



# Lymph-notes

Keeping you in the loop about  
**St Oswald's Lymphoedema Service**

If you'd like us to cover something in particular in a future issue please email  
[patientfeedback@stoswaldsuk.org](mailto:patientfeedback@stoswaldsuk.org)

Welcome to our first edition of Lymph-notes for 2014. For new readers, Lymph-notes gives you hints and tips to help you manage your condition, signposts you to relevant services and support, and keeps you updated as a St Oswald's patient.

## New lymphoedema clinics open closer to home

In February we opened new Outreach Clinics in Morpeth (Morpeth NHS Centre) and Blaydon (Blaydon Primary Care Centre) for patients with lymphoedema to access treatment closer to home. The clinics will provide local access to treatment for non-palliative patients with uncomplicated or controlled Lymphoedema. If you would like more information about our Outreach Service please call 0191 246 9050 or speak to a member of staff at your next appointment.



## ILF Conference and Lymphaletics 2014

The International Lymphoedema Framework are hosting their annual conference in Glasgow from 5th - 7th June. The ILF Conference brings together speakers from all over the world to discuss developments in the treatment of Lymphoedema and to share best practice. Lymphoedema patients are invited to the Conference on 6th June for a dedicated 'Patients Day' to meet and learn from the experts. Part of the conference will also be streamed for free online. For more information and to register for the event visit [www.ilfconference.org](http://www.ilfconference.org)



The Children's Lymphoedema Specialist Interest Group (CLSIG) are also planning the second Lymphaletics event. This is a day of fun, games and education for children and teenagers with Lymphoedema, and their families, and will be held at Ponds Forge International Sports Centre in Sheffield on Saturday 13th September. To register please email [gilliancraig@nhs.net](mailto:gilliancraig@nhs.net) or call 01224 556361.

## A gripping tip

In each issue of Lymph Notes we ask you to get in touch if you have any hints or tips for other Lymphoedema patients and we've had a great tip from Linda Wilkinson from Gateshead: "I find that using my Dyna band (the rubber band you get for use with Pilates - that you stretch with) is great for gripping stockings. They're cheap too!" If you have any hints or tips that you'd like to share please either email [patientfeedback@stoswaldsuk.org](mailto:patientfeedback@stoswaldsuk.org) or call Aimee Philipson in the Comms Team on **0191 246 9053**. We'd love to hear from you.

## Northern Lymphoedema Support Group (NLSG)

The Northern Lymphoedema Support Network are a friendly group of people who all suffer from or are involved with Lymphoedema. The group meets three times each year at St Oswald's, to exchange support and information, listen to speakers and ask questions to members of the Hospice's Lymphoedema Team.

The meetings are held in Day Hospice from 2-4pm and the dates for this year's meetings are:

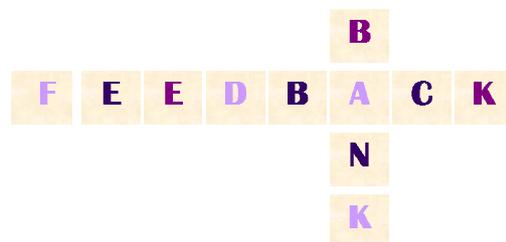
Saturday 15th March 2014  
Saturday 21st June 2014  
Saturday 18th October 2014

If you'd like to come along or find out more please contact Monica Burns, Secretary on 0191 259 5793. Please feel free to bring along a partner or friend and spread the word to other people with Lymphoedema. The NLSG newsletter is also available to pick up from Outpatient Reception.

## Introducing...our Feedback Bank

We've launched our brand new Feedback Bank - a way for you to tell us what you think!

Whether you have a compliment, comment, suggestion or complaint, we want to hear it. A Feedback Bank box and submission forms can be found at Outpatients Reception. You can also email your comments to [patientfeedback@stoswaldsuk.org](mailto:patientfeedback@stoswaldsuk.org)



All comments are given consideration and if possible the suggested improvements will be made. We acknowledge all suggestions where contact details have been provided.

## Copies of letters

After your appointment at St Oswald's, we may write a letter to your GP, or the person who referred you, to let them know about our assessment, and the details of any treatment plan we have agreed with you.

From now on, when you book in at Reception, we will ask if you would like to receive a copy of these letters. We may also check with you which healthcare professionals are still involved in your care, for example, GPs, district nurses, social workers or occupational therapists.

If at any time you change your mind, please call us on 0191 246 9050 or let us know at your next appointment.

## Stay in touch...

If you'd like to receive Lymph-notes via email please drop us a line at [patientfeedback@stoswaldsuk.org](mailto:patientfeedback@stoswaldsuk.org) or complete one of our Lymph-notes forms in the Outpatient Suite waiting area and pop in the return box. You can download back issues of Lymph-notes from our website at [www.stoswaldsuk.org/shop/adults/services/lymph-notes/](http://www.stoswaldsuk.org/shop/adults/services/lymph-notes/) or we can send them by email or post.