

PROSTHETIC USER GROUP

NEWSLETTER



Issue No. 1.

**P.U.G's Committee
Wish to thank sincerely**



Royal Moore

Back row L-R Nigel Williams, Graham Facey.
Front row L-R Bob Shaw, Rachel Shaw, Frances Collins.

GRASSROOTS
Colchester & Tendring Community Trust,
For their extremely generous grant which
has enabled us to bring you this newsletter
free of charge. Many, many thanks
GRASSROOTS

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**WE HOPE TO SEE YOU ON THE 15TH
JUNE AT THE OPEN FORUM**

OCTOBER FORUM MEETING

The first committee led Open Forum Meeting turned out to be very well supported and we would like to thank all those who attended.

Both guest speakers were very informative and were generous with their time. Dr Gannon who's field is Diabetes gave a talk on the dangers of ignoring Diabetes. He followed this up with a question & answer session. Peter Blackburn chairman of the local branch of UK Diabetes spoke on how the organization works and their aims. Archie Kaul-Mead & Janet York represented the Trust and prosthetics were represented by Simon McPherson.

The meeting went on with a Open Forum Q&A session chaired by Bob Shaw. The meeting was closed by chairperson Graham Facey who thanked everyone for their time saying he would look forward to the next one when we hoped to broaden the scope of discussion as he realize that not all

TO BE HELD ON TUESDAY 15th JUNE

FUNDRAISING DAY

A Mini Mind, Body, & Spirit Day

In September 2009 a fundraising day was held in Lexden. The day was aimed at raising a donation to enable the User Group committee to open a bank account & pay the set up costs for operating the web site, the email address, the PO Box facility and the phone service.

The day was a great success with support from all sections of the community. We were also supported by professionals with many years of experience who donated their time to help our group. All the taster appointments were booked with some participants booking more than one . We had a world famous self help author Sheila Steptoe and an Internationally acclaimed Medium Maureen Flynn.

Fundraising Contd.

An experienced Healer & Hypnotherapist Stewart Bayford, extraordinary Astrologer Cathy Timms, Homeopaths Lorraine Smillie & Frances Collins were also on hand to offer advice. A café and cake stall selling light lunches was staffed by Jennifer and Harry Collins, who worked tirelessly throughout the day to ensure every order was fulfilled.

A teddy bear donated by Bob and Rachel Shaw's daughter Karen was used in a "name the bear" competition which raised £25 thanks go to Ken Andrews who sold the tickets. The winning name was Ralph. A final total in excess of £400 means that the hard work and effort of all the volunteers was extremely worthwhile and on behalf of the Committee "A very big thank you " to each and everyone of you" it was a magnificent day.

Web Site Update

It is the committees aim over the next few months to update the information found on our web site. So far this year we have already added two articles one being a full report of our first committee led Open Forum.

Secondly our chairperson has written a no holds barred account of how he went from two to one and all the hurdles he cleared along the way. He hopes it will help others to feel *“it’s not only me.”*

Other updates and improvements are planned for later this year.

If you should have any ideas for either the Web Site or the Newsletter please write to us at:

PO Box 10590 Colchester CO5 1AB.

We would love to hear from you.

HOMEOPATHY

(an insight by Frances Collins)

Since 1796 Homeopathy has been used to treat patients. Dr Samuel Hahneman discovered the principle of treating illness with small amounts of substances that would produce similar symptoms found in a healthy person. This gentle, safe “nudge” to the system enables the body’s own healing force to become activated and to bring the body back into balance and health.

Homeopathy treats the whole person, and Homeopathic prescriptions are written for the individual not the illness or condition. A Homeopath will take time to build up a picture of each patient with careful questioning & observations, taking into account any medication already taken. The underlying philosophy of Homoeopathy is health and balance. Returning the patient to health and keeping the patient healthy in mind, emotion & body.

I would always recommend consulting a qualified Homeopath, especially when a chronic condition is present, but Boots and other pharmacies stock Homeopathic remedies for people to try for themselves.

The range of minor ailments Homeopathy is used to treat include, colds, flu, stomach upsets, eczema, earache, minor cuts and burns etc.

Examples of the type of conditions User Group Members may be familiar with, which may be helped by Homeopathy are :

- 1 When any surgical procedure is performed Arnica Montana, Bellis Perennis or Calendula Officinalis may be helpful.
- 2 For phantom pains following amputation Calendula Officinalis, Coffea Cruda or Hypericum Perforatum could be prescribed by a Homeopath.

A Homeopath WILL NEVER TELL A PATIENT TO STOP OR CHANGE MEDICATION PRESCRIBED by their OWN DOCTOR.

When taken correctly Homeopathic remedies will not interfere with other medication.

Article provided by our very own qualified Homeopath Frances Collins Cert. Ed. MTI, Dip. ACH, RSHon.

