



MEMBERS' NEWSLETTER

Summer 2013

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

10k Runners Boost BUST's Funds

BUST supporters rose to the challenge of Bristol's 10k race to bring in more than £14,500 in donations for our charity.

Fifty runners and walkers stepped up to the mark for the May 5 event around the historic harbourside and along the Portway. They were fundraising for the new Breast Care Centre due to open on the Southmead Hospital site in May next year.

BUST entrants' distinctive pink logoed t-shirts ensured that they were easily spotted among the 9,000 competitors.

Our key 19-strong group were Laura's Lovely Jubblies. They were led by breast-cancer survivor Laura Goodchild, 30, and husband James, 35, from Stoke Bishop, Bristol, aided by family and friends. The team brought in more than £5500 in donations.



Laura was 26 weeks pregnant when diagnosed with breast-cancer in 2010. She had to delay her chemotherapy and radiotherapy until daughter Iris was delivered eight weeks early. She is now fully recovered after operations including a double mastectomy and reconstruction and Iris is a healthy happy youngster.

Laura and her family are keen fundraisers as a thank-you to the Southmead medics and staff for their treatment and support. And Laura is also an active member of the hospital support group, Young Women 4 Young Women. Daughter Iris was in the crowd with her grandfather, Mr Tony Rudrum, to watch her parents return.



The first BUST entrant to race home was Peter Wheddon, 56, from Portishead, recording just over 38 minutes. He waited at the finishing line for his wife Nicola who clocked up 1 hour 3minutes in her first-ever athletic event.

Their daughter Michaela, 23, was diagnosed with breast-cancer four years ago and is undergoing treatment currently for a re-occurrence. The Wheddons raced in her name to raise more than £1,155.

Over the past 15 years Peter has been an active participant in duathalons—combined cycling and road-running events.- and has won an impressive tally of gold and silver medals at national and international events.

The 10k race cash will go directly to the redevelopment of Beaufort House, the historic workhouse building on the Southmead site. It is currently closed and being prepared for its extensive make-over into a Breast Care Centre to match the facilities of the adjacent £430m super-hospital due to open in the Spring next year.

The Centre will house the merged breast care teams of North Bristol Trust and University Hospitals NHS Foundation Trust, alongside a Macmillan Wellbeing Centre for people with all types of cancer. Around 22, 000 patients a year are expected to use the Centre which is being developed in a near-£4m project.

Families & Friends Rally Round

Bristol's 10k race in May brought in the best total of the year so far for BUST funds. Our charity's thanks go to the marvellous mixture of cancer survivors, their families and friends and the medical teams and support staff who responded to our call to fundraise in these difficult economic times.

The entrants shared the common bonds of knowledge of the highs and lows of breast-cancer and the inspiration to raise donations to improve patient care. The race itself proved a memorable fun-filled and heart-warming event.



Southmead consultant surgeon Simon Cawthorn was a key race organiser for the BUST teams and raced in a kilt.

He ran alongside friend Alex Ferguson, both finishing the course in 47 minutes. Simon ran last year with Alex's father, Andy, who called off this time due to a leg injury.

But kilted Andy, a member of the Bristol Pipes and Drums Band, ensured that the BUST entrants got spirited support by playing his Scottish bagpipes at the start and finish.

Laura and James Goodchild's Lovely Jubblies team racers included her brother Josh (17), sister Abigail (15) and Laura's mother Mrs Claire Watkins.



Another active family group was that of BUST Committee Member Vicki Capel, of Westbury on Trym, her husband David, son Andrew and daughter Claire.

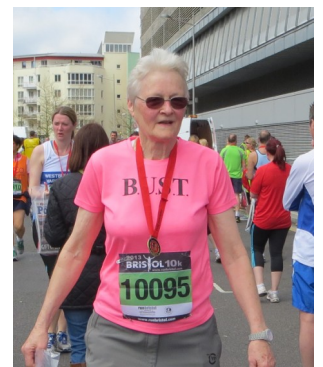
Andrew lives in Auckland, New Zealand, and flew into Heathrow the day before the race at the start of a month-long holiday starting with his planned 10k participation.

His luggage was lost on route and he had to buy new racing kit on his arrival. Despite still being tired after his lengthy flight he completed the race in 1hr 4 mins.



