



Newsletter - January 2021

A HAPPY NEW YEAR TO EVERYONE!

Next zoom meeting – Tuesday 26th January 2021 from 2.00pm

(We intend having monthly zoom meetings at the same time that we would normally have our face to face meetings – i.e. on the last Tuesday of the month from 2.00pm. It would be so lovely to see you, even if you just pop in for a few minutes.)

I trust that everyone enjoyed Christmas in their own way despite lockdown and the many restrictions placed on us. The need to celebrate is too strong to ignore! We met up with our daughter Anna and our two grandchildren: Lily and Oscar. Santa was very kind to us all!



Since the last newsletter we managed a very successful Zoom meeting on 15th December which was attended by 13 members. Unfortunately, Steve was unwell (with a bad cold rather than Covid) and having set up the meeting he had to leave early. We were very pleased to welcome Sam Johnson-Gregory (more of Sam below). Virginia sent her apologies as she was working late, and poor Don tried unsuccessfully to link with us. Attendees were Steve, Erika, Jackie, Moira, Kevin, Margaret & Jim Gray, Ernie, Maria, Sam and me and Stuart.



We discussed possible venues for our meetings and when they might take place, several members took on the responsibility of contacting potential venues. However, the latest lockdown has meant we are unable to conclude anything, but we have made several useful contacts with potential locations.



Because the only current option for meetings is Zoom, this severely limits communication and all activities which would normally central to our regular meetings. However, our web-site remains a valuable means by which members are kept up to date with articles relating to living with and beyond bowel cancer, its treatment and current medical research. There are also links to sources of much useful information and links to other related sites. So please visit us at www.c-sidebrighton.org

Ernie put out a general request for photographs of scenes and sites in your vicinity to be used on the web-site. They appear as the featured image on the web-site's home page, which is changed from time to time, they are also displayed in a gallery on the "Lockdown Landscapes" page. The photos could be of the countryside, architecture, street or any other feature in your locality, anything that has pleased you. You can see above just a few examples of photos submitted by our members and currently on view on the web-site.

Here's a few notes about some of our members, if anyone has news they'd like circulating then please let us know.

Sam

Our new member Sam is a 39 year old single mother of three who lives in Ringmer. Her children are aged 6, 11 and 17. She trained and is employed as a social worker but was diagnosed with bowel cancer and had her operation in March 2020. Fortunately her ex-husband has been very supportive and moved in to help with the family, which he continues to do. Welcome to C-Side Sam!

We discussed exercise at our zoom meeting and Sam told us about a YouTube site with an exercise trainer: Leslie Sansone, called "Walking Workout". It is very upbeat and American, but just about doable (for me!) and enjoyable. I have had a go and it gets progressively more demanding. I would also recommend a Tai Chi DVD called Tai Chi Fit over 50 Balance Exercises by David Dorian Ross. It is gentle and really improves balance and strengthens the core muscles.

Maria

Maria is very sad as her brother in Spain is unwell. She has been visiting him monthly throughout the Covid period, adding to the pressure of running her care home in these difficult times. We wish you well Maria!

Jackie

Although Jackie looks blooming and has a super new hair style, her MS is proving difficult. She explained that she has been invited in to see her GP but is not sure exactly why. We hope this is resolved positively.

Steve

Unfortunately Steve has continued to be unwell. It is still not diagnosed as Covid, but it is an infection of the respiratory tract. He is improving and blames his grandson for putting him in this precarious state of health!

Meanwhile, we are all doing our best in these trying lockdown times. Stuart and I are now on grandparents' duty twice a week as we home school Lily while her mum is teaching. Lily could go to school, but misses the usual routine and seeing her usual friends so she only goes in once a week. All her lessons are on line. Hats off to the teaching staff who have to go in to teach the children of frontline workers, as well as organising online lessons.

Best wishes to you all – Denise and Ernie