

NEWSLETTER



GO Group



Spring/Summer 2025

A MESSAGE FROM THE CHAIRMAN

Hello all and a Happy New Year to you all, I hope you are all looking forward to this years trips which will include amongst others a boat trip, a visit to Abbotsbury Gardens, the Races and a trip to the R.N.L.I headquarters, if you are attending let Liv know so we can book numbers.

We will be keeping the price of the trips to £5 per person for another year due mainly to the fundraising that has taken place over the last 2 years. If you have any ideas for fundraising please let a member of the committee know. If you would like to join the Committee please let us know as the more the merrier.

I was a bit disappointed with the numbers at the Xmas bash so if there was a specific reason i.e., the venue, the day please let us know and we can look at this. The people who did attend had a good night and a big congratulations to Mal Derricott on winning the Jane Wraight memorial shield for best photograph. This was the first year it was presented so don't forget to take plenty of photos on the trips this year but please make sure anyone in the photos are happy for their picture to be taken.

I now have the very sad duty of informing you of the passing of John Fossey and Colin Raine, both over the Xmas period so a very sad time for their families and our condolences are with both sets of families. They will both be missed for their smiles and dry humour on our trips and always willing to talk to people and help in anyway they could.

I hope to see you all at the AGM in March, details later in the newsletter be aware it is now at Haskins Garden Centre not last years venue who were unable to accommodate us this year
Cheers Terry

2023/2024 Committee Members

- Terry and Bev Ingram (Chairman)
- John Derricott (Vice Chairman)
- 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
- 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 Hibberd
- Charles Scragg

If any of the current committee cannot attend the AGM in March, please let Terry or CNS Team know if you would like to continue on the committee.

AGM Reminder

Friday 21st March

2 - 3pm AGM

**3 - 4 pm Talk with Ben Davies about
Emotional Recovery after a cancer.**



**Cedar room,
Haskins Garden Centre,
Longham,
Ferndown
Dorset BH22 9DG.**



A lady called Ann Wood contacted the CNS service with a link to her visual memoir which charts her pathway through treatment with chemotherapy and surgery for oesophageal cancer. She has given permission for this to be shared with the group.

A link to the eBook which you can download can be found here:

[Oesophagectomy Life - Oesophagectomy Life](#)





University Hospitals Dorset
NHS Foundation Trust

THE DORSET CANCER CENTRE COUNSELLING AND PSYCHOLOGY SERVICE

WOULD LIKE TO INVITE YOU

Coffee

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

Mornings with Cake

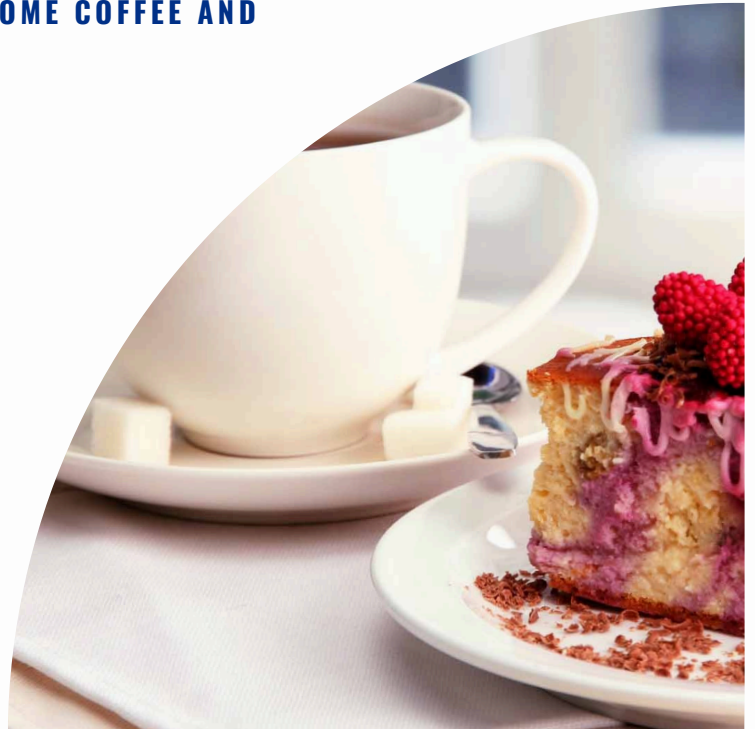
A CANCER DIAGNOSIS CAN LEAVE PATIENTS FEELING ISOLATED, ANXIOUS AND ALONE, EVEN WHEN AMONGST FAMILY AND FRIENDS. WHY NOT JOIN US FOR A MEET UP AND CHAT WITH OTHER PATIENTS WHO JUST "GET IT" OVER SOME COFFEE AND CAKE

Future Coffee Morning Dates

30th January 2025
27th February 2025
3rd April 2025
22nd May 2025
From 10.00 am - 12.00pm.

3rd July 2025
14th August 2025
25th September 2025
6th November 2025

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



Outings for 2025

Thursday 24th April - Grovely Puzzles, Unit 3 South's Farm Yard, Ashmore, Salisbury, Dorset SP5 5AA. Meet at 1.15pm for a tour at 1.30pm. Tea and Cake included.

