

Autumn & Winter newsletter 2016

<https://thegogroup.org.uk>



The GO Group

Dorset Gastrectomy and
Oesophagectomy Support Group

Welcome to this year's autumn and winter newsletter. We hope you enjoy it.

Christmas Party 14th December 2016

This year, we are having a change of venue, the Christmas Party will be at The Grove Hotel, 2 Grove Road, East Cliff, Bournemouth, BH1 3AU. from 6 pm We will have the full use of the conservatory and lounge area to meet and have drinks. A finger buffet will be available during the evening in the dining room, followed by the traditional raffle and Christmas quiz. The entertainment will be provided by the "Spencer duo", Paul and Cheryl are a father and daughter vocal duo. They specialise in great entertainment covering music from the last six decades, so there will be something for all of us to make a great evening.

There will be a charge of £10 per person for this event. Please make sure you confirm your place by returning your booking form.

For anyone wishing to stay overnight, The Grove are unable to accommodate us but Hotel Miramar which is opposite the Grove is offering Bed and Breakfast for £49.00 p.p.p.n
Tel No. 01202 556581

Annual General Meeting 2017

This will be held on Thursday 2nd March 2017 at 3pm. The A.G.M. will also be held at the Grove Hotel. Please come and have your say in the running and future of the GO Group, A buffet tea will be provided at 4.30pm followed at 5.15pm by a medical talk which we are sure you will find very interesting. There will be no charge for this event but there will be a retiring collection to boost our limited funds.



2017 events

The committee are in the process of planning some interesting and entertaining events for 2017 with we hope something for everyone. The majority of the events will be listed in the spring and summer newsletter.

Eddie's painting

The committee has been very impressed by the talents and skill of one of our longest members – Eddie Hopkins and wanted to share this beautiful painting of Corfe Castle with our members. We are sure you will agree that he is very talented.



Review of this year's outings (by Terry Ingram)

The year started with the A.G.M. in which myself and Bev were elected or pressed gang onto the committee, we saw chairman Ron Kirby stand down and David Gay take over his role so a big thanks to Ron and Carol for all the hard work they have done for the group over the years.

The meeting was followed by a talk by Dr Balint Eross on dysphasia (difficulty with swallowing) and was really very informative and well received by all who attended, which I am led to believe the biggest turn out at an A.G.M. for a while.

It has been decided to follow the same format for next year's A.G.M. and have a speaker follow the meeting so we are busy making the final arrangements.

The first outing of the year was to Upton Country Park for a treasure hunt which was well supported by about 30 people on a hot sunny day which was good, as all the previous times that myself and Bev, David and Audrey went to sort the clues out, it had been quite bad weather and very wet so we were fortunate that the weather was kind to us and the sun shone for the day. It is likely we will be doing another gathering /treasure hunt so if anyone knows of possible places please tell one of the committee.

Next up was a trip to Highcliffe Castle which was once again well supported by the group. We had a very informative tour of the castle and its kitchens of which I am sure we all enjoyed followed by tea in the gardens on what was one of the hottest days of the year which certainly helps when organising a trip! We saw parts of the castle under restoration which aren't normally open to the public so it was a really interesting afternoon.

In July, we enjoyed a Sunday lunch at Portland which saw 14 of us arrive at Portland bill for lunch. We decided to do this

trip as most of our outings are on weekdays and if like myself you still work we thought we would try a weekend outing so no time off work was required. As it turns out apart from myself and Bev everyone else has the luxury of not being at work, but I will arrange another Sunday lunch next year, hopefully in the middle of our region.

As I said earlier, I have been busy organising trips for my motorbike club one of which was 2 weeks around Scotland and the other more pertinent to the group was a weekend rally at the Red Lion Winfrith Newburgh which we decided to call the G.O. rally. We had a raffle to raise funds for the group on the Saturday night and we managed to raise £150 which along with the £20 pounds raised from the Sunday lunch will be going into the group funds to help subside our trips. We have already booked the pub for next weekend and will be having a band and raffle on the Saturday night again so if any of you want to come along for an evening out with a bunch of bikers you will be made more than welcome.

that's about all for now but remember if you have any worries or concerns over your health or anything you would like the group to do don't hesitate to contact any of our wonderful nurses hopefully see you all soon,
Terry and Bev Ingram



Stratton Village hall meeting.

