



### **The GO Group**

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Dorset Gastrectomy and  
Oesophagectomy support group

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## **Autumn/Winter 2012**

Welcome to the autumn / winter newsletter. 2012 has flown by and as usual the support group has enjoyed a wide variety of events throughout the Summer. As many of you know, we have fewer events during the winter months as many of our group do not want to travel any distance in the colder darker weather. However, the exception to this is (as usual) the Christmas party – more about this later.

### **Congratulations**

The most exciting news for us this year is that Emma – our Specialist nurse from Poole, has had a beautiful baby boy.



Huge congratulations to Emma. Those of you who came to the quiz will have already met baby William.

### **This year's events**

Our events started this year in April when we met at the Grove hotel in Bournemouth to listen to a presentation with many photos given by Mike Goodman (Specialist Nurse from Bournemouth) giving us a fascinating insight into his exploits during his years sabbatical in Tanzania last year.

May brought a lovely visit to the beautiful Exbury Gardens near Beaulieu. The gardens were lovely and it was a most enjoyable day.

In July we met and had a tour of Durlston castle. Although the weather hadn't been kind, we were lucky enough to pick a dry day with an interesting tour of the castle and grounds – we were inspired by the extensive knowledge and enthusiasm of the ranger

giving us the tour which made it even more interesting.



*Durlston Castle*

In September, we enjoyed a visit to Christchurch Priory – this began with a guided tour of the Priory – a beautiful place with a long and fascinating history – many of us learned quite a bit about it., following this we had the opportunity to explore Christchurch before a lovely lunch.

In October, we had a quiz in West Dorset – congratulations to the winning teams. And thanks to our quizmaster who once again provided an entertaining afternoon. The cakes that were very much appreciated were all made by Pauline Old – all delicious; thank you Pauline.

### **Sad News**

We were all very saddened to learn in October of the death of Mr Bob Mitchell. Bob had been a committee member of the GO group trips that many of us have enjoyed. Our group since it began; he gave up his time to attend committee meetings and help in organising many of the outings. We have Bob heartfelt condolences go out to Wanda and his family. He will be greatly missed.

### **Small portion cards**

Many of you may already have these but for those who are unaware of them, we have available small credit card sized cards that have the GO group logo on one side, and on the other “Due to a medical condition, I am unable to eat normal portions of food. Please provide me with a small portion. Thank you.” If you would like one please ask your specialist nurse or pick up one at the Christmas party.

### **Mail listings,**

We are pleased to send out around 200 newsletters to our members. However with the increasing postage costs; we would ask that any of you who are able to receive them electronically by e-mail opt to do so. Similarly if anyone is receiving them and no longer wishes to do or there are any errors, please let Jane Wraight know.

### **Thanks to Waitrose and Dorchester Lions Club**

Over the last year, we have received several generous donations from Waitrose from their “community matters” scheme. Many thanks to Ron Kirby who was instrumental in liaising with Waitrose and thanks to all the shoppers who put their green tokens in our boxes. We also need to thank the Dorchester Lions club who in September gave a generous donation of £500 to our support group. Many thanks to them all.

## **Final event of 2012**

We very much hope you will join us on **December 3<sup>rd</sup>** at **Springfield Country Hotel, Wareham**. The Christmas meeting will be held from 7.00pm – 9.30pm. For those of you who attended last year's Christmas meeting, you will remember what an entertaining evening it was with entertainment, singing, a delicious buffet and our usual raffle. We will be having a similar evening again this year to launch us into the Christmas spirit! We do hope you can join us. There is no charge for this event. To help us plan it please let us know if you are able to attend either by phone or e-mail to Jane Wraight.

## **Ashley's Recipe**

Thanks to Ashley Davis, the Macmillan Dietitian from Dorset County Hospital who has given us this recipe for some festive flapjacks;

### **Berry and cherry flapjacks\***

Makes 12. Preparation: 5 minutes. Cooking: 25 minutes.

#### **Ingredients**

- Unsalted butter (150g/5oz), cut into cubes
- Brown muscovado sugar (75g/3oz)
- Clear honey (3 tbsp)
- Rolled porridge oats (250g/9oz)
- Mixed dried berries and cherries (170g/6oz)
- Hazelnuts, roasted and chopped (50g/2oz)

#### **Instructions**

1. Preheat the oven to 180°C/160°C fan/gas mark 4. Place the butter, sugar and honey in a medium-sized pan and heat gently, stirring occasionally, until the butter has melted and the sugar has dissolved.
2. Remove from the heat and stir in the oats, dried fruit and nuts. Press the mixture into a lightly greased, rectangular, non-stick cake tin (30cm by 20cm, 4cm deep) and bake in the oven for 20-25 minutes, until golden brown.
3. Allow to cool in the tin for five minutes, then score lightly with a knife to make 12 bars. Leave to cool completely in the tin before cutting and removing. The flapjacks can be stored in an airtight container for up to four days.

#### **Benefits**

- Suitable for people with sickness or nausea
- Suitable for vegetarians
- Suitable for people with loss of taste or smell
- Quick and simple recipe
- Suitable for people with loss of weight or appetite

### **Web Site.**

We are very excited that at last we have a web site thanks to Sarah Trickett (who covered Mikes sabbatical last year and is still a good friend to the group) It is still in the early stages we hope to expand it over time. We would love to hear from you what you think. Please visit us on [www.thegogroup.org.uk](http://www.thegogroup.org.uk)

### **Specialist Nurse contact details.**

As always, a reminder that your Specialist nurses are here for you to provide help and support and are always pleased to hear from you.

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