

Mesothelioma UK Newsletter



Summer Issue - July 2010

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Welcome to our Summer 2010 Newsletter

Action Mesothelioma Day 2010 was held on 2nd July and up and down the country many support groups organised events.

This year Action Mesothelioma Day focused on:-

1. The need for more Mesothelioma clinical nurse specialists to improve access to information and supportive/palliative care.
2. Warning DIY enthusiasts about the possibility of asbestos being contained within the fabric of the homes they live in.

The Leicester meso community and invited guests gathered in Leicester's cathedral. A separate Meso UK E-Newsletter is available detailing the many others events that took place.

The Mesothelioma Nurse Action Team met in late May. Neil Hodge presented his Mesothelioma photo journalism work and progress made with the Mesothelioma Patient Information Pathway was demonstrated including the legal advice work being done by Simon Bolton. The benefit of the M-NAT initiative is currently being evaluated and the team are scheduled to meet again on Wednesday 1st December 2010 in London.

I was fortunate to have been able to attend the Mesothelioma Applied Research Foundation (MARF) International Symposium on Malignant Mesothelioma 2010 held in Washington DC, USA, 10th-12th

June. My attendance came about following regular communication over the last year with nurse, Mary Hesdorffer, the Medical Liaison staff member at the foundation.

During the event I accompanied US patients and carers attending meetings with senators and representatives on Capitol Hill. I presented on 'Mesothelioma Across the Pond' detailing our experience of Mesothelioma here in the UK and saw numerous US Mesothelioma clinicians and researchers present their latest work. I felt a real strong sense of community throughout the whole three days with researchers, patients, carers and healthcare professionals all pulling in the same direction. All of the presentations (including mine) from the symposium can be viewed on the website www.curemeso.org.

A full report of my experience of attending the 2010 symposium is available on the Mesothelioma UK website: www.mesothelioma.uk.com

Mary Hesdorffer is presenting at the Mesothelioma UK Patient and Carer conference this October and next year I would like to return to the Symposium with some UK patients and carers.

Liz Darlison

Nurse Consultant

The John MacDougall Mesothelioma Trust

The daughter of a former Fife MP has spoken of her pride as she announced details of the Charity she has set up in her father's memory, The John MacDougall Mesothelioma Trust.

John MacDougall was Labour M.P. for Central Fife and Glenrothes for 7 years and prior to that he was the Convenor of Fife Council. Sadly, John passed away on August 13th 2008 suffering from a rare industrial cancer, mesothelioma. John gave over 30 years of his life contributing to the benefit of others in the area. Further to discussions amongst family and friends Julie his daughter felt it was fitting to set up a Trust in her Father's memory.

"My Dad contributed a great deal over the years to the community and given his profile in Fife it seems appropriate to try and help others who may be diagnosed with this illness. We want to raise the awareness of mesothelioma as currently there are around 20 cases annually in Fife and this is rapidly on the increase. Dad was aware that although he took

part in the MARS (Mesothelioma and Radical Surgery) trial there were no guarantees it would work for him. He was always very positive and determined to find a way to treat the disease. Our intention is to carry this in his memory by contributing to the research into mesothelioma, by setting up a lecture in the Victoria Hospital, distributing leaflets to local G.P surgeries, offering assistance by helping local families - whether it be for transportation to hospital etc and generally raising the awareness."

The Trustees include Sir Menzies Campbell M.P, Lindsay Roy M.P, family friend and colleague Scott Brady. Some donations have already been made including the MacDougall family introducing £1,000 to kick start the Trust. It is hoped this will be the start of many donations.



For more information about the John MacDougall Trust you can visit the new webpage which is under construction www.jmmt.org alternatively you can make a direct donation through www.justgiving.com/jmmt. The Charity welcomes anyone who may want some help or advice about the disease and is also keen to set up a support group locally.

Please do get in touch.

Hand Held Fans

Supplied by June Hancock Mesothelioma Research Fund

Hand held fans can be a useful aid for mesothelioma patients who experience shortness of breath.

Other self-help techniques can be found on our website, www.mesothelioma.uk.com



The June Hancock Mesothelioma Research Fund have kindly supplied Mesothelioma UK with some hand held fans to distribute to patients

or to give to lung cancer nurse specialists to pass on to patients. Fans will be provided free of charge.

They can be obtained by contacting the Mesothelioma UK helpline on **0800 169 2409** or by emailing mesothelioma.uk@uhl-tr.nhs.uk

Mesothelioma: A Good Practice Guide

Mesothelioma UK has recently produced the Mesothelioma: A Good Practice Guide.

