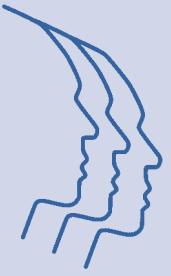


ABOUT FACE

WINTER 2006
Charity registration number 1087544

newsletter



Welcome

With the New Year on its way we trust 2006 will be a happy, peaceful and healthy one for our readers. Certainly it will be a challenging and eventful one for the About Face charity with its concentration on the Butterfly Appeal. In this issue Ian Catley gives us an up-date on forthcoming events. Speaking at the recent New Year Lunch Ian applauded the efforts of individual supporters in their fund raising for the Appeal.

His review on page 2 acknowledges the kind donations and support we are receiving.



the
Butterfly Appeal
for ABOUT FACE

Appeal office: 01202 733300

Butterfly Appeal Motor Sports Dinner *is racing ahead*

Our Motor Sports Dinner looks a certain success when it takes place at the prestigious DeVere Royal Bath Hotel in Bournemouth on the evening of Thursday 23rd March. Stars of the world of motor racing will hold the audience spellbound with hilarious anecdotes and inside information on life in the pit lane and out on the track. Every type of motor sport will be recollectd by the event speakers – sports car racing, rallying, touring cars and, of course, Formula 1.



Corporate tables for ten to include dinner with wine are a good-value £495, and individual places are just £49.50. Simply multiply the number of required places x £49.50. Guests will be entertained by Renault Formula 1's Executive Director of Engineering Pat Symonds (*pictured above, who steered Fernando Alonso to the World Championship last season*), SEAT Sport's BTCC Racing driver Jason Plato, Tiff Needell – well known TV commentator and racing driver and our very own Butterfly Appeal Patron and F1 commentator, Louise Goodman (*pictured right*), who can be seen on your telly at every round of the Formula 1 season on ITV.

Corporate tables have already been reserved by organisations from a wide spectrum of sectors; aviation, motor, construction, developers, legal profession,

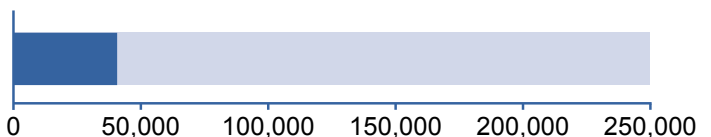


financial, engineering, marketing, service sector and more, and a high number of individuals and groups have already booked.

The evening will be fun, fascinating and funds-friendly as we plan to make a significant dent in our Appeal total. There will be a motor sports auction, raffle, and other opportunities to contribute. A few motor sports

surprises are promised by the organisers. If you know someone who would like the ultimate evening out – whether they enjoy motor sport or not – call Ian Catley on **01202 733300** – or simply send a covering letter and a cheque made payable to **THE BUTTERFLY APPEAL**, and send it to: **The Butterfly Appeal, 44 Constitution Hill Road, POOLE, Dorset BH14 0QD**

Target £250,000



At the time of going to press the amount raised so far is **£41,895**

The Trustees are grateful for the generosity of the donations received.

All have been acknowledged personally.

To donate to the new Butterfly Appeal please send a cheque payable to: 'The Butterfly Appeal' – Appeal Office, 44 Constitution Hill Road, Poole BH14 0QD Telephone 01202 733300

Butterfly Appeal funds fly in from all directions



the
Butterfly Appeal
for ABOUT FACE

Appeal office: 01202 733300

Ian Catley is full of praise for individuals and organisations that have chosen to support our special Appeal to raise £250,000 to create the About Face Centre near Poole Hospital.

He says:

"There is no greater thrill for any fund raiser than to hear the envelope drop on the mat – and inside to find another cheque to the Butterfly Appeal or, as I think about them, another brick in the wall of the planned About Face Centre. Regular readers of our Newsletter will already know that the trustees and committee of About Face have decided that the time is right to raise the money to create a physical centrepiece for the charity. Here our information and advice service can be based, patients visiting the hospital can find a place of peace and relaxation, and the young doctors who we support in the maxillo-facial discipline can have a special space to enhance the skills they learn whilst here in Dorset.

