



OGCancerNI
Stomach and Oesophageal Cancer Support



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Charity Number: 107492

SUMMER NEWSLETTER

AUGUST 2022

IN THIS ISSUE

STATEMENT FROM BOARD OF TRUSTEES
CHAIRPERSONS UPDATE
MOBILE UNIT LAUNCH
CHARITY GOLF DAY - LISBURN
BRIGHTON MARATHON - IMO
FRANCES HILL & OTHER EVENTS
AUTUMN WELL BEING MEETING EVENTS
ALEX'S STORY - PATIENT STORY
BABIES BABIES BABIES
RECIPE

STATEMENT FROM THE BOARD OF TRUSTEES

We, the Board of Trustees of OGCancer NI, would like to take this opportunity to congratulate our Chairperson, Mrs Helen Setterfield, appointed MBE in the Queen's Birthday Honour's list 2022 for services to patients and families affected by oesophago-gastric cancer. As a patient of oesophago-gastric cancer, over 18 years ago, Helen has since dedicated herself to providing support to those affected by the cancer. This charity would not exist without her dedication and passion and we all know the impact that OGCancer NI has made! Congratulations Helen, we thank you for the impact you have made. An honour well deserved.

CHAIRPERSON'S SUMMER UPDATE



Welcome to the late summer OGCancerNI Newsletter. The magazine gives us a chance to thank people who give up their time to make the charity work. We are mostly former patients, family and friends who are inspired to help others facing a diagnosis of oesophago-gastric cancer. We would not exist without the work of our trustees, committee members and volunteers who freely give up their time to attend meetings, plan and organise, make telephone calls, hold fundraising events or allow us to tell their stories on the website and social media.

We want to thank you all for your time, your commitment and loyalty.

Our first objective is to support patients and their families and our second objective is to raise awareness of this disease. Diagnosing oesophago-gastric cancer early will save lives – that is a fact. We were delighted, when in June this year Mr Robin Swann, Minister of Health, came along to the launch of our new van and the awareness campaign. When the idea of an awareness van was first mentioned we thought it was a daunting project. However, we had ambitious plans.

The campaign message is to motivate people who have the persistent symptoms to get medical help at the earliest possible time before a treatable disease becomes untreatable. Many thanks to David, Sarah and Katie and all the others who have made this campaign a great success. I hope you will enjoy the magazine that Sarah has put together and I look forward to seeing you all soon, face to face, at the autumn wellbeing meeting scheduled for Saturday, 1st October 2022.

OGCANCER NI MOBILE UNIT LAUNCH

In June we launched the OGCancerNI Mobile Unit at Assembly Buildings, Stormont. We received a grant from the National Lottery Community Fund, and along with other partner funders, we purchased a van in which we will attend events around the Province, raising awareness of OG cancer and the services and support we can provide. Look out for us on the road and visit us at an event local to you!



What am I?

1. I have teeth, but I don't eat. What am I?
2. You see me once in a year, twice in a week, but never in a day. What am I?
3. I have a neck but no head. What am I?

Riddles

Receive your newsletter by email



If you would like to receive your newsletter via email please let us know. Email info@ogcancerNI.com to update your contact details

CHARITY GOLF DAY IN AID OF OG CANCER NI - 1st JULY 2022

We would like to thank the Lisburn Golf Club for the Charity event they held on 1st July 2022, in aid of OGCancer NI. It was a fantastic day and the total raised was £11,847.96 Special thanks to Team Hague and Jane for the organisation of the entire event!

Brighton Marathon in memory of Frances Hill



Well done to Jamie Agace, son in law to Frances Hill who ran the Brighton Marathon on 10th April 2022 in her memory! Jamie raised £1370 for OGCancerNI. Jamie had some great supporters on the day!



ONCOLOGY FORUM ICC BELFAST 2022



OGCancerNI received a great reception at the Oncology Forum held at the Waterfront Conference Centre, 26th and 27 June 2022!

OGCANCERNI - SPREADING THE WORD!

Heard us on the radio recently? Seen a OGCancerNI poster along your travels? Our recent awareness campaign has us all over NI. We have been attending a number of events this Summer. Some pictures below. Remember to check the website for events we plan to attend in 2022.

Quiz Night



Gasyard



Radox Antrim Show

SAVE THE DATE - AUTUMN 2022 WELL BEING MEETING - 1st OCTOBER

Saturday 1st
October 2022
@ 11am, Lowe
Church Halls,
191-193 Upper
Lisburn Road
Belfast
BT10 0LL

SAVE THE
DATE



After years of adhering to Covid-19 protocols we are pleased to confirm that the Autumn 2022 Well Being Meeting will be held face to face at Lowe Church Halls, Belfast. The meeting will highlight practical displays for mindfulness exercises and showcase the OGCancer NI Mobile Unit, that is touring NI to raise awareness. The Mobile Unit is one of our key projects and we are recruiting volunteers for the adventure. Please contact info@ogcancer.com if you are interested in volunteering with us!

Hi my name is Alex,

I was diagnosed with oesophageal cancer in January 2019.