Dr James Entwisle has worked with Mesothelioma UK to develop the guide which contains practical examples of how to deliver "best practice" in mesothelioma treatment and care.

If you are a healthcare professional and have not received one of these guides and would like one please contact Mesothelioma UK on **0800 169 2409** or email mesothelioma.uk@uhl-tr.nhs.uk

Mesothelioma Research Grant Funding

The Mesothelioma Applied Research Foundation is calling for applications for its 2010 mesothelioma research grant funding.

Continuing its efforts to stimulate translational research for the treatment of malignant mesothelioma, the Meso Foundation is again soliciting applications for funding of innovative projects that address issues for the treatment of the disease.

Eligible projects may relate to benchwork, translational or clinical research, must not be presently funded or pending review, and may be conducted through any not-for-profit academic, medical or research institution, in the U.S. or abroad.

The award for any project will be for two years up to \$50,000 per year. Based on previous years, the Foundation expects to award to approximately 15% of the applications.

Applications are due no later than August 11th, 2010. Notifications will be made starting December 15th, 2010 and awards will be activated by December 31st, 2010. For more information go to link: www.curemeso.org under the heading Research and Science and then Current & Past Projects.

Mesothelioma Applied Research Foundation

The Mesothelioma Applied Research Foundation is the non profit collaboration of patients and families, physicians, advocates, and researchers dedicated to eradicating the life-ending and vicious effects of mesothelioma.

Although this rare, asbestos-related cancer was long ignored, or regarded with such hopelessness that concerted attempts to develop effective treatments were discouraged, we believe in a cure for this tragic disease. We translate this belief into hope and support for patients and families by educating them on the disease; helping them to connect with meso treatment specialists and obtain the most individually appropriate and up-to-date treatment; providing them financial, psychosocial, and emotional assistance and support; and – to overcome the lonely anguish and isolation that frequently accompanies this rare cancer – creating opportunities for them to develop real community with other patients and family members.

We also translate this belief into concrete advances in mesothelioma

treatment by funding the highest quality and most promising mesothelioma research projects through a rigorous scientific peer-review grant program. Our grant program is directed by the Meso Foundation's Science Advisory Board, which includes the foremost mesothelioma research experts. We have now awarded over \$6 million in mesothelioma research grants to researchers from top institutions around the world. We have an interactive website which allows mesothelioma community members to connect with others whose lives have been impacted by this disease.

Please take the time to visit our site www.curemeso.org and join the community. Please contact our Nurse Practitioner and medical liaison if you have any questions Mary Hesdorffer **001 805 456 7275** mhesdorffer@curemeso.org



Mesothelioma UK Patient/Carer Day 2010

The 5th Patient and Carer Day will take place on Saturday 2nd October 2010 at Novotel London St Pancras

Objectives for the day are to give:-

- Mesothelioma patients and carers the chance to meet and share experiences with others affected by the disease
- Up-to-date, unbiased information on the following:-
 - Treatment and Care
 - Symptom Management
 - Living with Mesothelioma
 - Clinical Research
 - Lobbying and Campaigning for Mesothelioma
 - Benefits and Legal Information
- Mesothelioma patients and carers the chance to raise issues and ask questions

Patients, relatives and friends can attend free of charge, voluntary organisations and health professionals £25, related industry representatives £150 per person minimum donation. To book a place please contact Mesothelioma UK on **0800 169 2409** or email mesothelioma.uk@uhl-tr.nhs.uk

Understanding the Plight of Mesothelioma Victims

I contacted Liz Darlison of Mesothelioma UK to ask assistance in a photo documentary that I would like to undertake on asbestos related diseases and the effects that extend on families and children.

My intention is to create this photo documentary to let people have a better understanding of the plight of asbestos and mesothelioma victims and to portray the effect that it has on their families. I am looking to portray how falling victim is not an end in itself and there is so much more that goes with it - a tragedy that carries economic, emotional and social burdens.

To introduce myself, my name is Cinzia, I am a photojournalist. I have been working freelance for some years now and this work is quite apart from studio work, documentaries and teaching. I also do a lot of work on a self assigned basis following my belief that to be a photojournalist means exposing the realities surrounding us. My motivation is that through my work there will be changes, that voices would be heard.

