

# HUG MAGAZINE



**1<sup>st</sup> Quarter 2013**

(issued on 2<sup>nd</sup> or 3<sup>rd</sup> Thursday at the end of each quarter on meeting days)

For HAEMATOLOGY and ONCOLOGY patients, their families and friends being treated in Cancer Services areas or under review



One of sales tables at recent coffee morning

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## H.U.G. Swindon Get-Togethers at the GWH

We are currently considering changing get-together arrangements, so contact us to make sure that we are meeting as stated.

The meeting rooms are in the Academy and we meet between 10:00 am and 12:30 pm unless otherwise stated

<b>18<sup>th</sup> April 2013</b>	-	<b>Seminar Room 5</b>
<b>23<sup>rd</sup> May 2013</b>	-	<b>Seminar Room 5 (10:00 – 12:00)</b>
<b>13<sup>th</sup> June 2013</b>	-	<b>Seminar Room 4</b>

(The Academy is reached from the front of the Hospital through the double doors at the back of the atrium, going right and following the signs for the Brunel Centre, which first appear at the end of the corridor. Exit the Brunel Centre on the lower ground floor, at the Starbucks café and turn left. Alternatively, from the disabled car parking spaces at the back of the hospital, cross the road and head back towards the entry road. The Academy entrance is about half way along, in the main building. The parking area just outside the Academy is for staff only.)

### What do we do?

HUG offers tea, sympathy, sharing of ideas and information and much more, to patients and their families or carers, including:

- **Organising monthly get-togethers at the Hospital, Coffee Mornings (contact us for details of the next one, usually around the end of each month) and Craft Sessions (as new stock for sale is required) away from the Hospital**
- **Suggesting how and where to access professional help, where appropriate**
- **Attending Cancer Services User Involvement Meetings on behalf of patients and carers and discussing or raising and following up on issues of importance to them**
  - ✓ **Items currently under discussion include End of Treatment Care, Car Parking and Bus Access and Radiotherapy for Swindon**
- **Fund-raising to provide practical help with purchases including thermometers, travel bands, mugs, slippers, gel bags and heat pads, when suggested by clinical staff, patients or carers**
- **Maintaining a website and making leaflets available to promote the group and advertise our activities**
- **Producing the HUG Magazine quarterly and leaving copies in Cancer Services areas, providing direct to members and posting on the website**

Items for sale at any time: chemo hats made of a silk/wool mix in a choice of colours and styles and our personalised mugs and teddy bears. Contact us for more details.

# INTERESTING HEALTH-RELATED NEWS

## **Lymphoma Association updated booklets**

The Lymphoma Association has recently updated their booklet on low-grade non-Hodgkin lymphoma. It is aimed at helping patients and their families to understand more about what low-grade lymphomas are, how they behave and what to expect from treatment. The booklet also discusses the most common types of low-grade non-Hodgkin lymphoma in more detail.

[https://www.lymphomas.org.uk/sites/default/files/pdfs/Low-grade%20non-Hodgkin%20lymphoma%20booklet.pdf?dm\\_i=WSK,19J83,5NOVBQ,4A9TD,1](https://www.lymphomas.org.uk/sites/default/files/pdfs/Low-grade%20non-Hodgkin%20lymphoma%20booklet.pdf?dm_i=WSK,19J83,5NOVBQ,4A9TD,1)

Some of the association's other updated or new information sheets include:

- *Bone marrow tests for lymphoma*
- *Understanding 'watch and wait' for lymphoma*
- *Radiotherapy for lymphoma*
- *Changes in bowel habit*

## **Macmillan's new campaign**

On Monday 11 February 2013, Macmillan launched their new three-year campaign, on TV, radio and billboards across the UK, to make sure people understand that as well as getting support when they need it, Macmillan rely on the public's help too – by volunteering their time and supporting fundraising efforts. The campaign message is that no one should face cancer alone. Many volunteers have been affected by cancer and want to give something back.

## **Diabetes Drug and Ovarian Cancer**

Research carried out at the Mayo Clinic in Rochester, Minnesota and published in the journal *Cancer* followed women with ovarian cancer and compared the progress of patients who were also diabetic against those who did not have diabetes. Diabetic patients taking daily doses of metformin for the condition had a considerably better outcome than those not taking the diabetes drug. A total of 239 women with ovarian cancer were following, including 73 with diabetes and taking the drug. It is hoped to carry out larger scale randomised trials to confirm the results.

