



Plymouth and District Leukaemia Fund Newsletter February 2021

My last newsletter was sent out in April 2020 and looking back at the news it contained what a difference a year has made. Every person working within Haematology – be they Medical, Nursing, Admin or Housekeeping staff, has continued to work for the benefit of our patients, taking on the extra challenges a pandemic causes in their stride. For PDLF, the pandemic has meant charity events have had to be cancelled. Every charity is reporting a difficult year, so as a small charity, our income has also been very low this year. The Trustees have continued to run the charity as set out by the Charity Commission with Trustee meetings being held using the Zoom on-line platform. We thank the firm Specialist Vehicles for their recent donation.

Annual General Meeting

The AGM will take place on Wednesday 21st April 2021, 7pm.

Enclosed along with this newsletter, you will find the details of our AGM which we will be holding via the Zoom on-line platform. Connection details will be sent out closer to the time.

Accompanying the AGM will be two very interesting talks. One by Hannah Hayne (about Teenagers & Young Adults) and the second talk will be by Dr Claire Lentaigne, who is a recent appointment as Consultant Haematologist.

The AGM is open to everyone to attend and connection details will be displayed on the notice boards on both Birch Day Case Unit and Bracken Ward.

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.

Teenagers and Young Adults

Exciting developments around the proposed establishment of a psychology support service for Teenagers and Young Adults who are receiving treatment for cancer (the majority of whom have a haematological malignancy), which PDLF has been asked to support. Very early discussion, but the Trustees unanimously agreed to support a part time post for two years at our most recent Trustees meeting held last month.

Ultrasound Machine



report that the staff have been putting it to good use.



In the last newsletter I told you about the ultrasound machine, costing £15,251.52, purchased by the PDLF. I am pleased to



Photos of staff training to use it before Covid-19 restrictions.

Purchased for Bracken Ward

I'm sure people are used to hearing about the positive effects of exercise;

- Reduces stress on the heart and blood vessels
- Increases ability of heart and lungs to deliver oxygen efficiently to the working tissues
- Increases muscular strength and endurance
- Improves immune system
- Improves mood, body image and sleep patterns
- Improves quality of life both physically and emotionally



Recently one of our patients found it very beneficial to use a mini exercise bike which he had purchased and brought into hospital with him. These mini exercise bikes used to be available on the ward for patients to use, but unfortunately over the years they had been broken. PDLF have purchased the bike show in the photo (which can be stored away very easily when not required) and we will be looking for a volunteer on the ward to try it for us. If it proves to be a success, PDLF will buy more so that every room will have one.

Merry Christmas 2020

Part of the Research Team spreading some Covid-safe Christmas Cheer on Christmas Eve, whilst welcoming Sister Jackie Wooding (2nd from right) to the Research Team.



Fundraising

Although I said at the start of the newsletter about our income being low this year. I would like to tell you about Olly. He is a 7 year old who a year ago couldn't ride his bike without the help of stabilisers. This year he is aiming 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 and is currently being treated on Birch & Bracken. A real super star. You can read more about Olly's progress (54 miles done in 2 weeks as of 4th Feb and over £700 raised) and support him at

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=MarieLake&pageUrl=1>

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