the programme.

If you are interested in any of these pilot programmes please ask at the Cancer Information and Support Centre or contact any UHBristol health care professional for a referral.



Anna Chancellor helped launch Animal Free Research UK's 'Grand Challenge'



Animal Free Research UK (formerly the Dr Hadwen Trust) is the UK's leading non-animal medical research charity. Since 1971 the charity has funded over 200 medical research projects, many of them focussed on cancer. In recent years the charity has developed significant partnerships and focussed their efforts on particular types of cancer.

In December 2015 Animal Free Research UK launched a fundraising campaign called the 'Grand Challenge' in conjunction with another charity, Brain Tumour Research, to raise £180,000 by the end of 2016. Brain tumours kill more children and adults under the age of 40 than any other cancer yet just 1% of the national spend on cancer research has been allocated to this devastating disease. The target was duly reached and will fund Professor Geoffrey Pilkington at the University of Portsmouth, who will undertake a new research project into the blood-brain barrier.

Professor Pilkington, Director of the Brain Tumour Research Centre of Excellence at the University, has developed the world's first all-human blood-brain barrier model. Together with his team, he is investigating how drug treatments can be delivered more effectively to improve outcomes for brain tumour patients.

In December 2016 the highly respected Downton Abbey actor, Peter Egan, Patron of Animal Free Research UK, launched The Animal Replacement Centre of Excellence (The ARC) at the Blizard Institute, Queen Mary University of London. This is a £1m investment by Animal Free Research UK over five years to allow Professor Mike Philpott and Dr Adrian Biddle to undertake a series of cancer research projects, majoring on skin, prostate and breast cancer.

They will use cutting-edge science to advance human models for human disease and help reduce the number of animals currently used in cancer research. The over-dependence on mouse models in particular, has slowed progress in cancer research, and can provide misleading data. The focus at The ARC will not only be developing non-animal based research models but also ensuring that human-based research models are as accurate and representative of humans as possible. This will therefore help in the development of better treatments.

Professor Philpott, Dr Biddle and the Blizard Institute itself all have international reputations for research and teaching excellence. The success of this initiative could have global implications for the advancement of non-animal medical research.

Animal Free Research UK's latest fundraising initiative is a joint campaign with Breast Cancer UK which will be launched in the next few weeks. The aim is to raise £90,000 to fund an innovative research project which will investigate the role of environmental pollutants in increasing breast cancer risk. This important work will improve understanding of the causes of breast cancer to help prevent the disease.

It's thought that a large proportion of breast cancer cases are attributable to environmental and lifestyle risk factors. Yet only 1% of research funding into breast cancer is spent on this area. This three year project will make a real difference to developing better science and improving our understanding of breast cancer. The research project will use human tissue samples to develop in vitro models to research the role of chemicals in breast cancer. In vitro literally means 'in glass'. Research that is in vitro means investigations take place in an artificial environment, i.e. in the laboratory, as opposed to research which takes place inside a living organism, referred to as in vivo.

Animal Free Research UK's Patron, Downton Abbey's Peter Egan launched The ARC



Getting away from it all on the water

Sailing may not seem the obvious choice for respite after a cancer diagnosis - after all who needs to do something ELSE that might make them feel a bit sick? However charity Sail 4 Cancer begs to differ. We've been taking cancer patients and their families out sailing now for fifteen years and the feedback we get from our sailing trips speaks volumes.



Although it is exhilarating - and can be pretty high adrenaline at times - sailing is more inclusive than you might imagine; we have taken visually impaired guests (some of whom were totally blind), guests on crutches, with prosthetic limbs; our oldest sailor to date was 81 at the time, and we regularly take out guests who are in their late 70s. And unlike many opportunities offered by other organisations, we welcome family members, carers and special friends. Sail 4 Cancer understands just how many people are affected by each cancer diagnosis - and how good it is to get out with one or more of those people and do something FUN! As Tim commented: "It was lovely to have a day out as a family where there was no time to think about anything except enjoying ourselves."

Some of our guests have sailed before, however most of our guests are complete novices and for some of them it's a pretty big step. Elaine told us: "I was very nervous before the day that I might not be able to cope and that it would be extremely stressful. But as it happened I loved the day and now I would love to go again!"



Sail 4 Cancer appreciates that it can take quite a lot of courage, just to say yes to the opportunity, so we try to make it all as easy as possible. Clear instructions on what to bring, how to get to the marina and where to park; a big welcome on arrival with a drink and a snack before boarding your yacht for the day. For most trips our boats will have up to 10 guests plus a Skipper and a Mate - and it's these lovely people who help make our trips such a success. Many guests are apprehensive at first, but after a short safety briefing the boat leaves its mooring and everyone starts to settle in. Then before you know it, one of the guests is at the helm and others are being guided to trim sails. Liam explains: "I really enjoyed the sailing as I have never had a chance before. I was a bit nervous at first but I enjoyed getting a hands on experience."