Another runner with a tale to tell was Mrs Joy Mills, 66, of Clevedon. She recorded 1hr 28 mins last year. Her husband Bob challenged her to reduce that this time, pledging £10 for every minute of improvement.

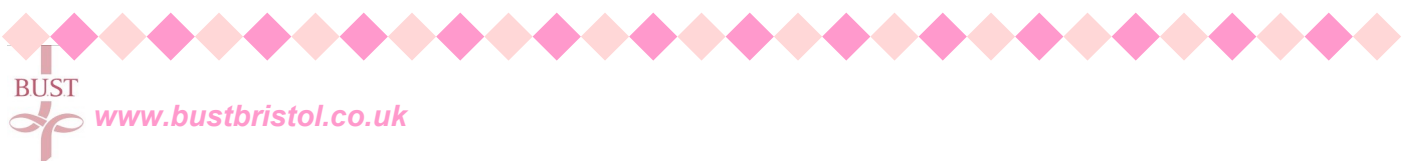
Joy was accordingly very pleased when she recorded 1hr 18 mins this year—securing a £100 bonus from Bob who watched her triumphal return at the finishing line. Joy raised around £400 overall.



Mr Cawthorn congratulated the BUST entrants on their impressive turnout. He said: "It was very moving that so many patients, families and friends, supported our race effort. It was a hugely rewarding feeling that patients we had looked after now want to help provide care for others facing the same treatment experiences."

Last year 100 runners and walkers turned out for BUST in the 10k race. They were responding to our call to help us pass the £1m total after 20 years of fundraising.

Our entrants brought in a final total of £16,293 in race donations just ahead of the June celebrations of our 21st anniversary as a charity.



Karen's Sell Out Success



A young Bristol woman was diagnosed with breast cancer when she was 27 weeks pregnant. Karen Gingell's son George was delivered six weeks early in August last year and then spent two weeks in intensive care at Southmead Hospital. It was only then when they returned to their Thornbury home that Karen (31) began her delayed chemotherapy treatment and later radiotherapy.

Now well on the road to recovery and with George a happy, healthy baby Karen has made a £612 donation to BUST as a thank-you for the dedicated care she received from the Breast Care Unit team and support staff. The money was raised through an afternoon sale of home-made cakes which proved a sell-out success.

Karen and her best-friend Stephanie Mitchell were the prime organisers of the event at Stephanie's Patchway home at the end of February. Karen's husband James, 33, her mother Mrs Kath Evans and Stephanie's mother Mrs Ruth Alder, also provided key support.



Karen recalls: "I was on holiday when I discovered a lump in my breast. My GP referred me to Southmead where they diagnosed breast-cancer. I had a lumpectomy and fortunately the cancer had not spread to the lymph nodes. When George came home I had four months of chemotherapy and later radiotherapy. I shall be taking Herceptin until the end of this year. We wanted to raise money for the Unit because the medical team and staff have been amazing since my diagnosis. Our families and friends have also been very supportive, particularly with the fundraising. I have been inspired to help others, particularly young women.

Stephanie adds: "It was largely close family and friends who attended the cake sale- around 60 -70 visitors. We had planned a four-hour sale but we were completely sold out in three hours. We were also grateful for additional donations made that afternoon. We plan to hold another event and to get more people involved."

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

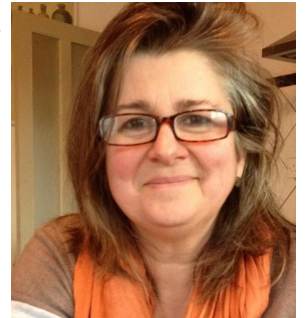
Design Team Seek Patient Input

Two key members of the Beaufort House makeover team will outline their Grand Design vision of the project at the next Members' Meeting. Project Leader Joanne Anyon and arts co-ordinator Bronwen Gwillim are to address the July 16 meeting at 7pm at the Learning and Development Building, Southmead.

Both believe that art and interior design have a unique role to play in the near-£4m refurbishment of the historic building which will house the Breast Care Centre. Beaufort House was the first building on the meadowland site which gave Southmead its name. The project team are keen to seek feed-back from patients and supporters on the design proposals.

Bronwen has worked on 50 projects in the past 15 years, mostly in healthcare settings. She has a background as a metalsmith, glass artist and jeweller. Her major projects have involved Musgrove Park Hospital, Taunton, and Bath R.U.H.

