

BHOC

May-Aug 2017

IN TOUCH

FREE

Information and Support Centre, Bristol Haematology & Oncology Centre

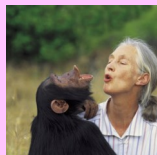


IN THIS EDITION

Quizzes



Words of Wisdom



Recipes



Headwear



IN TOUCH is generously funded by

The Friends of Bristol Haematology & Oncology Centre



Welcome to this edition of In Touch magazine.

May already! It seems like only a couple of weeks ago that it was New Year. A lot has been going on in the Centre over the past couple of months. In this issue we say hello to Emma, who is covering Emily's maternity leave and will be with us for the year. You can read more about her on page 24.

We bring you news from various groups and report on some of the events they held over the past few months.

In March the Cancer Information and Support Centre officially turned 21. We are having a party in June to celebrate this milestone in our history and hope you can join us - see page 16.

As always there are more recipes to try, some more amusing quotations and 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 or email cancerinfoandsupport@uhbristol.nhs.uk or drop us a line Information and Support Centre, BHOC, Horfield Road, Bristol BS2 8ED.



Rosie McMillan
Editor



Cover Story: "Technically, the Living Tree is a cancer support group but our members would probably describe it as a 'living well and having fun' group!"
Article on page 12.

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**



This is Vanessa Lewis and friends from Barrs Engines Skittle Team from Eagle House, Knowle.

When Vanessa became a patient with Hodgkin's Lymphoma she decided to arrange a charity fundraising evening on 10th January.

Several friends were sponsored to have their heads shaved, and a raffle and skittle match raised in excess of £1,000.

Many thanks to all of you



David Thorne and Rick Wilson

In the last edition we told you about the plans for one of our volunteers, David and his son-in-law Rick, to undertake to cycle from John O'Groats to Land's End in May. Due to work commitments they have had to postpone this until later in the year, probably September.

We hope to bring you further updates in the next edition. They are aiming to raise £1,000 for the Friends of BHOC

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

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**



'Call My Wine Bluff'



A successful fund raising evening was held at Failand Village Hall on 17th March in aid of the Friends of BHOc. Just over 90 guests competed in a 'Call My Wine Bluff' quiz, organised by the Friends House Committee. This was based on the old TV programme, Call My Bluff, but involved tasting six different wines.



After listening to a panel of three with their amusing anecdotes and descriptions of the wines, the guests had to decide which were the true definitions.



It was a very merry evening and one lucky person won a box of chocolates, having guessed all six correctly. Over £2,000 was raised and the Friends are very grateful for everyone's support.





Supporting Men with Testicular Cancer
in the South West

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

Survivorship Toolkit Courses

The Bristol Testicular Cancer Service and It's in the Bag continue to work together with Michael Simmons and Tim Snary to put on the Survivorship Toolkit courses which take place at the Aztec West Hotel Bristol. The next day courses will be:

- 15th May
- 10th July
- 11th September

The next Personal Development weekend is:
Friday 3rd – Sunday 5th November

The men who attended so far had rated it very highly and really benefited from the information, especially on boosting immunity, diet, exercise and managing stress.

If you have had testicular cancer/ germ cell cancer and would like to attend:

Contact Sue & Liz on 0117 342 3472



NEWS!

We recently held our first golfing event 'It's in the Hole' and what a great event it was. We launched our new match fit campaign 'Don't let your balls get in the rough', helping to support April which is Testicular Cancer Awareness Month. On the 1st April, we launched our Super Hero Pants Day with the strapline, 'Don't be an April Fool, Be a Super Hero!'

It's in the Banter and Afternoon Tea



The end of last year we held our very first Christmas Party for survivors and their families. A great time was had by all and guess who turned up? Yes, Santa and NUTS! Then in the Summer we held our first Afternoon Tea for partners, mums and siblings. Organised and attended by Jane Short, Catherine Horler-Underwood and Liz Allison, this was a wonderful treat and great support. We will be holding another on Sunday 16th July.

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

Summer Archery Tournament & BBQ:

Autumn Paint Balling:

Christmas Ice Skating:

Afternoon Tea:

Dates to be confirmed please check the Website or Facebook for details.

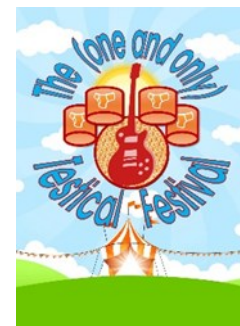
For details of future event see the website www.itsinthebag.org.uk

Jane Short on supporting@itsinthebag.org.uk



The (one and only) Testical Festival

Our very first music festival! Taking place at Taunton Racecourse this fantastic event takes place on Saturday 17th June. Get your dancing shoes on for a great line up and enjoy the wonderful backdrop of the Blackwood Hills. Camping available, children under 12 years FREE. Food, stalls, and just plenty of FUN!



Testicular Clinic Volunteers wanted:

Have you been diagnosed with Testicular Cancer more than a year ago, and would you 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 two years now and very much enjoys the experience.

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



NEW Patron!

We are absolutely over the moon to have GOLD medal winner and recently awarded MBE Andy Lewis as one of our Patrons. Andy who lives in the Forest of Dean won GOLD in Rio as a Para Triathlete and then met with the Prince of Wales to receive his MBE. His story is an inspiration to all, take a read: <http://www.andylewis.co.uk> Try watching the video without a tear in your eye!

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 a support group for prostate cancer patients, their wives, partners and carers in Bristol and district. It is run by prostate cancer survivors for the benefit of the local community.

Our friendly network aims to:

- Support men who suspect they may have prostate cancer or who have been diagnosed and feel they need more information or support to decide on the best way forward.
- Provide a local informal meeting place for prostate cancer patients, where personal experiences of treatments can be exchanged. Meetings are held at BAWA, Filton, and we organise such things as walks and visits to Penny Brohn UK at Pill, near Bristol.
- Keep patients in touch with medical professionals and up-to-date knowledge of medical developments and local arrangements for treatment.
- Champion the cause of prostate cancer patients and encourage all men over 50 to receive an annual PSA check, as they are entitled to one.
- Raise awareness of prostate cancer.

