

IN TOUCH

Information and Support Centre, Bristol Haematology & Oncology Centre

The Magazine for Cancer Patients, Families and Carers

IN THIS EDITION

Hellos and Goodbyes



Nordic Walking



Pet Care



Making for Charity



Recipes



Welcome to the 1st edition of *IN TOUCH*, the magazine dedicated to providing information and support to cancer patients and their families, friends and carers and keeping you in touch (see what we did there?) with the goings on at the Information and Support Centre here at BHOC.

We are very proud of our Centre and all those who contribute in any way to making it the informative and supportive place that it is. Up until now the magazine has been known as **VOICE**, but it has recently come to light that there are a couple of other publications available within the hospital environment called Voice and Voices. To avoid any future confusion we asked our wonderful Centre Volunteers to help us decide on an appropriate new name. A few suggestions were made and votes taken and *In Touch* was far and away the winner so we hope it meets with your approval too.



The content and intention remains the same, we want to bring you news from various groups; recipes to try; something to make you smile (we hope); events you may be interested in and details of cancer organisations that may be helpful to you. In this edition we say a sad farewell to some much loved volunteers and introduce a new member of staff. You can have a go at making the delicious bean dip or maybe the sparkling summer fizz courtesy of our recipe pages and you'll discover how I got on at my first attempt at Nordic Walking. There are various articles from both regular and guest contributors and we hope that you will find them interesting and informative.

As the new editor of the magazine, I would very much welcome suggestions or contributions for future editions and encourage you to contact me with your input either in person, by phone or by email.

Rosie

Open: Monday—Friday, 9.00am - 5.00pm

Telephone: 0117 342 3369

Email: cancerinfoandsupport@uhbristol.nhs.uk

IN TOUCH 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](tel:01173423432)

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.

See facing page for details of our latest appeal.



This is Mr & Mrs Murtagh, who, with the help of Daz Sims, held a very successful charity night and raised £1,500 for the Friends. Thank you all so much for your kindness.

Here is the amazing Hannah Francis who has been tirelessly raising funds for the past year through her own cancer charity, Willberry Wonder Pony.

Having been diagnosed with bone cancer at the age of 17, Hannah set up the charity and organised various events raising money that has been generously donated to many charities, including the Friends of BHOC. When she visited the office in April she presented us with a fantastic £10,000 cheque for which we are so grateful.

Thank you so very much Hannah and good luck with the many projects you have planned.

If you would like to know more about Hannah and Willberry Wonder Pony please visit willberrywonderpony.com



In this leap year, on the 27th February family and friends joined together for a Murder Mystery evening to celebrate Chris' "15th birthday" and to thank everyone for their amazing support when John was recovering from cancer.

A great time was had by all and £1500 raised for the new LINAC.

John Henn & Chris Willis



help cure cancer

HAEMATOTOLOGY 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)

An appeal for £250,000 to buy Elekta "Clarity" ultrasound system for imaging target areas during treatment with radiotherapy

Clarity Radiotherapy Imaging System

We, the Friends of Bristol Haematology and Oncology Centre, are proud of our track record of supporting the Centre by giving our patients access to leading-edge technology. In keeping with this tradition, we now have the opportunity to add state-of-the-art equipment in Bristol by buying a "Clarity" ultrasound system made by the Elekta company for imaging target areas during treatment with radiotherapy.

In some parts of the body, it is easier to see the edges of the target with ultrasound than with the X-rays that we normally use. When we are treating areas that tend to be mobile, such as the prostate gland, this ability to see the target outline is particularly important.

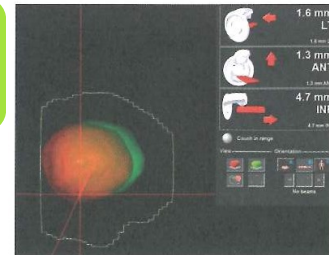
Bristol Oncology Centre was the first centre in the UK to acquire a Clarity system, and, now that we have tested it and brought it into clinical use for some of our prostate patients, it is clear that Bristol is going to need a second system in order that the greatest number of patients can benefit. This is where the Friends come in!

When a patient's treatment is first planned, Clarity is used along with our CT scanner to work out the best way to deliver the radiation for that patient. When the patient starts their treatment on a LINAC, radiographers skilled in scanning with Clarity use it to check the position of the prostate on each visit, and adjust the treatment settings accordingly.

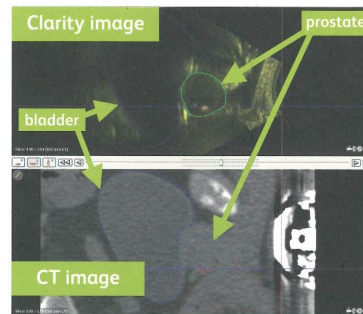
To cater for all our patients who could benefit from Clarity, we need to buy a second system (It may potentially be used in treating other areas of the body also.)

In summary, the advantages of Clarity are:

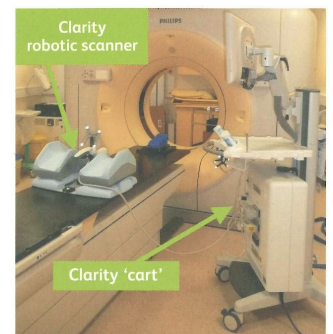
- + Ultrasound shows prostate better than X-rays
- + No unwanted X-ray dose with ultrasound
- + Can see prostate even during treatment
- + Surveys show high patient acceptability



Clarity monitor screen shows prostate (orange) has moved from original position (green) and how to adjust the treatment couch to correct for the discrepancy.



