

Peterborough Breast Cancer Support Group
Newsletter
(www.pbcsq.co.uk)



7th MARCH 2024
HELD AT THE HOLIDAY INN, THORPEWOOD

Thank you for all those who attended and welcome to those who attended for the first time.

Our speaker for the evening was Kerry Smith from Breast Cancer Now. Kerry is the services development coordinator for primary breast cancer in the East of England. She gave us a very informative talk about the services offered by Breast Cancer Now. They offer a range of services to include online, phone and face-to-face. Their services are free. They offer a telephone advice service from breast care nurses. All calls and emails are answered by breast care nurses and trained staff. The lines are open Monday to Friday 9.00am-4.00pm and 9.00am-1pm on a Saturday. If you want to email a question instead of calling, they have an "Ask our Nurses" email service. They also have a forum where you can ask an anonymous question to the nurses through the "ask our Nurses" board.

Kerry also spoke about the Moving Forward courses. These have all been scheduled for the remainder of this year and can be booked via the website Moving Forward/Breast Cancer Now or by contacting the admin team on 0345 077 1893 or emailing movngforward@breastcancernow.org. Kerry explained they run online courses as well for those who cannot attend in person or would prefer an online course.

Upcoming dates/venues are:

Thursday 6th and 13th June in Peterborough
Wednesday 11th and 18th September in Hinchbrook
Thursday 5th & 12 December in Peterborough

The meetings take place at the respective hospitals.

Please see attached form for details.

Kerry also spoke about the Keeping Abreast Group. The Charity offers help, advice and support for those who are newly diagnosed and are facing the possibility of mastectomy and for those further down the line who are considering reconstructive surgery. They offer the opportunity for women to be able to meet and talk to other women who have been through similar experiences. This allows women to make an informed choice about whether or not to proceed with breast reconstruction. Although the charity is based in Norwich, they have a network of registered volunteers across the country who are happy to share their own experiences of breast reconstruction to help others. Face to face support Group meetings take place in many areas of the UK and their team of volunteers is there to support people by phone, email, and WhatsApp. To find the nearest support group visit keepingabreast.org.uk.

Kelly left me with a number of gift bags the Charity hands out to members. I'll bring these along to our next meeting for those who were not able to attend in March and would like to have one. For more information about the Group call 01603 819113 or email info@keepingabreast.org.uk.

After Kelly's presentation there was a general discussion amongst the Group and a warm welcome was extended to two new members Becky and Alison who told the Group about their cancer journeys.

Members expressed a wish to have someone from the lymphedema team to come again and give us a talk. I have followed this up and will keep you updated. It was also agreed that it would be helpful to have a counsellor/therapist come to one of our meetings. Date to be confirmed.

Other news

Strawberry Tea - 29 June 2024 3.00 pm to 5.30 pm.

Tickets will go on sale in April for the afternoon strawberry tea. The cost will be £5 each. Family and friends are welcome to come. Helen has kindly agreed to host the event at her home. Full details will be on the tickets. Numbers will be limited to 36. There will be tea, cake, scones, jam, and cream on the day as well as a raffle, tombola and plant sale. Can I please ask members to bring along to the next meetings any items that can go into the raffle and the tombola.

Summer Event

We are planning a summer event; one suggestion was a summer picnic somewhere nice. If anyone wants to put forward some other ideas for a nice summer event members would like to do, please bring your ideas along to our next meeting.

Future Meetings

4 April 2024 - general meeting

2 May 2024 - speaker to be confirmed

Helen Saggars - PBCSG Co-ordinator.

If anyone would like to contribute to this Newsletter please send information to Helen Saggars at helen.saggars@ntlworld.com or telephone 07790856801 or if you would like to see up to date and relevant information on our website please email our website provider/administrator susan@bluemonkey.it

Macmillan Volunteer for breast cancer advice: Val. Tel 01733 267005.

Peterborough Breast Cancer Support Group website is www.pbcsg.co.uk and www.peterboroughbreastcancerssupportgroup.co.uk