

HUG MAGAZINE



June 2009

(issued bi-monthly)

For HAEMATOLOGY and ONCOLOGY patients, being treated in the Day Therapy Centre and Dove Ward or under review



Some members at a recent coffee get-together

Email: hugswindon@btinternet.com

**** Website****: www.hugswindon.co.uk

H.U.G. SWINDON
HAEMATOLOGY/ONCOLOGY UNITED GROUP, G.W.H.

H.U.G. Swindon Get-Togethers

We meet in the Academy (at the back of the Hospital), Room Number as shown on the second Thursday of the month.

Turn up at any time between
10:00 am and 12:30 pm unless otherwise stated:

9th July 2009 – Seminar Room 1
13th August 2009 – Seminar Room 7 (late start 10:15)
10th September 2009 – Seminar Room 1

AIMS

HUG aims to improve the environment for patients of the Day Therapy Centre and Dove Unit or under review following treatment in these areas at the Great Western Hospital, Swindon by:

- ❖ **Holding regular “get-togethers” where Haematology and Oncology patients and their relatives can make friends, share their views and experiences and receive information about hospital and other relevant services, in an informal atmosphere over refreshments.**
- ❖ **Producing the HUG Magazine, a light-hearted and informative bi-monthly publication and making it available in Dove Unit, the Day Therapy Centre the Osprey Waiting Area and Wren Ward.**
- ❖ **Pointing patients in the direction of specialist help, as required.**
- ❖ **Following up on comments about Hospital Services and reporting back on progress made.**
- ❖ **Fund-raising to provide items for the benefit of patients. We have provided mugs, bookshelves, room redecoration materials, purchased Christmas gifts, magnifying glasses and slippers for patients and donated to Dove Ward Charitable funds,. Ideas are welcomed at any time for future projects.**
- ❖ **Maintaining a website to promote the group.**

Get-Togethers away from the Hospital

In addition to the get-togethers at the Hospital, as advertised above, we meet for coffee and a spot of lunch, for anyone who wants it, at least once a month. Contact us for the next location, date and time, if you would prefer to meet us, in another environment. We are a small friendly group, who would make you very welcome.

INTERESTING NEWS

My New Hair

Breakfast television regular and celebrity hairdresser Trevor Sorbie has set up a national list of hairdressing salons where staff are trained to give women advice about wigs, for those who have suffered hair loss through chemotherapy or alopecia. Most of the salons do not supply wigs, but many can customise a wig for a nominal charge, to achieve a natural appearance, closer to normal, for the patient. The nearest salons currently in the database are in Bristol, Bath and Cheltenham. Call 01798 812547 for details of your nearest My New Hair salon or access the website at www.mynewhair.org

Disabled stuff

A new website, www.disabledgear.com/ has recently been set up by a young man (sorry, I've forgotten his name) with a disability. He hopes to enable the sale of second hand disability equipment, with no charge for advertising, regardless of the value of the item for sale. In the near future he is intending to include adverts for new items for sale.

At the moment a limited number of items are advertised, but use should grow as more and more people get to know about it.

Lymphoma Association: Verve

The second edition of the Verve Magazine is full of information for recently diagnosed patients and their families. It includes information on lymphoma, patient and carer experiences, work, employment and benefits advice, travel insurance help and treatment side effects. I downloaded a copy from the Lymphoma Association website but it now seems to have disappeared from there! If you would like a copy perhaps you could ring the free helpline at 0808 808 5555 or email hugswindon@btinternet.com to have it forwarded.

ICE (In Case of Emergency)

This has been around for some time, but we were talking about it at a recent HUG get-together and thought that some readers might be interested.

The idea is that you store the word "ICE" in your mobile phone address book, and against it enter the number of the person you would want to be contacted "In Case of Emergency". In an emergency situation, ambulance and hospital staff will then be able to quickly find out who your next of kin are and contact them without delay. For more than one contact name you can enter ICE1, ICE2 etc

Aspirin (Another possible use)

A Cancer Research fund-scientist has suggested that it may be possible to reduce the risk of developing cancer in later life by taking aspirin regularly throughout your forties. However serious side effects such as ulcers and gastric bleeding can result so further research is needed. More information is available on the Cancer Research website at

<http://scienceblog.cancerresearchuk.org/2009/05/02/can-aspirin-prevent-cancer/>

May 2009

NHS Care Records Service

You have almost certainly heard or read that the NHS in England is introducing a CARE Records Service. Probably your GP is already storing records of your appointments, medicines prescribed, test results, details of referrals to other healthcare professionals on a computer system. A recent newspaper report indicated that around 90% of GPs are now connected to the "Choose and Book" service, which allows them to select the time and place of your appointments for specialist treatment. At the hospital, your consultant can access all of these items, plus computer generated x-rays and scans.

