

Peterborough Breast Cancer Support Group Newsletter

(www.pbcsg.co.uk)

Welcome to the September 2026 Newsletter.



A warm welcome to the new members who joined our September meeting.

The issue of breast prostheses and breast forms was raised in the meeting. A reminder that you can get a breast prosthesis free of charge after a mastectomy or lumpectomy. These are available from The Prosthetics Clinic at Peterborough City Hospital. Contact number 01733 677460.

A breast form or prosthesis can be changed every 2-3 years free of charge.

New Members to the Group

For those thinking of coming to the Group Meetings if you want to chat beforehand about the Group then please call/message Helen on 07790856801 or email at: helen.saggers@ntlworld.com. Coming to a meeting for the first time can feel daunting and overwhelming. The Group is a safe space for everyone to share and feel they have a voice.

Workshops

The Group will be looking into arranging workshops next year at some of our meetings. This will be a good way to chat/share whilst doing something fun.

To get us in the mood one of our members Karen is holding a Crafts Workshop on the 7th November 2026. See details below.

If any members are interested in going let Karen know.



WEAR IT PINK FOR BREAST CANCER AWARENESS MONTH IN OCTOBER.

If any members are doing anything in support of breast cancer awareness month please share in the WhatsApp Group and on our Facebook page.



Ad hoc Meetups

If any members want to meet up outside of the Group e.g they fancy going for a coffee please send a message via the WhatsApp Group. It can seem a long time between meetings if members have issues/concerns they want to chat about face to face.

Xmas Meal Thursday 3rd December 2026

It's that time of year to start planning the Group's Xmas Meal. This year we will be returning to The Black Horse, 14 Overend, Elton, Peterborough, PE8 6RU at 7.00pm. The set menu is attached. Three courses £36.95, two courses £29.95.

There will be a contribution from Group Funds of £10.00 per person towards the meal.

To secure a place a £10.00 deposit will need to be paid by the 5th November 2026. This can be paid in cash at one of our monthly meetings.

If you can't make the October or November meetings let Helen know on 07790856801 or by email: helen.saggers@ntlworld.com and bank details will be provided for payment.

A Xmas Hamper will be raffled on the night. We will have a Secret Santa, spend up to £10.00.

A Xmas Quiz Sheet will be available to buy for £1. Prize for the winners. The Quiz Sheets will be available at the October/November meetings.

Future Meetings for the Group

1st October 2026 at the Holiday Inn, Thorpewood 7.00 pm – 9.00 pm – The Breast Care Nurses will be attending. Please attend by 6.45pm for a prompt 7.00pm start. Please send any questions for the nurses to helen.saggers@ntlworld.com in advance of the meeting. The breast care nurses attend our meetings on a 4 monthly basis primarily to update the Group on any developments/news from the Breast Care Clinic. They are happy to then answer questions **but these must be sent to them advance of the meeting**. Any other questions can be emailed to the nurses after the meeting. The nurses will attend for the first 30 minutes of the meeting. Group chat afterwards with a welcome to any new members joining for the first time. As it's wear it pink month feel free to wear something pink.

5th November 2026 at The Holiday Inn, Thorpewood, Peterborough 7.00pm- 9.00pm: Thai and Indian Head Massage with Becky. Becky will talk about Thai massage. She has also started offering an assisted stretch treatment using a large fabric. This supports all stretches and relieves painful joints and tension. Indian head massage is great for headaches, it helps calm a busy mind and soothes the nervous system. She will bring her mobile treatment bed for a few to have a mini treatment and she will give a demonstration of Thai massage on a volunteer. Group chat after Becky's session with a welcome to any new members joining us for the first time.

3rd December 2026 - there will be no meeting at The Holiday Inn this month. The meeting is replaced by the Group's Xmas Meal at The Black Horse, 14 Overend, Elton, Peterborough, PE8 6RU at 7.00pm

January 2027 – no meeting this month

4th February 2027 at The Holiday Inn, Thorpewood, Peterborough 7.00 pm – 9.00 pm. The Breast Care Nurses will be attending our meeting.

4th March 2027 at The Holiday Inn, Thorpewood, Peterborough 7.00pm – 9.00 pm. We will be joined by Jenny Wing and Claire Stokes. They bring decades of combined experience in permanent make-up, restorative tattooing and advanced skin procedures. Together they have created Beyond Reconstruction to offer a dedicated service focused entirely on breast restoration and restorative tattooing. Their shared passion is helping individuals achieve natural, meaningful results through expert care, attention to detail and a truly personalised approach.

8th April 2027 at The Holiday Inn, Thorpewood, Peterborough 7.00-9.00pm. General meeting.

Other Dates

Tuesday 22nd September Stamford Cancer Support Group. The Group meet in the Activities Room at the rear of the Stamford Day Centre Ryhall Road PE9 1UF. Please call Joan on 07352 979613 if you'd like to speak to someone before coming to the meeting. This month the Group will be hearing from Roger, a retired Stamford hairdresser who now volunteers at the Wellbeing Centre at Peterborough City Hospital.

Thursday 1st October The Melton Cancer Support Group meet at 10.30am on the first Thursday of the month at the Harboro' Hotel, Burton Street, Melton Mowbray LE13 1AF. Please contact Jane 01664 424595 or email stamfordcsg@gmail.com for more information.

Saturday 3rd October A stroll in Burghley Park Join the Stamford Cancer Support Group for a short stroll followed by a cuppa and cake at one of the cafes in Burghley Park. They meet at 10.30am at the entrance to the Orangery Restaurant / gift shop. Please contact Joan on 07352 979613 or email stamfordcsg@gmail.com

Closing thought

“Believe you can and you’re half way there” 😊

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