We have found that knowledge is of great benefit to the patient. It enables him to play an active part in the decision-making process, for example in selecting the best treatment. A wealth of information is available on Prospect's website:

www.prostatecancerbristol.org.uk

As part of the move to encourage patients to get active, a dozen or more members braved the early morning sunshine last October to join Chris Millett on a walk he had organised starting from the Braithwayt Arms at Lansdown.

The walk had spectacular views from the Lansdown hills above Bath and beyond to the Bristol Channel. Chris certainly knew his history of the area and his commentary about the battle of Lansdown added tremendously to the interest of this walk.

A well-earned lunch at the Braithwayt Arms concluded a very enjoyable morning's exercise.”

Bernard Smyth



For more information email: prospect.bristol@gmail.com

or visit www.prostatecancerbristol.org.uk

Tackle Helpline 0800 035 5302



Leukaemia CARE
supporting a quality of life
Blood and Lymphatic cancers

Choose and Book makes Leukaemia CARE services more flexible for patients

One person every 20 minutes is diagnosed with a blood cancer in the UK.

A diagnosis can be devastating and have a huge impact on someone emotionally, as well as physically.

Leukaemia CARE is a national blood cancer support charity, committed to ensuring that anyone affected by blood cancer receives the right information, advice and support.

We provide a range of services to suit the needs of patients and their families, including:

24-hour help line manned by volunteers and our nurse advisors

Information booklets

Magazine

Support groups across the country for face-to-face support

Online chat service with our nurse

Online forum



However, our latest addition now makes it even easier for anyone affected by blood cancer to access our support services when it suits them best.



Leukaemia CARE
supporting a quality of life
Blood and Lymphatic cancers

The new Choose and Book system will transform our 24-hour help line, allowing patients or carers who wish to speak to our nurse advisor to book a time slot for the call on a day that suits them. The caller will be sent a reminder by text or email of their booked time slot with our nurse, and if they need to amend or cancel their slot, they can do so online.

Our Choose and Book system reduces the risk of missed calls, and also keeps callers up-to-date on when exactly our nurse advisor will be available. This means that patients or carers who believe they may want to speak to a nurse in the future, such as after an upcoming appointment, can book ahead of time to make sure they can get the answers they need when they need them.

Technology is revolutionising healthcare, and here at Leukaemia CARE we want to make sure that our services are current and easily accessible. A BBC article pointed out that, *'Consumer interest in health news is always high. So too technology. With the two fields converging, the appetite for information can only intensify.'*



Choose and Book system

Many organisations are attempting to keep up with this demand for technologically advanced healthcare, including the NHS. With healthcare apps flooding the market, NHS England have created an apps library, helping patients to search for reputable apps that will conform to their needs.

The emergence of health technology conferences also highlights this desire for the two sectors to converge. Our trustee Kris Griffin recently attended this year's WIRED Health conference in London, where 'leading technologists, entrepreneurs and innovators shaping the health industry' meet to showcase and discuss their advancements. There, numerous advancements in cancer diagnosis and treatment were featured.

Our Choose and Book system might only be a small step in comparison, but it shows our commitment to updating our services and making sure anyone affected by blood cancer can receive the support they need when they need it.

Help line: 08088 010 444

Website: www.leukaemiacare.org.uk

Facebook: www.facebook.com/LeukaemiaCARE/

Twitter: www.twitter.com/LeukaemiaCAREuk



TOGETHER
WE ARE IMPROVING
YOUR CANCER CARE

WE ARE
MACMILLAN.
CANCER SUPPORT

NHS

What does it mean to live well with and beyond cancer?

Sarah was diagnosed with cancer a few years ago. During her diagnosis and treatment she felt really supported by the hospital staff and her family; people pulled together and supported her through the crisis. Once the treatment stopped, Sarah was surprised not to feel elated. She realised it wasn't a crisis but something that would take a while to recover emotionally from. Sarah spoke to her Clinical Nurse Specialist about feeling tired, anxious about a recurrence, and feeling unconfident about her body. Sarah went to a local group about how to manage fatigue and is waiting to start a self-management course being run by a local charity.

Sarah survived cancer and is finding support to feel as well as possible.

John was also diagnosed with cancer a few years ago. After surgery he was invited to attend a meeting for men with prostate cancer. They learnt about signs and symptoms they should look out for and who they should call if they feel worried. They shared their experiences of what going through cancer felt like and the changes they wanted to make to their lifestyles to reduce the risk of needing further treatment. John felt really supported by the men he met in the group; he even meets up with a couple of them to play football, something he wouldn't have dreamed of doing 10 years ago.

John survived cancer and in some ways feels better than he's ever felt.

More people than ever before are living with and beyond a cancer diagnosis. That is a cause for celebration, most definitely. But the impact of cancer does not suddenly stop when the treatment is over. To live well, people need different support, at different times.

Bristol's Living Well With and Beyond Cancer Project is working with the NHS and local charities to understand how people affected by cancer are being supported and how we can do better. We would like everybody affected by cancer in Bristol to feel prepared for treatment, in control and as well as possible, whatever their prognosis.

We will only be able to make things better with the help of people who have been affected by cancer; either directly or as a family member or carer. You know what is important and what isn't. And we need you to be part of the project.

We understand that peoples' circumstances are different; you might be feeling well today but not sure how you'll feel in a month. You can contribute as much or as little as you are able. You might be able to speak with somebody on the phone or come to a meeting with others. Or maybe you could answer a few questions on an online survey. Whatever it is, your contribution will help improve the support available to people affected by cancer in Bristol.

To let us know you are interested, or to get more information please contact Emma Ryan,
Living Well With and Beyond Cancer Project Manager.

Email emma.ryan@bristolccg.nhs.uk

Leave a message on 0117 900 2449.

Write to NHS Bristol Clinical Commissioning Group, South Plaza, Marlborough St, Bristol. BS1 3NZ.



The group has had a few changes since the last edition of "In Touch". Margaret and Stan, leaders of the group for many years have decided to retire. A new team has been formed to help organise and plan future events for the group. New members are especially welcome, with our aim being to establish a friendly, supportive and informative group for the benefit of patients and carers.

Coffee mornings

Meet at "The Piano and Pitcher" (harbourside in Bristol) 10.30am,
Wednesday June 21st, Wednesday August 16th for informal chat, coffee and cake.



