

Winter/Spring 2017

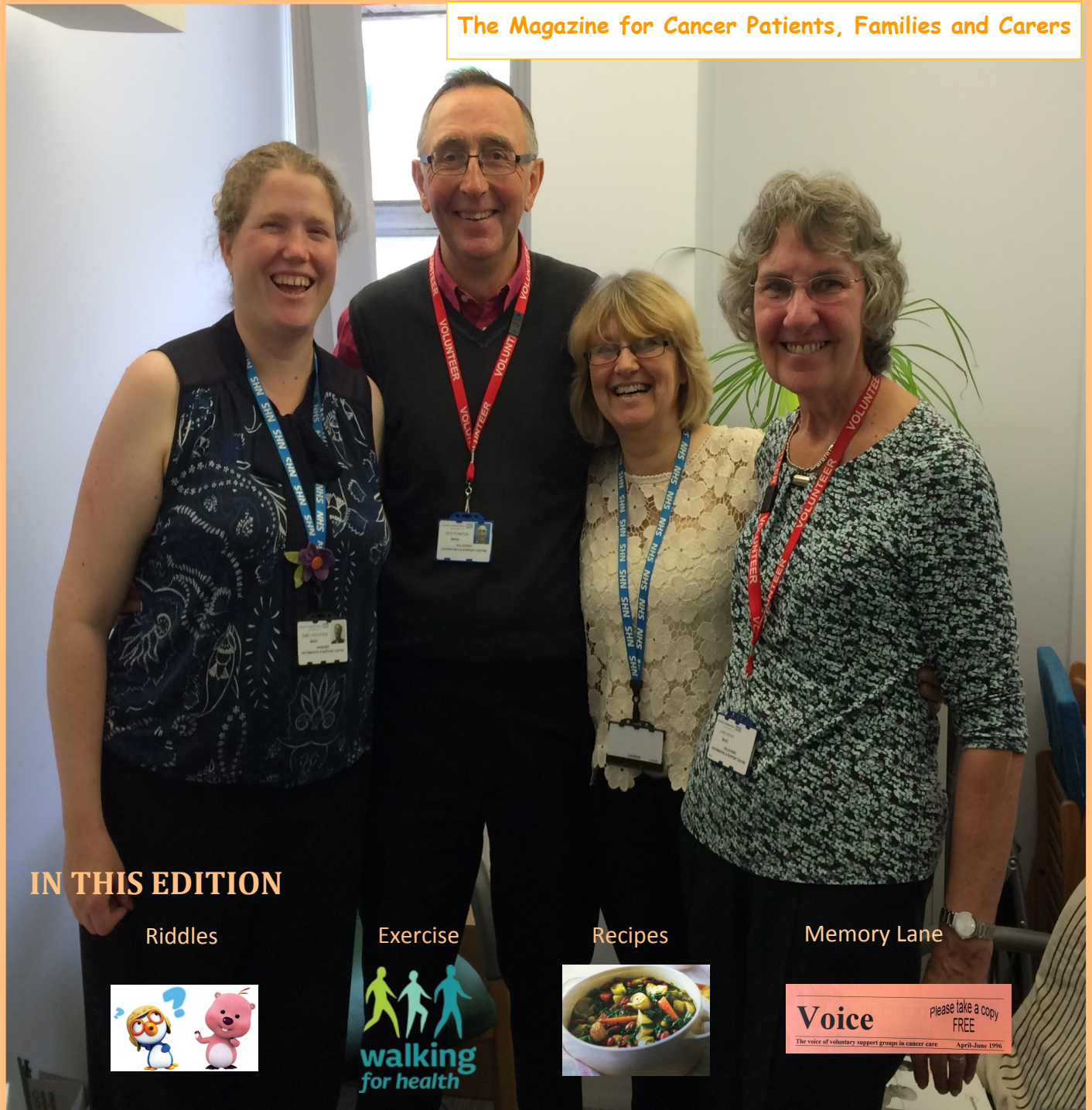
BHOC

IN TOUCH



Information and Support Centre, Bristol Haematology & Oncology Centre

The Magazine for Cancer Patients, Families and Carers



IN THIS EDITION

Riddles



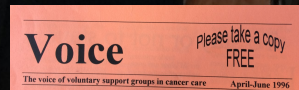
Exercise



Recipes



Memory Lane



IN TOUCH is generously funded by

The Friends of Bristol Haematology & Oncology Centre



Welcome to this edition of In Touch magazine. 2017 sees us celebrating our 'coming of age' - 21 years of the Information and Support Centre. During this time the Centre has gone from strength to strength, and we feel that the magazine has grown with it, providing a valuable service to patients, family and friends alike.

In this issue we look back over some of those years, say a sad farewell to a much loved volunteer, bring you news from various groups and report on some of the events they held over the past few months. We suggest more recipes to try (you'll be having to invite us all for dinner soon!), there are some more amusing quotations and, as always, details of cancer organisations that may be helpful to you.

We hope that you will enjoy reading it and welcome any comments or contributions you care to make.

You can contact us on 01173423369

Email: cancerinfoandsupport@uhbristol.nhs.uk

Or drop us a line:

Information and Support Centre, BHOC,
Horfield Road, Bristol BS2 8ED.

We look forward to hearing from you.



Rosie McMillan
Editor

Cover Story: We were very sad to say farewell to our volunteer Jeff Painter. Story and picture on page 18.

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

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](tel:01173423432)

We were very saddened to learn that shortly after publication of our last issue of In Touch, Hannah Francis who founded the charity Willberry Wonder Pony passed away on 1st August 2016, aged 18. Hannah raised many thousands of pounds for various charities, including an incredibly generous £10,000 to Friends of BHOC. Her charity still continues to raise money in her memory. Our thoughts and condolences are with her family and friends.



willberrywonderpony.com



David Thorne and Rick Wilson

See 'End to End' opposite

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)

In late July 2016 the family of Janet Rendell paid a visit to the Information and Support Centre to make some donations on her behalf. Janet was diagnosed with stomach cancer in February 2016 and was being treated here at the BHOC. Sadly, in June 2016 she passed away from a pulmonary embolism aged 71. In lieu of flowers at the funeral, the family asked for donations and they raised a total of £211 which they donated to the Friends of BHOC. Janet had also requested that her wig and numerous scarves be donated back to the Centre's Headstart shop for recycling. We thank her family very much for their generosity.



Janet Rendell's grandson, Alfie
presenting the cheques to Liz and Rosie



Jim Hicks celebrated his 60th birthday in August with a party at the Whitchurch Royal British Legion Club! Instead of presents, Jim asked for donations and raised £1,332 for the Friends of BHOC. Thank you to Jim and to all his family and friends for giving so generously.

End to End

In May 2017 one of the Cancer Information and Support Centre (CISC) volunteers, David Thorne, and his son-in-law Rick Wilson, (see photo opposite) are going to cycle from John O'Groats to Land's End to raise money for the Friends of BHOC. They are hoping to complete this journey in 7 days. David has been volunteering in the CISC for almost 9 years now and some of you may recognise him from the pre-chemo talks that he attends on Friday mornings.