It is the gentle encouragement from the professional crew that makes these days out so much more than just a boating trip. Ian commented after his recent trip: "The charity offers people, young and old alike, the opportunity and challenge to try a day of sailing, something that many have never done before. To see people, who may feel reluctant to join in, gradually encouraged to take on tasks, gain confidence and then thoroughly enjoy what they are doing, is a joy to behold."

Some of our guests want to talk openly about their diagnosis and situation, whilst others are happy just to get on with the sailing. Whatever the choice, our guests comment on how good it is to be with others who understand at least some of what they are experiencing. Tim again: "It was also important that our children saw that there were other children in similar situations to them - made them feel a bit more 'normal!'."

Our sailing days for this summer are almost over - we're definitely fair weather sailors - but we will have a good calendar of different days out next summer - and they are all FREE. Take a look at our website - www.sail4cancer.org - in the spring and let us know what you'd be interested in. Or call us on 01635 297222.



I'll leave you with the words of Ron, who summed up his day out: "Having cancer is very frightening for both the patient and their family. Constant tests and treatment, making adjustments to normal life, giving up interests and hobbies, it all goes to 'bring you down'. Responding to the invitation from Sail 4 Cancer I really didn't know what to expect from the day other than a trip on the water. What a day, it was fantastic. From the breakfast of giant bacon bap and tea through the excitement of sailing so close to the sea with the wind pushing against the sails to the delicious refreshments afterwards. Equally as wonderful was the contact with other families who in the space of one day became sufficiently close as to hug one another as we left for home. I can't thank the teams enough... Although it was just one day in time it was worth much, much more."

And, finally, Sue: "It's made me realise I can still go out and enjoy myself."

Contact: Cathy Jenkins cjenkins@4cancer.org



“It has been life changing. I can now look forward to the rest of my life.

I have a more positive outlook. I have learnt to move forwards without cancer being in the forefront of my mind.”

WHAT WE DO

Odyssey is a unique organisation which enhances the quality of life for people living with and beyond cancer through programmes of adventure based mainly in the outdoors. Using the stimulation of uncertainty and surprise Odyssey takes participants on a five-day journey aimed at combating the psychological and emotional devastation caused by their illness. By supporting people to overcome appropriate challenges, (some of them physical, others creative or artistic) Odyssey helps people rebuild their self-confidence and regain their zest for life. Further information is available at www.odyssey.org.uk



WHO IS ELIGIBLE?

Odyssey courses are for people living with, or having had a recent experience of cancer and who need a helping hand to get on with life again. Places are free and available to anyone over 18. There is no upper age limit; the oldest we have had so far is 84!

Patients are referred onto our courses through health professionals working in the NHS, private hospitals, hospices and GP clinics. Regular training events ensure that referrers have the chance to experience Odyssey for themselves and that courses continue to fulfil patients’ needs. Our long-term aim is to widen Odyssey’s cover geographically to make courses available to people from all over Britain and within easy access of where they live.



“There were many surprises, all good ones, but the mystery became part of the adventure, not knowing how we would meet it as individuals, but confident that together we would find the courage to succeed. In effect, a metaphor for the cancer journey itself.”

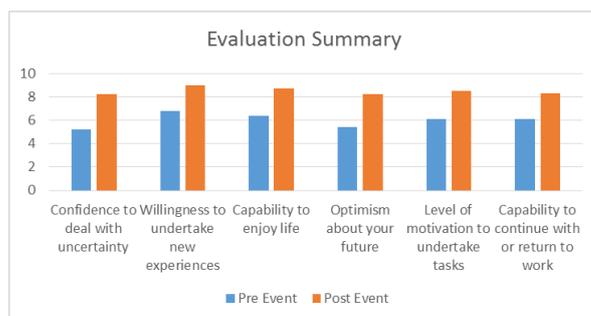
WHY THERE IS A NEED FOR ODYSSEY

The increasing success of cancer treatments has meant that many people are surviving cancer and returning to normal life, often after a prolonged interlude of treatment. Others are terminally ill, but not physically incapacitated and a third group comprises those who have to live through a long period of uncertainty before knowing the outcome. A fundamental need for all three groups is to maximise their quality of life and learn to live in the present.

Many forms of support are offered through treatment centres, but typically they are introspective in approach. Odyssey is about change of focus, and participation in the course frequently provides the stimulus and confidence that people need to re-engage with life. For example it’s not uncommon, following an Odyssey course, for people to return to work after a long period away or to take up a new interest. For others it helps them find positivity, enjoyment and peace during the closing stages of their lives.

