

# Northern Lymphoedema Support Group Newsletter

Sadly, due to restrictions and social distancing, there will be no meeting in  
September



Dear members

For those of you who attend our meetings, the committee have liaised with St Oswald's Hospice and have agreed the September meeting and Christmas gathering should not proceed due to Covid-19. We appreciate you will understand the circumstances on which we have based this decision but look forward to seeing you next spring.

However, as an alternative, Jill Lisle from St Oswald's Hospice has suggested hosting a Zoom meeting, a lot of you may have this app already. If you are interested in joining the Zoom meeting, go to our website, go to contact us heading and drop us a message. As soon as we have details of the meeting, we can send you the link. We think it will probably be the same time as the meeting would have been - 2.00 p.m. on 12<sup>th</sup> September, however if this is not the case, we would let you know.

It would be lovely to see you if you are able to join the meeting, any queries please get in touch.

If you are unable to join us but still have a question, please still contact us. We will endeavour to answer your query as soon as possible, please note it may not be the same day but within a few days.

## **Sir Captain Tom Moore**



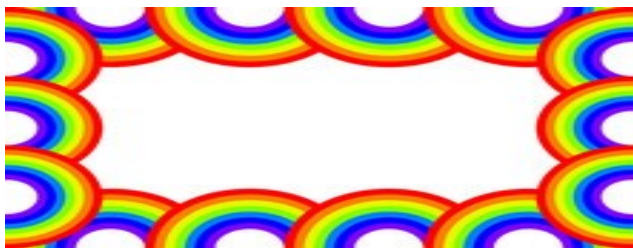
Did anyone watch the programme dedicated to Captain Tom? Focusing on his life and how his recent fundraising efforts raised in the region of £40 million for the NHS and all accomplished at the grand age of 100!

Born in the 1920's in Keighley, he fought in Burma in WW2, on returning home he became involved in selling building materials and finally met his future wife, they had 2 daughters.

His determination to do something to help during the pandemic has thrust Captain Tom into the public eye and made him a national talisman.

Captain Tom has not been the only fundraiser though, Tony Hudgell who is 5 years old and a double amputee raised £750,000 by walking 10km on his crutches for the Evalina Children's Hospice in Lambeth.

Although the clapping on a Thursday evening has now ceased, pictures of rainbows and homemade signs thanking NHS Services and Carers remain in situ affixed to doors and windows. Rainbows remain a symbol of hope in what has been a dreadful time, not only for our nation but globally.



Although many restrictions remain in place at this time with respect to where we can go and what we can do, some places have reopened and it has been wonderful to go swimming and see friends, albeit at a distance..

We may have to wear masks, keep our distance, wash our hands more frequently as well as rubbing in the hand gel but it helps keep everyone safer and it is not a big ask.

### **Next year....**

Looking towards the future, let us hope that we can continue our meetings and be able to



organise our summer day out to the National Glass Centre in Sunderland, with possibly a trip to the coast for fish and chips and ice-cream, fingers crossed. Of course, we will keep

you up to date via the newsletter or the website.

### **Subs**

The committee have agreed that it would only be fair to waive the subs this year due to the Covid-19 pandemic. For those of you who have already paid, you will not need to pay in 2021.

### **Staycation**

This year, many people have stayed in the UK for holidays with there being so many restrictions on travelling.

We booked a few days in Keswick at the back end of last year and thought it may have been cancelled but a couple of weeks prior to going, the government lifted restrictions and we were able to go. We stayed at Keswick Reach which is a short drive from the town. Lots of measures were in place, i.e. extra cleaning of the lodges and the bistro on site

was only open one evening with social distancing in place, it was very well organised. Whilst visiting the town, pretty much everything was open and if you did go for a coffee or eat out, your contact details were recorded in conjunction with track and trace.

The scenery had not changed though, still as beautiful and green and those fells were made for climbing!

I know what you are thinking – those boots are made for walking – Nancy Sinatra 😊

### **Keeping mobile**

It may have been difficult to exercise especially if you have been shielding, but now that some restrictions have been lifted, little strolls at a distance can be so beneficial. My daughter and I walked most evenings and jogged, Kerri being much faster and going much further than me!

Sadly, the Great North Run was cancelled but hopefully it will take place next year.

Sales of fitness clothing and equipment have soared and where gym members were unable to attend sessions, other forms of exercise have taken place, some taking part in Yoga and Pilates via Zoom. More walking, jogging, people setting up home gyms in their garages, where there is a will there is a way!

### **Keeping in touch**

We can all probably say we have had a good moan about technology, after all it is too technical..... 😊

However, over the last few months it has been a blessing, whether for work purposes, or keeping in touch with family and friends. At work it was decided too many people were in the office, so some of us ended up working from home. We wanted to stay in touch, so decided to have a weekly sing-along via Teams, a theme would be chosen, one week we sang songs from the musical Calamity Jane, another week it was Abba, quite a mix really!

We would all tune in at the same time, but singing at the same time was another matter, however we always had a laugh and more importantly it was lovely to see familiar faces which provided an element of normality.

## Books

Since lockdown, I think everyone has been reading more, especially me! So, whilst trying to keep occupied and out of trouble, I decided to make everyone a bookmark, hope you like them.

A couple of books to recommend are – Land Girls – by Angela Huth and Of Mice and Men by John Steinbeck, the film is good too if you get a chance to see it.



## Lymphoedema, the weather and other health issues

With autumn on its way, we will all probably be feeling relieved that the cooler weather will soon be here, as donning those support garments in the heat can be quite taxing!

Every morning after showering/drying, it's stocking donning time, which is always a struggle, however I wouldn't dream of not wearing it as my leg begins to ache, and to be honest, I actually feel undressed without it! When it is time to remove it at the end of the day, I find it more difficult, possibly because I am wearier and when it's hot everything seems to stick.

For the last few months, my lower back has been out of sorts and I noticed how much more of a struggle it was to pull the bandage on and off - very frustrating!

Having other health complications, e.g. arthritis, breathing problems, bad back, etc. can impact on you managing your Lymphoedema.

If you are having problems donning your support garments, please consider speaking to your Lymphoedema nurse or GP. There are many different donning aids which may assist and make the process easier. I also read in the LSN summer newsletter that if you are having problems donning your hosiery independently, some patients over the age of 65 could access benefits such as attendance allowance. If granted this could enable you to employ a carer to assist you with your hosiery. As stated in the LSN newsletter (page 4 for those of you who are members) if you go to <https://www.gov.uk/attendance-allowance> online or seek advice from a social worker through adult care services.

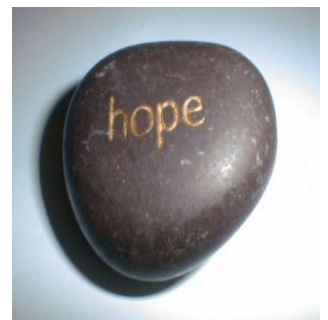
## Poem of hope

Hope knows no fear

Hope dares to blossom  
Even inside the abysmal abyss

Hope secretly feeds  
And strengthens  
Promise.

By Sri Chinmoy



*By for now everyone*

*Julie*

If you want to contact us, please drop us a message via the website and we will get back to you. [www.nlsq.org.uk](http://www.nlsq.org.uk)

**Please note pictures and some information taken from the internet.**