For instance I am really proud that my past work on illegal coal mining in China was the spark for a campaign of The Justice and Peace Commission of the Catholic Diocese of Hong Kong to educate migrant workers on not taking up work on such basis. The basis for my interest in photo documenting asbestos related victims is very much the same. I would like in fact

If any family or individual being affected by asbestos or mesothelioma would like to collaborate in this with me or ask any questions on the above, can contact me on:

Cinzia D'Ambrosi - Photographer

M: 07960940766 • **H:** 0208 7350662

Email: cinziadambrosi@simnet.is • **Web:** www.cinziadambrosi.com

to increase awareness and help the victims to expose their plight.

This is a personal work as I am not commissioned by anyone. I hope that any work on mesothelioma and asbestos victims and their families could be used for campaigns as an aid to inform and assist the victims.

It is in my belief that one cannot forward a message unless one has a deep understanding of the matter. This is the reason for which I approached Liz Darlison as although I know that families have been afflicted by loss, and enormous burdens of various nature, I won't grasp it unless I spend some time with families and individuals closely afflicted by it. My intention is to be able to tell how it has affected them, what is needed, how society let them down and hopefully have their words heard through my work.

In this light, I would like to ask some families or individuals being affected by asbestos to allow me into their lives for some time. I am looking for an honest and deep portrayal where there will be collaboration and my pictures will be to illustrate their lives and the difficulties that they encounter.

Forthcoming Events for Health Professionals

10th International Conference of the International Mesothelioma Interest Group

31st August - 3rd September 2010
Kyoto, Japan
Web: www.congre.co.jp/imig2010/

BTOG Small Cell Lung Cancer (SCLC) Study Day 2010

17th Sept 2010
Hilton Paddington Hotel London
Web: www.btog.org

European Respiratory Society (ERS) Barcelona 2010

18th Sep 2010 - 22 Sep 2010
Barcelona, Spain
Web: www.erscongress2010.org

"Diagnosis to Survivorship" The 10th All Wales Lung Cancer Conference

24th September 2010
Dylan Thomas Centre, Swansea
Contact Rhian Jones -
Tel No: 01792 618867

35th European Society for Medical Oncology (ESMO) Congress

8th Oct 2010 - 12 Oct 2010
Milan Italy
Web: www.esmo.org/events/milan-2010-congress.html

NCRI Cancer Conference 2010

7th Nov 2010 - 10th Nov 2010
BT Convention Centre, Liverpool
Web: www.ncri.org.uk/ncriconference

British Thoracic Society Winter Meeting 2010

1st Dec 2010 - 3rd Dec 2010
Queen Elizabeth II Conference Centre, London
Web: www.brit-thoracic.org.uk

9th Annual British Thoracic Oncology Group Conference 2011

Wednesday 26th - Friday 28th
January 2011
The Burlington Hotel, Dublin, Ireland
Web: www.btog.org

The History of a Branch of the Davidson Family Tree

The above is the title of a newly published book. The author is Pauline Brearley, the widow of Colin Brearley, who died in August 2006 from mesothelioma. It is hoped that it will help to spread the perils of asbestos to a wider public following the comprehensive description of its consequences on family life.

It illustrates life and lives in North Craven over a long period and also covers part of Leeds, the asbestos tragedy and victims of this horrendous disease. It begins with Jacobus (James Davidson) who was born in the early 1600s on a farm in Clapham, North Yorkshire and ends with Charlie Alexander Brearley who was born in Leeds, West Yorkshire in March 2010.

There are 180 pages, 8 chapters and many photographs, pictures and articles. One chapter pays tribute to Colin Brearley, a gentle man, who was born in Leeds in 1933 and worked all his life as an engineer in the city. One chapter has special recollections of Joan Currie, a remarkable lady who died in 1992 aged 52 and lived on

a farm near Settle, North Yorkshire. One chapter acknowledges the great achievement made by June Hancock before her death in Leeds in 1997 from mesothelioma and in whose honour the June Hancock Mesothelioma Research Fund was established.

The book cost £12.50 to produce, so any further donation would be greatly appreciated. It can be obtained from the author, tel. **0113 2660922**, email: **pcbrearley@gmail.com** or from Waterstones Bookshop (1st Floor), Albion Street, Leeds. All profit from the book sales is going to June Hancock Mesothelioma Research Fund. Registered Charity No. 1121784.

First Mesothelioma Care in Practice Module Completed

The first Mesothelioma Care in Practice Module ran successfully from 19th April to 8th July 2010. The module which took two years to develop is a joint collaboration between Mesothelioma UK, the National Lung Cancer Forum for Nurses and The Royal Marsden School of Cancer Nursing and Rehabilitation.