MACMILLAN EVALUATION

Since 2013 Macmillan has been sponsoring places on our Kent courses, and evaluating the outcomes. This bar chart shows significant improvements in the criteria evaluated 8 weeks post event, after return to ‘normal’ life, and after any immediate post course euphoria has dissipated.



“The impact of the course on my life has been incredible. I feel so proud of what I achieved – a kick-start into life once again. To look back at the past and not have cancer in the forefront but an amazing time and experience a positive time of laughter and fun I will always remember.”

Information and Support Centre

What can we do for you?

Introduction

- The Centre consists of 2 members of NHS staff and several wonderful and experienced volunteers who are always on hand to assist.
- We have been affected by cancer in some way ourselves and we hope that gives us more of an understanding of what you and your families are going through whilst acknowledging that as individuals we all respond in very unique ways to our own situations.



Where are we & What do we do?

- We are located on level 4 in the main entrance of the BHOC across from the main reception desk.
- We want to enable patients and their families and friends to access information on all aspects of cancer, and also to support anyone affected by cancer through empathic listening.



Internet: www.uhbristol.nhs.uk

Open: Monday—Friday, 9.00am - 5.00pm

Telephone: 0117 342 3369

Email: cancerinfoandsupport@uhbristol.nhs.uk

What do we offer?

Listening Ear Service:

- 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, money worries, ending treatment – either face to face or via our telephone helpline.
- We will also come and visit you on the wards or during chemotherapy treatment, just ask a member of staff to give us a call on your behalf.
- It is open to anyone affected by cancer including family, carers and friends and is available at any stage of treatment – even after it has finished. You can either pre-book or simply come and ask, and someone will always be made available to listen to you.
- This service is free and confidential.
- This is not a counselling service, but listeners will be able to tell you about psychological and counselling support should you wish to consider this option.



Information available on a range of subjects:

- Types of cancer
- Tests and Treatment
- Other organisations and services you may be able to access – including support groups
- Carers support
- Some of the emotional effects, and how you may feel after treatment
- Health and well-being – including Diet and Exercise



Health and Well Being:

- The **Red Cross**, funded by Friends of BHOC, attend the centre on a Tuesday afternoon and offer neck/shoulder and hand/arm massages to patients, staff and carers – this is a free service and you can book a session through the centre.



- **Look Good Feel Better** – A pamper morning is held for women coping with cancer – either during treatment, or for up to 1 year afterwards. This free group makeup and skincare workshop is bookable through the centre. ***This service is for patients only.***

- **Reflexology**—Breast cancer patients, through Bosom Buddies, can access free Reflexology sessions with therapist Rachel Glanville–Davey. Please contact us for more information on how to book a session.

- **Relaxation & Stress Management** – We have a range of our own BHOC booklets written by a nationally renowned clinical psychologist who worked at the BHOC for over 20 years. These have been highly recommended by previous patients:

- Managing the stress of cancer
- Overcoming Insomnia
- Relaxation booklet with CD



- **Wig Referrals and Headstart** – Patients concerned about hair loss can ask for a wig referral (for more information ask at the Information and Support Centre) This is a free BHOC service available to both men and women. We also have a small outlet in the Centre where we sell hats and scarves and can provide a scarf tying demonstration. We also have a wig recycling service where donated wigs are cleaned and sold for £8.

Money Matters:

- **Financial Assistance** – The Citizens Advice, in conjunction with Macmillan Cancer Support offers a free, confidential benefits advice service for patients. We can make a referral for you with trained workers who visit the Centre. They will look at your circumstances and identify any benefits or grants you may be eligible for and then take you through the process, helping you fill in forms etc.
- **Car Parking Permits** – Parking permits are available for patients attending appointments. Pay for 2 hours and then collect your permit from Main Reception.
- **Blue badge** holders can park in any available parking space without charge.
- **Travel Insurance Details** – with recommendations from previous patients.



What we would like you to take away from our service?

- We want you to feel that you are not alone – we are here to support you in any way we can.
- We may not always have an immediate answer or solution, but we will do what we can to help you find one.