CBS News 3 December 2012

[http://www.cbsnews.com/8301-505269\\_162-57556740/diabetes-drug-may-help-ovarian-cancer-sufferers/](http://www.cbsnews.com/8301-505269_162-57556740/diabetes-drug-may-help-ovarian-cancer-sufferers/)

## **New operation for aggressive prostate cancer tumours**

A surgical procedure which involves cutting away lymphatic tissue and lymph nodes around the prostate as well as the prostate gland. This relatively new technique can be used on some previously inoperable disease and greatly reduces the risk of a recurrence, because the lymph nodes in the pelvis are one of the first places to which the cancer spreads. Only a very small number of UK consultants have extensive experience to date, however.

Daily Mail, 12 February 2013

<http://www.dailymail.co.uk/health/article-2277148/New-operation-snip-hopeless-prostate-tumours.html>

## Maggie's Centre, Oxford Update

Maggie's Oxford is currently an interim service, operating from a porta-cabin on the Churchill Hospital site. It is open from Monday to Friday, 9.00am to 5pm for information, psychological and emotional support and benefits advice. Appointments are available with a clinical psychologist, a cancer support specialist or a benefits advisor as well as drop-in and pre-booked courses. Although it is some way to travel if you are feeling unwell because of cancer treatment, you do not need to be a patient or family member of a patient at one of the Oxford hospitals to use the services of this charity free of charge.

Maggie's recently announced that after much hard work, support and patience from the local community, work on a permanent new building at the Churchill Hospital was scheduled to start on 4th March. It is hoped that the construction work will be completed before the end of 2013. The purpose built building will be next to the new Cancer Centre on the other side of the hospital site from the current porta-cabin. The new Maggie's will provide an uplifting place to support more people with cancer in the Thames Valley, an area of over one million people. Experience of transitioning from an interim service to a purpose-built centre in Swansea suggests that Maggie's could double the number of people supported within the first year of opening. It is therefore expected to make a huge difference to the lives of people with cancer, as well as their friends and families, across the Thames Valley.

As with other UK Maggie's Centres, the architecture has been specially designed for the location by a renowned company. Architects Wilkinson Eyre have created a lovely timber tree house design for Maggie's Oxford. "In response to the wooded site, the treehouse will be supported on stilts with a faceted, angular geometry which maximises the relationship between the inside spaces and its natural wildlife setting." Topio Landscape is responsible for the landscape architecture. Their design for Maggie's Centre, Oxford, "integrates the Boundary Brook Nature Reserve and Warneford Meadow with the innovative tree house building, as well as making a relationship between Maggie's new community and the existing local groups who are connected to this place." #



Maggie's Welcome Experience is held every Wednesday at 4pm for one hour to give potential users the opportunity to find out more about what the services offered. Contact Meghan Doran, Fundraising Organiser for Maggie's Oxford on 01865 225710 for further information. A group from HUG visited the temporary centre some years ago and found it very welcoming. Almost £3 million has been raised but more funds are always needed, since running costs are ongoing. Refer to <http://www.maggiescentres.org/donate/donate1.html> for details of how to donate.

# Information in inverted commas taken from publicity announcement and Maggie's Oxford website.

## Anti-Oxidants to combat Free Radicals?

An article in issue five of C21 Magazine (produced in Salisbury) gives a scientific explanation for the benefits or otherwise of anti-oxidants, involving oxygen atoms, lonely unpaired electrons and free radicals. If you want to know the whole story you can find it at <http://www.c21century.co.uk/index.php>. For those of us who find it a bit too difficult to follow, there is still some useful information.

Our bodies create free radicals naturally, when food is broken down into usable energy and we do need them for some very important bodily functions, like breathing and to kill off bacteria. They come in many types and they can also cause different types of damage depending on their exact chemical structure. For example, they can be destructive enough to damage cells in our immune system, with the result that we are less able to fight off infection and diseases.

Antioxidants said to protect the body against free radicals include beta carotene, vitamins C and E, the mineral selenium, ginkgo biloba, coenzyme Q10 and polyphenols.

