

Lymph-notes

ISSUE 17
WINTER 2020

KEEPING YOU IN THE LOOP ABOUT ST OSWALD'S LYMPHOEDEMA SERVICE

Welcome to the 17th edition of Lymph-notes! In this issue find out more about working together to reduce falls, new alert cards that have been developed in consultation with you, details of upcoming campaigns we are currently promoting, a reminder of how you can have your say on the care you receive, and more. If you'd like us to cover something in particular in a future issue please email patientfeedback@stoswaldsuk.org.

Helping you to reduce the risk of a fall

For people with lymphoedema falls can be caused by many factors, sometimes due to medication, poorly fitting footwear or wearing bandages. Whilst it is not always possible to prevent a fall, there are many things we can do to reduce the risk. When you attend the Lymphoedema Clinic we will carry out a falls risk assessment with you. This allows us to identify any factors which might increase your risk of a fall and follow this up with strategies or treatment to reduce the risk.

In addition to this, we carry out a falls audit in the Lymphoedema Clinic every six months. For more information ask a member of staff for a falls prevention leaflet, which includes tips about keeping safe at home and staying active.



New alert cards now issued

Last year we developed an alert card in consultation with people using our service – thank you to everyone who fed back! The wallet-sized cards include information about lymphoedema and contact details for the St Oswald's Lymphoedema Clinic. They have been created so that you can take the cards everywhere with you, particularly when receiving treatment in hospital from healthcare professionals who might not be familiar with your condition.

Keep fitness and movement fun with Tripudio

British Lymphology Society has launched a campaign called *Everybody Can*, encouraging everyone living with lymphoedema to be more active. St Oswald's is a big supporter of this campaign, as our patients often tell us they can't exercise, aren't sure what type of exercise to do, or are worried it might make their condition worse.

If you're nervous to begin exercise our Tripudio sessions are a great way to start as they are designed to help the lymphatic system and encourage the body to move with ease. We hold courses for beginners and more advanced courses for people who have previously attended our introductory course. Please ask your Practitioner for more details about the introductory course.

If you have attended the introductory course you can reserve a space for our weekly Tripudio class, held Mondays, 3 - 4pm at Tesco Kingston Park Community Room. To reserve your place, call our Outpatient Reception on **0191 246 9050**. Please note that places must be booked every week for the following Monday. There are six places that can be booked every week, on a first come first served basis.



Lymphoedema Awareness Week, 2nd – 8th March 2020

It's Lymphoedema Awareness Week, a national initiative to raise awareness of the condition. Every year we promote what we do at the Hospice to educate people about the condition, particularly healthcare professionals.

Throughout the week we will be sharing information and stories about lymphoedema on our social media accounts. One of the stories we'll be featuring is a video of Karen and Willow (pictured). Willow has received treated from us since she was just a few months old and her mam Karen tells us more about the care they receive. Would you like to share your story? If so, we'd love to hear from you! To talk to someone about this in more detail please contact Emma in our Communications Team on 0191 285 0063 Ext: 2056



INFORMATION FOR FAMILIES OF CHILDREN WITH LYMPHOEDEMA

The BLS Children's Special Interest Group presents: Lymphaletics 2020!

Event details: Saturday 13th June - Concorde Sports Centre, Sheffield

The event is set to be a fun-packed day for teenagers and children with lymphoedema and their families. It will be an opportunity to meet with other families and get involved in activities such as swimming, crafts and trampolining. The day will also include a special educational session with Professor Vaughan Keeley. For tickets and details contact gilliancraig@nhs.net by Friday 1st of May 2020.

Take part in an international study

Researchers from the International Lymphoedema Framework are looking for children and young people aged between 5 and 21 years old to take part in their new study. The study aims to explore the quality of life of children and young people with Lymphoedema and to validate a Lymphoedema specific quality of life tool for use with children and young people with Lymphoedema.

To find out more about the study and to take part visit www.surveymonkey.co.uk/r/LYMPHOQOL. If you have any further queries contact Professor Christine Moffatt at christine.moffatt@ntu.ac.uk

HAVE YOUR SAY ON CARE

There's plenty of opportunities to have your say about the care you receive at St Oswald's. One of the ways is through our patient satisfaction survey, which is sent to a sample of patients multiple times a year. In our most recent survey you told us:

"I'm very happy with my care. My lymphoedema nurse explains everything and does a very good job. My condition is managed very well and my treatment is excellent."

We welcome all feedback – positive, negative or even a suggestion about how we can improve our service. You can feedback anonymously all year round through our Feedback Bank. Our suggestion boxes and submission forms can be found around the Hospice, including Outpatients Reception. Alternatively, you can also complete our short online form at

www.surveymonkey.co.uk/r/SOHfeedbacksurvey

Stay in touch...

If you'd like to receive Lymph-notes via email please drop us a line at

patientfeedback@stoswaldsuk.org or complete one of our

Lymph-notes forms in the Outpatient reception and pop in the return box.

Alternatively, if you'd no longer like to receive our newsletter please get in touch, or if you are receiving this by email click 'unsubscribe' at the bottom of this email.

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