The prostate is easier to see with Clarity than with CT



Clarity is ready to take an image on the CT scanner

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.

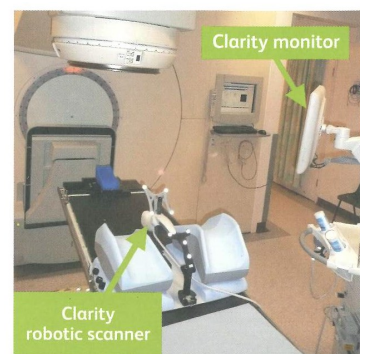
If you can help us with a donation or other assistance, or if you would like further details, please contact :

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

Tel 01173423432

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

Targeting cancer with world-class technology



Clarity ready for use during treatment on the LINAC



Supporting Men with Testicular Cancer
in the South West

It's in the Bag Support – What is happening?

NEW! Survivorship Toolkit Courses

The Bristol Testicular Cancer Service and It's in the Bag have been working behind the scenes with Michael Simmons and Tim Snary to produce the Survivorship Toolkit courses which take place at the Aztec West Hotel Bristol.

On 16th May we presented our 3rd day course which was very successful. The men who attended it rated it very highly and really benefitted from the information, especially on boosting immunity, diet, exercise and managing stress. The first weekend course is due to take place in July and November. If you have had testicular cancer/ germ cell cancer and would like to attend:

Contact Sue & Liz on 0117 342 3472

Next course is: Monday 12th September

Weekend course: 11th - 13th November



It's in the Banter!

It's in the Banter events for this year are:

The It's in the Bag Archery Tournament & BBQ.

Cooking a Curry at The Mango Hub.

The It's in the Banter Children's Christmas Party.

For details of future event see the website

www.itsinthebag.org.uk

Jane Short on supporting@itsinthebag.org.uk

The Spooky Testicular Ball - Saturday 29th October at Circomedia St Paul's Church Bristol

The Testicular Ball will be very Spooky this year with a hauntingly scary affair. Tickets are on sale through the website shop so get yours now. There will be BBQ food courtesy of BBQ Chefs, Music by Dogs and Demons and much much more....

NEWS! Le Tour de Balls:

They did it! 24 riders completed 300 miles in 3 days in aid of It's in the Bag covering the South West of England. This event raised over £20,000 to help us to continue to support men and their families.

There were at least 6 guys who had been treated and 2 of them had their mums with them. To catch up on individual stories go to our Facebook page.



Testicular Clinic Volunteers wanted:

Have you been diagnosed with Testicular Cancer over a year ago and like to help in the Clinic? We are looking for enthusiastic men to help us to improve the clinic experience for recently diagnosed patients. Have a chat with Tim who has been doing this for a year now and very much enjoys the experience.

Contact Sue & Liz on GermCellNurses@uhbristol.co.uk

New Awareness Video

With the help of our already great images on how to check and what to look for, Clear As Day Productions and Downsy from SAM FM have helped us produce our first awareness video.

Take a look by going to the website.

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

Facebook www.facebook.com/itsinthebag

Prospect

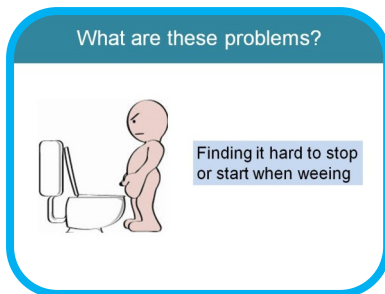
Prostate Cancer Support Group



Prospect is the Bristol and District support group for anyone with a prostate cancer diagnosis and their family, friends and carers.

We are friendly group of nearly 100 members and we aim to:

- Support men who have been diagnosed with or suspect they may have prostate cancer
- Provide a local informal meeting place where problems can be discussed
- Keep men in touch with health professionals and up to date medical developments
- Champion the cause of prostate cancer patients
- Raise awareness of prostate cancer



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 is 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.

Annual Docks Walk

Ken Head organised our Annual Docks Walk on the 24th June and a group of us undertook a gentle walk of the City Docks. What a tremendous asset this is for Bristol. Each year the area grows in interest with exciting new buildings. Thank goodness the citizens of Bristol managed to persuade the planners not to fill in the declining docks in the early 1960's.



After a brief stop for coffee halfway round due to the bad weather, it was decided to return to the Bordeaux Quay for an excellent pub lunch.

For more information about us please ring **07585 963535** or visit www.prostatecancerbristol.org.uk

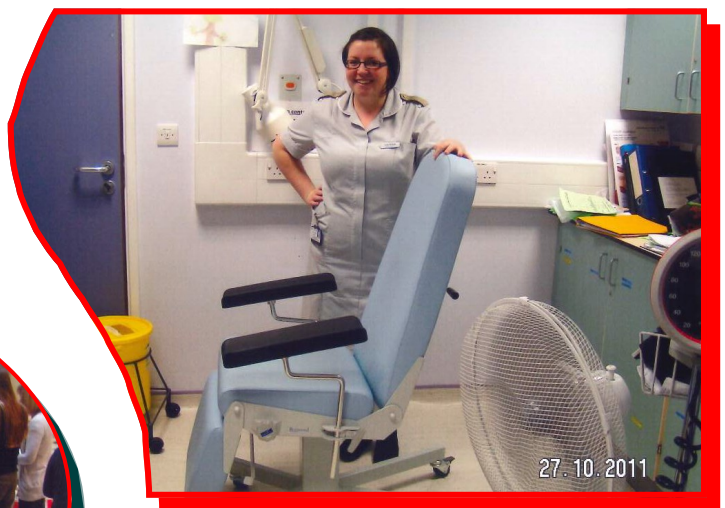
A1 Lung Cancer Support Group



“It is with great sadness that we have to say goodbye to the A1 Lung Cancer Support Group. We have had a very good run of eleven years under two titles.

