

ROAR!



ISSUE 54 • CHRISTMAS 2017

Newsletter of the Red Lion Group
St. Mark's Hospital • Watford Road • Harrow • HA1 3UJ

Regional Reps

HERE IS our current list of regional reps with home telephone numbers — please feel free to contact your local rep and get acquainted.

If you would like to be a regional rep, please contact David Skinner on 01708 455194 or by email at liaison@redliongroup.org.

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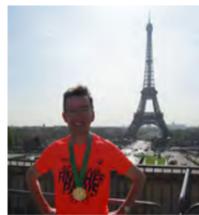
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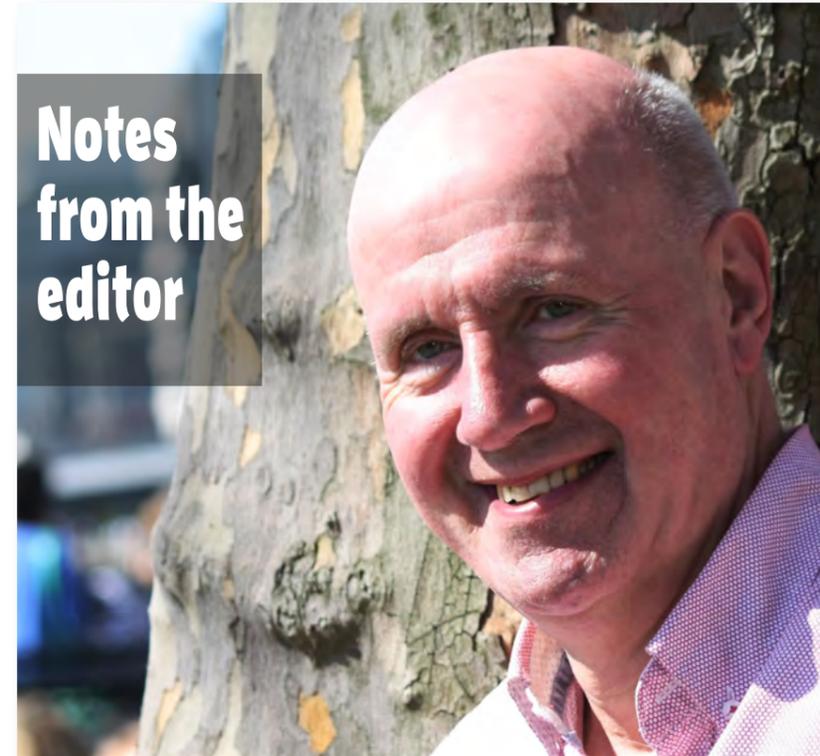
Please support the Red Lion Group
Registered Charity number 1068124



All donations, however small, towards expanding the work of the group will be gratefully received. If you would like to send a donation please make your cheque payable to The Red Lion Group and send it to: **The Acting Red Lion Group Treasurer, 34 Everton Road, Potton, Sandy, SG19 2PA.**

Cover photo: Silhouette of a black bear in Alaska by Gary Bronziet

Notes from the editor



It's celebration time fellow Red Lions! Apart from Christmas, there are two more reasons to be cheerful in December 2017. For exciting changes are afoot at RLG Incorporated. First of all we are giving the website a radical New Year redesign. We've chosen the team, signed the contract and in early 2018 we'll have switched to the wonders of Wordpress.

So watch this space, you pride of Red Lions, and very soon you will be able to log in to a dynamic Red Lion URL with a fresh new logo and some smart-looking software. You'll even be able perform a few slick gyrations of your own on the new site.

The RLG brand recently had another timely boost with a new and updated leaflet. Did you know we had one? I jest - but only slightly - as our leaflets have suffered a spell of inactivity recently. But no more. The committee has been re-launching them UK-wide and if you'd like a few to take to your local hospital please contact me at cbrowne@browne-media.co.uk.

In similar vein, our energetic Chair is talking to other UK support groups to find ways we can collaborate on projects, fundraising and mutual ideas. We are still the pouch pioneers - the first one was designed

by the St Mark's consultants Sir Alan Parks and Professor John Nicholls and St Mark's is the leading centre for pouch ops in the UK, Europe and possibly the world which you can read about in a fascinating new report (see page 9 of this issue).