Christmas in January



The 18th century Shakespeare Tavern on Bristol's harbourside was chosen by the group for our annual post-Christmas dinner which took place on Tuesday 24 January.

After a delayed start, due to bad traffic jams in the city that evening, we settled down to pre-dinner drinks from the bar, at our allocated table in the corner of a cosy public room. Only the hungriest had a starter, main course and dessert – most chose two of the three – and all agreed the food was enjoyable. Service was excellent too. We were there from about 7:30 to 10:00 and the time flew by. The occasion was generally considered very successful, and there was some discussion about holding other social events.

Themed meetings

The group meet every other month on the third Tuesday at Community Centre, Eden Grove Methodist Church, Horfield at 7.00pm until 9.00pm. We organise speakers to come and talk to us on a variety of subjects related to Myeloma. Our next meeting is May 16th. Please contact Sarah to find out more information.

Myeloma Awareness week

June 21st – June 28th

BHOC have kindly said we can have a stall in the entrance foyer on Tuesday June 27th, selling cakes and handmade crafts. If you are attending the Myeloma clinic that day, we would be delighted to meet you, please pop down and see us, and sample a cake or two.



London to Paris cycle ride



Two of the Bristol Haematology consultants, Jenny Bird and James Griffin have signed up to complete this gruelling, 300 miles in 4 days, challenge in aid of Myeloma UK, at the end of May. All money raised goes directly to Myeloma UK to fund research, so any contribution you are to make would be gratefully received. Please visit their Just Giving pages "James Griffin" and "D Marks" (Jenny's page).

Next meetings

May 16th – Themed meeting 7.00pm

Community Centre, Eden Grove Methodist Church, Horfield.

June 21st – social, 10.30am "Piano and Pitcher" Bristol

July 18th – Themed meeting 7.00pm

Community Centre, Eden Grove Methodist Church, Horfield.

August 16th – social, 10.30am "Piano and Pitcher" Bristol

Please contact Sarah for any more information

sarahlrossiter@btinternet.com

Living with Secondary

Breast Cancer – Bristol Meet Ups

A diagnosis of secondary breast cancer can mean adjusting to difficult changes in your life. These changes may be small or more significant, but they can make a big difference to how you feel, both physically and emotionally. Sometimes it can help to talk about it with other people in a similar situation and at **Living with Secondary Breast Cancer** you get the chance to do just that, in a relaxed and supportive environment.

Sessions in Bristol are on the second Wednesday of the month from 11am. We meet in a central location a few minutes walk from Broadmead Shopping Centre with free parking in an adjacent NCP Car Park.

You are welcome to come along regularly or dip in and out – whatever suits you. We usually alternate between a short session and a slightly longer one with a guest speaker.

There's no charge for attending and all refreshments and lunch (at longer sessions) are provided.



I have been facilitating these sessions for nearly five years now. Many people living with a secondary diagnosis can feel very isolated and it can be a real relief to speak openly about your thoughts and feelings with others who share comparable challenges. Contrary to what you might expect there is a lot of laughter and warmth amongst group members, as well as times that are more serious or sad. New members are always warmly welcomed.

Sherry (Session facilitator)

'The group is supportive and the facilitator works effectively and sensitively to ensure that everyone can say as much or as little as they want to, and are listened to. We spend a lot of time laughing - so it's definitely not all doom and gloom! There is absolutely no pressure to attend every month or even for the whole of a session; it is left very much up to you and how you feel at the time. I started going to the group in November and have attended regularly since then - a sure indication that I have found it very helpful.'

Mavis, Bristol

Programme

10 May 2017	11am – 3pm	Physical Activity Interactive session with a guest speaker followed by lunch and time to talk.
14 June 2017	11am – 1pm	Meet up An opportunity to meet and chat with others living with a secondary diagnosis.
12 July 2017	11am – 3pm	Benefits Guest speaker followed by lunch and time to talk.
9 Aug 2017	11am – 1pm	Meet up
13 Sep 2017	11am – 3pm	Mindfulness Guest speaker followed by lunch and time to talk.
11 Oct 2017	11am – 1pm	Meet up
8 Nov 2017	10 am – 3pm	Information Day Includes a talk on ‘Medical Management of Secondary Breast Cancer’.
13 Dec 2017	11am – 1pm	Meet up & Festive Gathering

If you'd like to find out more or join us at a session, please call Breast Cancer Care's services team on 0345 077 1893 or e-mail secondaryservices@breastcancercare.org.uk

The Living Tree, Bridport: growing and flourishing



Technically, the Living Tree is a cancer support group but our members would probably describe it as a 'living well and having fun' group! Our single aim is to make everyday life as rewarding as possible for anyone who is, or has been affected by cancer. That includes families and friends. We welcome everyone. We are based in Bridport, Dorset but our members come from a wide radius.

What do we do?

We have a weekly Friday afternoon meeting and a monthly evening meeting. People come and go in a very relaxed way, which we feel is important. Normally, there is a qualified complementary therapist on hand to give free treatments and there's often a speaker and/or a creative activity.



We also run an ongoing programme of activities such as sport, well-being, life-coaching or nutrition. We offer art sessions, jewellery making, walks, days out and residential retreats. There are coastal walks, trips to exhibitions, cooking demonstrations and a singing group. Many ideas come from our members and the group is really driven by what they want and need.

We currently have 253 people on our mailing list. They get a weekly newsletter about events and they join in with whatever they think will benefit them.

Funded complementary therapy:

Many people find complementary therapies really helpful in coping with the effects or after-effects of cancer. At The Living Tree we've gone a step further by compiling a directory of trusted therapist partners, who offer treatments at a reduced rate, or free of charge. We encourage people to try something new from our list which includes: yoga, meditation, reiki, massage, reflexology, aromatherapy, medical herbalism and homeopathy.



New sports programmes:



The Living Tree is a partner in a unique fitness programme called Stepping Out, run by Bridport Leisure Centre in association with the Clinical Commissioning Group, Weldmar Trust and Macmillan. It helps people get fitter, stronger and more energised. The course offers one-to-one support, within a circuit training class. Every week, there's a have-a-go new activity such as walking football, dance, Qi Gong or aquafit. We also have free swimming sessions and top level table tennis coaching.

