



East Anglia Regional Group News

PINNT

A support group for patients
receiving parenteral or enteral
nutrition therapy



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A great time was had by all and we agreed to hold our next East Anglian Regional PINNT meetings on Saturdays April 17th and November 27th at Addenbrooke's Hospital, Cambridge, 12.00 - 3.00pm.

On behalf of PINNT, we hope you have a fulfilling 2010 until we meet again.

Sylvia Cottee, Jackie Riseborough, Tracy Hill.



Reminder - Dates for your diary

Saturday 17th April 2010

Saturday 27th November 2010

Look out for confirmation via Online, the website or your post box!



East Anglia PINNT Meeting - Addenbrooke's Hospital, Cambridge 28th November 2009



Christmas started off with a bang in Cambridge with the East Anglian Regional PINNT meeting on November 28th. for members and their friends. Jackie, Tracy and Sylvia who together did most of the preparations were pleased to welcome five new faces in of the thirty who came. It is good to meet up with everyone again. However we did miss Avril, Bev and Gwen who were unable to come for a variety of reasons; hope you can make it next time girls. We must have been charmed because Jan Curtis, General Secretary,

and Carolyn Wheatley, Chair of PINNT, came up to contribute to the quite lively proceedings. We were fortunate too that Cathy's husband Mike was able to provide a sense of occasion with his live background music and singing.

We somehow never manage to be all sorted before people start arriving; but impressively, everyone pulled their weight in a wonderful team effort. There was the Christmas tree to put up, chairs and tables to move, tea and coffee to hand out, making sure those who wanted a snack were able to sample the delicious offerings you all brought in.

PINNT is all about providing friendship and support, so as you can imagine most people just want to talk and catch up. However, we had things to do as well. Between times, Jackie and Tracy who had been plotting for weeks behind the scenes, pulled out all the stops to provide a free draw for a tin of Quality Street just for being there; the 'guess the adverts' quiz; Christmas Cracker tombola and an auction for a basket of fruit. Somewhere in the midst of all that, two drippy



bears brought in by Jan were found new homes to go to. Thanks to all for contributing the prizes; everyone must have gone home with something. Your efforts raised an amazing £71 for PINNT funds on the day but a generous donation after the event made the grand total up to £100.

As for PINNT business, Jan said a few words to update us on the current PINNT projects, things to look out for and ways in which PINNT is looking to grow. She reminded everyone to remember to renew their membership on time and informed us that new membership packs were being introduced in 2010. She asked people to continue to support PINNT by contributing to Online and supporting their local group in any way they feel they can.

We had our usual PINNT-centred exchange of information and ideas slot. Erika reminded us that some people on nutritional support may be able to claim a reduction in Council Tax if one room in the house is given over to storing their feed and equipment and used for medical procedures such as setting up/taking down the feeds. It was mentioned that in the case of power cuts, emergency reconnection to the electricity supply can be made available under certain circumstances; this information is available on the PINNT website. There are many other ways to save money or get help, Jan advised to take a closer look at the NEW, edition 2, Hints and Tips booklet produced by PINNT, sent out with the last Online newsletter.



The discussion then turned to medical matters and why some people on Parenteral Nutrition might feel thirsty towards the end of the day; some clarification was given but the overwhelming advice was to make accurate records of your fluid intake and output, for use in discussion with the medical team. Finally, one member asked how long a hospital stay is expected for the medical team to change someone from enteral to parenteral nutrition? It is somewhat complex, and.... Well, how long is a piece of string? Suggestions included from 10 days minimum, to as much as several weeks, there are so many variables. Now you will all have to come to the next meeting to see who was right!