Doctors have been extremely diligent about patient confidentiality, which has been a basic value of the medical profession, since before the formation of the NHS.

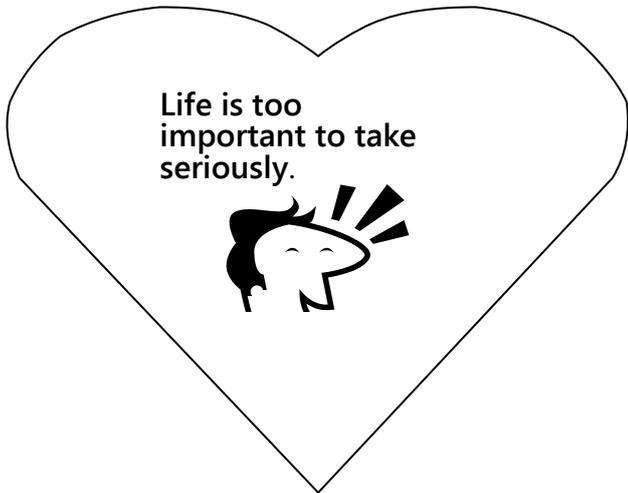
The plan is go a step further, by allowing healthcare professionals across the country quick access to this reliable computerised information about you and your treatment. This could clearly be very useful in an emergency situation, when you are away from home, and would, for example, make it easier for records to be shared between hospitals, when patients are being treated at more than one location.

To date, full implementation is being delayed because of technical difficulties created by the number of different computer systems in use in Trusts across the country. These are not necessarily compatible with each other and some may need to be replaced.

The main selling points for patient records being made available throughout the country are based on the time-saving and efficiency angles, but it could be argued that there are already other ways of sharing data when it needs to be shared (scanned copies, faxes), which would take just a little longer.

The delay in introducing a single computerised system does give an opportunity for us all to think about how we want our records to be used. Unfortunately the more people with access to records, the more the system is open to accidental loss or abuse. We have all read in recent times about the losses of confidential computerised records by government departments in ways ranging from disks and personal computers left in cars, to losses of copies of data in the post. The more people who are given access to these records, the greater the risk of intentional interference also.

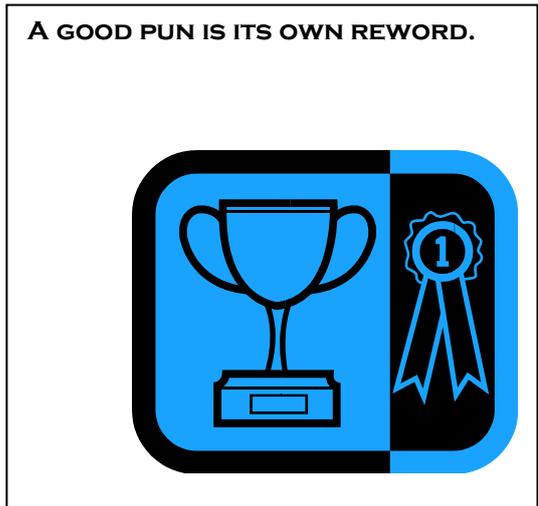
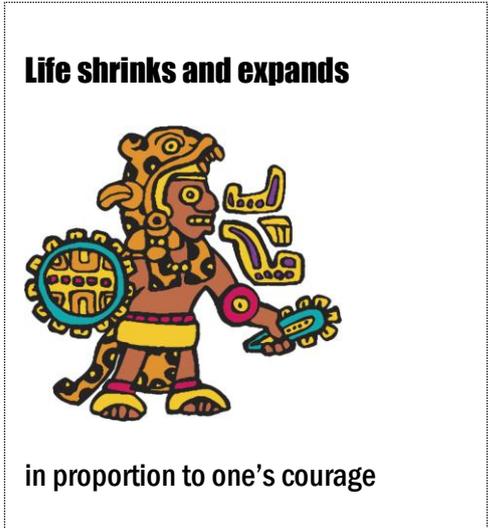
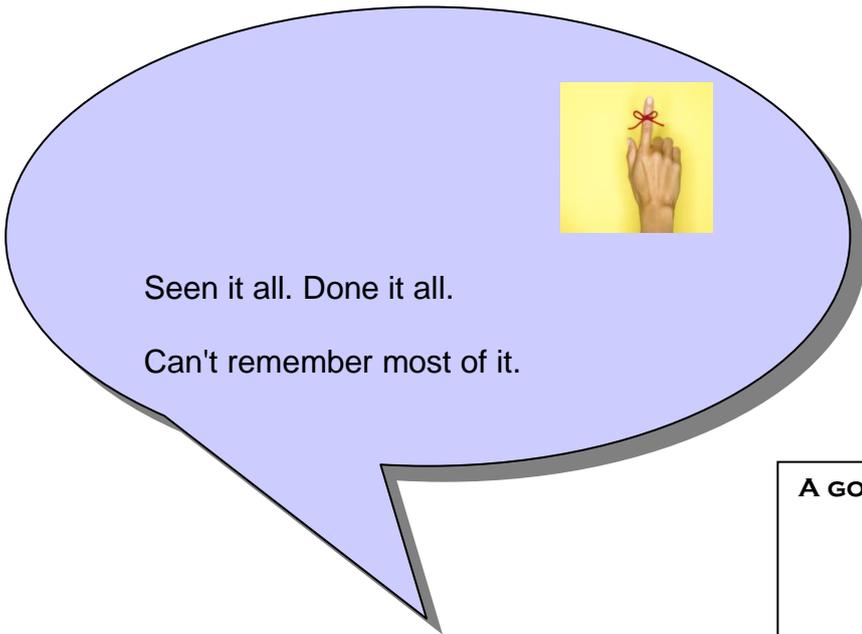
We are advised that patients will be informed when their governing PCT starts to upload records but it is understood that consent will generally not be sought in advance. If you have strong objections to your medical history being so readily accessible, you need to make your views known via your GP.



