



Charity Number: 107492

**OGCancerNI**  
Stomach and Oesophageal Cancer Support



[www.ogcancerNI.com](http://www.ogcancerNI.com)  
[info@ogcancerNI.com](mailto:info@ogcancerNI.com)  
**07568157450**

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**SPRING NEWSLETTER**

**FEBRUARY 2023**

## CHAIRPERSON'S SPRING UPDATE



Welcome to the Spring Newsletter. Spring means new beginnings, winter is over and it is time to dust ourselves down and start afresh. I have been linked closely to this support group since my oesophagectomy 19 years ago. Back then we were based in the RVH and affiliated with the OPA charity based in Birmingham. In 2018 we reformed as a local Northern Ireland charity and in 2020 we became registered with the Northern Ireland Charity Commission – NICC No: 107495.

The newsletter is our way of keeping in touch with all that has been happening at OGCancerNI. We want say 'hello' to our new members and also extend a huge thanks to our regular friends. Without your support we would not exist. Our first objective in OGCancerNI is to deliver support to patients and carers, to help them as they recover from this illness and return to lead fulfilling lives. The Well-being meeting is one of the ways that we can do this. The Spring Well-being meeting takes place on 1st April 2023 and on this occasion we will be meeting in the Lisburn Civic Centre, The Island, Lisburn City. Tea and coffee will be available from 10.30am and the meeting will start at 11am. We look forward to seeing you all – but please register your

attendance by emailing us at [info@ogcancerNI.com](mailto:info@ogcancerNI.com) or by 'phone: 07568157450 as it will help with the catering as soup and sandwiches are provided free of charge at the conclusion of the meeting. Our second objective is to raise awareness of the early signs of this disease as the earlier the cancer is caught the greater is the chance to treat it. We have run very successful awareness campaigns using social media, the radio and street posters and you will see in the magazine that in January we joined with the Less Survivable Cancers Taskforce National Awareness Campaign when we lit up buildings green across Northern Ireland. Thank you to our volunteers in all the council areas who helped with this project.

We work closely with other charities. We were delighted to welcome to our office Julie Harrington, CEO GutsUK Charity, and we also link with Action Against Heartburn, Oesophageal Cancer Fund, Ochre, HeartburnCancerUK, MrB's Legacy and other charities in this field.

Also high on our agenda is supporting research which will help patients and lead to an improvement in survival rates. We have patient representatives involved with the Breakthrough All Ireland Cancer Network; Our Shared Vision Roundtable; NI Cancer Network and QUB Research. We are delighted that two Rapid Diagnostic Centres are now up and running in NI and in March we will be meeting with the Health Trusts to get further information about the facilities and resources available at these venues. The OG Awareness Van will be busy in the coming months visiting venues in all parts of the Province. When we are in your area please come along and support us – there are more details on the website. We need volunteers. Please fill in the Volunteer Form (available from [info@ogcancerNI.com](mailto:info@ogcancerNI.com)) if you haven't already done so!

We have also seen some amazing fundraising over the last months. We have very generous and motivated people in our charity and we encourage others to support us and together we can make a significant difference.

Thank you to Sarah who works tirelessly for us and has put together this magazine.

I hope to meet with you at the Well-being meeting on 1st April!

## Brian teaser!

A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

## Receive your newsletter by email

If you would like to receive your newsletter via email please let us know. Email [info@ogcancerNI.com](mailto:info@ogcancerNI.com) to update your contact details



## EVENTS 2022 AND 2023

### OGCancerNI Volunteer Gathering 'Mince pies and mulled wine'

Volunteers were invited to the Patrick J CC Research Centre for mulled wine and mince pies on the evening of the 2nd December 2022. It was great to catch up and reminisce about 2022 - and look forward to a busy 2023!



### 11th January 2023 - Less Survivable Cancers Awareness Day

OGCancerNI engaged with Councils in Northern Ireland to illuminate certain Council buildings green as part of the Less Survivable Cancers Awareness Day. Volunteers were pictured at the illuminated buildings. Thanks to all those who took part! The Mayor of Mid & East Antrim Borough Council, Alderman Williams, hosted a reception for OGCancerNI on the same day! Thank you Mr Mayor.

**We're lighting up Northern Ireland**  
Read the post for details of where

11th January



OGCancerNI had a presence at the Volunteer Now Men's Health Day event in Girdwood Community Hub. It was a very successful day and enjoyed by all!

### VolunteerNow Men's 55+ Health Day November 2022

### Dungannon RFC quiz!

A huge thanks to Davy Farrell and to the President and Committee of Dungannon RFC for hosting a quiz in aid of OGCancerNI on 12th January 2023. £505 was raised. The entrance fees, totalling £804, from the All Ireland League match (Dungannon v Rainey Old Boys) were also donated.

### Coffee Morning Fundraiser

Colleagues of the late Iain Macdonald held a coffee morning in his memory in late 2022, raising £481.25 for OGCancerNI. A huge thanks to all those involved!

### Dromara Quiz night December 2022

Locals held a quiz night in aid of OGCancerNI on 2nd December 2023 at Square One. A great night had by all. The evening raised an amazing donation of £777!



A huge thanks to George and Sarah Walker who, with the Galway Court Bingo Club, raised £560 for OGCancerNI over the festive period!

