



# Breast Friends *York*

## *Newsletter – Edition 2*

*Registered Charity No: 1175926*

### **EXCITING NEWS!!!**

Welcome to our second newsletter and the first of 2018. The New Year always starts with a period of reflection on the previous 12 months and hopes and plans for the coming year. We saw many changes in 2017 with the introduction of a much larger Committee, made up of some of the best people I know, many new members who bring in so much love and support and some pretty exciting partnerships being created. Not a bad year for us, but by far the most exciting change is one which sets up the previously mentioned hopes and plans for the coming year. After many discussions and a lot of work we found out that we have been granted **CHARITY STATUS**. This may not sound very exciting to many of you reading this, but believe me, to us it's huge! This gives us a certain credibility in the charity world and opens up many more avenues of funding so we can continue to develop our skills, roll out our support to more people and diversify what we can offer to ensure that we are doing as much as we can to make sure that the needs of every individual member is met.

The New Year already sees the start of a new **Luncheon Club** happening monthly. This is designed to be a more socially focused event with future venues being selected by the participants at each luncheon. Lifts are available for those who don't drive, just call or email us to arrange. Dates already in our diary are Tuesdays February 20<sup>th</sup>, March 27<sup>th</sup>, April 24<sup>th</sup> and May 22<sup>nd</sup>. New members are welcome to join us but we advise you to let us know if you are planning to come along so we can be sure to look out for you. We are hoping to be able to largely fund this project to ensure that the events are inclusive to all members regardless of their situation.

We have been lucky enough to secure some funding to put on an exercise class. We had such fun with High Hoops last year that we have asked the lovely Jenny to put on a monthly session of **hula hooping exercise classes** for us, held at her home (a lovely converted chapel). Anyone signing up to this will be given their own hoop with which to practice between sessions.

A year of changes has given birth to a year of developments and opportunities, particularly as we begin to undertake a slightly different look with a new logo coming soon and we move forward as a registered charity. *Watch this space!*

### **PRAISE OUR PARTNERS**

In this section we want to highlight and give thanks to those companies, organisations and people who have supported us with their time, generosity, kindness and general support of our cause.

#### ***Boots No7 Beauty Evening – 27 November 2017 at Boots, Coney Street, York***

Macmillan are pretty awesome! We all know that, but did you know that they have they have been teaming up with Boots No7 for years now, to offer training to the No7 teams across the country to ensure they are kept fully informed of all the latest research and information regarding skincare and cancer and cancer treatment issues? The No7 products are hypoallergenic and are made specifically to suit the needs of mid- and post-treatment skin.



In September 2015 some of our members took part in a skincare workshop held at the Coney Street store in the evening. We had such a fab time we decided to go back again to have a bit of a pamper with a focus on eye makeup. The staff were amazing; as well as giving us lots of tips and advice they gave one lucky lady a makeover whilst the rest of us attempted (with mixed success!) to copy the look being demonstrated. By the end of the evening we were completely inspired and used the opportunity to shop the No7 counter in peace. We all left with our purchases and our goodie bags, feeling thoroughly pampered. We will be arranging another of these, most successful and very enjoyable evenings, in the autumn.

## UPCOMING EVENTS

### FEBRUARY 2018

#### Evening Meeting\*

**Thursday 8<sup>th</sup>  
7pm-9pm**

Pig&Pastry,  
Bishopthorpe Road,  
York YO23 1NA

Come and join us at  
the Pig & Pastry for  
free coffee, cake and  
chat.

#### Supportive Sewers Pillow and Drain Bag Workshop\*

**Friday 9<sup>th</sup>  
10am-2pm**

The Viking Loom,  
Wigginton Road, York  
YO32 2RH

Sewers and non-sewers  
welcome to join our friendly  
group. We make heart shaped  
pillows and drain bags for use  
after surgery.

#### Luncheon Club\*

**Tuesday 20<sup>th</sup>  
12-2.30pm**

Venues vary – please contact  
us for details.

#### Hula Hoops Class\*\*

**Tuesday 20<sup>th</sup>  
7pm**

\*\*These classes are held at  
Jenny's home and therefore there  
is a limit on numbers. Please  
contact us for details.

### MARCH 2018

#### Supportive Sewers Pillow and Drain Bag Workshop\*

**Saturday 3<sup>rd</sup>  
10am-2pm**

The Viking Loom, Wigginton  
Road, York YO32 2RH

Sewers and non-sewers welcome to  
join our friendly group. We make heart  
shaped pillows and drain bags for use  
after surgery.