HUG

fridge magnet

 fun



Healthy eating tips on a budget

Eating healthily isn't about buying the most expensive organic foods. Here are some tips for eating a balanced diet without breaking your budget.



The way you shop

- Plan your shopping to avoid costly impulse buys.
- Try not to go shopping on an empty stomach – you'll be tempted to buy more than you need.
- Buy store brands instead of well-known ones – they're usually cheaper.
- Be wary of BOGOFs (Buy One Get One Free). They can be good value but often they can tempt you to buy more than you need or can actually use.
- It's worth checking prices at local suppliers or markets, as they can sometimes be cheaper than your regular shops. And markets can be fun experiences for children.

Making your own food

- Ditch the takeaways and ready meals! Ready meals can often be more expensive than preparing the food yourself. And they are often high in fat, salt and sugar – remember to read the label. Cooking can take up more time, but it will pay off in terms of health and expense.
- Eat a proper breakfast of fruit, whole meal bread or cereal. You'll be less tempted to buy an unhealthy snack to keep you going through the morning.
- Make your own sandwiches using fresh vegetables, salad or chicken. It'll be cheaper than going out and buying one for lunch.
- If you crave a snack, try having a hot drink instead. Drinks can sometimes help to stave off hunger pangs.

What you eat and drink

- When buying fresh fruit and vegetables, choose ones in season. They will not only be cheaper, but they will taste better too. Freeze some in bags to eat later.
- Canned fruit or frozen vegetables can be cheaper than fresh ones and can be just as nutritious. Choose the reduced salt and sugar versions if you can.
- Vegetables are often cheaper than meat and are loaded with important vitamins, minerals and fibre. Try cooking more veggie meals like vegetable stew or dahl. But watch the amount of fat or salt you add to the meal.
- Drink tap water – it's not loaded with sugar and it's free! Fresh, unsweetened fruit juice is better for you than soft drinks

Puzzle over it

Sudoku – fill in all the squares in the grid so that each row, column and each of the 3 x 3 squares contains all the digits from 1 to 9. This one is quite easy.

								3
	7	2	1				9	
			5	8			4	7
	3	1			9	6	7	4
		7		2		3		
5	9	6	4			8	1	
9	6			7	5			
	5				4	9	6	
1								

Answer on Page 9

H.U.G. News – read all about it

Get-togethers were held at the Great Western on 9th April and 14th May 2009 in the Academy at the GWH, with Coffee Mornings at the Blunsdon Arms at the end of April and the beginning of June (late because of the Bank holiday).

1. Recent Get-Togethers

We now have consensus on the design and colour of polo shirts which we are going to purchase. These will make it easier to recognise us both at the Hospital and when we are fund-raising. Thank you to the Ward family for the idea. They will be grey with a rainbow design and the group name at the top left. Look out for us in Osprey and Dove soon.

