

NEWSLETTER



GO GROUP SPRING/SUMMER 2026

CHAIRMAN'S MESSAGE

Hello everyone, and welcome to 2026.

I hope you all had a lovely Christmas and are now looking forward to our trips for the year ahead. Hopefully all the details will be in the newsletter for you to read through. As usual, please let Liv know if you will be attending so we can keep track of numbers.

Our next get-together will be at the AGM, and you'll find all the details for that later in this newsletter.

I also want to let you know that after eight years as chairman, I will be stepping down at the AGM. We will therefore be looking for nominations for the position.

If you would like to nominate someone, please let Emma know beforehand.

The reason I'm stepping down is that Bev and I have decided we need to be closer to our elderly parents, who now need a bit more support. So, we will be moving back to Staffordshire. We will still stay involved with the group and hope to make guest appearances at some of the outings and at the Christmas party. Please continue to support your new chairperson as you have supported me.

I'll have a proper chat with you all in March, but for now, take care and see you soon.
Terry

Current Committee Members

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

Annual General Meeting

Friday 6th March 2026 2-4pm

Allendale House, Hanham Road, Wimborne,
Dorset, BH21 1AS



Portia Rees-Jones and Katy Brown are our University Hospitals Dorset Trust Dietitians' who will deliver a practical talk focused on supporting health and wellbeing through good nutrition.

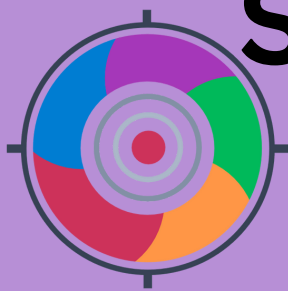
Drawing on their experience across the trust, they will share simple advice on balanced eating, hydration, and maintaining energy levels, both at work and at home.

2pm - 3pm AGM

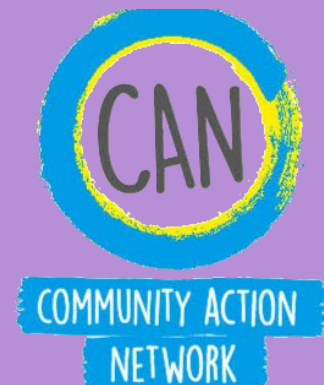
3pm - 3.30pm Tea and Cake

3.30pm - 4pm speakers.

Please could you let Liv know by email or telephone so that we have an idea of numbers for Tea and Cake. There is no charge for this event.



Service Finder



John Derricott, Emma Chester and Liv Cawthorne attended a wonderful meeting in January, led by Emma Leatherbarrow, who is the Equality and Involvement Strategic Lead for The Valuing Cancer Support Group.

One of the speakers from the Community Action Network (CAN) talked about Dorset Service Finder Initiative.

CAN and NHS Dorset are working collaboratively with local organisations with a web-based tool that has up to date information on services locally that health care professionals or members of support groups/charity can signpost individuals too. For example, access to food, help at home, befriending, benefits.

All services available in this tool can be configured to the specific needs.

Here is the link: <https://dorset.findservices.org.uk>

Outings for 2026

Tuesday 21st April - Nothe Fort, Barrack road, Weymouth, DT4 8UF.

Meet at the drawbridge for 11 am, we will be having a guided tour of the fort. There is a large car park, you do have to pay as it is a council one not owned by the fort. There is a café on site where we can gather after the tour for coffee.

Tuesday 19th May - Kingston Lacy, Wimborne Minster, Dorset, BH21 4EA

A lavish family home re-imagined as a Venetian Palace in the rural Dorset countryside.

Meet by the ticket office for 11am.

Please let Liv know if you have a National Trust membership beforehand.

Wednesday 24th June - The Cottage Garden, Giles Lane, Landford, Salisbury, Wilts SP5 2BG.

Nestled on the edge of the New Forest National Park, cottage-style garden offers a peaceful, inspiring escape. Wander three acres of beautifully designed spaces, then relax in the tearoom with homemade cakes, cream teas or light lunches.

Meet at 11am by the tearooms.

Thursday 16th July - Boat trip to Swanage from Poole Quay.