### APRIL 2018

#### Evening Meeting\*

**Thursday 8<sup>th</sup>  
7pm-9pm**

Pig&Pastry,  
Bishopthorpe Road,  
York YO23 1NA

Come and join us at the Pig &  
Pastry for free coffee, cake  
and chat.  
Andy from Yorkshire Cancer  
Research will be joining us.

#### Hula Hoops Class\*\*

**Tuesday 20<sup>th</sup>  
7pm**

\*\*These classes are held at  
Jenny's home and therefore  
there is a limit on numbers.  
Please contact us for details.

#### Luncheon Club\*

**Tuesday 27<sup>th</sup>  
12-2.30pm**

Venues vary – please  
contact us for details.

#### Craft Stall

**Monday 9<sup>th</sup> - 9am-4pm**

Main Reception,  
York Hospital

A sale of handmade crafts to  
raise money to fund the pillows  
and drain bags.

#### Evening Meeting\*

**Thursday 12<sup>th</sup>  
7pm-9pm**

Pig&Pastry, Bishopthorpe  
Road, York YO23 1NA

#### Supportive Sewers Pillow and Drain Bag Workshop\*

**Friday 13<sup>th</sup>  
10am-2pm**

The Viking Loom, Wigginton  
Road, York YO32 2RH

Sewers and non-sewers welcome to  
join our friendly group. We make  
heart shaped pillows and drain bags for  
use after surgery.

### MAY 2018

#### Hula Hoops Class\*

**Tuesday 17<sup>th</sup>  
7pm**

These classes are held at  
Jenny's home and therefore  
there is a limit on numbers.  
Please contact us for details.

#### Luncheon Club\*

**Tuesday 24<sup>th</sup>  
12-2.30pm**

Venues vary – please  
contact us for details.

#### Evening Meeting and AGM\*

**Thursday 10<sup>th</sup>  
7pm-9pm**

Pig&Pastry,  
Bishopthorpe Road,  
York YO23 1NA

Come and join us at the Pig &  
Pastry for free coffee, cake  
and chat.

#### Supportive Sewers Pillow and Drain Bag Workshop\*

**Saturday 12<sup>th</sup>  
10am-2pm**

The Viking Loom, Wigginton  
Road, York YO32 2RH

Sewers and non-sewers welcome  
to join our friendly group. We  
make heart shaped pillows and  
drain bags for use after surgery.

#### Hula Hoops Class\*\*

**Tuesday 15<sup>th</sup>  
7pm**

\*\*These classes are held at Jenny's  
home and therefore there is a limit on  
numbers. Please contact us for details.

#### Luncheon Club\*

**Tuesday 22<sup>nd</sup>  
12-2.30pm**

Venues vary – please  
contact us for details.

*\*Newcomers are welcome but numbers are needed in advance so please call or email if you wish to attend any of these events.*

## DID YOU KNOW? .....

### The St James's Hotel

The hotel is on the top (8<sup>th</sup>) floor of the curved building on the left, part of the Bexley oncology wing of St James' Hospital (Jimmy's). The hotel provides free accommodation for cancer patients, with a charge for accompanying carers if they take a separate room. The hotel has 20 rooms, some with wheelchair access, which take up the whole floor. Guests have access to the hotel and their rooms with a key card. Rooms are spacious, with ensuite showers, a small fridge, kettle and tea, coffee, milk and a desk/dressing table. The hotel provides (quite thin) towels, so guests only need to bring toiletries, nightwear and a change of clothes. Wall-width windows give great views over Leeds. There's a receptionist on duty until 4pm and a "library" of books left by previous guests by reception. The hotel itself hasn't got a restaurant. The restaurant on the ground floor of the Bexley wing opens at 8am so you can have breakfast there, although it closes at 4pm. Even if you know places to eat in central Leeds, it's not walking distance and you'd have to know the one way system very well to dare driving. There is an M&S food store in another block of the hospital, open until 8pm. To book contact the Hotel Co-ordination on Leeds (0113) 2067687.