Our first six years was as the ‘Lung Cancer Support Group’. The group was set up by two Lung Cancer Specialist nurses, Martin and Sarah. They gave up their time after work for a few hours once a month, to chat informally with members, to offer a little advice, also to put our minds at rest about unknown worries. They also encouraged new patients and carers to join the group so they could see that they were not alone. A relaxed atmosphere allowed members to discuss their problems and concerns.

In our first six years we were able to raise money by doing cake sales, book sales and the odd jumble sale. The money raised was put to use by helping to buy hospital equipment for the cancer wards.





In 2011 the name of the group changed to 'A1 Lung Cancer Support Group' as the two nurses had to leave due to more pressing work with new patients that needed their help. So the members ran the group starting from scratch to raise money for the two hospitals the members were being treated at.

We had great support from the many places that hosted our cake sales, there was a Banking Office, a summer fair and two hospitals. I think we must have made an impression as we were asked back many times over. We also had the support of 'Little Stoke Social Club' who one of our members belonged to. The social club had Rock and Roll nights which raised money for our group.

Once we raised a certain amount we then asked the two hospitals if there was any small piece of equipment they could do with, that we could pay for.

Over the five years we purchased £6,891.40 worth of equipment to help with cancer care at Southmead Hospital, Bristol. We also purchased £7,870 worth of equipment for cancer care for Bristol Oncology.

As a small group we are very proud of the little bit of help we could give back to the two hospitals that helped treat the members of our group."

Lyn & Mike



Pet Care

For many of us, our pets are a much loved and integral part of our family unit. If the worst happens and we become ill and unable to care for them for a while it can cause much distress. There are many companies around offering pet sitting and dog walking services, but of course these can come at quite a considerable cost. Below are two services that may be able to offer a solution for minimal outgoings. We are always interested to hear of your experiences and recommendations.



Matching dog owners with local borrowers for walks, sitting and holiday care.

What is BorrowMyDoggy?

BorrowMyDoggy is a safe and trusted community of dog lovers, where borrowers help take care of dogs when the owners are busy.

Our aim is to leave 'Pawprints of Happiness' on the lives of dogs and people by building local communities where dog lovers give a helping hand taking care of local pooches simply because they love dogs.

We operate across the UK and Ireland with thousands of new members joining every week

The dog gets extra exercise, love and affection

The owner has peace of mind knowing their dog is well taken care of by another dog-lover

The borrower enjoys happy dog time

"Their obvious love of pets and their owners can be seen in the care they put into making sure everyone is safe and happy."



How it Works

Create your profile

Search for local dogs or borrowers

Subscribe and verify your account

Message your favourite members

Meet and build a relationship

Safety and Security

The safety and welfare of your dog is of the utmost importance to us, which is why we offer:

Third party liability insurance

24/7 Vet Line

All subscribed borrowers go through our 3-step verification process. To find out more visit our website at

BorrowMyDoggy.com

The Cinnamon Trust

"Peace of mind and practical help for people—love, care and safety for pets"
10 Market Square, Hayle, Cornwall, TR27 4HE Tel: 01736 757 900

The Cinnamon Trust

The only specialist national charity for people over 60 years of age and their much loved, much needed companion animals.

A network of 15,000 volunteers "hold hands" with owners to provide vital loving care for their pets. We keep them together - for example, we'll walk a dog every day for a housebound owner, we'll foster pets when owners need hospital care, we'll fetch the cat food, or even clean out the bird cage, etc.

When staying at home is no longer an option, our Pet Friendly Care Home Register lists care homes and retirement housing happy to accept residents with pets, and providing previous arrangements have been made with us we will take on life time care of a bereaved pet.

The Cinnamon Trust - Peace of mind for owners, love, care and safety for beloved pets. But helping 32,142 people a year with 41,342 animals and running two home from home sanctuaries costs - We need your help to make sure we're always there.





Cycling to Paris

This May saw the first Myeloma UK London Paris Ride.



The ride saw 125 people including myeloma patients and their friends and family, doctors and nurses, and the pharmaceutical industry unite to cycle 500km in four days. The funds which have been raised (over £300,000) will go towards supporting crucial research into myeloma.

The final day of the ride finished with a dramatic entrance into Paris as part of a huge peloton under police escort, where participants cycled past the Arc de Triomphe before crossing the finish line near the Eiffel Tower.

Our local participants were Ian Wright and his cousin Steve who rode to support Ian's father

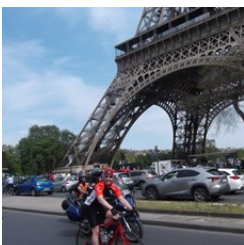


Michael is a Myeloma patient, this is his story:

"I was diagnosed with Myeloma in 2011 and since then I have received excellent treatment and support from BHOC and Myeloma UK. When I heard about the cycle ride last September I mentioned it to my son Ian (who was already a keen cyclist) and he immediately said he would take part and would also ask his cousin Steve if he would join him. As a family we started fund raising and more importantly it was my goal to stay well enough to be at the finish line in Paris on May 8 to cheer them along.

"The weekend arrived and I travelled to Paris with my wife, daughter and son-in-law – apprehensive as I haven't been abroad for over 4 years.

