

# ;The Semi-Colon;

## SEPTEMBER EDITION

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The first half of 2015 has seen a few important changes which, we trust, will strengthen the Support Group for the future.

Liz Cooper took up the lead role for the Colorectal Nurse Follow-up Team and has quickly established an excellent relationship with our members in the SBCSG.

We also installed a new Website design in January as a result of a joint project with Hallam University. Details of this are outlined on Page 2.

We are so grateful to the Project Matrix Team, the 12 students who took part and, especially, Katie Harris who designed the winning entry.

The project would not have happened without the enthusiasm and energy put in by Luke Regan who led the Project Matrix team.

Hallam University are to be complimented for their commitment to helping local charities in this way.

We are hopeful that we may be able to develop further projects with Hallam University in the future.

Many new members joined our Group this year and we continue to maintain very good attendances at our meetings. We are looking forward to our Autumn programme leading up to our Xmas Social on 9th December.

We have noted that information about our Group has not been displayed recently at the various Clinics. We are taking steps to put this right as soon as possible.

If you have any news or comments about our Group please pass them on to me for our next newsletter in December.

*Dil Scrivens.*

*Website: [bowelcancersupport.org](http://bowelcancersupport.org)*

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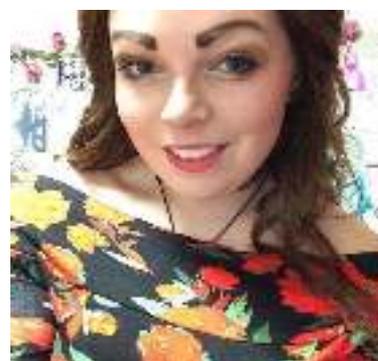
## **NEW WEBSITE DESIGN**

The launch of our new website in January came as a result of the Project Matrix Team at Hallam University offering to run a student design project. The project was to form a component of their degree course and 12 students volunteered to take part. Each student had to identify our Groups requirements and to produce their own design proposal. On completion, each student gave slide presentation of their final designs before a panel of University staff and 3 members of our own Group.

The results were outstandingly good, not only because of the designs, but also because of the huge amount of time and effort that the students put in. It was hard to to make a choice between them but eventually we all agreed

Katie showed enthusiasm, determination, effort, ability and ingenuity—all the qualities any future employer would want. We wish Katie and her fellow students the future success that they deserve. The project also produced a new logo which we now use on all correspondence.

To see our new website enter:  
[bowelcancersupport.org](http://bowelcancersupport.org) or search:



## **ANNUAL WALK– ENDCLIFFE PARK**

This year's walk 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 the most suitable and beneficial exercise for anyone recovering from bowel cancer.

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



## **ANNUAL COACH TRIP TO HARDWICK HALL**



.Gaynor Taylor organised this year's trip to one of our more local historic sites. Our coach was full to capacity yet again, proving the popularity of our annual trips. Whilst many of us had visited Hardwick before we all enjoyed the opportunity to discover more of its history.

We were very fortunate with the weather and are beginning to wonder how Gaynor can arrange this so often??

The coach journey was very short and

.gave us more time to explore the Hall at a leisurely pace. The coach initially stopped off at the historic mill nearby where we saw a most interesting demonstration of the ancient flour making process.

Trips like this can be very tiring for many of us but everyone coped by taking plenty of rest breaks or some refreshments at the excellent café facility. Each year it gets more difficult to choose a new venue to visit that is not too far and not too arduous. Please let us know if you have some good sugges-

## **STEERING GROUP MEMBERSHIP**

We are seeking a few new members for our Steering Group. In order to enhance our range of skills and to bring in fresh ideas.

Ideally, we would like the following:

- A bowel cancer patient or carer.
- Someone who would be able to attend most Group and Steering meetings.
- Someone with basic skills in either computing, finance, organising.

The time demands would not be too onerous - only a few hours for around 6/8 months per year.

Our volunteers receive no expenses but are hugely rewarded by the satisfaction of doing something that is really helpful and worthwhile.

Please check our website for the date and times of our meetings.

If you are interested or require more information please contact the editor

# **THE YEAR AHEAD**

## **2015—2016**

**Date:** Wednesday 16th September 2015, 1,30—3,30pm  
**Speaker:** Liz Cooper  
**Subject:** Laparoscopic surgery and Enhanced Recovery.

**Date:** Wednesday 14th October 2015, 1.30—3,00pm  
**Subject:** No speaker—this is a drop in session

**Date:** Wednesday 18th November 2015, 1.30—3.00pm  
**Speaker:** Lynne Smith, GI Physiologist  
**Subject:** Assessment and Treatments for Bowel Dysfunction

**Date:** Wednesday 9th December 2015  
**Subject:** Christmas Social

### **Events for 2016**

- Diary for all Meetings will be available in December
- Group tickets for SHOWBOAT will be available at the next meeting on 16th September 2015. Limited number only—book early!
- Our Annual Trip will be held in May 2016 - details later.