Bexley Wing

Nancy P, diagnosed June 2017

## OUT AND ABOUT

### Breast Cancer Support Group event - 21<sup>st</sup> October, Novotel York

This was the first event organised by Yorkshire Cancer Patient Forum for breast cancer patients. October was chosen as it is Breast Cancer Awareness Month. The day was made possible with funding from both the Forum and Macmillan Cancer Support. **Zoe Bounds, chair of Breast Friends York** (who is also a YCPF steering group member) had the original inspiration to run the day. Having a cancer diagnosis can be extremely isolating, but it can also be isolating running a support group and feeling you have the weight of the group on your shoulders. Zoe wanted to get together with other people who ran groups to find out from them what works and what are their challenges. As a Forum we were keen to learn from support groups about any tips we could pass on to member groups and to learn from individuals about any reason they had not sought out group support.



On the day we had representatives from: Breast of Friends Wakefield, Bosom Friends Bradford, Bosom Family Support Scunthorpe, Brigg & District Breast Cancer Support Group, **Breast Friends York** and an individual from Barnsley. We also had a number of apologies from individuals and groups who wanted to support us: Huddersfield & Calderdale, Pontefract and Hull & East Riding Breast Friends. We are also grateful to Charlotte for providing relaxation, meditation, chair-based movement and exercise and to Louise from Boots No7 (York) for the cosmetic demonstration.

On 16<sup>th</sup> November Zoe (Chair) and Barbara (Secretary) both attended the first **Life with Cancer 2017** event in Harrogate hosted by Yorkshire Cancer Research. Zoe , manned the Breast Friends York stand and Barbara attended the various workshops that were on offer, including *Coping with Cancer*, *Mindfulness* and *Talking about Cancer*. It was a very interesting day, sparking lots of discussion and Zoe got to talk to lots of people and raise awareness of our group. The hope is that this will be an annual event.



We held our first **Luncheon Club** at The Hopgrove Toby Carvery on 21<sup>st</sup> December, attended by 6 members. It was a lovely get together and drinks were paid for by Breast Friends York. We hope to be able to fully fund the lunches going forward so that no-one is excluded from attending.

## FUNDRAISING

The **Brown's Beauty Evening** fundraiser on 19<sup>th</sup> October was a huge success, raising a total of **£1,624** which was split 50/50 between ourselves and York Breast Cancer Now. It was a lovely evening with great nibbles and drinks kindly provided by Brown's department store. Thank you very much!



Rebecca, one of our members, held a **Batik Sale** on 3<sup>rd</sup> and 4<sup>th</sup> November at the Bar Lane studios, York. The sale raised an impressive £420 including raffle ticket sales, donations from people and donations from artists, all of which she has donated to Breast Friends York. We are very grateful to Rebecca for her hard work and generosity, those that attended the sale and those that donated raffle prizes.



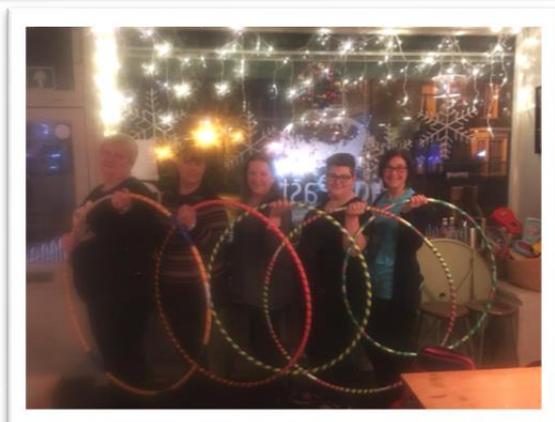
Ang, another one of our members, kindly held a party hosted by **Viv's Vintage Creations** at her home on 16<sup>th</sup> November and donated the proceeds from the raffle to Breast Friends York – a total of £90. Our thanks to Viv, Ang and all their friends that attended for a lovely evening and for their generosity.

Joanne Laborevics, another of our lovely members, who works at Orchard Court Residential Care Home raised a total of £192.15 for Breast Friends York from their summer fair. The photo shows Joanne presenting the cheque to Zoe (Chair) at our December evening meeting. We are very grateful to Joanne and Orchard Court for choosing to support us. *Thank you!*



## EVENING MEETINGS

At our November evening meeting on Thursday 9<sup>th</sup> we were treated to a facial workshop by **Kirsty Pearson**, Wellbeing Advisor for **Weleda** products. It was a lovely and relaxing session with lots of useful information about facial massage and skincare.



