



;The Semi-Colon;

March, 2012

Special points of interest:

Diary dates for Support Group and Steering Group in 2012

and

ABC Events on page 1.

February Talk by Viv Goodfellow and Xmas Social on page 2.

Coach trip to Castle Howard on page 3.

Vancouver holiday story—Alan Staniforth on page 4.

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SPRING EDITION

We began our new year's programme with an excellent talk on 'Post-operative recovery and Stoma formation' given by Viv Goodfellow. A brief report is given on page 2.

DIARY UPDATE FOR 2012

Wednesday, 21st March	Drop-in session (no speaker)
Wednesday, 25th April	Speaker: SN Amin Consultant Colorectal Surgeon
Wednesday, 16th May	Coach Trip—Castle Howard
Wednesday, 13th June	Annual Group Walk
Wednesday, 12th Sept	Speakers: Cath Marshall , Helen Rickards, Weston Park Hosp.
Wednesday, 17th Oct	Drop-in session
Wednesday, 14th Nov	Speaker: Dietician
Wednesday, 5th Dec	Christmas Social

Our next talk on 25th April is on the subject of Surgical practice and laparoscopic surgery. Mr Amin is one of the UK's leading consultants—you really shouldn't miss this talk!

ABC Events

The ABC members have organised public awareness events on the following dates:

24th March	Fargate	10am-2pm
25th April	Asda, Chaucer Road	10am-1pm
23rd May	Tesco, near Wicker	10am-1pm
16th June	Grenoside Gala	10am-

Further events to be arranged later in year.

Georgia Thompson would welcome our support at these events and all are invited - even for a brief visit.

FEBRUARY TALK

Viv Goodfellow gave the February talk on 'Post-operative recovery and Stoma formation' to a very well attended group. This talk proved to be a most helpful and interesting subject and was the first time we had included stoma formation in any detail. Such was the interest that Viv was bombarded with questions afterwards. The general feedback from everyone who attended was that this was one of the most helpful talks we have received. It was evident that a great deal of preparation had gone into the presentation and we are so grateful to Viv for her time and effort.



XMAS SOCIAL-2011

Special thanks to all the volunteers who provided the buffet for our annual Xmas social, The event was a very happy and enjoyable occasion and a fitting end to a successful year.



A superb buffet was enjoyed by all.



Frank Yates on the left, Xmas tree on the right!

CASTLE HOWARD



We are confident that this year's choice of venue will be hugely popular.

Gaynor Taylor has been making the plans and organising the transport and guided tour. When these are finalised we will be sending every member the full details

The coach will leave from the Sheffield United car park as usual (Thanks to Frank Yates for making the arrangements with Sheffield United).

Journey time will be roughly similar to the York visit so we will be making a comfort stop along the way. There is so much to see in the house and the beautiful gardens that we will need to take plenty of rest stops during the day . We are assured that the house does provide good facilities and access for those with disabilities.

So, make sure you have made **Wednesday, 16th May** clear in your diaries because this is a **must do!**





Downtown
Vancouver

A cautionary tale from Alan Staniforth for those going on holiday or even visiting Castle Howard— always leave enough time to get back to your coach!

‘Alan Staniforth, at the end of a great holiday in Vancouver, decided to squeeze in one more trip to the Aquarium in Stanley Park. Knowing his coach was leaving his downtown hotel at 2pm he left the Aquarium and went to the bus stop.

It was pouring with rain and there were no buses or cabs to be seen. Eventually a bus came and Alan jumped on,—phew.....but then he missed his stop! All was not lost. Alan jumped off the bus and went into a nearby hotel where he explained his predicament to the very kindly staff. They telephoned his hotel and arranged for the coach driver to rescue him. Luckily he reached the Airport just in time!!!!!!!!!!!!

Founder member—Barbara Robinson

came across this Pale Ale which was made to commemorate the life of the Chairman of ‘Rhythm and Booze’ who lost his battle with bowel cancer. Not only is the ale a very good drink but every bottle sold raises 10p to ‘Bowel Cancer UK.’



Thanks Babs for this and especially the two sample bottles you gave to the Editor and Chairman (Brian).

Thank you to all those who contributed to the articles in this edition of the Newsletter. Please keep the stories coming!

Ed.