David writes:

"The facts:

John O'Groats to Lands End commonly known as "End to End" - Distance 875 miles
Quickest time 1 day 20 hours and 4 minutes (supported) - My estimated time will be 7 days (un supported)
We will be leaving around the end of May 17 so we can get at least 10- 12 hours daylight.
The purpose is to raise money for Friends of Oncology and I am hoping to raise £1000.
Once this has been done then you will find that every man and his dog has done this ride and quicker!!
Most expensive purchase will be the saddle!!
I'm going with my son-in-law Rick Wilson who is a bike nut and in a cycle club in Keynsham SAS. One day I said (after a meal and feeling all relaxed), that perhaps we should cycle the length of the country? His eyes lit up and that was it, me and my big mouth!!
My training starts in February."

They are fundraising through his Friends of BHOC Just giving page (www.justgiving.com/dave-thorne) and would be very grateful for any donations.

Footnote: David is no stranger to fundraising for worthy causes. He is off to Argentina for all of January to climb the highest mountain in South America, Anconcagua, just shy of 7000 meters (22,000 feet). This is his second time attempt as weather and acclimatization beat the group off in November 2015. He is going with 10 injured soldiers with a charity called Adaptive Grand Slam who are trying reach the highest mountain on all 7 continents and both poles. The soldiers have lost limbs from combat operations and use this challenge to show that anything is possible if you are positive and able to adapt and they will be the first to have ever achieved such a thing. When he returns from this, his training for End to End begins in earnest. We will have an update in the next edition of In Touch. Good Luck David and Rick.



It's in the Bag Cancer Support (IITB) What is happening?

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. We have now

completed a year of these courses and they have been rated very highly by those men who have attended. During the day there are presentations about boosting immunity, diet, exercise and managing stress.

Contact Sue & Liz on 0117 342 3472 or email GermCellNurses@uhbristol.nhs.uk

Survivorship Toolkit Days:

Aztec West hotel 9am – 4.30pm:

Monday 6th February 2017

Monday 10th April 2017

Monday 15th May 2017

Monday 10th July 2-17

Monday 11th September 2017

Personal Development Weekend:

Aztec West Hotel Friday 5.30pm – Sunday 4.30pm

24th-26th March 2017

3rd - 5th November 2017

(Inclusive and accommodation provided)

Afternoon Tea – partners, mums and sisters

This year we did an afternoon tea meeting for those supporting men through intensive treatment.

This was funded by IITB and supported by Liz Allison - Germ CNS. A time for a treat but also to talk to others. It was a great success and we hope to do more in 2017.



It's in the Bag Christmas Party:

The Christmas Party was held on Sunday 11th December at Cleve Rugby Club. Lots of fun was had by all. There were games, Party tea and cakes and of course a visit from Santa!

For details of future events see the website www.itsinthebag.org.uk
Facebook www.facebook.com/itsinthebag

It's in the Hole Golf Event Sunday 30th April 2017

Taking place at Thornbury Golf Club a spectacular day of golfing fun. More details will follow in the website and our Facebook page



Sue Brand Health Care Professional of the Year

The Bristol Post Health & Care Awards 2016 awarded Sue this for her work with the Bristol Testicular Cancer Service and It's in the Bag. This was made a double award by IITB winning Health Campaign of the year!

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

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

Coffee Mornings at the NGS Macmillan Wellbeing Centre, Southmead Hospital, hosted by Prospect (Bristol & District Prostate Cancer Support Group)

As our membership started to increase it was decided two years ago to increase our members' meetings from four to six per year. These meetings are held at the BAWA, Southmead Road, Filton. Normally our meetings include a speaker on issues surrounding Prostate Cancer, current trials and outcomes, and advances in diagnostic techniques. There then follows a supper where members can get together to chat over whatever issues are concerning them. The two extra meetings were designated as 'Informal', which we have found in the past works well; these give members and their partners a chance, to discuss openly with the group, issues that are relevant to them personally. Recently we have been fortunate to have the services of Clinical Nurse Specialists from the Southmead Urology Department to help cover those medical issues which so frequently arise.

This year we have been able, with the kind assistance of the team at the Macmillan Wellbeing Centre, to start coffee morning drop in meetings, which we are trying to slot in between main members' meetings. These informal 'drop ins' increase the opportunities for men and their partners to come along and enjoy the very welcoming hospitality of the Wellbeing Centre, in an informal way, and to meet other fellow survivors. We are trying to encourage men and their partners, who are not members of the group, to come along. Men generally do feel isolated and are slow to seek help and support, preferring to try to handle the many practical and emotional issues that are ever present on their own. It's also an opportunity for partners and carers to be able to meet and discuss their very important caring roles, with other carers. The Wellbeing Centre is in itself a fabulous resource for all who are living with or affected by cancer, and they offer a range of services and support for cancer sufferers. This is a 'drop in', there's no need to book or phone ahead, the staff at the Centre will direct you to us, where you'll find a welcoming hand, and hopefully a much better understanding surrounding the issues relating to prostate cancer.

Like most cancers if it's caught early it's treatable and men can, and do, enjoy a long and happy life after treatment. We encourage all men from 50 years of age to have a yearly PSA blood test. Early detection is vital, especially if male members of the family have had, or are currently suffering with it. Sadly, despite our efforts, we have been unable to encourage men of the Afro-Caribbean community to come forward for testing. This group is 3 times more likely to become victims of this cancer.

Full details of all our meetings, latest news concerning prostate cancer, and contact details are available on our website www.prostatecancerbristol.org.uk, or email prospect.bristol@gmail.com.



For more information email: prospect.bristol@gmail.com
or visit www.prostatecancerbristol.org.uk
Tackle Helpline 0800 035 5302

Younger Women Together - Bristol

'I'm not alone. There are many other young women who've been through similar things. An amazing experience of being able to openly communicate with other women just like me.'
(Event participant, Younger Women Together)

Since holding our first Bristol Younger Women Together event in 2010, over 230 women under the age of 45 have attended these events, mostly from the local area. This year's event saw 40 women come together at the Double Tree Hilton for 2 days of whole group sessions and a choice of smaller breakout groups with topics including medical management of breast cancer in younger women, menopausal symptoms and lymphoedema.



Steph, Grete and Aimee

We had some fantastic speakers including Mr Sherif Wilson - who came along for the fifth year to talk about breast reconstruction - and Mr Valentine Akande who presented the latest information on fertility after breast cancer treatment. At the end of the first day some of the women chose to join a laughter workshop which one described as 'fascinating & really cathartic.' Others benefited from a mindfulness session - 'very calming & good to have 'time out' from listening & thinking.' The day finished with everyone having dinner together – a chance to relax and share experiences.



Angie Nicholson and Stephanie Brayford

Day two included talks on healthy eating and exercise and concluded with a personal perspective from Kelly Short. Kelly shared her experiences of moving forwards from a breast cancer diagnosis which started with her appearance on Gok Wan's 'How to Look Good Naked' programme.

