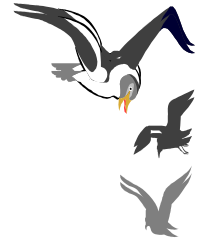


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Extract From HBCA Autumn Newsletter—Regarding Dental Treatment—During and after Chemotherapy, it is vital that you receive regular Dental Checkups, but many Cancer Patients have experienced problems accessing NHS Dentistry. Some of our members have been on the waiting list for 3—5 years, so HBCA wrote to NHS Highland with concerns.

NHS Highland replied informing us that Cancer Patients should receive Priority Placement with NHS Dentists therefore if you are having problems, please telephone 0845-6442271 and tell them you are a Cancer Patient—you should be given priority and be registered with the NHS Dentist within a month

It is also important to tell your Dentist if you have received Radiotherapy as Upper Body X-Rays should be kept to a minimum.

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WARNING—BEWARE OF SPAM E-MAILS - HOAX E-MAILS ADVISING PEOPLE OF WINNING £1,000 ARE BEING SENT SUPPOSEDLEY BY THE NATIONAL COUNCIL OF VOLUNTARY ORGANISATIIONS - PLEASE DO NOT BE TAKEN IN BY THIS. DELETE THE OFFENDING E-MAILS AND DO NOT REPLY TO THEM. WHAT YOU CAN DO IF YOU RECEIVE ONE OR YOU SUSPECT A SCAM CALL CONSUMER DIRECT FOR CLEAR PRACTICAL CONSUMER ADVICE ON 08454-04-05=-06 OR LOOK UP THE WEBSIOTE WWW.CONSUMERDIRECT.GOV.UK

This is a Community Magazine—If you, as a Member of the Public would like to contribute any information, you may think relevant - Please contact -

Fiona Henderson - Tel—01955-609962 or E-

BOWEL SCREENING— the Scottish Bowel Screening Programme commenced in 2007 and has been introduced across the country in a phased fashion. The Programme was fully rolled-out across NHS Highland on the 1st December 2009

Symptoms of bowel cancer include—

- **Repeated bleeding from the bottom or blood in bowel motion**
- **A recent change in bowel habit that continues every day for over 6 weeks without going back to normal**
- **Loose motions or alternating with constipation (constipation alone is less likely to be serious)**
- **Pains in the tummy that are severe continual and have started recently especially after eating**
- **Recent unintentional weight loss**
- **Being found to be anaemic or looking pale and feeling tired much of the day**

The above symptoms can be caused by several conditions including cancer but people with any of them should make an appointment to see their GP even if they have taken part in the Scottish Bowel Screening Programme and were told that they had a negative result.

Healthy Tips—

- **Take part in the Screening programme if invited**
- **Drink 6—8 glasses of water a day**
- **Eat 5 portions of fruit and vegetables a day**
- **Eat lots of fiber—eg wholemeal bread, cereal , beans**
- **Do not eat too much red meat**
- **Stop smoking.**
- **Gentle exercise**
- **Consulting your GP if you have any concerns regarding your bowel habit**

If you are concerned about any of the above symptoms or for further information please call the Helpline on 0800 0121 833 or visit www.bowelscreening.scot.nhs.uk

Rail Travel Scheme

A person travelling by train as a companion to a blind travel card holder will pay just 50p for a flat fare under a new scheme being launched from May 23 2010. The scheme will be open to blind people who are holders of Highland national entitlement cards and will cover all internal rail journeys within the Highlands and rail journeys to and from Highland to Glasgow, Edinburgh and Aberdeen. The council has agreed to investigate a Scottish wide scheme.

MAGGIE'S— Cancer Caring Centre –If you are in anyway affected by Cancer. Our aim is to enable you to manage the impact of cancer and to help you live with hope and determination

Walk through the door of a Maggie's Centre and you will be welcomed by a Cancer Support Specialist who can talk you through your concerns and what we can do to help

What makes a Maggie's Centre so special is its relaxing homely atmosphere We are open all day.

Maggie's is a charity and all of our Services are free.

**For further information please call—01463-706306 or e-mail—
highlands@maggiescentres.org-
www.maggiescentres.org**

**Maggie's is open Monday to Friday - 9am—5 pm in Raigmore Hospital Old Perth Road
Inverness 1V2 3UJ**

A LOCAL SERVICE IS ALSO AVAILABLE

**The North Highland Cancer Information & Support Centre— we can offer emotional support & information about treatments & services to anyone affected by cancer—
We will listen to you in confidence— charity No—SC039687 -**

**Every Monday_ 10am—3pm—come for a chat and a coffee, a quiet one to one talk with a volunteer or for information or
every Friday 10.30am– 1.30 pm—**

5a, High Street Thurso—above the Cancer Research Shop—Tel—01847-890099

**LYMPHOPMA ASSOCIATION— We offer the following services for people affected by Hodgkin Lymphoma or non-Hodgkin Lymphomas - Information & Support on our Freephone Helpline 089-08-808-5555, Telephone Buddies with links to people with personal experience, Quarterly Newsletter, Websites & Lymphoma Nurse Specialist
P.O. Box 386 Aylesbury bucks HP20 2GA,
Tel—Administration 01296-619400
Fax—01296-9619414
E-mail—information@lymphomas.org.uk
www.lymphomas.org.uk—www.lifesite.info**

CAITHNESS DISABILITY ACCESS PANEL FACILITATED BY THE CAITHNESS COMMUNITY CARE FORUM—TEL 01955-609962

The Caithness Disability Access Panel is a Group of People who work with and on behalf of people with disabilities and their Carers to improve access to local services.

They also raise awareness of other access issues such as access to information.

The Panel is made up of people with disabilities their Carers and people with an interest in disability and access issues.

The Panel works to promote the importance of an inclusive environment for everyone It believes that no member of the Community or visitor to the Area should be excluded from any aspect of public life because of disability. It does this in the following ways :

- Meet regularly to discuss access issues that people have reported
- Commenting on Planning Applications for Public Use Buildings
- Providing information on good practice in disabled access
- Talking to groups and organisations about disabled access
- Meet with Service providers to look over and talk about their premises

Access Panel Meetings are Open to anyone who wishes to come along and has an interest in disability and disability issues We need Volunteers to help with the work we are trying to do to improve access in our local communities

For further Information

Please Contact Fiona Henderson on 01955-609962

**Caithness disability Access Panel,
Telford House,
Williamson Street,
WICK
KW1 5ES**

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**Fiona Henderson - Tel—
01955-609962 or E-Mail—
Fiona@cvg.org.uk**