"So here is a précis only, of some of the exciting donations, offers of help, company commitments, and encouragements on every side that convince me that the Butterfly Appeal will be successful – but please judge for yourself – or better, add to our total by sending your cheque! To: The Butterfly Appeal, 44 Constitution Hill Road, POOLE, Dorset BH14 0QD – Thank you!"

A lady who knows someone who is going through cancer of the tongue sent **£240**. **AGI** the instrument maker, donated **£200**. Kath Chappel at the **Wessex Osteopathy Clinic** got in feet first and organised a Saturday morning foot clinic raising **£300**. Numerous friends of **Delmar and Frances Burden** (who organised the sell-out *Barn Dance in Christchurch* early in February where 200 ticket holders clogged around Twynham School Hall) have held bridge evenings or dinner parties to raise funds. A ladies' singing group sent us **£25** – they often wake up people in rest homes – and this is the first contribution of many. An increasing number of people who are **Mr Ilankovan's patients**, or **patients of other key people on the Head and Neck team at Poole or Dorchester Hospitals**, are asking for the Butterfly Appeal leaflet. They often send a donation to the Appeal and we have received donations of between **£75** and **£1,000** – often with a very kind letter. **Friends who are also in the congregation at St Mary's parish church at Longfleet** www.smlpoole.org.uk (next door to Poole Hospital) have been generous – the church gave **50% of its Christmas offerings to the Butterfly Appeal** and half to another great cause, Faithworks Poole www.faithworkspoole.org.uk, and the result was **£1,553.42** to Butterfly – thank you vicar, Andrew Perry, and St Mary's. **Ferndown Leisure Centre, Hurn Bridge Equestrian Centre, employees at Poole Borough Council and of the Haven Hotel, Sandbanks** are among those who have chosen to support the Appeal throughout 2006. My wife, **Penney**, hosted a lunchtime jewellery party for a few friends and raised **£93**. Our media partner, the **Daily**

Echo, invite any outside organisation that wishes to use an 'Echo & Advertiser' photograph to make a contribution to The Butterfly Appeal. A lady who lost her dear husband with cancer sent **£500** and continues to support the Appeal. Long time generous supporters of About Face, **Tatnam Fashions**, in Tatnam Crescent in Poole are still supporting the Butterfly Appeal, and forwarded another **£200** in January 2006 – thank you, John and Sylvia. **Brenda and John Trimmer** held a most successful sale of collected goods at their home one weekend morning – simply advising close neighbours by mail drop – and raised **nearly £400!** So simple yet so effective. Another supporter hosted a **Christmas dinner for 40!** Think of the washing up... Finally – and there are many, many exciting things happening – the trustees were thrilled when the **Chairman of a small group of companies** so generously donated **£5,000** to the Appeal in December 2005, giving us a wonderful Christmas present.



We have so far still to go, but you – readers of this Newsletter, supporting friends of the Appeal and the charity – have been real encouragers to the trustees; please don't stop now! Keep telling anyone you know about The Butterfly Appeal for About Face.

Ian

Dosey Doe adds up to a whopping £3,750

Over 200 friends of organisers **Delmar and Frances Burden** and other Butterfly supporters flocked to dance the funds into our £250,000 Appeal on the evening of Friday February 3rd. To lively dancing accompanied by the Blacksheep band, a raffle of donated items was conducted by staff from the Christchurch branch of the **Alliance & Leicester** and friends from the **Diageo Group** raising **£695**. An auction, raising **£450** was conducted by Ian Catley. Items offered were a DAB radio donated by **Jarvis Radio**, a rug, and two delightful limited edition prints authenticated by Christie's London donated by **Mr and Mrs Frank Smith** of Parkstone. Fish and Chips were served in a welcome break from the antics on the floor.