Recently, we were proud that our two founders Jo O'Farrell and Jo Millar were invited to facilitate workshops on setting up a community support group at Macmillan Cancer Voices annual conference, which includes delegates from all over the UK. The Living Tree benefits from tremendous local support from generous businesses and donors, plus national support from Macmillan and other grant bodies.

None of us knows what the future holds. However, we're inspired by our Living Tree logo, to keep growing and reaching out welcoming branches, whilst keeping our roots firmly planted in the ground!



Radiotherapy Myths and Legends

Radiotherapy is an often misunderstood mode of treatment for cancer, sometimes seen as the poor relation to chemotherapy and surgery which get a much better press. However radiotherapy is a very effective treatment often given after surgery or chemotherapy, increasingly concurrently with chemotherapy, and in some cases as a very effective alternative to surgery. Around 50% of cancer patients will receive radiotherapy as part of their treatment.

Perhaps one reason that radiotherapy has a bit of an image problem is because of some of the myths surrounding this treatment modality. Many of these myths are based on historical and outdated information. Radiotherapy has been around for a surprisingly long time, but the technology has developed significantly over the last century.

After the discovery of x-rays by Roentgen on 1895, there were many experiments with x-ray therapy and light therapy, but with limited success. Side effects were often severe and because the x-rays were low energy and therefore not very penetrating their use was impractical for anything other than skin conditions.



However the discovery of radium by Marie Curie in 1898 led to some rather more promising experiments and radium therapy became an established treatment for cancer.

Most radiotherapy is now delivered using a Linear Accelerator which generates high energy x-rays which are much more penetrating and more focussed than those from earlier x-ray therapy machines would have been. The first linear accelerator was invented in the United States back in the 1950s, but the technology is constantly being developed and refined to allow us to use increasingly complex treatments which produce better results.



Myth 1

‘Radiotherapy is painful’

There is no sensation as radiotherapy is delivered. Patients are required to lie on a hard couch, although this is usually only for 10-15 minutes, but there is no pain from the treatment itself.

Myth 2

‘Radiotherapy makes you radioactive’

We are often asked by patients if they will be able to go near pregnant women or be able to hug their grandchildren. Most radiotherapy is delivered using a linear accelerator which delivers high energy x-ray beams which are electrically generated. As soon as the beam is switched off no radiation is present and the patient is not radioactive.

Myth 3

‘Radiotherapy burns your skin, makes your hair fall out and causes nausea and vomiting’

With the advent of more advanced equipment and techniques radiotherapy treatment is much more focussed on the organ or tumour that needs to be treated, thus reducing the amount of normal healthy tissue being irradiated. This means that side effects tend to be much less severe than in the past.

Radiotherapy side effects are very specific to the area being treated and generally come on gradually, so for most people there will be no immediate effects. Hair loss only occurs if we are treating an area of the body with hair, such as the head, armpit or pubic area. Nausea and vomiting can occur if we are delivering radiotherapy to the abdomen or the brain, but otherwise this is unlikely to happen. Skin reactions are usually minor, with slight reddening and drying of the skin in the area treated occurring as treatment progresses.

If you are going to be having radiotherapy and would like to know more about the processes involved in planning and delivering the treatment we offer patients and relatives the opportunity to attend an open evening.

It is held every 1st and 3rd Wednesday of the month at 6.30pm, and you can book by telephoning 01173424469 or by emailing jancis.kinsman@uhbristol.nhs.uk.

Information and Support Centre

What can we do for you?

Introduction

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



Where are we & What do we do?

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



Internet:	www.uhbristol.nhs.uk
Open:	Monday—Friday, 9.00am - 5.00pm
Telephone:	0117 342 3369
Email:	cancerinfoandsupport@uhbristol.nhs.uk

What do we offer?

Listening Ear Service:

- A warm and friendly environment where you can discuss how cancer is affecting your life.
- A safe space to talk through your worries about diagnosis, treatment, family difficulties, money worries, ending treatment – either face to face or via our telephone helpline.
- We will also come and visit you on the wards or during chemotherapy treatment, just ask a member of staff to give us a call on your behalf.
- It is open to anyone affected by cancer including family, carers and friends and is available at any stage of treatment – even after it has finished. You can either pre-book or simply come and ask, and someone will always be made available to listen to you. 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



- **Wig Referrals and Headstart** – Patients concerned about hair loss can ask for a wig referral (for more information ask at the Information and Support Centre) This is a free BHOC service available to both men and women. We also have a small outlet in the Centre where we sell hats and scarves and can provide a scarf tying demonstration. We also have a wig recycling service where donated wigs are cleaned and sold for £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. They will look at your circumstances and identify any benefits or grants you may be eligible for and then take you through the process, helping you fill in forms etc.
- **Car Parking Permits** – Parking permits are available for patients attending appointments. Pay for 2 hours and then collect your permit from Main Reception.
- **Blue badge** holders can park in any available parking space without charge.
- **Travel Insurance Details** – with recommendations from previous patients.

The Citizens Advice logo, which consists of a dark blue speech bubble containing the words "citizens advice" in white lowercase letters.

citizens
advice

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



University Hospitals Bristol
NHS Foundation Trust

CISC Turns 21....

You're invited!

21 June 2017 11am-3pm

We are planning to celebrate the coming of age of the Information and Support Centre and we'd love you to be there. Officially our birthday was in March, but time and circumstances overtook us so it was agreed that we would delay the party until June. There will be drinks and nibbles and of course some cake.

The Centre will be open for information and support as usual .

No self-respecting birthday party would be complete without a cake and we plan to have a cake cutting ceremony at 1pm. Do be there if you'd like a piece.



Pampering:

Look Good Feel Better
beauty consultants will be here to offer
tips and advice on make up and skin care.



The Headstart shop will be open as usual for the sale of hats, scarves and second hand wigs*.

There will also be scarf tying demonstrations.

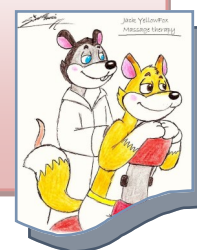
*subject to availability



Red Cross Massage

The Red Cross will be here to offer a neck & shoulder or hand & arm massage.

