



Newsletter – July 2021

Welcome to the July Newsletter!



I was so hoping that the June newsletter would be the last and that we would be meeting face to face at our new venue on 24th June. However, it was not to be. We have to look forward to post-19th July for a possible lifting of the lockdown, so hopefully our first “live” C-Side meeting will be on Thursday 29th July from 2-4pm at the Whiteway Centre. Rottingdean. We also have our new brochure which has already been distributed to Gill Hilton and the CNS team and to Sarah Back and the Bowel Cancer Screening team. It is much like the old

brochure, but has details of our new venue, an update on the CNSs contact details and most importantly a C-Side phone contact number. Up to now we have relied on email contact and we hope the phone will make it easier for some. The number is: 07708 676499. At present I have the phone but the committee can decide the best way to keep it.

You will see from the news below that we still had 10 members joining our zoom meeting, despite sudden changes of plan. There were 4 apologies from Steve, Marilyn, Don and Jackie.

Other news and comments raised at the meeting were:

Steve – Steve had a urinary tract operation two days before our zoom meeting and was still in some pain. He set it up so that I could be the host, and then returned to lying on his back – his most comfortable position. Take care Steve and hope you recover soon.

Marilyn – has had a fall in the rain. Fortunately she hasn't broken any bones and was helped by a burly man to her feet. But she is bruised and needs to have an expert to bandage some broken skin. She couldn't attend as this zoom meeting clashed with a music session which she didn't want to miss.

Don – is on holiday with a group of friends. Enjoy yourself Don!

Mike – has completed his charity bike ride and is glowing with pride over his achievement! It was only 19 months ago, in November 2019 that Mike had his bowel surgery, yet on 19th June he rode for 15.5 hours, covering 225 miles and raised a

total of £2600. £1000 of this amount was donated by his work. Although it was hard, he kept going, but was unable to bend or climb stairs at the end. The last 4 hours were very difficult. One competitor managed the whole distance on a penny farthing! Mike is a real role model for cancer sufferers who enjoy keeping fit and active.

Phil – has survived some very tricky lung cancer surgery recently which removed a great chunk of his lung. He has now had his entire left lobe removed. The tumour was much more aggressive than originally thought. Fortunately his insurers covered the expense even though they only really covered operations in Brighton. This op was only available in London, so meeting this liability was good. Although it was a lung operation, Mike is still under the Brighton bowel cancer team. A decision will be made in a week or two to decide whether he will have chemotherapy. At present Phil is experiencing considerable pain which is being treated with 2 different painkillers – one taken twice a day deals with background pain,

and one can focus on really strong painkilling, but he can only take them every six hours. However, he is up and about and will soon be riding his bike like Mike Bonsor, I am sure of that!

Maria – has no complaints whatsoever, and is feeling fine. Stuart and I will be going to visit her one day next week to explain the arrangements for the new venue and new timings.

Sing Man – feels well but her medication seems to give her swollen joints. She is very worried about several aspects of her health. The enlarged lymph node on her right side, near the sacrum is slightly reduced by the medication but it has now spread to the left side. She had a CT scan last Friday and is drawing up a list of questions to ask her oncologist in a face to face meeting next Friday when she gets her results. Furthermore, Sing is having an MRI scan for her pancreas. A year ago a cyst developed which is now being monitored. No biopsy has yet been taken but Sing is naturally very worried. She wakes up every morning thinking every day she has is a blessing. A big improvement in her well-being is that she can now visit her disabled daughter three times a week in her care home. All fingers crossed for you Sing.

Margaret and Jim – recently enjoyed their 52nd wedding anniversary with a whole family reunion. Many congratulations to you both! Unfortunately Jim has been experiencing dizzy spells which they are putting down to medication side effects. Although he can function, Jim feels unsteady and hopes that the doctor can sort out his medication. The difficulty has been that he is unable to see the doctor face to face and telephone consultations are so unsatisfactory. As Jim is still under the hospital, the doctor is loath

to act independently. Jim also admits that it could be anxiety. However, both of them are getting about and being active.

Kevin – is fine. He had nothing medical to report but wanted to thank Sing for being so open about her medical condition. Kevin wished her well.

Sam – is OK and kind of glad we met this evening on zoom as she couldn't have attended an afternoon meeting, having been on duty at work. She has been very busy as it is end of term and her daughter has been in a musical with a solo part. It was apparently so beautiful that Sam's mother cried which is unheard of! Sam is still having flare ups with her digestive system and realises the culprits are probably some vegetables, particularly mushrooms and cauliflower – not a good thing as she is vegan. However she is not a motivated vegan or a good cook. She looked great regardless!

Denise and Stuart – have been on holiday in North Wales and Stuart actually had a consultant telephone call regarding his Prostate cancer monitoring whilst we were in Caernarfon! Fortunately all is well. I have been suffering from "cluster headaches" – a rare condition that occurs every day at the same time, affects one side of the face and lasts anything from 2-5 hours. They are totally debilitating. My doctor was quite excited as he had never prescribed for cluster headaches before and had to look up the dosage. I now have a single use nasal spray that usually works within 15 minutes. The headaches have lifted now.

Jackie – was unable to attend but sends everyone her love. Husband Shaun has just had a successful carpal tunnel operation on his hand.

Our next meeting will be (with luck) on Thursday 29th July a 2pm at the Whiteway Centre, Whiteway Lane, Rottingdean. Please bring something for a tea party and an unusual raffle prize would be good! See you then!