

Peterborough Breast Cancer Support Group Newsletter

(www.pbcsg.co.uk)



Welcome to the March Newsletter.

Susan Broccoli of BlueMonkey Creative Ltd Web Design & Digital Marketing, Peterborough joined us at the start of our meeting on the 5th March.

Blue Monkey Creative Ltd is a well-established web design and digital marketing company based in Peterborough, Cambridgeshire. Founded in 2000. Susan created the PBCSG website in approximately 2004. She explained the website is in effect an information directory. The information is static, however new information can be added to the website for example if there was a cancer service that members had accessed and recommend, for example alternative therapies, hairdressing services e.g. wigs, a particular brand of clothing, insurance companies offering competitive travel insurance for those diagnosed with cancer etc, these can be added to our website directory. If members have any services they want to add details can be emailed either to helen.saggers@ntlworld.com or direct to Susan at susan@bluemonkey.com

Susan adds the monthly Newsletter to the Group's Website and to the Facebook page.

Susan spoke about social media as an effective way to share and access information. The Group has a Facebook page. She said that articles/information can be shared on our Facebook page. This a quicker way to get information circulated. She said if anyone wanted to write a blog or been to an event they wanted to share post it on the Facebook page. She said blogs and articles can be anonymised. There is also a private chat group on the Facebook page for members.

Group Trip

A member contacted Suzanne Charles. Suzanne Charles is a lingerie and ladies clothing shop based near Bedford. They sell a range of mastectomy bras, softies and non-wired bras. They will shortly have a cancer research bra in stock. They also sell swimwear. A visit to the shop is planned in either April/May. They can accommodate up to 8 people on the day. They are open Monday to Friday. They will provide refreshments on the day and a goody bag. The best days for them are a Tuesday, Wednesday or a Thursday. They can do an evening from 7pm. If you are interested in attending, then please send a message via the WhatsApp Group or email: helen.saggers@ntlworld.com. We will look to car share.

Future Meetings

2nd April 2022 at the Holiday Inn, Thorpewood 7.00 pm – 9.00 pm – general meeting

7th May 2025 – Chair yoga and a relaxing Soundbath session with Becky.

4th June 2025 – Breast care nurses will be attending. Please attend by 6.45pm for a prompt start at 7.00 pm. Please send any questions for the nurses to helen.saggers@ntlworld.com in advance of the meeting.

Other Dates

Tuesday 24th March – the Stamford Cancer Support Group 2nd Anniversary celebration between 4pm and 6.00pm at the Stamford Day Centre, Ryhall Road, Stamford PE9 1UF

Thursday 25th March Rutland and Stamford Cancer Support Group Meeting at 2.00pm in the activities room at Stamford Day Centre, Ryall Road, Stamford PE9 1UF. Medical Detection Dogs talk by Matt Kefford.

Thursday 2nd April Melton Cancer Support Group – Marlboro Hotel LE13 1AF in Melton Mowbray at 10.30am

Saturday 4th April a stroll in Burghley Park at 10.30 am followed by a drink in the Orangery café. Please call Joan on 07352 979613.

Wednesday 9th April Ryhall evening group. Next meeting in Ryhall is at the Methodist Chapel Hall, Mill Street, Ryhall at 7.30 pm.

Thursday 16th April – Oakham Cancer Support Group - 10.30 am at the Quaker Meeting House, Gaol Street, Oakham LE15 6AQ.

Tuesday 28th April – Stamford Support Group – 2.00pm at the rear of Stamford Day Centre, Ryall Road, Stamford, PE9 1UF

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