Breast Cancer Care works closely with the breast care team at Southmead Hospital who play a key role in promoting the service to their patients. This year, we were fortunate to be joined by Angie Nicholson (Breast Clinical Nurse Specialist) and Jo Nutley (Breast Care Nurse) who were on hand to share their support and expertise. Support was also available from Zahida and Nicola - trained [Someone Like Me](#)^[1] volunteers who have experienced breast cancer as younger women.

The event was a great success and when we asked women what they gained from coming along the following responses were typical:

'Meeting people my age who are going through similar emotions and physical pains. Have gained knowledge of my cancer & especially helplines etc. available to me. Truly don't feel alone now.'

'More realistic expectations of myself. Less judgements about myself & others. So much reassurance about so many aspects that had been troubling me.'



Breast Cancer Care publications

To find out more about Younger Women Together and all our services for younger women, call our friendly services team on 0345 077 1893.

^[1] Breast Cancer Care's Someone Like Me service matches each client to a trained volunteer who has experience of the particular concerns or circumstances they are facing in relation to their primary breast cancer for peer support over the phone or by email – call 0345 077 1893 for details

Knitted Knockers UK CIO



Hi. My name is Mary and I retired two years ago, after 38 years in teaching. After being so busy all of my life I was looking for a hobby to help fill the void. One evening I was on the Internet and noticed a group called Knitted Knockers. Having always had a love of knitting and sewing, I decided to investigate to find out more about it. The name had caught my imagination and, as they say, the rest is history. I have now been with the group just over two years and it has certainly filled the void. I have had the pleasure to work with some lovely ladies, some of whom I have met and some I have still to meet.

The thank you messages we receive via our Facebook page make me realise that we can have a positive effect not only on the recipient, but in some cases, whole families e.g. the lady who now takes her two children swimming, having not done so for 3 years. This makes me feel so humble and proud to be part of this wonderful charity.

History of KKUK

The Charity was started on Facebook in January 2014 by Jo after making knockers for a lady whose order came via an American Facebook group. After chatting with the lady, Kay, the idea of setting up a UK based group was born. Its aim is to supply **free of charge** an alternative to the prostheses supplied to ladies post Mastectomy and Lumpectomy surgery. Knitted Knockers has a website and an open page on Facebook which the public can view. There is also a closed group which is our Community Board. Ladies on there are all Kockerettes, whether they knit, crochet, fundraise or are supporters. Some of our recipients also join because they want to get more involved.

The Charity added the Aqua to its range of Knockers, which were designed by Kay, who is now a member of the board. Other groups have now adopted the idea, with our blessing. These are to be used in water sports, made from an Acrylic yarn and filled with shower scrunchies to allow the water to drain and be more practical for the ladies to use when swimming or in the sauna. They are also proving very popular. Fundraising really is important to help the charity with its work., so is telling people of the work we do. Visit our website today to order your free 100% cotton prosthesis.

Registered Charity Number 1161125

www.knittedknockersuk.com

Testimonials from our lovely recipients:

'Just to say how pampered I felt when I received my order. It fits beautifully and is so comfortable.'

'Thank you for my knitted knocker. The sentiments 'made with love and filled with hope' is such a beautiful touch.'

'I can't thank you enough for everything you do. It really is the littlest things that matter the most and your charity certainly does that.'



www.knittedknockersuk.com

We have samples of these wonderful knitted knockers, including the Aqua, on display in the Information and Support Centre

Back in 2013 in Edition 15 of what was then The Voice we had a piece written about a new innovative exercise scheme for people who had been affected by cancer called Energise. Well with 3 years having passed by so much has happened since those early days. The scheme has gone from strength to strength with many people across Bristol and beyond having benefited from enrolling in the programme.

We pick the story up today from Energise having been launched at Everyone Active gyms in Easton and Henbury Leisure Centres and one qualified specialist cancer rehab fitness instructor in 2013. Fast forward to January 2017 and Energise has now just been launched at Horfield Leisure Centre, its 6th leisure centre in the region, now with 9 fully qualified specialist cancer rehab fitness instructors across all sites.

The programme now accepts people by referral from a medical professional or by self-referral using a simple form downloaded from the Energise webpage. The timeline for referral has shortened from those early days when it was 12 weeks post completion of treatments to now accepting people at any stage whether it be pre-treatment or surgery, still undergoing treatments or further down the line to recovery after treatments are completed.

The Energise instructors are regularly invited to speak at the cancer patient Living Well information days to educate about physical activity after cancer and provide useful tips about how to keep going at home as well as how to join the scheme.

The Energise programme has had major success and recognition with winning the Contribution to the Community Award at The Bristol Post Business Awards in 2015 and also the Together We Achieve Award at the inaugural Bristol Post Health and Care Awards in 2016. These are great acknowledgements for what we do but by far our biggest success has to be the people who have taken part in the programme and shared with us how increasing their physical activity levels has made a huge beneficial change to their lives.

There is an ever increasing wealth of evidence behind physical activity as a treatment for cancer recovery and avoiding cancer re-occurrence so the Energise programme is designed specifically to get the best out of each individual to help them achieve their goals.

Energise is a low cost 12 week scheme which aims to help people increase their fitness levels, strength, confidence and importantly reduce fatigue. It is a way of introducing people back in to mainstream physical activity with the support and guidance they need.

The way in which cancer is being treated is changing and when it comes to exercise the Energise programme is at the forefront of that change. It's a true story for all of us that we should all be physically active in order to live well.

The programme currently runs at Easton Leisure Centre, Henbury Leisure Centre, Horfield Leisure Centre, Hengrove Park Leisure Centre, Hutton Moor Leisure Centre in Weston-Super-Mare and the Everyone Active Stadium in Clevedon. Details can be found at www.bristol.gov.uk/energise or by contacting Alistair Macfarlane on 07825 033 741 or alistairmacfarlane@everyoneactive.com.





Getting Insured

It's that dark and chilly time of year when we plan our holidays. Some of us hanker for the sun, others fancy colder regions (Iceland anyone?). So after hours of browsing you find your dream holiday, you take a deep breath and book it, maybe your biggest single spend of the year.



Then that little doubt creeps in - what about insurance? If you are a healthy low risk, no problem at all, but if you have cancer of any type it is a different game.



So you need to know which companies specialise in poor health policies. No problem, you can get a list from most cancer charities such as MyelomaUK, Macmillan or the BHOC Information Centre and you start calling.

Now prepare to be frustrated as this isn't easy. For a start, you have to give your personal and medical details to each company you call and this can take 1/2 to 3/4 hour every time! It is best if you, beforehand, write down everything that is relevant so you give the same information to each company. Answer every question with no omissions, as not mentioning something can invalidate the policy. And never exclude a condition to save money as, if anything does go wrong, they will do their best to show that it is related to the exclusion.

