

# Spring & Summer newsletter 2016

[www.thegogroup.org.uk](http://www.thegogroup.org.uk)

Welcome to the spring and summer 2016 edition of the GO Group newsletter. 2015 was another busy year when we again held a variety of events. For those of you who joined us, we hope you have enjoyed them and for those of you who have not been able to, we would love to see you in the future.

As in previous years, we need to stress the importance of booking your places in advance and if you have booked but are unable to attend let us know as soon as possible.

## Committee and Chairman

We are sad to announce that after several years Ron Kirby has made the decision to step down as Chairman of the GO group. We would like to thank him for his hard work. Some of his key achievements have been the design and introduction of the new modern logotype along with the new name of "The GO Group" (a more friendly and understandable title than the previous Oesophagectomy and Gastrectomy support group!) and his successful fund-raising efforts in particular in relation to the Waitrose green token scheme.

We would like volunteers to join the committee. The responsibility of committee members is to meet up about two or three times a year (usually before or after one of the group events) and to help put arrangements in place for an event. We all work together as a friendly team discussing

ideas and putting plans in motion! Even if you do not wish to join the committee, we are always keen to hear of any ideas for outings, venues, speakers etc., please speak to any committee members or your CNS.

## PHOTO COMPETITION

Congratulations to Terry Ingram who won the photo competition this year with his beautiful photo of a coal tit (below) which was judged at the Christmas party in December.

Terry was a very worthy winner as there were some beautiful photos this year.

We will be running this competition again this year for any photographs taken at any of the events during 2016 so don't forget your cameras!



## 2016 Events

This year we have again planned some interesting and enjoyable events. *If you are able to attend, please don't forget to write them on your calendar and send us the booking form.*

### **Tuesday 15th March The Grove Hotel,**

2 Grove Road Bournemouth BH1 3AU

The Annual General Meeting will be held at 3.00pm Come and have your say in the running and the future of the Go group. A buffet tea will be held at 4.30 pm followed at 5.00 pm by a talk by Dr Eross on "Dysphagia - Difficult Swallowing - Investigations and treatment options". There will be no charge for this event but there will be a collection to boost our funds.

Please can you come to the AGM with ideas that we can discuss.

### **Thursday 26th May Picnic at Upton Country**

**Park Poole BH17 7BJ**

Meeting in the car park at 2.00pm and enjoy over 100 acres of award winning woodland, shoreline and parkland, there is something for everyone.

The tea Rooms offer a wide selection of delicious treats or just bring your own picnic. There will also be a small prize for a Cryptic puzzle /treasure hunt. Other attractions include a gallery with free admission to exhibitions and a seasonal plant centre stocks the highest quality produce for you to enjoy. There is no charge for this event but there will be a chance to donate to our funds.

**Monday 18th July Highcliffe Castle.** Rothesay Drive, Highcliffe, Dorset BH23 4LE

There is a charge to use the car park (last year's prices were £3.80 for 3 hours) so you may want to share lifts!

**The GO group Guided Tour starts at 2pm and lasts for approximately 1 ¼ hours. Please meet in the entrance to the castle at 1.45.** The tour is of the un-restored areas of the building and tells the story of its fascinating history.

This hard hat tour includes the wine cellars, kitchens, servants' areas & upper floors which are not normally open to visitors.

*Not suitable for those with mobility problems, children under 5 or those afraid of heights.*

There is a café at Highcliffe Castle that we can all rendezvous to after the tour and / or tour the outside grounds.

The postcode for SatNav is BH23 4LE

There will be a £5.00 charge per person for this event.

### **Monday 10th October Stratton Village hall, Dorchester. DT2 9WG**

2.00pm - 4.45pm. Talk on the history and work of the Macmillan charity. Tea and cake followed by a talk by Layne Hamerston on Living Well Active.

There will be a charge of £5.00 per person for this event.

**December Christmas party**, arrangements are not yet confirmed but details will be included in

the 2016 Autumn Winter edition. We were hoping to try somewhere new this December.

### **BADGES**

For the last two years we have introduced brooch style enamel badges with the GO group logo on them. These have been given to all members as they attend meetings and have proved very useful in identifying other members at events especially when there are members of the general public also present. Please don't lose the badge and remember to wear it when attending events.

### **SPECIALIST NURSES 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.

#### **Bournemouth**

Mike Goodman – Clinical Nurse Specialist - (GO Group Treasurer)

Sarah Trickett – Clinical Nurse Specialist (GO Group Website manager)  
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Castle Lane East,  
Bournemouth,  
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Email [sarah.trickett@rbch.nhs.uk](mailto:sarah.trickett@rbch.nhs.uk)

#### **Dorchester**

Jane Wraight – Clinical Nurse Specialist (GO Group Membership Secretary)

Caroline Langley –Associate Specialist Nurse, Dorchester  
Upper GI Office,  
Abbotsbury Ward,  
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#### **Poole**

Emma Chester- Clinical Nurse Specialist (GO Group Secretary)

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#### **Salisbury**

Lynne Constable  
Salisbury Upper GI CNS

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## Booking form

Name(s) \_\_\_\_\_

Event	Number attending
<b>Tuesday 15<sup>th</sup> March 3.00pm – AGM and talk by Dr Eross.</b>	
<b>Thursday 26th May 2.00pm Picnic at Upton Country Park</b>	
<b>Monday 18th July 1.45pm Highcliffe Castle.</b>	
<b>Monday 10th October 2.00pm Stratton Village hall</b>	

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](mailto:Jane.wraight@dchft.nhs.uk) or post completed form to:

Jane Wraight,  
Upper GI Office,  
Abbotsbury Ward,  
Dorset county Hospital,  
Dorchester,  
DT1 2JY

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 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. Thank you