



Charity Number: 107492

OGCancerNI
Stomach and Oesophageal Cancer Support



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WINTER NEWSLETTER

November 2022

CHAIRPERSON'S WINTER UPDATE



At this time of year, we reflect on the year that has passed and plan for the year ahead.

Covid had a negative effect on the charity - we were not able to hold our meetings face to face, and unable to have our stall in the foyer of the City Hospital. We were also unable to meet people out and about. In October however, we were able to hold our first face to face Well-being meeting since 2019. We were delighted with the turnout and a huge thank you must go to Lowe Memorial Church for the use of their premises and the catering. Also thanks to Creighton's Balmoral Garage who provided the sandwiches. We hope that going forward we will soon be able to get back to some sort of normality. The highlight of this year must be the £100,000 plus funding from the National Lottery Community Fund to pay for and maintain the OG Cancer Awareness Van that travels around the Province, attending events, and raising awareness of the early signs and symptoms of oesophageal and gastric cancer. We also had a very successful radio and media campaign alerting the public to recognise the OG cancer signs and to contact the doctor whilst the disease is treatable and #catchitearly.

OGCancerNI was delighted to welcome Sarah to our team this year. Sarah has been a gem, she shares our vision and passion. She has transferred our database to the Beacon platform and has made a lot of improvements to the website. Have a look at www.ogcancer.org.uk - welcome to the team Sarah. OGCancerNI is principally run by volunteers, mostly past patients and their families who give freely of their time and are determined to help and listen to others diagnosed with OG cancer.

To everyone who has contributed donations for the charity in the past year - The Clare Chorale, Lisburn Golf Club, Cushendall Golf Club, Cooke Church for the use of premises that facilitated the sale of model railway collections donated to OGC, the people who raised money holding a quiz, coffee mornings and sponsored events such as reaching the base camp at Mount Everest or climbing Croagh Patrick plus the birthday fundraisers - we are truly thankful. Events like these enable us to run the charity. We cannot operate without the generous support of our donors and supporters. Thank you to each and everyone of our amazing volunteers. We now look forward to next year when the Awareness Van will continue to be out and about. We visit events in all areas of the Province - car rallies, agricultural shows, farm events, Well-being meetings, markets etc. If you know of any events that we could attend with the van, please let us know.

If you can volunteer - perhaps hold a coffee morning, a quiz or deliver leaflets in your area, please get in touch.

We also still have some Christmas cards for sale, we can post these out to you in plenty of time for Christmas. Just email info@ogcancer.org.uk or phone 07568 157450.

I hope you will enjoy reading this magazine and I look forward to meeting with you soon. On behalf of the Board of Trustees of OGCancerNI I wish you all peace and joy this Christmas and better days ahead in 2023.



Christmas Riddles

1. Who will never be hungry during Christmas?
2. He is a man during winters, but he might be a source of water during spring. Who is he?
3. When does Christmas come before Thanksgiving?

Receive your newsletter by email

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



EVENTS 2022

Sean Fitzpatrick Charity Cup -

August 2022

Sean Fitzpatrick Charity Cup event held by the Castlewella and Annsborough Angling Club held in August 2022 raised £700. This was won by Ivan McGreevy who was Sean's best friend. Pictures of Ivan being presented with the cup by Orfhlaith Fitzpatrick and the cheque presentation by Kenneth Pressagh!



VolunteerNow Womens 55+

Health Day



OGCancerNI had a presence at the Volunteer Now Women's Health Day event in Girdwood, it was a very successful day - 140 people attended and the feedback was exceptional!

OGCancerNI Well Being Meeting -8th October 2022

The first face to face OGCancerNI Well Being Meeting was held on Saturday 8th October 2022 at Lowe Church, Upper Lisburn Road, Belfast and what a success it was! Standing room only for our main meeting followed by lots of catch ups over soup and sandwiches. Lowe Church kindly donated the use of their facilities for the event. We shall post a short video version of the meeting on our website and details of our next meeting in Spring 2023! Looking forward to seeing you all there!

Belfast Hour - 10 November 2022



OGCancerNI took part in the BelfastHour on the 10 November 2022 - thank you to Ruthless Media for all your help with our participation in this event!



We also said farewell and good luck to the Ward manager of Ward2North, Ciara Dickson



Patients Story - Gary Carson

From my own experience, recovery from an oesophagectomy can be a very slow process. You need to be very patient, as basically you are training yourself to eat in a completely different way than you have been used to before. The actual sensation of hunger may never fully return. You need to eat smaller portions, perhaps 5 or 6 times a day as opposed to 3 bigger meal portions each day. And also try not to eat anything after 7 O'clock at night. You also need to keep your fluid intake up, although you may not feel thirsty. At night in bed raise yourself up on say 3 pillows instead of laying flat as this will reduce your acid reflux.

For a long time after my operation I felt very depressed, as the enormity of what I had been through really hit home with me. However the Macmillan nurses were always at the end of a phone and always ready to give advice and a listening ear when things became too much. It is now 18 months since my life saving surgery and I thank my consultant Mr Raymond Kennedy and his team each day, for giving me a second chance at life. Make every day count is my motto now, and enjoy every single second of what life has to offer. There is hope for everyone!

