



Plymouth and District Leukaemia Fund Newsletter January 2022

Firstly, let me wish you all a Happy New Year and apologise for length of time since the last newsletter. As you will appreciate, despite all of the Headlines being elsewhere, Birch has continued to provide treatment and support to all of our Patients and there have been some outstanding individuals who have continued with their fund raising efforts despite the constraints brought about by Covid. To them all, and to those who have made donations big or small, we would like to say a massive Thank You.

AGM

The **Annual General Meeting** was held by Zoom on **Wednesday 21st April**. The business covered the Trustees Annual Report, the Financial Report and Appointment of Trustees. The current Trustees were reappointed and Mr Martin Cholwill was welcomed as a new Trustee.

Following the AGM, there were two excellent talks:

1. **Supporting Teenagers and Young Adults with Cancer (TYAC)** by Clinical Nurse Specialist Hannah Heayn
2. **Covid and Clotting – what’s all the fuss about?** by Dr Claire Lentaigne, Consultant Haematologist

Physiological Support for Patients and Staff

The Teenagers and Young Adults with Cancer service (TYA) at University Hospitals Plymouth NHS Trust has been supporting patients for approximately 10 years now, it’s aim is to provide age appropriate cancer treatments, facilities, advice and

support to patients aged 16–24 years including their careers and loved ones. Whilst at the same time providing information, support and advice, including resources to professionals. To offer a coordinated approach to across county care and join teams together to give the patient and their families the best care possible.

60% of the TYA patients diagnosed will have a Haematological cancer and 40% an Oncological cancer. One of our main focuses is psychosocial care and we provide an



age appropriate Holistic Needs Assessment at diagnosis, during treatment and at the end of treatment. An integrated assessment map (IAM) is used and this helps us to understand where our patients feel their lives are what has the greatest impact and where they feel they most need support. Part of any assessment has to be around the psychological impact of a cancer diagnosis at such a young age, this is where understandably our patients often face challenges and PDLF has very kindly offered to fund a one day a week Psychologist post specifically for this young group of patients to help, support and guide them through what is a life changing journey.

A massive THANK YOU to PDLF for your ongoing support of our young cancer patients!!!

Hannah Heayn TYA Specialist Nurse and one of our patients who thinks that psychological support is of vital importance.

FUNDRAISING

In the last newsletter I told you about Olly. He is a young man who a year ago couldn't ride his bike without the help of stabilisers, but none the less he decided to ride 250 miles over 12 weeks to raise money for PDLF as a way of supporting his Grandad, who was diagnosed with AML in November 2020.

The final figure he raised was £2251.25.

Very well done Olly.



The Sir Joshua Reynolds WI had selected us as their charity for 2020/21 unfortunately due to the pandemic their fund-raising efforts rapidly came to a halt, so they have taken the decision to continue to support into 2022 and have donated £90 so far.

A big Thank You to Simon & Tom Orr, their Staff and Customers of Specialist



Vehicles Ltd, 118-130 Ridgeway, Plympton; who raised an amazing £2,000 for PDLF in 2020.

Local runner Steve Cox and his family have raised an amazing £4236.97 by completing a series of races during 2020. Along with his brother Andy, wife Christine, sister Annie and family friends as 'Team PDLF', they have taken part in



everything from the Rye 5 Miler to the 32 mile Dartmoor Discovery and the Eaton Dorney Marathon.

In addition, Steve, joined by his close friend Chris John of Stannery Brewing and the Tavistock Deputy Mayor – Ursula Mason, organised a musical event as part of the Tavistock Goose Fair. The Evening, supported by local musicians headlined by Winter Mountain and an appearance by Seth Lakemen, raised nearly £700.

All this is quite fantastic, but made all the more special as Steve wanted to raise the money to say thank you to the Haematology Team for the care, support and kindness he received during his cancer treatment including a stem cell transplant.

James Clarke & Richard Rabin of Lang Town and Country Ltd organised a Golf day at Yelverton Golf Club in support of PDLF, as a way of saying thank to for all of help and support which one of their colleagues received whilst they were undergoing treatment recently. The day raised £1386. Once again, a big thank you to all involved



If you are planning to undertake any fundraising, please be aware that the Virgin Money Giving platform has closed down, but we now have a PDLF account with Just Giving, the link to which can be found on our Website

Membership

Would you like to become a member of the PDLF and receive this newsletter directly? If so, please contact our Membership Secretary Joanna Farrugia (details below), membership is £5 a year for individuals, £7.50 for a couple.

Contact details

Jo Farrugia is still updating the membership/contact database. If there are any changes or if we can send the newsletter to you by e-mail rather than a hard copy through the post, then please send her or myself the new contact details.

Jo's e-mail address is joanna.farrugia@nhs.net

If you are holding any events we would also like to put them on our the web site, www.pdf.org.uk

My Contact details are:

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Best Wishes

Lesley