

Peterborough Breast Cancer Support Group Newsletter

(www.pbcsg.co.uk)

4th July 2024

Held at The Holiday Inn, Thorpewood



Thank you for all those who attended our July meeting. There was no guest speaker this month.

I confirmed I had not head back from the Wellbeing Centre yet about having one of their Counsellors/Psychotherapists as a guest speaker. Members said it would be helpful to have some practical tips about telling friends and family about a cancer diagnosis, and also how to deal with their reactions both in the moment and afterwards. I will follow this up with the Wellbeing Centre.

There was a discussion about lifestyle and the discriminatory nature of breast cancer. Opinions were voiced that up until the diagnosis many felt well and led a healthy lifestyle. There seemed to be no rhyme or reason as to why they had got cancer (absent any genetic cancer gene). The discussion progressed to lifestyle after treatment to try and prevent the recurrence of the cancer. The loss of control going through cancer treatment can be debilitating and taking back control of one's life was discussed which can be psychologically helpful. This can be in the form of a change in diet, less stress, exercising more etc. It was also acknowledged that taking what is hoped will be preventative steps should not be all consuming and that it was important to enjoy life as well, a balance needed to be struck where possible. A member mentioned a book by Professor Robert Thomas. I looked him up. He is a Consultant Oncologist at Addenbrooke's Hospital. A Visiting professor of Biological and Exercise Science at Coventry University. A clinical teacher at Cambridge University. A visiting Professor at the University of Bedfordshire. Chair of the Macmillan exercise expert advisory committee. He designed the UK's first government approved qualification in exercise rehabilitation for cancer patients which is now delivered nationally by The Wright Foundation. Author of the book "Lifestyle after Cancer – the facts". Medical lead of the cancer information website cancernet.co.uk the general health website Keep-healthy.com and nutritional and recipe blog.cancernet.co.uk. I had a look at the website, which is very comprehensive.

Eloise Lingerie

A number of members last year visited Eloise Lingerie on a group visit. They are based in Milton Keynes. The staff were excellent. We all had private consultations and fittings. Refreshments were provided. A member of their team had previously come to our Group and done a presentation. They are happy to come back to do another presentation and to host another day in Milton Keynes. Please let me know if members would be interested in either or both.

The Strawberry Tea

The event was a great success and lovely to see so many people there (see photo below). A big thank you to Helen and Peter who hosted the event at their home and to Denise and Jilly who manned the tombola. Carole's daughter supplied the scones, cream and jam donated by Lidl. Zoe provided the milk. Thanks go to Roma for all her help. The event raised £562.20. It was agreed that an item or items will be bought with part of the money for the Wellbeing Centre. They have an Amazon wish list, however Helen who visits the centre will be asked if there is anything specific, they have run out of in particular for their art workshops.



Breast Cancer Awareness Month - October

It was raised that there is stand in the main atrium of Peterborough City Hospital during October. I made enquiries to see if the stand is manned at all, and if not if members of the Group could man it on some days. Marie from The Breast Clinic kindly responded to say it was not necessary for anyone to be at the stand as the stand is promoting breast care awareness and there are a range of information leaflets and resources for support services including our Group. There was understandably concern that if someone "non-clinical" from the Group were at the stand questions may be asked that members would not be qualified to answer. The preference is for the stand to be a resource led awareness stand. Marie did offer any assistance, if appropriate, if we wanted to have a stand during this month outside of the hospital environment. I will make enquiries to see if we could have a stand at Hampton Shopping Centre. For this to be viable volunteers will be required to help with the stand. I will feed back on this event once I have made contact with Hampton. If anyone has any ideas for other things that could be done to raise awareness during this month please share.

The Xmas Market

The next fundraising event and to highlight the services of the Support Group in Peterborough will be the Xmas market stall. The date now booked is the 12th December 2024. The plan is to have a tombola as well as information about the Group to hand out e.g. our leaflets. This will be an all-day event so again anyone who can come along and help on the day please let me know.

Other Events

Summer Picnic - 31st August 2024 at Burghley Park from 12pm onwards.

This is open to family and friends of members. We are joining forces with the Stamford Cancer Support Group for the event. The event will be weather dependent. The plan is for everyone to bring their own picnic. Please also bring chairs. The car park at Burghley is free. We will find a picnic spot near to the carpark so people don't have to walk too far. For those wanting to attend can you please confirm via the PBCSG WhatsApp Group or message me direct 07790856801. If you can please confirm by the 9th August 2024.

The Group funds will fund the purchase of sweets for the event.

Xmas Meal – 5th December 2024 at the Bluebell Pub in Werrington 7.00 pm

For those who have not confirmed their place and what to come to the meal can you please send me a message (number above) and I will add you to the Xmas Meal WhatsApp Group. Any questions about this event can you post them to the Xmas Meal WhatsApp Group only or to me. We are looking at 20 places and then a reserve list. The Pub have not priced up the meal yet, but it is hoped the Group funds will cover the cost of the meal for those attending. Drinks will need to be paid for separately.

Future Meetings

1st August 2024 - Guest speaker Becky Nuzzo - yoga and meditation

5th September 2024 - Guest speaker - Laura Cooper Jackson. Laura will be talking to us about CoppaFeel (breast cancer awareness charity) and her amazing 100km trek to raise money for the charity

3rd October 2024 - Breast Care Nurses. A reminder that the meeting time is 6.45 pm for this meeting so that it can start promptly at 7.00 pm. Please also send questions to me in advance so I can pass these onto the nurses ahead of the meeting.

7th November 2024 - Guest speaker Rosie Collcott Lymphedema Nurse.

5th December 2024 - No meeting, replaced by the Xmas Meal.

Helen Sagers - PBCSG Co-ordinator:

If anyone would like to contribute to this newsletter please send information to Helen Sagers at helen.sagers@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

Other Key Contacts:

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