

MEMBERS NEWSLETTER

December 2011



BUST FACTS

- > Full Name: Breast-Cancer Unit Support Trust
- > Founded 20 years ago by three patients in the same ward at Frenchay Hospital
- > Main Mission: To buy new technology to improve patient care
- > Running Costs account for less than 1% of donations
- > The recently formed Members of Bust group now has over 200 members

INSIDE THIS ISSUE:

Leading Edge Technology 2

Southmead Move Success 3

Keep Fit 4

Members Meeting 4

BUST Ball raises an amazing 9K 4

AIMING FOR OUR £1M.MILESTONE!

BUST is close to reaching a £1m. total for its fundraising over 20 years as a breast-cancer charity. It is currently £14,000 short of its historic milestone. But it believes that it can close that tantalising gap before June 20 next year ... the anniversary date of its founding by three women patients on the same ward at Frenchay hospital and under the care of surgeon Simon Cawthorn (below). BUST con-



tinues to be inspired by the varied efforts of its supporters despite the economic recession.

Earlier this year a Lands End to Bristol cycle ride by a 17-strong team of riders, including Simon Cawthorn, brought in more than £20,000 and the annual Trust Ball raised more than £9000. These large donations were boosted still further by the continuing individual efforts of our supporters ranging from fashion shows and quiz nights, to marathons and table top sales. With continuing pressure on NHS budgets BUST's fundraising role is increasingly important in helping purchase new technology to maintain and improve patient care. That pressing need has brought our £1m target into even sharper focus.

STEP UP TO THE 10K MARK FOR BUST

Fancy a 10k run for BUST? We already have around 50 supporters prepared to run for us in the annual Bristol 10k event on Sunday May 20 next year.

They include surgeon Simon Cawthorn and a number of kilted members of the Bristol Pipe and Drum band. At the race start they will be given a rousing Scottish send off by their fellow musicians. We are seeking more volunteers to run for us. Once they have completed the formal race entry process we will provide each runner with a pink Bust T-shirt with their name on it. All we ask is that each competitor agrees to obtain at least £50 in sponsorship for our charity. We recommend an early sign-up for the event which last year attracted 11,500 runners. If you would like to be a Bust Race Team member, please contact Trustee Jenny Wookey

(jwookey@btinternet.com or 0117 956

6522) to give your details by January 20 at the latest. She will then inform the race organisers of the total number of BUST competitors and obtain a group entry fee discount.

The bigger the number of Bust entrants, the bigger the discount. Jenny will later ask you to send your entry cheque to Bust ... before February 20... and will want precise details of the name to be printed on the gift T-shirt. If you wish to enter as a solo runner for Bust contact the Bristol City Council website. But please ask Jenny for a letter authorising you to run for the charity and make arrangements for your gift T-shirt. The race entry fee is £21, plus a £3 admin fee. Seniors pay a £13 entry fee, plus the £3 charge.



LEADING EDGE TECHNOLOGY BOOST



Mammographer at work in Southmead

Breast-cancer patients at Southmead are benefiting from new technology bought by BUST. Current innovations include tissue grafts which enable breast reconstruction at the same time as the mastectomy; a body jet system to collect fat cells for partial, if not total, reconstruction without implants; and a “wand” system which locates and removes for diagnosis suspect tissue targeted by a green dye.

Breast reconstruction: Volunteer patients are engaged in a pilot trial of tissue grafts. These allow patients to have reconstruction with silicone implants in one operation by acting as extra muscle to cover the implant. It avoids the need to take muscle from the patient’s back or to undergo a second operation with expander implants. The tissues let the body grow new blood vessels into them to become part of the normal tissue. BUST gave £10,000 for ten specialised tissues for the trial. Plastic Surgeon Rob Warr will speak on the tissue trial at the Members meeting on January 17.

Body Jet: Surgeons are also using a Body Jet system to harvest and preserve patients’ own fat cells for breast reconstruction with implants. It helps the cells survive being injected into breast tissue and rebuilds defects left after surgery and radiotherapy. The water-assisted

device -- which cost £38,260 -- can also be used for partial or even total rebuilding of the breast without implants. Body Jet Liposuction patients are reported to have less swelling and bruising and have a faster recovery.

Green Targets: Avon Breast Care Centre at Southmead Hospital will be the first centre in the country testing a green dye to locate suspect tissue for removal, such as in sentinel lymph nodes. The dye lodges in the tissue and can be “seen” through the skin using a state-of-the-art infra-red detector. The green dye process replaces the current blue dye which colours the skin for up to six months and can cause allergic reactions.

