

# Northern Lymphoedema Support Group Newsletter

**Our next meeting: Saturday 16<sup>th</sup> March 2019 2 – 4 p.m. within the Learning and Development Room at St Oswald's Hospice, Gosforth.**

**Please note this will be our AGM**

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Welcome to the NLSG spring newsletter.

Whilst compiling this edition, I realise we are nearing the end of February and it really feels like spring is in the air! Are we being fooled? Can you recall this time last year? Struggling through the snow, parts of the UK at a standstill; hopefully we won't see a repeat of that (fingers and toes crossed).

Hope our members are all keeping well and that this coming year is a good one for you all. Did anyone make resolutions? Maybe starting a new diet/healthy eating regime, or maybe plans to join a new exercise class or take up a new hobby?

I recently picked up a leaflet for a dance class in Hexham called Jive Alive, so I think Richard and I are going to give it a twirl, (excuse the pun), however, we will have to wait a while as he has just had a knee replacement, therefore those dancing shoes will have to stay in the shoe rack just a bit longer!



## Christmas Lunch

A note of thanks to Kathleen once again for organising our annual Christmas Lunch at the Brasserie; a scrumptious feast was enjoyed by all and as we relaxed with coffee and sweet mince pies, Violet played Christmas carols and festive music on her flute.

I was informed on the day that a few members had to cancel at the last minute which was a shame, unfortunately we still had to pay the deposits; therefore we feel that this coming year it would be reasonable to ask for a deposit of £5 prior to the Christmas lunch to cover such eventualities. I am sure you will all understand.

## Website

Ready, steady, go –

If you do have access to a computer or the internet please take a look at the NLSG website [nlsg.org.uk](http://nlsg.org.uk)

## **Possibly try and log on after 16<sup>th</sup> March**

The website has been built by Monica's brother Joe Burns who works in website development. There are links to the LSN (Lymphoedema Support Network) and St Oswald's Hospice. The website also provides information relating to future meetings/events and previous newsletters.

After looking at the LSN website, in specific local support groups we are one of the few to have our own website!

***I do realise you have been waiting for this for some time, so apologies once again! However I am sure you will be happy with the results.***

## Handy hints and tips

- Although ants don't do much damage, they can still be off putting, especially if they are in the vicinity of your doors and windows. If you sprinkle neat bicarbonate of soda around the ant's entrance and exit it should hopefully deter them from coming into the house.
- Do you have any old spectacles you no longer use? If so, you can donate them to the 3<sup>rd</sup> world for re-use. Just ask at your local optician; they may take them off your hands or suggest an optician that can.
- To save money, make your own gifts. My friend made me a Friendship Cake for my birthday once, it was really tasty and such a thoughtful present. (I believe it originates from Germany).

Talking of cakes, here's a recipe for a courgette cake, you heard it right, not carrot but courgette!

### **Courgette Cake**

#### Ingredients

Butter for the tin  
2 large eggs  
125ml of vegetable oil  
85g soft brown sugar  
350g courgette, coarsely grated  
1 tsp vanilla extract  
300g plain flour  
2 tsp cinnamon  
¼ tsp nutmeg  
½ tsp bicarbonate of soda  
½ tsp baking powder  
85g walnuts, roughly chopped  
140g sultanas

#### Method

Heat oven to 180C/160C fan/gas 4  
Butter and line a 2lb tin with baking parchment. In a large bowl, whisk the eggs, oil and sugar, then add the courgettes and vanilla.

In another bowl, combine the remaining ingredients with a pinch of salt.

Stir the dry ingredients into the wet mixture, then pour into the tin. Bake for 1 hr, or until a skewer inserted into the centre comes out clean. Leave to cool then serve, or freeze for up to 1 month.



### **What's your story?**

How would you feel about sharing your story?

A few years ago I wrote an article about my Lymphoedema which was secondary due to a cellulitis infection when I was 18, although only diagnosed about 8 or 9 years ago.

It's taken a long time to come to terms with my Lymphoedema but I have accepted the condition now and try my best to "manage" my Lymphoedema.

For example, weight management/healthy eating (not going so well at the moment), exercise (getting better at that) and looking after my skin (quite good at that).

Last summer my daughter Kerri and I spent a few days in Keswick, Cumbria. We always try to plan a few walks and on this trip we managed two. We walked the circumference of Derwent Water and climbed to the top of Walla Crag. The only drawback other than me being unfit and not that accomplished at map reading was the heat which was 28°C; yes you guessed it, our trip coincided with the hot weather last summer, however we soldiered on. Kerri was obviously in front and kept giving me words of encouragement which was going well until she called me Lymphy! Very funny Kerri!

We certainly covered some miles on that trip and I knew I had overdone it, my leg was painful, swollen, blotchy and I had blisters

(don't be cross Jill and Kath); however the heat had exasperated things and once rested with legs elevated etc. all went back to normal.



**The image in pink is me trying to get to the top!**

I realise not everyone may want to talk about their Lymphoedema and that is understandable. For me personally reading about other people's experiences has given me an insight in to how they came to have Lymphoedema and how they have coped; additionally, it has also shown me I am not alone and some of the thoughts and feelings I have encountered are mirrored by others.

Would be good to hear from you....



*Please note some of images/information are taken from internet.*

## Next Speaker

On Saturday 16<sup>th</sup> March we have Jeanne Everett of Hadenham Healthcare who will be demonstrating Kinesio taping.

**Kinesio Taping was developed in the 1970's by the Japanese chiropractor Kenzo Kase**



**The idea behind the tape is to apply a gentle lift on the skin, which then allows the lymphatic vessels underneath to absorb and drain lymphatic fluid from the oedematous area into an area with sufficient lymphatic drainage. The goal of this method is to re-**

**direct the flow of lymph from a congested area into an area with sufficient lymphatic flow, thus reducing the volume of the oedematous area.**

The first time I was introduced to Kinesio Taping was by Tanya Magan who specialised in manual lymphatic drainage therapy. Tanya instructed me how to cut and apply the bandaging to my affected limb.

I recall visiting Tanya in the early days of being diagnosed with Lymphoedema; I was always amazed at how little pressure Tanya would need to apply to stimulate my lymphatic system; I would often lie there and think I hope this works. After the session, I would stand up and have to run to the toilet and the swelling in my leg always looked considerably reduced.

However this is something we can put in practice ourselves (SLD)!

I am not that good at doing this, so when you see me at the meeting, give me a nudge and say SLD!!!

**We will look forward to welcoming Jeanne on the 16<sup>th</sup> March.**



