

Dear Living Tree members and friends,

Firstly we wish to say a huge thank you to all NHS staff, essential workers and volunteers who are working tirelessly to keep us safe at this time. As we know the most important thing we can all do is to stay at home. This does not mean, however, that we need to lose contact with each other. Over the last 2 weeks The Living Tree has been very active with many of our regular therapists and supporters offering on-line opportunities via Zoom to participate in the usual programme of activities. For those new to this Zoom (<https://www.zoom.us>) is a web-based communications platform for meetings or events and is free of charge for basic use.

We hear many stories of bravery and resilience at this time. This week the newsreader George Alagiah was interviewed about living with cancer and coronavirus. If you have not heard this a number of us found it inspiring. <https://www.bbc.co.uk/news/av/uk-52111754/bbc-s-george-alagiah-on-living-with-coronavirus-and-cancer>

Please note the new arrangements for the Living Tree Therapist Partnership towards the end of this newsletter. Also at the end of the newsletter we are publishing poetry and images from The Living Tree Book of Words published in 2018.

Roz Copson is thinking ahead! The next Living Tree charity auction will be held on 15 November 2020 at The Ropemakers. Roz asks that those of us who are having a clear-out keep hold of any quality items that could be included in the charity auction.

We would like to welcome Rosalind Reynolds Grey who is assisting with our website updates and, when things return to normal, will be offering administrative support for our events programme.

We are thinking at this time of those who do not have the internet, so please do contact us if you would like a chat on the phone 07341 916976.

NATIONAL, REGIONAL and LOCAL RESOURCES

The most up to date national information on COVID-19 is:

[GOV.uk/coronavirus](https://www.gov.uk/coronavirus) and for health information [NHS.uk/coronavirus](https://www.nhs.uk/coronavirus).

Regionally DCC has issued useful information to support those who are caring for people with coronavirus

<https://www.carersupportdorset.co.uk/news/coronavirus-faqs-for-carers/>

and information about council services at this time

<https://www.dorsetcouncil.gov.uk/emergencies-severe->

[weather/emergencies/coronavirus/community-response/communities-and-volunteering.aspx](#).

The acts of kindness in this community continue. The COVID-19 Community Support Network is led by local volunteers with Bridport Town Council. A single phone number 01308 808900 provides access to advice and practical help with food shopping, prescription collection, wellbeing or other issues. A new website has been created with information on deliveries, open businesses, food takeaways, home services and more. <https://sites.google.com/view/bridportcommunity/home>

A guide to making financial transactions in the community at this time has been published by Dorset Council and Public Health Dorset – this can be downloaded at <https://www.thelivingtree.org.uk/information/resources/>.

Sherry is posting daily on The Living Tree [Facebook](#) page, with useful information and uplifting responses to this situation.

WHAT ELSE WE CAN DO TO HELP EACH OTHER

TELEPHONE SUPPORT SERVICE

We have set up a telephone support service. If you are in isolation or would like to chat to another Living Tree member (about non-medical issues), please email Rosemary with your phone number at thelivingtreedorset@gmail.com. If you do not have internet please phone and leave a message on 07341 916976 with your name and phone number and we will get back to you. Please can we also ask LT members who would be willing to be 'listeners' to email Rosemary giving their phone numbers and she will match people up for a conversation.

WORRY-BUSTING with Louise Wender: 3.00pm Friday 17 April
Louise is offering an extra worry-busting session this month to help people stay connected and have a place to discuss/share anxieties or concerns. Here is a message from Louise:

*Hello All, I trust that you and your loved ones remain safe and well at this time. Following last Friday's successful online Zoom Worry Busting I will be facilitating another session on Friday 17 April from 3 - 3.45pm. As before, please register your interest by email to louise@louisewender.co.uk. I look forward to hearing from you.
Warmly, Louise*

SINGING with Jane Silver-Corren

Jane, our regular singing teacher, is running 2 or 3 groups a week on Zoom. The sessions last one hour and are fun and light-hearted. If you are interested please email: janesilvercorren@gmail.com and she will send you the Zoom link.

ART with Libby Jukes

For all our living tree artists who use Facebook here is a message from Libby Jukes.

"Hello All,

I have a little challenge for any LT Artists.... I would like you to do a drawing, painting or even use a biro on the back of a cereal packet, I don't really mind. The subject is SPRING. Then we can share on this Facebook (Take a picture of your work and post on the Living Tree [Facebook](#)). I just didn't want you to think I have forgotten you all..... No time restrictions, just whenever. Love Libby xxx"

WRITING WORKSHOPS with Sarah Cooper

Sarah Cooper is currently working on a web version of a writing on-line group. In the meantime there is a Living Tree Facebook writing group already meeting and Living Tree members can join that. The link is:

<https://www.facebook.com/groups/900274730437584/>

STEPPING OUT

Richard and Jo are running classes on Zoom on Mondays and Fridays for Stepping Out participants. Please contact Jo

on j.perfect@bridportleisure.com if you usually attend Stepping Out and haven't already received the information about joining the classes.

TRIPUDIO

Friday meetings always start with Tripudio, a daily 15 minute lymphatic and cardiovascular exercise regime which can be done in your home, patio or the smallest garden. If you know the regime, keep doing it – it is an excellent gentle workout. For those who have not experienced this at Living Tree meetings the full diagram of the exercise is up on the Living Tree [Facebook](#) page for you to follow. Karen Forrester-Jones is offering free online 30 minute Tripudio Flow sessions via Zoom at 2.00pm on Monday, Wednesday and Friday each week (excluding Bank Holidays). If Living Tree members are interested contact Karen at forresterjones.k@gmail.com for the links to the sessions.