"Sunday morning dawned warm and sunny and we spent some time deciding on the best place to stand to see 125 riders arrive in Paris – quite an emotional thought! We also met some fellow supporters who had travelled like us to support their family and friends. We took our places along the road by the Eiffel Tower about 3.30 p.m. with banners and flags at the ready!! Suddenly we saw the police outriders to our left and all these cyclists dressed in orange and black appeared and we were desperately trying to spot Ian & Steve – then suddenly they were there at the back of the peloton. Amazing! We then walked to the stadium where all the riders and their families were assembled. The atmosphere was fantastic, with everybody so pleased with what they had achieved – cycling 300 miles in 4 days!



"In the evening there was a celebratory dinner at a hotel in Montparnasse where we heard some amazing stories from those who had taken part, the support crew and organisers.

"To date Ian & Steve have raised over £6000 for Myeloma research – a truly amazing amount."

Myeloma is cancer of the plasma cells in the bone marrow. Our support group exists to help patients and their families and friends to meet others with similar experiences who can answer their questions, and anyone who has contact with Myeloma is welcome. We hold meetings but if you can't come to these we can keep contact by phone and our newsletter.

Call Margaret on **01454 418412** or email mgtm@sky.com to find out more



BAGS FOR SYRINGE DRIVERS

What is a Syringe Driver?

Syringe Drivers are most frequently used in pain management for palliative care, and anti-nausea medicine in chemotherapy. They are portable battery operated machines, about the size of a pencil case, and administer a continuous dose of medication by subcutaneous infusion i.e. below the skin. At one end there is a small cannula (fine plastic tube) which is placed under the skin. A narrow tube runs from the cannula to the syringe which contains medication. The syringe is placed into the driver which pumps the medication continuously. The syringe driver is therefore 'attached' to the patient.



The Story so far.....

It was a tiny sign in a local fabric shop that caught my eye -

'Macmillan Nurses are looking for people who are interested in sewing to make bags for their patients who use syringe drivers.'

I rang up and found out exactly what was needed and made a simple bag. This was approved and I began making up 'kits' from fabric donated by a local interior design company.

The kits were taken to a nearby primary school and the children were shown how to make the bags using a sewing machine. We put labels on themHandmade by [child's name] and they were delivered to the Macmillan Nurses.

The bags are made using washable fabric and are reversible. The response from the patients and hospital staff has been amazing. The constant feedback from patients is that the bags raise a smile and they are touched that people are thinking of them. Practically of course, the bags are of tremendous benefit as it means transfers, using the bathroom and generally getting about is much easier for patient and nurses.

Each bag is donated to one person. They are not transferable due to the possibility of cross infection. Sadly, this means there is a constant demand. Syringe drivers are used in many hospitals and hospices up and down the country.

A website was set up so anyone wishing to make and donate bags could download instructions and information. This meant that the project became national and now I spend a lot of time matching volunteer sewers with their local hospital or hospice. In the past 5 years over 10,000 bags have been made and donated across the country.

If you wish to get involved it is best to decide where you want to donate your bags.

Making for Charity can help find contact details for where the bags are needed. The website has free downloadable instructions in PDF format and information about other projects.

If you have any questions or need any help please contact me on Julie@makingforcharity.com

Julie



M&S stores across Bristol called upon local people to roll up their sleeves and **Spark Something Good** by joining over 100 M&S employees in a week of volunteering that will positively impact 24 projects at the heart of the local community.

Spark Something Good is a campaign which aims to inspire and motivate M&S employees and customers around the country to grab a shovel, pick up a paintbrush and take action for social good – donating time to their local communities to improve lives.

As part of this campaign, having been in touch with Making for Charity about the service they offer, the M&S store in Broadmead played host to many volunteer sewers over the weekend of 11-13th June. Between them they made over 200 Syringe Driver bags. These bags are to be distributed between BHOC and other hospitals within the trust.

Thank you to both M&S and Julie (Making for Charity) for organising and running this very successful event.



Volunteers hard at work in M&S



Just a few of the 200 bags made

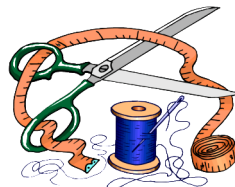


Julie from Making for Charity

Can You Sew?

We are looking for people with sewing skills who would be willing to make some more of our Beanie style hats for us, and a couple of other styles we are looking at. If you feel this could be you, please do give us a call or pop in for a chat so that we can discuss what we are after.

01173423369 or cancerinfoandsupport@uhbristol.nhs.uk or pop into the Centre.



On Wednesday 18th May I set off from home in a downpour with menacing grey skies above, wondering why on earth the weather had decided to be so unkind for my first planned outdoor activity during my week off from work! The Information and Support Centre had previously received fliers about the Penny Brohn UK Nordic Walking meet as part of the Bristol Walk Fest, and as I knew I would not be working that morning, I asked if there was any chance that I could participate. My request was met with a very positive and warm response.

Thankfully, by the time I arrived at Millennium Square the clouds had parted and there was blue sky and sunshine, mirrored by the sunny smiles on the faces of Sophie Bayley and Vicky Welsh as they greeted me with the warmest of welcomes.

Bit by bit more walkers filtered in to the square and soon we were quite a merry little group. I was introduced to most (apologies for not mentioning anyone by name, there were too many and I know I would miss someone out inadvertently) and was regaled by very positive stories of their associations with both Penny Brohn UK and with Nordic Walking as both a great form of exercise and a way of meeting, making and supporting new friends.

Vicky gave me an introduction to the basic points of Nordic Walking and we set off for a brief stint around the square. Initially I am sure I was pathetically useless, but under such good guidance I found myself, for the most part, doing things correctly.

The group was put through a gentle but entertaining warm up and then we set off for a walk around the Harbour side.

