



NEWSLETTER

GO Group

Autumn/Winter - 2025/2026

A MESSAGE FROM THE CHAIRMAN

Hi Everyone,

It's been a really great summer, and it's been fantastic to see such strong support for most of our group outings. A big thank you to everyone who's taken part!

Looking ahead to next year, if you have any ideas for outings or events, please let a member of the committee know. We'll do our best to organise them.

We're aware that transport can be a challenge for some, especially where public transport is limited. If anyone is willing to car share or offer lifts to outings, please let us know. We'd love to make sure everyone who wants to come along has the opportunity to do so.

I hope you've all been taking plenty of photos for the Christmas Party photo competition! Speaking of which...

 Christmas Party  Friday 12th December  Springfield Hotel, Wareham

We're holding it at the same venue as last year and are currently negotiating a discount on rooms for those who wish to stay the night. We'll confirm the details as soon as possible.

We still have a couple of outings left this year, but soon we'll be planning next year's trips. In the meantime, would anyone be interested in monthly winter meetups at a local pub or café in different areas? If so, please let me know and we can look at organising something.

That's all for now. Hope to see you all again soon!

Take care,

Terry

2025/2026 Committee Members

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



**SAVE THE DATE
FOR THE
AGM
Friday 6th March
2026 2-4pm
Allendale House in
Wimborne.
There will be a
dietitian's talk this
year.**

CHRISTmas PARTY



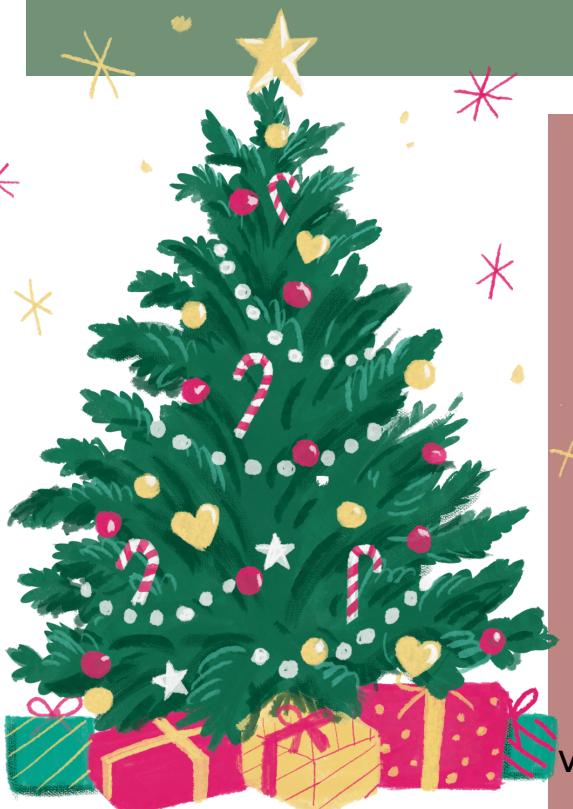
Friday 12th December 2025

Springfield Country Hotel 6pm - 10pm

Christmas Party Highlights

- Buffet Menu – A delicious buffet will be provided, including vegetarian options. If you have any allergies or dietary requirements, please let Liv know in advance.
- Raffle – Donations welcome! Please bring along a small item for the raffle if you can.
- Christmas Quiz – Get your thinking caps on for some festive fun – prizes to be won!
- Photography Competition - bring a print out of your pics from one of the Outings this summer.

W / **PARTY** W /
TIME



Please let Liv know by 7th November if you would like to join us by email or telephone
olivia.cawthorne4@nhs.net or 0300 019 2580.

Springfield Country Hotel, Grange Road,
Wareham, Dorset BH20 5AL

www.thespringfield.co.uk 01929 552177

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

COFFEE MORNING

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.



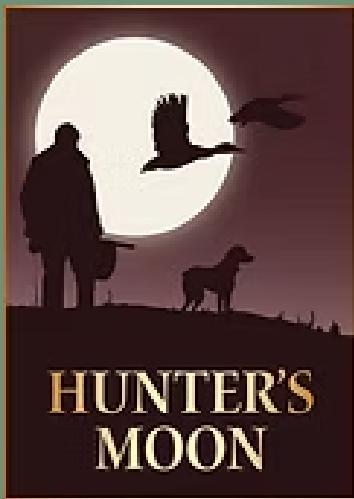
Future Coffee Morning Dates

Thursday 15th January 2026
Thursday 26th February 2026
Thursday 26th March 2026
Thursday 14th May 2026
Thursday 18th June 2026
Thursday 6th August 2026
Thursday 17th September 2026
Thursday 22nd October 2026
Thursday 3rd December 2026
From 10.00 am - 12.00 pm.

HELD AT ST MARYS LONGFLEET CHURCH CENTRE, BH15 2JD
OPPOSITE LONGFLEET CHURCH, NEXT TO POOLE HOSPITAL.

Secure your place by emailing: uhd.dcc.psychology@nhs.net or calling: 0300 019 8514

SUNDAY LUNCH AT THE HUNTER'S MOON



SUNDAY 19TH OCTOBER 1PM
TERRY HAS BOOKED A TABLE FOR LUNCH AT
THE HUNTERS MOON, MIDDLEMARSH,
SHERBORNE, DT9 5QN
PLEASE LET LIV KNOW IF YOU WOULD LIKE TO
COME ALONG BY THURSDAY 16TH OCTOBER..



