

Peterborough Breast Cancer Support Group Newsletter

(www.pbcsg.co.uk)

October 2025 Newsletter



Meeting held at The Holiday Inn, Thorpe wood – 2 October 2025.

The Breast Care nurses Michaela and Nic joined us for the first part of our meeting.

Updates from the Clinic: The Clinic have recruited new breast care nurses and one new doctor, Dr Aya (Registrar). They are joining this month. Extra clinics are in place to review results, and deal with appointments. There will now be Saturday clinics every 3 weeks which will be a results Clinic. The Clinic has been short staffed. They have had an extra 100 cancer patients this year so far. A number of patients are waiting longer for biopsy results. They are trying to expedite these. Results are taking about 2-3 week. Mammogram results are taking about 6-8 weeks, MRI scan results 6-8 weeks.

A member had a question for the nurses: *“Can the nurses advise on how to take care of surgery scars. Any suggestions on creams to use to keep scars supple and smooth”* It was recommended to use Kelo-Cote which is a silicon-based gel. It helps to smooth, soften and flatten scars, reduce redness and discolouration and relieve itching, pain and discomfort. Advised to buy Boots own brand.

In answer to another question about the Clinic's opening hours over the Xmas period, they confirmed the Clinic will be open until 7pm on the 24.12.25. It is closed Xmas Day and Boxing Day; however, the Women's Health Ward will be open. The Clinic will be open again on the 27th December 2025.

There was a discussion about the application of breast drains following breast surgery. Some consultants do not use them some do. The nurses said it was at the discretion of the surgeon and each's preference. After surgery the body produces fluid which can collect in the wound cavity. The drains remove excess fluid, which helps to minimize swelling. If fluid builds up, it can form a seroma which can be uncomfortable. The seroma can be drained. If drains are not used there are other options/procedures that can be used to avoid the necessity of using drains.

October - Breast Care Awareness Month.

Haart Radio and Smooth Radio have contacted the Group. For breast cancer awareness month, they are looking to speak to local survivors of breast cancer. Some members have already said they would like to participate. If anyone else would like to be involved, please message: Helen Saggars by WhatsApp or email: helen.saggars@ntlworld.com.

The image shows two women, one in a grey sweater and one in a blue polo shirt, standing behind a table displaying various breast cancer awareness materials. The background features a large blue board with pink speech bubbles containing statistics and a 'Breast Awareness' sign. The table is covered with brochures, including 'Know Your Breasts', 'Breast Self Examination', 'TLC Touch Look Check', and 'Breast Cancer Now'. The women are smiling and holding brochures.

Future Meetings

6th November Meeting - 7.00pm – 9.00pm Holiday Inn, Thorpewood, Peterborough - Michelina from Reika Well-being will be joining us as our guest speaker. She offers various alternative therapy treatments. She has undertaken an Oncology Lymphatic Draining course and has recently added a new holistic treatment – Emotional Release Hand & Foot Relaxology. Please see below for treatments offered and prices.

Reika Well-being

Relax • Restore • Rebalance

✨ Offering holistic treatments to support your well-being ✨

Available Therapies

Relexology 🦶 – relax, restore balance & aid circulation

Swedish Massage 🧘 – ease tension & soothe muscles

Oncology Massage 🌸 – gentle, nurturing support

Lymphatic Drainage 💧 – reduce swelling

Reiki 🙏 – calming energy to restore mind, body & spirit

🧘 Relaxing, soothing foot spa with massage to hands & feet 🧘

💖 Tailored to your individual needs 💖

✨ Introductory Offer ✨

First 60-minute treatment: £45 (normally £55)

Add extra time for just £10 per 10 minutes

📞 Book your appointment:

Michelina

📞 07795 471155

Thursday 4th December – Group Xmas Meal. There will be no meeting at the Holiday Inn tonight, replaced by our Xmas Meal. The venue this year is The Black Horse at Elton, Peterborough. The Xmas set menu is attached. There is also an a la carte menu for those who don't want the set menu (to follow). Copies of the menu will be handed out again at the November meeting for those not at the October meeting. The Group will contribute £15.00 per person towards the food. The Pub requires a £10 booking fee per person which is non-refundable. To secure your place you will need to pay a £10 deposit up front which will be non-refundable if you later cancel, unless you are unable to attend due to your treatment. 15 members have booked a place already. The table has been booked for 20 people. If you have not paid a deposit yet the full £15.00 will be collected at the November meeting. For those who have paid the deposit please bring £5 to the November meeting. If you cannot make the November meeting let Helen Saggars know, and she will send you the Group's bank details to make payment. Menu choices will be taken at the November meeting or message.

There will be a raffle on the night to win a Christmas Food and Drink Hamper. Tickets can be bought at the October/November meetings and on the night. Please bring a gift on the night for the secret Santa (value limited to £5-£10).

Other dates for the dairy. Our lovely Becky is organising a Charity event on Saturday the 15th November 2025 2.00pm-5.00pm. See flyer attached. Funds raised will go to Breast Cancer Now Charity and the Well Being Centre.

Sunday evenings: An evening of relaxation with Becky – see details below. Sounds like a perfect way to end the week.



"Spaces left for an evening of relaxation and self-care!"

Calming Meditation, Soothing soundbath, homemade bakes and hot drinks provided, plus a small gift

to continue self-care at home. A dear friend Richard is collaborating with me, so you will experience an amazing gong bath & reiki too.

Very relaxing!

All you need is a blanket & pillow.

Location: Colonel Dane Memorial Hall, Alwalton.

Let me know if interested 😊

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: www.pbcsg.co.uk and www.peterboroughbreastcancersupportgroup.co.uk