

# Breast Friends Aylesbury



[www.breastfriends-aylesbury.org.uk](http://www.breastfriends-aylesbury.org.uk)

NewsLetter 2

31<sup>st</sup> March 2021

## CONTACTS

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

✉ [info@breastfriends-aylesbury.org.uk](mailto:info@breastfriends-aylesbury.org.uk)

## Breast Friends MEMBERS

✉ Main point of contact.  
[admin@breastfriends-aylesbury.org.uk](mailto: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



**07743 350 833**

Admin:  
Jane Bowley

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Tracey Mallet  
Jane Bowley

Relay For Life:  
Team Captain  
Lisa Slater



## GROUP MEETINGS

19.00hrs to 21.00hrs on the first **Tuesday** of the month

✚ **April 6<sup>th</sup>**  
✚ **May 4<sup>th</sup>**  
✚ **June 1<sup>st</sup>**

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 24<sup>th</sup>/25<sup>th</sup> July at Halton.**

If you would like to help, please get in touch with our **Team Captain Lisa** via: [admin@breastfriends-aylesbury.org.uk](mailto:admin@breastfriends-aylesbury.org.uk) she will be so pleased to hear from you 😊

## MEMBERS' NEWS



### Breast Friends Fab Feb 50

What a cracking result! Thanks to 34 walkers, runners and sledgers (Scottish grandchildren) we raised a brilliant £1,000.00. As well as being able to send a worthwhile sum of money to our two causes; the **Florence Nightingale Hospice** and our team pot at **Relay for Life Aylesbury (CRUK)** people took on the challenge to move again, move further or move faster. It was very heartening to talk to people who said, 'This has got me walking again' or 'I'm going for 62 miles in March' or 'Now I'm walking again I'm going to start running again'. Some faced considerable challenges including appendicitis and adverse reactions to their vaccination but many people exceeded their own target. So, a big thanks to everyone who supported it in their own way. Maybe we will go for a **Fab Feb 100** in 2022?

## BRIEFING



**2021** here we go again – all back in lock down at the start of the year. But – ever resilient - we've had lots of 'things to do' !.



### Thank You Jane

for keeping us so well informed

about so many interesting opportunities in which to participate.

- ❖ So far this year we have had our regular first Tuesday of the month meetings on **Zoom**, together with catch up's, help/advice and general chat 🙌 on WhatsApp. Something for everybody.  
If you like relaxed and informal, and the chance to drop in and out to suit your lifestyle – please do join us on the WhatsApp group (there's probably someone else having a 2am cuppa too! 😊)
- ❖ Despite the Lock Down Rules that have so far been in place, a Guest Speaker attended our March Zoom meeting - Sarah Beck ([sarah.beck@surrey.ac.uk](mailto:sarah.beck@surrey.ac.uk)) Some of you may remember filling out a questionnaire from Sarah a few months ago - about how personal attitude/mental health affects our experience of cancer. It was great to be able to talk through her interesting thoughts on how happiness😊 may improve healthiness🙌.
- ❖ January saw Jane introduce us to **FAB FEB 50 !** with amazing participation and huge fund raising for our local **Florence Nightingale Hospice** and **CRUK**.  
Fund raising for the hospice is particularly important at the moment as they have a considerable shortfall in their budget. Hopefully just a temporary situation due to the pandemic.



A Big THANK YOU to everyone who participated in any way.

We can't do it without you x😊x

I didn't know the extent of work CRUK undertook and was amazed to learn the following:-