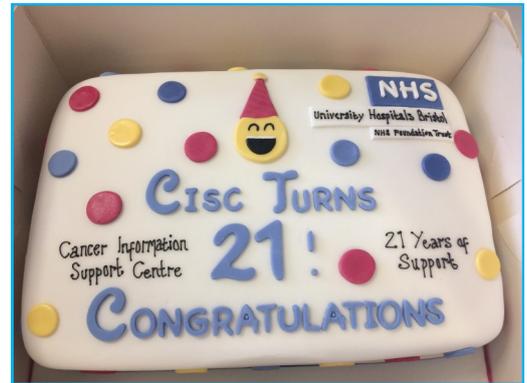


News from the Information

A few pictures from our fabulous 21st birthday party

I think it's safe to say that a good time was had by all. The cake was beautiful, it was lovely to share the day with so many patients and staff members, past and present. Red Cross were on hand to give massage therapy to those who wanted it and a tombola and raffle were held by the lovely Eddie Spackman and his wife Ginny to raise more funds for the Centre. Dr James Brennan and Anne Bullock cut the cake and James said a few words about the Centre from inception to present day. A huge thank you to the Friends of BHOC for funding the party and for continuing to support the Centre so generously.

Our beautiful birthday cake



From left to right: Margaret Pritchard (co-founder of our Headstart shop); Jenny Sims, Joan Fiddler, Jenny James, Megan Hicks, Rosie McMillan (Information & Support Officer), Paul Baker and Pat Murphy.

RVS staff member Tracey Burgess who went above and beyond the call of duty in ensuring everyone was suitably catered for on the day



Tracey (hands off the food!) and our very own Liz Pritchard (Friend's Secretary)



A very small portion of all the lovely food available on the day

and Support Centre



Volunteer Pat Murphy with some of the Headstart range of headwear



Eddie and Ginny Spackman with their tombola stall. They very generously donated the takings to the Friends.



The very lovely Lindsey Red Cross lead volunteer.

The raffle prize won by a very lucky patient



Balloons everywhere



Dr James Brennan and Emily Ruthven (CISC Manager, currently on maternity leave)



CISC founder Anne Bullock with Margaret Pritchard (co-founder of Headstart shop)

News from the Information and Support Centre cont...

21st Birthday celebrations—Wednesday 21st June 2017

“ I just want to express my thanks to everyone who came along on the day to help us celebrate.

I also want to extend a huge Thank You to Heidi (McCloughlin—Storm in a Tit Cup blog) and James (Dr Brennan) for taking the time out of their busy lives to be with us. Without James the Centre would not be what it is and we are all very grateful and deeply indebted.

I couldn't possibly let the opportunity pass by without mentioning the backbone of the Centre – and that backbone is of course the wonderful volunteers. They freely and generously give of their time to make sure that Information and Support is always available to patients, families and friends.

The Centre absolutely could not run without them and I know I couldn't do my job without their daily assistance. It's an absolute pleasure to work with them all, past and present.

Lastly but by no means least I want to thank the Friends of BHOC for everything they do to ensure that BHOC and indeed the CISC has everything it needs to be able to offer the first class service to patients that it does. Thank you. “

Rosie McMillan

Information & Support Officer

Wig Referral Service



Your consultant may have indicated to you that your treatment will probably result in hair loss. BHOC currently offer a free wig service to patients (both male and female) for whom this is likely to happen.

How do I access this service?

The Cancer Information and Support Centre can arrange a referral for you. If you haven't already been contacted by them you can call them on the number below, or pop into the Centre in person and speak to one of the staff who will take a few details and complete the referral online.

What happens next?

Your referral will be passed on to our Wig Consultant who will contact you to make an appointment.

The appointment will be held here in the BHOC.

For further information, or to request a referral, please contact the
Cancer Information & Support Centre (located in the Main Entrance, Level 4 of BHOC)

Telephone 01173423369 or Drop-in: Mon-Fri 9am-5pm

Interview with



Can you tell us a bit about the Friends and the role they play in BHOC?

The Friends were formed in 1971 as a charity dedicated to supporting patients at the Centre.

Apart from myself the committee are all volunteers. Because of this the charity has exceptionally low administration costs, ensuring that donations go straight to our current projects instead of being lost in overheads. The committee give freely and generously of their time and skills to improve the environment in which the patients are treated and provide comfort and support to them and their families. They have purchased innumerable items, large and small, that the NHS would be unable to fund as well as contributing extensively to research and staff training courses.

The Friends are a non-funded organisation and rely entirely upon charitable donations.

On a more personal note: How long have you been secretary for Friends of BHOC and what did you do prior to taking up this role?

I have been the Secretary to the Friends for nearly 14 years, during which time I have met countless lovely patients and members of staff. The office on level 4 is in a perfect location and I very much enjoy working on the main entrance floor, we all work together well, Jayne on main reception, the staff in the RVS coffee shop and all those in the Patient Information Centre.

I have been employed in the medical field for many years. I worked for Healthcall, the Doctors' deputising service for many years, was a receptionist at Brooklea Health Centre in Brislington and immediately prior to BHOC was in the Waiting List Office in the BRI.

If you could have done any other job, what would you have chosen?

