


Specialist Oncology, Palliative & Bereavement Service

News Letter Winter 2014, Issue 3

United Lincolnshire Hospitals 
NHS Trust

Bereaved Parent & Sibling Day October 28th 2014

Those families who were able to join us for our annual Bereaved Parent & Sibling Day enjoyed the opportunity to meet and have fun together at Doodles Craft Centre near Spalding. The theme for the day was reflecting on how life had changed for them. Each person designed and painted their own piece of pottery before enjoying a chance to chat over lunch in the lovely autumn sunshine.



For All Bereaved Families
Come and join us for a winter beach walk on Sunday January 11th at 11 am. Meeting at the Clock Tower Skegness. Dig out your wellies and wrap up warm.



P.A.C.T. The PACT (parents and Carers Together) meet monthly. The group is for any parent with a child who has a complex medical illness or progressive disease and attends main stream school. The group support each other with the issues that often arise from multiple hospital appointments, dealing with siblings and a wide range of other matters. They meet in Sleaford. If you would like more information please contact the team.



Check out our website -

http://www.ulh.nhs.uk/about_us/patient_services/specialist_family_practitioner/resources.asp
Or type specialist family practitioner lincs into a search engine.

Useful Books

The Secret C by Julie A Stokes
When Someone You Love Has Cancer, A Guide to Help Kids Cope by Alaric Lewis
As Big as it Gets, supporting a child when a parent is seriously ill by Winston's Wish
What About Me? When brothers and sisters get sick by Allan Peterkin

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A Poem

“Walking on the Edge of Life”

The world keeps moving forward
as time stands still for me,
I am the kid with Cancer,
locked in battle to be free.
For all us kids on chemo
our lives are put on hold,
As we fight to stay alive,
our chances good were told.
Our attitude is courage
we live this life each day,
Just waiting for tomorrow,
praying cancer goes away.
Walking on the edge of life
We're never looking down,
United here in front of you,
until a cure is found.

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Children's Lead Macmillan Nurse Specialist

Hello! My name is Helen Lythgoe and I am the Children's Lead Macmillan Nurse Specialist for the County of Lincolnshire. My role is to provide Specialist support for children, young people and their families, when a child has been diagnosed with cancer or leukaemia.

I am based in Grantham but work across the County of Lincolnshire. I work closely with the Community Children's Nurses in Grantham, Boston and Lincoln, the Specialist Family Practitioners' and the Children's Palliative Care Team. We work together with children, young people and their families, aiming to provide specialist information and clinical care, practical, emotional and psychological support throughout their treatment. I also provide information and advice regarding your child's treatment to their GP, school and other professionals who may be involved in your child's care.

I am also responsible for leading and developing the children's oncology service across Lincolnshire, working in partnership with your child's shared care wards at Lincoln and Boston hospitals and also your child's Specialist Treatment Centres outside Lincolnshire.

Date for your Diary:

The annual Family Day for families bereaved of a parent will be held at St Barnabas Day Hospice in March 2015. Information and invites to follow.



Summer Picnic

Following the success of the winter beach walk in January, we organised an informal summer 'bring your own picnic' for bereaved families on July 30th at Hartsholme Park in Lincoln. Parents and children of all ages had the opportunity to come together and have fun. The game of cricket proved to be a huge success and much fun was had by all involved.

One parent said "it was great to spend time with families in our situation where we could chat or not and do whatever we wanted to do. My boys had a lovely time painting leaves and playing games. A nice relaxed day knowing there was plenty of support if needed"

Farewell and Good Luck!

The Specialist Family Practitioner Team would like to extend our warmest wishes to our very dear colleagues, Tracy Wilson and Debra Wakeham. Tracy set up the Oncology, Palliative and Bereavement Service 14 years ago. Both Tracy and Debbie will be sorely missed and we would like to take this opportunity to wish them both every success as they embark upon new ventures.

We are looking forward to welcoming a new member to the team in January.

Charitable Trust Fund

Our charitable fund provides finance to purchase valuable resources i.e.; books for children about bereavement and illness, therapeutic play toys and art materials, memory boxes, bereavement family days, support groups and sibling days.

Charitable donations make a real difference to our families and are very much appreciated.

Please make cheques payable to our Charitable Trust Fund:-

Children Bereavement Fund LO24

FAO (For the Attention of) Fran Mills at above address.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Public Involvement team at patient.involvement@ulh.nhs.uk