Take this opportunity to have your stresses soothed away.



and Support Centre

In the beginning.....The creation of the Information & Support Centre

“In October 1995, after some meetings between representatives from cancer support groups and oncology staff, the Cancer Support Project was started. Co-ordinated and run by Ms Magill, a social worker, and Dr James Brennan, head of the BOC Psychosocial Department.

The Project was based in an office outside the hospital in Terrell Street.

A group of volunteers were trained with the aim of helping future cancer patients and their relatives. Volunteers had lengthy training in listening skills, also in finding useful resources for patients e.g. basic written information on types of cancer and their treatments, benefits, etc.

A room at the entrance of BOC was eventually found for an Information Centre. It was manned by trained volunteers, who had been patients and carers themselves and was officially opened in March 1996. At the end of the year the Co-ordinator's funding ended and the room was closed. The project nearly folded but, as a trained volunteer, I was able to open it one day a week with two others. As an ex-cancer patient I felt absolutely driven to keep it going.

It was obvious there was a need for the service and I undertook the training and co-ordinating of new volunteers with the help of CancerBacup professional trainers. We were also joined by some trained Breast Cancer Care volunteers and we were able to extend our hours.

The service grew organically depending on the needs of patients and their relatives. We were very much supported by consultants and other members of staff, also GPs. The service was unique in that it was the first in the country to be run by patients for patients. It was co-ordinated by myself with regular supervision from Dr James Brennan.

The Information and Support Centre developed into a model that was copied by many other hospitals around the country.

Macmillan offered us funding for a paid post. This was also offered by the Friends. Eventually a paid post was made available for two years and I was able to open the Centre full time with around fifteen volunteers and a continuous roll of training new and existing volunteers. In 1999 UBHT took over the funding.

It was difficult for patients to talk in private in the one room we had if others came in for information, and later the Friends funded refurbishment giving us a larger area for information and an extra room for patient privacy.”

Anne Bullock



News from the Information and Support Centre cont...



HEADSTART SHOP

Since the retirement in September 2016 of Margaret and Carol (see In Touch edition 1), the CISC has taken over the running of the Headstart shop. Whilst we have endeavoured to maintain the ethos and care that has been pivotal since its inception - we have also tried to increase the range of headwear available, hopefully giving our customers a greater choice.

We have introduced the Chemotherapy Headwear range of **Scarf Hats**, these are a range of soft colourful hats with an integrated chiffon or satin scarf in various colours and designs. At the top of our price range (£17), these have proved to be a very popular item and sell out very quickly. Easy to wear and very attractive, many of our customers have purchased more than one and have been delighted with the quality and designs.



More recently we have also added a selection of Annabandana hats to our range. These are 100% cotton lycra and consist of the plain **Bella Turn Up Beanie** (£5.50) in a range of stunning colours and the two-piece **Mia and Bella Twist Wrap sets** (£10) which combine a plain beanie with a contrasting separate wrap to give a bit more style and interest. Again, both of these ranges have proved to be very popular and the twist wrap sets sold out in just a few days. We are pleased to say that we will be keeping these on our order books for the foreseeable future.

We still continue to source other hats and beanie styles both from shops and online in order to continually give our customers a wide range of prices and styles to choose from.

We are also very grateful for the kindness of those who donate wigs, scarves and hats for us to sell in the Headstart shop with prices starting from as little as 50p.

Why not pop in and see what we have to offer.

The Headstart shop is open Mon-Fri 9am-5pm



Interview with

Jancis Kinsman
Chart & Treatment Floor
Co-Ordinator, Radiotherapy



How long have you worked for the NHS and how much of that time has been in Radiotherapy?

I have worked for the NHS for 24 years, although I started my training as a therapeutic radiographer 3 years before. It is a common misconception that we are nurses who have specialised in radiotherapy at some point, but the training is very specific to radiotherapy, so I have spent my whole career working in radiotherapy. In fact I have spent my whole career in this department. I came to Bristol as a student in 1992 and loved it so much I haven't moved!

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

It is hard to imagine doing a different job now as I love my job. It can be stressful at times and we all end up doing extra hours and have to be flexible, but I like the fact that it is varied and things change all the time. I had originally planned to study law at university but didn't get good enough grades to take up my place and had to rethink my career options, but I think I might have had a lucky escape! As an 18 year old I imagined being a lawyer would be like being Rumpole of the Bailey, but when I sat in on a case at the County Court things were much more dull!

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

What I enjoy most about my job is the interaction with people, both patients and colleagues. What I enjoy the least is spending more time at a computer screen than I ever thought I would.

Is there such a thing as a 'typical' day in Radiotherapy, can you give us an idea of what you get up to in a day?

There is no typical day in radiotherapy. Before I took on my current role and I was working on a treatment machine every day, the days were more structured as there would be a list of patients to treat and the day would be defined by that, but pretty much every day unexpected things would happen.

My current role is more varied still. The sort of things I might do are:-

See lung cancer patients weekly during their radiotherapy to answer their questions about treatment, help them manage side-effects and generally support them through their treatment.

Provide training for staff in some of our more complex treatment techniques and the imaging that we do to ensure the accuracy of these treatments. I sometimes also deliver these treatments myself and I am regularly called as a second opinion to review images that have been taken prior to treatment delivery.

Run radiotherapy open evenings for prospective patients and their relatives or carers.

Write documents to support the introduction of some radiotherapy trials and provide training for staff.

Write and review patient information leaflets.

And many other things...

What do you like to do in your spare time (assuming you have any) ?

I don't have a huge amount of spare time as I have a 10 year old son as well as working almost full time, but it is important to me to have interests outside of work. I sing in a choir which I find very therapeutic. For 2 hours every week I am totally absorbed in the music (and trying to follow it!) so all thoughts of work go out of my head. I also enjoy my weekly Pilates class, particularly after all those hours at a computer!