Embark on a memorable journey from Poole Harbour to Swanage, where the beauty of the Dorset coastline will captivate you every step of the way. This scenic sightseeing cruise is the perfect way to experience the region's stunning landmarks and rich history.

Meet at the Coastal Cruises hut at 10.00 for a 10.30 departure.

There is a multi story car park behind the quay. There are a few return times

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'.

Friday 21st August - Bucklers Hard - Buckler's Hard, New Forest, Hampshire, SO42 7XB

Meet on the big lawn at 11 am, there is a car park and café on site also a pub and they do a boat trip if people wanted to go on it, but they do not block book so it's first come first served. There will be a little treasure hunt as well to keep those little grey cells going

Friday 18th September - RSPB Arne.

Explore the heathland, woodland, mudflats, and wetland to see wildlife such as Spoonbills and Dartford Warblers, before refuelling in the café. Join us for guided wildlife walks and other events throughout the year with our large events programme.

Meet at 11am by the ticket office. Please let Liv know if you are a member of the RSPB.

If you would like to attend any of the planned outings please email your name and the details of what you would like to attend to olivia.cawthorne4@nhs.net 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.

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

A Patient's Experience



I'm Keith Heywood, from Poole, and my life has always been about creativity and communication. I served as a photographer in the Royal Air Force for 23 years, then went on to work at Bournemouth University in the Faculty of Media and Communication, building a career around visual storytelling and technical expertise.

But in 2020, my life took an unexpected turn when I was diagnosed with oesophageal cancer.

Looking back, the symptoms had been creeping in for quite some time. I was having trouble eating bread, experiencing indigestion and a sticking sensation when swallowing. By 2019, the discomfort became more frequent, often accompanied by hiccups at nearly every meal. After a particularly distressing "pasty incident" in October 2019, where food felt stuck and wouldn't move either up or down, I went to see a practice nurse and was prescribed stomach liners.

By March 2020, my symptoms had worsened and I had started losing weight, which really concerned me. My GP referred me to Poole Hospital for an endoscopy. That's when I received the devastating news: I had two tumours on my oesophagus and was given a prognosis of between 2 and 24 months to live.

There was a glimmer of hope when further tests revealed that one of the tumours was benign, meaning surgery might be possible. In April 2020, just after my 60th birthday and at the start of the COVID-19 pandemic, I began FLOT chemotherapy. In August 2020, I underwent major surgery at Royal Bournemouth Hospital, performed by Mr Cowie. A week later, I was discharged to begin my recovery, followed by a second round of chemotherapy in October 2020 — tough, but necessary.

Determined to regain some normality, I started a phased return to work in February 2021 and gradually built back up to five days a week. However, after two years of managing the after-effects of treatment, I retired on ill-health grounds in October 2023.

Now, five years on from surgery and still under monitoring, I've learned to adapt. Acid reflux remains an issue, especially at night, but by avoiding certain foods and cutting down on dairy, I've managed to improve my symptoms. Throughout it all, my wife Mel has been my rock — she truly deserves a medal for her unwavering support.

Despite the challenges, I'm making the most of life. Married for 44 years, Mel and I enjoy walking, lunches out, and live music — both locally and in London. I still pursue photography, love visiting heritage railways, and continue to play the guitar. Our daughters, Jayne and Katy, are a big part of our lives — though while Jayne has four children, Katy prefers cats!

My journey has taught me resilience, adaptability, and the importance of seeking help when something doesn't feel right. Although my diagnosis changed my life, I continue to find joy in the things I love — and I'm determined to live life to the fullest.

The Jane Wraight Memorial Shield Photography Competition 🌟



A huge congratulations to Suzanne Potter, who shone at this year's Christmas party by winning the photography competition! Her entry stood out as an absolutely stunning photograph that captured both beauty and emotion in a single frame. The composition was thoughtful, the lighting perfect, and the moment she captured felt almost magical. Suzanne's talent behind the camera truly deserves to be celebrated, and her winning photo was a wonderful reminder of how creativity can bring us all together. Well done, Suzanne 🎉📸



Remember to take your pics this year when going on any of the Outings.

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
- RACHAEL JACKSON - CANCER SUPPORT WORKER - RACHAEL.JACKSON@DCHFT.NHS.UK

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