A useful shortcut is to use a comparison website - you enter details once and get back a set of quotes. Just be aware that the figures given may not be the same as that given directly by the company, so it may be worth a direct call to compare.

Sounds tedious? Yes, but the quotes you get can vary enormously so don't stop at one or two.

Here's an example from our endeavours this year. For a special occasion we booked a long cruise to the Caribbean; two of us, one well and one with Myeloma and sundry other issues. We rang a dozen specialist companies and used an online comparison site. Bear in mind that each had exactly the same information and the cover amounts offered were roughly the same for medical and repatriation, cancellation, baggage etc.



The comparison site gave us a range of quotes from £650 to £1300 so we started to ring around.

Several quoted well over £1000, two would not quote as the figure was over their maximum; one would not quote as we were not ill enough! We had several between £700 and £900 and finally settled for one at £520 (incidentally the same one that offered £650 on the comparison site)

So the lesson is - do not take just one quote, keep going until you get an acceptable figure. Bon voyage.

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.

Contact: Sarah at sarahrossiter@btinternet.com

Time to Ask the Right Questions

When I was young the last thing on my mind was to sit down with my parents, aunts, Grandparents and ask them to tell me about their lives. In my late teens I often stayed with my Nan on my time off from nursing and we giggled our way through the days. Grandad and I had our love of books, birdwatching and nature to keep us talking for hours over a cup of tea in a china tea cup.

We would walk to the shops or library together like the best of pals. Me on the inside of the pavement as he protected me from the road, his brown shopping bag swinging on his arm. But I never once asked him or Nan about the Adult School.

It was their homes I took myself to when I lay in my hospital bed in 2008, distressed in the darkness, unable to move. I walked my memory through each room recalling the chairs - chairs I now sit on at home, the glass clown by the fire at Nans, the bird paintings at Grandads - paintings which now hang on my walls. I rarely got upstairs as I was always asleep before I reached the bottom rung of the stairs.

Last year it was my late Grandad who silently took me by the hand and led me into the Adult School research I am currently doing. He wanted the story to be told. He wanted me to tell the story.

The interviews I am undertaking with many silver-haired ladies and gents make my heart sing out as I see their smiles, their joy in sharing happy memories with someone who is interested in what they have to say. But in my quest for stories, all too frequently I hear:

I wish I had asked my Mum...

I wish we had sat down and talked....

If only I had taken an interest...

So when I sit shoulder to shoulder with my Mum in The Archives and Heritage Dept. of the Birmingham Library; we discover letters to and from my Grandad, minutes of meetings written by my great Grandad and notes about my aunt and uncle.

I smile when Mum excitedly gasps *"your Dad's name is here, I didn't know he was on St Oswalds Camp committee."* We find letters, brochures and photos: some featuring people I have never known, others were uncles and aunts, Grandads and Grandmas who I never thought to ask...

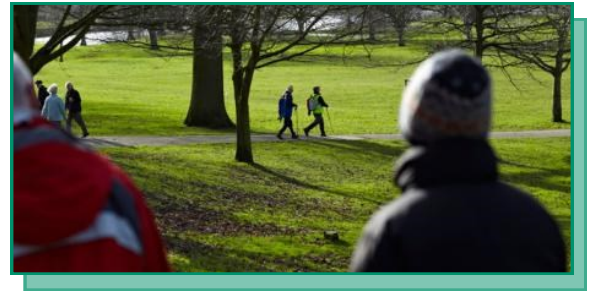
My brain tumour gave me the gift of *Time*.

Time to ask the right questions of octogenarians who want to tell their stories...



*The Midland Adult School Youth Committee 1944 - including my Uncle in the backrow
Photograph courtesy of The Midland Adult School Uncatalogued Archives held in Birmingham Library
Archives and Heritage. Photographer unknown*

Walking and cancer



When you're living with or after cancer, physical activity can help you make a positive change to your life. Walking is one of the easiest ways to become active as it doesn't require any specialist equipment to get started with, just a good pair of walking shoes and you're ready to go.

The important thing to know is that walking is safe both during and after most types of cancer treatment and has lots of benefits including strengthening your bones and heart, reducing body fat, improving mental health, and reducing lymphoedema and fatigue, and the risk of progression or recurrence of some cancers.

During and after treatment it is recommended that people try to reduce the amount of time that they spend resting or sitting. Just moving about can help prevent blood clots, reduce muscle wasting and improve your mood. We recommend people gradually build up the amount of physical activity they do, setting achievable goals while doing an activity they enjoy.

The Chief Medical Officer recommends 150 minutes of moderate intensity physical exercise every week in bouts of ten minutes or more. Brisk walking which makes you slightly breathless and causes your heart to beat faster is perfect.

Always walk at your own pace and listen to your body. Start by taking short walks with regular breaks. It's important to gradually build up the amount you do by setting realistic, achievable goals that work for you.

Over time you'll be able to increase the amount you do. Before starting, seek medical advice if you have a heart condition or pain in your chest, if you ever lose balance, if you've not sufficiently recovered from surgery, or if you have a bone or joint problem that could be made worse by a change in physical activity levels.

Walking can help to keep your mind healthy as well as your body. Whether you're being treated for cancer or you're recovering, why not find a health walk near you and join today?

For more information on the benefits of physical activity during and after cancer treatment visit www.macmillan.org.uk/physicalactivity

**best
foot
forward** 

Want to get more active?
Then we're here to help!
Walking is a great way to get fit, explore what's on your doorstep and make new friends.
Join one of our free and friendly short walks today.



Visit our website to find out more about your local health walks:
walkingforhealth.org.uk



Ovacome celebrates being the oldest ovarian cancer charity

The longest standing ovarian cancer charity, Ovacome, started a year of special anniversary activities this autumn with a celebratory bike ride to mark its 20 year birthday.

The 29 mile event replicated its inaugural cycle from Richmond to Windsor, where founder Sarah Dickinson launched the charity - now renowned for its Freephone support telephone line - with its patron, the actor, Jenny Agutter,

Sarah, who had ovarian cancer herself, had wanted to form a charity for women in her position, giving them support outside of their family, friends or carers and introducing them to others who have been diagnosed with the disease.

Two decades later and Ovacome has held onto the same ethos, with many of its staff having been affected personally or indirectly by ovarian cancer. Sarah's husband Adrian remains a patron, alongside Jenny Agutter.

Ovacome has become the heart of the community for women with ovarian cancer, with its annual Members' Day meet up in March - this year in London on Saturday 4 March - a social, but informative occasion where attendees can hear the latest in treating the disease from well regarded medical speakers.

Its free quarterly newsletter and online forum for women to communicate and support one another in a private group, also allows members to get to know one another and what is going on in the wider ovarian cancer world.

The social event of the year in the ovarian cancer calendar is the glittering fashion show and champagne afternoon tea - known as Tea with Ovacome. It is staged by Ovacome member Adele Sewell and her team of volunteers: this year on Saturday 11 March 2017.

