

Northern Lymphoedema
Support Group Newsletter
Sadly, due to ongoing
COVID-19 restrictions
there will be no meetings until 2021



Dear members

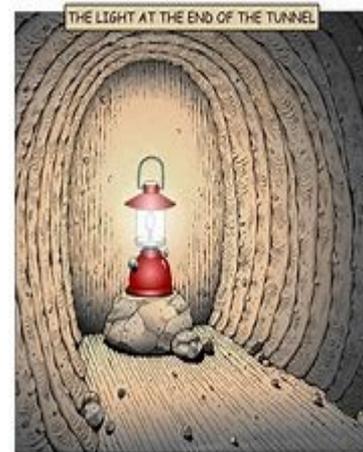
Hoping this newsletter finds you all safe and well. As you would expect, due to ongoing restrictions, there will be no Christmas lunch this year. With respect to meetings in 2021, we will keep you informed via newsletters and the website.

Covid-19 has dominated 2020 and I am sure you will all agree that it has been an Annus Horribilis! Who could have thought something like this could happen in this day and age?

Unfortunately, viruses are continuously evolving, they strive to exist, they become resilient and are particularly resilient at overcoming our efforts to eradicate them. Thankfully, we are fortunate enough to have scientists, virologists, to name but a few who work tirelessly trying to find vaccinations and treatments to protect us.

As humans we do all we can within our power to live, to exist and become stronger, more advanced, and this is what viruses do too, except we have more value for life than they do!

Although not out of the woods yet, the recent announcement of a vaccine on the horizon, feels like there is eventually some light at the end of the tunnel.



Health and Fitness

For some of us, it can be difficult to get motivated to do exercise at the best of times! From personal experience, I frequently manage to talk myself out of it, but nine times out of ten, I eventually get moving; I always enjoy it and feel so much better afterwards!

During the spring, summer and even early autumn months, when the weather is kinder, you feel more inclined to go for a stroll or potter about in the garden. However, when the winter months arrive, bringing dark nights and chilly weather, you feel like hibernating and moving as little as possible!

This year, restrictions have meant doing some exercise in different ways, i.e. via Zoom. One of my friends does Yoga classes via Zoom and one of our members Jenifer recently told me of a Tai Chi class she joins online which is in Cheltenham. Jenifer went on to say - that being with a group doing the same thing can cheer one up!

My preferred exercise is swimming and the local pool have implemented various restrictions to ensure only a limited number of people can swim at any one time. Stringent hygiene processes are in place, it is all very well organised, it feels safe being there and I feel so much better doing a few lengths of the pool!

Lymphoedema self-management videos online

Whilst reading through one of the LSN newsletters, I read an article about Pocket Medic. The LSN managed to secure a new membership benefit in 2017 which provided an access code to members so they could view 16 self-management videos online. The LSN subscribed to these, so their members could benefit from these videos.

Due to the collaboration and ongoing work between the International Lymphoedema Framework (ILF) and e-Health Digital Media, the access code is available to all www.medic.video/ilf-lymph

I viewed a couple of the online videos and they were helpful and informative.

So, time to brush up on MLD (manual lymphatic drainage) – no excuses members.

Shielding

I realise, some of you may be unable to get out, possibly because you are shielding. It must be exceedingly difficult for you, and no doubt you will be looking forward to the future and getting back to normal as soon as possible.

Hopefully, this new vaccine will be well under way within the next few months and fingers crossed by spring we may feel safer about meeting up with family and friends and returning to normality again.

Zoom

Just a note about Zoom...

In the last issue, I asked whether anyone wanted to join a Zoom meeting, I explained that once you had the Zoom app, all that was needed would be a link sent via an email and you would be able to join the Zoom meeting.

Apologies, you do not need to download the app at all, all you require is an email address and a camera on your computer or tablet. The person organising the meeting will send a link out to whoever wishes to join and that is it!

A few members got in touch and it must be said, it was lovely to see you all; next time we

must make sure we have tea and cake to hand 😊 The Zoom meeting was kindly hosted by Jenifer, one of our members, for who we were very grateful to.

I have managed to download Zoom now so will host a get together on 16th January at 2.00 p.m. If you would like to join us, please drop us a message on the website, go to www.nlsg.org.uk – then go to the Contact Us heading and drop me a message and I will make arrangements to send you the link.

Quotes and Sayings

It's raining cats and dogs –

This may come from the Greek expression "cata doxa" which means contrary to experience or belief. If it is raining unusually or unbelievably hard, so to say its raining cats and dogs, might be to say it is raining waterfalls?