In similar vein, our energetic Chair is talking to other UK support groups to find ways we can collaborate on projects

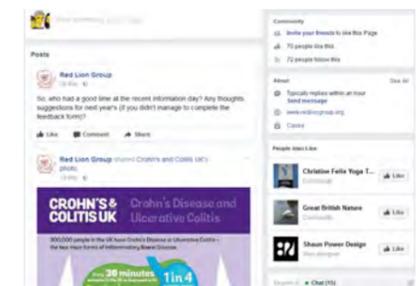
We've also paid tribute in this issue (page 9) to the sterling work of Paul Mulot who had to resign as treasurer earlier this year following a long illness. Committee member Peter White and membership secretary Susan Burrows have ably carried on the good work (you can read the acting treasurer's report on page 8).

Research is probably our second name and we are proud to help fos-

ter research into the causes and treatment of colon conditions as we have done for many years. You can read a progress report on the latest - an MRI-led study into pouch behaviour coordinated by the St Mark's surgical research fellow Guy Worley - on page 6. I know some of you have already participated in this project - and Guy would welcome new volunteers.

A fond farewell to 2017 then and I hope you're as excited as I am about the various initiatives RLG has been and is involved in. To find out more I suggest you go to the next Information Day on Saturday, 23 May 2018.

Until then a very festive and healthy Christmas and New Year - and happy reading!



Find us on Facebook

www.facebook.com/theredliongroup/

Visit our website

redliongroup.org

Browse nearly every copy of *Roar!* that has ever been published (including issue 1 from 1994) at

redliongroup.org/roar

For online support and advice from other members or to share your views about any aspect of life with a pouch, please visit our online discussion forum at:

redliongroup.org/talk

A message from the Chair

By the time you read this I suspect most of you will have completed your Christmas preparations and will be looking forward to the festive break. It reminds me of a poignant memory I have from many years ago when I was midway through my pouch reconnection and had a double-barrelled stoma in place. I was walking out of a branch of Boots in Bristol with my arms full of a months' supply of stoma products, discreetly wrapped in brown paper parcels. A young boy on his mother's arm passed me at the entrance and stared in awe as he gasped to his Mum 'look at all those presents!'. Always makes me smile; if only he knew.

Christmas brings some enhanced challenges for us pouchees, what with a rich diet containing low fibre foods (e.g. turkey) and high fibre foods (e.g. sprouts, Christmas pudding, mince pies). For most people Christmas fare is an unusual departure from their usual diet and, as

such, can lead to unfortunate side effects for us pouchees, such as increased frequency of going to the toilet and a profusion of gaseous emissions. Given this background, I wonder if anyone else shares my obsession with wanting to know how many toilets a property has instead of the usual pre-party enquiries like can I bring a dish or is it fancy dress? I am also dismayed when invited for a festive do at someone's house where there is only one toilet. Surely they should know better by now!

The Christmas break is also a good chance to reflect on a very busy year for the RLG Committee and for me to offer thanks on behalf of you, the membership, for all their efforts. Your Committee has met on five occasions during the year; four teleconferences and one face-to-face

meeting as recently as 4 November and, of course, at the Information Day on 13 May. These meetings take up a lot of time, especially when you add in preparation and travel time. And on top of these meetings we have sub-group meetings at other times. For example, Christopher Browne and Gary Bronziet will be meeting a website design team on a Sunday this month (December) to progress the first draft of a new RLG website (more of this later).

The team has coped with the sudden illness of Paul Mulot, our



The accounts highlight the importance of the membership fees to our cash flow. So please renew your membership promptly in the New Year and let us know if we can be doing anything else to improve our offering to you in future. We are always keen to hear from you, the members.

Some members might share my amazement at how much we achieve given our very limited income and it makes me wonder what support we could offer our members if we had more resources at our disposal. One investment for 2017 will be a new website with much better functionality, better graphics and based on a better IT platform, which means it will be much easier to make frequent changes to the content. So we expect to be able to offer a more vibrant website with up-to-date information and comment.