A Patient's Experience



It was 11 years ago that I was diagnosed with my cancer and as you can all imagine it was a very scary few months before my operation. After the operation we were told about the Go Group and were invited along to an outing. As it happens it was the AGM, so on the day we turned up a bit apprehensive as not knowing what it was all about but we need not have worried as we were made very welcome. From that day we have endeavoured to go to as many outings as possible. It was good to talk to other people who had been through the same and similar operations and how their recovery was compared to mine, also having our wonderful nurses and support staff to chat to.

On the whole the group has been very positive for Bev and myself, I was lucky enough to be invited to be chair of the group a few years ago which I accepted. I hope I can pass on my experiences to other new members and am always at the end of a phone if required. The committee team work hard at trying to organise outings in a variety of different places and venues.

Please don't be afraid to come and ask questions, we've all been in the situation where you wished you had asked but didn't. Hopefully we will see you all at the Christmas party for a good knees up and quiz take care - Terry.

Carer's Experience

Well, it was quite a shock when Terry was diagnosed with cancer. Once we'd had a bit of time to get our heads around it, we started looking for somewhere to find help and support. The GO Group was recommended to us, so we went along to our first meeting — and I have to say, it was such a relief to talk to other people about their experiences and get support from them.

Over the years, we've had so much help from the GO Group, our lovely nurse specialists, and the support team. No question ever goes unanswered, and there are always ideas being shared about different ways to cope with the challenges we face. It's also been such a comfort talking to other carers and hearing how they've managed life after the op.

Honestly, I think I would have struggled with some parts of this journey without the reassurance and support from the group. I'd definitely encourage anyone to join — the help it provides is incredible.

Thanks for reading my waffle! See you all on a trip out soon
— Bev

Share Your Story

Every patient's journey is unique, and behind each one is a story of strength, hope, and the quiet support of carers. We would love other patients and carers to share their experiences in our newsletter. Whether it's a moment that moved you, a challenge you faced, or a tribute to someone who's been there for you — your story could inspire others. We hope to make this a regular feature, shining a light on the voices that matter most. If you'd like to share, we'd love to hear from you.



Summer of 2025



CAREYS SECRET GARDEN

We had a lovely day out at Carey's Secret Garden and it truly lived up to its name. Tucked away in the countryside, the gardens felt like a hidden treasure waiting to be explored. The gardens were beautiful to wander through, full of peaceful corners and interesting plants to discover. It was the perfect setting to slow down, enjoy nature, and take it all in.

Salisbury Races

Emma and her son William enjoyed a fabulous day out at the Salisbury Races with the group, and by all accounts, the sun was shining, the atmosphere was buzzing, and the horses were in fine form!

While Emma had a flutter or two and came away with a few wins, sadly it wasn't quite enough for us all to retire on... maybe next time!

Thanks for representing us so well, Emma – we'll be expecting some tips for the next race day!



RNLI TRIP

We had a brilliant time on the RNLI College tour. Hannah and Liv got the chance to ride the simulator - which was very realistic and even made them feel a little seasick. The whole experience was really informative, giving a fascinating insight into the amazing work the RNLI does. All in all, it was a lovely and memorable afternoon.



THE JANE WRAIGHT MEMORIAL SHIELD PHOTOGRAPHY COMPETITION



As many of you will know, our dear friend and colleague CNS Jane from Dorchester sadly passed away in September 2023. Jane was a valued member of the Go Group and a passionate supporter of our outings and events. In her memory, we will once again be holding the Go Group Photography Competition at this year's Christmas Party.

This competition was very popular last year, with some fantastic entries capturing the spirit and fun of our trips. Congratulations again to Mal Derricott, who took home the win in 2024!

We'd love for as many of you as possible to take part again this year. Simply bring along one or two of your favourite photos taken at any Go Group outing over the past 12 months. All entries will be displayed at the party and voted on by those attending.

Let's make this year's competition a fitting tribute to Jane—celebrating the joy, friendship, and memories she helped to create within our group.

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@NHS.NET OR H.LEADLEY@NHS.NET FOR THE FORM



USEFUL CONTACTS

<https://thegogroup.org.uk>

POOLE

- EMMA CHESTER - CLINICAL NURSE SPECIALIST (GO GROUP SECRETARY) EMMA.CHESTER8@NHS.NET
- HANNAH LEADLEY - CLINICAL NURSE SPECIALIST - H.LEADLEY@NHS.NET 0300 019 8739
- LIV CAWTHORNE- CANCER SUPPORT WORKER - OLIVIA.CAWTHORNE4@NHS.NET 0300 019 2580 (OUTING'S CO-ORDINATOR)

BOURNEMOUTH

- SARAH TRICKETT - CLINICAL NURSE SPECIALIST (GO GROUP TREASURER AND WEBSITE MANAGER) UHD.UPPERGICNS.RBH@NHS.NET 0300 019 4340
- SOPHIE SEAL - CLINICAL NURSE SPECIALIST - UHD.UPPERGICNS.RBH@NHS.NET
- JANET HOLMES- CANCER SUPPORT WORKER JANET.HOLMES@NHS.NET 07584155744

DORCHESTER

- CAROLINE LANGLEY- CLINICAL NURSE SPECIALIST - 01305 255 710 - UPPERGICNSEMAIL@DCHFT.NHS.UK
- PIPPA YEOMAN - CLINICAL NURSE SPECIALIST - 01305 255 710
- ANGEL MEMBURY - CLINICAL NURSE SPECIALIST - 01305 255 710
- 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

