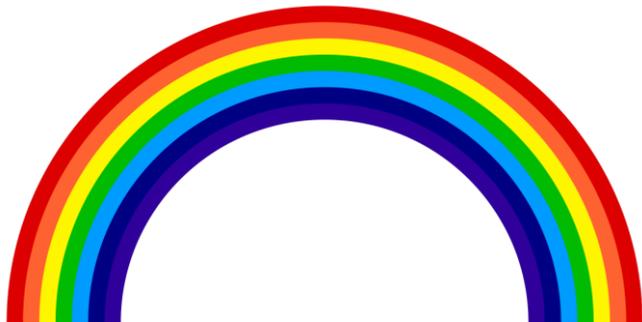


Northern Lymphoedema Support Group Newsletter

Please note due to the
Coronavirus Pandemic
there will be no meeting in June.



A note from the Editor

Dear all

Firstly, may I send everyone out there a cheery hello and hope that you are all keeping safe and well in the current climate.

These are unprecedented times and I do not think anyone could have anticipated that a lockdown would be in place with so many restrictions to adhere to. Although it may be some time before we can get back to our usual routines etc., we must forge on and we will get through this.

A message from Kathleen

Regretfully, we had to cancel our planned meeting on 14th March due to the coronavirus pandemic. The advice we were receiving at the time was a little confusing, but it was thought to be the best course of action and as the lockdown was announced shortly after, the committee felt it was the correct action.

Thanks to Stewart Brown (Kathleen's husband) who took on the mammoth task of contacting all our members by telephone!

Sadly, it does not look as though our meeting planned for 13th June will be able

to go ahead but hopefully, the meeting on 12th September may be possible depending on the advice about social distancing.

Our NHS

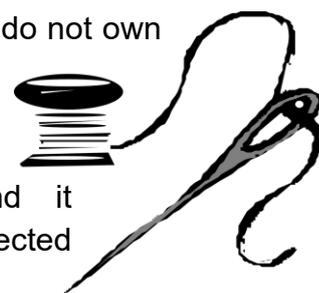
We are fortunate in the UK to have the NHS. I can only imagine how difficult it must be for all the front-line staff facing this pandemic day in, day out. There are also carers working in homes and in the community, they are all doing such an amazing job and I think we all would want to say thank you.

We have been clapping every Thursday night at 8.00 p.m., we even went as far as banging on pans with a wooden spoon last week! Even if you are unable to go outside, this can still be done from your window. I believe this weekly joint effort is bringing our communities together once again and hopefully this will continue going forward.

What are you doing to keep yourself busy during lockdown?

Gardening, decorating, and spring cleaning seem to be on a lot of to do lists! It is also an opportunity to spend time doing your favourite hobby. I came across some "fat quarters" (squares of material) in the supermarket, so decided to make some face masks.

All sewn by hand as I do not own a sewing machine, but I am quite pleased with the finished product and it makes me feel protected when I must go out.



Be kind to yourself

During these anxious and worrying times, be kind to yourself. Relax with a book or a good film, do something that makes you happy, go for a walk if you can. Make some time chat to friends or family.



St Oswald's Hospice

Like many charities, St Oswald's launched a Covid 19 appeal and in response we sent £100 from the NLSG comprising of £60 we raised last Christmas instead of sending Christmas cards plus £40 from our funds.

We received the following letter from Ian Turner, Supporter Care Team Manager, at the Hospice in reply:

"Dear Mrs McConnell

Thank you!

I would like to express my sincere thanks for your very kind donation of £100.00 from Northern Lymphoedema Support Group, which we gratefully received on 06/04/2020.

Coronavirus is the biggest and gravest challenge St Oswald's Hospice clinical teams, supporting staff, volunteers and patients have ever faced in our almost 35 years of caring. We, like you, are all still struggling to come to terms with it. By giving this donation, you have shown your invaluable support of your local charitable hospice and we cannot thank you enough for helping us all get through this critical time.

Thank you once again, we couldn't do it without you!"



