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### **The GO Group**

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Dorset Gastrectomy and  
Oesophagectomy support  
group

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## **Autumn and Winter Newsletter**

Welcome to the autumn and winter edition of the GO group newsletter.

As in previous years, the committee arranged some very enjoyable events during the year. At the time of going to press, we are anticipating an enjoyable visit to Poole Museum. The highlight of our year will as always be the Christmas party on December 13<sup>th</sup> at 6pm at the Grove Hotel, 2 Grove Road, East Cliff Bournemouth BH1 3AU; we very much hope you will be able to join us.

We have one event already planned already for 2018 which will again take place at the Grove Hotel on March 8<sup>th</sup> 2018. This is The A.G.M at 3pm, followed by a Cream Tea at 4.30. Following this we will have what is anticipated to be an interesting and insightful talk by Claire Stuckey who is the Specialist Gastroenterology Dietitian from the Royal Bournemouth Hospital. We know that diet can frequently give rise to many questions and anxieties and so are very much

looking forward to Claire's talk. We anticipate finishing by 6.00 pm. Claire will try to be present to join us at the cream tea to enable her to meet and talk to some of you before her talk. You may want to consider in advance any questions you have for her.

We very much hope you will be able to attend, Please let Jane know by post, phone or e mail to enable us to cater appropriately. (Contact details on page 3)

### **Website**

We are delighted that our website is now growing and that this and the previous newsletters are available online. We are keen to continue to develop the site, if anyone has any comments or ideas for it, please contact Sarah Trickett. The web address is:

<https://thegogroup.org.uk>

We are grateful to Terry Ingram for the following review of this year's events:

*Hi everyone hope you are all doing well.*

*We have had a few good trips this year with Wilton house, Durlston Country Park and the Tank Museum all being well supported with over 20 people each time.*

*Durlston Park was a nice relaxing walk through the meadows with one of the wardens who was very knowledgeable about all the different types of flora and fauna on a very warm day with a nice group of us including 3 dogs who thoroughly enjoyed their walk alongside us.*



*We then had Wilton House which is a very beautiful country house full of paintings which we had a guided tour round then met up for a cuppa as usual in the cafe, Bev Dave Freda and I all got there early so had a nose around Wilton itself and found a retail park on the site of the original factory but thankfully no money was spent at the time*

*The Tank Museum was a big hit with probably not enough time to see it all but another well supported event unfortunately Bev and I had to shoot off early as we had other commitments that evening which meant no time for a cuppa with everyone but I think everyone was happy with the trip*



*As I write this, the trip to Poole museum is looming and we have 21 on the list to attend this was going to be Poole pottery but they have now closed so the museum was arranged instead. We are having a guided tour so I will do a short report for the next newsletter*

*The only slight blight on the year was the rearranged Sunday lunch which had to be moved due to the pub not accepting groups of more than 8 unfortunately some people did not get the message about the move of venue so I can only apologize again and stress we will endeavour to make sure everyone is kept up to date with all the events and short notice change of venues*

*Lastly, I held my bike weekend in September and managed to raise £150 which has been handed over to Mike to keep the bank balance looking healthy.*

*As usual; our lovely nurses are always happy to help out with any questions you might have about your health so don't hesitate to get in touch with them or collar them at any outing*

*Hope to see you all soon keep healthy Terry*

*Thank you to Terry for all his Fundraising efforts and work that help to ensure the continuation of our group.*

## **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**

Sarah Trickett – Clinical Nurse Specialist  
(GO Group Website manager)

Emily Cowley – Clinical nurse Specialist  
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Email [sarah.trickett@rbch.nhs.uk](mailto:sarah.trickett@rbch.nhs.uk)

[Emily.cowley@rbch.nhs.uk](mailto:Emily.cowley@rbch.nhs.uk)

### **Poole**

Emma Chester- Clinical Nurse Specialist  
(GO Group Secretary)

Gemma Bryant - Clinical nurse Specialist  
(Covering Emma's maternity leave)

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### **Dorchester**

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

Caroline Langley – Associate Specialist Nurse,  
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### **Salisbury**

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### **Please help us to reduce costs**

To help us reduce our costs as much as possible, we would prefer to e mail rather than post the newsletters. If you are receiving this by post but are able to receive by e mail, please let us have your e mail address by e mailing

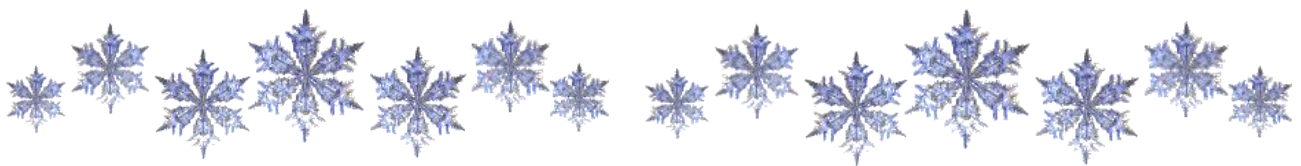
[jane.wraight@dchft.nhs.uk](mailto:jane.wraight@dchft.nhs.uk)

Remember to update us if any of your details such as postal address or e mail address change. As the Support group is not a part of the NHS, even if your details are updated on your medical records, it will not transfer across to us

### **Future events**

If any of our members would be interested in joining the committee or have any ideas or suggestions for future events and meetings please do let us know. We are keen to run the support group and to provide what our members want so are always eager to receive any feedback and suggestions.

We would like to end this Newsletter by wishing all our members a happy, healthy Christmas and a wonderful new year.



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.