(Beta carotene is contained in many foods that are orange in colour, such as sweet potatoes, carrots, apricots and mangoes and in leafy green vegetables. Vitamin C is in many fruits and vegetables and in cereals, beef, poultry and fish. Vitamin E is contained in almonds, many oils, nuts and broccoli. Selenium is found in rice and wheat. The other antioxidants are found in most plants.)

The antioxidants are thought to work by neutralising free radicals and making them more stable. Our bodies naturally contain antioxidants, and they are also obtained from some of our foods and from dietary supplements. The difficulty is that not all antioxidants do the same job or work in the same manner. This means that an adequate supply of one antioxidant does not protect the body from all free radicals.

Indeed clinical studies quoted in the article indicate that a high dose of some antioxidants can have a harmful effect in some cases, and could actually result in worse immunity and a higher risk of certain cancers for some people.

The conclusion is that more trials and tests are required to discover which types of antioxidants fight which types of cancer.

In the meantime there is always value in eating a healthy diet with plenty of fruit, and vegetables, particularly brightly coloured ones, whole grains, nuts, fish and lean meat.

It is not likely to be worthwhile investing in a variety of expensive vitamins or dietary supplements, however until more information is available.

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**Staff take part in a sponsored abseil**

A total of 79 members of the Foundation Trust Staff from many of the wards across the hospital and community services took part in a sponsored abseil from the main building, as part of the 10th anniversary celebrations. Representatives were present from a number of areas, including the Children's Ward, Dove Ward, Special Care Baby Unit, Meldon Ward and Chippenham and Trowbridge Community Hospital.

In total over £15,000 was raised for the Great Western Hospital NHS Foundation Trust's Charitable Fund, which exists to enable the Trust to deliver care to patients that goes above and beyond the capacity of the NHS budget.

For more details, refer to the spring 2013 issue of Horizon, the Foundation Trust Magazine,

**Clinical lectures - another first**

A series of clinical lectures are to be held at the GWH this year on a range of high profile health issues which were chosen by members of the Foundation Trust. Attendees will have the opportunity to meet the expert presenter and ask questions. There is no need to book in advance. The first lecture on Dementia had to be cancelled because of illness but may be given later. The remaining scheduled lectures are as follows:

- **Snoring!**  
Wed 1st May
- **Heart Disease**  
Wed 3rd July
- **Embarrassing Bodies (things that make you go...ooh!)**  
Wed 4th September
- **Diabetes**  
Wed 6th November

All Health Talks will take place from 6.30pm until 7.30pm, in Lecture Hall 1 of The Academy, Great Western Hospital. Tea, coffee and biscuits will be provided.

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**Just enough room for a puzzle!**

A Bargain! Why did the multi-millionaire buy land that was over 200 yards from the seashore? Clues:

It was under the sea.  
It did not contain any mineral rights and had no connection with mining.  
There was no oil for hundreds of miles.  
It was not a port or going to be a port or harbour.  
It had nothing to do with swimming rights.  
It was a bargain.

Answer on Page 10

The end of the WRVS shop

The WRVS shop in the Great Western Hospital atrium closed at the end of February, when the lease came to an end after 10 years. It is understood that the shop, which has been run in the Atrium at the GWH by the Women’s Royal Voluntary Service for a decade, will be taken over by Compass Group and transformed into a Costa Coffee and shop.

In addition to running the shop, the 78 volunteers also provided a trolley service, delivering newspapers, magazines, drinks and snacks around the hospital wards and an escort service to help wheelchair users get to and from various departments and clinics around the hospital. It is understood that petitions have been organised to try to save the supplementary services and because there are question marks over them. Apparently the shop used to fund the escort service, and to date it is not clear what alternative arrangements are to be made, if any.

John Clifford, WRVS area manager for Swindon, said: “WRVS are in negotiations with the hospital with a view to continuing the trolley and escort services.”

The outcome of discussions is not yet known.

We are strongly in favour of retaining the trolley and wheelchair services, which are both of great benefit to patients.

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**Medical Note Blunders**

The patient was in his usual state of good health until his airplane ran out of fuel and crashed.

The patient refused an autopsy.

She slipped on the ice and apparently her legs went in separate directions in early December.

The patient was to have a bowel resection. However, he took a job as a stock broker instead.

When she fainted, her eyes rolled around the room.

The patient has left his white blood cells at another hospital.

**And ....** Why do Doctors call what they do ‘practice’? Perhaps it’s because some of them are still learning to write grammatically.



