



OGCancerNI

Stomach and Oesophageal Cancer Support



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Charity Number: 107492

SPRING NEWSLETTER

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CHAIRPERSON'S SPRING MESSAGE

We are looking forward to the days ahead when we can get out and about around the Province and say 'hi' face to face. If you know of any Spring and Summer events in your locality that we could come along to – just let us know. We would love to meet as many folks as possible and hopefully show off our new Mobile Unit. Unfortunately, our Spring Well-Being meeting will not be face to face, we will be on Zoom again – hopefully for the last time. It will be worth joining in on Saturday, 9th April 2022. We have some exciting speakers arranged and you will have the chance to ask questions and make new friends. We will be in touch soon. The last few months have been very busy - Lorraine has been putting Comfort Packs together as a little surprise to cheer patients after surgery. Sarah has set up a new CRM (database) system to help us with our communications, and she has also been working at the website – take a look at www.ogcancerNI.com and let us know what you think! Katie has been taking an in depth look at the charity and has suggested many ways to make the charity more efficient and effective. We are working on her recommendations and have already started to make changes. Have you heard about the Cytosponge? It's a game changer. It's a very successful screening procedure for Barrett's Oesophagus and oesophageal cancer.

Just this week OGCancerNI hosted a Round Table meeting that brought together representatives from the Department of Health, MLAs, QUB researchers, NICA, Cyted and Health professionals from all parts of the Province to discuss how we can make the screening available in N.I. as soon as possible. This test can be carried out in the doctor's surgery and health centres which is a bonus. Tom Hague and Jane McCambley are organising a Charity Golf Day at Lisburn Golf Club on 1st July. This will be an amazing day out with lots of fun and surprises in store. Phone Jane at 07955354575 and book a slot. We need sponsors: £100 to sponsor a tee box, £50 to sponsor a green or maybe provide a ballot prize? Can you, or someone you know, help us? If you can please email us at info@ogcancerNI.com or phone 07568157450.

To run the above events successfully we need volunteers. If you can volunteer with the Mobile Unit in all parts of the Province, or the golf at Lisburn, or health and wellbeing meetings, please get in touch. To all who have quizzed, grown moustaches, looked after collecting tins, donated in lieu of birthdays or Christmas cards, abseiled, knitted, run marathons, organised coffee mornings, dances, fishing competitions etc. we could not have done this without your generous support. Thank you!

Brain Teasers

1. What do the letter T and an island have in common?
2. What goes all the way around the world but stays in a corner?
3. What two words, added together, contain the most letters?

Receive your newsletter by email

If you would like to receive your newsletter via email please let us know. Email info@ogcancerNI.com to update your contact details



OG Cancer NI Comfort Pack



It's a first!! Lorraine Pinkerton is handing over the first OGCancerNI Comfort Pack to OG Ward Manager Ciara Dickson ably helped by the Ward Staff and the CNS nurses BCH. These packs will be handed out to the patients on the ward.

CHARITY GOLF DAY IN AID OF OG CANCER NI - 1st JULY 2022



We are pleased to announce the Charity Golf Day being hosted by Lisburn Golf Club in aid of OG Cancer NI. If you would like to sponsor a tee for £100, a green for £50 or donate a gift for the raffle please contact info@ogcancerni.com

Booking for the event is directly with the club. Please contact Jane for booking details on 0795535475 or via email janemccambley@yahoo.com

DELTA PROJECT UPDATE - CYTOSPONGE IMPLEMENTATION NI



SAVE THE DATE - SPRING 2022 WELL BEING MEETING - 09 APRIL



This year's Spring Well-Being meeting will be held by Zoom on 9th April 2022. Speakers include Professor Helen Coleman, Lead of the Cancer Epidemiology Research Group at Queen's University. Professor Coleman will explain how the NI Gastric Audit will lead to improvements in the patient's pathway in Northern Ireland. Mr Patrick Gault will talk preventing the damage acid reflux can cause in the mouth. The medical team from Belfast City Hospital will be on hand to answer any questions you may have. If you wish you can forward any questions to info@ogcancerni.com before the event and we can put them to the panel.

Over the last number of months we, through our Trustee Stewart Dickson, MLA, have been engaging with the Minister of Health Robin Swann MLA regarding the Delta Project and Implementation of Cytosponge in Northern Ireland. After our Committee reviewed the Minister's responses, we felt the need to host a meeting with representatives from the Department of Health, MLAs, Queens University Belfast researchers, NICaN, Cyted and a variety of Healthcare professionals representing the 5 Trusts in Northern Ireland.

The objective is to identify the causes of delaying the progression of this vital project and early detection tests throughout NI. We were overwhelmed by the response we received when invitations for the meeting were circulated.

We hosted the meeting in February 2022 and it was well attended by individuals extremely passionate about the project. There are challenges ahead and we will continue to address these challenges with Minister Swann MLA, whilst remaining connected to the key parties involved in the roll out. We will continue to provide you with further updates on the progression of this vital project. It's a real game changer!!

CONTRIBUTION OF OG CANCER TEAM INVALUABLE IN PATIENTS JOURNEY

As the incidence of oesophageal-gastric cancers continues to rise, the contribution of the healthcare professionals, who take charge of patients' care has never been more vital. Louise Collins is one of three oesophageal-gastric (OG) Clinical Nurse Specialists based at the City Hospital in Belfast. Louise and her colleagues, Karen Graham and Maureen Toner, look after anyone in the Belfast Trust, who is diagnosed with OG cancer. "Once a patient is diagnosed with OG cancer," Louise said "we pick them up through multi-disciplinary meetings, emails from consultants who have diagnosed them and outpatient clinics. We try and make contact with them as close to diagnosis as we can and support them through the whole pathway of their care. "Once we're in contact with them, we act as key workers by phoning them, or seeing them at clinic or on the ward if they're admitted.