While Ovacome's spirit has remained unchanged in its 20 years, it has grown into a charity which impacts top level policy, supports research into new treatments for the disease, raises national awareness and teaches the next generation of GPs about its symptoms.

And so the celebratory bike ride was a landmark day of celebration. Tens of supporters turned up for the occasion, with participants braving the rain, a runaway bike wheel, faulty brakes, youngsters mischievously trying to misdirect cyclists by turning around signposts, and hills which would have brought a sweat out in Sir Bradley Wiggins.

Everyone felt an enormous sense of achievement. Sarah Orme found being involved cathartic. She was marking what would have been the 40th birthday this year for her friend who died of ovarian cancer aged 27 in 2004. "I felt it was important to mark her birthday in some way," she says.

"I was very tired the afternoon we finished, but very pleased with myself for having completed it, especially as my brakes rattled loose during the last three miles and weren't working properly," she says.

☎ If you are concerned about anything to do with ovarian cancer phone Ovacome's Freephone support line on 0800 008 7054.



Part of team Ovacome (left to right):
Duncan Bayne, Martyn Payne, Jackie Rose, Bridget Hamilton,
Lisa Ebdon, Suzanne Cornish and Juliet Morrison.



Ovacome's patron Jenny Agutter:
with the charity from the start.



Celebrating (left to right): Ovacome's Louise Bayne and Ruth Grigg
with supporters Stephanie White and her mother Lissa.



At the finish line:
supporters Andrew Treglown and Sarah Orme.

Awareness month in March

The next big event for Ovacome will be Ovarian Cancer Awareness Month in March. In 2017 the charity will be highlighting the symptoms of the disease using social media to promote its easy to remember BEAT acronym of the main signs: B is for bloating that does not come and go; E is for eating less and feeling fuller quicker; A is for abdominal pain and T is for telling your GP.

Ovacome has produced BEAT publicity leaflets and business card size handouts for people to take in to display at their local GP, pharmacy, hospital and other public spaces such as cafes. If you would like to help spread the message and distribute the handouts phone the office on 020 7299 6650 and Ovacome will send you a batch.

There will be lots of other ways that you will be able to support Ovacome during awareness month and full details of its publicity campaign for March will be revealed on its website at the end of February at www.ovacome.org.uk

Getting the symptoms message out there with the BEAT cards.



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 situation.



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.
- 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. We will come and visit you on the ward or in the CDU too, just ask a member of staff to contact us for 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



Other services:

- **Creative Writing Session** – with an experienced facilitator and writer with counselling skills. This can be booked via the centre and is available to both patients and carers.



- **Wig Referrals and Headstart** – Patients concerned about hair loss can ask their CNS (clinical nurse specialist) to complete a wig referral for them – 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 £5.

Money Matters:

- **Financial Assistance** – The Citizens Advice, in conjunction with Macmillan Cancer Support offers a free, confidential benefits advice service. We can make a referral for you with trained workers who visit the centre or you can book an appointment with them directly. They will look at your circumstances and identify any benefits you may be eligible for and then take you through the process, helping you fill in forms etc. They will also see if there are any other grants you may be eligible for.
- **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

Blast from the past. In March 2017 the Information and Support Centre comes of age! 21 years ago we first opened our doors with the purpose of providing as much information and support as possible to cancer patients and their families. Here are some entries from the April-June 1996 Voice leaflet:

Dear Voice

The new Patient Information Centre is wonderful. I was nervous about going in but when I did I was greeted by a smiling, welcoming volunteer who made me feel at home straight away.

I really wanted to talk to someone but I just looked at booklets for a while. One of the volunteers asked me if I needed any help and I started to talk. Very soon I found myself talking about some very difficult feelings.

I went away feeling a huge burden had been lifted from me. I also felt I had been really listened to and understood and that I was in safe hands.

I have been back again to the Centre and found other volunteers were just as welcoming and willing to help and to listen. Where did you find these wonderful people? They have also been well trained as you get exactly the same service no matter who is on duty.

I shall continue to visit the Centre when I visit the hospital just for some human contact now that I know I don't need an excuse. The staff in the hospital are wonderful but the Information Centre volunteers give something different and rather special.

J.B.

Voice

please take a copy
FREE

The voice of voluntary support groups in cancer care

April-June 1996

Patient Information Centre Opens

The new Patient Information Centre at the BOC was officially opened on 11th March by Cherie Eugene from HIV West. It was a very successful event and a very satisfying culmination of all the hard work that led up to the Centre coming into the being.



Information in the Centre consists mainly of booklets, about cancer and its treatment and related topics, that are produced by BACUP and CancerLink.

These are for reference only but you can obtain your own free copy by ringing the organisation once you know which booklets you want.

There are leaflets, that can be taken away, which give information about the various support groups. Other leaflets explain the various DSS benefits that you may be entitled to. We also have forms for applying for Disability Living Allowance and Attendance Allowance, which many BOC patients are entitled to (these are not means-tested and do not affect other benefits).

Volunteers are in the Centre to help you find what you need. If you want someone to talk to they have the time and are available and willing to listen and support you. The volunteers have completed a training course at the Cancer Support Project to enable them to meet your needs. The Project also backs up the service and provides support to the volunteers.

We hope the Cancer Support Project's future will be secured so that this very successful service can continue.

The Volunteers' View

Two of our volunteers gave us their thoughts on working in the Information Centre.

"I really enjoy working in the Centre and meeting all the patients who visit us. I feel good that as a volunteer I have the time and place to listen and maybe give emotional support to those who need it. Patients seem glad to find someone who can really understand and listen."

"Some people just want to browse and others want specific information. If we don't have what they want we do our best to get it."

"Some patients have returned to thank us for the support we've given them. This is very rewarding. It's good to feel we've been able to help in some way."

"I feel we meet a great need and hopefully we help people to feel less isolated."

As a volunteer in the Information Centre I have experienced a lot of different attitudes from patients that have or have had cancer. It's very difficult for some people to even say the word cancer. I've gained a lot of insight into other people's feelings."

"Sometimes when people discuss their cancer I feel as though I would like to take it away, but I can't do that, all I can do is be there for them."

"I must say that for me it's a privilege to work in the Information Centre."

"I find the other volunteers wonderful people to work with. I feel we make a really good team."

"Patients and their families can always be sure of a warm welcome."

