

# Peterborough Breast Cancer Support Group Newsletter

([www.pbcsq.co.uk](http://www.pbcsq.co.uk))



## MEETING HELD AT THE HOLIDAY INN 5th October 2023 – 7.00 PM

Thank you for all those attending the October meeting. It was good to see everyone and to meet some new members.

Thanks go to the two breast care nurses Nikita and Carly for coming and giving up their valuable time after I'm sure a hectic day at work. Nikita spoke about the Specialist Breast Pain Clinic based at Doddington Hospital. The Clinic offers services to those suffering breast pain. If you are suffering with breast pain referrals are made via your GP. At the Clinic an assessment is made, and information given about breast pain and the possible treatments for the pain. If the risk of cancer/concern is flagged, then patients are transferred to the two week wait cancer pathway. Nikita said if you notice any physical changes then you should be referred directly to the breast unit for assessment. The Clinic is also due to be held at Stamford Hospital from December.

One member raised the issue of accessibility to GPs. She said it was almost impossible to make an appointment to see a GP.

Nikita explained that although breast cancer patient numbers have not necessarily increased treatment plans are more complex. This is as a result of the treatments now being more bespoke with more options open to patients in relation to their individual treatment plans, to include not only types of surgery but also chemotherapy regimen.

One member asked if the latest strikes had an impact on the Breast Unit.

There was a discussion about the use of vacuum dressings and drains after surgery. The former is a type of therapy or dressing to help wounds heal. The importance of doing the exercises after surgery was emphasised and to keep these up. Members agreed that they are given a lot of information on diagnosis, and it is a lot to take in. It was acknowledged how helpful it was to have a breast care nurse in the meeting with the doctor who was taking notes. There is a lot of information in the packs handed out.

One Member mentioned the hospital gowns and how un-user friendly they are. She recently attended a hospital and was given a cape to wear with Velcro down the front, so a lot easier to use and more dignified than the ones you tie at the back.

Members also raised the issue of the waiting areas at the Breast Unit. It was raised that when patients have been at the Unit for an appointment e.g for surgery they often are waiting in the same area with their overnight bags with other patients who may be there for screening or other appointments. They felt it may be upsetting for the other patients to see those who were obviously being admitted for surgery and it would be helpful to have a separate more discreet waiting area. Nikita said she would take this on board, and it was helpful feedback.

There was general consensus that it would be really helpful if one of the breast surgeons could attend one of our meetings. Nikita made a note and said she would ask.

It was a really good session with the nurses and very informative. Their next visit will be in February.

### **2<sup>nd</sup> November Meeting**

Lisa-Marie from Breathe Pilates will be joining us. Please see below an extract from her website which I circulated in last month's Newsletter. Lisa-Marie is also a post rehabilitative breast cancer exercise specialist. She has confirmed that at the meeting she will talk a little about herself, the

Pink Ribbon Programme and then there will be a seated Taster class to finish, so nothing too strenuous



*"I found my passion for Pilates on the road to trying to heal my own body.*

*Having been on the other end of pain, I have personally experienced the power of Pilates and all it can achieve.*

*I suffered from rib subluxation, shoulder, and upper back pain since I was 18 years of age. I was afraid to continue to do the things I loved just in case something happened, this became habit and an excuse. "I can't do that; my ribs might pop out"*

*In 2016, after 15 years of physio and missing out on life, enough was enough, I wanted to start enjoying my life again without the fear of back or rib pain. I found a new osteopath who advised me that unless I started making the time to correct & strengthen my body, then my problem will keep re-occurring.*

*She recommended Pilates.*

*So, I found a local beginners group Pilates class, it was nerve racking at the start, but the instructor was great and so were my classmates.*

*After learning the fundamentals in the class, I was then able to add home practise into daily routine with private 1:1s and it changed my life.*

*At first my body resisted, but with patience & perseverance, change started to happen.*

*It was from this experience and change that occurred in my own body, that made me decide I wanted to become a Pilates Instructor."*

## **7 December Meeting**

For our Xmas meeting we will be going to the Fox & Hounds Pub, Longthorpe, Peterborough for a meal, so there will be no meeting at the Holiday Inn. I have attached two menus; one is for gluten free options. You can have 2 or 3 courses. Two courses are £26.99 and three courses £30.49. The Club will contribute £15 per head towards the cost of the meal. For those who have not already put their names down please let me know as soon as you can if you want to come. I will also need your menu choices. You can use the WhatsApp Group to let me know your choices and/or let me know at the November meeting if you are coming.

**FUTURE MEETINGS AT THE HOLIDAY INN 7.00 PM TO 9.00 PM**  
**£3 PAYABLE on the night for refreshments.**

**2 November 2023 Lisa-Marie Butler Breathe Pilates**

**7 December 2023 – Xmas meal out at the Fox and Hounds, Longthorpe -**

If anyone would like to contribute to the Newsletter, please contact Helen Saggars at [helen.saggars@ntlworld.com](mailto:helen.saggars@ntlworld.com) or call on 07790856801. If you would like to see up to date and relevant information on our website please email our website administrator/provider [susan@bluemonkey.it](mailto:susan@bluemonkey.it).

**Other key contacts:**

Macmillan Volunteer for breast cancer advice: Val 01733 267500

Peterborough Breast Cancer Support Group website: [www.pbscg.co.uk](http://www.pbscg.co.uk) and

[www.peterboroughbreastcancersupportgroup.co.uk](http://www.peterboroughbreastcancersupportgroup.co.uk)