



PINNT East Anglia Regional Group News

**A support group for patients receiving parenteral
or enteral nutrition therapy**



Saturday 27th November 2010

30 of us met in Cambridge despite the early snow. Inevitably there were weather and health related apologies, however we welcomed four new members who had started artificial feeding quite recently, and their family members. We are glad too that several old friends, no longer needing it, still came along to offer support, and the children present made good use of the kiddie's corner.

At our six monthly meetings the emphasis is on everyone feeling included and useful in some way, so on arrival the room hummed with activity, all hands on deck setting out chairs and tables, filling the kettle, arranging a light snack to sustain those who needed it and sorting out the raffle table. The friendly face at



the door gave out name labels with a free prize draw ticket, breaking the ice for newcomers, making it easier to integrate. Mind you, conversation is not a problem as most people share common experiences. The regulars were invaluable in keeping the tea and coffee flowing. At the same time we had a quiz for those who wanted; the raffle and 'Guess the weight of the Christmas Cake', then its auction, contributed to the fun and raised money for PINNT.

As well as relaxing and having fun, communication and information are on the agenda. Members were reminded of the new interactive website, which you can't have missed in the December Online newsletter. Topics of concern raised included a feeling that local healthcare professionals often seem unaware of our support group. It was suggested



that if you discover this to be the case, give them a PINNT business card with the phone/email/ website information, or to ask Sylvia or Tracy to contact them. The knock on effect from raising awareness could

help someone out there to find that much needed support from PINNT.

Other resources were praised; several members describing the magical way that when socialising, using the PINNT Restaurant Card saved having to explain to staff why they were not ordering food or drink with everyone else or small portions. If the card is taken away to show to management, all the better, as it raises awareness at top level not to discriminate against people whose needs differ from the expected norm. Just make sure you get your card back!



A major concern often deterring people from travel is how to cope with holidays abroad, especially transporting feed and equipment. The homecare companies are able to provide details of the weight and bulk of feeds. In addition to then referring to the PINNT Holiday Guidelines, one member found that discussing her requirements with the airline's Special Needs Department (not Customer Services), was most helpful. Further advice: keep a note of the name of the person you speak to, to ensure continuity when checking later that all is in hand; recommended.

To finish, members were able to sign a card wishing Jackie Riseborough and the new Norfolk regional group good luck.

We'd like to thank you for supporting the East Anglia Regional PINNT group, please feel free to contact us anytime to chat or for more information.

Sylvia & Tracy



Next meetings at Addenbrooke's Hospital, Cambridge will be:



Saturday 16th April 2011 – 12.00 – 3.00 p.m.

Saturday 26th November 2011 - 12.00 - 3.00 p.m.

Details in Online and on the PINNT website.

***Look out for the booking details for the PINNT weekend event,
18th & 19th June 2011, Village Prem Hotel, Solihull.***

National Contact:

PINNT, PO Box 3126, Christchurch, Dorset BH23 2XS
Email: pinnt@dsl.pipex.com Website: www.pinnt.co.uk
Tel: 01202 481625

Regional Contacts:

Sylvia Cottee: 01223 880616 / scottee@pinnt.com

Tracy Hill: 01945 780909 / tracy@tracy07.orangehome.co.uk