

Northern Lymphoedema
Support Group Newsletter
March 2021

**Sadly, due to ongoing
COVID-19 restrictions
there will be no meetings until
further notice.**



Dear members

Welcome to the first newsletter of 2021!

Mulling over what to write about, I glance outside and everywhere is white; it looks lovely but causes problems underfoot and if you need to drive anywhere! Sitting here in my little flat, with a scarf around my neck and a blanket over my legs, (it is chilly), I have taken to typing quicker to see if that will get the blood circulating in my fingers

Current climate

Although no lockdown is nice, I feel the initial one was somewhat easier; when COVID-19 first came to light, it was spring with summer approaching, so we were able to sit outside or go for a stroll and the fact that we were told to remain at home was made a bit easier because of the fortuitous weather. However, during winter with the exceptionally cold spell we are experiencing, we are even more restricted.

For those of you who are maybe shielding/isolating, understandably it will have been especially difficult for you, in that you may have been unable to see your family

or friends; you will be looking forward to happier times I am sure, when we can "be normal again"!

NHS

The NHS continues to amaze, under so much pressure with COVID-19, dealing with the usual winter illnesses and rolling out the vaccination programme, is no easy feat. Had it not been for Aneurin Bevan we would not have our NHS, somehow fortunate does not cover it.

Hexham

My current abode is at the top of an incredibly old building, dating back to the 1800's; prior to it being built, there was a church, so I suppose I am living on hallowed ground as it were! From my window, I have a view of the marketplace, which is super on a Saturday morning, especially if you like people watching. I can see Hexham Abbey from my window which is lovely.

Although we are all limited in what we can do presently, I ensure I get a few walks in at weekends (weather pending of course) and usually meet with friends, only one at a time though! Over the last few weeks, I have made a concerted effort to take notice of buildings and their history, after all, it is everywhere we look. Sometimes I think we are too busy concentrating on getting to where we are going, that we take little notice of what is around us

On a recent walk, my friend Kathryn suggested a different route which led us halfway up the Allendale Road, we then took a country road which led to Leazes Lane which has amazing views of the Tyne Valley. We then meandered back down into Hexham town heading for Cockshaw Burn where the water flows to the River Tyne. Some years ago, work was undertaken to improve the water courses within Hexham. Having passed

this burn many times, I never noticed that there were inscriptions within the stone wall - das water, het water, l'eau, el agua, and l'acqua, these were but a few, they all translate "the water"; Kathryn and I passed some time locating them and endeavouring to pronounce "the water" in the respective language – however, less said about that the better!

The last leg of our journey took us past the Old Tannery Inn, which is also known as the Skinners pub, to the rear is Tanners Yard. Years ago, this is where businessman, Henry Bell dealt in animal skins; Hexham was of course famous for its leather and wool.

The Bell family were well known in Hexham, they not only ran lucrative businesses, but Henry paid for the Bandstand which sits in the middle of the Sele Park; his brother George was a member of the local Board of Health and Schools; he also played rugby for Northumberland.

After about an hour and a half, our walk was complete; we not only felt better for the fresh air and exercise, but we also felt we had managed to absorb some local history as we went along!

Consequently, we are looking forward to our next walk and further historic findings!

Talking of history, did anyone watch Robson Green walking the Roman Wall? Thoroughly enjoyable series, amazing scenery and such a canny lad 😊



Sudoku solution from puzzle in last newsletter. How did you do???????

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

Recycling/Re-use/Reduce

I am sure you are all avid recyclers and if you have any tips or ideas please let me know, (just pop a message to me on the website).

So, in light of recent coverage about how much damage we are doing to our planet and how wasteful we are as humans, I thought it would be beneficial to make recycling a regular feature in the newsletter.

Obviously, it is work in progress, there are countries, industries, and companies who continue to pollute and spare little thought for the environment, but in time, I believe there will be improvement and I think laws will tighten and compliance will have to be adhered to.

Kathleen Brown has kindly forwarded over some information about what can be recycled and what cannot. See below for some guidelines on labelling:

The on-pack recycling label (or OPRL)

Look out for the following labels which appear on all sorts of packaging - from soft drink cans, to bread bags and plastic toiletry bottles. They will tell you whether the packaging is likely to be collected for recycling or if you can take it to your local recycling centre.

