



***BUST - Raising money for equipment to diagnose and treat breast cancer patients in the Bristol area***

## The Shape of Things to Come - New Centre Plans Revealed

Design plans for a new Breast Care Centre alongside Southmead Hospital have been sent to the planning authorities for approval. The shape of things to come in the refurbished Beaufort House was determined by a NBT Project Team after consultation with medical teams, support staff and volunteers, including BUST and the BRI breast patient support group, Bosom Buddies, and the cancer charity Macmillan.

The aim is to refurbish the historic Beaufort House to match the facilities of the new hospital under construction nearby. Around 22,000 patients a year are expected to attend the planned centre.

It will house the merged breast care teams of the North Bristol Trust and University Hospitals Bristol NHS Foundation Trust alongside a Macmillan Wellbeing Centre for people with all types of cancer, and their relatives or carers. The near-£4m redevelopment scheme includes a £1m contribution from Macmillan.

The Breast Care Centre entrance will adjoin the retained, iconic Cherry Tree Garden (pictured) and overlook a landscaped plaza outside the new hospital. Symptomatic and breast-screening patients will use a common entrance lobby leading to a prominent reception area and separate waiting areas. There will be seven consulting and examination rooms and four mammogram rooms, between the two services, as well as, research, office and staff facilities.



Quiet rooms will be available for nurse specialists to speak to patients who have had bad news, and there will be a discreet exit through a small external garden if they do not wish to return through the reception area. An internal garden will give patients added light and a calming outlook in both waiting areas.

The planners are keen to save some of the period features of Beaufort House, including roof beams, skylights and a staircase. The Macmillan Wellbeing Centre will have a large library room with a display area for information leaflets. Mobile bookshelves will easily allow extra space for activities such as multi-disciplinary team meetings and Living Well survivorship programmes. There is to be an internet cafe, fitted with computers and audio-visual facilities, and a beverage bay area.

Design Project leader Joanne Anyon maintains: "We want to make sure patients get the best possible experience in the best possible environment and give assurance that all the equipment they need is on site.

The Centre will be very modern and up to the standard of the new hospital. We would not want anything less. The Breast Care Centre is designed as a healing environment and a focal point for all patients requiring support and management from the breast care teams at all points from their referral through follow-up and support. It aims to provide all the cancer clinical expertise under one roof."

**PAST TIMES:** Beaufort House opened in 1902 as a 64-bed workhouse for the poor and sick. By 1911 there were 520 beds. During the First World War it was used as an army hospital but became a workhouse again in the early 1920s. By 1924 the Southmead Infirmary was built and later renamed Southmead Hospital.

# Team Together at Last



The breast care team from Bristol Royal Infirmary (pictured above) has moved to Southmead Hospital for the long-awaited merger with the resident team.

Since the March 25 move E-Ward has become the home base for the joint breast care units now under the management of North Bristol Trust. The teams now await the final stage of their partnership move as part of the planned centralisation of breast services across Bristol - the evacuation and rebuilding of the nearby historic Beaufort House.

The listed building is to be transformed into a breast cancer centre to complement the adjacent £430m super-hospital where the team will carry out their major surgery. The merged team will move out of E-Ward ahead of the super-hospital's formal opening in May next year. The centralised services – first discussed in 2004 - will be at the heart of a hub-and-spokes model.

The Beaufort House centre will be the hub, with the spokes involving medical teams at the General Hospital, Weston Super Mare, the Central Health Clinic, at Tower Hill, Bristol and the South Bristol Community Hospital, Hengrove.

The centre will also manage the Avon breast-screening services and house a Macmillan Wellbeing Centre for patients with all forms of cancer.

It was in May 2011 that the Frenchay Hospital breast care team moved to Southmead after 20 years distinguished service. Their UH Bristol partners' move followed after as many years of equally recognised service at the Royal Infirmary. Both teams are actively involved in leading edge research into new surgical and technology advances.

Dr Mike Shere, lead breast clinician at NBT, says: "With the BRI unit joining us before the new centre opens we will spend a year together working out how we can improve breast services before we finally move in. The big difference will be that we will have the breast screening team in there and all breast services will be under one roof."

