

Breastfriends Cardiff and Vale Breast Cancer Support Group

December 2022



We'll be 20 years old in 2023!

Find out more about how it all started on page 2

A Cause for Celebration

We were delighted to be nominated for **Volunteer Group of the Year** as part of the Cardiff Volunteer Awards 2022. The awards are organised by C3SC (Cardiff Third Sector Council) to celebrate the contribution of volunteers and community groups. We didn't win, but we're so proud to have been shortlisted and recognised for our work.



Breastfriends treasurer, Ruth Williams (left) and secretary, Jane Shatford accepting the nomination certificate at the award ceremony

Who are we?

Breastfriends, described by one of our members as a source of instant friendship, is a friendly support group for anyone who has had a diagnosis of breast cancer, whether it was last week, last month, last year or many years ago.

Breast cancer can be isolating and scary, but meeting others in a similar situation and sharing information and experiences can make a real difference.



Walk with us or talk with us

We meet once a month in Cardiff and once a month in Barry as well as meeting regularly for short walks in lovely surroundings. **See back page for more details.**

We know that walking into a room of strangers can be off putting, so please get in touch if you'd like a buddy for your first walk or meeting.

www.breastfriendscandv.org.uk

20 years of Breastfriends Cardiff and Vale

How it all started

Back in 2003, Tenovus identified the need for a breast cancer support group in Cardiff because of the number of women they were counselling with breast cancer and, with their help, Breastfriends Cardiff and Vale was born.

Charitable status

In February 2006, the group achieved charitable status. This would give anyone wanting to donate to Breastfriends the reassurance that the group's finances are regulated by the Charity commission. All committee members are trustees of the charity.

20 years of support (and cake!)



Barry on board

In 2008, the Barry arm of Breastfriends was set up to reduce travelling for members in the Vale.

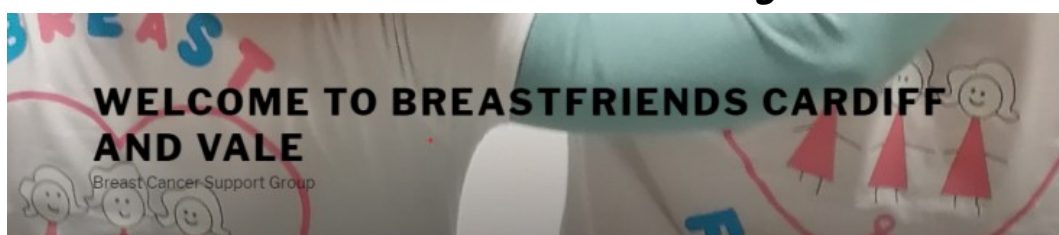
Weekly walks

A few years ago, we introduced weekly walks in both Barry and Cardiff and these have proved to be hugely popular and weren't impacted by Covid to the extent our meetings were.

Celebrations

We celebrated our 10th anniversary with a party and our 15th with a fashion show. For our 20th in 2023, we're going to have a party and a fashion show! It would be lovely if you could join us.

www.breastfriendscandv.org.uk



My Camino Adventure

Claire Griffiths



My name is Claire and I have been involved with Breast Cancer Now (formerly Breast Cancer Care) for over 13 years.

Although I haven't had a personal diagnosis, I am really passionate about helping others in their breast cancer journey. My drive to get involved with the charity came from being a staff nurse on the Breast Ward in Llandough and recognising both the physical and psychological impact a diagnosis and treatment can have on an individual.



I became aware of the great free services offered by Breast Cancer Now and when I left nursing to return to an office role, I wanted to continue helping and was invited to join the Events Committee. As well as the fundraising side, I also do the public health breast awareness sessions and have also recently become a Moving Forward Facilitator, which I am thoroughly enjoying.

I am always up for a challenge and have done quite a few as part of Team Barbra, as well as climbing Ben Nevis for the charity with Breastfriends committee member, Elaine Nicholas. When a trek in Spain was mentioned, I was really keen to participate.

The charity organising the challenge are called **Walk the Walk** and they are a grant funding charity dedicated to raising money and awareness for vital breast cancer causes and they wear bras at all of their challenges.

The trek followed the ancient Camino pilgrimage route starting at the highest point C'ebreiro and reaching Santiago de Compostela on day 5. The route followed many, many hills and although it was October, it was warm. Reaching the Cathedral of Santiago de Compostela was a truly amazing experience.

Thanks to my amazing supporters I have raised £2,605.



Dates for Your Diary

Face to face **Moving Forward** courses take place over two consecutive weeks and are delivered by a Moving Forward facilitator, in partnership with NHS hospitals.

Online **Moving Forward** courses also take place over two consecutive weeks and will give you the chance to share your experiences, get tips from breast cancer experts and connect with others.

You can attend **Moving Forward** either at our face-to-face course or take part by joining online. Find a course near you or register for an online course at: breastcancer.org/movingforward

or call us on 03457 077 1893.

To find out more and to register to join a course, scan the QR code with your mobile:



Managing Menopausal Symptoms

Maggie's Cardiff offer free, two-hour sessions on managing the menopausal symptoms that are all too often a side effect of breast cancer.