As local authorities do not all collect the same materials, the labels are based on what the majority collect, or do not collect.

If in doubt, enter your postcode into our [Recycling Locator](#) to find out what you can put in your recycling bin at home, where your nearest recycling locations are and how to recycle specific items such as mobile phones and textiles.

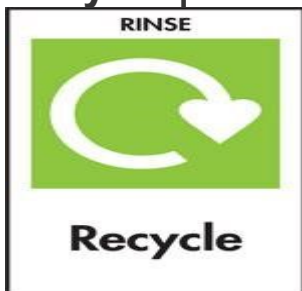
Remember: not all packaging will have a recycling label, but this does not mean you cannot recycle it.

Recycle



This label is applied to packaging that is collected by 75% or more of local authorities across the UK, for example plastic bottles.

Recycle | Rinse



Rinsing packaging, for example food trays, ensures that any food residue doesn't they do not contaminate other materials, particularly if they are collected with paper.

Recycle | Rinse | Lid/Cap on



Caps and lids under 40mm in diameter are too small to be captured for recycling. If you see this label, replacing the lid on the bottle so that it is captured and recycled with the main packaging component.

Don't Recycle | Remove Sleeve/Film

You may see a request on packaging where film or

liners can be easily removed via a perforated strip without needing to use a knife, pair of scissors or other tool. There should be clear instructions how to do so, e.g., Peel here.



Other label instructions:

Flatten | Cap On

Flattening packaging such as beverage cartons or plastic bottles, and then replacing the cap, makes handling and transport more efficient.

Recycle with Bags at Large Supermarket | Don't Recycle at Home

If you see this label on plastic wrapping such as bread bags, you can recycle this packaging at plastic carrier bag recycling points in large supermarkets.

Check Home Collections

This label indicates that the packaging is not collected by all local authority kerbside collections. [Check what you can recycle here](#)

It can be a minefield at times with all the different symbols of what we can and cannot recycle, but if we familiarise ourselves with just a few of them and get to know what your local council is able to recycle, then it is a step in the right direction.



Lymphoedema and orthopaedic surgery

For many with lymphoedema, having orthopaedic surgery, i.e., a knee or hip replacement, can be worrying when you have lymphoedema in the same leg, especially when we are always told to avoid trauma to the affected limb.

However, we are also told to move around/exercise which can be difficult if the pain from your joints is limiting your ability to move.

Although physiotherapy is usually an initial recommendation, if this does not improve then surgery could be suggested. There are risks with any procedure even when you do not have lymphoedema, but doctors/surgeons discuss these risks with you prior to any surgery. Most common risks associated with lymphoedema include infection, swelling and pain.

At times, the benefits of having that surgery will outweigh the risks and surgery is normally given consideration when a patient has increased pain and a limited range of movement which affects their movement and quality of life. Continual pain and reduced movement usually lead to a decrease in strength which can increase pain and have further impact on range of movement. Sometimes surgery is the only way to break the cycle.

If you have been advised to have surgery, any concerns you have should be discussed with your GP/surgeon, they will be able to provide you with comprehensive information so that you are well informed.

The LSN website is extremely informative, go to Useful Articles for further information.



Book Review – Kathleen Brown

DUTCH GIRL by Robert Matzen

AUDREY HEPBURN and World War II

I have recently enjoyed reading the above moving book of Audrey Hepburn 's childhood years in the Netherlands during World War II.

Adriaantje Kathleen van Heemstra Ruston (now known as Audrey Hepburn) was born on 4 May 1929 in Belgium. Her father was Joseph Ruston, a 34-year-old English ne'er-do-well who married her mother, Ella, Baroness van Heemstra, in 1926. Ella, an aristocratic, strong-willed woman, had two sons (Alex and Ian) from a previous marriage. Ruston left his wife and family in 1935 when Audrey was 6 years old. He relocated to London and made it known he wanted his daughter to be educated in England. The boys now aged 15 and 11 were sent to the Hague to live with relatives and Audrey was sent to a private school in Kent.

