

August 2022

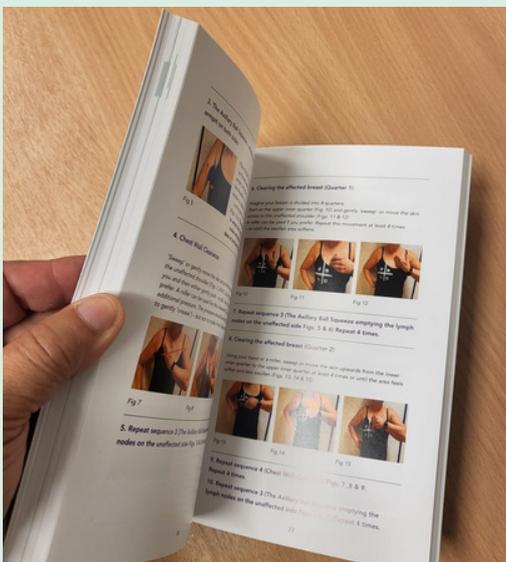
LSN
THE LYMPHOEDEMA
SUPPORT NETWORK
because lymphoedema matters

IN TOUCH

LYMPHOEDEMA SUPPORT NETWORK

REMEMBERED WITH THANKS

It is with great sadness that the LSN must report the death of LSN friend and Trustee, Jed Bailey. Jed brought the male perspective to an, at that time, all-female board. He was passionate about making a difference to those living with lymphoedema and the work of the LSN. He will be missed by us all. There will be a tribute to Jed in the next edition of LymphLine.



LSN BOOK LAUNCHES

The LSN book "Your lymphoedema, taking back control" has arrived in the office. Delivered on one of the hottest days in recorded history, the book gave a new meaning to "hot off the press". Orders have been flooding in and the feedback so far has been amazing. You can still order your copy by going to the LSN website. [Click here to purchase for £15.00 + £3.50 UK postage and packing.](#)

INFORMATION AND SUPPORT LINE

The LSN is here for you.
Contact us on

020 7351 4480

admin@lsn.org.uk

or via our Facebook page

FREE CHILD MEMBERSHIP

The LSN is delighted to be able to offer free membership to children and young people living with lymphoedema. We also provide information for schools and out of school clubs.



LSN OUT AND ABOUT



LSN Raising awareness

We are passionate about raising awareness of lymphoedema and its impact on health care professionals. One of the ways we do this is to exhibit at key events and conferences. In July, we spent 4 days at the Royal College of General Practitioners conference talking to GPs about Lymphoedema.

Most of those who visited the stand or who we accosted over coffee were genuinely interested to hear about our work and took information to pass on to their colleagues.

During August and September we look forward to visiting Accelerate CIC patient group and exhibiting at the Royal College of Medicine's cardiovascular symposium on lymphatic disorders.

Taking on half marathons for the LSN



Huge thanks to Tom, Jo, James and Kate, Helen, Cassie and Beth, who are all currently in training to complete half marathons in aid of the LSN. Jo is running the Worcester City half marathon and the others are running the London Big Half. Both events are on 4th September and all monies raised will support the work of the LSN. To make a donation to support the runners follow the link to the LSN Just Giving page.

JustGiving™

Coming in the Autumn edition of LymphLine

One of the benefits of joining the LSN (just £15.00 per year for UK and £30.00 per year for overseas) is receiving our quarterly newsletter "LymphLine". In the Autumn edition there is a fantastic article on the Tripudio Movement System, a fun way to get moving and stimulate the lymphatic system, by founder Julia Williams, a very informative piece on the gut microbiome and the links between inflammation and obesity in lymphoedema by Justine Whitaker and a wonderful personal experience story from new LSN Trustee, Maxine Skepple, and much more. If you have enjoyed this taste of the LSN then please consider supporting our work by becoming a member. [Just follow this link to our website.](#)

**The Lymphoedema Support
Network is a Charitable
Incorporated Organisation
registered in the UK
Reg No: 1193800**

www.lymphoedema.org