These can be booked either by phoning Gail Williams or by phoning us at Maggie's on 029 224 080 26.

Maggie's Cardiff, at the Chris McGuigan building, Velindre Cancer Centre, Whitchurch, CF14 2TQ

**BREAST
CANCER
NOW** Cymru

Moving Forward Dates

Cardiff:

Wednesday 25th January 9.30 – 1pm

Wednesday 1st February 9.30 – 1pm

Newport :

Wednesday 11th January 9 – 12.30pm

Wednesday 18th January 9 – 12.30pm

Swansea :

Tuesday 31st January and 9.30 – 1pm

Tuesday 7th February 9.30 – 1pm

Bridgend :

Thursday 12th January 9.30 – 1pm

Thursday 19th January 9.30 – 1pm



- **Moving Forward Online** runs every week.
- The next **Younger Women Together Online** is 9th – 30th March at 7pm

Register at:

breastcancer.org

If you are over 70..... Message from South East Wales Breast Screening Centre

'We will not invite you, but you are still able to be screened if you wish. Please ask us for an appointment by getting in touch with your local Breast Test Wales screening centre. Screening is only available every three years'.

South East Wales Breast Screening Centre, 18 Cathedral Road, Cardiff, CF11 9LJ. Telephone: (029) 2039 7222

Breast Cancer Now News

Elaine Nicholas



In the last newsletter, I gave an overview of our new model Moving Forward courses. We have now been running the new courses for just over a year and here are some of things people attending the courses have told us: Increase in knowledge about being breast aware and confidence to report breast changes. Increase in confidence to manage their wellbeing and being motivated to take actions to live well.

Actions taken as a result of attending a Moving Forward course - increasing exercise, improving diet, taking care of emotional wellbeing, talking more about feelings with family, developing friendships made during Moving Forward courses, joining a local breast cancer support group.

People attending the course felt that their voice was heard during the course and that the course information and support was excellent.

92% of people that have attended would recommend the Moving Forward course.



Some feedback that we have had:

“I found the course had so many benefits, meeting such lovely ladies who have all gone through and are going through the same thing and expressing their inner feelings has made such a difference and has created a beautiful and meaningful connection for us all. We all support each other and have met up again and are going to continue to do so.”

“It’s just so amazing to have a group of people who all know exactly what you are going through and how to help. Thank you Breast Cancer Now for introducing us all. It’s made a massive difference to our lives.”

Our Walks and Meetings

Interesting finds from the Barry group walks around the Knap



Some celebrations at the Barry group meetings



Wreath making with Ray of Light Cancer Support at the November Cardiff meeting.



“The Tuesday morning walks in Roath Park are the highlight of my week.”

New Tricks—A Tai Chi Taster

Sue Youngman

Time for something completely different....

With yet another birthday on the horizon, I got the urge to step out of my comfort zone and find a new challenge.

With my days of marathons and mountains possibly behind me, I was looking for something a little less strenuous. A friend suggested Tai Chi so I thought I'd give it a go.

First step was to find a class and that was easier said than done because all the local classes I tried were full. It seems Tai Chi is quite popular with those of a certain age and there was a waiting list.



Eventually I got to the top of the waiting list and, sporting my new joggers, eagerly set off for my first class.

The warm up was reminiscent of my leg warmer aerobic days and sleepy muscles eagerly sprang back into life, although they did have a little moan the next day!



There was a bit of theory at the beginning. It seems Tai Chi is as much about mindfulness and relieving stress and anxiety as it is about exercise. Concentrating on soft knees, relaxed shoulders and imagining your head is being pulled up by a piece of string as well as trying to follow the moves most definitely fills the mind leaving no space whatsoever for any negative thoughts.

I didn't quite reach Bruce Lee standard but there's always next week!





What's on at Breastfriends

Join us at one of our meetings

Cardiff Meetings

Our Cardiff group meets on these dates from **1pm-3pm** at the **Margaret Whittaker Lounge, Rhiwbina, Cardiff, CF14 6LX** unless otherwise stated

January 13th

Coffee and chat

February 10th

Tenovus Choir

March 10th

TBC

April 14th

Easter quiz and chat

May 12th

Paper flowers craft session

Barry Meetings

Our Barry group meets on these dates from **2pm-4pm** at the **Mary Lennox Room, Barry Hospital, Colcot Road, Barry, CF62 8YH**

January 20th

A group hypnosis session (relaxation) by Judith Floyd

February 17th

Reflexology by Jane from Foothills in Penarth

March 17th

Women of World War Two by Sue from Barry World War Two Museum.

For more information on the Barry meetings please call
Jenny on 07855 020905

Walk and talk with Breastfriends

We meet **every Tuesday (weather permitting)** for a short leisurely walk followed by coffee and maybe cake!

Barry walks alternate between Barry Island and the Knap and start at 10.30am.

Please contact Jenny on 07855 020905 for more information

Cardiff Walks meet **by the lighthouse in Roath Park** at **10.30 am** for a walk around the lake.

Please contact Sue on 07773 500525 for more information



Contact Us

Phone: messages care of Breast Cancer Now Cymru on 0845 0771894

Please check our website for up-to-date information

Email: info@breastfriendscandv.org.uk

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