## BUST welcomes new Members to join

- ◆ Receive quarterly newsletters
- ◆ Keep updated on local events
- ◆ Attend Members' Only meetings at least four times/year to be briefed by industry professionals on the latest developments in technology, diagnosis and treatment.

Annual subscriptions are available for a nominal fee of **£5/year**.

Email: [bust@bustbristol.co.uk](mailto:bust@bustbristol.co.uk)

Telephone: 07712 114774

### Members Meeting Dates 2013

Tuesday 16 April

Tuesday 16 July

Tuesday 15 October

@ 7.00pm

Learning & Development Building

Southmead Hospital

## Managing Lymphoedema

A specialist nurse is to explain how breast cancer patients can self-manage Lymphoedema – the chronic condition which can occur for some patients after surgery and/or radiotherapy.

Nurse Lorraine Woods is the clinical lead for the Macmillan Lymphoedema Service for Bristol, North Somerset and South Gloucestershire. As the speaker at the BUST Members Meeting at Southmead Hospital on 16 April she will outline the key role of the lymphatic system in aiding the flow of body fluids and filtering out waste products, dead cells and bacteria.

For some patients an affected lymphatic system can lead to a swollen and sometimes painful arm nearest the surgery area.

Lymphoedema can be categorised on four levels, ranging from mild and uncomplicated to severe and complicated. While it is well documented that it is a long-term condition for which there is no cure patients can, however, minimise risks and alleviate it through self-management strategies and small life-style changes.

Lorraine will discuss the risk factors and explain how possible exposure to extreme heat, insect bites, strenuous home, work and shopping tasks can lead to a build-up of fluid. She will also highlight how benefits can be derived from careful work planning, choosing suitable clothing, including compression garments, and light exercise such as walking, swimming and dancing.

The Members Meeting is to be held in the Learning and Development Building at Southmead Hospital at 7pm.

# Senior Moments Games Award



Four pensioners who present game shows at Senior Citizens Clubs have been awarded a BUST Certificate of Achievement for their fundraising efforts for our charity.

Retired couples David Nash and partner Jean Fry, from Stoke Gifford, and Norman and Barbara Leonard, from Frampton Cotterell, raised more than £1500 over the past three years by organising their game shows for audience participation at local retirement clubs.

The quartet has known each other for forty years during which time they were keen caravanners. Then they built up their own series of word-teaser games adapted from television shows and used them initially to entertain their campsite friends. On retirement the games were mostly confined to the attic.

Later David's wife Jill became a patient at the Breast Care Unit at Frenchay Hospital where a breast lump was removed. She and her friends were so impressed with the care she received that they decided to fundraise for BUST. It was Jill who suggested that they dig out and dust down their games kit and seek donations by entertaining seniors. So the Senior Moments Game show was born through her inspiration and continued later as a tribute to Jill who died from leukaemia.

The Certificate was presented by BUST Treasurer Jackie Pask (pictured, centre, with the team.) She says: "It was a pleasure to meet the team and to experience their game show, great fun and an event not to be missed. BUST is grateful for their dedication, hard work and continued support."

The team charge a £30 fee for a one-hour games session. Last year they organised 22 events and this year they already have 20 listed in their diary.

For further information contact David Nash 01179 696062 or Norman Leonard 01454 774868.

## Disco Night Raises £2130

Two young women from Coalpit Heath who organised a Disco and Karaoke night to raise funds for breast cancer patients have given BUST a final total of £2130.

Nicki Preece and her cousin Amy Matthews were the driving force behind the Breast Cancer Charity Night in The Miners Social Club in Coalpit Heath last October. Their families, friends and Club staff ensured that the event went with an added swing by helping to run an auction, raffle and tombola.

Now all their efforts have been recognised by BUST in the presentation of a Certificate of Achievement by Trustee and founder Pam Corrigan (pictured, centre, with Amy left and Nicki right).

Pam says: "They held a fun-filled evening and we are grateful for their amazing donation to aid patient care."

