



Breast Friends York

Newsletter – Edition 4

Registered Charity No: 1175926

BEGINNERS' RUNNING GROUP

In July we received a **Magic Little Grant** through the partnership between **Localgiving** and the **Postcode Community Trust**. The Postcode community Trust is a grant-giving charity funded entirely by players of People's Postcode Lottery. Our project received **£500** from the Trust to enable us to continue to run the **Beginners' Running Group**, which started with 6 Sunday sessions in May. The funds have enabled us to run another 6 weekly sessions starting on Sunday 23 September until Sunday 28 October.



Rachel (Vice Chair) has been a regular member of the group and this is her experience of the running group so far:

It's fair to say I'm not a natural runner. I've tried in the past with the Race for Life as an incentive but my running pace was always slower than my walking and I could always find excuses not to go - flies in your face near the river, too hot, too cold, too wet, any excuse really. So when it was suggested that we started a running group I was interested to go. I'd always had a niggling feeling that there must be something in it as so many people get a buzz from it.

We met on the Little Knavesmire on a hot, sunny morning and after a slow jog to warm up started to alternate walking and running (slowly). It was great to have encouragement from the coach, Melanie, and to run alongside other people. After a break for some stretches we ran/walked back, more stretches and our first session was done.

Over the following weeks we increased the length of time we ran for, focusing on relaxing our shoulders as we went. There was no pressure to be fast or to be able to run for long. Some people have a naturally quicker pace and they were able to run ahead and double back to us. No one was left behind.

We were very lucky with the sunny weather but it was very hot some weeks. I think I'm actually looking forward to running again in the autumn when it's cooler. I still wouldn't say I'm a natural but I'm more confident in giving it a go now. I've learned that most people find the first mile or so hard and I'm hoping that as that gets easier I'll get more of a buzz. I did feel good though even at my beginner level, and had a sense of achievement for getting out and doing something more active than listening to The Archers omnibus on a Sunday morning. I'm not applying for the London Marathon just yet but maybe a 10k one day?



Zoe, Rachel & Lynne



Rachel, Lynne and Coach Mel

The running group meets at 10am Sunday on the Little Knavesmire, next to Hamilton Panthers Clubhouse. The sessions are open to all members of Breast Friends York. If you have had a breast cancer diagnosis, live in the York area and want to become a member or just want more information then please contact us. Our contact details are on the back page.

UPCOMING EVENTS

OCTOBER 2018

Post Surgery Lingerie Evening

**Monday 1st
7pm-8.30pm**

Marriot Hotel,
Tadcaster Road, York
YO24 1QQ

The Bra Clinic provide an excellent service and bring a whole range of underwear, swimwear and sleepwear made especially for ladies who have had breast surgery.

Evening Meeting*

**Thursday 11th
7pm-9pm**

Pig&Pastry
Bishopthorpe Road,
York YO23 1NA

Come and join us at the Pig & Pastry for free coffee, cake and chat. We will be joined by Professor John Saxton who will be discussing his work with Yorkshire Cancer Research regarding weight loss and weight gain.

Supportive Sewers Pillow and Drain Bag Workshop*

**Saturday 13th
10am-2pm**

The Viking Loom, Wigginton
Road, York YO32 2RH

Hula Hoop/Aerial Skills Class**

**Wednesday 17th
10am-11.30pm**

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

Afternoon Tea

**Saturday 20th
3pm-5pm**

Bedern Hall, Bartle Garth,
York YO1 7AL

We have teamed up with York Breast Cancer Now to bring you a fabulous afternoon tea with a glass of Prosecco or elderflower fizz. We will also have a raffle with some great prizes!

Tickets are £22.50 and are available to purchase by emailing info@yorkbreastfriends.org or calling 07516066599.

NOVEMBER 2018

Luncheon Club*

**Tuesday 23rd
12-2.30pm**

Toby Carvery Hopgrove,
Malton Road, York YO32 9TE

A chance to sit back and socialise with others who have shared similar experiences. Lunch is free. Just bring yourself and lots to talk about, it doesn't have to be breast cancer-related at all.

Newcomers are welcome but please do tell us if you are coming in advance so we can ensure we book a table big enough.

