

Peterborough Breast Cancer Support Group Newsletter

(www.pbcsq.co.uk)



MEETING HELD AT THE HOLIDAY INN 2nd November 2023 – 7.00 PM

Thanks to all who attended our November meeting and a warm welcome to our new members who attended.

Our guest speaker was Lisa-Marie Butler from Breath Pilates. For those who could not attend please find attached handout from Lisa-Marie "Patient Workout Guide" and a flyer with her contact details. Lisa-Marie told us what had prompted her to become a Pilates teacher. She said she had suffered 15 years of pain before finding Pilates. She devised the Pink Ribbon Programme as a result of someone close to her being diagnosed with breast cancer. She wanted to devise a programme that was restorative, in particular for those who have had surgery and also to improve mobility. She said the gentle exercises help to restore the respiratory system. They also help to reduce anxiety and pain. The course can be completed online.

Lisa-Marie ended her presentation by taking the Group through some taster exercises (see hand out).

After Lisa-Marie's presentation the Group had a general chat. Our new members introduced themselves and told us about where they were at in their cancer treatment.

I was contacted this week by a lady who is undergoing cancer treatment. She had heard about our Group from The Wellbeing Centre. We met for coffee, and she is keen to look into setting up a satellite support group in the Stamford/Rutland area where she lives possibly in March next year. More news on this next year. She told me about Liz O'Riordan who was a consultant breast surgeon (not local) who then got breast cancer herself. She went on to write about her experiences of being a patient. She co-authored a book 'The Complete Guide to Breast Cancer How to Feel Empowered and Take Control' Her website is liz.oriordan.co.uk. Her story makes very interesting reading as she said how little she understood of what it is was really like for the breast cancer patient until she became a cancer patient herself.

Laser Erase

Thank you to the member who shared in our WhatsApp Group that Laser Erase (based in Farcet) are now working with some cancer charities and will be offering free tattoo removal for unwanted radiotherapy tattoos from December onwards. If anyone wants to make enquiries email: lasereraseFW@gmail.com.

Xmas Meal 7 December

Just a reminder December's meeting will be our Xmas Meal at The Fox & Hounds in Longthorpe. The meal is booked at 7.30 pm. Can those attending please bring some cash with them to pay for their portion of the meal cost. Two courses are £26.99 and three courses £30.49. The Club is contributing £15 per head towards the meal. To make it easier for the pub I will pay the bill in full and will need attendees to pay me their share in cash, so please work out what you need to pay and bring the cash with you. If you can't remember what you ordered don't worry, we have a spreadsheet of the food choices.

Please bring a secret santa, don't go mad spending! We put a limit on it of £5.00. We will also be handing out our Xmas Quiz Sheets £1 per sheet for those who have not bought one yet. Please feel free to take a few for family/friends/colleagues. Bring your answers to the February meeting or email them to me.

Fund raising events 2024

The Club is looking to organise some fund-raising events next year. One will be in June "A Strawberry Tea" kindly hosted by one of our members. There will be a raffle, tombola, and plant sale. The Club will be looking for contributions towards the prizes so please bring along to the Group next year any donations e.g., unwanted Xmas gifts etc. More to follow on the events planned next year.

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

7 December 2023 – Xmas meal at the Fox and Hounds, Longthorpe **at 7.30 pm**

JANUARY – NO MEETING

2 February 2023 – breast care nurses will be attending, so have any questions ready.

If anyone would like to contribute to the Newsletter, please contact Helen Saggars at 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.

Other key contacts:

Macmillan Volunteer for breast cancer advice: Val 01733 267500

Peterborough Breast Cancer Support Group website: www.pbscg.co.uk and www.peterboroughbreastcancersupportgroup.co.uk