Delivered as an e-learning package over a 12 week period through the Royal Marsden School of Cancer Nursing and Rehabilitation and validated by Thames Valley University, the module is, we believe, the first of its kind anywhere in the world. The module can be completed as a stand alone course or as part of the BSc (Hons) in Cancer Practice or Post-Graduate Certificate in Cancer Practice. The students use an online forum (SCaNaR Moodle) to access resources, discussion forums, activities and e-learning materials and the whole process is diligently supported by the three

course lecturers who are all NLCFN members, Trish Hunt, Sally Moore and Liz Darlison.

This first module was completed by eighteen nurses from a variety of clinical backgrounds and a large geographical area of the UK (and one student from Australia). Dates for 2011 are currently being negotiated. For more information contact The Royal Marsden School of Cancer Nursing and Rehabilitation, Fulham Road, London SW3 6JJ
Email: school@rmh.nhs.uk
Tel: 020 7808 2900
Web: www.royalmarsden.org



Coroner Reform Programme

The announcement of the appointment of the first Chief Coroner for England and Wales has been put on hold at this time due to the financial challenges facing the Government as a whole.

The new Lord Chancellor and Secretary of State for Justice has also asked for a review of the scope and timing of the plans to implement the coroner measures contained in Part One of the Coroners and Justice Act 2009, and for further advice to be provided to him and to the Minister responsible for coroner reform, Jonathan Djanogly MP.

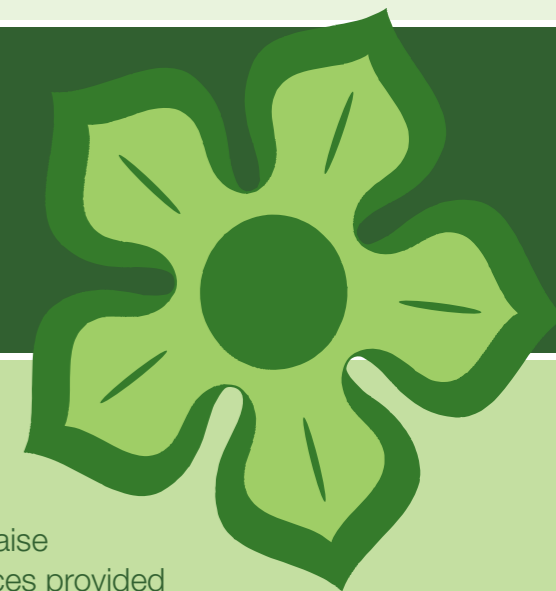
This will be completed over the next few weeks and further details about the future of the programme should be available before the end of July.

Mesothelioma UK Charitable Trust

Fundraising News

In This Issue

- Update on AMD
- The Trustees
- Website
- Fundraising



"Please Support Mesothelioma UK Charitable Trust"

Support us for:

A Month ~ £14,166
 A Week ~ £3,720
 A Day ~ £675.00
 An Hour ~ £85.00

Contact:

Jill Lemon Mesothelioma Fundraising & Marketing Manager
 jill.lemon@uhl-tr.nhs.uk

Mesothelioma UK

Freephone: 0800 169 2409
 www.mesothelioma.uk.com

Look out for any future events on the website or contact us for details.

Log on to www.mesotheliomaukappealfund.co.uk and "Buy a minute for a pound". We thank you for your support. Every little helps.

Meet the Trustees

Mesothelioma UK Charitable Trust (MUKCT) was set up in September 2008 purposely to raise funds and provide financial support for Mesothelioma UK. Now that we are nearing our second year, we would like to introduce you to our board of trustees.

Michael Peake - Chair of MUKCT

Dr Peake is a Consultant and Senior Lecturer in Respiratory Medicine for the University Hospitals of Leicester. He is clinical lead for the National Cancer Intelligence Network, the National Lung Cancer Audit Programme. He is Associate Director of the Clinical Effectiveness and Evaluation Unit. He also is the National Lead Clinician for Lung Cancer in the NHS Improvement and secondary care lead for National Awareness and the Early Diagnosis Initiative.

Dawn Mckinley - Secretary/ Treasurer of MUKCT

Dawn Mckinley is the Operational Manager for British Thoracic Oncology Group (incorporating British

Mesothelioma Interest Group) since October 2002 and for Mesothelioma UK since June 2004.

Alida Coates - Trustee

Alida joined MUKCT in February 2010. Alida is a solicitor with many years experience dealing with mesothelioma civil cases.