Evening Meeting*

**Thursday 8th
7pm-9pm**

Pig&Pastry
Bishopthorpe Road,
York YO23 1NA

Craft Stall

Tuesday 13th - 9am-4pm

Main Reception, York Hospital

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

Hula Hoop/Aerial Skills Class**

**Thursday 15th
7.45pm-9.00pm**

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

Supportive Sewers Pillow and Drain Bag Workshop*

**Saturday 17th
10am-2pm**

The Viking Loom, Wigginton
Road, York YO32 2RH

Luncheon Club*

**Tuesday 20th
12-2.30pm**

Toby Carvery Hopgrove,
Malton Road, York YO32 9TE

A chance to sit back and socialise with others who have shared similar experiences. Lunch is free. Just bring yourself and lots to talk about, it doesn't have to be breast cancer-related at all.

Newcomers are welcome but please do tell us if you are coming in advance so we can ensure we book a table big enough.

DECEMBER 2018

Hula Hoop/Aerial Skills Class**

**Wednesday 5th
10am-11.30am**

Come and join us for a fun-filled Christmas session with Jen at High Hoops!

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

Supportive Sewers Pillow and Drain Bag Workshop*

**Saturday 8th
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.

Evening Meeting*

**Thursday 13th
7pm-9pm**

Pig&Pastry,
Bishopthorpe Road,
York
YO23 1NA

Come and join us for our December meeting when we will have a Christmas activity session.

Luncheon Club*

**Tuesday 18th
12-2.30pm**

Toby Carvery Hopgrove,
Malton Road, York YO32 9TE

A chance to sit back and socialise with others who have shared similar experiences. Lunch is free. Just bring yourself and lots to talk about, it doesn't have to be breast cancer-related at all.

Newcomers are welcome but please do tell us if you are coming in advance so we can ensure we book a table big enough.

**Newcomers are welcome but numbers are needed in advance so please call or email if you wish to attend any of these events.
07516 066599 info@yorkbreastfriends.org*

MEMBERS' STORIES

Tracie Gledhill, our Treasurer, talks about beauty pageants and her work with CoppaFeel!:

I'm Tracie, I'm 37, a mum of 4 and nearly 3 years ago I was diagnosed with breast cancer. At the time I was completely shocked. I didn't realise that it was so common in people under 40. My treatment consisted of chemotherapy, a bilateral mastectomy and radiotherapy and hormone treatment.

I decided very early on in my journey that I wanted to make people aware of how important it is to check your own body so that other people didn't have to have the same conversation with their kids as I did with mine. My first port of call was CoppaFeel!, where I joined as one of their volunteer Boobettes. This meant I was able to go out to schools, colleges and businesses to talk all things boobs and awareness with thousands of people. I love doing this and am proud to say that a lady reported to Boob HQ that she was diagnosed as a direct result of one of my talks. My Boobette day can vary between talking to year 11s at a local secondary school to an all-male group of truck drivers.



Tracie Gledhill

My second way of spreading the Boob word was a bit more unconventional. I decided that the ultimate gathering of people of the target age range was at a beauty pageant, so I applied in 2017 for Miss Voluptuous UK. I am proud to say that I went on to win the title of Miss Voluptuous Ambassador Queen and have been able to don my sash and crown at numerous events to speak further on my cause. The Miss Voluptuous system is based on "platform" which means each finalist has a chosen cause that they wish to promote and raise awareness about. Over the last year I have taken my awareness to other pageants, photo shoots, documentaries, radio broadcasts and one of my particular favourites was recording the Happy Mum, Happy Baby podcasts with Giovanna Fletcher about life as a parent with cancer. I have been given the opportunity to discuss cancer-related topics on BBC Radio York, speak on stage at Race for Life and speak on behalf of survivors at the first York Relay for Life (see page 5).

With 55,000 women and 400 men a year being diagnosed with cancer in the UK each year, our only form of defence is early diagnosis. This will only happen by being aware of our bodies and getting any change checked out sooner. The earlier we are diagnosed the less invasive and more successful the treatments are. I am lucky; cancer may have taken my boobs, but it has also changed my life in many positive ways too. I am blessed to be able to go out and try to make a difference. I can't change the outcome for me, but maybe I can stop just one more parent having to have the same talk with their children.