At our December evening meeting on Thursday 14<sup>th</sup> we were joined by Jenny from **High Hoops** who showed us how to make and decorate our own hula hoops, providing all the materials we needed. Now we have no excuse not to have a go! Jenny will be hosting monthly hula hoop evening classes for us, the next one being Tuesday 20<sup>th</sup> February, where we will be trying out all sorts of different circus skills. These sessions are held at her home, a lovely converted chapel, where she has a variety of equipment for us to try!

## MEMBERS' STORIES

*Carole Bishop, our Buddying & Befriending Trustee, talks about her story and involvement with Flat Friends UK:*

Who would have thought that my cancer journey would include posing topless in The Sun!! This photo is from an article entitled "We're Proud of our Mastectomy Scars" -

<https://www.thesun.co.uk/archives/news/244606/were-proud-of-our-mastectomy-scars/>.

I got involved because I'm a member of a Facebook group called Flat Friends (FFUK) – a closed group for women who have had a mastectomy with no reconstruction. I've found it to be very positive and supportive.

I was diagnosed with breast cancer just over 6 years ago. I knew immediately that I wanted a bilateral mastectomy with no reconstruction even though the cancer was only on one side. This was because my mum died in her 30's from breast cancer so I was worried about the cancer returning in the healthy breast. My surgeon was worried that I'd regret my decision not to have reconstruction but I'm happy to say that's never happened. The tattoo was done 3 years after surgery and has the names of my children written in Hebrew within the design which makes it very special to me.



Carole Bishop

I've been a member of Breast Friends York for nearly 3 years now. It's fair to say it's a club I never wanted to be part of but through it I've met some amazing and inspirational women and I'm proud to be on the Board of Trustees.

## FRIENDS OF BREAST FRIENDS YORK

**We have not done all of this alone. We have had the help and support of some amazingly kind and generous people and organisations, without whom we would not be able to exist.**

On this page we would like to thank you for being our 'friends'. Our thanks go out to:

- ❖ York Against Cancer
- ❖ Breast Care Nurses at the Magnolia Centre
- ❖ Caroline Shead and Lynda Duff from Macmillan, [www.macmillan](http://www.macmillan)
- ❖ Jill Long from the Yorkshire Cancer Patient Forum
- ❖ The Pig&Pastry, Bishopthorpe Road, York
- ❖ The Viking Loom, Wigginton Road, York
- ❖ York Press
- ❖ Sue Cooper at Nicola Jane
- ❖ The Cancer Care Centre, York Hospital
- ❖ Jenny at High Hoops
- ❖ Yorkshire Cancer Research
- ❖ Marks & Spencer, Pavement, York

Also, we would like to thank the following individuals and organisations who have supported us:

- ❖ Andrea Dennis of Pink Lily Photography, [www.pinklilyphotography.co.uk](http://www.pinklilyphotography.co.uk), Tel: 07722 819698
- ❖ Boots No7, Coney Street, York
- ❖ Brown's Department Store, York, [www.brownsyork.co.uk](http://www.brownsyork.co.uk)
- ❖ Charlotte Sheridan-Hunter, Yogaveda York – Yoga for Breast Cancer Thrivers, Tel: 07791 333779
- ❖ Kirsty Pearson, Wellbeing Advisor, Weleda, [www.weleda-advisor.co.uk/shop/kirstypearson](http://www.weleda-advisor.co.uk/shop/kirstypearson), Tel: 07791 559844
- ❖ Rebecca Batik Silks, [www.rebeccabatiksilks.co.uk](http://www.rebeccabatiksilks.co.uk), Tel: 01904 207071
- ❖ Viv's Vintage Creations, [www.etsy.com/uk/shop/VivsVintageCreations](http://www.etsy.com/uk/shop/VivsVintageCreations), Tel: 07808 669281
- ❖ York Breast Cancer Now

## SUPPORT US



Fancy a challenge? Are you great at cycling, running, climbing or something a little more daring?

Sign up to Localgiving and pledge your donations to us or to simply make a donation go to:

[localgiving.com/breastfriendsyork](http://localgiving.com/breastfriendsyork)

Do you shop online?  
Do it through [easyfundraising .org.uk](http://easyfundraising.org.uk) and raise a free donation for us every time you shop online.

No cost, no catch.

[easyfundraising.org.uk/causes/breastfriendsyork](http://easyfundraising.org.uk/causes/breastfriendsyork)

## CONTACT US

*For more information or an informal chat please don't hesitate to contact us:*

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