At the close, Frances Burden announced that the evening will add **£3,750** to the Butterfly Appeal. Well done Delmar and Frances and all who supported. There is news for the dozens of disappointed people unable to get a ticket... the fearless couple are threatening another!

Sources of Support

Poole Hyperbaric Centre – “Patients take a dive”

The use of recompression or “hyperbaric” chambers is well known in the treatment of decompression sickness or “the bends”. This is the painful condition that can arise if a diver is brought too fast to the surface and the nitrogen in the blood comes out of solution and forms micro-bubbles within the tissues. A lot of the work of the Poole Hyperbaric Centre is, indeed, taken up with the victims of diving accidents but less well known, even in medical circles, is the value of this so-called “hyperbaric oxygen” treatment for a wide variety of other conditions.

However, Dorset cancer surgeon Mr Ilankovan, prime mover behind About Face, knows it very well and has referred patients for it in the past. Many patients are treated for secondary problems related to their original cancer and tissues can be weakened by high doses of radiotherapy. The treatment has proven highly successful for diabetic ulcers and whole limbs have been saved when poor circulation has resulted in the loss of toes and the onset of gas gangrene. When combined with powerful antibiotics, it has in the past been highly effective against necrotising fasciitis, where microbes eat away the flesh.



Patients inhale oxygen while under pressure and the treatment works by supercharging the body with it to roughly 20 times the normal level. This promotes rapid healing. They are placed in a chamber with a technician and the photographs, reproduced by kind permission of the owners, Atlantic Enterprises (UK) Ltd, show that it is a



high-tech piece of equipment, looking like something from a James Bond film. However, it is housed in an ordinary house and in a former living room! The Centre is indeed a welcoming place and About Face nurse Sarah Morton comments that “*Where we have used the service, patients have reported the team particularly helpful in getting the necessary arrangements in place for treatment. The Centre also has a pleasant waiting area that helps the person receiving treatment to feel less apprehensive. It is also reassuring that during treatment a person is observed on a TV monitor so that an experienced team can intervene if there are any concerns at all.*”

There are bunks for two patients to lie down but only sitting headroom. The chamber is sealed and the pressure is increased from outside by a second technician, the patients using oxygen masks throughout. They are not “taken up to pressure”: the associated vocabulary is derived from diving

practice (the technicians are likely to be ex-professional divers) so they are “taken down” to a certain “depth”. A common “depth” is 15 metres, where the pressure is 2.5 times that outside the chamber or some 37lbs per square inch. The Centre also has a smaller chamber, with seats only.

There is nothing much to do inside. Some patients read, others do puzzles, listen to the on-board radio or doze. The chambers have twin air-locks and these enable one patient to be moved while the other stays put under pressure, a little like freeing a submarine crew one by one. There are also small twin air-locks through which drinks and other items can be passed. Injections and other procedures may be needed. The technicians are trained in advanced first aid but very serious cases may need the attention of nurses, paramedics or doctors inside the chamber, although the technician will always be present with them.

Treatment is lengthy. Typically, 40 sessions of 100 minutes are needed. A bad case of “bends”, which might call for a 50 metre initial “depth” and a mixture of oxygen and helium for up to 12 hours. To avoid side effects only five sessions are normally permitted per week; hence a course of some eight weeks is the norm.

The Poole Centre is one of a handful in the country and is associated with another in Highgate, North London. Practically all of its work is done under NHS contract – patients are referred by Poole General Hospital – and it has a 24-hour call out service for its staff.

By Frank Smith

New Year lunch a resounding success

Despite the rain-soaked day, over 75 guests attended a most successful lunch at the Miramar Hotel on Sunday 8th January. The convivial affair lasted some four hours including a musical interlude. Brendan Guy, a third-year Royal College of Music clarinet student, accompanied by his pianist mother Janine, performed three short movements from the Victorian Kitchen Garden Suite by Paul Reade.