The weather remained superb, the company was fantastic and the walking itself was both fun and functional. We stopped a couple of times for Vicky to impart her 'guides' for walking. "Gaps and Bounces" are now ingrained in my memory and I have tried (not always successfully) to remember these pointers whilst out walking "normally".

There was much chatter, laughter and generally a huge sense of support from all the participants. I get the impression that at Penny Brohn UK there is much focus put upon being there for each other, whether just a general day-to-day chit chat about all and sundry as well as for those times when people actually want to talk about their next course of treatment, concerns about their illness or support from others who've been through a similar situation.

We gathered again at Millennium Square for a cool down and then were presented with homemade flapjacks and a very delicious smoothie.

I think the single factor that impressed me the most was the positivity of everyone I met and the friendships between so many. A lot of them have become walk leaders and most of them 'Nordic walk' on a regular basis - something that I myself now plan to do.

If you haven't given it a try, I strongly recommend it. You don't feel as if you're doing anything more energetic than normal walking, and yet you are giving your entire body a great workout.

My very grateful thanks not only to the Penny Brohn UK staff members and the Bristol Nordic Walking instructors, but to each and every participant for making me feel so welcome and a part of the group (and for not laughing at my often uncoordinated approach to walking).

Oh and by the way.....it started raining again once I got home!

Rosie - Information and Support Officer



**A merry band of walkers on Millennium Bridge
At the end of the walk**



Warming Up



**Instructor Vicky Welsh giving pointers for
Nordic Walking on grass.**

More information about Penny Brohn UK

With over 35 years' pioneering experience, Penny Brohn UK understands that cancer impacts every part of life and the number affected is increasing.

It is the UK's leading charity offering whole person support, its Bristol Whole Life Approach – focused on the person and family's mind, body, spirit and emotions, before, during and after treatment.

Penny Brohn UK's free adult residential and day courses empower people to have more control of their health and wellbeing, to turn a potentially devastating diagnosis into a powerful life-changing experience.

The charity focuses on areas such as diet, exercise and managing stress, through courses, one-to-one therapies, groups, a treatment support clinic and national helpline.

Penny Brohn UK's Nordic Walking group runs on Tuesdays (2-3.30pm) and they have been running this group since 2011.

The charity wants to reach as many people as possible, but relies on donations.

For more information, or to use any of our services, call 0303 3000 118, email info@pennybrohn.org.uk or visit www.pennybrohn.org.uk

Information and Support Centre

Located on Level 4 at BHOC

Offering information and emotional support from staff and volunteers with experience of cancer. Our Service is free and confidential to anyone affected by cancer; their relatives, friends and carers.



Bristol Haematology & Oncology Centre

Internet: www.uhbristol.nhs.uk

Open: Monday—Friday, 9.00am - 5.00pm

Telephone: 0117 342 3369

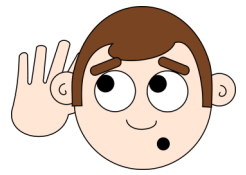
Email: cancerinfoandsupport@uhbristol.nhs.uk

We provide emotional support and information on:

- Health and Wellbeing
- Local & Out of Area Support Groups.
- Financial Support
- Living with Cancer
- Relaxation & Stress management Including a free Relaxation CD and booklet
- Hair Loss
- Types of cancer and treatments
- Types of tests
- Life after Cancer
- Travel Insurance details
- Benefits advice from the Citizens Advice Bureau (CAB)

Listening Ear Service

Putting feelings into words almost always makes stressful situations seem easier to cope with. The listening ear service recognises that it can often be a relief simply to talk to someone about what is happening to you. You can drop into the centre – you don't need an appointment, or you can telephone us.



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.



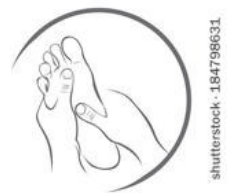
Look Good Feel Better

Free make up and skincare workshops for women coping with cancer treatments. Call us to book your place.



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.



Headstart

The Headstart shop is available on Monday - Friday between 9am and 5pm to help and assist with headwear for patients experiencing hair loss. We can assist with scarf tying and we often have a selection of 2nd hand wigs and headwear for sale, all of which are washed and cleaned prior to resale.



Creative Writing Session

Fiona Hamilton, an experienced facilitator and writer with counselling skills, offers free therapeutic writing sessions. Call us for more details.



News from the Information

A FOND FAREWELL....

We say a very sad goodbye to our wonderful Headstart ladies.



Presentation from Emily to Carol

In April the staff and volunteers of the Information and Support Centre said “Goodbye” and “Thank You” to Margaret and Carol who have been running the Headstart shop for the past 20 years and Janet who has been volunteering with Headstart for the past 15 years! You will all be greatly missed.

“When Headstart first started nearly 20 years ago it was Marilyn, Carol and Margaret. In that time we have helped numerous ladies to get their confidence back after hair loss. Now, with Carol having health problems and Margaret an age problem (89!) we have decided to hand the running of Headstart over to the Information & Support Centre. We feel we have honoured our commitment to Marilyn.

To all past and present Headstart volunteers we are most grateful”

Margaret & Carol



Information & Support Centre Manager Emily, saying goodbye to Margaret & Janet

A small selection of the beautiful Headstart headwear



and Support Centre



Celebrating 10 years
of Headstart



Award night—Volunteer of The Year Awards 2012
Headstart—Highly Commended



The three founding members
Marilyn, Carol and Margaret

A History of Headstart

Bristol Headstart was founded in 1997 by Marilyn Cowburn, after losing her hair as a result of undergoing treatment for breast cancer. Having heard about Headstart, a volunteer led service at Christies Hospital Manchester, which was offering help and advice to cancer patients suffering hair loss during treatment, Marilyn decided to set up a Headstart service in Bristol to help other people who, like her, had lost their hair as a result of their cancer treatment.

