

Somerset Colorectal Cancer Support Group

Charity Number 1117666

www.somersetbowelcancer.org.uk

Dear Members

3rd February 2010

We hope that you are all keeping well. It has been good to meet with many of you at the various activities that we arrange on your behalf and we look to seeing more of you in the future..... perhaps at some of the following events. Just phone or email Hilary (01278 793285: hilden.1@virgin.net) if you would like to come along to anything and she will book you in. Feel free to bring friends and family members – everyone is welcome.

FORTHCOMING EVENTS over the next few months

Saturday 20th March 2010 at The Somerset College of Art and Technology, Taunton from 11.15 am Annual Meeting and AGM with lunch. Question and Answer session with the medical team introduced by Mr Christopher Vickery, Consultant Colorectal Surgeon at Musgrove Park Hospital.

Come and meet old friends and make some new ones. Get an answer to those questions that you've always wondered about and never had an opportunity to ask

Lunch etc included. Meeting and lunch free of charge thanks to the generosity of our sponsors, Covidien Heathcare and the Taunton Conference Centre at SCAT. Further information overleaf. Formal letters of invitation with full details will be sent nearer the time – but put the date in your diary

A date in April 2010 8th at the Merry Monk,, Monkton Heathfield, Taunton. 12 for 12.30 pm start. Lunch and a behind-the-scenes talk on The Savoy Hotel; it's history, it's famous guests and its secrets..... by Eric Beckley.

Eric Beckley was Head of Human Resources at the Savoy for twelve years, as well as working in hotel management in Fiji, the Bahamas and Qatar; so he has a fund of stories from around the world to share with us. Lunch to be ordered and paid for on the day (£7.95 for two courses. Please let Hilary know if you intend to come (contact details above)

Saturday, 22nd May 2010 at Hestercombe Gardens, Taunton TA2 8LG. 2.00 pm start. Guided tour of the famous Edwardian gardens which were designed by Sir Edward Lutyens and planted by Gertrude Jekyll between 1904 and 1906. The landscape garden, which comprises forty acres of lakes, temples and woodland walks, was created in the 1750s and opened for the first time in 1997 after extensive restoration. There is a café in the Victorian Stables and a well-stocked plant shop.

Entry ticket with guided tour is £9 per person (if we get a minimum of 20 people so Roll Up! Roll Up! and phone Hilary to book a place).



Group members at the Warehouse Theatre Ilminster, where we enjoyed a murder mystery, pictured with the Play Director Celia Crookes and the 'murdered man' Mike Lanigan



A SPOTLIGHT ON SOCIAL EVENTS



Hilary and Dennis Peters' BBQ in July was a popular occasion with entertainment from the Old Grey Dogs Jazz Band. Over £500 was raised for Group funds

Members enjoyed a guided tour of the Beacon Centre at Musgrove – with the obligatory cup of tea before the tour started! We are planning a further visit in the Spring.

CONGRATULATIONS ... to Sister Nicola Forsyth, Colorectal Nurse Lead at Musgrove Park Hospital for winning Beating Bowel Cancer UK's National Carol Baillie Nursing Award. This annual award is made to the colorectal nurse who demonstrates outstanding care and professionalism. Nicky will receive a grant of £1,000 towards further training. Nicky received the award at a presentation ceremony in the Houses of Parliament earlier this month **Well done Nicky! A richly deserved award.** Look at our website for photos

Come along to our ANNUAL MEETING on Saturday March 20th at SCAT in Taunton, meet fellow patients and their families and ask the professionals all those questions that you've never had the chance to ask ...

11.00 am Annual General Meeting
11.15 am Coffee break
11.45 am Our Panel of Speakers will answer any questions that you may have relating to bowel cancer and its treatment, the Screening Programme, the Support Group – and anything else that springs to mind!
1.00 pm Buffet lunch

This meeting is free of charge, thanks to the generous sponsorship of Covidien Healthcare and the Taunton Conference Centre at SCAT. Parking at SCAT is free of charge on a Saturday.

***** **WEBSITE** *****

We are working on improving and expanding our Group website – to make it more relevant to you, the members
www.somersetbowelcancer.org.uk

If you have any suggestions for information that you would like to see provided on our website, or other improvements, please let Richard or John know. All ideas welcome!
Richard.austin@whistlefield.biz or
johnfielding@westonzoyland.demon.co.uk

The National Cancer Survivorship Initiative (run by NHS Improvement) is a study aimed at developing quality improvements for patients living with and beyond cancer to enhance health and well-being.

Musgrove Park Hospital is recognised by NHS Improvement as giving the highest standards of care to its bowel cancer patients and, as a result, has been invited to take part in the study.

They are looking for volunteers to take part in this study at two stages in their pathway; at 4 weeks and 52 weeks after first treatment. Contact Nicky Forsyth on 01823 342452 for further information. See enclosed leaflet for full details.

Loo cards Are you ever 'taken short' when you are out shopping and worried that you're not near to a loo?

Cards that fit neatly into a wallet or purse (kindly provided by Dansac Stoma Care Limited) that state "the holder of this card has a medical condition and needs to use toilet facilities urgently" can be obtained from Annie. Just send a SAE to 4 Heron Wav. Ilminster. TA19 0BX.

Complementary Therapies can help to improve a cancer patient's general state of health, relieve the side-effects of chemotherapy and other treatments, and ease the discomfort from scar tissue following surgery. They can also be valuable in relieving the emotional and psychological trauma of a cancer diagnosis.

Marlborough House Therapy Centre in Taunton, subsidized by **Macmillan Cancer Support** are providing introductory sessions of various complementary therapies to our members.

The therapists at Marlborough House are all trained and qualified to the highest standards and registered with the appropriate professional bodies. They can provide **treatments in homeopathy, osteopathy, acupuncture, aromatherapy and reflexology, cranial sacral therapy, reiki., nutrition and allergy therapy ****

These sessions are partly funded by Macmillan Cancer Support. The practitioners, themselves, are providing their services at a discounted rate, so that our members can take advantage of a **40 minute treatment for £20 (usual rate £45) preceded by a free 30 minutes personal assessment.** If you don't want to travel into Taunton for the assessment it can be carried out over the phone – or not at all, if you already know which therapy you would like to try!

** The discounted rate for a 90 minute nutrition and allergy therapy session is £30.

Phone Marlborough House direct – 01823 272227 – to make an appointment, quoting SCCSG when you book. Marlborough House, 1 Middle Street, Taunton TA1 1SH.
www.mh-tc.com or email contact@mh-tc.com

If you are undergoing chemotherapy or radiation treatment, it is recommended that you let your GP know that you are considering using complementary therapies.