

Northern Lymphoedema Support Group Newsletter

Our next get together: Saturday 8th December 2018

12.30 For 1.00 p.m.

The Brasserie, Nuffield Health and Fitness

Contents

A few words from Editor
Events of 2018
Notes of last meeting
Remembrance
Christmas by Dickens!
Christmas lunch/menu
Dates for next year

Welcome to the last newsletter of 2018...



Yes, it's that time again, when we ask ourselves, where has the year gone and the answer is far too quickly!

I have already purchased a new calendar, a one with a memo board attached as I seem to forget so many things nowadays or maybe the memory bank is just too full!

Looking back over 2018, there have been adverse weather conditions, Royal Weddings and the NHS turned 70 years old!

January - Storm Eleanor brings widespread disruption across the country. Theresa May pledges to eradicate "avoidable" plastic waste throughout the UK by 2042 and Sir Elton John announces retirement from touring after nearly 50 years.

February – An earthquake hits the south of Wales, the effects are felt as far away as Liverpool, Birmingham and Cornwall. Heavy snow causes disruption across much of the

UK. Another earthquake strikes, hitting Cumbria this time.

March – Paper £10 notes featuring Charles Darwin cease to be legal tender. Stephen Hawking (Theoretical Physicist, Author and Cosmologist) dies aged 76. The first scheduled flight from Australia to the UK took 17 hours, travelling a total of 9009 miles.

April – Sugary drinks tax comes into force. UK experiences hottest day since 1949 with temperatures reaching 28.5 degrees in Central London. Catherine – Duchess of Cambridge gives birth to Louis Arthur Charles.
May – Wedding of Prince Harry and Meghan Markle at St Georges Chapel, Windsor. Marks and Spencer confirm closure of 100 stores. The first 3D printed human corneas are created at Newcastle University.

June – Government approves a controversial plan for a third runway at Heathrow. England records biggest ever victory at World Cup Game winning 6-1 to Panama. NHS celebrates 70th Anniversary.

July – Royal Air Force marks its 100th Anniversary. RRS Sir David Attenborough is launched into River Mersey. Boris Johnson resigns as Foreign Secretary.

August – Bank of England raises baseline interest rate to 0.75%, it's highest since March 2009. Aretha Franklin – Queen of Soul, sadly passes away.

September – Huge fire destroys part of Littlewoods Pools Building in Liverpool. The Walney Extension which is world's largest offshore windfarm opens off coast of Cumbria.

October – Princess Eugenie marries Jack Brooksbank at St Georges Chapel, Windsor Castle. Pepper becomes first robot to appear

at a UK parliamentary meeting. Facebook hires former deputy Prime Minister Sir Nick Clegg as head of its global affairs and communications team.

November – Doctors are able to prescribe cannabis products to patients in England, Wales and Scotland. Jo Johnson – Transport Minister resigns from Cabinet over Brexit. UK marks 100th Anniversary of the First World War.

December – Unfortunately I am unable to report on, but it could be something like this... Shops report massive rise in Turkey sales. Weather reportedly colder, possible snow forecast.

Strange man seen flying at high speeds on sledge, wearing red with a long white beard!
Oh yes and Brexit still not sorted!

NORTHERN LYMPHOEDEMA SUPPORT GROUP

NOTES OF MEETING HELD ON SATURDAY, 15th September 2018 AT 2PM

Apologies: - Julie Waters, Ingrid Henderson and June Cox.

20 members were in attendance plus Jill Lisle and Kath Clark from St Oswald's Hospice.

Carol thanked everyone for attending and welcomed a prospective new member.

Following the request from the Kendal Lymphology Clinic to support an early day motion, Kathleen had received a reply from the Newcastle North MP Catherine McKinnell enclosing a comprehensive reply from Steve Brine MP, the Parliamentary Under Secretary of State for Public Health and Primary Care. Copies were available for those interested to read it.

There is a list to sign for those interested in attending the Christmas Lunch at Nuffield Health on 8 December. We will meet at the Nuffield at 12.30 for 1pm. Kathleen will either post or email menu choices. Lifts can be arranged from the Regent Centre Metro.

Due to difficulties booking the community bus and the exorbitant hire cost from bus companies, the Summer/Autumn outing regrettably has been

cancelled. Hopefully something can be arranged next year.

Carol welcomed our speaker today, David Hutchinson of Huntleigh Healthcare who will demonstrate their Intermittent Pneumatic Compression System.

David began by describing how the company had been established in Cardiff for 60 years focusing on Obstetrics, Vascular monitoring in hospitals.

They designed the Flowtron machine which massages limbs to avoid DVTs and the Lymph Assist Hydroven H12 evolved from that.

A video was played demonstrating how the Lymph Assist machine works on a limb and our thanks to Morgan, the daughter of Deborah Anthony a new member, who helped sort out the sound problems!

David bravely put the garment on his leg to demonstrate how it works. Although the leg garment is a little cumbersome when unfolded it is attached to a small machine which mimics MLD massage. The session lasts approximately 35 mins and then the garment can be folded again into quite a neat package. It was stressed that this is an aid to help Lymphoedema and does not replace compression garments. Research shows Lymphoedema does improve with MLD. It is recommended for use twice daily. The arm garment works on the same principle and is a little less cumbersome.

