

NEWSLETTER

GO Group



Autumn/ Winter 2024

A MESSAGE FROM THE CHAIRMAN

Hi Everyone, just a short message from me. We've had a mixed summer with some good trips out in the sun and some rather damp ones as well. As ever a big thanks to all those involved in organising the days out which I'm sure all those who went on enjoyed themselves. It was good to see some new faces amongst us and hopefully they will continue to come along to future events.

Talking of which the Christmas party will be at the Springfield hotel, Wareham, again on Thursday 12th December. I am sorting out room rates with the hotel so we should hopefully get a cheaper rate but watch this space. Don't forget to bring your photos along from your Outings, for the Jane Wraight Memorial Shield, that will be awarded this year for the first time.

Bev and Myself with a couple of friends did a charity motorbike ride this year and have so far raised about £800 for the group and I know Sarah and a few others have been fundraising as well so a big thanks to all involved.

If you have anywhere you would like the group to visit please let a member of the committee know and we can look at arranging a trip.

So that's it from me for now, I hope to see a lot of you at the Christmas party but if not Merry Christmas and a Healthy Happy New Year to you all. Terry.

2024 COMMITTEE MEMBERS

- Terry and Bev Ingram (Chair)
- Sarah Trickett, Clinical Nurse Specialist UHD RBH (treasurer and website manager)
- Emma Chester, Clinical Nurse Specialist UHD Poole (Secretary)
- Caroline Langley, Clinical Nurse Specialist DCH
- Emily Fowler, Clinical Nurse Specialist UHD RBH (member secretary)
- Hannah Leadley, Clinical Nurse Specialist UHD Poole
- Liv Cawthorne, Cancer Support Worker UHD Poole (Outings co-ordinator)
- Charles and Ann Hancock
- Ian and Carolyn Cole
- Rochelle Cohen
- John Derricott
- John Hibberd
- Charles Scragg



SAVE THE DATE - AGM

FRIDAY 21ST MARCH 2025

FOREST HOLME COUNSELLOR BEN DAVIES WILL BE DOING A
TALK ON PSYCHOLOGICAL SUPPORT FOR US.

Stewarts Garden Centre
Gods Blessing Lane
Broomhill
Dorset BH21 7DF



forest
holme
hospice
Charity Number 105621



NHS

University Hospitals Dorset
NHS Foundation Trust

THE DORSET CANCER CENTRE COUNSELLING AND PSYCHOLOGY SERVICE WOULD LIKE TO INVITE YOU



A CANCER DIAGNOSIS
CAN LEAVE PATIENTS
FEELING ISOLATED,
ANXIOUS AND ALONE,
EVEN WHEN AMONGST
FAMILY AND FRIENDS.
WHY NOT JOIN US FOR A
MEET UP AND CHAT
WITH OTHER PATIENTS
WHO JUST "GET IT"
OVER SOME COFFEE
AND CAKE

Held at St Marys Longfleet Church
Centre BH15 2JD Opposite
Longfleet Church next to Poole
Hospital

Coffee Mornings with Cake

Future Coffee Morning Dates

30th January 2025

3rd July 2025

27th February 2025

14th August 2025

April TBC

25th September 2025

22nd May 2025

6th November 2025

Secure your place by emailing
DCC.psychology@uhd.nhs.uk or tele 0300 019 8514



FUNDRAISING

This year, Tough Mudder South West 2024 brought a whole season's worth of grit and determination into one day. Over 6,000 Mudders took on and conquered the course. Tough Mudder mixed up the course a little by reversing the route which made for a little

bit of fun. The 10 miles actually felt like less. All the favourite obstacles were on show including a very muddy Mud Mile – but at least you could “rinse off” in the water obstacles. Arctic Enema was particularly smelly! Definitely the time to keep your mouth closed!

Electroshock therapy seemed to be particularly evil – water, hay bales and 10,000 volts! Fortunately the weather held and was even sunny towards the end.

The best part is that we raised £565 for the GO group!



Outings of 2024
We have had some wonderful outings this summer. I particularly enjoyed going to Compton Acres and the Swanage Boat trip and meeting the lovely Wheeler's (See Pic) and walking around the fabulous gardens, we also got to watch a wedding at each, which was great.
Please could I ask that you all have a think of places that we can go for Outing's next year. So that I can start planning.

Liv x



Ron Kirby

Sadly Ron Kirby has passed away.

Ron was chairman of the GO group for many years and led a group of members who designed the GO group logo that we use today on the badges and stationery.