The Committee worked hard to prepare, plan and deliver an outstanding Information Day on 13 May and were delighted to see a good attendance and great enthusiasm for the topics and for the general discussions. It is always most gratifying to see the families and significant others of pouchees and potential pouchees at Information Day, which just goes to underline the impact that this major physiological tinkering can have on family and friends, not just on the pouchees themselves.

On this topic, please make a note in your diary for next year – **Saturday 23 May 2018** – which is the date of the next Information Day, to be held at St Mark's Hospital, starting at approximately 10.30am and finishing at approximately 4pm. Exact timings will be clarified well before the event. RLG liaison officer Lisa Allison is once again coordinating and liaising

Treasurer, from which I am delighted to report that he continues to recover. One of the new boys on the Committee – Peter White – stepped in at short notice to fulfil the Treasurer role and was ably assisted by one of our longest serving Committee members, membership secretary Susan Burrows, in preparing the annual accounts for the financial year 2016. Thanks to them both.

This edition of Roar includes Peter's excellent report of the accounts, as was promised at the Annual General Meeting. The accounts were independently verified by an associate, Derek Martin, and the annual report and accounts have been submitted to the Charities Commission by the RLG secretary Sarah Bowes-Phipps in fulfilment of our obligations as a registered charity.

LETTERS TO THE EDITOR – AND SUSAN BURROWS

We have received two letters from Red Lion members in response to the top 10 barrier creams article in the Summer Roar!

Red Lion member Patrick Kehoe writes:

Hi Susan

I just thought I'd drop you a note in response to the article in Roar which highlights the 10 best barrier creams.

I had pouch surgery under the wonderful professor Nicholls 14 years ago. At the time I was recommended by the hospital [St Mark's] to use Comfeel barrier cream which I still use today. Most days I apply it only once after my shower, twice on the rare days that I have a second shower!

Regardless of how many times I subsequently go to the loo during the day I don't reapply. I do use regular toilet/babywipes a couple of times in a day but otherwise just loo paper like 'normal' people.

I have never had any issue at all with irritation and while it's tempting to try one of the non-prescription creams mentioned in the article I figure, if it ain't broke...

I hope this might be a useful addition to the subject.

Kind regards

Patrick

Red Lion member Rita Gallinari also writes in similar vein:

Dear Susan

I use (copious amounts of) Comfeel barrier cream by Coloplast. I use it every time I go to the loo. It helps me to keep clean and it moisturises, heals and soothes. It was recommended by my stoma nurse and is available on prescription and Coloplast will send a sample if you want to have a try.

Rita Gallinari

Editor's note: Many thanks to you both for getting in touch – and for jogging my memory! I now remember Comfeel was recommended by St Mark's pouchcare team to help with soreness after my final pouch operation in 1991 – 26 years ago. And very effective it was too.

You can order a free sample from the manufacturers Coloplast (www.coloplast.co.uk) or the product itself from Farmaline (033 33 44 22 59 and www.farmaline.uk/comfeel). It costs approximately £10 and is stocked by many leading UK chemists.



ing with the Information Day speakers. The topics for next year have been suggested from your feedback and personal discussions between members and the Committee over the last year.

They are likely to include (subject to confirmation) a return of the popular and entertaining Gut Psychologist, Dr Yoram Inspector, who was such a hit this year (trust me readers, he was brilliant!), the latest updates on pouch physiology and behaviour (including tips and techniques for complete emptying, biofeedback, pouchitis, irrigation and catheter use), an analysis of quality of life for pouchees from a prospective study by Research Registrar Guy Worley (see his progress report on page 6), an update on pouch surgery, a reprise on routine, long-term monitoring of blood bio-

chemistry for pouches, associated conditions for people with a medical history of inflammation and possibly contributions on diet and pharmacy. As usual there will be plenty of time for informal chatting in between the formal sessions and, of course, the break-out workshop for male and female pouchees and their families and friends. If you have any ongoing concerns or troublesome symptoms with your pouch, then come along and chat them through with your fellow pouchees; you will not be alone!

