

Breast Friends Aylesbury



www.breastfriends-aylesbury.org.uk

NewsLetter 3

30 JUNE 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

Breast Friends 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

📞
07743 350 833

Admin:
Jane Bowley

IT support & Accounts
Karma Almosawi

Publicity:
Yvonne Lacey

NewsLetter & JOURNAL:
Yanina Royko-Stevens
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

- ✚ July 6th - Garden Party
- ✚ August 3rd - Venue to be confirmed
- ✚ September 7th - New Venue @ £2.00 donation please

If we can't meet in person we'll be on 'Zoom' 😊

NEW VENUE

The Church of the Holy Spirit at Bedgrove is offering us the use of their coffee bar/hall for our monthly meetings - **starting 7th September**

Access and car parking are excellent, the chairs are comfy, and there are WC facilities. Additionally, there is a screen for showing presentations when we have visiting speakers.

The Church has made a wonderful gesture in allowing us to hire the facilities at a greatly discounted rate enabling us to keep costs at a minimum and ask each member for a **£2.00** donation at each meeting.

To make life easier, we think it would be best if everyone brought their own cup/tea bag/milk etc.

This way there will be no issue of handling other people's equipment (I'm sure we are all used to this by now!) and it will also do away with the 'tea box' which can accumulate assorted tea bags of unknown antiquity!

Additionally there is a hot water boiler we can use, together with lovely kitchen facilities – sink/fridge etc.



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**

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

This year, Relay for Life – Aylesbury: weekend of 24/25th July is going to be virtual again. A small number of people put a huge amount of work into last year's event so any extra participation will be very welcome.

Those of us who are Cancer Survivors - have you thought about 'registering' for the event? Even if you're not intending to do any walking through the weekend of the Relay in July, the committee would like to do a little something to acknowledge you and your journey.

Relay and/or group photos - please do send them in for inclusion in the **Candles of Hope** feature (the Relay for Life song by Stephen Melzack) as, again, this will be done virtually . More information to follow – as it becomes available xx

MEMBERS' NEWS

We now have a Facebook closed (members only) group. It will take a while for us to make full use of it but it is a work in progress. On Facebook, go to 'groups' put Breastfriends Aylesbury into the search area and you will find a place where you can make a request to join. Lisa will then let you in.

We would like to increase the admin team in order to have a greater pool of ideas, energy and interests which – we hope – will show that membership is open to **all** women who have experienced, or are experiencing, breast cancer.

Feeling quite energised and with renewed enthusiasm, we will be setting up a meeting for anyone who would like to join an enlarged admin team.

Karma has offered to host a meeting over the summer – August/September 'ish'. If you are interested please let us know and then we can try to get a mutually agreed date.

Even if you are not sure what the roles are and what you can offer - but would like to know more - just let us know.

Exciting new development

Cancer Support Outreach Team in the Bucks NHS Trust

We had a very interesting talk with Suzy Walker who is the 'Cancer Support Navigator' - regarding a new outreach support team that will include Kate Lee a Cancer nurse specialist and a physiotherapist. Their role will be to help promote and implement the Holistic Needs Assessments that are going to become central to the treatment and ongoing care for cancer patients. It is early days for the team, and they are in the process of creating their information leaflets/website etc.

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C O N G R A T U L A T I O N S

Christina has qualified as a
to run exercise classes for

Love to join a class?

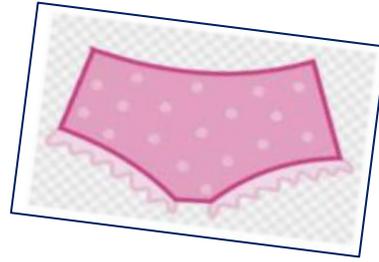
Let us know and we will



Personal Trainer and is very keen
cancer patients.

pass your details to her 

BRIEFING



Extended 'Lock Down' – **SURPRISE !!**

And yet, super sleuth Jane, has managed to find plenty to keep us busy and informed!

❖ From FAB Tombola



at Chiltern View Nurseries



to chatty coffee meetings at some very nice local Farm Shops and Garden Centres - Hartwell Garden Centre, Haddenham Garden Centre, Orchard View Farm Shop at Meadle and Wild Raven Farm Shop at Rowsham – from pots of tea to plump tomatoes and potted plants 😊 something for everyone xx

❖ Still restricted by the Covid regulations, our regular meetings have been on-line by ZOOM, and everyday chats are on the private WhatsApp group.

I haven't yet got to grips with ZOOM (I'm not a technophobe – just cranky!) but WhatsApp is easy – if you would like to be included, please contact Jane to be added to the group 🙋

❖ The lunch time on line seminars offered by Royal Berkshire NHS Foundation Trust - a local NHS Trust - have continued over the past 3 months, and we have been able to keep up to date with the latest information from their Cancer Rehabilitation Team: Cancer.Rehabilitation@nhs.net Tel: 01344662909

Tuesday 13/04/2021 2-3pm – Sleeping Well
Tuesday 27/04/2021 2-3pm - Diet & Cancer
Tuesday 11/05/2021 2-3pm - Managing Fatigue/Breathlessness
Tuesday 18/05/2021 2-3pm - Support available for Unpaid Carers
Tuesday 25/05/2021 2-3pm - Cancelled (~~Psychosexual Concerns & Cancer~~)
Tuesday 08/06/2021 2-3pm - Complementary Therapies & Cancer

As soon as we know when the next set of seminars are going to start – we will let you know via email.

So please watch your IN BOX



To everyone who returned a second, completed, health questionnaire to Sarah Beck. Anything and everything we can do that may help improve the treatment/s and care for breast cancer patients is valuable. High 🙌 for us !!

And – for those with more complex conditions, there was the opportunity to take part in 2 specialist on line seminars:

Causes, Treatment and Monitoring of Crohn's and Colitis - 29th April

An online event about the latest research into the causes, treatment and monitoring of Crohn's and Colitis. The event is a collaboration between the University of Oxford's Gastroenterology Unit, the charity 'Crohn's and Colitis UK' and the 'National Institute for Health Research'. From: "Taylor Rachel (RTH) OUH" <Rachel.Taylor@ouh.nhs.uk>

Local research into COVID-19 - 20th May

An online event discussing achievements in NHS COVID-19 research in Berkshire, Buckinghamshire, Milton Keynes and Oxfordshire. The event featured a researcher, patient and research nurse talking about their role in COVID research. We hope it enabled people to learn about how researchers and the public worked together in the local area to contribute to UK-wide and often worldwide studies into COVID.

"Ryan Jewell" <ryan.jewell@nhr.ac.uk>

Wishing everyone safe and well xx

