

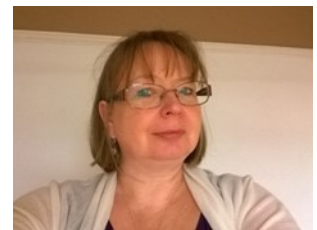


## THE HEREFORD & WORCESTER HEAD AND NECK CANCER SUPPORT GROUP

### *Welcome to the newsletter:*

Well here we are fast approaching Autumn. It hardly seems that we have seen Summer yet but for those of you who have managed a summer break I hope it was everything you hoped for.

Bi-monthly support group meetings in Worcester have been taking place at St. Richards Hospice and we have had some very good speakers. In April we had a visit from the Saliva-Orthana rep who was there to explain the benefits of artificial saliva spray, answer questions and give out samples. In June we had two speakers, Cancer Research UK and Robin Comley who is the Lead Patient of the Heads Up support group and a Patient Representative on the H&N Expert Advisory Group. He gave a very interesting talk about his 'Restaurant Cards' and there will be more about that later. Our speaker for September will be talking about the new Radiotherapy Centre that has recently opened in Worcester and about some of the advances in Head and Neck radiotherapy. I have headed a request that I organise speakers that have nothing to do with cancer and so after this meeting, at our November meeting I am hoping to have a published poet and accomplished artist speak to the group. I hope many of you will be able to attend as these will be the last two meetings of 2015. Gosh that's a scary thought – that 2015 is galloping towards Christmas and 2016! Best wishes to all, **Jane X**



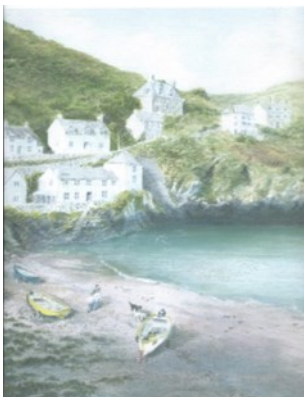
**Jane Fizzor. Chair T.H.A.N.C.S  
Worcester and Hereford Branches.**

### *Hereford Branch Report:*

#### The Head And Neck Cancer Support Group (Hereford)

Hi Everyone,

Well I think you will all agree that Andy gave us all an extremely interesting talk about the history & background of his life, career and how he started his brilliant paintings. Fascinating Andy. The three paintings shown below are just a sample of the many wonderful paintings Andy brought along with him to show us all.



## Hereford Branch Report (continued)

**Remember:**  
**Next Meeting**  
**Monday 16th November**  
**2 PM**  
**The Kindle Centre**  
**(next to Asda Store Hereford)**

Thank you again Andy, it was very uplifting & a privilege to be able to see your paintings. I hope you will be creating some Christmassy type cards to sell at our last meeting of the year which will be Monday 16<sup>th</sup> November, woooo!!! What a thought dark cold nights.

Our next meeting will be held on Monday 21<sup>st</sup> September at 2pm at our usu-

al venue, Kindle Centre, Next to Asda Store Hereford. We are lucky to have Sarah Pritchard (Dietician for Hereford & Worcester) who will be coming to give us all some advise on our dietary requirements. Thank you Sarah, I know your time is very limited these days.

Our raffle amounted to £11, donation from a member of £5, Books 60p

and £4.80 from the sale of Andy's cards & paintings a total of £21.40 which as you know all helps towards paying for our room at the Kindle Centre. Thank you all for your raffle donations.

Sadly Brenda Griffiths passed away on 19<sup>th</sup> May; I have enclosed the lovely letter I received from her daughter Niki,



Niki's Wedding



Proud Granny Brenda

## Brenda Griffiths

*Hi Diane,*

*I hope you are well.*

*I'm sorry to be the bearer of bad news, but I just thought you ought to know that mum passed away on 19th May. I think she had been in touch with you to let you know that the cancer had come back, my apologies if she hadn't and this comes as a shock.*

*Brenda had nothing but good things to say about you and your group, I'm so thankful that I brought her along for that first visit as it had a profound effect on her and her (then) recovery. She got so much strength from everyone there.*

*As you know I had a little girl at the end of August and granny loved her to bits! Pete and I also bought our wedding forward so that mum could enjoy the day with us, so we got married on 18th April and we all had a ball.*