Book Reviews

Well the lockdown has certainly given us time to read those books! So, I am going to give a couple of recommendations following Julie's article in the last newsletter on Professor Noel Fitzpatrick's autobiography, which I also received as a Christmas present and thoroughly enjoyed reading.

Firstly, I did enjoy Pam Ayres collection of verse "Up in the Attic" some of her poems were hilarious and others reflective, and I could relate to all of them! It was a book you could dip into during the lockdown. Her last poem was very apt in these strange times

"Who goes there" and was written as a thank you to our emergency services and I found the last verse particularly poignant.

"Thanks to all the people that we hope we never meet,

In vehicles we hope will never speed into our street,

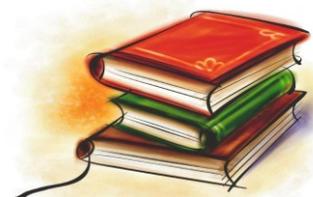
The fire, police and ambulance, the lights, the sirens blare,

We never want to see you,

But we thank God you are there."

Secondly and in total contrast, I read another book "Lady in Waiting" by Anne Glenconner. She

was born in 1932 the eldest child of the 5th Earl of Leicester. As a daughter she would not inherit the vast ancestral Holkham Hall in Norfolk or the family fortune (not so now) and was brought up to secure an eligible husband. Lady Anne enjoyed a privileged childhood (shades of Downton Abbey) with friendships with Princess Elizabeth and Princess Margaret. She was chosen as one of the six Maids of Honour at the Queen's Coronation in June 1953 and I found the description of the day fascinating as I well remember it, being age 9 at the time. Anne goes on to marry Colin Tennant (later Lord Glenconner) who bought the island of Mustique in the Caribbean where the parties and guests were legendary. They had five children but tragically lost two grown up sons and she nursed her third son out of a coma following a motorbike accident. It was a difficult marriage. Lady Anne became Lady in Waiting to Princess Margaret and travelled worldwide with the Princess. Lord Glenconner died in 2010 leaving his entire fortune to a former employee. The final chapter tells of Anne enjoying her freedom out of the shadow of the crown and her husband. She is a resilient lady and I would recommend reading her well written book. It certainly gives a glimpse into how the other half lives.



Kathleen Brown

Phrases and what they mean.....

Daylight robbery – Meaning blatant and unfair overcharging.

Apparently in the 1690's William III was short of money and decided to introduce Window Tax, the amount you paid depended on how many windows you had in your house, obviously the rich always paid more. People went to great pains to avoid paying it and would brick the windows up.

True blue – Meaning loyal and unwavering in one's opinions or support for cause.

True blue is supposed to derive from a blue cloth that was made in Coventry in the late middle ages. The town's dyers had a reputation for producing material that didn't fade when washed, it remained fast or true. The phrase was "As true as Coventry blue".

Everyone is baking....



Since the lockdown, it has been a challenge to buy flour, everyone seems to want to bake! I couldn't get any self-raising flour, but a friend suggested adding baking powder to plain flour to see if that would help it raise, and it turned out fine.

Still haven't mastered bread making yet though.

I remember my mam making bread, kneading the dough, then putting it near the fire to prove and eventually into the oven, after what seemed an age out would come the most beautiful bread, the smell was divine, and yours truly would be waiting for it to cool, butter and knife at the ready.

Thinking back, Sunday's were always the baking day in our house, mam would have an apple pie, a cake, jam tarts on the go as well as the Sunday dinner, I know I would struggle with all of that in one go!