Keyhole breast surgery: Breast lumps and even small cancers can now be swiftly removed by a “wand” system guided by an ultra-sound machine. When the target tissue is located the surgeon makes a small incision in the breast to remove the intact sample for histological analysis. The procedure is carried out under local anaesthetic, usually in the out-patients department. The incision is banded and requires no stitches. The wand system (£43,000) and the green dye detection system (£35,000) were also funded by BUST donations.



Surgeon Simon Cawthorn with patient

SOUTHMEAD MOVE SUCCESS

Patients are giving a positive backing to the new Breast Care Centre at Southmead Hospital. After 21 years at Frenchay Hospital the Centre moved to Southmead this summer to its new home in the revamped former K ward. The Centre offers a complete service under one roof, including mammography equipment.

Specialist nurse Jane Barker says: “The feedback we have already received from patients is very positive. At Frenchay the waiting area was quite dark and patients sat close together. The new waiting room is much brighter and calmer ... good news for patients who are coming to see us at a time when they are understandably anxious and worried. We also have a lovely garden where people can take time out after receiving a cancer diagnosis. Patients can also leave through the garden without having to walk back through the waiting area.”

Patients also reported that parking was easier because of the multi-storey car park and that there were improved bus services from South Gloucestershire.

The Southmead move comes ahead of plans to centralise all of Bristol’s breast services in one place from 2014.



The Southmead Centre garden



The Breast Care Centre Team

Dr Ajay Sahu, Lead Clinician for the Centre, said: “At Southmead we are on the same site as the pathology labs which, as the service develops, will mean that samples will be dealt with much quicker, which is great news for the patients.”

Mrs Jenny Wookey, a breast care patient, says: “I am delighted with the new unit. It is great to have the mammography equipment there and the whole place is bright, colourful and welcoming. It is also fantastic news for patients that all the staff from the Frenchay unit have moved across. They are like a family, they get to know you and are so welcoming and caring”.

The Breast Care Centre will be an important part of the new Southmead Hospital when it fully opens in 2014. The North Bristol NHS Trust is currently looking to create a partnership with the charity Macmillan Cancer Support to create a cancer information centre alongside the Centre. More information will be available as these plans development.

ARE YOU FUNDRAISING FOR BUST?

LET US KNOW!

Would you like something featured in the next newsletter?

We welcome interesting articles features and photos

Email us bust@bustbristol.co.uk

Telephone: 0117 956 6522



KEEP FIT

Medical research promotes the idea that keeping fit can help prevent a re-occurrence of breast-cancer. With that in mind BUST is starting a Walking Group in the New Year in and around the Frenchay Hospital site. And a Running Group may also be formed --- aimed particularly at those who wish to enter the Bristol 10k in May next year. Contact :- Jacqueline.pask@btinternet.com or Tel: 0117 910 9161

MEMBERS MEETING

Members of BUST had their launch meeting at Southmead Hospital in September when more than 60 people attended. Diary dates for next year's meetings are January 17, April 17, July 17 and October 18 when the venue will be at the Learning and Development building at Southmead Hospital at 7pm. Members are reminded that the annual £5 membership fee for 2012 is due by the January meeting. Cheques can be sent to treasurer Jackie Pask, Mill Cottage, Frenchay Hill, Bristol BS161LR.

BUST BALL RAISES AN AMAZING £9,000

BUST's Annual Ball ... held at the Grand Hotel, Bristol in October... proved a successful event, bringing in £9000 for the charity. The fundraising was aided by a silent auction, a raffle, an on-site photographer and an enormous tombola. All the prizes were donated and we are grateful to everyone who made these donations. Special thanks are due to Di and Chris Heal for their time and effort in organising the event and to those who made the ballroom itself look fabulous --- Yolande Stone and her company Logistical Support Services Ltd (who supplied the table decorations and pink lighting) and the Balloon Bunch (who gifted the balloon display). The Blue Meanies band provided the music, supported by The Diagnostics, featuring Simon Cawthorn on saxophone. Among the guests was Trust founder Pam Corrigan and her husband Michael who celebrated their Golden Wedding the week before. Pam, the sole surviving member of the three patients who founded the charity, and her husband were given gifts from BUST to celebrate their 20 years of dedicated service.



Pam Corrigan with (L to R) Mr Cawthorn, Lead Clinician Ajay Sahu and Michael Corrigan.



Follow us on Twitter

<http://twitter.com/BustSouthmead>



Join our facebook page

<http://www.facebook.com/pages/BUST-Bristol>

www.bustbristol.co.uk

Charity No. 1117508