One of the highlights of 2017 has been the publication of an extensive and wonderful survey of pouchees by the Association of Coloproctologists of Great Britain and Ireland (ACPGBI). The data for this survey was derived from various sources, but mainly SWORD, which is a database of surgical procedures

maintained on a voluntary basis by the medical community. A summary of some of the key findings of this excellent report has been prepared by the editor and is published on page 9.

One of the key findings is that St Mark's Hospital performs more pouch operations per year than any other centre in Europe. This finding further enhances the reputation of St Mark's as the true centre of excellence for this type of operation and we can all be justifiably proud that RLG is affiliated with such a fine centre. We certainly benefit from St Mark's experience and expertise with the calibre of the speakers we get for Information Day and we will be looking to deepen this relationship in the future.

I wish you all a Merry Christmas and a healthy, happy and prosperous New Year.

St Mark's pouch study latest

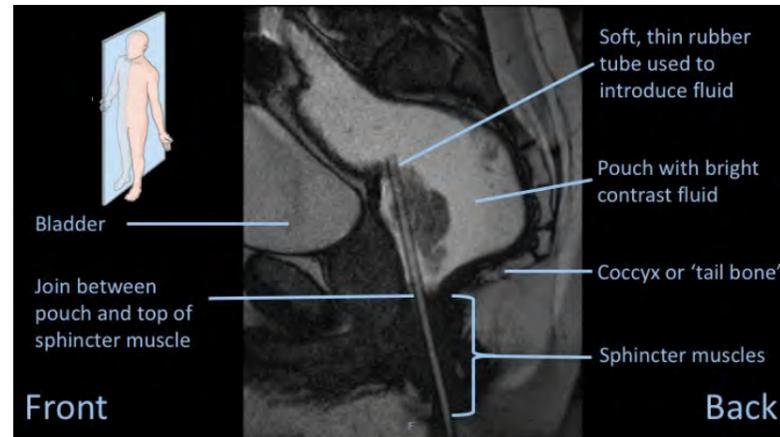
Guy Worley, St Mark's surgical research fellow, comments on the progress of St Mark's MRI research study into pouches which we as a group have helped fund:

Dear Readers

On behalf of the research team at St Mark's I would like to publicly thank those who have volunteered to be involved in the pouch MRI study. We have received enthusiastic responses from 24 people with pouches so far. Unfortunately 11 did not meet the inclusion criteria and could not be involved. Of the remaining 13, seven have completed the study and I am pleased to say that the MRI scans have been well tolerated.

Here is a still image from one of the scans during the 'filling' stage. This is a slice through the middle of the body as per the diagram in

the top left. A contrast fluid fills the pouch to outline its shape and will be used to diagnose leaks in patients who have just had their surgery and



awaiting reversal of stoma. This is one of two experimental scans using moving images to give us the best chance of diagnosing problems with pouches.

This research would not be possible without the participants who have volunteered. The study is the first of its type internationally and we are able to describe new findings not reported before in the scientific literature.

NOTE FROM THE EDITOR: The organisers need 13 more volunteers with a good pouch function for this unique study. It will involve two visits: one to St Mark's Hospital and the second to Harley Street for

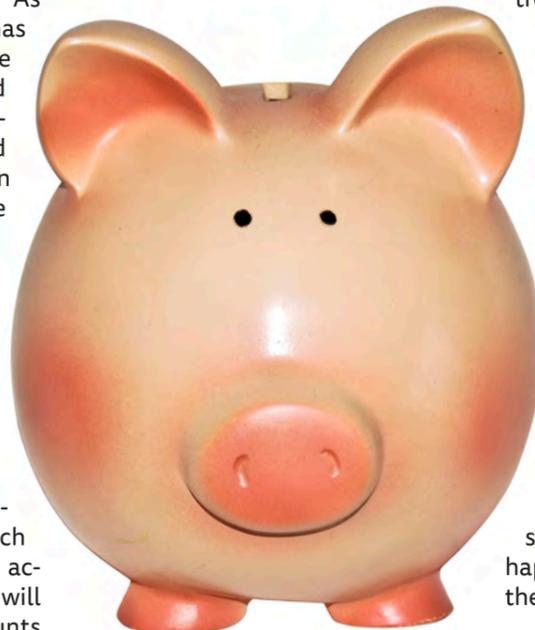
the MRI scan. Travel expenses of up to £30 will be paid for each visit. To find out more about how you can contribute please contact Guy Worley at guy.worley@nhs.net.

