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### **The GO Group**

Dorset Gastrectomy and  
Oesophagectomy Support  
Group

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## **Spring and Summer Newsletter 2020**

Dear GO Group member; this is a very different newsletter from usual. At the time of writing this, the Covid-19 virus is bringing unprecedented changes and challenges to most of us. You will not be surprised to learn that we have cancelled the AGM and talk by Mr Cowie that was to take place on the 26<sup>th</sup> March. (All those who had let us know they were coming have already been informed of this) At present we are unable to make any further plans for future meetings. The committee had previously met to discuss outings and had some interesting ones planned but there will all have to be put on hold until we are able to make some firm plans, this may not be for several months. When we are again able to arrange outings and visits, we will of course let you know by another newsletter. Our priority is to keep everyone safe.

The advice on managing the pandemic is changing daily and because of this it is not included in this newsletter however we would urge you all to keep abreast of the latest guidance by listening to the news and if possible via the internet. [Coronavirus \(COVID-19\) - NHS](https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public) and <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Everyone should now be social distancing and some will be isolating at home, it is a daunting and potentially lonely prospect. Most people are only too willing to help friends and neighbours but it can sometime be much harder to ask for help, please do ask your friends and neighbours if you are in need of help, it is probably what you would be doing for them. Many shops and business are now offering home delivery –

look out for them and use it. This is an opportunity to support small local businesses who are also being hit very hard by the current crisis.

On a lighter note, there are a lot of ideas on how to stay active and occupied whilst isolating or not going to pubs, clubs and cinemas etc. here are a few:

- Writing down a daily routine to try and keep to (don't sit around in your Pyjamas all day!)
- Try an on-line exercise class there are many available on the internet. It could be an opportunity to try something new. There are a lot of yoga, Pilates, and dance classes on line.
- Is there something you have kept putting off such as painting and decorating, fixing that wobbly chair?
- Writing an old fashioned letter! You may have friends or relatives who don't have internet access and are feeling isolating and lonely, a letter can make a huge difference.
- Pick up the phone, there is no better time to catch up with old friends.
- Put the radio on for company – sing along and dance to it.
- Try a new hobby – drawing painting, sewing.
- Write your Christmas cards!
- Find a book you have been meaning to read for ages

Your Specialist nurses are also being affected by the current situation and will probably not be working in the same way as usual, some may be working in different wards or areas, some may be having to work from home or are themselves isolating. Because of this, they may not be able to respond to calls and messages as quickly as usual.

**All the committee and Specialist nurses would like to send their very best wishes to all the GO group members and are looking forward to being able to meet up again soon.**