When people are discharged, we contact them for a period of time and then, after that, they can contact us as well if they have any questions or concerns. "We work with people at all stages of the cancer journey". For more of the story please visit our [website](#).



SEAN GREER - PATIENT STORY



Sean Greer was finding it really difficult to eat – he knew there was something wrong. "My first recollection of feeling that something was unusual," Sean said, "was back in September 2019. I'm in a drama club and I remember going down to rehearsals on Sunday afternoons and feeling that my stomach wasn't right. Eventually, however, there was just too much discomfort and I did go to the GP. His guess was that it might be helicobacter pylori. (HP) a bacterium that causes stomach ulcers. He gave me a course of antibiotics for a week and I took those and that eradicated the HP, but it didn't make any difference to my eating problem. I went back to the GP in December and he referred me for an urgent endoscope."

By late January, Sean still hadn't heard anything and so he called the hospital. It turned out that Sean's name was on the list, but the list was an incredible 72 weeks long. "Evidently 'urgent' didn't mean 'urgent' at all. That was the first big shock! I eventually went for the appointment in mid-March and the ultrasound was all clear. Everything, stomach, spleen, gall bladder, all was clear. That was good news but equally bad news because I still felt the same and now had no answer. Just the next week, everything went into lockdown and I wasn't able to get to the GP and private clinics were only offering consultations over the phone. Towards the end of April my wife and mother-in-law persuaded me to go to A & E. It was my only option. I'd also started to get night sweats – you wake up and your clothes are wet. I didn't know that was a sinister symptom. A & E treated me well but they weren't really able to do anything for me beyond the normal observations. I had a private CT scan in July and a blood test. I got a phone call from the hospital telling me my iron level was 79 and to go, almost right away, for an iron infusion, my iron levels had been slowly going down as a result of the undiscovered tumour which was growing in size. The time period between when I went to the GP and the tumour was confirmed was about nine or ten months, between October 2019 and August 2020. As with most patients with cancer, Sean's journey with the disease was just beginning. For the rest of the Sean's story please visit our [website](#).

NI CANCER REGISTRY - GASTRIC CANCER AUDIT RESULTS

We are pleased to report that the NI Cancer Registry has released the findings of the Gastric Cancer NI Audit. This audit was part funded by OG Cancer NI. If you wish to view the results of the audit in more details please visit the NI Cancer Registry [website](#).

AUDIT
FINDINGS

OG CANCER NI NEW TEAM MEMBER

We would like to welcome our newest team member to the OG Cancer NI family. As Charity Administration Officer, Sarah Rice will be providing governance support to the Trustees and Committee, also assisting in the operations of our charity. If you have any questions for the charity please contact Sarah at info@ogcancerni.com



Events in aid of OG Cancer NI

If you wish to run a marathon, abseil, cycle, hike the Mourne or participate in an organised walk in aid of OG Cancer NI please get in touch to discuss the support we can offer. Whatever the adventure email us at info@ogcancerni.com

Volunteering for OG Cancer NI

The benefits to volunteering are vast. Volunteering can better your physical and mental health and wellbeing, strengthen your confidence, provide you with new skills and is valuable work experience. Given all the recent Covid-19 restrictions that we have adhered to, volunteering could also help to establish new connections with others in the community. We at OG Cancer NI are seeking to recruit volunteers for a busy year ahead. If you are interested please email us at info@ogcancerni.com

make the call

#makethecall to

0800 232 1271

or go to nidirect.gov.uk/makethecall

Northern Ireland only. Calls are free from landlines and mobiles when calling from within the UK.

Department for
Communities
www.communities-ni.gov.uk

DURING THIS TIME CONTACT US ON

OG CANCER NI
PATRICK G JOHNSTON CENTRE FOR CANCER RESEARCH QUB
NIC: 107492

Yummy Lamb Curry Recipe

Preparation Time- 10 mins cooking Serves 4

Ingredients

½ large onion, chopped
A little olive oil for frying
1 clove of garlic, crushed
3 level teaspoons of Madras curry powder
400ml coconut milk
50g skimmed milk powder made into a paste with a little cold water
½ lamb stock cube
2 heaped teaspoons of tomato puree
1 teaspoon mango chutney
1 small handful of coriander leaves, chopped
1 small handful of fresh mint leaves, chopped
4 spring onions, chopped
600g lean Lamb leg steak, thinly sliced
To Serve
Cooked basmati rice

Method-

Heat the olive oil in a large pan and fry the onion until soft, add garlic, curry powder, coconut milk with the skimmed milk powder paste and crumbled ½ stock cube, tomato puree and mango chutney.
Let the sauce come to the boil, then reduce the temperature and let it simmer for 5 minutes until it thickens, keep stirring.
Add the chopped herbs and spring onions. Finally drop the thinly sliced pieces of Lamb into the hot sauce and continue to simmer for 2 to 3 minutes until the meat poaches (changes colour, but still remains tender).
Ladle into warm bowls and serve with rice.
With thanks to Karyn Booth
www.karynbooth.com

Brian Teaser Answers

1. You'll find them both in the middle of water!
 2. A stamp
 3. Post Office
- Thanks to Readers
Digest for the riddles!

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