After the success of LinkAge's Macmillan Prevention and Re-enablement Project's first Wellbeing Day in March, **planning is already taking place for another Macmillan Wellbeing Day to be held early-mid June.**

The team reflect on the success of their recent event:
On the morning of Wednesday 8th March, preparations were busily underway for the very first Wellbeing Day hosted by LinkAge's Macmillan Prevention and Re-enablement project. The 'Discover a New You' Wellbeing Day, aimed to welcome and support people aged 55+ living with and beyond cancer, and their carers/supporters, to try a variety of fun, creative and physical activities and to also access the variety of fantastic support services that are available across Bristol. A marketplace of stall holders were present at the event, with the Hope Course, Macmillan Bristol Buddies, Healthwatch, Penny Brohn UK, Carers Support Centre, and others all showcasing services for those living with and beyond cancer. Specsavers were also present at the event, offering guests free eye and hearing tests.



The programme of activities for the day, started with a lively first session of **Chair Aerobics**. One participant, Wendy, said she was left feeling **"energised and uplifted"** from the session. This session was followed by a **Relaxation Class**, led by Sophie Bayley from Penny Brohn UK, who shared some effective relaxation techniques that people could try at home. **Ballroom Dancing** was a whirl; with guests pairing up and being taught step-by-step some gentle ballroom moves, whilst others happily watched on with a cup of tea in hand.

After a healthy and delicious lunch, guests were treated to a calming **Tai Chi** session. Instructor Frank guided guests through a variety of sequences.

Amongst the backdrop of activities and stallholders, there was also the option for people to have a free massage and try their hand at some arts and crafts. It was fantastic to see so many people come together on the day to try new things, meet new people and support each other.

**Planning is already taking place for another Macmillan Wellbeing Day in early-mid June.
So if you would like to register your interest,
then please contact the Macmillan team on 0117 353 3042.**

What Comes Next.....??



1. What Comes Next: 18, 4, 13, 6?
2. What Comes Next: Afghanistan, Albania, Algeria, Andorra?
3. What Comes Next: Q W E R T Y?
4. What Comes Next: And now for something completely different, The Holy Grail, The life of Brian?
5. What Comes Next: Brazil, Brazil, England, Brazil, West Germany?
6. What Comes Next: Avon, Bedfordshire, Berkshire, Buckinghamshire?
7. What Comes Next: Roger, John, Brian, ?
8. What Comes Next: Home, brain, heart?
9. What Comes Next: Genesis, Exodus, Leviticus?
10. What Comes Next: James Callaghan, Michael Foot, Neil Kinnock?

A)

Tall I am young, Short I am old,
While with life I glow, Wind is my foe.
What am I?



Sounds the same

1. DNA in casual wear
2. Ejected from a seat of power
3. Hid in the corner like a yellow-belly
4. Kismet at the local fund-raiser
5. Something in a computer to get your teeth in to
6. Would you need to rotate to play this part
7. A perjurer playing an ancient instrument
8. This would leave a bitter taste in the mouth of an old Frenchman
9. Would you see a leading dignitary riding one of these
10. Remained respectable

B)

You have me today,
Tomorrow you'll have more;
As your time passes,
I'm not easy to store;
I don't take up space,
But I'm only in one place;
I am what you saw,
But not what you see.
What am I?

C)

If you have me, you want to
share me.
If you share me, you haven't
got me.
What am I?

D)

I have lakes but no water,
No cars but I have streets;
Many places and borders,
But I'm in one piece.
What am I?



Answers on Page 25



Volunteers Wanted

Could you be a volunteer?

To be a volunteer, it takes...

Generosity, a willingness to give your time to others

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

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

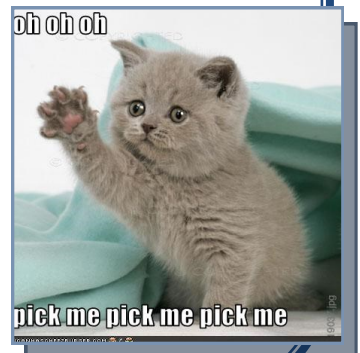
Compassion, to truly care about making someone else's life better

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

Dedication, to stick with it and see it through

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

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





Celeriac Soup



This very fragrant, lightly spiced soup is ideal to tempt jaded taste buds. If you can handle heat, you might want to add a chilli along with the garlic and ginger. And if you are eating this with someone who likes heat, serve some chilli oil at the table.

Serves 4

- 1 tablespoon** vegetable or coconut oil
- 1** small celeriac, peeled and cubed
- 1** large potato, peeled and cubed
- 1** onion, finely chopped
- 3** garlic cloves, finely chopped
- small** piece of fresh ginger, grated
- 1/4** **teaspoon** turmeric
- 2** **lemongrass stems**, outer leaves removed, very finely sliced
- 2** **tablespoons** coriander leaf stems, finely chopped
- 1** **teaspoon** unwaxed lime zest
- 400ml** can coconut milk
- 200ml** milk or water

For the herb oil:

- Handful** of fresh coriander
- Handful** of fresh basil
- 2** **tablespoons** olive oil
- Squeeze** lime juice

Cooking 10 minutes

Heat the oil in a large saucepan. Add the celeriac, potato and onion, and sauté gently for about 10 minutes until everything has softened around the edges. Add the garlic and ginger, and cook for another couple of minutes, then add the remaining ingredients. Season with salt and pepper. Bring to the boil, then turn the heat down and simmer until the vegetables are completely tender - about a further 10 minutes.

Put the soup in a blender - you may have to do this in two batches - and blitz until smooth. If you feel it's not quite thin enough, add a little more milk or water. Return to the saucepan and reheat until piping hot.

For the herb oil, put the herbs and olive oil in a small blender and season with a pinch of salt. Add a squeeze of lime juice. Blitz everything together until fairly smooth. Serve the soup drizzled with herb oil.

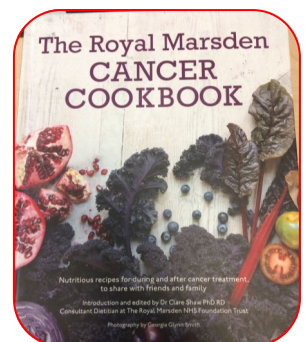
Nutritional information per portion if made with milk.

