

;The Semi-Colon;

**SEPTEMBER
EDITION
2016**

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So much has happened since this time last year and it has certainly been a traumatic time for the Support Group. Following the Northern General Colorectal Team's decision to withdraw their help we were faced with the prospect of closure.

However, at the February Members Meeting the overwhelming view of the Members was to carry on independently. As a result of this, the Steering Committee examined all the options and have taken the following steps to ensure that we can continue independently:

- Michael Warren agreed to take on the Chairmanship and has all the experience and enthusiasm to take us forward.
- The Group has also been strengthened by the new Steering Group member, Trevor Beck, who will give us much needed help on a wide variety of areas.
- Our Support Group policy will continue to compliment the first class work of the Northern General Colorectal Team but we will need to establish better lines of communication if we are to succeed.
- Group Finances are stronger than ever thanks to some excellent fundraising by a number of members. We can now plan ahead with a full programme of events for 2017 and into 2018.

We also would like to thank the Sheffield Central United Reformed Church for their generous offer to help us with the cost of Room Hire.

After such a dismal start to the year we can look forward with confidence to a very promising future. Our members have shown their determination and desire to maintain the Group and the revitalised Steering Committee will do everything to succeed.
Ed.

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RECENT BEREAVEMENTS

It is with great sadness that we report the loss of:

Norah Greaves
Colin Cottingham
Hilda Vinter

All of whom were much loved members of our Group over many years.

CARERS

When our Group was formed in 2005 it was intended to give support not only to Bowel Cancer Patients but also to their Carers.

Trevor Beck, one of our newer members, brought up the issue of Carers at a recent Steering Committee. He felt that we should endeavour to seek greater involvement of Carers in all our activities and to emphasise their vital importance.

It was agreed that all Carers who have lost a loved one should be reassured that they remain as important members of the Group and that we hope and trust that they will continue to attend our meetings.

ANNUAL WALK

This year's event was yet another success and enjoyed thoroughly by all who took part. Sheffield has more trees within the city than any other city in the UK and this walk, through Endcliffe Park, is probably the most idyllic. Walking is one of the most beneficial exercises for anyone recovering from bowel cancer - and it costs Nowt!

Don't miss next years walk—you are guaranteed to enjoy it.



ANNUAL COACH TRIP TO HARDWICK HALL

Our trip last year was to Hardwick Hall, just a short journey by coach from the Sheffield United car park meeting point. Owned and managed by the National Trust, Hardwick is steeped in History and situated in a location with the most panoramic views. The weather was kind and everyone had a most enjoyable day. Sadly we were not able to have a trip in 2016 but will do our best to resume next year. Please let us know if you have some ideas for somewhere new to visit that is not more than 60/90 minutes from Sheffield.



MEMBERS INPUT

In order that our Group can provide the best support possible it is vital that we receive your suggestions on future talks, speakers, visits or other activities.

We also need any news or stories that you might wish to be included in future Newsletters.

DATA PROTECTION

Now that we are self managing our Group we no longer have details of members addresses, telephone numbers, or emails.

Those of you who wish to be contacted, and are willing to let us have this information, should pass it on to Gaynor Taylor.

We can assure you that we will strictly observe the confidentiality of this data in compliance with the Data Protection Act.

THE YEAR AHEAD 2016—2017

Date: Wednesday 14th September 2016, 1,30—3,30pm
Speaker: Karen Totty, Community Stoma Nurse
Subject: .Stomas

Date: Wednesday 12th October 2016, 1.30—3,00pm
Subject: No speaker—this is a drop in session

Date: Wednesday 9th November 2016, 1.30—3.00pm
Speaker: Ms Hunt, Colorectal Consultant
Subject: ‘Experiences in Africa’

Date: Saturday 17th December 2016 2,15pm
Subject: ANNIE GET YOUR GUN

Date: Wednesday 14th December 2016
Subject: Christmas Social 1.30—3.00pm

Events for 2017

- Diary for all Meetings will be available in December
- Our Annual Trip will be held in May 2017 - details later.
- Endcliffe Park Walk will be held in June 2017 - details later.
- A future show at the Crucible will be organised if there is sufficient interest.

Help Needed

We are still seeking the help of someone who has expertise in Website design to enable us to update and modify our existing site. Please contact the editor if you know of someone. Thanks.
Ed.