In October, we had a meeting at Stratton Village hall. This was an enjoyable afternoon not only with Pauline Old's delicious cakes but also a very interesting talk by Tracy Street who is the Macmillan Engagement Coordinator and Chrissie Wathen-Neal the Macmillan Dorset fundraising manager. As well as the interesting history of Macmillan they also highlighted many local schemes and groups which Macmillan supports. Some of these are:

Dorset Macmillan Advocacy. This is a peer advocacy scheme under which volunteers who have themselves experienced cancer support people aged 50+ who have a current diagnosis. They will work with you to find a way forward, resolve your difficulties, cancer-related or not, and improve your quality of life and are able to support people to enable them to:

- Express their views
- Ask for what they want and need
- Obtain services they're entitled to
- Stand up for their interests
- Safeguard their entitlements

Bertie Bus This is a Mobile Information and Support Service. The bus tours the UK throughout the year, offering free, confidential information and support to people in their communities. Since 2006 we have seen over 400,000 people across England, Wales and Scotland.

Stepping out allows people living with or beyond cancer to exercise in a safe and structured specialised exercise program. It is free to anyone who has received a cancer diagnosis and aims to encourage a physically active lifestyle for greater wellbeing. It is run from Bridport Leisure Centre.

Living Tree is a self-help support group for people who have experienced cancer and for their families/carers. They offer a wide range of creative activities, holistic therapies diet and lifestyle information. They meet at the Friends meeting house, South Street, Bridport on Friday afternoons between 2.00pm and 4.30pm.

Butterflies is a cancer support group, they meet on the second and fourth Tuesday of each month between 2.00pm and 4.00pm in the quiet space, Woodlands Crescent, Poundbury. They offer a wide range of creative activities, holistic therapies diet and lifestyle information.

Live Well Active (East Dorset) is a service for anyone living with or beyond cancer in Dorset. Whether you are in treatment for cancer, finished treatment or are years on beyond cancer, they can offer a helping hand to health, fitness and wellbeing that's meaningful to you. Tel: 01202 426588 to chat about your current position, what you would like in relation to your own health, fitness and wellbeing,

They will then support you with the following:

- Recommendations on how you can start creating your active life.
- Introductions to activities and services that meet your personal needs and circumstances.
- Introduction to a free personal health coaching service that could help you to get going, keep going and get results meaningful to you.

Dorset Macmillan Citizens Advice Service.

Macmillan and the Citizens Advice Bureau provide a joint service giving free impartial and confidential advice on finances, travel costs, employment, mortgages, helping advise and apply for benefits and grants. They can visit at home or an appointment can be made. Their contact number is; 08454900042

Macmillan publications –

There are many publications covering all aspects of cancer that Macmillan provide free of charge. A small selection was brought to the meeting – the book “Recipes for people affected by cancer” proved very popular! We will try to bring some further copies to the Christmas meeting for anyone who would like one.

If you would like to know more about any of these schemes, please contact your Specialist Nurse who will be happy to provide further information.

Thanks

Our thanks to Terry and Bev Ingram who manage to raise £150 with a social weekend with their motor bike club, also £17 on the raffle at the Pulpit Inn Lunch. Thank you also for writing the previous accounts of this year's outings and events.

Thanks also to Charles and Ann Hancock who raised £70 plus for a Hamper Draw they did at Upton Country Park.



SPECIALIST NURSES CONTACT DETAILS

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

Bournemouth

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If this is your first GO Group newsletter, we hope you have enjoyed reading it. We know that some people are happy to continue to receive these twice yearly newsletters even if they don't attend the meetings and others are not. If you would prefer not to receive further copies, please contact Jane and ask to be removed from the database of members.

If you have received a paper copy but would be happy to receive a copy via e mail (which will save on our postage costs) Please contact Jane who can arrange this.

Booking form

Name(s) _____

Event	Number attending
14 th December 2016 Christmas Party	
2 nd March 2017 The A.G.M followed by medical speaker	

Please make a note in your diary or calendar of which events you are going to attend and then e mail to Jane.wraight@dchft.nhs.uk or post this completed form to:

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