Recruiting her mother, Margaret Pritchard, and friend Carol Hill to help, she set up Headstart at the Haematology and Oncology Centre. At the time, there was very little available in terms of emotional support and practical, fashionable headwear options for patients, and joining ranks with the newly established Cancer Information and Support Centre, Headstart set about filling this gap.

Following Marilyn's death, Carol and Margaret, ably assisted by a team of volunteers, continued to run Headstart up until April 2016. Now, no-longer able to operate it themselves, they have entrusted the service (and two of their volunteers!) to the Cancer Information and Support Centre, who will continue to provide this valued service within the BHOC.

News from the Information and Support Centre cont...



Wendy (second from left) with some of our fabulous volunteers outside the Centre



Alex O'Connor

We have also sadly said goodbye to two of our lovely Centre volunteers

Wendy Watkins and Alex O'Connor.

Wendy has been a volunteer here in the Cancer Information and Support Centre at BHOC for over 15 years! We are all going to miss her happy, smiling face not to mention the wealth of experience that she has brought to the centre. Thank you so much Wendy, enjoy your 'spare' time, although we're sure you'll find a productive way of filling it.

Alex, psychology postgraduate, has been volunteering in the Centre for 18 months and is now hoping to start training as a clinical psychologist. She has been a huge asset with the Look Good Feel Better bookings, has a real flair for scarf tying, and helped produce a 'step by step' guide. Her expertise will be sorely missed. Thank you Alex and good luck with the rest of your studies and indeed your career.

....AND AN INTRODUCTION



Hello, my name is Rosie and I'm the new Information and Support Officer here at BHOC.

If you were to ask any of my family or friends to give you one word that they would automatically associate with me I can pretty much guarantee that that word would be "animals"! I am animal mad, always have been and I have had quite a menagerie sharing my home over the years.

I'm from Surrey. I grew up in Cranleigh and lived in Godalming, near Guildford for most of my adult life. My working life started with British Aerospace at Dunsfold Aerodrome (better known now as the home of Top Gear) where I spent 11 happy years. I was initially employed as Office Junior and upon leaving had worked my way up to Operations Controller (posh phrase for Administration Officer).

I left full time employment in 1992 when my daughter was born and worked part time cleaning and ironing whilst she and subsequently my son were little to supplement our income. Once they reached school age I became a Special Needs Assistant at their school, a role I was to continue for many years and really loved.

Sadly in January 2007 my husband died from malignant melanoma, and as you can imagine it was a very difficult time for us all.

In 2008 my daughter got a part time job at Fishers Farm Park in West Sussex and soon after I followed her there as full time catering assistant. My son soon started part time there too and it became quite a family affair. In 2013 my daughter moved to Bristol and my son followed a year later (there's a pattern emerging here!)

In 2014 I joined the NHS as a Bowel Cancer Screening Assistant in Guildford. This role involved both answering calls on the helpline and testing the screening kits that were sent to the Hub from all over the South of England. Why did I leave? Well it probably won't surprise you to learn that I decided to relocate to Bristol too. Don't feel too sorry for my kids, it was their suggestion and if they didn't mean it they should have kept quiet.

My first 6 months in Bristol were spent in Histology at the BRI as an Audit Clerk, but when the opportunity to apply for this position came up it was too good an opportunity to miss. Naturally I was thrilled to learn that my application had been successful. I am thoroughly enjoying my time here. The staff, volunteers and patients are a wonderful bunch and I'm hoping to be here for the long haul.

So that's me in a nutshell. Please don't be afraid to pop in and say "Hello" or come and ask for any assistance you may need.

Or.....you can just come and talk to me about your pets !



There can't be a patient, family member or carer who's attended an appointment, visited a loved one or been for treatment here at BHOC who doesn't know our lovely receptionist Jayne. Her welcoming smile and infectious laugh is known by all and she is much loved, as can be seen from the myriad of Thank You cards adorning Reception. But.....what do we really know about Jayne? I decided to find out a little bit about the girl behind the desk!

“Jayne, how long have you worked for the NHS and has it always been here at BHOC?”

I started here at the BHOC nearly 9 years ago, it was my first job in the NHS after 10 years of working in optics (Specsavers) where I started as a receptionist and after doing my contact lens training ran one of their contact lens centres. I started in 2007 in Medical Records and after the then receptionist retired I became BHOC's receptionist!

“Tell us a bit about yourself - what you do in your spare time, favourite food, dream holiday destination, secret celebrity crush, things like that” (because we're just nosey that way)

Well I love to travel and I get withdrawal symptoms if I am not packing a suitcase! New York is my favourite place and I have been several times now and never tire of it.

My next trip is slightly nearer to home, the Highlands of Scotland which should be a great adventure and even better if I can avoid the mosquitoes.

I really enjoy watching live bands and being into rock and metal you can't beat it!

Celebrity crush - well I am a huge Walking Dead fan so Norman Reedus who plays Daryl Dixon is my kind of action man!

“If you could do any job *other* than the one you do now what would it be?”

I have always had a passion for history and would love to be an archaeologist - I always imagined myself as a female Indiana Jones ;-)

“Is there such a thing as a ‘typical’ day in Reception, give us an overview of what you get up to in a day”

It's hard to describe a typical day in Reception as no two days are ever the same. You would do all the typical things you would expect from being a receptionist but I guess I would have say the most important part of my job is to ensure that people coming through the door feel that I am someone that they can trust and rely on at their most difficult and worrying time. Knowing when to talk and when to listen is so important.