Nicki's mother, Liz, was diagnosed with breast cancer five years ago but continues as a patient with routine visits at Southmead Hospital. Nicki and Amy decided that they wanted to hold a charity event to recognise the care she received at the hospital.

Nicki says: "Mum sparked off the event but it seems the more you speak to people the more you realise how many families are affected by cancer. We had a great deal of help with our Disco evening but it was great fun, so much so that we are going to do it again."

The pair has booked The Miners Club for a repeat Disco Evening on 2 November 2013.



**Are you fundraising for BUST, or would you like something featured in the next newsletter?**

Maybe you are organising something ?

Let us know!

We welcome interesting articles features and photos.

[bust@bustbristol.co.uk](mailto:bust@bustbristol.co.uk)

# Could You Run For Us?

BUST is seeking more volunteers to fundraise by taking part in the Bristol 10k race. Consultant surgeon Simon Cawthorn will again be leading the charity's runners and walkers up to the mark on May 5 to race around the harbour side and along the Avon Gorge. BUST currently has 31 entrants, compared with the 100 last year, who raised an incredible £16,702.

Mr Cawthorn is a keen member of the Hamchay Harriers running club and regularly runs to fundraise for our charity. His club have reserved places for BUST entrants at discounted prices. And there are discounted pink T-shirts available with the BUST logo which can also be printed with the runner's name, if required. Entrants are asked to pledge £50 in donations for BUST and to join the Just Giving charity website to ease the donation collections.

Entry forms are available from The Secretary, Hamchay Harriers, Rock House, Mill Lane, Hambrook, Bristol, BS16 1SA. For more information contact [www.HamchayHarriers.co.uk](http://www.HamchayHarriers.co.uk) or [bust@bustbristol.co.uk](mailto:bust@bustbristol.co.uk)

Committee member Susan Grant will again be taking part in the 10k with her husband Mike. She says: "It is not too late to sign up now. We urge as many supporters as possible to help our mission to buy new diagnostic machines for the new Breast Care Centre due to open next year."



## A Bra Conundrum



**Question:** What does BUST do with a gift of 38 big-size bras?

**Answer:** Ask our Members to conjure up a solution on how they can be used to raise funds.

The gift ... of DD and FF sizes ... came from ASDA supermarket and was handed to Committee member Susan Grant at the Longwell Green branch where she works. (Susan is pictured, centre, with colleagues Kelly Brice and Tina Laurence.)

Susan says: "It was a very kind gift but we are still trying to work out how we can use them to bring in donations. We are hoping that our Members will get their thinking caps on and put forward some bright ideas. Our committee have thought long and hard about it but the jury is still out on their proposals."

So the hope lies with an inspirational Member, who will no doubt be spurred on by the repeated use of the magic formula "abracadabra".

## BUST Fights On

BUST's fundraiser friends are fighting back in the face of the hard economic times. Our 2012 year-end accounts reveal that their efforts brought in a total of £60,062— a slight but welcome improvement compared to the average annual income of under £60,000 for the previous four years.

The Bristol 10k Race of May 20 last year gave the biggest boost to the funds as 100 runners and walkers brought in £16,702 for our charity. The continuing income stream enabled BUST to secure its biggest purchase of the year – a £50,475 ultra sound scanner for the Breast Care Unit. It was the 14<sup>th</sup> hi-tech scanner brought by BUST since it was founded 21 years ago. Trustee and founder Pam Corrigan says: "Our participation in the 10k race was inspiring and the total donations were a remarkable achievement. We greatly appreciate the work of our Committee in organising our part in the race, and we are grateful for the fundraising efforts of our supporters in these difficult times. Their enthusiasm and dedication encourage us to continue our mission to supply the best high-tech equipment for the Breast Care Centre to improve patient care."

Key contributions for the 2012 cash flow came from Emma and Rich Nichols, of Staple Hill, who held a Ball (£6547); boutique owner Leslie Wood, from Chipping Sodbury, who organised a fashion show lunch (£4712) and workmates Phil Nichols, from Redland, Bristol, and Shaun Roche, from North Somerset, who took part in the Bristol Half-Marathon (£3208).



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