

;The Semi-Colon;

NOVEMBER EDITION

CONTENTS

Page 1

Introduction

Page 2

Calke Abbey

Page 3

**Summary of
Events in 2014**

Page 4

**2015 Look
ahead**

Apologies for the long absence of the Newsletter but we hope that our problems have now been overcome.

As we approach the Festive Season we can look back on a very eventful year that has seen several changes.

The most significant change being the appointment of Liz Cooper into the new role as Colorectal Matron Practitioner to lead the Colorectal Nurse Follow-up Team. Liz brings with her a vast amount of knowledge and experience in this field. This was evident from her most interesting and informative talk to the Group earlier this year. The Steering Committee have asked Liz to present a further talk next year as a result of the positive feedback from members.

Hallam University completed the Website Design project which involved 11 students who submitted their individual designs. The winning design was produced by Katie Harris. All of the students put a great amount of time, effort and enthusiasm into the project and we thank them all. We hope that the new Website will be commissioned shortly.

Our last talk this year is being given by Mr SW Amin who is well known to us. Mr Amin is recognised as being the leader in his field in Colorectal Surgery and we are so fortunate that we have him here in Sheffield.

The final event of the year is our Christmas Social which will be held at 1.30 - 3.30pm, 10th December. We hope as many as possible will make an effort to join us.

Please let me have any news items and photos for inclusion in future Newsletters.

Dil Scrivens.

Contact the editor: dil.scrivens40@gmail.com

COACH TRIP TO CALKE ABBEY



This years trip, organised by Gaynor Taylor, took us to Calke Abbey in Ticknall, Derbyshire.

Built for the Harpur family in 1703 it is known as The House That Time Forgot. The house has remained virtually unaltered since the death of the last baronet Sir Vauncey Harpur

The house is now managed by the National Trust and is set in the most beautiful parkland containing ponds, ancient oaks and open pastures. The setting could not have been more picturesque.

The trip took place on a sunny and warm day which enabled everyone to make the most of the visit.

The house contained a vast amount of furnishings and art and , for some of us, there was enough to occupy most of the time available. Everyone took the opportunity to take refreshments in the excellent café and to sit outside under the sun umbrellas.

For those who found time to explore the gardens they saw a wonderful collection of trees, shrubs and a collection of well designed gardens.

We owe a debt of thanks again to Gaynor for choosing and arranging the event. Sadly, Gaynor was not able to come herself due to a last mi-



SUMMARY OF OTHER EVENTS IN 2014

12th February

TALK: Enhanced Recovery for Colorectal Cancer Patients

The talk was presented by Gary Cuckson and the Group were informed of the latest procedures being introduced to significantly reduce hospital stays following operations. Gary astonished us all by the amazing progress that is being made in the hospital treatment and recovery procedures.

EVENING MEETING 25th JUNE

This meeting had been arranged for the benefit of those new members who are still in employment and could not attend our usual meetings held between 1.00—3.00pm.

Due to the lack of support, this experiment will not be repeated in 2015.

22nd September

TALK: EXERCISE FOR POST OPERATIVE PATIENTS.

The talk was presented by Sarah Gilbert and set out to explain the important role of exercise and to give guidance on the best ways to carry it out.

This was the first time this subject was presented to the Group and everyone felt that it was of great help. The Steering Committee will make sure to

8th October

TUTORIAL ON THE APPLICATION AND USE OF TABLET COMPUTERS

This was an unscheduled event and was included as an additional item at the request of a number of members.

Hallam University provided 2 post-graduate students to design the presentation. Hallam also hosted the event in one of their lecture suites and provided extra tablets for those who required them.

30 members attended the event and were provided with a most interesting and enjoyable presentation. All agreed it was a huge success.

Our sincere thanks to Hallam University, to the students Ashwin and Michael and to Luke Regan and his Team at Project Matrix for their time and efforts

THE YEAR AHEAD

2015

- **DIARY OF EVENTS - Will be available in December.**
- **NEW WEBSITE - Will be up and running in January**
- **VARIED PROGRAMME OF SPEAKERS AND SUBJECTS.**
- **GROUP TRIP - Venue Hardwick Hall**
- **ANNUAL WALK - Endcliffe Park in June**
- **REVIEW OF SUPPORT GROUP - The Steering Committee will carry out a full review of our ac-**