# HUG ★ Fridge magnet ★ fun

You know you're living in the 21<sup>st</sup> Century if you've sat at the same desk for 4 years and worked for 3 different companies.



As a result of the recession, the jet set are now part of the debt set.

People who aren't pulling their weight are probably pushing their luck!



Be kinder than necessary because everyone you meet is fighting some kind of battle.

The best way to forget all your troubles is to wear tight shoes.



Dreaming in colour is a pigment of your imagination.



## H.U.G. News – read all about it

- Get-togethers have taken place regularly at the Great Western Hospital around the middle of each month.
- Coffee mornings and lunches have continued at two different venues between GWH meetings.
- Craft sessions have not re-started so far but will recommence when our stocks are running low. Some of us are continuing to knit and make cards at home in the meantime. (Good for winter evenings in front of the television!)

### 1. Get-Togethers

We reported in the last issue that we have been having discussions about whether we should continue to hold Get-togethers for patients, families and friends at the Great Western. We have noted that we have more attendees when we meet away from the hospital. There have been mixed feelings about the suggested alternative venue, where we can have a room to ourselves, very reasonably priced refreshments and a buffet or full lunch, as we wish. No final decision has been made as yet, and GWH get-togethers will continue as advertised, with coffee mornings arranged month by month according to availability of members.

### 2. Income and Expenditure

Since our last issue we have been fund-raising at an increased pace, so that we can purchase more thermometers to give away to chemo patients and also contribute to the Dove Ward Charitable Funds for the *Apetito* meals project.

To this end, C has been batch baking cakes, which have been sold on our stalls at the hospital and also through various contacts in Chippenham where she lives. She has been interviewed for the local paper and had adverts put up at some local companies. So far she has raised close to £400 by her efforts, for which we are very grateful.

I held a coffee morning in Lambourn, assisted by HUG members M and Y and a few local friends, which brought in another £338. She also made a few batches of marmalade which are gradually being sold.

Our January sales table at the GWH was quiet, probably being a bit too close to Christmas. In February, however, we raised more than £162 (including C's cakes). We won't have another one now until May, since we didn't have a date in March and find ourselves unavailable for the April date.

We now have sufficient saved to purchase another batch of 500 thermometers, a year's supply and hope to make these available at patient meetings.

As a way to reduce our costs, we decided to reduce the frequency of HUG Magazines to quarterly and reduce the number of paper copies produced.

### 3. Other Activities

We eventually managed to meet up for a late "Christmas" lunch, and caught up with some members who are not able to make monthly meetings due to work commitments.

Last time we announced our intention to take some members to the Penny Brohn Centre at Pill in Bristol. However, we have been overtaken by events and there is now some excellent news on that score, as explained under "Hold the Back Page".

## Good news from Cancer Services

**Penny Brohn**

### Mobile Chemotherapy HOPE bus

The HOPE chemotherapy bus and staff have completed a three month trial period and is now providing chemo on Thursdays and Fridays at Savernak (Marlborough) and Malmesbury respectively, as well as in the Salisbury area.

We repeat that this community chemotherapy will not be suitable for everyone, but will allow some patients to receive treatment closer to home.

### Penny Brohn news

We were delighted to learn from a visiting representative from Penny Brohn at a recent Cancer Services User Involvement Group meeting that this Cancer Care charity from Bristol is going to bring courses to the Swindon area. We understand that GWH Cancer Services clinicians are equally over the moon. PB is already reaching out to other communities, recognising that patients who could benefit may not wish to travel far.

The details of what will be offered are not yet clear, since choice is available on the content of the courses, the frequency, length of sessions and even the venue. This means that courses may not be at the GWH, but could be in a hotel, community hall or other local centre, provided that it is easy to reach and with sufficient parking.

The Penny Brohn leaflet states that they can help you to find your own way to live well with cancer through:

- Information and support
- Help staying active and increasing physical activity
- Guidance on eating well
- Relaxation and Mindfulness
- One to one and group support
- Support with symptoms and side effects
- And more....

We consider that this will be a most exciting and beneficial development for patients and carers.

### **Puzzle Answer** (from Page 6)

*The land was being re-claimed from the sea for industrial use. The millionaire's company owned the reclamation contract and the land would soon be worth a fortune.*