Mary and Anne

Thank You

Thank you for being available
And welcoming me with your smile
Thank you for giving me your time
And staying with me a while

Thank you for knowing instinctively
The leaflet was just an excuse
Thank you for making it easy to talk
As I have never talked before

Thank you for just being there
And giving your time for free
Thank you for understanding
The feelings inside of me

From a visitor to the Information Centre

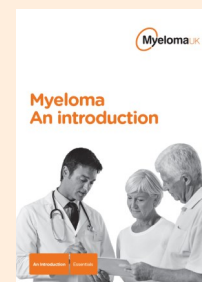
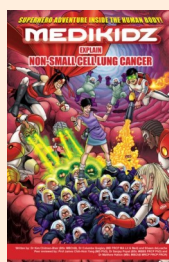
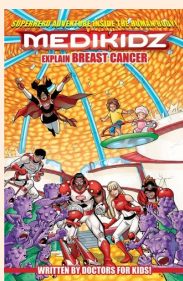
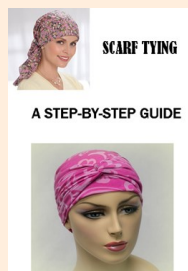
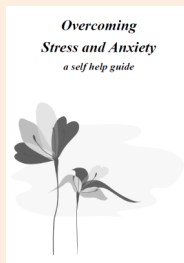
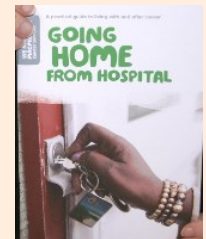
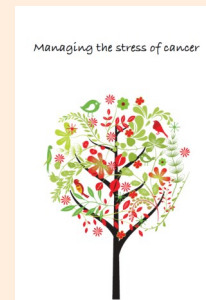
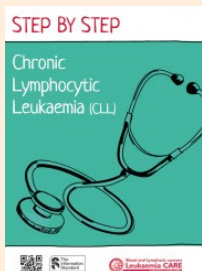


and Support Centre



...and today we are still providing as much information and support as possible

A **very** small selection of the many publications that we have available in the Centre today.



And our Volunteers are as important to us as ever: If you think you'd be interested in joining our team, please give us a call or pop in for a chat. And if you'd like to know what our current volunteers think of their role, have a read of the interview on page 19.

FEEDBACK

We always welcome feedback on how your experience of the CISC has been. We now have a comments folder in the Centre and would very much appreciate your views.

News from the Information and Support Centre cont...

Goodbye Jeff

In July we said a sad farewell to one of our wonderful volunteers, Jeff Painter, who had been with us for 4 years. Many of you may have met him during your pre-chemotherapy visit where he gave a talk about the Information and Support Centre and what we do here. He will be greatly missed by patients and colleagues alike but we are hoping he will pop in for a cup of tea with us once in a while. We would all like to wish him the very best and say a huge Thank You for all he has done for the Centre during his time with us.



Jeff with Support Centre Manager, Emily; Support Officer, Rosie and Volunteer, Joan

The importance of listening

Listening Ear Service

At the CISC we never underestimate the importance of listening!

The Cancer Information & Support Centre provide a Listening Ear service - a safe, quiet place for patients, their family or friends, to come and talk with one of our trained listeners.

We understand that those we are supporting may want to talk about their cancer, what's happening and how they feel and that they're not necessarily looking for answers, just someone to listen to their concerns. We strongly believe that the feelings of patients, family and friends have merit and should not be dismissed as unimportant. Sometimes people need to talk about everything just so they can get things clear in their minds and saying things out loud can help greatly. Often it can be a relief to simply talk to someone about what you are going through.

We are staffed by volunteers and trust staff, most of whom have had personal experience of cancer at some point in their lives. The Listening Ear service is not a counselling service, however staff here at the centre can signpost you to information about relevant services if you wish. Although essentially a drop-in service and telephone helpline we can also visit you on the Chemotherapy Day Unit or on the wards should you become an inpatient at any time, just ask a member of ward staff to contact us for you.

We are available during the Centre opening hours of 9am—5pm Monday to Friday. So please do feel free to give us a call or drop in to the centre to talk. Appointments can be made if you prefer.

Helpline number: 0117 342 3369



Our lovely manager Emily is off on maternity leave, expecting her second baby mid-January.

We shall miss her very much, but wish her well and hope she enjoys her time with her young son and the new baby before returning to us again next year.



We have now appointed an interim manager, Emma, to cover Emily's maternity leave. She is due to start in January and we look forward to introducing her to you in the next edition of In Touch.

Free massage

For patients & their carers
Tuesdays 1-3pm



Neck & Shoulder
Hand and Arm
Nail Care

Red Cross volunteers circulate the ward every Tuesday between 1-3pm. If you would like to receive a free massage you can 'book in' at the Information Support Centre.

Alternatively, keep an eye out and wave them down!
Please speak to a member of staff if you would like more information.

Interview with



Joy



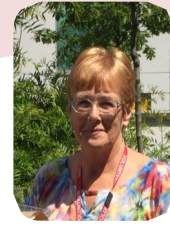
Sally



Joan



Pat M



Jenny J



Paul

How long have you been volunteering here at BHOC?

"I think it's around 8 years now" David "Five and a half years" Paul "Also five and a half years" Jenny J "About 8 years" P Milne
 "2 years" Jenny S "About 15 years." Pat M "12-13 years" Joan "About 9 years" Linda "Around 9 years" Meg "Around 10 years" Joy

What prompted you to become a volunteer?

"In the morning I found my old letter from the consultant giving me the all clear on my cancer and in the afternoon I saw an advert in the Evening Post for volunteers, so I joined the team." David "I wanted to use the skills gained from my work looking after Gynaecology patients & become part of a team again" Jenny J "Having nursed my mother with terminal cancer and being a Biologist, I wanted to use my experience and knowledge to help those with or caring for cancer." P.Milne "Having had cancer treatment myself, I can see things from the patient's point of view" Jenny S "Felt need to be useful. Friend who helped with Headstart told me that they were looking for volunteers." Pat M "My daughter was diagnosed with Hodgkins Lymphoma and had 6 months of chemo. We muddled our way through it, through the good bits and the inevitable bad bits—so now I try and help you "muddle" your way through it as well. P.s. 11 years on—she's fine!" Linda "When I retired, I looked for something interesting and worthwhile to fill my days. Have had close family members with cancer, and more recently, my youngest daughter" Meg "I have had several friends and family members who have had cancer and I wanted to help as a volunteer" Joy

Is there a part of your role that you enjoy the most?

"Very slowly I am starting to enjoy the chemo talks on a Friday morning" David "I enjoy being part of a team, hopefully useful and pre-chemo talks" Jenny J "Talking to people and helping them and being part of a team" P.Milne "Meeting and helping people" Jenny S "Having worked in a school and feeling like one cog in a big machine, I enjoy the same feeling at BHOC. Also I think that volunteers help to 'oil the wheels' in a large organisation. Meeting lovely volunteers!" Pat M "Sometimes thinking that I might have made somebody's day a little bit better" Linda "Meeting a wide variety of people who are always so grateful for someone with whom to share their 'journey'" Meg

What did you do prior to volunteering?

"Gynae oncology CNS" Jenny J "Taught Biology." P. Milne "Worked in the BRI for 21 years" Jenny S "Worked full and part-time in school office. Was primary teacher in NZ." Pat M "Producer at the BBC" Linda "Worked full time—BBC Natural History, Bristol University (research in family law), BBC London—education programmes—music, science, RE on radio 4 and BBC2" Meg "I was a nurse at the BRI when the Oncology Centre opened" Joy

Care to share with us any other interests/hobbies you have?