**CANCER RESEARCH UK**

**A decade of progress**

- 2010**  
Thanks to our campaigning, the UK Parliament pass the Sunbeds (Regulation) Act, to protect under-18s in England and Wales from sunbeds.
- 2011**  
Our research shows that around 4 in 10 UK cancers cases could be prevented by things like stopping smoking, keeping a healthy weight, drinking less alcohol and being safe in the sun.
- 2012**  
We launch Stand Up To Cancer, raising money for research to translate laboratory findings into new tests and treatments which will help patients right now. So far, Stand Up To Cancer has raised over £62 million.
- 2013**  
Our clinical trial shows a shorter radiotherapy course for treating early-stage breast cancer is as effective as a longer one, meaning fewer hospital trips for patients.
- 2014**  
We launch the National Lung Matrix trial which aims to personalise treatment for advanced lung cancer by identifying who is more likely to benefit from certain drugs.
- 2015**  
We launch Grand Challenge, the most ambitious cancer grants in the world. These £20m grants bring together researchers across the globe to tackle the biggest challenges we face in beating cancer.
- 2016**  
Our campaigning for standardised cigarette packaging becomes law in the UK, a huge step in reducing smoking uptake and helping people quit.
- 2017**  
Our STAMPEDE clinical trial shows that adding the drug abiraterone to hormone therapy at the start of treatment could greatly improve prostate cancer survival.
- 2018**  
We commit an extra £25m over five years into brain tumour research, in a bid to help speed up progress against the disease.
- 2019**  
We lobby the government to reduce obesity rates and ultimately prevent more cancers. This year we saw success from our efforts, with the launch of a new strategy including restrictions on junk food advertising to kids.
- 2020**  
Clinical trial results find the groundbreaking 'Cytosponge' diagnoses 10x more cases of Barrett's oesophagus - a condition which can become cancer - than traditional methods. Making it easier for doctors to spot a problem early.

January also brought the first of a series of webinars (via Microsoft Teams) from the Royal Berkshire NHS Foundation Trust, Reading Hospital, Cancer Rehab Team at: [cancer.rehabilitation@nhs.net](mailto:cancer.rehabilitation@nhs.net)

You can find some of the guidance and information from these sessions in Issue 2 of 'Journal'

For example:

Tuesday 26th January 2021 covered **Complementary Therapies & Cancer** presented by Mandy Barter, Co-Founder and Therapist with 'My Cancer My Choices'. Mandy covered the topics:

What does Complementary Therapy mean? / Complementary Therapy and Cancer / Exploring the best therapy for your needs:

Acupuncture, Reflexology, Oncology Massage, Aromatherapy Massage, Mindfulness, Yoga/Tai Chi.

Tuesday 2nd March 2021: **Cancer & Psychology:** Ideas and Tools for Coping with the Impact of Cancer Presented by Sarah Scott & Emma Tuckfield, Clinical Psychologists

The following topics were discussed:

Introduction and overview of clinical health psychology service / Impact of cancer on psychological well-being / Tools and strategies for coping / Services and self-help resources for psychological support.

✚ This programme of seminars continued with:

9<sup>th</sup> March: Physical Activity and Cancer

30<sup>th</sup> March: Support for Unpaid Carers

Future **'Dates for your Diary'** – a few sessions you may like to join

DAY	DATE	TIME	TOPIC
Tuesday	13/04/2021	14.00 to 15.00	Sleeping Well
Tuesday	27/04/2021	14.00 to 15.00	Diet & Cancer
Tuesday	11/05/2021	14.00 to 15.00	Managing Fatigue/Breathlessness

If you would like to participate, please contact: Cancer Rehab Team at: [cancer.rehabilitation@nhs.net](mailto:cancer.rehabilitation@nhs.net) and they will send you a link on the day.

✚ **"Look Good Feel Better"** [www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk) is a leading cancer support charity aimed at boosting the physical and emotional wellbeing of people living with cancer".

The charity is giving an on-line session to another local group you may all be familiar with! **Bosom Friends** Jan Backhouse has organised a virtual session for the Oxford group **Bosom Friends** on **6th April 2-4pm** and kindly offered spare places to us. Please contact Dulcie (on the link Jane sent via email to everyone) to book your place and also let Jan know that you are planning to take part so she can keep an eye on numbers.



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**.

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

The March issue of **'JOURNAL'** continues our look at Facilities and Services for those coping with a new, or additional, diagnosis; concentrating on Emotional, Mental and Physical health – including notes/hints and tips from the excellent on line sessions mentioned above.

Passing on helpful information is an easy way to **"give"** your time and your knowledge to make a difference to the future of cancer help, information and care. So - if something has helped you on your journey, **please** let us know so that we can pass it on and give **help and hope** to others. 😊

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

Looking forward to hearing your news, views and updates for our next **'NewsLetter'** at the end of June 2021