The cost is £1,095 but there is a planned interest free purchase plan and it comes with a two year standard warranty.

Many patients had found its use improved their condition but it doesn't work for everybody. The only contraindication is if the patient suffers from a cardiac condition but your health professional would advise.

Carol thanked David for an excellent presentation.

We had a break for refreshments and questions and the raffle was drawn.

Kathleen Brown



Remembrance

Services have been held all over the world commemorating those who lost their lives in the Great War,

Richard and I attended a Remembrance Service on 11th November in Wooler; part of the service paid tribute to Piper Daniel Logan Laidlaw, 7th Battalion Kings Own Scottish Borderers, of Doddington, Wooler.

He won the Victoria Cross at Loos on September 25th, 1915.

He states: - “We were waiting in the trenches as patiently as we could while our artillery gave the enemy a good bombarding – a task that took more than a day. On the Saturday morning, we got the order to take the German trenches. At 6.30am in the morning, the bugles sounded the advance and I got over the parapet with Lieutenant Young who, I am sorry to say, has since been killed. I had the pipes going and the lads gave a cheer as they started towards the enemy’s lines. As soon as they showed themselves over the trench top they began to fall very fast, but they never wavered, but dashed straight on as I played the old air they all knew ‘Blue bonnets over the Border’. I ran forward with them piping for all I knew, and just as we were getting near the German lines shrapnel caught me in the left ankle and leg. I was too excited to feel the pain just then, but stumbled along as best I could. I changed the tune to ‘The Standard on the Braes o’Mar’. It is a grand tune for marching on. I kept on piping and piping and hobbling along after the laddies until I could go no more, and then, seeing that the boys had won the position, I began to get back as best I could to our own trenches. I got there somehow, and it is as much as I can remember.

In February, 1916, and following the Privy Council held at Buckingham Palace, the King held an investiture at which he personally decorated a large number for distinguished services during the war. Among those was No 15851 Piper Daniel Laidlaw, 7th Battalion Kings Own Scottish Borderers, for most conspicuous bravery prior to an assault on a German trench near Loos and Hill 70 on September 25th 1915. The official account states:-“During the worst of the bombardment, when the attack was about to commence, Piper Laidlaw, seeing that his company was somewhat shaken from the effect of gas, with absolute coolness and disregard of danger, mounted the parapet, marched up and down, and played his company out of the trench. The effect of his splendid example was immediate, and the company dashed out to the assault. Piper Laidlaw continued playing his pipes till he was wounded.” He said the King received him most kindly, shook hands with him, asked particulars how he was progressing, told him he was pleased to have the opportunity of decorating him with the Victoria Cross, and added that he hoped he would live long to enjoy his honour.

This written article was provided by Richard Waters.



Lest We Forget

Please note all images/news articles are taken from internet.

NLSG CHRISTMAS LUNCH – 8th
DECEMBER 2018
AT NUFFIELD HEALTH AND FITNESS
12.30 for 1pm

I have either contacted by email or post all those who had their name on the list for the Christmas lunch. If you would like to attend and have not been contacted, please fill in the form which is included in this newsletter and return it to me by Friday, 30th November.



Thank you, *Kathleen Brown*

Christmas

I remember being part of a film society whilst at high school and every Wednesday a different movie was shown. One year just before Christmas they showed A Christmas Carol by Charles Dickens, starring Albert Finney. I remember coming out of school that night feeling full of Christmas spirit.

It's always been a favourite movie of mine and I think Albert Finney played Scrooge marvellously.

One of the scenes which is just magical to me is when Bob Cratchit goes shopping on Christmas Eve with his children. He is obviously on a tight budget working for Scrooge but still manages to purchase all that is needed for his family for Christmas Day - a very skinny goose, small mystery gifts for the children, Christmas punch and a Christmas pudding.

Although very frugal, still all the important items for the Christmas feast were purchased and the children were so excited about their mystery gifts. When Bob Cratchit returns home, the family are preparing the table, adorning the tree with candles and

hanging paper chains – very simple but so effective.



How I wish Christmas shopping could be so easy, I expect we all feel like doing it the Bob Cratchit way!

I do not think this will be possible but one thing is for sure, I will be watching A Christmas Carol again (probably about the 25th time) ☺

Gifts with a difference

It can be difficult at times when you are stuck for ideas of what to buy people for Christmas, so over the last few years I have tried to make gifts, predominantly of the eating/drinking kind!

A couple of years ago I decided to make non-alcoholic mulled wine; using empty wine bottles, I affixed pretty labels on and tied red and green tartan ribbon around the neck of the bottle. Everyone I gave one too was thrilled and it was so easy to do.

One year I made mini Christmas cakes (cooked in baked bean tins), strange I know, but it worked. I also personalized each one with that persons initials.

Another year it was Christmas chutney with all the tomatoes Richard had grown that hadn't turned red (there were a lot); that went down really well, especially with cheese.

Not sure what I am doing this year, maybe Christmas biscuits, as I am running out of time to do anything really!

I also have a Kilner jar with homemade sweet mincemeat in the cupboard ready to make sweet mince tarts with, (Richard's favourite by the way), so I might just have to make a few at a time!



Julie Waters