



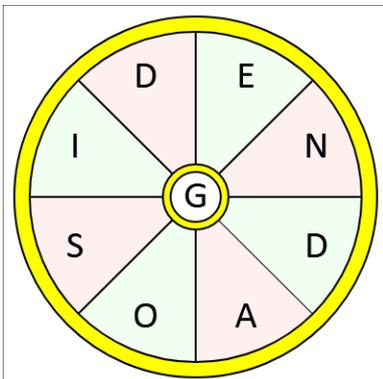
Welcome to the February Newsletter!

(This month there's a word puzzle and links (if you stay on-line) to a couple of useful sites, you'll recognise them by their logos – just click on them.)

Still in the middle of a Covid lockdown but we found a ray of sunshine at our last zoom meeting which was so good! More and more members are getting help to set up zoom and we really enjoyed seeing each other and catching up. Members who attended the last meeting were: Steve, Denise and Stuart, Moira, Jackie, Jim and Margaret, Sing Man, Virginia, Don, Ernie, Kevin, Marilyn and Maria. Here is their news:

Steve and Liliana

Both Steve and Liliana remained ill for some while with a bad cough and eventually rang 111. They were both tested at Plumpton and fortunately tested negative for Covid. Steve almost wishes it had been Covid just to get it over with. Both are fine now, I am pleased to report. They shop with click and collect but have been unable to walk much with the bad weather persisting. However, Steve has



Find as many words, of six or more letters, that you can. Each word must contain the middle letter. There is one word of all nine letters.

redecorated two bedrooms and is about to start on another. He sees his grandchildren once a week to give his daughter some respite.

Sing Man

Sing has been struggling. Last year she was due to have a new kitchen installed, but it was interrupted by the first lockdown. It was eventually installed but dragged on for four weeks. During these lockdowns a scan and a

doctor's appointment were delayed. She now has a CT scan due in March and an MRI scan in August. She is very concerned that these might also be delayed. Sing also has a cyst on her pancreas and is due another blood test. What is really sad is that she is unable to see her daughter who lives in a care home. We wish you well Sing! (Since this meeting Sing's details were sent to Mark Whitcomb from Macmillan, who rang her to provide further support and advice.)

Maria

Maria is coping well but finds life difficult as she is still visiting Spain every month or two. Fortunately, her brother in Spain is improving after his fall, but it has left him unable to walk. Good news is that her son Hussein (a lawyer in London) and his wife are expecting a baby imminently, so life looks healthy at the moment.

Marilyn

Marilyn greeted us with the excellent news that her 5 year colonoscopy was clear! She had a bit of a worry when her colon got blocked 2 nights before our zoom meeting, but it cleared and she didn't have to go to hospital. She has written 15 limericks during lockdown and she remembered a very funny to recite to us. All is OK with Marilyn, but she

reminded us that if we haven't lost anyone, we are bound to know someone who has. It's a sobering thought.

Kevin

Kevin is fine but had a worrying time last month as his wife had phlebitis (inflammation of a vein). She had to go to Hayward's Heath hospital, but is now over the worst.

Ernie

Both Ernie and Jane are well but suffering from boredom! Ernie told us about an email he received from Mark Whitcomb from Macmillan, asking if any support group members needed help following lost appointments or support in any way. He is championing this support effort and if anyone feels that can make use of this please contact Steve.

NB – Since the meeting I have contacted Mark Whitcomb on behalf of Sing, as her buddy.

Jim and Margaret

Both danced around the kitchen on Hogmanay and enjoyed Balmoral chicken (chicken stuffed with haggis). Jim is feeling better and certainly looked better. Both have been following a Joe Wicks exercise programme every day at 12 noon. Margaret keeps herself busy and zooms a lot. Family live close by and bring themselves to the front door, often with cake!



Don

Don and Chris are both well and feel blessed living so close to Telscombe Tye, where they can walk and see both the sea and the downs. Don has been retired for 8 years but isn't used to having such an empty diary. He claims they are spending less, create less food waste and feel their diets have probably improved. They have been glued to the US political scene. As National Trust members they have managed

to get round not seeing family in their house by arranging to meet them at NT venues. Their daughter, a midwife at Hayward's Heath has moved out to be nearer her work. Don & Chris Skype regularly to keep in touch with friends and to do a weekly quiz. They were both tested for Covid in the week as their daughter's boyfriend was suspected, but both tested negative. Hooray! They are looking forward to a hug or two!



Virginia

Isolated in March as she suspected she had Covid, but she is fine. Neighbours in her street have set up a WhatsApp group where they suggest cafes and places to eat. Working as an osteopath has had to be conducted by phone or zoom. Virginia has quite enjoyed lockdown. She gardens when weather permits and has discovered Laithwaites. However she restricts her wine intake to one 125ml glass of wine a day (a punishment, according to Stuart!). Recently her husband did something rather special for her birthday. As he is in no way computer literate, he gathered together several photos of friends and relations and made a collage on their dining room table as a surprise. How inventive!

Jackie

Shaughn has been unwell and they had to call 111. Apparently it wasn't his heart, which they feared, but sleep apnea. When his sleep was monitored Shaughn stopped breathing 8 or 9 times in one night. Jackie discovered that her driving licence now has to be renewed every 3 years owing to her MS. Also, very annoyingly her PIP payments are reduced by £20 a week as she can, with considerable assistance, prepare meals. A bowel specialist is helping Jackie to challenge this. Most significantly, she has had to give up working on a Thursday morning for the Seahaven Food

Bank which is a shame. Her son, Jonathan is very protective and finds jigsaws and other activities like mandala colouring to keep her busy. He recently had a photograph of the two granddaughters enlarged and turned into a jigsaw. Both she and Shaugn had Covid tests at the beginning of January which proved negative. A new mattress that she and Shaugn bought recently is guaranteed for 18. Years and Jackie thinks it might outlive them!

Moira

Despite these odd times, Moira is fine. She has her son, his dog and cat living with her at present.

She has recently had a blood test and is awaiting the results. Good luck Moira! She says the conversations she tends to have are on the lines of “What are you having for dinner today?” Recently she met **Pam** who is still undergoing treatment. Pam doesn’t do technology but sends good wishes to all.

Stuart and Denise

We are still isolating but have a small bubble with our daughter and her two children. Oscar our special needs grandson has had a positive Covid test, but is totally asymptomatic and full of beans, but it does mean we can’t see him except on zoom. Lily comes to us twice a week to do her home online learning. We have had our vaccines so feel very relieved and grateful. We have been dry in January and looking forward to a little celebration on 1st February.

Stuart was diagnosed with prostate cancer recently, but it is in the very early stages, so he is not having treatment, but is under “active surveillance”.



So, what are we all doing to keep ourselves active and busy during lockdown? These were just some of the things mentioned: tai chi, walking, Joe Wicks’s exercise programme, re-learning French, playing Beatles tunes on the piano, writing limericks, mandala colouring, jigsaws, creating pictures with crystals, gardening, going to the supermarket, watching tv, zooming - the list goes on! Maybe you could check out the [C-Side website](#), especially some recent posts covering developments in cancer treatment. Other news that’s come in has been about the research being conducted by Cardiff University, inviting a public response to a recently published book “Living your Life with Cancer” based on ACT (Acceptance and Commitment Therapy). Participants are invited to critique the book in the light of their own cancer experiences. If anyone is interested, please email Steve.

Our next meeting is on Tuesday 23rd February at 2pm – we hope by then to have a list of possible venues for our future meetings with the individual characteristics of each venue from which we can select.

Hope to see you then!