

Breast Friends Aylesbury



www.breastfriends-aylesbury.org.uk

2021 January

“Breast Friends – Aylesbury” NewsLetter

* *HAPPY NEW YEAR* *

Well – what a strange and difficult time 2020 was.

“Normal” daily life was made nearly impossible and yet, with **amazing** spirit, we were able to keep in touch and have some face to face meetings.

I joined my first BreastFriends group meeting in March 2020 and we have been more or less Locked Down since! Except for one group meeting on 1st September in Carey’s Party Barn

Thank You Carey !



We have had some small “coffee” morning meetings at really nice places I didn’t know existed:

- ✚ **Dobbies Garden Centre** Restaurant - within the garden centre at World’s End
- ✚ **Hartwell Garden Centre** restaurant - who sell a very generous vegetarian breakfast AND allow you to swap out the egg if you prefer to be fully vegan.
- ✚ **Esquires Coffee** lounges – at Lucas Furniture and Berryfields
- ✚ **Aston Clinton Park** - with lovely walks too

- ✚ **And group meetings on Zoom** (don’t get me started !)



What a **FAB** bunch we are!

Looking forward to hearing your news, views and updates for our next ‘**NewsLetter**’ at the end of March 2021.



CONTACTS

If you know someone **outside** the group - who may be interested in contacting **BreastFriends** the contact address is:



info@breastfriends-aylesbury.org.uk

BreastFriends

MEMBERS



Main point of contact.

admin@breastfriends-aylesbury.org.uk

Just put the **name** of the person you would like to contact in the subject line/box at the start of your message



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GROUP MEETINGS

19.00hrs to 21.00hrs on the first **Tuesday** of the month (if allowed !)

🇬🇧 January 5th 2021
🇬🇧 February 2nd
🇬🇧 March 2nd

If we can't meet in person we'll be 'Zoom' - ing about 😊



DIARY REMINDERS

'The Relay For Life' theme for 2021 is 'Festival of Lights' and there will be a big push to raise the total achieved to £1 million. **Dates are 24th/25th July at Halton.**

If you would like to help, please get in touch with our **Team Captain Lisa on 07946 006332** she will be so pleased to hear from you 😊

Members' News

Clarisse left us to move to Naples with her husband who is serving in the RAF. I met Clarisse at my first meeting, and I remember her saying, "This is where I can be myself and say how I really feel". She made her very own contributions to the group by helping with admin matters, taking part with the Relay for Life team and shopping for people shielding during lockdown. We miss her and wish her well in her new adventure.

Tracey not only qualified in Reiki Healing but also in Scar Massage Therapy – a very gentle massage to release scar tissue and reintegrate it back into the natural body structure. Congratulations Tracey 🙌

IN OUR THOUGHTS

November 2020 was a really sad month as we lost two very special members of the group.

Fi had been a member for several years during which she had been diagnosed with metastatic breast cancer. She took part in early trials for the Kadcyla treatment and thanks to her determined campaigning this drug is now available to other women in the same situation. Anyone who ever met Fi, however briefly, was left with a powerful memory of a vibrant, dynamic and fun-loving woman, who was always more concerned about everyone around her, than herself.

Mandi, tragically, only had a few months from her diagnosis in 2019 to her death at the end of November. But in that short time Mandi became a very cherished member of the Breast Friends group. She brought her kind, caring, fun-loving personality (and excellent cup cakes) to meetings, and the Whatsapp group and, even when times were so hard for her, she was always cheerful and upbeat for everyone else. Our thoughts are with Fi's husband Ray, and Mandi's wife Zoe, and their families and friends at this sad time.

Fi and Mandi had excellent support from the Florence Nightingale Hospice and both families ask for any donations to go to the hospice.

BRIEFING



In previous times the Breast Friends group meetings have included talks and demonstrations from outside speakers; because of the restrictions these **Guest Speaker Events** had to be postponed. Some will have to be rescheduled but some events were moved on line – giving us the chance to participate from home in:

- ❖ Cancer Rehabilitation - Research and Exercises with Liz Yull
- ❖ Supporting the Breast Friends **'Relay For Life – Aylesbury'** team. Huge Congratulations to Jan and Lisa and a big **THANK YOU** to all who took part and/or made donations
- ❖ Fundraising for **Macmillan Cancer Support** – THANK YOU to Jan who held a fund raising Garage Sale and to all who managed some form of “Coffee Morning”
- ❖ A fabulous selection of **Webinars** on many and diverse topics
- ❖ Macmillan information and campaigns - including input to the Care Commissioning Group (CCG) that advised GP's on the value of support groups like BreastFriends
- ❖ Survey participation – “Thinking Styles and Physical Health” University of Surrey
- ❖ Healthy Ageing Month – Oxford Brookes University
- ❖ Free Zoom events from Cancer Services – Bucks
- ❖ Macmillan iHOPE course - providing the chance to enhance your resilience, rediscover strengths and increase your ability to cope through their online self-management programme called iHope.
- ❖ The “Penny Brohn” lectures

What an AMAZING list of events. For a year in which “nothing happened” it's spectacular!

All these opportunities would have come to your email in-box from admin@breastfriends-aylesbury.org.uk

Participation is an easy way to “give” your time and your knowledge to make a difference to the future of cancer help, information and care. **Our experience and knowledge are valuable** – it's a bit like the old saying about money and muck – it does no good unless it's spread around !

Our individual Journey can help make a better tomorrow for everyone.

Jane (admin) has done a wonderful job bringing as many events as possible, to as many of us as possible by **posting on line links to talks, workshops and research on the Breast Friends** private and secure “WhatsApp” group and by sending out the links in **emails**.

Jane – you're a star



THANK YOU

In the first Issue of our new ‘**JOURNAL**’ we are concentrating on **Facilities and Services** for those newly diagnosed

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