Exercise and Movement

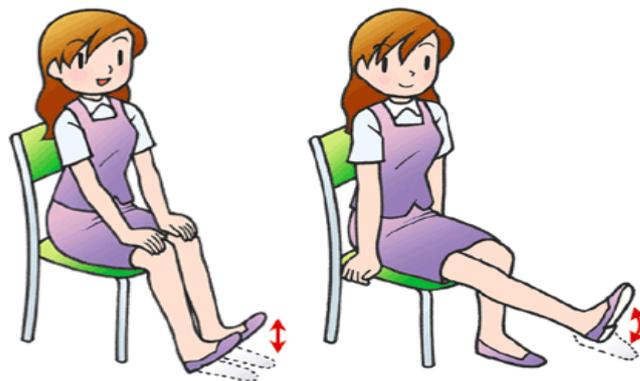
I know it is difficult at the moment, we are all out of our usual routines and unable to exercise as we normally would, but there are other ways to incorporate fitness into your day, even if you are home and limited to what you can do. I looked online and found different websites all providing exercises for Lymphoedema. One website was Cancer Research (you can also try the LSN)

<https://www.cancerresearchuk.org/about-cancer/coping/physically/lymphoedema-and-cancer/treating/exercise>

The website shows short clips for Lymphoedema exercises for arms, legs and genital area. It also gave some breathing exercises which could be done before and after any exercise regime.

If you are looking at this newsletter on our website, you can just click the above link and it will take you straight to the page, otherwise you will have to type in the above underlined text into your search engine, i.e Google.

There are of course other forms of exercise ranging from stretching, yoga, gentle workouts, even scheduling in a daily stroll. Whatever you choose do to make sure you feel well enough to do it and don't over do it.



Great North Run

Just to let you know my daughter Kerri and I have put our names down for the Great North Run which will be its 40th year! We are trying to raise funds for St Oswald's Hospice.

Currently Kerri is jogging every day and running up to 4 miles in one session. My training regime is doing couch to 5k, which means 3 jog's per week. I won't lie, its tough going, but I am heading in to my fourth week now and will keep going. I don't think I will

manage to run all of it in one go, but I will give it my best shot, with fast walking in between the jogs. 😊

Due to the current Covid-19 pandemic, like many charities/hospices they need our support even more at this time to enable them to continue the amazing work they do in providing palliative care for our region.

So many people supported me when doing the Iceland Trek, I hope I can count on you again for your generous support.



Word Search Time 😊

C	A	T	C	Y	C	L	I	N	G	A	P
U	R	L	R	B	Z	W	Q	P	L	I	H
A	E	O	O	S	Z	F	O	M	S	J	O
G	L	I	S	G	E	R	T	A	E	H	T
S	N	F	S	S	T	U	O	Q	H	C	O
E	V	I	S	N	W	S	E	J	K	Q	G
H	R	L	T	P	U	O	F	J	E	K	R
C	E	D	I	N	C	W	R	C	A	L	A
R	E	S	T	L	I	J	N	D	T	Y	P
A	Z	U	C	X	A	A	X	K	S	L	H
E	G	D	H	L	D	B	P	R	U	K	Y
S	T	O	E	O	R	G	X	A	I	P	R
D	Y	K	Y	P	N	U	N	M	N	L	O
R	E	U	Q	I	Z	D	S	J	B	S	T
O	E	S	K	N	I	T	T	I	N	G	S
W	B	A	A	L	R	E	T	G	J	A	I
Z	B	W	S	A	G	G	I	S	M	R	H
S	E	T	V	X	N	I	T	A	N	D	R
C	O	E	L	I	H	P	I	W	E	E	S
R	L	F	D	L	I	O	T	S	Y	N	X
L	J	A	P	K	L	S	T	F	U	I	C
M	E	W	L	G	A	U	L	V	H	N	E
R	M	S	B	O	W	L	I	N	G	G	S
J	H	F	A	Z	A	D	K	S	M	J	T
A	B	C	D	E	P	I	L	A	T	E	S

Words you are looking for are:

- | | |
|--------------|--------------|
| Photography | Knitting |
| Theatre | Jigsaws |
| Sudoku | Yoga |
| History | Wordsearches |
| Painting | Gardening |
| Crossword | Bowling |
| Reading | Cycling |
| Cross stitch | Dance |
| Baking | Pilates |

Good luck!

Take care everyone and see you all soon.

Julie

If you want to contact us, please drop us a message on the website and we will get back to you. www.nlsq.org.uk

Please note pictures and some information taken from internet including LSN winter newsletter.