*She passed away peacefully at St Michaels Hospice with her family all with her.*

*Thanks for everything Niki xxx*

You will all remember how shy and worried Brenda was the first time she came to our meeting with her daughter, but her confidence grew and Brenda became a bubbly member of our group. She was so proud that she was to become a Granny and beamed with pride. It was a privilege and an honour to meet a lovely lady & her daughter Niki. God Bless you Brenda. x

Best wishes to you all

Di & Den x

Mobile No: - 07446 413075

Home: - 01432 342590

## *Cake Sale in the main foyer at W.R.H.*

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



There was a Cake sale in the main foyer at Worcester Royal Hospital on Friday 25th September from 10am to 4 pm, cakes – home made or shop bought were available, all so we could raise money for the Big Macmillan Coffee Morning. This went well and raised a fantastic £713, Big thanks to all who donated cake, money and time to this wonderful fund raising event - *Jane*.

## *Sale:*

T.H.A.N.C.S have a number of peak caps, polo shirts (sizes S,M,L) and shopping bags for sale. All have been reduced to half price. All money raised from the sale will go toward the Support Group fund

which helps to buy equipment such as nebulisers and suction machines. This equipment is much needed at times, by some patients, to help with breathing in the early days post-surgery or during radiotherapy treatment.

Polo shirts was £10,  
now ~~£5~~  
Peak caps was £6  
now ~~£3~~  
Bags was £4 now  
~~£2~~



**Sale items:** Sizes left: Small, Large, Extra Large

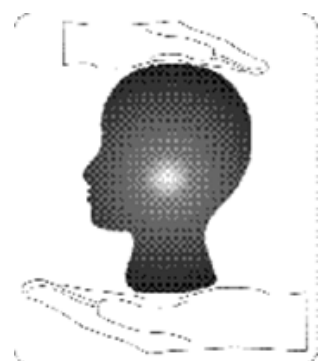
## *Heads Up : Head & Neck Cancer Support Group*

**Cancer Group wins award for "Restaurant Card" a simple idea to improve patients' lives.**

Patients surviving mouth or throat cancer have not only undergone the trauma of initial diagnosis, followed probably by surgery and radiotherapy, but are often left with

problems of speaking and eating. When you consider that most social activities involve these actions, this can make life somewhat difficult, particularly eating out in restaurants as normal food is difficult to swallow. In order to try and help, Heads Up has produced a "Restaurant Card"

that can be shown to a waiter to ask for suitable food. This saves the embarrassment of trying to explain your problems. Please see full details on ne next page.





## *Heads Up : Restaurant card (continued)*

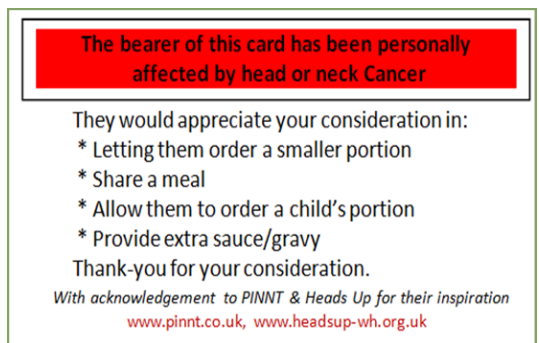
The card has been adopted by the NHS in the West Midlands, and should be available as a plastic card similar to a credit-card, to all patients in NHS hospitals in the area.

The card was adapted with permission from one designed by PINNT, an organisation supporting patients who have to rely on liquid fed by a tube. The award was from a national competition run by the Mouth Cancer Foundation, and sponsored by Irwin Mitchell solicitors.

Heads Up is a support group for Head & Neck Cancer patients based at New Cross Hospital Wolverhampton <http://www.headsup-wh.org.uk/>. It is run on a shoestring by specialist nurses Dawn

Dawson & Jayne Tipper and patient Robin Comley. They are keen to make the presence of the card widely known, so that it will be easily recognised without further embarrassment to the patient. It is hoped to eventually establish a web site along the lines of Trip Advisor, where patients can comment on restaurants, and they in return can advertise their ability to adapt meals suitably.

Robin was a welcome speaker at the June Worcester meeting. If anyone would like one of the restaurant cards please contact either Julie Owen, Lead CNS or Jane Fizor, Counselor, members of the AHP team in Head and Neck, WRH.



