



The GO Group

Dorset Gastrectomy and
Oesophagectomy support
group

Spring and Summer Newsletter

www.thegogroup.org.uk

Welcome to the Spring and Summer edition of the GO group newsletter. As usual the committee have been working hard to organise several exciting events for this year and hope that many of you will be able to join us.

Last December we enjoyed another Christmas party at Springfield country hotel in Wareham. A good time was had and the singing was especially good!

The Photo competition was judged and the winner was Mr Ralph Williams who had taken a lovely photo of a winter robin at the visit to Athelhampton.

We plan to have another photo Competition for 2015 so for all who attend any of the events, don't forget your cameras!



Message from GO Group Chairman (Ron Kirby)

We know that members enjoy the various events which The GO Group committee organises each year. Apart from the enjoyment they get from visiting the likes of stately homes and so forth the events also give people an opportunity to have social chit-chat over the meals or refreshments which are also arranged on such visits.

However, members know the events are quite heavily subsided from the funds of The GO Group. And members also know that we are not funded by any national or local government body or the NHS, even though the NHS believes we are doing good work in running such a support group. Our funds are raised by committee members and by the odd raffle.

Our normal charge to members is often just £5 per head with the majority of the costs being borne from GO Group funds.

We need to point out though that when members indicate that they will be attending any event then we book entrance fees or/and the cost of refreshments for the numbers expected. Quite often though we do have too high a number of people who fail to turn up on the day which means we incur unnecessary costs.

In October, at Athelhampton House eight people who had booked a place did not arrive. The cost of the missing eight people could have been £112 but Athelhampton management were very understanding and, through their further financial reductions, our loss at the end of the day was £32.50.

We realise only too well that people can fall ill at the last minute but would ask members to seriously consider committing to attend an event rather than just ticking "Yes" but backing off on the day.

We are sure you will understand the financial quandary this puts us in as we try to be prudent in spending GO Group funds.

Carers Support

We have previously recognised and discussed the difficulties that partners and carers have and the value of them having someone to talk to who understands their situation. We would like to know if any of you would like to have a "carers afternoon" If so, please let your Specialist nurse know as if there is enough interest this can be arranged.

GO Group clarification

To avoid any confusion, we would like to point out that there is a new recently formed support group for women with gynaecological cancer called "GO Girls". This is not a part of or offshoot of our well established GO Group although the names are similar. We hope they will be as successful as we have been and wish them well.

Badges

We are very pleased with the badges now have and have been in use for all last year's events. They have been particularly helpful at identifying group members especially when visiting places where there are also general public or other groups. We would ask that you keep your badges safely and wear them to any event. If you have lost it, we have a small supply which we bring to most events.

Small portion cards

We have a supply of GO group "small portion cards" These are business card sized and have the GO group logo on one side and on the other the wording "Due to a medical condition I am unable to eat normal portions of food. Please can you provide me with a small portion. Thank you. Several of our group members find these useful when eating out and keep them in their wallet or purse. If you would like one, please contact your Specialist Nurse or ask at any event.

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.

Bournemouth

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

Sarah Trickett – Clinical Nurse Specialist
Royal Bournemouth Hospital,
Castle Lane East,
Bournemouth,
BH7 7DW

Tel: 01202 704340

Email: mike.goodman@rbch.nhs.uk
Email sarah.trickett@rbch.nhs.uk

Dorchester

Jane Wraight – Clinical Nurse Specialist
(GO Group Membership Secretary)
Dorchester
Upper GI Office,
Abbotsbury Ward,
Dorset County Hospital,
Dorchester,
DT1 2JY

Tel 01305 255710

Email: jane.wraight@dchft.nhs.uk

Poole

Emma Selby - Clinical Nurse Specialist
(GO Group Secretary)
Dorset Cancer Centre,
Poole Hospital NHS Trust,

Longfleet Road

Poole, BH15 2JB

Tel: 01202 448739

E mail: emma.selby@poole.nhs.uk

Salisbury

Lynne Constable

Salisbury Upper GI CNS

Salisbury District Hospital,
Odstock Road, Salisbury
Wiltshire, SP2 8BJ

Tel: 01722 425194

lynne.constable@salisbury.nhs.uk

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Fund raising

As mentioned earlier in this newsletter, the GO group is not formally funded in any way. If any of our members would like to do any fundraising such as a coffee morning for friends and family or any sponsored events this would help to increase our finances. Your Specialist nurse would be happy to talk to about this.

2015 events

5th March 2015 - Kingston Lacey visit & AGM (This event was listed in the previous newsletter also)

A lovely afternoon is planned at Kingston Lacey, Wimborne Minster, BH21 4EA.

From 2.00pm - 3.30pm you will have time to visit the lovely Edwardian inspired Japanese garden, a winter garden with magnificent bulb displays, the Egyptian obelisk and sarcophagus and a working kitchen garden to explore. From 3.30pm to 4.30pm there will be an afternoon tea with prize winning scones served in the coach house. This will be followed at 4.30pm - 5.45pm by the Annual General Meeting. We would be pleased if any members of the GO group attending this event are able to stay for the AGM to enable as many of the members views to be included.

If you are a National Trust member, please remember to bring your membership card with you to help us keep our costs down as far as possible. There is a cost of £5.00 per person

Tuesday, June 16, 2015 Mapperton House and Gardens 2.00pm

Mapperton House and Gardens is near Beaminster. Postcode: DT8 3NR. The Jacobean Mapperton House is one of Dorset's oldest manors and is surrounded by one of the most distinctive gardens in Britain.

Absolutely beautiful. It is all set in an area of outstanding natural beauty. The event starts at 2pm. **Please do be prompt** as we have organised guided tours of the House. After the House tours and a visit to the gardens an area will be set aside at 4pm in the Sawmill Cafe, which is in the grounds, for members to purchase their own refreshments. The event will close at 5pm. There is a charge of £5 per person for this event.

July 24th Salisbury Cathedral

A tour of the beautiful Salisbury Cathedral tour is arranged for July 24th. The time of the tour is 2.45p.m.

There is a wedding taking place earlier that afternoon for anyone arriving early you may see the bride!

After the tour there will be a cream tea in the restaurant. The cost for this event is £5.00 per person.

Friday October 23rd Haskins Garden Centre

Haskins Garden Centre, Longham, Ferndown, BH22 9DG is one of the larger garden centres in the area with plenty of interest for all green fingered gardeners. The Cedar Room in the restaurant has been booked from 3 pm until 7 pm and Haskins close at 8 pm. A buffet and speaker has been arranged for the afternoon.

There is also Hobbycraft on site and plenty of free parking spaces for everyone.

The details of the Christmas party will be included in the Autumn and Winter newsletter.

Booking form

Name(s) _____

National Trust Member Yes/No

| Event | Number attending |
|---|------------------|
| 5th March 2015 - Kingston Lacey visit & AGM | |
| June 16th Mapperton House and Gardens | |
| July 24th Salisbury Cathedral | |
| October 23rd Haskins Garden Centre | |

Please *Make a note in your diary or calendar of which events you are going to attend* and then email to Jane.wright@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

