



OGCancerNI

Stomach and Oesophageal Cancer Support



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Charity Number: 107492

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CHAIRPERSON'S WINTER UPDATE



2023 was a busy and productive year for the charity and it looks like 2024 will be even busier. The Information Desk at the City Hospital foyer on Tuesday morning is back in action. This is ably organized by Julie and Lorraine. Thank you, Ladies! Among other events, we have held three successful Well-being meetings, including one in the Northwest of the Province. The Comfort Packs have also been very well received by the patients on Ward 2 North as have the telephone calls to new patients. It is through meeting people that we effectively spread our message and ensure that as many people as possible are made aware of the symptoms of oesophago-gastric cancer. Our OGCancerNI van visited numerous events in 2023, travelling more than twice the miles it covered in 2022. This has given us the opportunity to meet up with OGC friends from around the Province plus the chance to interact with members of the public face-to-face.

Forward to 2024 and we are planning ahead, starting with a further awareness campaign in February using social media, outdoor advertising, radio and by attending many public events, including the Lurgan Show where OG Cancer NI will be the chosen charity. It just remains for me to wish you all a Healthy and Happy New Year. May all your dreams come true!

**Well Done
Cara!**



When Cara's mum passed away from an illness that she had never heard of, she set herself a goal of becoming an expert in it.

Just before Christmas Cara was awarded a PhD in oesophageal cancer related research.

Congratulations on a great achievement!

What a wonderful way to honour your Mum's memory!

Brain teaser!

These are found in the Harry Potter books and in Lord of The Rings too. They help make Christmas gifts that Santa brought to you. What are they?

**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



A huge thank you to Mackey's Bakery, Lisburn and to John and Margaret Scott for raising £1520 as part of their annual Christmas Ballot. OGCancerNI are thankful for their continued support over the years!

THANK YOU!

We were recently contacted by the Carers Support Services of the Belfast Trust who are providing a Carers Identification (ID) Card in recognition of the contribution that carers make to the Belfast Trust. The card is valid from 1st June 23 to 31st May 2024. Carers use the card as proof of their current caring status. To apply for the card follow the [link](#).

The Carers' Service have developed a booklet to inform carers of concessions and discounts which may be available. You can access this [information at](#)

<https://belfasttrust.pagetiger.com/carercncession23/1>



EVENTS 2023

Since our last newsletter in September 2023, we have been extremely busy hosting and attending a variety of events throughout Northern Ireland. During October we attended both the Men's and Women's Health days, organised by Volunteer Now at Girdwood Community Hub. Horatio Todd hosted a quiz to raise funds for OGCancerNI, as did DJ Magiggs in Newcastle! We attended the races in Kirkistown and hosted the Information Stand at the Belfast City Hospital. November was an exciting month, with the OGCancerNI North West Well Being Meeting being held in the Foyle Arena, Londonderry! We also visited a number of Musgrave Marketplace sites around Northern Ireland.



OGCancerNI Volunteer Christmas Gathering in the Long Gallery, Stormont

On Friday 1st December 2023, we hosted the annual OGCancerNI Volunteer Christmas Gathering in the Long Gallery, Stormont. Welcomed by Stewart Dickson MLA, a Trustee of OGCancerNI, the volunteers were entertained by a



fantastic performance from Colin Urwin, Glenarm storyteller & singer-songwriter and Denis Hession, who welcomed in Christmas with a great sing along!

Musgrave Marketplace own the Centra and Supervalu sites throughout NI.... we plan to visit as many of these as possible in early 2024 to continue to raise awareness of the signs and symptoms of OG Cancer!



OGCancerNI Winter Well Being Meeting November 2023

Due to generous funding received from the Halifax Foundation, OGCancerNI had the privilege of hosting a Well Being Meeting in the Foyle Arena on 11th November 2023. It was a fantastic opportunity to get patients, carers, family members and medical professionals together. The picture to the right includes the Key Speakers at the event. We are working to improve support services in the North West, so watch this space!

Credit to Kerri Quinn, Derry News, for the picture!