"I have quite a few, mountaineering, rock climbing, canoe down rivers, sky diving, cycling" David "Usual—grandchildren, reading, meeting friends and Neighbourhood Watch Co-ordinator" Jenny J "Botany, Bird watching, Looking after grandchildren, Church Choir, Knitting, Reading, 'Open the Book' at local Primary School." P Milne "Reading, writing, looking after grandchildren" Jenny S "Complementary Therapies. Reading." Pat M "Grandchildren x 2 (very time consuming), knitting, sewing, watching Le Tour de France, cooking, eating and talking!" Linda "Art, walking, environmental matters and garden" Meg



Linda



David



Jenny S



Meg



Pat Milne

.....CISC Volunteers

LinkAge’s Macmillan Prevention and Re-enablement project launches their free Taster Tokens

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

Through this project we aim to support those affected by cancer by connecting them with positive and fun activities that are available across the city.

As part of **the Macmillan Prevention and Re-enablement Project**, we are offering people who have been affected by cancer **5 free taster sessions** of LinkAge activities.

What is a Taster Token?



The Taster Token will be issued as a credit card sized card, a bit like a coffee shop loyalty card, with your name on the back, and space for 5 activities to be ticked off on the front. All you need to do is present your Taster Token to your LinkAge Activity Leader, instead of payment, and they will hand it back to you with their initial on! Simple as that!

You can use the taster tokens to try a range of LinkAge activities or for one activity up to five times. To find out which activities are valid for the tokens, look out for the logo in our What's on Guide, posters and website. **If you are a cancer patient, have previously had cancer or are a carer for someone with cancer, then you are eligible for a Taster Token.** Please contact the LinkAge office on 0117 3533042 and speak to Sally Crocker or Hannah Carrant, who can issue you with one.

Where can I use my Taster Token?



Taster Tokens are for use in conjunction with LinkAge activities. Taster Tokens can be used at activities that are marked with a **M** in our What's on Guides, on the Macmillan A - Z at a Glance guide, and on our website, so you can even use your Token for any LinkAge eligible activities across the city!

Please visit our website to view activities on offer or call the LinkAge office for a What's On Guide to be sent out to you!

Do You Know?.....



1. What was destroyed by fire in Hong Kong harbour in 1972, during major restorations?
 2. In the 1970s, which brand of beer was said to 'work wonders'?
 3. What was the name of the character played by Humphrey Bogart in the 1941 film adaptation of Dashiell Hammett's 'The Maltese Falcon'?
 4. Whose daughters were called Regan, Goneril and Cordelia?
 5. What is the name of the British comedy actor famed for his roles as Owen in the Vicar of Dibley and Trigger in Only Fools and Horses?
 6. Sam Neill played the title role in which 1983 TV drama series?
 7. Which American author wrote the novels 'White Fang' and 'The Call of the Wild'?
 8. Which song was a no.1 hit in 1990 for the Steve Miller Band after it was used in a Levi Jeans commercial?
 9. The film Apocalypse Now was based on which Joseph Conrad novel?
 10. Which 1963 R&B song, written by duo Bob and Earl, has been covered by Booker T and the MGs and, in 1986, the Rolling Stones?
- And the connection?**

A)

This is as light as a feather
yet no man can hold it for long.
What is it?

D)

Can you name three consecutive days without using the words
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
or Sunday?

B)

It is the beginning of eternity
the end of time and space
the beginning of the end
and the end of every space.
What is it?

C)

They have not flesh, nor feathers, nor scales, nor bone.
Yet they have fingers and thumbs of their own.
What are they?



Answers on Page 25



Can you supply the missing word in each item below to form two movie titles?

1. Fallen ____ Eyes
2. Mysterious ____ Deep
3. Stuart ____ Fish
4. Vantage ____ Break
5. Maybe ____ Face
6. Happy ____ Girls
7. Rock ____ Trek
8. Standing ____ Waters
9. Black ____ Nine
10. Bad ____ Claus



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.

OOOHHH
PICK ME!
PICK ME!



EATING PROBLEMS?

The Information Centre carries a range of Trust leaflets that may help.

Nourishing Drinks

When your appetite is reduced, or you need building up, nourishing drinks can help you get the nutrition you need.

Taste Changes

Sometimes, due to your illness or medication, the taste of your food changes. You may find food tastes too salty, too sweet or have no taste at all.

Eating with a Dry Mouth

Dry mouth is a very common side effect of treatment but can be distressing. Tips and advice are available for helping to make your mouth more comfortable.

Coping with a Small Appetite

If you have a small appetite, having smaller, more regular meals and snacks can help to add extra nourishment to your diet.

Eating with a Sore Mouth and Throat

A sore mouth or throat is a common side effect of treatments such as radiotherapy and chemotherapy. Suggestions available to try and help with this.



Please ask if you need any help or advice.

Amaretti-stuffed peaches



Preparation 5 minutes

Serves 4

4 ripe peaches, halved and stoned

8 Amaretti biscuits, crushed

Mascarpone (4 tbsp.)

Brandy or orange juice (2 tbsp.)

Serving suggestion

Vanilla ice-cream

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

Cooking 20 minutes

- 1 Preheat oven to 200°C/180°C fan/gas mark 6
- 2 Arrange the peaches in the base of a shallow ovenproof dish to make a tight fitting single layer.
- 3 Mix the biscuits with the mascarpone, then spoon it into the centre of the peaches. Sprinkle over the brandy or orange juice
- 4 Bake for 15-20 minutes until tender
- 5 Serve warm or cold with vanilla ice-cream

Nutritional information per portion (without ice-cream)

Energy 521kcal

Protein 3g

Total fat 18g (of which saturates 11g)

Carbohydrate 25g

Fibre 1.7g



Spring Vegetable Casserole



Preparation 10 minutes

Serves 4

Olive Oil (2 tbsp.)

2 leeks, sliced

Carrots (100g/3oz), peeled and sliced

1 small swede or 4 small turnips, diced

2 garlic cloves, finely chopped

Vegetable stock (700ml/24 fl oz)

Salt and black pepper

1 tin of borlotti beans (400g/14oz),
drained

Spring greens (150g/5oz), shredded

Pesto (2 tbsp.)

**If you want to reduce the calories, serve
with pasta instead of garlic bread.**

Suitable for:

People with a dry or sore mouth

People with problems chewing or swallowing

Quick and simple

Cooking 30 minutes

- 1 Heat the oil in a large pan and add the leeks, carrots, turnips and garlic. Fry over a low heat for 10 minutes, until the vegetables are soft.
- 2 Add the stock to the pan. Season and bring to the boil. Cover and simmer for 10-15 minutes, until the vegetables are tender.
- 3 Add the beans and spring greens, then cover the pan and simmer for 5 minutes until piping hot and cooked through.
- 4 Stir the pesto into the casserole, and serve with warm garlic bread.

Nutritional information per portion

Energy 393kcal

Protein 14g

Total fat 20g (of which saturates 4.6g)

Carbohydrate 30g

Fibre 10g



Both recipes taken from the

Macmillan book:

Recipes for people affected by Cancer.