I love all kinds of music, that is my passion. I worked in a record shop for 4 years in the 70's and it was magical to just listen to different songwriters and their styles. Consequently I really regret never learning the guitar (even though I have one) or the piano. I will encourage my granddaughters, if they are interested, to learn while they are young. So in an ideal world I would be a musician or someone very clever and talented like Victoria Wood who was my idol.

.....Liz Pritchard

The sun was truly shining for the second Macmillan Wellbeing Day, hosted by LinkAge's Macmillan Prevention and Re-enablement project.

The Macmillan Summer Wellbeing Day which took place on Wednesday 14th June, aimed to welcome and support people aged 55+ living with and beyond cancer, and their carers/supporters, to try a variety of fun, creative and physical activities and to also access the variety of fantastic support services that are available across Bristol. A marketplace of stall holders were present on the day, with the Macmillan Bristol Buddies, Macmillan Cancer Rehabilitation & Support Team, Healthwatch, Penny Brohn UK, Bristol Mental Health, Carers Support Centre, Energise, and the Macmillan Breast Radiotherapy Injury Rehabilitation Service, all showcasing services for those living with and beyond cancer.

There was a great atmosphere at the event, as guests were welcomed upon arrival with a goody bag and refreshments, before settling down for a welcome talk by Macmillan's Prevention and Re-enablement Project Manager, Sally Crocker. Guests learnt about the benefits associated in engaging in physical activity and how the project can support them into activities.

After a brief welcome and introduction of all stall holders, Alistair MacFarlane, Exercise Referral Manager from Energise, gave a talk on how the quality of life for people affected by cancer, can be improved through taking part in regular exercise. Alistair even brought along a static bike and rowing machine so people could have a go on the day!



The programme of activities for the day started with an enthusiastic choir session led by Rachael Hunt and the Stockwood Happy Notes. Participants were led through a range of songs, with one guest stating how much she "loved the choir and its patience". This session was followed by Keep Fit, led by fitness instructor Sharon Layton, who shared some energetic but accessible moves that got guests moving across the floor. One guest said, "It was good for my husband to join in the exercises!"

Whilst guests enjoyed a healthy and delicious lunch, Penny Brohn volunteers spoke about the history and the services and support that Penny Brohn offer. Joanna who ran drop-in clay exploration sessions throughout the day, also spoke about her personal journey and the therapy she found in being creative again.

Chair-based Zumba was a blast; with guests moving in their seats to lively soundtracks, led by Zumba instructor Philomena Connelly. The final session of the day was a calming Tai Chi session. Instructor Frank Pring guided guests through a variety of sequences, that offered a low-impact, gentle and relaxing option of engaging in physical activity.

Amongst the backdrop of activities and stallholders, there was also the option for guests to have a relaxing free massage by complementary therapists showcasing one of the services that is available at the Bristol NGS Macmillan Wellbeing Centre, Southmead.

It was fantastic to see so many people come together on the day to try new things, meet new people and support each other...

"It was an amazing day, you have helped me so much to move on. Healthy eating, exercise, relaxation"

"A wonderful 100% day of love, care, help and kindness - staff have been outstanding and visitors lovely to talk to. Planning is already taking place for another Macmillan Wellbeing Day in Autumn 2017. So if you would like to register your interest, then please contact the Macmillan team on 0117 353 3042.

If you are interested in any of the activities featured in the Summer Wellbeing Day, please call LinkAge head office on 0117 353 3042, where you can be signposted to an activity nearest to you.



General Knowledge.....

1. What was the most lucrative export, quite literally an end product, for many west coast South American countries in the 19th century?
2. George Mallory, who some claim may have been the first man to conquer Mt Everest, is credited with which famous three word reply?
3. Who was the first woman to hit the charts with the song 'Bang Bang (My Baby Shot Me Down)'?
4. Which island country is the most westerly part of Africa?
5. Which epic movie, based on a real historical character, was the only film to have won the Oscar for Best Picture without a single female speaking role?
6. The registration plate for which famous vehicle reads "SCV 1"?
7. Nicknamed the "Eighth Wonder of the World", what was the name of the famous room or chamber in the Catherine Palace near Saint Petersburg which mysteriously disappeared during World War Two?
8. What were the names of the Titanic's two sister ships which ended with the letters 'ic'?
9. Liberty 1 was the name of the ill-fated space ship in which popular 1968 sci-fi film?
10. Ukrainian Sergey Bubka is best-known for record setting in which sporting discipline?



Sounds the same

1. To make tighter and a giant.
2. Funny and the funny bone.
3. Makes beer and a contusion.
4. Fish eggs and the 17th letter of the Greek alphabet.
5. Impolite and regretted.
6. An enemy and fake.
7. To become dead and a colouring agent.
8. Pieces of chain and a member of the cat family.
9. Pungent yellow condiment and assembled for roll call.
10. An understanding of things and to provoke.