WANTED: a new Red Lion Group Treasurer

Would you like to be Treasurer of the Red Lion Group? As many of you know, Paul Mulot has had to resign from the role due to a long period of illness – and for the past six months committee member Peter White and membership secretary Susan Burrows have ably managed the accounts.

So what exactly does the post involve? First, you don't have to be a financial wizard. However, you do need to have a bit of a head for figures and to be able to recognise a balance sheet or understand the terms 'income' and 'expenditure'.

As Treasurer you will be responsible for RLG's finances which involves regularly ensuring the accounts are kept up-to-date. You will need to produce annual accounts and to liaise with the group's independent verifier when sending the accounts to the Charity Commis-



sioners. You will also draft an annual treasurer's report which will be distributed at Information Day and published in Roar. From time to time you will also be asked to discuss and review with the chairman and the other Red Lion officers the group's financial performance and future. You will also take part in four committee teleconferences and a face-to-face meeting each year. And that's about it!

So do you think this is the role for you? Or do you know of a fellow RLG member who might be interested? I know you'll find the members of the committee a very friendly and sociable bunch who will be very happy to guide you in the basics of the role.

If you are interested – or know of a man or woman who is – please contact Peter White at 07787 706919 or p_terwhite@yahoo.co.uk.

Let us spray – or not as the case may be

How many of you use air fresheners? And if you do, which brands do you prefer? Roar's team of expert testers give us their feedback

To spray or not to spray – that is the question. Do you use an air freshener after going to the loo? And if you do, which one do you find works best for you?

For the first few months after I had my pouch fitted I was not too concerned about its after effects or smell. I lived on my own and the only person who had to face the odours from the lavatory was me. However, it was when I went back to work and started going to social functions again that I sought ways to cope with the pungent after effects.

First I studied the small print on the main high-street air fresheners and tried a succession of sprays without too much success. Though I found the odours from Neutradol and Febreze were slightly less acrid and medicinal than their rivals. Then I read about a spray that not only counteracts bad smells but also eliminates them. It had the neat-sounding sobriquet – odour-eater. How could I refuse? It was an apparently revolutionary concept in the mid-1990s

The brand name of the product was Airoma, aptly enough. After ordering one from the internet, I found I could order batches of three or more from eBay. They ranged from citrus and herbal fern fragrances to mango and 'cool' – which didn't really smell of anything and probably wasn't meant to! After a few weeks I found the mango freshener gave off the most subtle and soothing fragrance. I continued to use it for work and play for several years and found the once murmured reactions of my friends and colleagues ceased.

I still use it, although very occasionally. As a catheter user I find I have less frequency and rarely leave more than a faint whiff in the corridors of power! If you're a catheter user please let me know if this applies to you too!

But enough of me for now, here are the Thoughts of Chairman Davies. "It wasn't until I started to think about an answer to the question whether to use a spray or not that I realised how much this issue

pervades my sub-conscious and drives my behaviours," David says. "Sprays have never worked for me. If I'm in a busy public toilet then I'll sometimes apologise with a smile to the person using the cubicle after me. They always say 'that's ok' or similar with a smile back and I wonder what they really think when they get inside!!

"At my partner's house we tried a few products, but they masked the bad smells with very powerful, nauseatingly sweet and synthetic smells. There are odour-free deodorisers on the market, but they didn't do much of a job. So we ended up with scented candles that I light (if I remember) when I'm using the



toilet. The candles preferentially burn the volatiles in the air and let off a more subtle smell than the sprays," says David.

Chairman Davies has another anti-odour technique. He has his own personal cubicle at home. "I have a convenient out-of-the-way ensuite, which is my toilet of choice and is private," he says. An eminently good idea for a family man or woman, I would have thought. But what do you do when visiting friends or going to parties? "At other people's houses I'll try and locate a remote toilet rather than using the one the rest of the dinner party guests are using," says David.