### OGCancerNI Spring Well Being Meeting -1st April 2023

**SAVE  
THE  
DATE**

RSVP to  
[info@ogcancerni.com](mailto:info@ogcancerni.com)  
or call 07568 157450

OGCancerNI Spring  
Well Being Meeting  
1st April 2023, 11am  
@ Lisburn Civic  
Centre  
Key speakers:  
Dr R Turkington &  
Sharon Caldwell, Dietitian



**OGCancerNI**  
Stomach and Oesophageal Cancer Support



OGCancerNI attending the Low County Dyno Day at Kirkistown Racing Circuit on 26th November 2022. A great time was had by all!



### Low County Dyno Day Kirkistown

## Educational Podcast for the School of Nursing and Midwifery

The Specialist Practice in Cancer Pathway Education programme is a two year part time programme of study at the School of Nursing and Midwifery, Queen's University Belfast. It is for registered nurses working in cancer care. Many of the nurses on this programme are in Clinical Nurse Specialist roles in Health and Social Care Trusts in Northern Ireland. Dr Helen Kerr is the lead for this programme of study. One of the key aspects of this programme of study is the crucial role the non-statutory sector has in providing care for individuals with cancer, and their families and carers. In January 2023, Helen Setterfield and Lorraine Pinkerton from OGCancerNI recorded a podcast with Helen Kerr on the range of services provided by OGCancerNI to individuals with oesophageal or gastric cancer which include the support, education and advocacy role. This was a dynamic and passionate conversation which will no doubt provide crucial insights into how nurses can raise the profile of OGCancerNI to patients and their families. Thank you Helen and Lorraine for your time and interest in supporting cancer education for nurses!



### Volunteering for OGCancerNI

**Volunteering can be a very beneficial undertaking, not only for you but also for those you help directly or indirectly and the impact can be long lasting! There are many ways to volunteer for OGCancerNI. For more information please email [info@ogcancer.org](mailto:info@ogcancer.org) or call us on 07568157450.**



**We currently need more volunteers.**

- **for our up and coming events**
- **we need people willing to drive the OGCancerNI van**
- **and to assist in the planning of the next Oesophacycle.**

### 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 by visiting the Consumer Council [website](https://www.consumer-council.org) or calling 028 9025 1600. They can offer information & advice on Travel, Energy Bills, Food, Personal Finance and many more issues.

### OGCancer NI Mobile Unit - Up & Coming Events

**Please see below a list of the events our Mobile Unit will be attending in 2023. Pop along - we look forward to seeing you there!!**

- Saturday 18th February The Patrick G Johnston Centre for Cancer Research is hosting an open day to the public. A link to the event details can be found on our website
- Saturday 1st April OGCancerNI Spring Well Being Meeting 2023, Lisburn Civic Centre
- Volunteers Training Event - Date in May TBC
- Tuesday 17 October - Horatio Todd's quiz in aid of OGCancerNI

The 2023 Agricultural and Country Shows around NI will begin in June 2023. We intend to have a presence at as many of these events as possible.

**Remember to check the website for updated event details**

**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!**



# World Cancer Research Fund Cook Book

The World Cancer Research Fund Cook Book is a great resource for a variety of different recipes and budgeting, planning of your '5 a day'. Please email me if you would like the link the e booklet. Here are the details of one of my favourite recipes!

## Chicken Chow Mein

### Ingredients

250g wholewheat dried egg noodles (4 x 62.5g nests or 5 x 50g nests of noodles)  
1 tablespoon vegetable oil  
350g skinless frozen chicken breast, defrosted, cut in half and sliced  
1 onion, cut in half and sliced  
½ red pepper, sliced  
1 large carrot, cut into matchsticks  
125g savoy cabbage, shredded  
125g broccoli, florets only, cut into smaller pieces  
½ teaspoon Chinese five-spice  
2 tablespoons reduced-salt soy sauce  
Spring onion to taste

Number of portions: 4

Cooking and preparation time: 25 minutes  
Cost per dish: £3.88 (based on serving 4)



### Method

1. Prepare the noodles according to the packet instructions.
2. Heat the oil in a wok or deep, large pan on a high heat.
3. Add the chicken and cook for 3 minutes, stirring constantly. Add the onion, red pepper, carrot, cabbage and broccoli then stir continuously for a further 5-7 minutes. Cook until the chicken is cooked through and the vegetables are softened but still crunchy.
4. Add the Chinese five-spice and soy sauce. Stir through to mix. Turn off the heat.
5. When the noodles are ready, drain them and add them to the wok, mixing thoroughly.
6. Serve immediately

Move More NI is an exercise referral service available in your local Council area. It supports those living with cancer to improve their health & wellbeing. Funded by Macmillan Cancer Support, it works in partnership with the Council and local Health Trusts. A representative from Move More will be attending the OGCancerNI Spring Well Being Meeting



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

### Brian Teaser Answer

The river was frozen.  
Thanks to The Readers Digest for the teaser!  
[www.ogcancer.ni.com](http://www.ogcancer.ni.com)  
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07568157450

make the call



#makethecall to

**0800 232 1271**  
or go to [nidirect.gov.uk/makethecall](http://nidirect.gov.uk/makethecall)

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

## CONTACT US ON

OG CANCER NI  
PATRICK G JOHNSTON CENTRE FOR CANCER RESEARCH QUB  
NIC: 107492