My personal experience: the first time I was told I had cancer, came as quite a shock to my system, not only for myself but also my family. However I am here to tell you, that even through your darkest days there is light at the end of the tunnel. The operation is painless - (obviously you will be unconscious during the operation and when you waken it will be over.) When you awake you will be in the intensive care unit (approx 3 days). Specialist nurses will be in attendance during this time, to closely monitor you progress. After this period has passed, you will be moved to the appropriate ward to continue with your recovery. The care from hospital staff (city hospital) is second to none. With the assistance off the occupational therapy team, (A short programme specifically designed for your individual needs will be provided, which primarily consists of different degrees of movement ie walking.) After a period of time - (each individuals needs are different) you will be released from hospital, and recovery will continue at home. Approx twice a week, a nurse will call to your home to ensure the recovery programme is going to plan. Through out the process, a special dietary team will assist you, on how to eat and drink in such a way that your stomach can adjust to its new position within your body. There is always someone to call upon if you need support, for example - Specialist Cancer nurses (City hospital), Dietary team - (City hospital), Physiotherapy team - (City hospital), Local doctors surgery, Family members, OG cancer patients - who have gone through the same procedures as yourself. I have taken early retirement from my work in the public sector, and I currently work 1 day a week as a qualified electrician. I could work more if I had a desire to do so. However as my wife has also taken early retirement we like to go on holidays around Ireland. We hope to travel around Scotland and England next year depending on Covid restrictions. Having a quality of life after this type of Cancer operation certainly is possible, however you must think and act positively. Don't try too much activity too soon, but be active, as each day passes you will get stronger and fitter. There are various cancer groups available, they consist of group activities like exercise classes , yoga/Pilates classes, group walks around local parks etc and a variety of night outs. If you like you can be part of a special group of people who have had similar cancer operations (a group no-one wanted to be part off) but life circumstances brought them together. When people tell me its a great day - I tell them "SURE EVERYDAY IS A GREAT DAY". Be Brave - Be Happy - Be a survivor- but most of all Be a Brave Happy Survivor.

OGCancerNI would like to welcome Tommy Graham to world! Born 19 May weighing 9 pounds. Mum, Karen Graham is one of the CNS nurses based in Belfast City Hospital.



Babies Babies Babies!!

A big welcome to the world to Jack Alan Caldwell born 29 October 2021 Sharon, the OG dietitian based in Belfast City Hospital, is in the picture to the left with her smiling family!



Welcome. welcome, welcome baby Nova Molloy born 4 April 2022. Mummy Leanne, an OGC patient and family in picture to the left.



Whenever you find yourself doubting if you can go on, just remember how far you've come. REMEMBER everything you have faced, all the battles you have won and all the fears you have overcome. Then RAISE your head high and forge ahead, knowing YOU GOT THIS!



MyPositiveOutlooks.com

Cheats lasagne

Easy and calorie-laden

Serves 6 - 8

Preparation time: 15 minutes. Cooking time: 35 minutes

You will need a large shallow casserole or ovenproof pan, roughly 32cm in diameter

Ingredients

1 tablespoon olive oil

1 onion, finely chopped

1 leek, washed, trimmed and finely chopped

2 carrots, finely diced

2 garlic cloves, crushed

750g lean steak mince

500ml tomato passata

60g tomato paste

1 pinch chilli flakes

250ml beef stock

400g fresh lasagne sheets, cut in half diagonally

Freshly milled salt and pepper

For the cheese sauce

50g butter

50g plain flour

500ml milk

200g grated mature cheddar



Method

•Heat olive oil in a large casserole over medium-high heat and fry the onion, leeks and carrots for 5 minutes until soft, then add garlic and stir for 1 minute. Stir in steak mince, breaking up with a wooden spoon and cook for 5 minutes until brown.

•Stir in the passata, tomato paste, chilli flakes and stock. Bring to a boil, lower the temperature and simmer for 5 minutes.

For the cheese sauce

•Melt butter in a saucepan, then add flour, stirring continuously until paste forms – this is called a roux. Gradually whisk milk to the roux, whisking until smooth. Cook for 5 minutes, stir until the sauce has thickened, then stir in half of the cheese.

To assemble

•Preheat an oven to 180°C / 160°C (Fan) / Gas mark 4.

•Remove two-thirds of the meat sauce from the casserole to a large bowl.

•Spread the remaining third over the casserole base and arrange a layer of fresh lasagne sheets on top. Pour over one-third of the cheese sauce. Repeat twice, finishing with cheese sauce and sprinkle with remaining grated cheddar. Bake in a hot oven for 35 minutes until golden.

•Serve with a crisp salad and crusty bread.

OGCancer NI Mobile Unit - Up & Coming Events

Please see below a list of the events our Mobile Unit will be attending in 2022 - Pop along we look forward to seeing you there!!

- Kirkistown Motor Show - 26th & 27th August
- Belfast Mela - Sunday 28th August
- NI Airshow, 10th & 11th September

Remember to check the website for updated event details

Make the Call Service, the service makes sure you're getting all the benefits, services and supports you're entitled to.

Brian Teaser Answers

1. A comb
2. The letter 'e'
3. A bottle

Thanks to

Letsroam.com for the riddles!

make the call



#makethecall to

0800 232 1271

or go to nidirect.gov.uk/makethecall

Northern Ireland only. Calls are free from landlines and mobiles when calling from within the UK.

DURING THIS TIME CONTACT US ON

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