Recently a group of leading manufacturers have been endorsing products called 'essential oil sprays'. RLG's membership secretary Susan

Burrows and several other members of the Red Lion Group use a brand called Poo-Pourri.

"I bought it on the internet at www.poopourri.uk.com. I don't know why it works but it does. They market it as: 'This before-you-go blend of natural essential oils creates a barrier to embarrassing bathroom odour.' And the manufacturer has quite jokey instructions: 'Spritz the bowl before you go and no one else will ever know.'" says Susan, adding: "The spray comes from the US and this one is only available online but there are others on sale over here."

Another RLG committee member commented: "At home I don't tend to use a spray but if we have guests I use Poo-Pourri before I go. It is so much more effective than standard air fresheners and leaves the bathroom with a lovely lemon grass smell.

Essential oils don't necessarily appeal to everyone, however. Chairman Davies slightly poo-pooed the idea when he said: "They supposedly work by creating a film on the toilet water that prevents smells being released. That makes no scientific sense to me and nor does it cure the problem if you pebbledash the bowl.

"At the end of the day all my friends and family know about my op so I expect them to get on with it and generally they do. There is the usual mickey-taking when it comes to who is going to room with me on cycling weekends away with the lads," he adds. I know what he means. I've had the same experience on a couple of overseas trips too!

Others find there is no substitute for good, old-fashioned common-sense. RLG committee member Peter White relies on fresh air to help clear away any lingering odours. "At home I tend to leave the window ajar for a few minutes with the door to the rest of the house closed. Many modern fittings allow 'closed' windows to be slightly ajar, so allowing them to operate like a supersized trickle vent," adds Peter.

CHRISTOPHER BROWNE

2017 ANNUAL GENERAL MEETING REPORT

Red Lion members Gary Bronziet and Peter White were welcomed as new members of the committee at the AGM at the 2017 Information Day on 13 May.

RLG chairman David Davies encouraged more members of RLG to volunteer as committee members. He said there had been a slight increase in membership which was helped by a committee initiative to forge new links with 27 hospital centres that specialise in pouch surgery. He said the recent Ileoanal Pouch Report (see opposite page) listed at least 150 centres in the UK and

parts of Europe which will enable the committee to add them to the RLG contacts database. Interestingly, he said, the four most active centres account for 41% of all pouch operations.

Such groundwork, said David, was "consistent with our goals of providing information and advice and a platform through which pouches can speak with other pouches. The committee will be seeking to continue the rise in membership in 2018, as we raise the awareness of RLG."

The 2016-2017 accounts were not available at the AGM due to the

sudden hospitalisation of the treasurer Paul Mulot. However, they have now been drafted and appear below this report.

The committee's key office-holders – chairman, vice-chair, secretary, membership secretary, liaison officer, hospital liaison officer, notes secretary, Roar editor and Roar designer – were unanimously re-elected at the AGM.

Please fill in the GIFT AID form on the back cover – if you haven't already completed one. Thanks!

Acting treasurer's report

Those who were at this year's Information Day will know of the sudden illness of our treasurer Paul Mulot in early 2017. Paul stood down from the post after the 2017 AGM and the task of putting together the accounts for the financial year ending December 31, 2016 fell to me and Susan Burrows, our membership secretary.

INCOME

- The bulk of RLG's regular income comes from subscriptions. The total in 2016 was £2,110.00 which is £135 lower than 2015, though similar to 2013 and 2014. It does reflect a slightly smaller membership, but was partly offset by donations from members of £882 (£100 higher than 2015).
- We charge a small income to run the AGM and Information Day once a year. This figure varies from year to year depending on the numbers attending, and we aim to cover the costs of putting it on. We are greatly helped by the support of St Mark's Hospital which gives us free use of meeting rooms and support with speakers.
- We have not been able to recover gift aid for 2016 yet, but should

be able to do so retrospectively in 2017 or 2018 (see the Gift Aid form on the back cover).

