

Sarcoma South UK Support Group

Minutes of the sarcoma support group held on Wednesday 13th July 2016 from 2.00 pm – 4.00 pm at The Grove Hotel, 2,Grove Rd, Bournemouth BH 1 3AU (01202 552233) www.thegrovebournemouth.co.uk

Present: SM1; SM2; CS; AS; JB; IB; MG; SH; SB; LC; SK; PH; IB; TM

1. **Apologies:** LB; RK; CG1; CG2.
2. **Minutes** 11th May 2016 taken as correct.
3. Dr Rachael Brastock was our guest speaker. She is the Macmillan Specialist Clinical Psychologist for Dorset and is based at the Weldmar Hospice in Dorchester and gave an excellent presentation about living with cancer. Rachael outlined some theories about being diagnosed and emotional well being and coping. She shared some useful strategies that we, as patients and carers, can use to help cope with anxiety and the uncertainty of cancer.

Rachael explained the different levels of psychological support that is available in Dorset. It is patchy and she was due to meet with the Dorset Clinical Commissioning Group (CCG) and Poole, Bournemouth and Dorchester hospitals to discuss this in a bid to improve availability. In order to help her in preparation for the meeting Rachael asked us to fill in a short survey asking if we had accessed psychological support and what would we like to have available. Those of us in the group who have accessed psychological care agreed it proved beneficial and that is hard to admit to yourself that you are not coping and need help. Some members of the group have made use of the newly opened Wessex Cancer Trust in Bournemouth which offers counselling sessions.

Rachael kindly agreed to give the group a copy of her presentation so it can be added to group's website.

(NB. Post meeting notes: Rachael reported that her meeting went extremely well and the CCG representative wants to pursue the option of having far greater support available across all of Dorset. She said that the feedback she had from our group , which she shared with those present at the meeting, really helped her to make the case.)

4. **Financial Report** Thanks to SM2 for compiling.

5. **Sarcoma Awareness Week** was officially the previous week but the plan is to schedule a later date for a cream tea when there will be more members able to participate as unfortunately currently some were ill and/or undergoing treatments. The Grove had also said that they were unable to book us in for a weekend cream tea in July/August for capacity reasons. Two dates were suggested in September and October and Tricia will liaise with The Grove to check availability.
6. **A.O.B**
 - SM1 says that he has been liaising with someone who wants to start a sarcoma support group in the West Midlands and they had had a first get together to discuss how to move forward. He has offered our group as a source of help in any way. TM said the Sarcoma UK has spoken of arranging a day whereby people who are interested in setting up support groups meet with people who are running support groups so that knowledge, ideas and support can be shared.

Date for next meeting: Wednesday 14th September 2016, 2 – 4pm.

The Grove Hotel Bournemouth 2, Grove Rd, Bournemouth BH 1 3AU (01202 552233) www.thegrovebournemouth.co.uk

www.sarcoma-support-south.org.uk
(TM (20/7/16))