One of only a handful of UK puzzle manufacturers left, the company has now moved on to making wooden puzzles as well as the traditional cardboard.

Although methods of cutting are now laser based not traditional hand cutting with saws, puzzles are still beautifully cut, with or without whimsy pieces in the cutting pattern.

Tuesday 20th May - Liberty Owl, Raptor and Reptile Centre, Crow Lane, Ringwood BH24 3EA. Meeting at 11.45 for show 12pm Bird of World, 1.30pm Predators of Sky and 3pm Wonders of the wind.

Liberty's owl, raptor and reptile centre is a family friendly bird of prey Centre on the edge of the market town of Ringwood in the New Forest. Café and gift shop on site.

Friday 6th June - Carey's Secret Gardens, Garden Wood. Wareham, Dorset BH20 7PG. Meeting at 11.30am.

Hidden among the rolling hills of a nature reserve in Dorset's Isle of Purbeck is Careys Secret Garden. A walled, wild plot that's been untouched for 40 years, until now.

It was suggested that instead of having a tour around the garden, we have a presentation talk "On finding the Garden" which is included in the price. Members may then like to have a bite to eat and then walk around the garden at their own pace .

Thursday 24th July - Brownsea Boat Trip. Meet on Poole Quay at 10.45am for the 11.00am ferry.

Brownsea Island is dramatically located in Poole Harbour, with spectacular views across to the Purbeck Hills.

Please let Liv know if you have National Trust membership as this would reduce the cost.

Monday 11st August - Abbotsbury Gardens, Bullers Way, Abbotsbury, Weymouth DT3 4LA. Meet at the entrance at 11am - for a walk around the gardens followed by meeting up at the tea rooms for a chat and a slice of cake at about 1 pm.

One of Britain's best-known & loved gardens. Botanical treasure-trove, with charming walled garden, and many exotic and unique specimens.

Friday 14th August - Salisbury Racecourse, Nethampton, Salisbury, Wiltshire, SP2 8PN

Meet at 11.30am (details to follow). Adult Bilbury and Grandstand Enclosure Admission.

When entering the race course drive and keep to the right. 'Head to car park 2. Then walk towards main entrance. Before entering meet by the arch in the hedge'.

Thursday 18th September - RNLI College, Poole. Meet at 12pm for Lunch for a 2pm tour.

The Discovery Tour takes you through the College and the Sea Survival Centre, which mimics the conditions at sea. This tour is 90 minutes long. They are offering us a 2-course lunch in a private room, including a meat and vegetarian main course and dessert of the day served with tea & coffee.

If you would like to attend any (or all) of the planned outings please email your name and the details of what you would like to attend to olivia.cawthorne@uhd.nhs.uk or call 0300 019 2580. I will need numbers 3 weeks prior to each event.

All trips £5 payable on the day. The GO Group is kindly subsidising these outings.

THE JANE WRAIGHT MEMORIAL SHIELD PHOTO COMPETITION



In Memory of CNS Jane from Dorchester who sadly passed away in September 2023. In her honour we will be holding the photo competition again at the Christmas Party in December. The photo's should be of any of the Go Group Outings over the next 12 months. Our winner for 2024 was Mal Derricott with her photo taken on the Compton Acres Trip in the summer.

'Mal and I have very fond memories of Jane and were keen to participate in this photography competition in her memory. Jane was the nurse who took us to her surgery after I had been told that I had oesophageal cancer. Her understanding, reassurance, honesty, tenderness and care was so appreciated at a time when I was feeling 'shell-shocked'. Mal on the other hand took a more practical approach to the news and asked Jane how much I could do whilst waiting for treatment. Jane – carry on as normal! Oh! said Mal he's laying boards in the loft right now can he carry on with that then? Jane – of course, he should. Meanwhile, I'm sat there pondering my mortality!!' John Derricott.



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

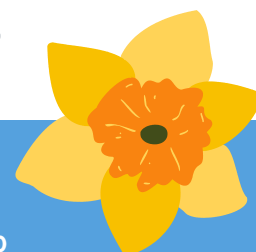
- SARAH TRICKETT - CLINICAL NURSE SPECIALIST (GO GROUP TREASURER AND WEBSITE MANAGER)
UPPERGI.CNS@UHD.NHS.UK 0300 019 4340
- JANET HOLMES- CANCER SUPPORT WORKER JANET.HOLMES@UHD.NHS.UK 07584155744

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

- YAZMIN FRANCE - CLINICAL NURSE SPECIALIST 01722 425205 - YAZMIN.FRANCE@NHS.NET
- BECCA COX - CLINICAL NURSE SPECIALIST 01722 425205 - BECCA.COX@NHS.NET
- ZARA HOLT - CANCER SUPPORT WORKER 01722 336262 EXT. 2417- ZARA.HOLT@NHS.NET



Fundraising for the Go Group

This year, Liv will be doing a run in October in Bournemouth and would like to try and raise as much as possible for the Go Group. Please use the QR code above or the JustGiving page if you would like to donate.