- There were no large donations from wills, trusts or charities this year.
- Bank interest is negligible, but we do benefit from free banking.

EXPENDITURE

The RLG has two main areas of expenditure: ROAR magazine, and the AGM/Info Day.

- By far the biggest expense is Roar! magazine. This is a publication we are rightly proud of, but it comes at a price. In 2016 the total for two issues was £1,234.26, around £300 cheaper than 2015.

Stationery costs add a further £230.37, much of which was envelopes to aid posting.

- The cost of the AGM/Info Day was £283.70, but that did not include the postage and packing costs of sending out the invitations.

- Travel expenses by committee members were only £78.58 for 2016, but this clearly shows that many of the committee have not claimed for their travel to meetings throughout the year. This could change in future as we have a committee based across a larger geographical area.



- Our website costs were £82.50. This is a very low figure, and reflects the hard work and skills of some committee members.
- Finally, we were able to make a large, exceptional donation of £8,000 towards research into pouch failure, following a bequest made in previous years.

CURRENT FINANCIAL POSITION

In 2016 Income exceeded Expenditure by £1,468.39 (discounting the donation to research), and at the end of 2016 the RLG bank accounts held a total of £5,027.52.

As you can see the costs associated with postage are relatively high and therefore if members would be happy to receive communications electronically that would be faster and cheaper than sending them by post. If you are happy to receive communications by email, then please mention this in biro on the membership form.

Finally, life and family circumstances mean that I may not be able to take on the full role of RLG Treasurer, and the committee would like to hear from anyone who would be willing to take on this role after the next AGM/Info Day. If you would like to find out what that entails, then please email me using the details on the inside back cover.

Peter White
Acting Treasurer

Revolutionary pouch report puts St Mark's Hospital top of the league

Here are some key findings about pouches and pouchcare from the frontline – i.e. the UK's and Europe's leading surgeons and specialist bowel centres

St Mark's Hospital carries out more pouch operations than any other hospital in the UK and most of Europe – with Universitair Ziekenhuis Leuven in Brussels second, Edinburgh's Western General Hospital third and the Churchill Hospital, Oxford fourth.

These are the findings of a recent survey, the Ileoanal Pouch Report 2017, published in July 2017 by the Association of Coloproctology of Great Britain and Ireland (ACPGBI).

The report covers the outcomes of more than 5,000 pouch patients including more than 500 under-20s who have had pouch operations under the care of approximately 150 surgeons.

Among the report's most significant findings are:

- Someone in the UK is diagnosed with Crohn's Disease or Ulcerative Colitis – the two main forms of Inflammatory Bowel Disease (IBD) – every 30 minutes;
- At least 300,000 people in the UK have IBD in one form or another;
- About one-in-four people with UC will need an operation at some time during their lives, with pouch surgery being one of the most common procedures;
- The most popular type of pouch is the J-pouch, while the once-popular S-pouch and W-pouch have largely been phased out;
- Approximately one-third of today's pouch operations are



- Approximately 80% of pouch operations are successful and restore patients to a high quality of life;
 - St Mark's Hospital has carried out 159 operations in the past five years.
- The report, which was first pub-

lished in 2012, reaches the following key conclusions:

- Most patients spend 10 days in hospital when they have a pouch operation. However a surprisingly high 27.4% of patients need to be re-admitted within 30 days of their operation.

lished in 2012, reaches the following key conclusions:

"There is clearly a compelling argument for centralisation of pouch surgery. The procedure is performed infrequently within a repertoire of surgical options available to patients having had a colectomy or needing proctocolectomy. Intimate knowledge of all surgical options, considered experience in guiding patients to the option that may best suit them, and back-up from the specialised multi-disciplinary team is paramount in providing the best possible service for patients."

"While there are undoubtedly some centres that are currently offering pouch surgery at low volume with good outcomes, this report indicates that they are probably the exception rather than the norm. And the future is likely to take a more pragmatic view when it comes to ensuring good outcomes and training the next generation of specialist surgeons."

