

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



Welcome to the August 2026 Newsletter.

The intense heat of the summer months has finally subsided as we approach autumn. Hopefully everyone managed to stay safe and cool.

Cancer News

There has been some interesting recent media coverage on developments in the treatment of cancer, including breast cancer.

The NHS is rolling out a new injectable form of pembrolizumab (Keytruda) which can cut the time the treatment takes by up to 90%, to help patients spend less time in hospital. Patients could benefit from a new immunotherapy injection on the NHS for over a dozen different cancers, which can be given in just 60 seconds.

The jab can be used to treat 14 different cancer types, including lung, breast, head and neck, and cervical, and works by triggering immune cells to recognise and kill cancer cells.

Around 14,000 patients start pembrolizumab therapy each year in England, and most are now expected to benefit from the more convenient treatment.

The new under-the-skin injection replaces an intravenous (IV) infusion, which can take up to 2 hours in total per session, sparing patients unnecessary time in treatment units and freeing up capacity for clinicians to see and treat more people.

The treatment will be given every 3 weeks as a 1-minute injection or every 6 weeks as a 2-minute injection, depending on an individual's cancer type.

Shine Connect Conference – Saturday 10th October 2026.

Shine Connect is the UK's only annual conference specifically designed for young adults in their 20s, 30s, and 40s living with and beyond cancer.

Event Details

- **Date:** Saturday, 10th October 2026
- **Location:** 11 Cavendish Square, London
- **Audience:** Adults diagnosed with cancer in their 20s, 30s, and 40s, alongside their families, partners, and healthcare professionals.
- **Cost:** Early bird tickets are £30 until 1st September 2026, increasing to £35 afterwards, with bursaries available for those needing financial assistance.

What to Expect

- **Workshops & Talks:** Expert-led sessions focusing on topics like rebuilding cognitive function, resilience, and navigating life post-diagnosis.
- **Peer Support:** Opportunities to meet other young adults facing similar experiences.

Yoga Retreat Day – some of our members attended a gentle yoga and sound bath retreat day this month hosted by Becky one of the Group's members. It was a very relaxing and therapeutic day which included a delicious lunch. It was the perfect way to press the pause button and have a bit of "me " time in a safe and supportive environment.



There is science behind the benefits of yoga and meditation. In studies of women with breast cancer, yoga has been shown to reduce fatigue and improve quality of sleep, physical vitality, and overall quality of life. Research undertaken by the American Society of Clinical Oncology (ASCO), reported from a yoga study involving 126 women diagnosed with Stage I or II breast cancer. The women were about to receive chemotherapy or hormonal therapy. Some of the women were assigned to yoga classes over a 3-month period. The women taking yoga had a 12% improvement in fatigue, physical functioning, and quality of life compared with those in the programme who did not take the yoga classes. Studies have also shown that those having radiation treatment benefited from yoga classes reporting having more energy and less daytime sleepiness as well as better physical functioning and better overall quality of life.

Future Meetings

3rd September 2026: at the Holiday Inn, Thorpewood 7.00 pm – 9.00 pm – general meeting

1st October 2026: at The Holiday Inn, Thorpewood 7.00pm – 9.00 pm 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.

5th November 2026: at The Holiday Inn, Thorpewood 7.00 pm – 9.00 pm. Speaker to be confirmed

Other Dates

Thursday 3rd September - 10.30am A morning meeting in Melton Mowbray 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 on 01664 424595 or email stamfordcsg@gmail.com for more information.

Saturday 5th September - a stroll and a cuppa in Rutland Vineyard with the Stamford Cancer Support Group - Join them for a stroll around Rutland Vineyard and a coffee and perhaps a cake? Contact Joan on 07352 979613 or email stamfordcsg@gmail.com Meet in Rutland Vineyard car park at 10.30am. The cafe opens at 11am Barrowden Road, Ketton, PE9 3RJ. What3Words- husband.finds.verb

Wednesday 9th September - Ryhall Cancer Support Group - 7.30pm Ryhall Methodist Chapel, Mill Street Ryhall, PE9 4HQ. Contact Jo for more information 07725 262364.

Sunday 11 October 2026 : Save the date – please see leaflet below for a Wellbeing Fayre in October.

If anyone would like to contribute to this Newsletter or has any ideas on speakers they would like to attend one of our meetings please send information to Helen Saggars at helen.saggers@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

Thought of the month:

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

Save the Date! ♥

BECKY'S

Autumnal
Wellbeing Fayre

♥
A day to
celebrate you
and all things
wellbeing
♥

NOURISH • RESTORE • CONNECT



STALLS

Beautiful
handmade
treasures



TREATMENTS

Relaxing
therapies to
restore & unwind



GOODIES

Wellbeing
goodies & gifts
to take home



**RELAXATION
EVENT**

Gentle sessions
to relax &
recharge



**CACAO
CEREMONY**

Heart-opening
connection &
community

♥
Join me! ♥

**SUNDAY
11TH OCTOBER**

11AM – 3PM

THE FLEET, FLETON ♥

**£5
ENTRY**

Includes hot
or cold
refreshment
♥

Treat yourself. Bring a friend.
We can't wait to welcome you!

WELLNESS ♥ COMMUNITY ♥ CONNECTION