

U.G.I.

Upper G.I. Blues

Raising Awareness of & Funding Research Into
Upper Gastrointestinal Cancers

Newsletter

March

2018

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Upper Gastrointestinal Cancers.

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Walsall UGI Blues meeting

Walsall Manor Hospital, 26 February 2018.

What a fantastic turn out for our first meeting of 2018. Almost 40 brave people turned up in what was a very cold winter's day. Ann and William (Bill) Steed travelled all the way from Church Stoke near Montgomery on the Welsh border.

There were also a few new faces who had obviously never attended our meetings before, so a big thank you to all and hope that you enjoyed the afternoon coffee and biscuits, who our dedicated ladies/carers provide and plate up (big thanks girls) and that we see you at our future meetings.

The guest speaker today was Dr Mark Cox, head of Gastroenterology, at the Walsall Manor.

Mark talked very eloquently and sympathetically and at a level that everyone could understand with regards to all types of Gastric Cancers. He took lots of questions from the floor covering a variety of subjects, i.e. Reflux and PPI's, the usual questions regarding B12 and Dumping Syndrome. What to and what not to do when experiencing these problems and "Diarrhoea" not the nicest of things to talk about, but just one of the many problems we all seem to experience after surgery, thanks a lot Mark, that chicken balti may never taste the same again!

A gentleman by the name of Tom Collins also attended, he is a representative of Walsall Health Watch, and came to collect the results from a survey which we had been asked to take part in at our last meeting. It was how we thought, we as patients, were dealt with, and did we get the right or wrong directives during our diagnosis and aftercare, sadly

no one had completed them so he ask everyone if we would complete them at the meeting so that he could take them away with him for them to analyse, we wait in anticipation?



The next surprise was from Joanne & Richard Parry who made a fantastic donation of £65.50 which they had raised by making and raffling a "Big Big Teddy Bear". A massive thanks to Jo & Richard for their wonderful gesture. Unfortunately we do not have a picture of "Teddy" but he was a really big fellow and we thank Jo for her great skill and patience making him.

Then there was another unexpected surprise from a gentleman by the name of Alan Kubara, who works for BT. He and his fellow colleagues run a raffle at work, paying £1.00 a week, when they have raised enough they split that money and donate it to various cancer groups, this time it was us, Walsall UGI, who received, guess what, a "fantastic" cheque" for £800.

Just goes to show there are a lot of nice, caring and very generous people out there.



Dr Mark Cox looks on as Alan Kubara presents a cheque for £800 to Colin Scrimshaw.

Another very big thank you to "CRAB SWEEP " that's the name of the BT raffle .

That's about all from the Walsall branch except to say don't forget our next meeting date April 16th, room 10 on the 3rd floor and also free parking .

We look forward to seeing you all.

Alf Baker

**Heart Rate Monitors Donated to QEHB
Gastric Physiotherapy dept.**

The QEHB Oesophageal & Gastric Cancer Support Group (by heck, thats a mouthful) have donated a number of heart rate monitors to the Gastric Physiotherapy Department at QEHB. These will be used to check the heart rate of pre-op patients and to make sure that they are carrying out the excises they say they are doing to improve their fitness before surgery. It has long been known that the fitter a patient is before an operation the better their chances of recovery and the shorter the stay in hospital.



QEHB OGCSG member Val Munroe presents the heart monitors to Jonathan Weblin, Senior Physiotherapist of the Gastric Cancer Medical Team.

Future Events.

Our sales stall at Sandwell s looking forward to a busy time throughout March with both Mothers Day and Easter to look forward to. We have a great selection of both Mothers Day and Easter Cards and a selection of gifts for Mothers day and specialy wrapped and presented Easter goodies suitable for adults and children. Come and join us at one of our Thursday sales days and grab yourself a bargain.

Letters & Tips

Can I pass on a massive thank you to all of you who sent me birthday greetings on Friday 2nd of March. I never knew how many of you knew the date, let alone how much you cared. A special thank you to Dr. John Gilson and all of the nurses and care assistants who formed a crescent to sing a very tuneful "Happy birthday to you" while my chemo drugs were being pumped through my body. Under the circumstances I had a very good day.

The Next Meetings.

The Queen Elizabeth UGI support group meet on Thursday 8th March at 2pm. The meeting will be in the new venue of Education Centre Room 1 and the guest speaker is Dr. Alex Hollis.

Sandwell's meeting is in room 9 of The Education Centre at Sandwell Hospital at 2pm on Friday 23rd March. Our guest speaker is Dr Philip Harvey, research registrar on Dr. Trudgill's team who will bring us up to date on the research program. Because of the new layout and entrance to the Education Centre I have found that the easiest way to find your way there is to park on outpatients car park as close to Hallam Street as

you can, and then walk along Hallam Street to the hospital main entrance where the Education Centre is directly in front of you. The next meeting at Walsall Manor is on Monday 16th April at 2pm. There is free carparking at both Sandwell and Walsall meetings.