Ruth Davies - Trustee

Ruth also joined MUKCT in February 2010. Ruth is also a solicitor with many years experience dealing with mesothelioma civil cases.

David Hetmanski - Trustee

David Hetmanski is Assistant Director of Research & Development at UHL NHS Trust, and he too joined us in February 2010.

New Website

Look out, the new website is soon to go live!!!

We are soon to launch the new Mesothelioma UK and the Charitable Trust website, each have their own sections on the website enabling easy access to the information you require. All your fundraising activities will be featured on the website with your write ups and photos, there will be direct access to your on-line fundraising pages making it easier for your family and friends to support you.

Our Fab Fundraisers

Marie Gilmartin and Sharon Thompson held a Tombola stall at the 'Village Summer Feast Day' on 12th June in Waterbeach Cambridge.

With the help of their family and friends they raised an astonishing £955.49.



They wish to thank all those who helped to make it a wonderful day and helped to raise awareness of this disease for their Father Brian Langley who was diagnosed with mesothelioma in October 2009. (Family, friends and electrical suppliers donated Tombola prizes).

Dave Phillips was diagnosed at Papworth Hospital with Mesothelioma in October 2007 and to date he has raised over £800.00 to do this. Dave threw himself out of a plane strapped to a Red Devil on 6th July and his comments were 'Thank God I'm back on Terra Firma. Exhilarating, brilliant and yes I would do it again, but it's for youngsters'.



Details of all sponsorship, donations, fundraising and successful grant applications are posted on our website

www.mesothelioma.uk.com
 Our aim is to raise the funds necessary to sustain Mesothelioma UK which requires:- £170,000 per year.



2010 Sponsors

The Mesothelioma UK Charitable Trust exists to raise funds to support the services provided by Mesothelioma UK and any sponsorship, grants or donations made to the charity support this. To run Mesothelioma UK for 1 year £170,000 is required.

With grateful thanks to our sponsors for 2010

The Mick Knighton Mesothelioma Research Fund has kindly provided a grant of £49,660 to fund the Mesothelioma UK Helpline for one year.



Gold Sponsors



Eli Lilly and Company Limited

Silver Sponsors



FIELD FISHER WATERHOUSE

Building & Civil Engineering Charitable Trust



Bronze Sponsors



UK MEDICAL

Action Mesothelioma Day

You may have read earlier in the newsletter Mesothelioma UK held their annual 'Action Mesothelioma Day' in the Leicester Cathedral.

There were similar services taking place up and down the country with various themes. The British Lung Foundation's campaign focus this year was 'Be Asbestos Aware,' the campaign hopes to target those considering doing DIY at home.

Through this campaign, they hope to raise awareness regarding the dangers of exposure to asbestos that

maybe found in your own home whilst carrying out DIY, and how to deal with it if you find it. If you feel that you would like to raise awareness in your local area, be it standing outside the local DIY stores or by holding a coffee morning, tombola, bring and buy sale in your local village hall then please contact Jill Lemon for a fundraising pack.

Mesothelioma Patient Support Groups

Barrow Asbestos Related Disease Support (BARDS)

Tel: 01229 580305 or 01229 430111

Cumbria. For patients with asbestos related disease, their families and carers. Meets one day a month in:
St Mary's Hospice Social Care Centre,
Lesser Kings Hall, Hartington Street,
Barrow in Furness (next to Furness Gymnastics)
2pm - 4pm

East London Mesothelioma Support (ELMS)

Freephone Helpline:

0800 8766773 (Between 5pm - 10pm)

East London
(Newham, Tower Hamlets, Hackney)

Services: Support, guidance and information for patients, carers, relatives and friends.

Hampshire Asbestos Support & Awareness Group (HASAG)

Contact:

Lynne on 07940 328637
or Diane on 07792 543426

Meets 2nd Thurs each month at 10:30 am at: St Marks Church, Archers Road, Southampton, SO15 2LU. HASAG also meets on 4th Thurs of each month at 10:30am at: The Inn Lodge, Burrfields Road, Portsmouth, PO3 5HH. A friendly environment for sufferers of all asbestos related diseases and their families including the bereaved.

Mesothelioma Self Help Group

Tel: 0191 263 7386

(Mick Knighton Mesothelioma Research Fund)
Aims to provide information and support to sufferers and their families. Offers a warm, friendly environment & welcomes all whose lives have been affected by Mesothelioma. Meets at Sir G B Hunter Memorial Hospital in Wallsend on last Fri of each month 11am-1pm. Refreshments provided.

