

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



**MEETING HELD AT
THE HOLIDAY INN 1 August 2024**

Thank you for all those attending the August meeting. It was good to see everyone and to meet two new members who joined us.

Our guest speaker was Becky, who is also a member of the Group. Becky is a qualified yoga and mediation teacher. She is currently training to be a cancer exercise specialist. Her aim is to help others pre and post-surgery to keep fit.

She holds a yoga group class every Monday at 7.30pm in Glatton village hall. She also does a sound bath and mediation evening once a month 6.30pm- 8pm. She also offers one to one classes. There are many different styles of yoga. She recommends restorative yoga or yin yoga, these two styles are more gentle when recovering/rehabilitating. It's important to stretch and strengthen the muscles and bones. Yoga also helps to release tension in the body and the breathing and mediation helps to clear mind and reduce anxiety. It can also help the digestive system and also improves sleep and paid relief.

Mediation, although not always easy to switch off a busy mind, helps to relax the body and allows the nervous system to relax and re-set. It promotes a positive mindset and helps to cope with stressful situations.

Becky took the Group through some yoga moves and ended with a relaxing guided meditation.

Becky also spoke about the Penny Brohn Charity. She attended one of their retreats. The Charity is based near Bristol. The Charity offers free one and three day retreats for cancer patients. It also offers free workshops online in yoga, relaxation/meditation, nutrition, scar care, hypnotherapy, Tai Chi, lymphodema support, bereavement support, strength and stamina, Tea and chat, treatment support programme and questions and answers with doctors and specialists. Their website is <https://pennybrohn.org.uk>



Thank you Becky for sharing your story with us and for an enjoyable and relaxing session.

SOCIAL MEETING

SUMMER PICNIC – SATURDAY 31 AUGUST 2024 AT BURGHLEY PARK STAMFORD FROM 12PM ONWARDS



August picnic for members, friends and family, to enjoy the last day of August hopefully in the sun. Members of the Stamford Cancer Support Group are joining us. Bring your own picnic and some chairs. Some sweet treats will be available. We will find a spot near to the main car park. Joan from the Stamford Group is bringing two gazebos, so look out for them.

FUTURE MEETINGS AT THE HOLDIAY INN 7.00 PM TO 9.00 PM £2 PAYABLE on the night.

5 September 2024 - Guest speaker Laura Cooper Jackson. Laura will be talking to us about CoppaFeel and her amazing 100km trek she did to raise money for the charity. She was inspired to do the trek to support the Charity and her best friend who was diagnosed with breast cancer, and who will be joining her for the meeting.

3 October 2024 – Breast Care Nurses. A reminder the meeting time is 6.45 pm for a prompt start at 7.00pm. Please email or whatsapp me any questions you have for the nurses which I will pass onto them in advance of the meeting.

7 November 2024 – Guest speaker Rosie Collcott, Lymphodema nurse. If anyone has any questions for Rosie ahead of the meeting please email or whatsapp me them and I will pass them onto her.

5 December 2024 – No meeting, replaced by the Xmas Meal at the Bluebell Inn Werrington. If you have put your name down to come, please ensure that you can come, so that we have accurate numbers for attendees. There will be a secret santa on the night.

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

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