With thanks to Waitrose for contributing both these recipes to the Macmillan book

A Welcome to our new Chaplain

Ana Hansell graduated with a first class BSc degree in Zoology after which she pursued a Diploma in Development Studies which extensively involved making educational and health provision for the underprivileged through setting up a community school to meet their needs. Following that, she completed a BD degree in Divinity and then studied MA from the University of Birmingham with a special focus on the relevance of the Doctrine of the Trinity for University Chaplaincy. In 2004, Ana was ordained as priest in St Philips Cathedral, Birmingham where she served her title post at St- Martin-in-the-Bullring and subsequently as Chaplain at Aston University. She continued to serve in parochial settings in the dioceses of Coventry, Norfolk, Derby and Bristol. Ana is fascinated about the role of education in the development of human society. Her main focus has been building links with local primary schools where she served extensively as School Governor with a special focus on 'learning and curriculum', and 'community building'.



Ana Hansell

Ana describes herself, as one who is committed to human flourishing in a society overburdened with fragmentation and a crumbling ethos. 'The role of the hospital chaplain is particularly unique and thrilling in that every day is a new awakening – the role delivers on its promise -one is never bored too easily! To work alongside professionals of all walks of life not only adds a sense of joy and excitement but also ingests in the role a sense of gratitude as we journey on the road to offering best care for everyone. To have personally experienced outstanding care during the birth of my two sons in Birmingham and Norwich hospitals, has not only made me passionate about giving something in return to the NHS but has also enabled me to embrace the challenges of working in a truly vibrant, diverse and rewarding place. Here at the NHS, kindness and compassion infectiously travel endlessly from person to person, sometimes even returning back to the original sender.'

Ana took up her role as the Trust Team Chaplain in August.

She loves exploring the unknown (that's travelling and going places), music and all forms of sport.

Little words of wisdom



Do more
of what
makes you
happy

**"Count your age by friends, not years.
Count your life by smiles, not tears."**

John Lennon

**Nothing is impossible,
the word itself says 'I'm possible'!**

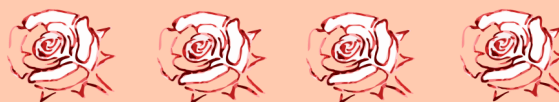
Audrey Hepburn

**"Tension is who you think you should be,
relaxation is who you are."**

Ancient Chinese Proverb

If a man does not keep pace
with his companions,
perhaps it is because he
hears a different drummer.
Let him step to the music
which he hears, however
measured or far away.

Henry David Thoreau



"Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared." —Buddha

Just for Fun!

LEXOPHILIA—WHO ON EARTH DREAMS THESE UP? A lexophile of course!

- Venison for dinner again? Oh dear!
- How does Moses make tea? Hebrews it.
- England has no kidney bank, but it does have a Liverpool.
- I tried to catch some fog, but I mist.
- They told me I had type-A blood, but it was a typo.
- I changed my iPod's name to Titanic, it's now syncing.
- Jokes about German sausage are the wurst.
- I know a guy who's addicted to brake fluid but he says he can stop at any time.
- I stayed up all night to see where the sun went, and then it dawned on me.
- This girl said she recognized me from the vegetarian club, but I'd never met herbivore.
- When chemists die they barium.
- I'm reading a book about anti-gravity. I just can't put it down.
- I did a theatrical play about puns. It was a play on words.
- Why were the Indians here first? They had reservations.
- I didn't like my beard at first but then it grew on me.
- Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?
- When you get a bladder infection urine trouble.
- I dropped out of communism class because of lousy Marx.
- I got a job at a bakery because I kneaded dough.
- Velcro—what a rip off
- Don't worry about old age, it doesn't last.

Church Ladies With Typewriters

They're Back! Those wonderful Church Bulletins! Thank God for the church ladies with typewriters. These sentences actually appeared in church bulletins or were announced at church services:

The Fasting & Prayer Conference includes meals.

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off - let the Church help.

Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be try-outs for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Please place your donation in the envelope along with the deceased person you want remembered..

The church will host an evening of fine dining, super entertainment and gracious hostility.

Pot-luck supper Sunday at 5:00 PM - prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.

Low Self Esteem Support Group will meet Thursday at 7 PM . Please use the back door.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM .. The congregation is invited to attend this tragedy.

Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.

ANSWERS:

RIDDLES: A) YOUR BREATH B) THE LETTER E C) GLOVES D) YESTERDAY, TODAY, TOMORROW

MISSING LINKS: 1. ANGEL --- Fallen Angel (1945) and Angel Eyes (2001) 2. SKIN --- Mysterious Skin (2004) and Skin Deep (1989) 3. LITTLE --- Stuart Little (1999) and Little Fish (2005) 4. POINT --- Vantage Point (2008) and Point Break (1991) 5. BABY --- Maybe Baby (2000) and Baby Face (1933) 6. GILMORE --- Happy Gilmore (1996) and Gilmore Girls (2000) 7. STAR --- Rock Star (2001) and Star Trek (2009) 8. STILL --- Standing Still (2006) and Still Waters (2008) 9. CLOUD --- Black Cloud (2004) and Cloud Nine (2006) 10. SANTA --- Bad Santa (2003) and Santa Claus (1985)

CONNECTIONS: 1. RMS QUEEN ELIZABETH 2. DOUBLE DIAMOND 3. SAM SPADE 4. KING LEAR 5. ROGER LLOYD PACK 6. REILLY, ACE OF SPIES 7. JACK LONDON 8. THE JOKER 9. HEART OF DARKNESS 10. HARLEM SHUFFLE Connection: Playing Cards

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 info@bosombuddiesbristol.org

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@googlemail.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

Ovacom - the ovarian cancer support charity.

Anna Hudson, support services manager

020 7299 6650 support@ovacomе.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
(services currently 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 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

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

Flower Word Search

SHDJVCMCKNOLEANDERAPXJLAH
 BLYLBOWAOALQDECZPPHUJAGIP
 DELDOKDILIDOFFADPTCCZSNLO
 EIGERGTHLESORRWLICSRSMTOP
 PBHOBAYTONEMTEGROFEUIENP
 YADCNENRZHJBFBYFCHTNNLGY
 DNNRRIUGAEQALRSBOEPTFEAL
 UNASQOALEMZOLIGKNIJULAIMB
 PCAXYGSVBASIAFMBYNRBOKVLU
 VHXIUWHFLSLDANDELIONWEREV
 LILACUZEORYREVOLCDPZFEGEOO
 DVSBBCWAMGSJNGAVCRPAFRLCDK

apple blossom

azalea

begonia

bluebells

buttercup

carnation

clover

daffodil

daisy

dandelion

forget-me-not

hydrangea

jasmine

lily

lilac

poppy

rose

sunflower

tiger lily

violet

marigold

magnolia

oleander

orchid

pansy

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
Thank You
Thank You!!!!