THE TRUST AND US

As a Group we are working closely and positively with Orthotics and Prosthetics manager Janet York and her administration assistant Kayleigh Walters. These ladies work tirelessly for our benefit and are always available when we need their help. Since our inception we have had talks with other Trust representatives such as, Head of Physiotherapy Archie Kaul-Mead, Elaine Farrell Therapies Service manager, Jo Hall who now holds the position of Associate Director of Organisational Development & AHP Lead to name but a few.

It is our aim to set up meetings with PALS and Rebecca Pulford Matron Head of Nursing Surgery and others.

Our chairperson was invited to sit in on the contract review meetings however this was withdrawn after a complaint from Blatchfords. Instead we will have to make do with a meeting with Blatchfords after the review.

In the forthcoming year we hope to work with the Trust for our members benefit and welfare.

A DATE FOR YOUR DIARY
TUESDAY 15th JUNE AN OPEN FORUM

PUZZLE PAGE

WORD SEARCH

A Y X A L A G N Y N X Y X E C J
N R P H G N M E R O L S T O U T
P O T L B S A K U O N I M P Z A
D H I C U T R K C M L E I N O Y
D I O R E T S A R L T T B R A G
W P U E O L O R E N E P T U N E
V A C J N E E T M R I F M T L T
T C D R K I A H G U O L P A U A
P I S C E S X G E M I N I S A Q
C A S T O R S R A T S O G R I V

Mars & Stars

ASTEROID	JUPITER	NEPTUNE	SATELLITE
CASTOR	MARS	ORION	SATURN
COMET	MERCURY	PHOENIX	STARS
ELECTRA	MOON	PISCES	TAURUS
GALAXY	NEBULA	PLOUGH	TAYGETA
GEMINI	NEKKAR	PLUTO	VIRGO

*Good luck to you all the answer will appear
in the next issue.*

A Carers Point of view.

I joined the committee as a carer representative not knowing what I could contribute. My husband is a double below knee amputee so if nothing else I would bring experience. I have never sat on this type of committee and had no idea what it could do, but I must admit to being amazed at what a great tool in liasing with the Trust the Group are.

We are building a healthy rapport with Trust staff such as Archie Kaul-Mead, Janet York and Kayleigh Walters. Along with Simon McPherson the clinics hard working Prosthetist. It is very reassuring to know who to ask, and where to go for information we need to do our caring.

Now we must try to expand our members field of knowledge. The web site is very informative and is always worth a look and is updated periodically. Considering the Group is in its infancy I feel we have come on leaps and bounds due to the Pro-active leadership of our chairperson.

With your support and input we can take it even further but we do need your thoughts suggestions and wishes to maintain our growth. This will assist your committee in it's endeavours on your behalf and with the Trust.

***** WHAT 2010 HOLDS *****

Open Forum Meeting 15th June at 11am.

Web site updates

Primary amputee leaflet launched

Buddie scheme launched

Continue to work for you our members.

Increase our membership, IT'S FREE to join send your name and address to our PO Box.

10590, Colchester CO5 1AB it's that simple.

CAN YOU HELP US PLEASE

We are trying to gain valuable feedback from you the users, carers and parents which will help us to pitch our future efforts in the right direction.

To this aim we have put together a questionnaire to enable us to collect feedback from you all. Unfortunately we could not agree a format with the Trust so could not include it with the newsletter. If you wish to participate please contact us and we will send you a copy together with a postage paid return envelope.

**OUR AIM IS TO SUPPORT YOU
BUT WE NEED YOU TO HELP US.**

We would also like to start a letters page so if you feel like putting pen to paper use the return envelope for both letter and questionnaire. We really are looking forward to hearing from you.

***YOUR INPUT IS VITAL TO US SO WE
ARE ABLE TO MOVE FORWARD.***

Next Open Forum Tuesday 15th June 11am

**OUR NEXT ISSUE WILL BE OUT IN
SEPTEMBER**

We hope you have enjoyed our 1st issue.

**OUR NEXT OPEN FORUM
WILL BE HELD ON TUESDAY
15th JUNE at 11 am**

**IN THE STROKE GYM
GAINSBOROUGH WING**

WE HOPE TO SEE YOU THERE

*When we hope to have Guest speakers
from Physiotherapy & Prosthetics*

*Along with a representative from Blatchfords
our service provider & hopefully more.*

*Some transport is available
Contact Kayleigh on 01206 742264*

**ONCE AGAIN MANY, MANY THANKS
GO TO OUR FRIENDS AT
GRASSROOTS**

Web Site: www.grassrootscharity.org

**WE
ARE
HERE
TO
SUPPORT
YOU**



**WE HOPE TO SEE YOU ON THE 15TH JUNE
AT OUR NEXT OPEN FORUM
(see inside back cover for details.)**