LinkAge is working in partnership with Macmillan Cancer Support to do more for older people affected by cancer.

Through the Macmillan Prevention and Re-enablement project here at LinkAge, by supporting those affected by cancer, we aim to connect them with positive and fun activities that are available across the city.

Evidence has shown that keeping active is very important for people dealing with cancer. Not only can it reduce the symptoms of cancer, it can aid recovery and reduce the risk of occurrence too!

How do I get involved?

Are you a cancer patient?

Have you had cancer in the past?

Are you a carer for someone with cancer?

If you answered yes to any of the above questions, then call us for a chat! We can send you an information pack highlighting how you can get the most from the positive, fun activities that are available to you across Bristol! Best of all – you can take the information pack to your next appointment with your GP, nurse or specialist, and discuss with them what you'd like to do!

If you are a healthcare professional, we are keen to encourage you to make referrals.

Please contact Hannah or Sally to discuss how we can support you with this.

What types of activity should I do?

There is no single activity that is best for everyone. Choose activities you enjoy and that fit in with your life. If possible do a mix of activities that improve your aerobic fitness, strength and flexibility.

Whether it's physical exercise - something creative - or just purely social, being active and having fun with others is good for wellbeing.

By getting in touch, we can advise you on fun activities in your area, and with your permission we will monitor your health and wellbeing too.

What next?

Please call Hannah or Sally at LinkAge to speak more about the Macmillan Prevention and Re-enablement project. We will send you an information pack which will include our activity 'What's On' Guides across Bristol and a booklet advising you on physical activity and cancer treatment. The pack will also include a registration form, and an evaluation form about your current wellbeing, so we can monitor your progress!

www.linkagebristol.org.uk 0117 3533042 macmillan@linkagewestofengland.org.uk



Riddle me this.....



A)

I have three letters. Cut one off and I become stronger. Cut two off and I become ten.

What am I?

What is the word?

MISSING LINKS

1. HIP _____ ACCOUNT
2. BRICK _____ CAKE
3. ROYAL _____ BEAN
4. HUNGER _____ ACTION
5. GROUND _____ CLOTH
6. GREEN _____ PIPE
7. SHAKE _____ FREE

Answers on Page 25



B)

Always old, sometimes new.
Never sad, sometimes blue.
Never empty, sometimes full.
Never pushes, always pulls.

What am I?

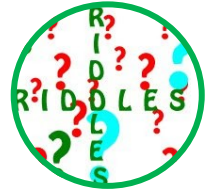
CONNECTIONS?

1. Who does Patricia Routledge play in Keeping up Appearances?
2. Which song provided the Foundations with a No.2 hit in 1968?
3. Which novel by Umberto Eco told the story of a medieval priest come detective?
4. What is the name of Donald Duck's girlfriend?
5. In 1993 which pop group had a No.1 hit with the song Young at Heart??
6. In the year 2000 which model did Paul McCartney introduce as his girlfriend?
7. In Coronation Street, who played Ena Sharples?
8. Which famous racehorse won the Cheltenham Gold Cup in 1989?
9. In Greek Mythology who was the goddess of the rainbow?
10. Connection?

C)

Nearly a victory,
Quickly I pass,
A request of the chair,
I'm silver, not brass.

What am I?



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 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.



Bean Dip



Preparation 10 minutes

Serves 4

1 tin of beans, such as kidney, cannellini, butter, borlotti or pinto beans (400g/14oz)

Olive oil (1 tsp)

Grated zest and juice of 1 lemon

Tahini or smooth peanut butter (1 tbsp.)

1 garlic clove, crushed

Salt and black pepper

Serving suggestion

Crusty bread or a baked potato

Cooking 10 minutes

- 1 Drain the beans and rinse well in cold running water.
- 2 Blend the beans into a puree using a food processor or hand blender. Put the bean paste in a mixing bowl and add the rest of the ingredients. Stir everything together well.
- 3 Serve on a baked potato or crusty bread.

Nutritional information per portion (without crusty bread or baked potato)

Energy 161.9kcal

Protein 5.9g

Total fat 11.7g (of which saturates 1.7g)

Carbohydrate 8.3g

Fibre 2.9g

To make the dip a bit softer, add some water and mix to desired consistency.

Suitable for:

People with a dry or sore mouth;

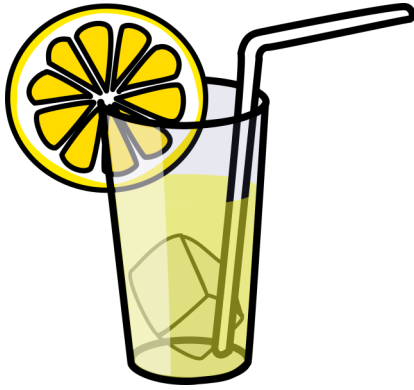
People with problems chewing or swallowing;

People with loss of taste or smell.

Quick and simple; Healthier-eating recipe



Both recipes taken from the Macmillan book: Recipes for people affected by Cancer. Bean Dip recipe contributed by the Oesophageal Patients Association



Citrus Fizz

Preparation 1 hour 10 minutes

Serves 4

Unsweetened orange juice (560ml/1 pint)

Lime cordial (140ml/0.25 pint)

Caster sugar (28g/1oz)

Fresh mint (2 tbsp.), chopped

Soda water (420ml/0.75 pint)

Mint leaves to garnish

Ice cubes

- 1 Pour the orange juice and lime cordial into a bowl or jug. Add the sugar and stir well to dissolve.
- 2 Stir in the chopped mint then chill for 1 hour.
- 3 Sieve the juice to remove the mint, then add the soda water.
- 4 Serve with mint leaves and ice.