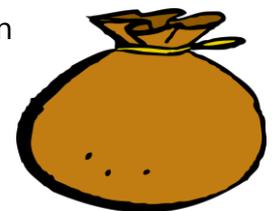
It cost an arm and a leg – it may be the dress is nice, but it will cost an arm and a leg.

Origin – This could be an American phrase, coined sometime after World War II.

Probable reference is to soldiers who lost their limbs in the war, thus having to pay an extremely high price for the war.

Get the sack

This slang term originates in France, it alludes to tradesmen who would take their own bag or sack of tools with them when they were dismissed from their employment.



Book Club

Are any of you in a book club? If not, would you fancy being part of one? Please let me know your thoughts, via the Contact Us heading on the website. Over the course of the year, it would give us the opportunity to read a minimum of 4 books, then come together to discuss, probably outside of NLSG meetings, as there would be insufficient time at our meetings – possibly via Zoom 😊

No books to comment on this time, as I have been immersing myself in the Downton Abbey DVD's, but please let me know if you have any recommendations.

Recipe – Bake off

Who watches the bake off? I have dipped in and out this series, but the final is on the TV as I write this newsletter. It always amazes me that when it comes to the showstopper, they have 4½ hours to complete it! The pressure, not to mention the heat and the worry about curdling, burning, forgetting to pop the oven on, forgetting an ingredient, adding salt instead of sugar, the wrath of Paul Hollywood.....



Amazon Smile

I noticed in the autumn edition of the LSN (Lymphoedema Support Network) newsletter a write up about Amazon and that you can now nominate your chosen charity. The charity will receive 0.5p in every pound spent on eligible purchases. As the saying goes, every penny counts.

If you are interested in supporting a charity through Amazon Smile, sign up as follows:

Step 1 – Visit smile.amazon.co.uk

Step 2 – Sign in with your amazon.co.uk details.

Step 3 – Choose a charitable organisation to receive donations, or search for the charity of your choice.

Step 4 – Select your charity.

Step 5 – Start shopping.

I already have an account with Amazon and only wish I had known about this prior to doing my Christmas shopping!

I chose St Oswald's Hospice as my chosen charity 😊, but it gives you the option to choose other charities that are important to you. You may already know about this.

Sudoku

A Sudoku puzzle had kindly been provided by one our members, Elizabeth Beardsley, at the bottom of this page, give it a go and the answers will be in the next newsletter.

I have found myself trying all sorts of puzzles in lockdown, anything to keep those brain cells on their toes!

I also found a painting app, quite like painting by numbers, not at all taxing but very relaxing, I found I was colouring a picture in every night! I had coloured in so many, that my phone did not have the capacity to store them all! However, one picture that really stood out for me was this.....



I am keeping this one as it is so apt, and it also reminds me of my daughter 😊

1			5		2	9		6
	5	8		9		7		
3		9	4		1		2	
	7	1	8	2	5			
5	8			3		1	4	
		3	7					8
7	1			5	8	6		3
	2							
9		6	1	4	7	5		

Good luck!

Stopping by Woods on a Snowy

Evening

Robert Frost

*Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.*

*My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.*

*He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.*

*The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.*

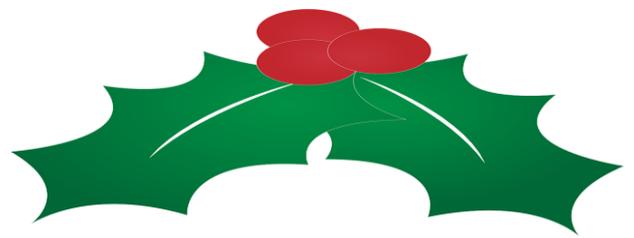


If you want to contact us, please drop us a message via the website and we will get back to you. www.nlsg.org.uk

Alternatively, if you do not have a computer or the internet, ask a relative or friend to do it on your behalf and we will get back to you.

Christmas cards

At the last Christmas lunch, it was decided that as an alternative to Christmas cards, members would be invited to make a small donation, which would be given to the Hospice. A sum of £55 was collected which the Hospice were incredibly grateful for. We are unable to do that this year, so the committee have decided to make a one-off donation from the NLSG to the Hospice of £100 as a gesture of good will during this difficult time.



**LASTLY, ON BEHALF OF THE COMMITTEE,
WE WISH YOU ALL A MERRY CHRISTMAS
AND PEACEFUL NEW YEAR.**

Newsletter compiled by Julie Waters

(Please note pictures and some information taken from the internet and LSN newsletter.)