She maintains: "Art work is now very integrated and aims to help staff deliver an excellent service. The challenge is to provide a healing, uplifting environment. We have a real opportunity to introduce some feel-good factors. The healthcare environment has a profound impact on how we feel about visiting hospital. Design features can help provide positive and inspiring spaces. I look forward to getting feedback from patients at the meeting."



Bronwen is fascinated by the workhouse history of Beaufort House and hopes to incorporate something of its background ... such as its woodland, orchards, horses and kitchen gardens ...in the project ideas. She says: "One idea that is absolutely universal is the healing power of nature."

Joanne is to update the Members on the design proposals, planning stages and the selection of contractors. She says: "It is really important that the arts project is not just about putting a few pictures on the walls. We are investigating a whole range of possibilities, including wall coverings, textiles, work surfaces, flooring, windows and skylights. We have a unique opportunity to create a quiet, quality environment that makes people relax on their hospital visit."

Members Meeting Dates 2013

Tuesday 16 July

Tuesday 15 October

@ 7.00pm

Learning & Development Building Southmead Hospital

Rugby Tour Boost For BUST

A boys' rugby team from Mangotsfield proved that they had winning ways in an end of season tour in early May. The Cleve under-11s climaxed the May 3-5 weekend with clear match wins over two rival teams and provided an added bonus of £267 in donations for BUST – their designated tour charity.

The team were joined by families and friends in the event centred on Dawlish Warren, Devon. It involved an American Supper where the guests wore Sci-Fi fancy dress and the team members were actively engaged in circulating the BUST donations bucket. The Cleve boys also showed off their dominant rugby skills, marking up a 21-0 victory over Exeter Saracens and a 12-0 win over a Longlevens team.

BUST Committee member Emma Nichols, from Staple Hill, Bristol, attended with her husband Rich and son and team-member Tommy. Emma says: "It was a fun weekend and the boys were very enthusiastic in their fund-raising. I have to say a very big thank you to them and their families for their support in choosing BUST as their tour charity."



Band Night Celebration

A night-club band event was held to celebrate recent major service transfers involving NBT and UHBT facilities. Trust medics, support staff and friends attended the May 16 event in The Tunnels --- a club venue created through the transformation of two Grade 1 listed railway arches situated under the approach ramp to the historic Temple Meads station. The guests were marking the transfers of Breast, Urology and Head and Neck services within the two trusts.



The lead band was The Diagnostics, the rhythm and blues group made up largely of NBT personnel. Leading the band on alto saxophone was consultant surgeon Simon Cawthorn, from the Breast Care Unit. The Diagnostics were supported by the group Stealeasy who took to the stage first to kick-start the evening. Tickets were offered free to NHS employees. A BUST raffle drew £185 of support from the guests and the winning ticket was for dinner-for-two at the Aqua Restaurant in Whiteladies Road, Bristol.

The other Diagnostic band members were Mark Lockyer (bass), an Almondsbury GP; Alison Robinson (lead singer), a director of nursing; David Powell (rhythm guitar), project director; Howard Rigby (tenor sax) a pathologist; Rob Bamford (drums), a porter and Martin Froud (lead guitar) a retired teacher.

Fishing Film Brings in £2117

A private screening of the comedy film Salmon Fishing in the Yemen raised an amazing £1367 in donations for BUST. Committee member Jan Biagioli, from Wickwar, organised the June 21 event in the 100 seat Wotton Electric Picture House, aided by her husband Mash and friend Clive Gee. A manager in Barclays Agricultural Division at Stoke Gifford, Bristol, Mr Gee was able to secure £750 in matching funds, raising the total to £2117.

The cinema management and other sponsors ensured that the evening costs were met before the start of the film starring Emily Blunt and Ewan McGregor. The film tells of a sheikh's desire to bring fly-fishing to the desert. The guests were also treated to light refreshments at the Town Hall next door where a raffle was held to boost our funds further. The top raffle prize was a Samsung Tablet. All the money raised will go directly to the new Breast Care Centre at Southmead. Jan and her family organised a similar evening at the Wotton Under Edge cinema last year when they raised £1440.



BUST welcomes new Members to join—Annual subscriptions are available for a nominal fee of **£5/year**.

- ◆ 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.

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