A)
As a whole, I am both safe and secure.
Behead me, and I become a place of meeting. Behead me again, and I am the partner of ready. Restore me, and I become the domain of beasts.

What am I?

B)
You can see me in water, but I never get wet.

What am I?

C)
What English word has three consecutive double letters?

D)
I'm not an air plane, but I can fly through the sky. I'm not a river, but I'm full of water.

What am I?

Answers on Page 25



Volunteers Wanted

Could you be a volunteer?

To be a volunteer, it takes...

Generosity, a willingness to give your time to others

Understanding, because their lives might be very different from your own

Empathy, an ability to put yourself in someone else's shoes and try to feel what they must feel

Compassion, to truly care about making someone else's life better

Patience, because the process doesn't always go as smoothly as it might

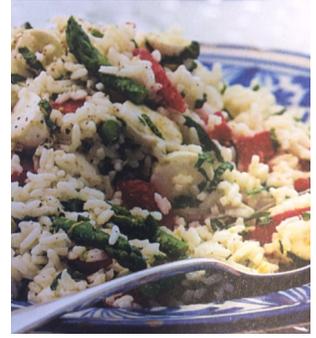
Dedication, to stick with it and see it through

The Information and Support Centre is looking for more Volunteers to help in the Centre. If you are patient, kind, caring and especially if you have been directly affected by cancer and can remember how hard that can sometimes be, please contact the centre on 0117 3423369;

email: cancerinfoandsupport@uhbristol.nhs.uk or pop in for a chat.



Minty summer rice salad



Preparation 5 minutes

Serves 4

Long-grain rice (250g/9oz)

Asparagus (250g/9oz), chopped into bite-sized pieces

1 red pepper, deseeded and chopped

Olive oil (3 tbsp.)

Grated zest and juice of 1 lemon

Mozzarella (250g/9oz), cut into small pieces

Large bunch mint, chopped

Salt and black pepper

Cooking 20 minutes

- 1 Add the rice to a pan of boiling, salted water and cook for 10 minutes
- 2 Add the asparagus and cook for 3-4 minutes until the rice is completely cooked and the asparagus is only slightly crunchy.
- 3 Drain into a sieve and hold under cold, running water until cool.
- 4 When the rice is cold, stir in the rest of the ingredients.
- 5 Season well and serve.

Nutritional information per portion

Energy 506kcal

Protein 22g

Total fat 23g (of which saturates 10g)

Carbohydrate 58g

Fibre 1g



Suitable for:

People with sickness or nausea

People with loss of weight or appetite;

People with loss of taste or smell.

Quick and simple

Both recipes taken from the

Macmillan book:

Recipes for people affected by Cancer.

**Thanks to Good Food magazine for contributing
this recipe**

and to Juliet Wilson for the ice-cream recipe



Toffee chocolate ice cream

Preparation 5 minutes

Serves 4

4 Mars™ bars

Milk (2 tbsp.)

Cream (4 tbsp.)

Ice-cream (4 scoops)

Cooking 5 minutes

- 1 Put the Mars bars and milk in a pan over a low heat .
- 2 When the Mars bars have melted, stir in the cream.
- 3 Put one scoop of ice-cream in each serving dish, then pour the sauce over and serve immediately.

Nutritional information per portion

Energy 446.1kcal

Protein 5.8g

Total fat 20.8g (of which saturates 12.3g)

Carbohydrate 62.8g

Fibre 0.3g



Suitable for:

People with a dry or sore mouth;

People with problems chewing or swallowing;

People with loss of weight or appetite;

Quick and simple



Hannah Currant
Health Care Engagement and Community Development Lead
Penny Brohn

At Penny Brohn UK, we know that cancer affects every part of your life. It can be overwhelming, but there are many small things that can make a big difference to the way that you cope, before, during and after treatment.

We can help you look at every aspect of your life, offering practical help and emotional support to find out what you need to strengthen your body's natural ability to heal. Penny Brohn offers a range of free services to cancer patients and their supporters.

Hannah Currant is our Healthcare Engagement and Community Development Lead and is working in partnership with the BHOC in the Chemo Day unit on Mondays, Wednesdays and Fridays. She can spend some time with you, and help guide you into services to suit your needs at any point. Hannah can be contacted via the information centre or found in her purple t-shirt on the Chemo day unit on Mondays, Tuesdays and Fridays. Please do stop her and say hello! More information can be found in the information centre or online www.pennybrohn.org.uk or you can call our confidential helpline on 0303 3000 1188



Little words of wisdom

Today, give yourself permission to be outrageously kind, irrationally warm, improbably generous. I promise it will be a blast.
Sasha Dichter

A smile is a curve that sets everything straight
Phyllis Diller

To thrive in life you need three bones. A wishbone. A backbone. And a funny bone.
Reba McEntire

Be who you are and say what you feel, because in the end those who matter don't mind and those who mind don't matter.
Theodor Seuss Geisel

A pessimist, they say, sees a glass as being half empty;

an optimist sees the same glass as half full.