- Energy 217cals/905 kJ**
- Protein 6.1g**
- Fat 11.2g**
- Sat. Fat 2.6g**
- Carbohydrate 24.7g**
- Fibre 2.7g**

This recipe is suitable for patients during treatment and who have:

- Poor appetite
- Taste Changes
- Nausea
- Dry Mouth
- Sore Mouth

Both recipes are taken from **The Royal Marsden Cancer Cookbook** and reproduced with kind permission of Kyle Books



The Royal Marsden's

Chickpea and Sweet Potato Mongolian Stew

This delicious vegetarian stew contains lots of fragrant spices without any heat. This is a popular dish from the (Royal Marsden) hospital menu providing plenty of protein and energy from the chickpeas and vegetables in a smooth, creamy sauce. It is packed with vitamins, being high in beta-carotene, vitamin E, folate and iron. Serve with rice.

Cool and freeze individual portions for a quick and easy meal when you are too tired to cook.

Serves 6

350g or 2 large sweet potatoes, peeled and cut into 2cm cubes

1 tablespoon vegetable oil

1 large onion, diced

2 bay leaves

1 teaspoon ground cinnamon

2 garlic cloves, minced

1 teaspoon cumin seeds

2^{1/2} teaspoons ground turmeric

2^{1/2} teaspoons garam masala

4 fresh tomatoes

Bunch fresh coriander

100g Greek yoghurt

400g can chickpeas, drained and rinsed

150g soya beans

1 vegetable stock cube

275ml single cream

salt and freshly ground black pepper

Cooking 10 minutes

Boil the sweet potatoes in a large saucepan until three-quarters cooked, about 15 minutes, then drain and set aside. (the potatoes should still be firm).

Heat the oil in a saucepan on a medium heat and fry the onion, bay leaves and cinnamon until the onion is transparent. Add the garlic, cumin, turmeric and garam masala, and sweat for about 4 minutes.

Meanwhile, in a blender, whizz the tomatoes and coriander (reserving a few leaves for garnish).

Add half the yoghurt to the onion and cook for a further 5 minutes. Add the blended tomatoes and coriander. Add the chickpeas, sweet potato, soya beans and vegetable stock, and up to 500ml hot water, if required. Bring to the boil and then simmer for 5 minutes.

Stir in the rest of the yogurt and the cream, and heat through. Season and garnish with chopped fresh coriander.

Nutritional information per portion

Energy 374 kcal/1569 kJ

Protein 19.0g

Fat 18.1g

Sat. Fat 6.5g

Carbohydrate 37g

Fibre 12.7g

This recipe is suitable for patients during treatment and who have:

Poor appetite

Taste Changes

Dry Mouth

High Energy (for weight gain)





An Introduction

Hello, I am Emma Fynn and am glad to have been given the opportunity to cover Emily Ruthven's maternity leave. I have been in the role since the beginning of January this year as the Interim Manager of the CISC.

My previous career was in the advertising arena and I had my own business as a photographer. However over the last 5 years, alongside enjoying my family, 'entering the teenage zone' and life around photography, horses and friends, I have been re-training in Emotional and Holistic Support. This has encompassed volunteering with the Samaritans and Women Kind Charities and undertaking other emotional and counselling based training. This has led to working on the Macmillan On Target TYA service development programme at BHOC and more recently establishing the New Macmillan Wellbeing Centre at Southmead Hospital to develop holistic care and complementary therapies services to support anyone impacted by a cancer diagnosis. To bring my learning and experience to BHOC and the CISC is a privilege and I have been welcomed on board by a lovely team.

There are many extensions to the Cancer Support Services that we can offer and I am really looking forward to being able to develop some of these ideas to implement pilot schemes within BHOC alongside looking to improve the services, exceed patient experience expectations and broaden the understanding of the benefits of holistic care and support within the medical arena.

I would be really happy to hear about ideas and experiences and your thoughts on cancer support so please feel free to contact me at the Centre on the details below.

The Centre has successfully run for 21 years and been supported by a team of Volunteers, we are always looking to recruit more Cancer Support Volunteers so if you are interested in joining us please do contact myself or Rosie at the Centre and we'll be only too happy to let you know about available opportunities - see more details on page 21.

Telephone: 0117 342 3369

Email: cancerinfoandsupport@uhbristol.nhs.uk

Little words of wisdom



"There is nothing like a dream to create the future."

[Victor Hugo, Les Misérables](#)

"With every mistake, we must surely be learning."

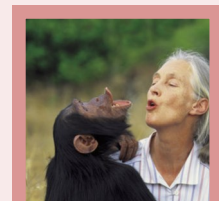
[George Harrison](#)

"The measure of intelligence is the ability to change."

[Albert Einstein](#)

"What you do makes a difference, and you have to decide what kind of difference you want to make."

[Jane Goodall](#)



"Blessed is he who expects nothing, for he shall never be disappointed."

[Alexander Pope](#)

Just for Fun!



IMMUTABLE LAWS

Law of Mechanical Repair

After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

Law of Gravity

Any tool, nut, bolt, screw, when dropped, will roll to the least accessible place in the universe.

Law of Probability

The probability of being watched is directly proportional to the stupidity of your act.

Law of Random Numbers

If you dial a wrong number, you never get a busy signal; someone always answers.

Variation Law

If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now.

Law of the Bath

When the body is fully immersed in water, the telephone will ring.

Law of Close Encounters

The probability of meeting someone you know INCREASES dramatically when you are with someone you don't want to be seen with.

Law of the Result

When you try to prove to someone that a machine won't work, IT WILL!!!

Law of Biomechanics

The severity of the itch is inversely proportional to the reach.

Law of the Theatre & Sports Arena - At any event, the people whose seats are furthest from the aisle, always arrive last.. They are the ones who will leave their seats several times to go for food, beer, or the toilet and who leave early before the end of the performance or the game is over. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies and stay to the bitter end of the performance.

The Coffee Law

As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

Murphy's Law of Lockers

If there are only 2 people in a locker room, they will have adjacent lockers.

Law of Physical Surfaces

The chances of an open-faced jam sandwich landing face down on a floor are directly correlated to the newness and cost of the carpet or rug.

Law of Logical Argument

Anything is possible IF you don't know what you are talking about.

Law of Commercial Marketing Strategy-

As soon as you find a product that you really like, they will stop making it OR the store will stop selling it!

Doctors' Law

If you don't feel well, make an appointment to go to the doctor, by the time you get there, you'll feel better. But don't make an appointment and you'll stay sick.