HUG leaflets have now gone to all Doctor's surgeries in the area from the Primary Care Trust office to raise our profile in the area.

2. Event to come

We were delighted to learn that we have been successful in our quest for a 2009 Zurich Challenge. This will take the form of a Relaxation and Treatment day where we have the opportunity to try out some complimentary therapies. Two of us have already met with representatives from the Zurich team who will make this happen.

They have started on both fund-raising and making enquiries about a venue and format for the day.

3. Donation

HUG member Debbie Bird's brother contacted us to let us know that Debbie had left a bequest of £1,000 to HUG funds for the benefit of patients and a further £500 for an outing or a meal out for members. We are intending to join in an organised murder mystery evening, which Debbie herself had already suggested for a possible outing and would definitely have enjoyed.

4. Spending

It has been decided that the purchase of kettles for the rooms in Dove Ward cannot be made, for a number of reasons. Smoke alarms would potentially go off, there are some other health and safety issues concerning their use and the cleaning contract does not include such items. We understand that staff will supply hot drinks at any time on request.

HUG can only contribute to the cost of the nurses' stools in Day Therapy by making a donation to the departmental Charity Fund. Re-charging part of the cost to us does not seem to be a viable option.

We have decided to purchase a few gel bags to test out the quality before possibly placing a bigger order.

Some new suggestions for HUG spending have been made, which will be discussed at the June get-together. We'll tell you about them in the next HUG Magazine.

Look Good, Feel Better

We are still planning to arrange a skin-care and make-up ideas workshop session at Maggie's in Oxford and would be able to include a few patients who are not HUG members. The poster in the Osprey waiting area is not very visible because of the amount of other information on display, so you may not have seen it. Thanks to the support of leading cosmetic companies and volunteer beauticians you can be pampered and receive some products to take home.

Do contact us, if you would be interested in coming along. She will try to make all the arrangements, including transport. You don't have to be a HUG regular to join us for this, but to have been affected in some way by cancer.

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Sudoku Answer

6	4	5	7	9	2	1	8	3
8	7	2	1	4	3	5	9	6
3	1	9	5	8	6	2	4	7
2	3	1	8	5	9	6	7	4
4	8	7	6	2	1	3	5	9
5	9	6	4	3	7	8	1	2
9	6	8	3	7	5	4	2	1
7	5	3	2	1	4	9	6	8
1	2	4	9	6	8	7	3	5

An excerpt from
The Glory of the Garden

Our England is a garden
that is full of stately views,
Of borders, beds and shrubberies
and lawns and avenues
With statues on the terraces
and peacocks strutting by;
But the Glory of the Garden lies
in more than meets the eye.

by Rudyard Kipling

There is an e-mail virus, which the advanced virus scans cannot fix. It appears to affect those who were born prior to 1960. The symptoms are that it causes the following:

1. You send the same e-mail twice.
2. You to send a blank e-mail!
3. You send an e-mail to the wrong person.
4. You send it back to the person who sent it to you.
5. You to forget to attach the attachment.
6. You hit 'SEND' before you've finished.
7. You press 'DELETE' instead of 'SEND.'
8. You hit 'SEND' when you should 'DELETE.'

IT IS CALLED THE 'CNUR-VIRUS.

Sponsored slim for HUG funds

HUG member YR's final total for her sponsored slim for HUG funds actually came to a magnificent £288, a little more than the £276 expected. Some of her sponsors rounded up their payments, which was very nice.

She is now continuing to slim, setting aside one pound of her own money for every further pound that she loses. She will donate this to the RSPCA, when she reaches her target.



Radiotherapy at the GWH

It has now been recommended by the Task Group on Local Accessibility of Radiotherapy in Swindon that a feasibility study should be carried out to produce a detailed plan for how and where this service could be delivered at the Great Western.

This would clearly be a great step forward in cancer patient care and we are extremely grateful to everyone who is working towards making it happen.

Foundation Trust Membership and Shopping Discounts

One of the selling points for Foundation Trust Membership is that you can register in the same way as staff to qualify for discounts on a wide range of purchases, through the NHS Discounts scheme.

The scheme covers the purchase of items as varied as fashion, entertainment, holidays, electrical equipment, insurance, health and beauty products. Details of how to register were given in the first 2009 issue of GW Pulse Magazine for Foundation Trust members.

We have found that the web site for registering is not secure and would advise using the 0845 number and asking for an alternative means of registering.

We have drawn this to the attention of the Foundation Trust office.