<https://coppafeel.org/>

OUT AND ABOUT

Health & Wellbeing Day - 14 July 2018

In the serene surroundings of the Rossmoor Estate just outside York, some members of Breast Friends York enjoyed a day of relaxation, pampering and healthy food. Member Anna Buckley and Trustee Carole Bishop hosted the day at Anna's beautiful home, recently built in the grounds of her parents' country estate. Anna and Carole are both passionate about using complimentary therapies and a sugar-free diet to improve their health and wellbeing and were keen to share what they have learnt with us all.

We were welcomed with a warming turmeric latte whilst we made our introductions and then Anna led a gentle yoga session where we focused on exercises and stretches which target building our energies and used breathing techniques which can be useful in everyday life. Approaching lunchtime, Anna and Carole demonstrated some of their favourite sugar-free and natural food recipes which then served as a delicious lunch. The chocolate beetroot cake and the sweet potato satay were particular hits and we were all given the recipes to take home and try for ourselves too. After lunch everyone had a session each of massage, reiki, reflexology and aromatherapy hand massage.



By the end of the day we were all full, chilled and had met some lovely new people. I have since made some of the recipes and they have all been delicious and super healthy. The day was a success and we are planning on holding another one next year, so 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.

Hula Hooping and Aerial Skills with Jen Parry at High Hoops



Back in July 2017 we had a hula hooping workshop run by the lovely Jen Parry from High Hoops which was great fun. In December Jen joined us at our evening meeting and we made and decorated our own hula hoops! From January 2018 we have been having a monthly evening session with Jen at her home in Deighton which is a wonderful converted chapel, full of lots of hula hoops, aerial hoops, aerial silks, trapeze and more! Jen is a brilliant (and very patient!) teacher and welcomes people of all abilities, sizes and shapes. She is aware that most of us have had some form of surgery and is very mindful of this, assisting us and giving us easier options where necessary. From hula hooping we have moved on to trying the aerial hoops, trapeze and aerial silks. Hanging upside down is such a lot of fun – you can't help but have a huge smile on your face!



Dates of upcoming sessions are listed in the 'Upcoming Events' section.

www.highhoops.co.uk

7 Steps to Health Course

Peace, Relaxation and New Friends in Ardoch

On 20th June 2018 I boarded the train to Balloch bound for Ardoch, which is a tiny hamlet on the banks of Loch Lomond. It required a train from York to Edinburgh, Edinburgh to Glasgow, Glasgow to Balloch and then a short taxi journey to Ardoch itself. However, as soon as I stepped out of the taxi I knew that the very long journey had been worth it, there was a feeling of total peace and the view across the loch was stunning. I was here for a course called **7 Steps to Health** which is run by a Scottish charity called **Rainbow Valley** and has been set up for people who have had cancer, are currently going through cancer and/or people caring for loved ones going through cancer. On arriving I was given a very warm welcome and shown to my room, it took my breath away, as did the view!!

Once everyone had arrived we all had an evening meal together and got to know each other. There were roughly 12 of us in all plus the Rainbow Valley team members. The focus is on high quality, good food and it was delicious. We then had a session on sleep problems followed by a lovely relaxation session and then off to our beds. The next morning we had a lovely breakfast with fresh fruit, pancakes and porridge on offer as well as cereals. The first day consisted of sessions on psychology, cells, gratitude and positive language then after lunch we had a session on mindfulness. After another lovely evening meal we had a pamper evening with reiki, reflexology and foot massage. Some of us went for a short walk around the grounds later as there is very little light pollution and you see so many more stars than you do living in a city; it was beautiful.



Day 2 saw us having sessions on exercise and movement and a nutrition workshop where we made smoothies and snacks, followed by lunch. After lunch we had a laughter yoga session, which I thoroughly enjoyed, despite having had reservations about it! Then sadly there was just time for a cuppa and a chat, some group photos and lots of hugs before we all left to go home. This time I didn't need a taxi because the lovely Donna, from Helensburgh took me, plus Alison from Paisley and Jane from Dublin down to the station at Balloch where we were all getting the train to Glasgow to start our journeys home. These three lovely ladies and I became good friends and we keep in touch and we are all meeting up again at Ardoch on 5th December for another Rainbow Valley course, this time it's a two day mindfulness course and I couldn't think of a better, more relaxing place to do the course than Ardoch.