Answers:

What comes next...? 1. 10 (numbers on a dart board) 2. Angola (countries of the world in alphabetical order) 3. U (top row keys on a standard English keyboard / typewriter) 4. The Meaning of Life (Films by the Monty Python crew) 5. Argentina (World cup winning nations in order)
6. Cambridgeshire (Counties of England alphabetically) 7. Freddie (Members of Queen) 8. Courage (sought after by the main characters in the Wizard of Oz)
9. Numbers (Books in the bible) 10. John Smith (Leaders of the Labour Party)

Riddles : A) A candle; B) Memories; C) A secret; D) A map

Sounds the same: 1. GENES/JEANS 2. THROWN/THRONE 3. COWERED/COWARD 4. FATE/FETE 5. BYTE/BITE 6. ROLL/ROLE 7. LIAR/LYRE
8. GALL/GAUL 9. MAYOR/MARE 10. STAYED/STAID

Cancer Organisations

BOSS - Bristol Ostomy group

Janet - 01934248114

Rob - 0117 966 8021

Bath Breast Friends—Young Persons Support Group

Under 50 - 01225 428331 (Switchboard – request

Kate Hope or Cherry Miller)

Bath Information & Support Centre

Tracy Langton - Manager

01225 824049 or 01225 824852

Bosom Buddies, Bristol— Breast cancer support

0117 3424940

Brain Tumour Support

support@braintumoursupport.co.uk

01454 414 355 - General Enquiries

01454 422701 - Support Services Line

Bristol Buddies - Macmillan cancer support

Practical community support 07543248714

Bristol & Avon Chinese Women's Group (sitting

service) Main Office - 0117 9351462

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

07920 833641 bch.macmillansupport@nhs.net

Cancer Information & Support Centre

Bristol Haematology and Oncology Centre

0117 342 3369

Changing Faces – support for disfigurement to face, hands or body 0345 4500275

support@changingfaces.org.uk

Citizen's Advice Bureau 0117 946 2563

Clic Sargent - Support and information for children and young people with cancer and their families

0300 3300 803 www.clicsargent.org.uk

Dhek Bhal Bristol Sitting Service – for South Asian carers of elderly people 0117 9556971

Firm Roots Cancer Support Bristol - Prayer Support

Sarah Hunter 0117 3300158 -

hunterfamily1@virginmedia.com

Sarah Sammons 0117 9382055

sarahsammons@hotmail.co.uk

Focus - Cheltenham Cancer Information Centre

0300 422 4414

Force Cancer Charity Exeter

01392 406151

email: support@forcecancercharity.co.uk

GOSH Bristol (Gastro Oesophageal Support & Help)

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

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 Wellbeing Centre - Southmead

0117 414 7051

Myeloma UK Bristol Branch

Sarah at sarahrossiter@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@ovacom.org.uk

Freephone support line 0800 008 7054.

Penny Brohn UK - 03033000118

www.pennybrohncancercare.org

Cancer Organisations

Prospect Prostate Cancer Support Group

Prostate Cancer Helpline 08000355302

www.prostatecancerbristol.org.uk

Prospect.bristol@gmail.com

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

www.rainbowcentre.org.uk

contact@rainbowcentre.org.uk

(service under review)

Sarcoma Support Group

Chris Millman 0117 340 3381

Christine.millman@nbt.nhs.uk

www.bristolsarcomasupport.co.uk

Shine Bristol

A network for anyone living with cancer in their 20s, 30s and 40s.

Emma B - emma.bartlett@live.co.uk

Somerset Cancer Care

08450708910

info@st-margarets-hospice.org.uk

Somerset Prostate Support Group Association

www.somersetprostatecancer.org.uk

Teenage Cancer Trust

Hannah Lind - 0117 342 2468

Testicular Support Group

www.itsinthebag.org.uk 01173423472

hello@itsinthebag.org.uk

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

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

Thyroid Cancer Support West

website - www.thyroidwest.co.uk

email contact - thyroid.west@gmail.com

Weston Breast Cancer Support

01934 647119 Mon-Fri 8.30 – 4.30

Weston Cancer Information and Support Centre

01934 881 079

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

Youtree - Cancer Fellowship and Support Group

Weston Super Mare.

Graham - 07932143452

Jean - 07789128949

youtree@rocketmail.com www.youtree.org.uk

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

01202 763591 or admin@yct.org.uk

www.youthcancertrust.org

WEBSITES

Beating Bowel Cancer

www.bowelcancer.org

Breast Cancer Care

www.breastcancercare.org.uk

Butterfly Thyroid Cancer trust

www.butterfly.org.uk

Cancer Research UK

www.cancerhelp.org.uk

Macmillan Cancer Support

www.macmillan.org.uk

Marie Curie Cancer Care

www.mariecurie.org.uk

Oesophageal Patients Association

www.opa.org.uk

Roy Castle Foundation (lung cancer)

www.roycastle.org

WORDSEARCH

Spice Up Your Life

R	R	Y	H	I	R	A	G	H	I	N	A	T	E
Y	K	S	N	G	O	Y	M	T	L	N	T	A	P
M	S	F	O	A	I	R	O	S	E	M	A	R	Y
G	N	A	M	A	T	R	A	A	T	P	P	R	M
L	I	S	A	B	S	N	O	S	T	G	A	A	P
E	T	R	N	R	E	P	P	E	P	G	P	G	A
N	H	O	N	I	G	S	S	A	L	T	R	O	G
G	Y	R	I	M	G	T	A	G	N	E	I	N	A
R	M	E	C	P	I	A	C	F	E	G	K	Y	T
T	E	G	A	N	N	E	R	H	F	G	A	T	S
K	R	A	R	S	O	A	E	L	G	R	P	E	A
E	L	N	A	S	A	I	M	R	I	G	O	Y	G
E	A	O	Y	E	L	Y	A	B	R	C	R	N	E
I	A	R	R	E	G	N	I	G	O	M	F	T	N

BASIL
GINGER
PEPPER
CINNAMON
SAFFRON
TARRAGON
ROSEMARY
THYME
OREGANO
GARLIC
SAGE
PAPRIKA
BAY
SALT

Play this puzzle online at : <http://thewordsearch.com/puzzle/4693/>

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.

