



;The Semi-Colon;

Volume 1, Issue 3

September 2009

Special points of interest:

- **Brodsworth Hall trip - see article for details**
- **STEP OUT to a better lifestyle**
- **Any news items for the newsletter please send to:**
jodarley@btinternet.com

Inside this issue:

Brodsworth Hall	2
STEP OUT	3/4
Dates	3

OUR WEBSITE GOES LIVE!

www.bowelcancersupport.org

Thanks to the help from Dil Scrivens' son, our website is now live. The site gives information about the support group, a copy of this newsletter, how to give donations to support meetings and the work of the group, and the terms of reference of the group. Contact details will follow shortly.

It would be good if all members with internet access take a few minutes to have a look and maybe give feedback to DIL.

IT'S A BOY! Another first

On Thursday 6 August 2009, Marje and Brian Bartholomew became grandparents for the first time. Little George weighed in at 7lb 9oz, and according to his granddad he is 'A Real Gem'



VISIT TO BROSWORTH HALL

DIL SCRIVENS REPORTING

Our first organised coach trip took place on Wednesday, 10th June to Brodsworth Hall, near Doncaster. The Support Group gathered at the Sheffield United car park and were met by the coach driver from Martin's Tours.

There was quite a buzz of excitement as the 32 of us set off on the journey in the most comfortable coach. The driver kept us interested with his running commentary during the journey and we arrived just 5 minutes before the Hall was open.



Some of the party used the 5 minutes to stretch their legs outside and admire the magnificent setting and view of the Hall. As we approached the fence facing the Hall we were spotted by a herd of cows that came galloping at full speed to see us.

We then proceeded to with the guided tour of the Hall and were escorted by two excellent guides from English Heritage who look after the site. Our Group was treated to the most interesting insight into the history of the building and of the lives of its owners. The sculptures and paintings were particularly good.



Following the tour we took advantage of the cafeteria and sat down to an enjoyable lunch overlooking the extensive gardens. Afterwards we had time to explore the gardens before setting off on our return journey. The weather had stayed kind to us until we left but on our return to Sheffield we arrived back in the middle of a cloud burst and heavy flooding in the City. Happily we all made it home safely and nothing could have prevented us enjoying ourselves.

Special thanks for the success of our trip must go to Gaynor Taylor who suggested the venue and organised everything. Also we thank our sponsors, South Yorkshire Community Foundation, for their generous support.

We were delighted with the facilities provided by English Heritage for those of us with disabilities and we feel much more confident with the knowledge gained

*Dates
for
your
Diary*

Dates of Support Group Meetings and Speakers

Wednesday 11th February

Speaker: Representative of Cavendish Centre

Subject: The Cavendish Centre

Wednesday 9th September

Speaker: Dr S Riley, Consultant Gastroenterologist

Subject: Flat polyps and advanced EMR

Dates of Steering Group meetings

Monday 2 February

Monday 6 April

Wednesday 22nd April

Speaker: Mr S Amin, Consultant Colorectal Surgeon

Subject: Laparoscopic bowel resection

Wednesday 11th November

Speaker: Mrs P Hutson, Gastrointestinal Nurse Practitioner

Subject: Family History

Monday 1 June

Wednesday 2 September

Wednesday 4 November

Wednesday 24th June –

Walk in Endcliffe Park

Wednesday 9th December

– Christmas Social

*

Contributions welcome!

If anyone has any photographs or comments about any of the meetings above, past or future, please send them to me at:

jodarley@btinternet.com

and I'll be happy to include them in the next issue

***STEP
OUT TO
A
BETTER
LIFE
STYLE***

After the walk in Endcliffe Park in June, Gaynor had the idea that people might want to walk in their own areas. She has provided us with information about the programme of Health Walks in Sheffield organised by Sheffield City Council.

These walks are short, led walks, lasting no longer than an hour. Big boots are not required—it's more about meeting new friends, having a chat and finding out what's happening in YOUR community.

Coming on a Health Walk can help prevent or manage:

Diabetes, Asthma, High Blood Pressure, Coronary Heart Disease,

Stroke, Weight, Depression, Stress, Joint Problems, Osteoarthritis and Osteoporosis.

- It's free
- No special equipment needed
- Enjoy Sheffield outdoors
- Meet every week
- Helps aim to be active for 30 mins 5 times a week

Information about Health Walks programme on page 4

Further information from Gaynor, who has some leaflets, and

Tel: 0114 2039335/7

E-mail: parksandcountryside@sheffield.gov.uk

EVERY MONDAY

GRAVES PARK 10.00am

Meet at the Rare Breeds Car Park, Hemsworth Road.

FOXHILL 10.00am

Meet at St Cecilia's Centre, Chaucer Close. (Limited places please check availability).

UPPERTHORPE 10.30am

Meet at Uppertorpe Library, Telephone 0114 2702040 to check availability.

DARNALL 11.15am

Meet at High Hazels Park Cafe, off Greenland Road.

FIRTH PARK 11.30am

Meet at the First Start Building, Firth Park Road.

PARSON CROSS 1.00pm

Meet at The Pavilion in Parson Cross Park, off Buchanan Road.

HILLSBOROUGH PARK 1.30pm

'Buggy Brigade' Meet at the pavilion, Hillsborough Park, Middlewood Road.

EVERY TUESDAY

STANNINGTON 10.30am

Meet at the Forum Shop, 409 Stannington Road.

ECCLESALL WOODS 10.30am

Meet at Abbeycroft Industrial Hamlet car park.

HANDSWORTH 1.30pm

Meet at the Scout Hut, back of church, Handsworth Road.

PITSMOOR 1.30pm

Meet at Pitsmoor Surgery, Burngreave Road.

PORTER VALLEY 1.30pm

Meet outside Endcliffe Park Cafe, Rustlings Road.

EVERY WEDNESDAY

STOCKSBRIDGE 10.30am

Meet at various venues, telephone 0114 2830572 for further information.

TOTLEY 10.30am

Meet at Tolley Library on Bastow Road.

GLEADLESS 12.30pm

Meet at Gleadless Medical Centre, on Gleadless Road

ECCLESFIELD 2.00pm

Meet at Mill Road Surgery

RICHMOND 2.00pm

Meet in the lobby at St Catherine's Church on Richmond Road.

EVERY THURSDAY

FIRSHILL 9.30am

Meet outside Firshill School, Orphanage Road.

GRENSIDE 10.00am

Meet at the Community Car Park, on Main Street



LOWEDGES 10.30am

Meet at the Community Wing, Lowedges Junior School.

WISEWOOD/WADSLEY 10.30am

Meet at Wisewood School, in the Community Sports College, off Laird Road.

HILLSBOROUGH 10.30am

Meet at Hillsborough Arena Formally known as the 'old running track' off Middlewood Rd. Telephone 0114 2335310.

SHIREGREEN 1.00pm

Meet at the FE/FA Resource House, 153 Foxglove Road.

PARSON CROSS 1.00pm

Meet at The Pavilion in Parson Cross Park, off Buchanan Road.

WHITELEY WOODS 2.00pm

Meet outside Forge Dam Cafe, Whiteley Lane/ Brookhouse Hill.

EVERY FRIDAY

NORFOLK PARK 10.00am

Meet at the Heritage Centre, off Guildford Avenue.

WOODHOUSE 1.30pm

Meet at Woodhouse Library, Skelton Lane.



April 2009