Medway/Swale Lung Cancer & Mesothelioma Support & Information Group

Contact:

Frances McKay,
Macmillan Lung /Mesothelioma Nurse,
Medway Maritime Hospital on 01634 825212,
Caroline Williams, Macmillan Lung Nurse,
Medway Maritime Hospital on 01634 825391
or Pat Cameron, Domiciliary Team Nurse,
Wisdom Hospice on 01634 830456

Offers a welcome environment with mutual support and info. for Lung Cancer/ Mesothelioma patients /carers. Meets 1st Tues of each month from 3pm-4.30pm at the Day Centre, Wisdom Hospice, St Williams Way, Rochester. Refreshments are available & transport can be provided.

Mesothelioma Support Group at Royal Marsden Hospital, Surrey

Contact:

Natalie Doyle on 0207 352 8171 Ext 1791
or Sonja Watson on 020 8661 3150

Hands of Time Mesothelioma Support Group

Contact:

Dimbleby Cancer Care on 0207 1885918.

Meets 1st Tues of month 11am-1pm Richard Dimbleby Cancer Information & Support Service, 2nd Floor, Gassiot House, St Thomas Hospital, London, SE1 7EH. For patients/ carers. Refreshments provided.

Mesothelioma Support Group at Guy's Hospital, London

Contact:

Rachel Thomas 020 7188 4758

East Midlands Mesothelioma Support Group

Contact:

Mesothelioma UK on 0800 169 2409

Swindon & South West Support Groups

Contact:

Mrs Pat Lewis - Telephone 01793 532995 - for group for widows /partners of asbestos sufferers. Meets monthly for friendship, mutual support & practical help for those nursing a family member with asbestos disease.

Contact:

Janice Howell on 01793 813616 - for group for pts and their partners. Meets for mutual information & support.

Contact:

Maureen Seabrook 01822 880233 - Wives & Widows Group Exeter, meets monthly for friendship & mutual support.

Mesothelioma Support Group at Papworth Hospital, Cambridge

Contact:

Gerry Slade, Mesothelioma Specialist Nurse on 01480 830541 - Ext 4889

Meets at Papworth Hospital every 6 weeks for patients/ carers. A separate mtg every 6 weeks is specifically for carers to share concerns & experiences with others in a similar situation.

West Hertfordshire Trust Support Group

Contact:

Linda Charalambous on 01923 217010.

For all West Hertfordshire Trust lung cancer / meso pts. Held 1st Tues of month 2-4pm at: Stanborough Centre, 609 St Albans Road, Garston, Herts. WD25 9LJ.

Leeds Lung Cancer & Mesothelioma Patient Support (LAMPS) Support Group

Contact:

John White on 0113 2067916.

Meets 1st Weds. each month 1.30-3pm at Robert Ogden Centre, St. James' Hospital, Leeds.

East & North Hertfordshire Lung Cancer/ Mesothelioma Support Grp

Contact:

Patricia Swann 01707 328111 - Ext 3319 or Elaine Dockree 01438 781217

Meets every 6 wks at local hospital to provide support to pts/carers. Provides a warm welcome for all pts/carers affected by Mesothelioma.

Southend Lung Cancer and Mesothelioma Support Group

Contact:

01702 435555 - Ext 6835

Email:

Jolly.barber@southend.nhs.uk
Johanna.phelps@southend.nhs.uk
Michelle.palmer@southend.nhs.uk
Venue: Coleman Street Chapel,
9 Colman Street, Southend on Sea, SS2 4AW

Meets 1st Wednesday of each month.

Canvey, Basildon and Thurrock Lung Cancer and Mesothelioma Support Group

Contact:

0845 155 3111 x3168

Email:

Jolly.barber@southend.nhs.uk
Johanna.phelps@southend.nhs.uk
Michelle.palmer@southend.nhs.uk
Beverly.Waker@btuh.nhs.uk
Bente.Idowu@btuh.nhs.uk
Johanna.phelps@southend.nhs.uk

The Paddocks Community Centre, Long Road, Canvey Island, SS8 0JA. 3rd Thursday of each month.

Both the Southend and the Canvey, Basildon and Thurrock meetings begin at 12.30 and last two hours. Groups will be informal, social and informative. A Clinical Nurse Specialist will be available each meeting for support and follow up if necessary to provide rapid access to the system according to the need of the patient. A Benefit Advisor will be available each meeting to provide advice and help with financial matters to the patients and carers. Free Lunch will be provided.