



Welcome to the June Newsletter!

Our next meeting will be face to face, unless the government alters arrangements and the Indian variant becomes a further problem. It will be on:

Thursday 24th June, 2.00pm at the Whiteway Centre, Whiteway Lane, Rottingdean.

Please bring something towards what we hope will be a tea party, a social event and a real celebration! Cakes, biscuits, sandwiches, savouries – all will be welcome. We also hope to have our usual raffle, with Nicole and Joan helping. Again, any raffle prizes would be appreciated. It is so long since we met face to face that I'm sure we will have loads to talk about. The Whiteway Centre has a courtyard where we can sit if the weather is fine. If our return to "normality" is delayed, Steve will arrange a late zoom meeting. Several members hope to reschedule their work or other commitments to attend.

Our last, virtual, meeting was on May 25th, those present were: Steve, Denise, Stuart, Don, Moira, Maria, Jackie, Erika, Sam, Mike Bonsor, Margaret & Jim, Kevin, Phil, Marilyn

Valley cushion and pump – Steve has been contacted about these items, used to relieve pain following rectal surgery or childbirth. It is free to anyone who wants it. He will bring it to our first meeting.

Other news and comments raised at the meeting were:



Ernie- Sadly, Ernie is standing down from the committee and reducing the time spent

with C-Side. He has been a stalwart and a committed member from the beginning, and we want to take this opportunity to thank him for the hard work and contributions he has made over many years – as Chair, committee member, IT specialist and friend. He is still prepared to manage the C-Side website and help us with any IT concerns, although he might be an infrequent visitor. We wish you and Jane well Ernie, and hope you can both attend our celebration event on 24th June at our new venue.

Mike Bonsor – It was really good to see Mike, but he now works 4 days a week, so might not be able to attend our Thursday afternoon meetings. Mike is doing a sponsored cycle ride on 19th June called "Chase the Sun". It starts at sunrise (4.41am) on the Isle of Sheppey, and 205 miles later, will finish at Burnham on Sea, Somerset at sunset (9.30pm). Mike hopes to raise money for a group of charities including Bowel Cancer UK, Macmillan, Dementia UK, the MS Society and others. He will send his "Just Giving" details to Steve, who will post it on Facebook and send it to all members. Please sponsor him for his great effort. Good luck Mike!

Phil – Since last month, Phil has had confirmation that his cancer has returned. The tumour is next to his aorta and he has arranged to have the

operation privately, to avoid a six-week wait. His operation is on 7th June and somehow he must be at London Bridge Hospital for a 9am start. It will probably mean travelling up by train and staying at a hotel overnight – all unnecessary complications as he must isolate beforehand. He must even keep away from his partner. It has been very stressful getting things sorted. Fortunately Phil is extremely fit (cycling, walking and running). We shall be thinking of you on that Monday Phil and wish you the best of luck.

Steve – Has received an NHS letter regarding Abdominal Aortic Aneurysms. All men over 65 are invited to be tested for this



condition which tests whether the aorta is bulging or has increased in diameter. Although the chances of having this problem are slim, it is another example of the NHS looking at preventive measures. It mainly affects men and risk factors include smoking and excess alcohol.

Don - Don said he had experienced the Bowel Screening Programme's new poo stick. It was very clear and easy to use. He was impressed. Don's son and partner are getting married next year, having been together for 14 years.

Jackie – is still working at the Seaford Storehouse (Seaford's food bank) and is torn about giving up her session on a Thursday to attend our meeting as the food bank deals with such vulnerable people. She will do what she can.

Erika – Has sent round a petition she received asking the government to permit choirs to meet even if they are not professional. In an illogical move, the government have said that only professional choirs can meet together in more than groups of 6. When it is possible for sports

fans to meet and larger groups in all sorts of venues, it does seem very unfair. Erika will also be sending the petition to Steve to put on our Facebook page.

Maria – always good to have Maria present, although she was only a disembodied voice this time. Her zoom sessions are set up by someone else who wasn't around to put on the video. She could see and hear us, but we could only hear her. Denise and Stuart promised to visit her before our first meeting in the Whiteway Centre to make sure she has all the appropriate information.

Mags and Jim – Both are beginning to get out and visited a Greek restaurant recently with a cousin from London. They are also members of the Posh Club (as is Moira) and have been on an outing on an open topped bus with refreshments and Cava included. Sounds great!

Sam – said all was well with her and her family, although she has had a flare up of her back condition and a calf muscle injury. However, she too is "getting back to normal" and taking her Mum out shopping and for a meal soon – something she used to do every month.

Moira - says everything seems fine, although she is expecting blood test results soon and feels anxious about these.

Kevin – is still busy painting his house. He commented on how many businesses in Rottingdean seem to have shut down following the Covid lockdown.

Marilyn – has seen (and heard) a cuckoo which was apparently welcome but very persistent!

Denise and Stuart – are going on a short break to North Wales on 7th June (Phil's operation day). Will think of him and send good vibes!

So...one or two things look very hopeful concerning the lifting of lockdown and the return to “normal” activities. However, many of us are still juggling emotions connected with our cancer. We will try to support, listen and share.

Good wishes to all, and hope to see you on Thursday 24th June at 2.00pm at the Whiteway Centre.

Finally ... a *rogues gallery* of “when we were very young”! Like to add one of yours? Scan or re-photo them and email to Steve on steve.tedman@sky.com)