Ron was also a patient representative for many years at the SSG, ensuring patients' voices/points of view were heard.

Ron and his wife Carol were actively involved with the GO group, attending many of the group outings and supporting both new & current members of the support group.

Our thoughts are with Ron's family & friends.

Rest in Peace

CHRISTMAS PARTY

Thursday 12th December, Springfield Country Hotel



BUFFET MENU

RAFFLE

CHRISTMAS QUIZ

£10 A PERSON (PAYABLE ON THE DAY)

PLEASE LET LIV KNOW BY 4TH NOVEMBER IF YOU CAN ATTEND

**OLIVIA.CAWTHORNE@UHD.NHS.UK
OR CALL 0300 019 2580
& LEAVE A MESSAGE FOR LIV.**

PLEASE HELP WITH A PRIZE DONATION FOR THE RAFFLE

**SPRINGFIELD COUNTRY HOTEL, GRANGE ROAD,
WAREHAM, DORSET BH20 5AL**

WWW.THESPRINGFIELD.CO.UK 01929 552177

**DISCOUNTED RATE FOR ANYONE WISHING TO STAY THE NIGHT (QUOTE GO GROUP WHEN BOOKING)
STANDARD BED & BREAKFAST £110 SHARING DOUBLE
SINGLE OCCUPANCY SUPPLEMENT**



PHOTO COMPETITION

The Jane Wright Memorial Shield.



In memory of CNS Jane from Dorchester who sadly passed away in September 2023, Terry and Bev have arranged this wonderful shield in her memory.

Jane used to love the photo competitions we did several years ago. In her honour we will re-start this again at every Christmas do. Please bring your entry on the night of the Christmas do or send it to Liv in advance to print for you.

Winners will be chosen by votes from all members attending the Christmas Party. The photos should be of any of the Go Group Outings over the last 12 months.

FUNDRAISING/DONATIONS

AS YOU ALL KNOW, WE ARE NOT FUNDED BY THE NHS BUT RELY ON DONATIONS. WE ARE GRATEFUL FOR ANY DONATIONS AND ARE ALWAYS KEEN TO MAKE SURE WE CAN THANK ANYONE DONATING SO IF ANY ARE MADE, PLEASE LET US KNOW BY E MAIL

BANK ACCOUNT DETAILS ARE:

THE GO GROUP
SORT CODE: 09-06-66
ACCOUNT NUMBER: 40906815 (SANTANDER)
[HTTPS://CHECKOUT.JUSTGIVING.COM/C/2895426](https://checkout.justgiving.com/c/2895426)

PLEASE GIFT AID IF YOU ARE ABLE - THIS ALLOWS US TO CLAIM BACK 25P FOR EVERY £1 DONATED

IF YOU ARE ABLE TO GIFT AID, PLEASE CONTACT SARAH.TRICKETT@UHD.NHS.UK OR HANNAH.LEADLEY@UHD.NHS.UK FOR THE FORM



USEFUL CONTACTS

<https://thegogroup.org.uk>

POOLE

- EMMA CHESTER & HANNAH LEADLEY- CLINICAL NURSE SPECIALIST (GO GROUP SECRETARY)
EMMA.CHESTER@UHD.NHS.UK, HANNAH.LEADLEY@UHD.NHS.UK 0300 019 8739
- LIV CAWTHORNE- CANCER SUPPORT WORKER OLIVIA.CAWTHORNE@UHD.NHS.UK 0300 019 2580

BOURNEMOUTH

- SARAH TRICKETT & EMILY FOWLER- CLINICAL NURSE SPECIALIST (GO GROUP TREASURER AND WEBSITE MANAGER)
UPPERGI.CNS@UHD.NHS.UK 0300 019 4340
- JANET HOLMES- CANCER SUPPORT WORKER JANET.HOLMES@UHD.NHS.UK 07584155744

DORCHESTER

- CAROLINE LANGLEY- CLINICAL NURSE SPECIALIST
CAROLINE.LANGLEY@DCHFT.NHS.UK 01305 255 710
- PIPPA YEOMAN - CLINICAL NURSE SPECIALIST PIPPA.YEOMAN@DCHFT.NHS.UK 01305255 710
- ANGEL MEMBURY - CLINICAL NURSE SPECIALIST JEYAANGEL.MEMBURY@DCHFT.NHS.UK
- STEPH DUKES- CANCER SUPPORT WORKER STEPHANIE.DUKES@DCHFT.NHS.UK 01305 255 710

SALISBURY - PAULA TAYLOR - CLINICAL NURSE SPECIALIST 01722 425194