Finally, I know what you are all thinking "well that sounds lovely but it must cost a fortune". Here's the most amazing part - it's FREE!!! You just have to pay for your own travel (I got there for £51.70 return on the train).

Sally Harris, BFY Trustee
www.rainbowvalley.org.uk

OUT AND ABOUT

Relay for Life York – 8th & 9th September

Breast Friends York entered a team into the first ever **Relay For Life** event in York. Half of our team was made up of our members and their children; the other half being staff from Ambiente Tapas/Dominus gym.



As the event started at 12 noon on the Saturday, the rain began and kept us soggy for the rest of the afternoon, however that didn't dampen our spirits or enthusiasm.

After the initial opening lap, the survivors and invited guests enjoyed a lovely afternoon tea (thankfully indoors!). Those that weren't attending the afternoon tea began their laps of the University of York running track, with each team having a baton to ensure someone was on the track at all times. Barbara (our Secretary) had a personal challenge of completing 50km during the event to celebrate her 50th birthday and began by walking in the rain accompanied by her husband for most of the afternoon.



The Ambiente/Dominus team set off running at a good pace then alternated running with walking. Their goal was to keep going for the whole 24 hours and clock a whopping distance of 69 miles!

At 8pm there was a Candle of Hope ceremony organised by our very own BFY Chair Zoe. There were some lovely

poems, music and a wonderful speech by Tracie (who is featured on page 3) and the lanterns looked beautiful along the track and spelling out the word "hope".



By midnight Barbara had completed 31km and the team kept on doing laps of the track through the night (and yet more rain) in-between trying to get some sleep in a rather leaky tent! As it got light on Sunday, Barbara was back out on the track and took the baton from the Ambiente/Dominus group who were now looking a little bit tired! The weather improved and it was thankfully dry.

By 11am Barbara had completed her 50km distance and before midday the Ambiente/Dominus group completed their 69 miles (with some of them achieving over 70!). Everyone joined in for the very last and closing lap and each team was presented with a certificate showing how much they had raised. Breast Friends York raised over **£4,700**; a significant contribution towards the overall total for the event which raised **£53,000!**

FUNDRAISING – SUPPORTIVE SEWERS

Supportive Sewers



Making pillows and drain bags

Breast Friends York's **Supportive Sewers** would like to express their gratitude to **Margaret and John Plewes** from Scarborough who asked for donations instead of gifts for their 80th birthdays after seeing the effect that our heart pillow had in the recovery of their daughter Fiona following her breast cancer surgery. They were so moved that they wanted to give something back and so have donated a whopping **£500** to us!

This will allow us to provide 100 more breast surgery patients with a heart pillow to aid their recovery. Thank you so much Margaret and John. We wish Fiona all the best with her recovery and we wish the both of you very happy 80th birthdays!

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
- ❖ The Viking Loom, Wigginton Road, York
- ❖ The Cancer Care Centre, York Hospital
- ❖ The Pig&Pastry, Bishopthorpe Road, York
- ❖ Jill Long from the Yorkshire Cancer Patient Forum
- ❖ York Breast Cancer Now
- ❖ York Press
- ❖ Sue Cooper at Nicola Jane
- ❖ Jenny at High Hoops
- ❖ Yorkshire Cancer Research
- ❖ Marks & Spencer, Pavement, York
- ❖ Lynda Duff from Macmillan

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

- ❖ Bedern Hall, York, www.bedernhall.co.uk, Tel: 01904 646030
- ❖ Anna Buckley & Rossmoor Estate
- ❖ Postcode Community Trust, www.postcodecommunitytrust.org.uk
- ❖ People's Postcode Lottery, www.postcodelottery.co.uk
- ❖ Andrea Dennis of Pink Lily Photography, www.pinklilyphotography.co.uk, Tel: 07722 819698
- ❖ Margaret & John Plewes, Scarborough

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



Do you shop online?
Do it through easyfundraising.org.uk and raise a free donation for us every time you shop online.
No cost, no catch.

easyfundraising.org.uk/causes/breastfriendsyork

CONTACT US

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

TEL: 07516 066599



info@yorkbreastfriends.org



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