But a giving person sees a glass of water and starts looking for someone who might be thirsty.

G. Donald Gale



"Strange But True"



Here's a little part of US history which makes you go hmmmm.

The names Lincoln and Kennedy each contain seven letters. Both were particularly concerned with civil rights. Abraham Lincoln was elected to Congress in 1846. John F. Kennedy was elected to Congress in 1946. Abraham Lincoln was elected President in 1860. John F. Kennedy was elected President in 1960. Lincoln's secretary was named Kennedy. Kennedy's secretary was named Lincoln. Both wives lost their children while living in the White House. Both Presidents were shot on a Friday. Both Presidents were shot in the head. Both Presidents were shot by southerners. John Wilkes Booth, who assassinated Lincoln, was born in 1839. Lee Harvey Oswald, who assassinated Kennedy, was born in 1939. Both assassins were known by their three names. Both names are comprised of fifteen letters. Lincoln was shot at the theatre named "Kennedy". Kennedy was shot in a car called "Lincoln". Booth ran from the theatre and was caught in a warehouse. Oswald ran from a warehouse and was caught in a theatre. Booth and Oswald were assassinated before their trials. Both successors were named Johnson. Both successors were southerners. Andrew Johnson, who succeeded Lincoln, was born in 1808. Lyndon Johnson, who succeeded Kennedy, was born in 1908.

Fun facts.....

Ronald Reagan is best known for being President and acting in numerous films, but he was also a prolific lifeguard, who saved 77 people from drowning.

Scientists lit a cave of natural gas on fire in 1971 expecting it to only burn for a few days; it still burns till this day. It has been nicknamed "The Door to Hell"

At the time the current oldest person on Earth was born, there was a completely different set of human beings on the planet.

Britain's most remote pub is the Old Forge on Inverie, Scotland. It is 107 miles (172 km) from the nearest city, Inverness, and has no road access.

The rumbling noise from your stomach is called 'borborygmus' and is from "housecleaning" your intestines and isn't a sign of hunger.

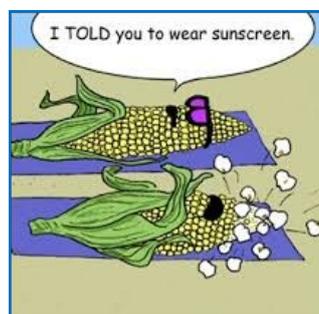
The world's oldest hotel is in Japan. Nishiyama Onse Keiunkan hotel in Yamanashi has been operating since 705 CE and has been run by the same family for 52 generations.

Dragonflies capture their prey 95% of the time, making them one of the most efficient predators in nature.

The 1.5-mile journey from Westray to Papa Westray in the UK's Orkney Islands is the shortest scheduled flight in the world. The trip takes less than two minutes.

You can't hum while holding your nose closed. (Bet you all had a go)

A recent study has found that women who carry a little extra weight live longer than the men who mention it.



"If we gave you nice food, you'd want to stay here instead of going home to your loved ones."

Answers

A) Stable B) Reflection C) Bookkeeper D) A Cloud

Sounds the same:

1) tighten/titan 2) humorous/humerus 3) brews/bruise 4) roe/rho 5) rude/rued 6) foe/faux 7) die/dye 8) links/lynx 9) mustard/mustered 10) insight/incite

General Knowledge:

1. Guano or bird droppings. (Important in the making of both fertilizer and explosives) 2. "Because it's there." In reply to the question "Why do you want to climb Mount Everest?" 3. Cher 4. Cape Verde 5. Lawrence of Arabia 6. The 'Popemobile' or 'Papamobile'. (SCV, Stato della Citta del Vaticano or Status Civitatis Vaticanae) 7. The Amber Room or the Amber Chamber 8. Britannic and Olympic 9. Planet of the Apes 10. Pole vault

Cancer Organisations

BOSS - Bristol Ostomy group

Janet - 01934248114

Rob - 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, Bristol— Breast cancer support

0117 3424940

Brain Tumour Support

support@braintumoursupport.co.uk

01454 414 355 - General Enquiries

01454 422701 - Support Services Line

Bristol Buddies - Macmillan cancer support

Practical community support 07543248714

Bristol & Avon Chinese Women's Group (sitting

service) Main Office - 0117 9351462

Bristol Community Health Macmillan One-to-One Support (Bristol)