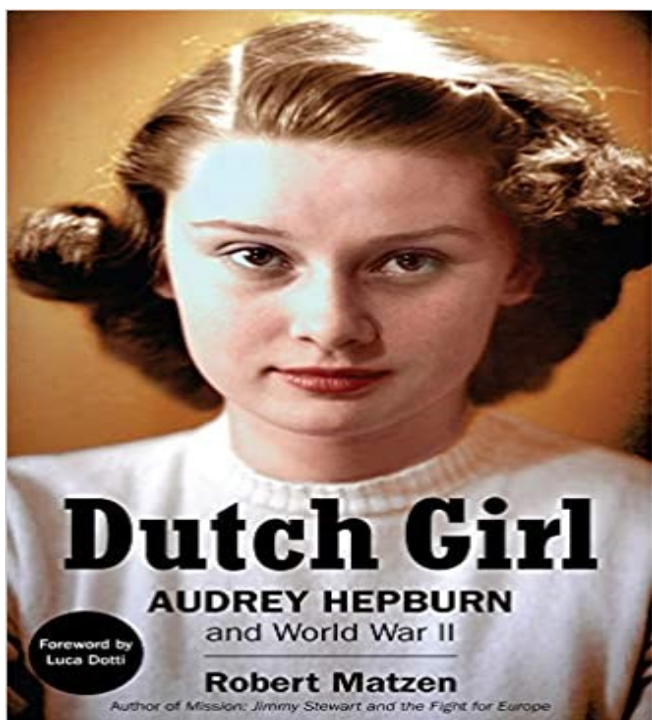
When war was declared in 1939, Audrey left England on one of the last planes out and was met in Amsterdam by her mother and brothers and began the next phase of her life as a Dutch girl in Arnhem in then neutral Holland. On 10 May 1940 Germany invaded and occupied the Netherlands for the next five years.

Audrey's war included participation in the Dutch Resistance, working as a doctor's assistant during the "Bridge Too Far" Battle of Arnhem, the brutal execution of her uncle,

and the ordeal of the Hunger Winter of 1944. The war years also brought triumphs as Audrey became Arnhem's most famous young ballerina.

Audrey's war experiences influenced her future role as a UNICEF Ambassador. Her son, Luca Dotti, states "The war made my mother who she was".

Although we will all remember Audrey Hepburn as a Hollywood film star and for her famous film roles, it was fascinating to read of her younger years.



Thanks to Kathleen for the book review, it sounds as though it would be a very interesting read.

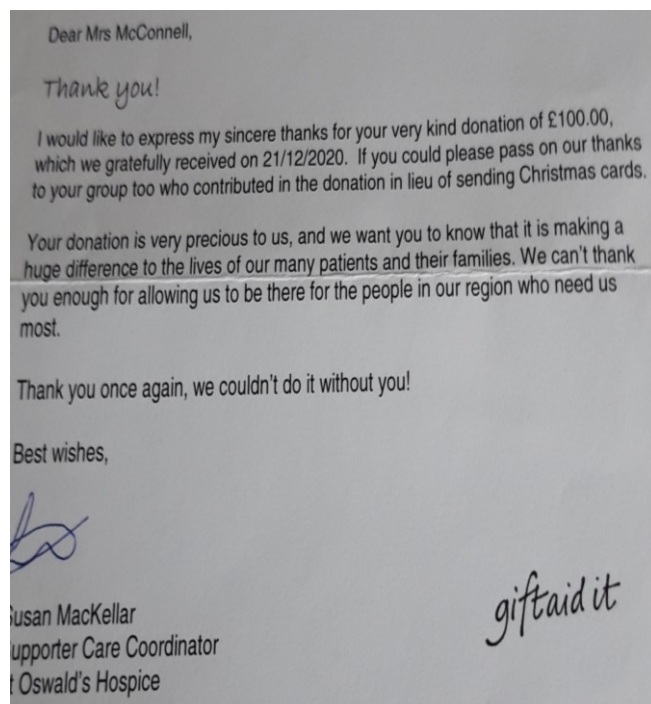
Zoom get together – Saturday 13th March at 2.30 p.m.

We would normally have had a meeting mid March, but as an alternative I will host another Zoom meeting; please let me know if you would like to join, just drop me a message on the website.

Be lovely to see you 😊

Lastly, Janice received a lovely thank you letter from St Oswalds Hospice for the £100 donation the group made in December.

Had we had a Christmas lunch, there would most probably have been a collection rather than exchanging Christmas cards to one another.



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/internet, ask a relative or friend to do it on your behalf and we will get back to you.

Newsletter compiled by Julie Waters

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