



# East Anglia Regional Group News

## PINNT

A support group for patients receiving  
parenteral or enteral nutrition therapy



Saturday  
16<sup>th</sup> April 2011



Our local PINNT get together this April was relaxed and informal. We always hope that people feel at home and are given opportunities to meet with others who understand what life can be like on artificial nutritional support, and all that comes with it.

We had apologies from 14 members. Of the adults and children who came there were 13 PINNT members and 11 others mainly family members, plus an interested supporter of PINNT. The 3 children were angels, playing with the toys and crayons provided;

one little tot even curled up on a spare lap, giving his Mum a well earned rest.



Our only structure was a light snack for those who needed it to cover the lunchtime period, a slot to discuss PINNT issues and offer support and information to members and their families, and the raffle to raise funds for PINNT.



Between these events, a very spontaneously last minute quiz appeared; we split into groups of 3-5 people to jot down the answers. The light-hearted eavesdropping and cheating between teams succeeded really well as an icebreaker, getting even the quietest people talking, enjoying an exchange which had nothing to do with nutrition!



The PINNT slot featured 2 main themes. The possibility of actually going to the national PINNT weekend in June. Some thought of this as a bit daunting, but were reminded that most who attend are



simply other individuals in a similar situation and their companions; a good place to meet the like minded. The second theme was the recently updated PINNT website: members were encouraged to access it ([www.pinnt.co.uk](http://www.pinnt.co.uk)) and also look at the PINNT Forum on the same site, very useful to exchange views and information. We'll see how they got on at the next meeting. Other conversations ranged through the highs and lows of the last 6 months, occasionally including comments on line care, access devices and pumps. Even topics outside 'feeding' were discussed, adding a bit of cheer.



Generous raffle prizes were donated by members and by the homecare companies who support the meeting; this resulted in most people going home with something and PINNT benefiting from the proceeds. We had to thank one member for bringing a surprise for an additional 'free raffle' (you got a ticket just for being there!); one lucky couple took the colourful bouquet of spring flowers home at the end of the day.

After a great day of communicating, we'd like to think that everyone went home feeling better for the overall experience.

*Sylvia & Tracy*

***Next Meeting:***

***Saturday  
26<sup>th</sup> November 2011***

***12 noon ~ 3 p.m.***

***If you can please come along ~ put the  
date in your diary or on the calendar  
now!***

***Details will appear in Online nearer the  
time, on the website plus you will be  
sent an invitation.***

***Look out for further information!***

**National Contact:**

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