Nutritional information per portion

Energy 131.9kcal

Protein 50.8g

Total fat Trace

Carbohydrate 32.6g

Fibre Trace

Suitable for:

People with a dry or sore mouth;

People with problems chewing or swallowing;

People with loss of taste or smell;

People with sickness or nausea

People with loss of weight or appetite.



A letter from Graham

“My dear friends and colleagues, it is with mixed emotions I am writing to you, as I prepare for my retirement at the beginning of August.

I have been working here as a Team Chaplain, for the past 7 years. During that period of time I have made many friends, who I will greatly miss. Even during that relatively short period of time I have seen many changes take place within the Trust.

My 7 years working in BHOC and the Trust as a whole, has been both challenging and rewarding.

May I take this opportunity to wish you all every blessing for the future, you will be very much in my thoughts and prayers.

With my very best wishes
Graham Reaper-Brown
Team Chaplain.”



Graham Reaper-Brown

We will miss his happy smiling face

Little words of wisdom



Compassion is language
the deaf can hear
and the blind can see.
~Mark Twain~

There is one word which may serve as a rule
for all one's life — reciprocity.
~Confucius~

"Hope" is the thing with feathers
That perches in the soul
And sings the tune without the words
And never stops at all,

And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That kept so many warm.

I've heard it in the chilliest land
And on the strangest sea,
Yet never, in extremity,
It asked a crumb of me.

—Emily Dickinson-1861

The most important trip you may take in life is meeting people halfway.
~Henry Boyle~

We have two ears and one mouth so that we can listen twice as much as we speak.
~Epictetus~

You can't live a perfect day without doing something for someone who will never be able to repay you.
~John Wooden~

Just for Fun!



Exercise for people over 50.

Begin by standing on a comfortable surface where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute then relax. Each day you'll find you can hold this position for just a bit longer. After a couple of weeks move up to 10-lb potato bags.

Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level) After you feel confident at that level, put a potato in each bag!

Facebook for the senior generation

For those of my generation who do not and cannot comprehend why Facebook exists:

I am trying to make friends outside of Facebook while applying the same principles.

Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later, and with whom.

I give them pictures of my family, my dog, and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day.

And it works just like Facebook.....

I also listen to their conversations, give them the "thumbs up" and tell them I "like" them.



I already have four people following me.....two police officers, a private investigator, and a psychiatrist.

(Author Unknown)

ANSWERS:

RIDDLES:

A) FOX. Removing the f leaves ox, a strong animal. Cutting off the fo leaves X, the roman numeral for 10

B) MOON

C) SECOND. Second place is next to winning. Seconds, the measure of time, pass quickly. Seconding a motion is requested by the chair of the body in Parliament. And the second place finisher in many sporting events such as the Olympics is awarded the silver medal.

MISSING LINKS:

1. JOINT, 2. LAYER, 3. JELLY, 4. STRIKE, 5. FLOOR, 6. PEACE, 7. HANDS

CONNECTIONS:

1. HYACINTH Bucket, 2. Build me up BUTTERCUP, 3. Name of the ROSE, 4. DAISY Duck, 5. The BLUEBELLS, 6. HEATHER Mills, 7. VIOLET Carson, 8. Desert ORCHID, 9. IRIS, 10. Flowers

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
Lynnette Hopkins - 0117 3424940

Brain Tumour Support (formerly Hammer Out)
01454 414 355 - General Enquiries
0845 450 1039 - Support Services Line

Bristol Buddies - Macmillan cancer support
Practical community support 07543248714

Bristol & Avon Chinese Women's Group (sitting
service) Main Office - 0117 9351462

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

Laryngectomy Club
St Michaels - Jane Beckinsale - 0117 342 5327
Filton - Filton Community Centre - 0117 9836500

Lymphoedema Bristol Support Group
Emma - bristolanddistrictlymph@googlemail.com

Maggie's Centre, Cheltenham
Janet Side - 01242 250611

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

Macmillan Wellbeing Centre - Southmead
0117 414 7051

Myeloma UK Bristol Branch
Margaret - 01454 418 412 / mgmt@sky.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

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

Rarer Cancers Forum Helpline 0800 4346476

www.rarercancers.org.uk

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

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 West Support Group

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

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

WORDSEARCH

Native British Mammals

vole, shrew, rabbit, hare, fox, wildcat, badger, otter, stoat, weasel, pine marten, polecat, bat, red deer, fallow deer, roe deer, seal, red squirrel

o	t	t	e	r	d	m	s	u	w	v	f	e	c
z	v	o	l	e	d	g	m	k	a	f	s	e	n
e	a	n	p	t	w	u	p	h	v	a	t	o	b
e	i	f	m	x	j	a	p	p	e	l	o	v	a
r	o	e	d	e	e	r	v	i	f	l	a	i	d
y	w	i	l	d	c	a	t	n	o	o	t	v	g
l	e	r	a	b	b	i	t	e	x	w	e	m	e
j	j	m	w	y	f	s	t	m	u	d	o	i	r
s	z	s	h	r	e	w	w	a	n	e	l	w	t
e	r	e	d	s	q	u	i	r	r	e	l	e	l
a	j	c	h	h	b	a	t	t	e	r	k	a	f
l	z	w	k	a	p	o	l	e	c	a	t	s	h
s	p	t	b	r	r	g	y	n	x	l	r	e	q
g	r	e	d	d	e	e	r	r	f	y	f	l	b

THANK YOU



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.