Gary Carson

Macmillan Digital Storytelling Project

Michael McGeown, an OGCancer patient has been working with Macmillan as part of the Digital Storytelling Project. The aim of this project is to share authentic, first person stories of lived experience. You can access Michael's journey with cancer, and his particular focus of living with the impact of chemotherapy for oesophageal cancer via the [MacMillan Digital Storytelling webpage](https://www.macmillan.org.uk/digital-storytelling)



Macmillan Digital Storytelling Project

[macmillan.org.uk](https://www.macmillan.org.uk)

The Consumer Council - Information & Advice



Given the current economic situation, The Consumer Council are offering Information and Advice services. You can access this information on line visiting the Consumer Council [website](https://www.consumer-council.org.uk) or calling 028 9025 1600. They can offer Information & Advice on Travel, Energy Bills, Food, Personal Finance and many more issues.

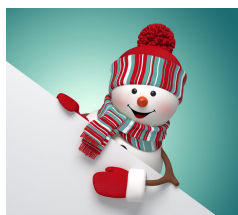
A big welcome to the world from all at OGCancerNI to Dr Jolyne O'Hare newest addition baby Caolan Bradgate. Born on the 3rd April 2022. Pictured here with Mum and his big sisters Sienna and Brook.

Babies Babies Babies!!



Everest Base Camp Trek - Aaron Gallagher

On the 22 September, Aaron Gallagher took part in the Everest Base Camp Trek in memory of his Dad, Sean Gallagher. Donations for this event are still opened through [Just Giving](https://www.justgiving.com)



Scan here to make a donation!

Your donations are invaluable to OGCancerNI. Without them we are unable to provide support services to patients, carers and families of those affected by OGCancer. Thank you for all your help!



Thank you!

Leftover turkey and ham pie - A Christmas Essential!

Serves 6

Ingredients

For the quick rough puff pastry

- 400g/14oz plain flour, plus extra for dusting
- pinch of salt
- 65g/2¼oz chilled butter
- 160g/5¾oz frozen butter

For the filling

- 45g/1½oz butter
- 2 large leeks, washed and roughly sliced
- 1 orange, juice and finely grated zest only
- 50ml/2fl oz medium sherry
- 3 tbsp plain flour
- 500ml/18fl oz chicken stock (or 250ml/9fl oz leftover gravy and 250ml/9fl oz stock)
- 1 heaped tsp wholegrain mustard
- 600g/1lb 5oz leftover turkey meat, cut into bite-sized pieces
- 250g/9oz cooked ham, cut into bite-sized pieces
- 2 tbsp roughly chopped tarragon
- 200ml/7fl oz single cream
- 1 free-range egg, beaten for egg wash
- salt and white pepper

Method

1. For the pastry, mix the flour and salt together in a bowl. Rub in the chilled butter using your fingertips. Gradually add enough cold water to form a dough (about 150-180ml/5-6fl oz).
2. Lightly dust the work surface with flour and roll the dough into a rectangle. Grate 60g/2¼oz of the frozen butter over the bottom two thirds of the dough. Fold down the top third and fold up the top third as if folding a letter. Turn by 90 degrees and roll out again. Repeat, adding the remaining frozen butter and fold as before. Rest in the fridge for 30 minutes before using.
3. For the filling, melt the butter in a large frying pan over a medium heat and add the leeks to the pan with the orange juice, zest and sherry. Cover and cook gently for 6 minutes, stirring occasionally until the leeks are just tender. Remove the lid and increase the heat, reduce the volume of liquid until you are left with a few spoonfuls of buttery liquid. Sprinkle the flour over the leeks and stir to mix evenly. Gradually stir in the stock and simmer for 5 minutes until the sauce has thickened slightly. Add the mustard, turkey and ham and stir. Finally add the tarragon and cream. Season to taste with a little white pepper and salt.
4. Preheat the oven to 200C/180C Fan/Gas 6.
5. Pour the pie filling and sauce into a 1.2-1.5 litre/2-2½ pint pie dish and allow to cool. If you have a pie funnel, put it in the middle of the filling.
6. Roll out the pastry on a lightly floured work surface to about 5mm thick. Cut a 2cm/¾in strip of pastry. Brush the rim of the pie dish with egg wash, then place the pastry strip onto the rim and brush it with more egg wash.
7. To make the pie lid, cut the remaining pastry a little larger than the dish and lift it into place (use the rolling pin to help you). Make a steam hole to expose the funnel (if using). Press the edges to seal then trim away any excess. Re-roll any trimmings and use them to make decorations. Brush the pastry with egg wash, arrange any decorations on top of the pie and brush these with egg too.
8. Bake for 35-40 minutes until the pastry is risen and golden-brown. Allow to cool slightly before serving.

OGCancer NI Mobile Unit - Up & Coming Events

Please see below a list of the events our Mobile Unit will be attending in 2022/23 - Pop along we look forward to seeing you there!!

- Less Survivable Cancers Awareness Day - Events around NI. Check the website for more information!
- OGCancerNI Mobile Unit @ Dungannon Rugby Club - 14 January 2023

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 stuffed turkey!
2. A snowman!
3. In the dictionary

Thanks to Readers
Digest for the Christmas
Riddles!



#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.

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