Nick Hanham conducted a brisk auction of a 24-carat gold bracelet kindly donated by Mr and Mrs Ilankovan, then a raffle of a wide selection of goods generously donated by

members. A short address from Mr Ilankovan, trustee and maxillo-facial surgeon, was followed by an announcement from Chairman Mervyn Bright that the event would raise in excess of £1200. Ian Catley applauded the efforts of individual supporters in their fund-raising activities and advanced some ideas as to how such events could be organised. Altogether a most enjoyable and memorable day. Many thanks to Mavis Dale, long-time trustee, for organising this function.

Intrepid Saharans head for the desert

On Saturday 4th March, in the Year of our Lord 2006, a group of people from various parts of the UK will be making their way by car, bus and train to Heathrow Airport. Upon arrival, they will be looking for the Air Maroc check-in desk.



Each will have one thought in mind. Not 'Can I get a window seat?' or 'Did I pack my passport?' but 'How tough will the Butterfly Appeal Sahara Trek ahead of me be?'

For the past three and a half months a select few of our more adventurous supporters have given up almost every pleasure (!) to raise **£2,000** each to qualify for the 104 kilometre Moroccan trek which will see participants walking in their boots in the heat of the day, sleeping under the stars by night, foregoing the comforts at home, sharing local food from the field kitchen

and spending time trekking together with new friends as they conquer all that the African continent can throw at them.

The local heroes – **GP Dr David Graham, Angus Graham, James Rudland, Simon Andrews, hospital sisters at Poole NHS Trust Karen Vavrecka and Anna Schwaiz and dental nurse Annamaria Bicheno** have each already faced one of their biggest challenges – that of raising a huge amount of money in a very short period of time. Each has also tried to plan physical training into their

incredibly busy lives – walking and exercising daily. Some have managed more than others.

The £250,000 Butterfly Appeal to fund the About Face Centre near to Poole Hospital, supported by the Daily Echo and Advertiser, wishes to pay tribute to the Sahara Trek participants and to thank each one of them for the sacrifices made over the last few months. We wish them safe trekking and a memorable time on the African continent. We also thank most sincerely all sponsors, donors and supporters for their generosity and foresight in investing in what the About Face Centre will offer to people who have cancer of the head and neck.

Left: Having already had her head shaved for the Butterfly Appeal, Sahara Trekker Annamaria Bicheno will attempt to swim between Bournemouth and Boscombe piers in winter temperatures. Brrrrr. If you feel warm enough to sponsor her, please visit www.justgiving.com/annamaria where your generosity will automatically qualify for gift aid – an extra 28% at no cost to you if you are a tax payer. Well done Annamaria – just think of the Saharan warmth awaiting you!

Shining Lights for About Face



Christmas lights were shining for About Face at Nos 9 and 11 Broadwater Avenue, Poole. They raised **£75** for the Butterfly Appeal. A letter distributed locally and displayed outside on their notice board gave the reasons for the Appeal, that it was ongoing and that there would be charity events throughout 2006. To quote the acknowledgement from these good people: "We would like to thank all our friends, neighbours and anonymous donors who made a contribution. Happy New Year!"

From **Nick, Sue(9)** and **Julia(11)**.

A huge thank you from About Face for your fund-raising initiative.

Membership Application Form

Name Mr/Mrs/Miss (etc)

Address

Telephone (Day) (Evening)

E-mail (if you wish us to contact you by that means)

Patient/Carer/Family Member/Other (please specify)

Please send the completed form with your subscription for 2006 (**£5**) to the **Membership Secretary** at 4 Hatherden Avenue, Parkstone, Poole BH14 0PJ

Let us have your reminiscences, stories, jokes or poems for our future Newsletters.

Contact The Editor, c/o

Administration Office, 4 Hatherden Avenue, Poole BH14 0PJ, Tel 01202 721021

e-mail: contact@about-face.info or www.about-face.info