MACMILLAN and PENNY BROHN UK RESOURCES

If you have concerns about medical issues concerning your cancer or treatment Macmillan has a number of useful resources and virtual support <https://www.macmillan.org.uk/coronavirus>. Please note that any urgent issues should still be referred to your Clinical Nurse Specialist. The Macmillan Support Line is open and free to call: 0808 8080000 seven days a week, 9am – 5pm. There is a Macmillan online community https://community.macmillan.org.uk/?_ga=2.262204556.1005417077.1584443318-1429638338.1580739434 and Age UK has a useful website: <https://www.ageuk.org.uk/>

The Penny Brohn UK Centre www.pennybrohn.org.uk provides online resources, including a series of free online classes from international leaders in health, wellbeing, psychology and lifestyle. They are also running a Helpline 0303 300 0118 and some 1:1 services. Just contact bookings@pennybrohn.org.uk if you have any concerns or just need to talk.

BRAIN TUMOUR SUPPORT

For Living Tree members with brain tumours. Brain Tumour Support is having to adjust normal support services to accommodate a smaller, centralised support team. You can still access this service by calling 01454 422 701 or emailing support@braintumoursupport.co.uk.

THE LIVING TREE THERAPIST PARTNERSHIP - UPDATE

In February we launched our new partnership with local complementary therapists with 10 therapists on our books and more in the pipeline. Members wishing to use these therapists through our partnership scheme were invited to apply for a therapist card which would entitle them to six sessions with a therapist of their choice from that list. Due to the current restrictions on our lives, only three of our therapists are able to offer their services to Living Tree members albeit not face to face, but by using modern communication technology - email, telephone, online, Zoom.

The three therapists are:

- Dianne Dowling - coaching for living and working with cancer.
Contact: 01460 220587 or diannedowling@btinternet.com
- Sue Howse - mindfulness focused support.
Contact: 07741 018530 or email howsesp@yahoo.co.uk
- Louise Wender - 1-1 counselling & group Worry-Busting Zooms
Contact: 07786 035285 or email louise@louisewender.co.uk.

If you feel you would like to use these therapists during the lockdown period via the Therapist Partnership please contact Rita on 01308 482366 or email: lttherapistpartnership@gmail.com. If you would prefer to see these therapists privately and are able to self-fund your therapy then please contact them directly using the contact details above.

MINDFULNESS

We have another message from Sue Howse our regular mindfulness teacher. Rather than Social distancing, she likes to use the term "Compassionate spacing":

"Dear All

As I was walking my dog today. her attention was directed to a pheasant's call. Each time she tugged at the lead I had to pull her back. Likewise in these uncertain times our attention is so quickly drawn to

worrying, fear and anxiety about the future.

I notice resistance in my body, and tension, wanting things to be different from how they are. Can we practise 'Coming back in our everyday Life' and 'Coming back to our bodies' - asking 'Where am I feeling the tension?' saying 'It's OK to be feeling what I am feeling', and then coming back to (maybe) the kettle as you fill it with water, or the carrot you are chopping?

*If you are out walking, practise Coming Back to standing by a tree, touching and seeing the tree, and the bird-song.
Coming back to your feet on the ground.
Breathing in and out
Coming back to your hands.*

*How can we be a best friend to ourselves?
What would a kind friend say to us. or whisper in our ear?
What would you say to this person?
Can you offer this to yourself - friendship to the quiet voice inside, the one that gets drowned by the louder voices of fear and guilt?*

*Perhaps ask these questions every day:
How can I nourish myself today?
How can I make choices?
How can I stand back?
How can I be kind to myself?*

Sometimes, when our thoughts and feelings seem overwhelming, we could relate to them like a baby crying unconsolably. When we have done everything we can, the only thing left is to cradle the baby in our arms with warmth and compassion.

To just be there, we don't have to do anything more than just be there”.



THE LIVING TREE BOOK OF WORDS

The Book of Words is a collection of writing and artwork produced by members of the Living Tree cancer support group, all of whom have been touched by cancer in some way. We will be sharing poems in each newsletter until we can meet again in person.

Why a Book of Words?

Share words
with friends
from the depth and breadth
of lives lived.

Express feelings
legacy for children
descendants beyond
our knowledge.

Put aside worries
anxieties, pain
live in the moment
create anew
as we put pen to paper
brush into paint
images on the page.

Share our words
with any who will listen
bring confidence
hope and joy
new beginnings.

Share words
with friends

by Jo O'Farrell

Winter blues fly away in spring greens
My carrot seed has germinated
Sown too early really.
But the sun warmed my back
And I didn't resist
A new season of growing and fruiting.

The urge to sow and grow
Cures winter sloth, the slow depressive days.
Now the quickening is in me too
And makes me smile
With happiness and work to do

by Elizabeth Fortescue

OTHER EVENTS AND LOCAL SUPPORT GROUPS

AXMINSTER AND LYME CANCER SUPPORT, C'SIDERS WEYMOUTH & PORTLAND CANCER GROUP, BUTTERFLIES CANCER SUPPORT Dorchester and STALBRIDGE CANCER & RECOVERY SUPPORT group meetings are now cancelled until further notice. Contact these groups directly to find out about other kinds of support available in these areas.

CONTACT US

Tel 07341 916976. Contact thelivingtreedorset@gmail.com with any mailing list enquires/changes of address, ideas for events or items you would like to include in the next newsletter or on the website.

LIVING TREE WEBSITE

www.thelivingtree.org.uk - have you visited our website or [Facebook](#) page recently? Info being added all the time. Our INSTAGRAM address is [the_living_tree_dorset](#) - thanks to Karen. We have discontinued our Twitter account.