## *Events:*

### **QUIZ AND RAFFLE NIGHT AT: THE FOX, BRANSFORD.**

**7.00pm Wednesday 21<sup>st</sup> October.**

**Quiz tickets: £5 per person, come alone and join in or bring a team!**

**Raffle £2 per ticket, value prizes range from £100 to £5, so have a go!**



Please can anyone wishing to attend the Quiz and raffle contact Jane on 01905 733496, just need numbers for catering. There are already some very good prizes on offer, full list of prizes can be obtained from Jane via email :

[jane.fizor@worcsacute.nhs.uk](mailto:jane.fizor@worcsacute.nhs.uk)

**T.H.A.N.C.S.  
The Head and Neck Cancer  
Support group - Worcester**

**Chair:**

**Jane Fizor, 01905 733496,  
[jane.fizor@worsacute.nhs.uk](mailto:jane.fizor@worsacute.nhs.uk)**

**Secretary –Herford Branch:**

**Diane Cox, 01432 342590,  
[dianem.cox@tiscali.co.uk](mailto:dianem.cox@tiscali.co.uk)**



The Head And Neck Cancer Support Group was set up many years ago now by former patients and by staff of the Head and Neck cancer team at Worcester Hospital. It aims to give support to patients and their families, of people who have had a diagnosis and treatment for a Head and Neck Cancer. Although these cancers are quite rare, they are perhaps one of the most demanding to treat and recover from so support is an important part of recovery. Support Group meets in Worcester at St. Richards Hospice in the Snowdrop Centre and in Hereford at the Kindle Centre. Meetings are facilitated by Jane Fizor in Worcester and by Diane Cox in Hereford.

Support is also available from one to one counselling by a specialist counsellor in Head and Neck Cancer which takes place at Worcester Royal Hospital and also from the Living Well program – which looks at long term coping and survivorship after this type of cancer.

Everyone is welcome at either group meeting, whichever is most convenient for you to attend. Carers and partners are welcome at the support meetings too and often it is an opportunity for patients to speak to other patients and supporters to speak to other supporters. Often there will be a speaker on different topics and chance to meet others who have been in a similar place.

You can catch copies of our newsletter and other events that are taking place on this link:

<http://www.worsacute.nhs.uk/services-a-z/cancer-services/survivorship--support/support-groups/>

Or please contact Di or Jane for more information about the T.H.A.N.C.S support group meetings.

Last 2015 meeting of the Worcester group is Thursday 19<sup>th</sup> November 6.30 to 8.30pm.

## *Yeleni Therapy & Support Centre :*

FREE complementary therapy sessions for anyone with cancer

The charitable side of Yeleni Therapy & Support Centre offers up to 9 free complementary therapy sessions to anyone with cancer to help them cope with the rigors of their conventional treatments. We also offer ongoing support via workshops, classes and self help groups including Cancer buddies a new monthly support group.

We are there for everyone, young or old, just come and sit, have a chat and a cup of tea or a therapy which can really help you cope with your illness on a day to day basis. We also reach out to carers who also have an opportunity to talk about their problems and feel supported. We help people regain a sense of physical & emotional health and wellbeing both during and post cancer treatment.

What people say about Yeleni "The Centre has been my saviour over the past couple of years and has got me through the trauma of a heart attack and breast cancer. I am now so positive about the future". "I came out feeling completely re-energised and re-charged ready to face the world again without the constant pain I usually live with."

You can self refer simply;

Pop in to see us at 2, Blackfriars Street, Hereford HR4 9HS

Call us on 01432 342 342

Email us on [info@yelenisupport.co.uk](mailto:info@yelenisupport.co.uk)

Or visit our website at [www.yelenisupport.co.uk](http://www.yelenisupport.co.uk)

We look forward to seeing you..



### *Events for next Year :*

Worcestershire	St. Richards	Worcester	
Thursday	18th	February	2016
Thursday	21st	April	2016
Thursday	23rd	June	2016
Thursday	22nd	September	2016
Thursday	24th	November	2016

Herefordshire	Kindle Centre	Hereford	
Monday	15th	February	2016
Monday	18th	April	2016
Monday	20th	June	2016
Monday	19th	September	2016
Monday	21st	November	2016



**HAPPY CHRISTMAS & NEW YEAR** everyone

Next newsletter will be in the Spring

