



## Swanage SemiColons Support Group Newsletter No. 4

### December 2009

Since the last news letter we have held 3 meetings. In the September meeting we had a talk on diet by the local dietician. October brought a trip to Haskins and Hobbycraft which everyone enjoyed. In November, whilst Pat and I went to London to see Sister Act, Pete ran the coffee morning supported by Alison. Suggestions for next year were discussed. (See dates below)

Our support group has been running for 9 months, we hope you are finding the meetings beneficial to you. We have enjoyed running these meetings and as stated earlier are always open to suggestions for new ideas. If you do know of anyone affected by bowel cancer do encourage them to come along.

We have also forgotten to tell you that Pat and her husband have kindly agreed to be our treasurers and help with the finances. So a big thank you to them.

We hope that you have a good Christmas and look forward to meeting you all in 2010

### 2<sup>nd</sup> DECEMBER CHRISTMAS MEAL- Isle of Purbeck Golf Club

14 of us will be attending this event so we look forward to a lovely meal and a good chat.

### 13<sup>th</sup> Jan + 10<sup>th</sup> Feb

Please note the change of venue for Jan and Feb,(a mix up with the Queensmead computer system) do ring us if you are unsure of where it is. We have also changed the May date as we are away on holiday on the second week in May and we need Pete to drive the bus!

### SPONSORED BIKE RIDE SATURDAY 17<sup>TH</sup> APRIL

April is Bowel Cancer Awareness month. To coincide with this the main SemiColons group along with the nurse specialists and doctors from Bournemouth, Poole and Dorchester Hospitals are organising a sponsored bike ride between Wimborne ,Dorchester and Poole Hospitals to raise awareness (don't worry it's the doctors plus Alison who are doing the ride!!) What we will be responsible for is manning a stand with refreshments for riders on the seafront during the afternoon and obviously promoting our organisation and distributing awareness leaflets. I hope to get press coverage etc. and have put aside the March meeting to sort out all organisational details. So please put the 17<sup>th</sup> in your diaries we'll need plenty of man power.

MEETING DATES FOR 2010

DATE	ACTIVITY	VENUE
13 <sup>TH</sup> JANUARY	Coffee morning-catch up on Christmas news and enjoy a coffee and a chat	URC Church hall (note change of venue)High Street opposite Arkwrights
10 <sup>TH</sup> FEBRUARY	Angela Grant will be giving a talk about diet with reference to The Bristol Centre which she attended	URC Church hall (note change of venue)
10 <sup>TH</sup> MARCH	Coffee morning to organise group for sponsored bike ride	QUEENSMEAD
14 <sup>TH</sup> APRIL	Talk by one of the local community nurse team	QUEENSMEAD
19 <sup>th</sup> MAY (note 3 <sup>rd</sup> Wed not 2 <sup>nd</sup> )	Mini bus/coach trip to Exbury Gardens	
9 <sup>TH</sup> JUNE	Walk in Purbeck Area (Jean and Angela to sort) Pete will plan a drive for those not wishing to walk	QUEENSMEAD
14 <sup>TH</sup> JULY	Alison to arrange talk on enhanced recovery	QUEENSMEAD
11 <sup>TH</sup> AUGUST	Coffee morning	QUEENSMEAD
8 <sup>TH</sup> SEPTEMBER	Coffee morning with relaxation!! A local relaxation practitioner will be coming along to teach us some relaxation techniques	QUEENSMEAD
13 <sup>TH</sup> OCTOBER	Trip to Haskins	
10 <sup>TH</sup> NOVEMBER	Coffee morning	QUEENSMEAD
8 <sup>TH</sup> DECEMBER	Christmas meal	TBA