07920 833641 bch.macmillansupport@nhs.net

Cancer Information & Support Centre

Bristol Haematology and Oncology Centre

0117 342 3369

Changing Faces – support for disfigurement to face,

hands or body 0345 4500275

support@changingfaces.org.uk

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

Dhek Bhal Bristol Sitting Service – for South Asian

carers of elderly people 0117 9556971

Firm Roots Cancer Support Bristol - Prayer Support

Sarah Hunter 0117 3300158 -

hunterfamily1@virginmedia.com

Sarah Sammons 0117 9382055

sarahsammons@hotmail.co.uk

Focus - Cheltenham Cancer Information Centre

0300 422 4414

Force Cancer Charity Exeter

01392 406151

email: support@forcecancercharity.co.uk

GOSH Bristol (Gastro Oesophageal Support & Help)

www.opa.org.uk Jackie Elliott - 0117 9839906

Laryngectomee Club

St Michaels - Jane Beckinsale - 0117 342 5327

Filton - Filton Community Centre - 0117 9836500

Lymphoedema Bristol Support Group

Emma - bristolanddistrictlymph@goolemail.com

Maggie's Centre, Cheltenham

Janet Side - 01242 250611

Macmillan Wellbeing Centre - Southmead

0117 414 7051

Myeloma UK Bristol Branch

Sarah at sarahlrossiter@btinternet.com

www.myeloma.org.uk

Nicola Corry Support Foundation - for young

families who have a parent suffering from cancer

0845 2573754 info@ncsf.org.uk

Off The Record - counselling & info for 11-25's

0808 808 9120

Ovacome - the ovarian cancer support charity.

Anna Hudson, support services manager

020 7299 6650 support@ovacome.org.uk

Freephone support line 0800 008 7054.

Penny Brohn UK - 03033000118

www.pennybrohncancercare.org

Cancer Organisations

Prospect Prostate Cancer Support Group

Prostate Cancer Helpline 08000355302
www.prostatecancerbristol.org.uk
Prospect.bristol@gmail.com

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

www.rainbowcentre.org.uk
contact@rainbowcentre.org.uk
(service under review)

Sarcoma Support Group

Chris Millman 0117 340 3381
Christine.millman@nbt.nhs.uk
www.bristolsarcomasupport.co.uk

Shine Bristol

A network for anyone living with cancer in their 20s, 30s and 40s.
Emma B - emma.bartlett@live.co.uk

Somerset Cancer Care

08450708910
info@st-margarets-hospice.org.uk

Somerset Prostate Support Group Association

www.somersetprostatecancer.org.uk

Teenage Cancer Trust

Hannah Lind - 0117 342 2468

Testicular Support Group

www.itsinthebag.org.uk 01173423472
hello@itsinthebag.org.uk

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

www.the-harbour.co.uk info@the-harbour.co.uk

Thyroid Cancer Support West

website -www.thyroidwest.co.uk
email contact -thyroid.west@gmail.com

Weston Breast Cancer Support

01934 647119 Mon-Fri 8.30 – 4.30

Weston Cancer Information and Support Centre

01934 881 079

W.H.Y Cancer Counselling - free counselling service for children, young people or adults. Frome, Bath, Warminster, Trowbridge—01373455255

Youtree - Cancer Fellowship and Support Group

Weston Super Mare.
Graham - 07932143452
Jean - 07789128949
youtree@rocketmail.com www.youtree.org.uk

Youth Cancer Trust - Free Holidays for teenagers and young adults with cancer.

01202 763591 or admin@yct.org.uk
www.youthcancertrust.org

WEBSITES

Beating Bowel Cancer
www.bowelcancer.org

Breast Cancer Care
www.breastcancercare.org.uk

Butterfly Thyroid Cancer trust
www.butterfly.org.uk

Cancer Research UK
www.cancerhelp.org.uk

Macmillan Cancer Support
www.macmillan.org.uk

Marie Curie Cancer Care
www.mariecurie.org.uk

Oesophageal Patients Association
www.opa.org.uk

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

WORDSEARCH

Musical Instruments 1

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

- FLUTE
- HARMONICA
- RECORDER
- OBOE
- TROMBONE
- GUITAR
- VIOLA
- CORNET
- SAXOPHONE
- BAZOOKA
- ACCORDION
- TRUMPET
- PAN PIPE
- CLARINET
- BAGPIPE
- ZITHER
- PICCOLO
- OCARINA
- FIDDLE
- SNARE

Play this puzzle online at : <http://thewordsearch.com/puzzle/57/>

Many thanks to all who contributed in any way to this edition of *In Touch*, 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, your personal story or even a funny anecdote or two!

We look forward to hearing from you.



Thank You!