Like the first Ileoanal Pouch Report in 2012, the 2017 version is based on the latest data from the SWORD HES database and the Pouch Registry, a leading database set up by St Mark's Hospital's Emeritus Consultant Surgeon, Professor John Nicholls, in 2005. The data is sourced from voluntary information supplied by approximately half of the UK's and Europe's specialist bowel surgeons.

A tribute to Paul Mulot

The Red Lion Group's excellent Treasurer for the past two years, Paul Mulot has sadly had to step down while he recovers from a long spell of illness.

Paul was one of the nicest people I have ever worked with. From the moment he agreed to be treasurer he worked diligently and selflessly to produce the Red Lion Group ac-

counts and some incisive annual treasurer's reports.

We've all got another good reason to thank him too – for managing to negotiate free parking for all those of us who went to the 2016 Information Day.

We wish Paul, his wife Aileen and their two sons our very best wishes for a swift recovery. **CB**



David Skinner's Christmas Quiz

A £25 Boots voucher for the winning entry!



Red Lion Group Liaison Officer, David Skinner.

1. The Winter Palace was stormed in 1917, in which city?
2. Who played George Fortescue Maximilian 'Maxim' de Winter in the film Rebecca, based on the novel by Daphne Du Maurier?
3. What date is the Winter Solstice this year?
4. How many times in a calendar year does the sun rise and set in the Arctic?
5. In which country were the first Winter Olympic Games held in 1924?

6. Which 'winter' film opens with the following text? "This is a true story. The events depicted in this film took place in Minnesota in 1987"?
7. Which name is given to the battle that took place in severe winter conditions in the Ardennes between 16 December 1944 and 25 January 1945?
8. Which theatrical knight played Richard the Lionheart in the prize-winning 1968 film The Lion In Winter?
9. Who had a hit song in the late 1960s called Hazy Shade Of Winter?
10. Who wrote The Winter's Tale?
11. Each of the following mean snow in which European language?
 - a. Sneeuw
 - b. Lumi
 - c. Schnee
 - d. Neve
 - e. Snieg

Contact the Red Lion Group

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Join the Red Lion Group

- Newsletter twice a year with all the latest news, views and events
- Membership is £10 (£5 for hardship cases, and free for under 16s) per annum
- Write to the Membership Secretary (see above) for a membership form

Write for Roar!

Ideas, Ideas and More Ideas

Yes, Tim Rogers and I thrive on them for it's ideas that make Roar! the readable package that we all like it to be.

Whether it's something that happened to you on the way to work, an interesting holiday or personal

experience, an insight into your life with a pouch or a lively letter, please don't hesitate to send it in.

But then if writing articles isn't exactly your favourite pastime, we are always looking for cartoons, jokes, crosswords and competition ideas too.

That way we can keep your newsletter bursting with life and in-

Please email membership@redliongroup.org if your email address or contact details change

formation and make reading about pouch issues fun and stimulating. Please send your articles, letters and ideas to:

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Editor Roar!
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(December 2017)

To: The Treasurer

THE RED LION GROUP (REGISTERED CHARITY NO 1068124)

Please send this form to Peter White, 34 Everton Road, Potton, Sandy, SG19 2PA, United Kingdom

I request that ALL subscriptions and donations that I have made to the Red Lion Group for the last four years, and ALL subscriptions and donations I make thereafter, be treated as Gift Aid donations. I confirm that I currently pay, or will pay, an amount of Income Tax and/or Capital Gains Tax that is at least equal to the amount to be claimed and I expect this situation to continue. (Current tax reclaim is 25p in £1 or £2.50 for £10). I am under no commitment to make any further donations and I may cancel this declaration in respect of future declarations at any time.

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Full Home Address

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.....
..... **Post Code**

Signature **Date**

Please tick if a non-tax payer You will then be registered as a full member but we will NOT make any claims for Gift Aid on your behalf.

NB Once you have previously completed THIS form it is only necessary to complete again if your tax status or home address has changed or you want to cancel this declaration.



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COMMENCING ON THE FIRST DAY OF JANUARY NEXT AND ON THE SAME DATE EACH YEAR UNTIL I SEND YOU WRITTEN CANCELLATION INSTRUCTIONS.

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