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.com or call us on 07568157450



Patient Stories - 2024 Awareness Campaign

Our previous awareness campaigns have proved to be very successful, with our awareness raising slogans reaching all over the world! The patient stories that we publish receive the best feedback! A personal story reaches out to others in a much more effective way than facts and figures and can provide a sense of belonging to a community on a similar cancer journey. Planning is already underway for 2024 -it will be a busy year for OGCancerNI, with our Awareness Campaign continuing in early 2024. We would love to include your patient or carer story in our campaign. If you are interested in sharing your journey please contact info@ogcancer.org or call 07568157450.

THANK YOU FROM OGCANCERNI

We are continually surprised and overwhelmed by the continued support we receive from all over Northern Ireland and beyond. Dedicated volunteers continue to raise funds and raise awareness of the symptoms of oesophageal and gastric cancer! We are so thankful for all the support we receive. A big thanks to Patrick Collins for donating a bottle of McConnell's whiskey for the Horatio Todd Quiz night, alongside the wonderful hampers provided by Gerard, from GM Marketing and his mum Mary! The County Down Traction Engine Club made a £2k donation, raised at their Charity Easter Traction Engine Road Run to support Ian Pearson, an OG Cancer patient. THANK YOU!



EVENTS 2024

2024 is shaping up to be a busy year. Please see below, a list of some up & coming events. Please keep an eye out on our website for further details.

- January, February & March - Centra/ Supervalu stores, Information Stands
- Awareness Campaign 2024
- February Oesophageal Cancer Awareness Month
- April London Landmarks Half Marathon
- April Spring Well Being Meeting - 13th April 2024
- June Oesphacycle
- June Lurgan Show - OG are the Charity of the Year
- Kirkistown Truckers Event - 8th June
- June, July & August - Country Shows
- Portaferry Sails and Sounds 1st to 4th August
- Autumn Well Being Meeting - 28th Sept 2024



BioScales at Belfast City Hospital



OGCancerNI have funded the purchase of the Seca 515 mBCA medical Body Composition Analyzer which is now in use in the Upper GI Outpatients department at the Belfast City Hospital. This is a very exciting piece of equipment which will provide accurate body measurements on patients in under 20 seconds including weight, fat mass, body water and muscle mass among others. This data will aid in identifying patients at risk, support optimal nutritional interventions and enable easy monitoring of patients throughout treatment thus supporting better clinical practice for the Oesophagogastric service.

Your generous donations to OGCancerNI have made this possible. Thank you!

Trifle Recipe with a simple, sweet twist on an old favourite

Following the OGCancerNI Winter Well Being Meeting, key speaker, Aine O'Neill, UGI Dietitian, has provided us with a sweet recipe for the festive period..... or anytime!

Preparation time:
20 minutes
Serves 2 people
Cooling Time - 1 hour

Ingredients

- 2 jelly cubes
- 250ml water
- 10 sponge fingers (70g)
- 100g cream cheese
- 60g 'Angel Delight' powder (flavour of your choice)
- 20g skimmed milk powder
- 200g canned fruit cocktail
- 100g custard ready to pour
- 200ml of double cream



Method

1. Prepare a very dilute jelly flavoured solution: add 2 cubes of jelly to 200ml of hot water. For the first layer of the trifle, use the food processor to finely chop the sponge fingers into very small pieces less than 4mm in diameter
2. Add a layer of the finely chopped sponge fingers to a tall desert glass, then soak them in 50ml of the jelly solution.
3. Drain the fruit cocktail and place the fruit cocktail into the blender and pulse it until all particles pass the fork test. Add a layer of the fruit on top on the sponge fingers.
4. Next, prepare the angel delight layer. Thoroughly mix the angel delight powder, skimmed milk powder and cream cheese together in a blender. If this is too stiff, you can add some double cream to loosen the mixture. Add a layer of this to the trifle.
5. Top the angel delight layer with a layer of fruit cocktail. Follow the fruit cocktail layer with a custard layer.
6. Finally, add a layer of whipped double cream.
7. Refrigerate for at least one hour, allowing the sponge fingers to soften and the trifle to cool.

ENJOY!

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.

Make the Call, the service that makes sure you are receiving all the benefits, services and supports that you are entitled to.

The Consumer Council - Information & Advice

Given the current economic situation, The Consumer Council is offering Information and Advice services. You can access this information on-line by visiting the Consumer Council [website](#) or calling 028 9025 1600. It can offer information & advice on Travel, Energy Bills. Food, Personal Finance and many more issues.

Brain Teaser Answer

Answer: Elves
Thanks to Readers Digest for this riddle

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