

Breastfriends Cardiff and Vale Breast Cancer Support Group

Welcome ...

Newsletter December 2006

to the latest newsletter from Breastfriends Cardiff and Vale. You will see that we have a really full agenda of meeting topics organised for next year and we hope you will find lots to interest you.

We also have details of forthcoming events organised by breast Cancer Care which I think members will find useful.

Breast Cancer Care Dates

10 Jan	Healthy Living Day Lantrisant
17 Jan - 7 March	Telephone Support Group for Secondary Breast Cancer
18 Jan - 8 March	Telephone Support Group for Primary Breast Cancer
25-26 Jan	Living with Breast Cancer Course Wrexham
14 Feb - 4 April	Telephone Support Group for Younger Women
14-15 Feb	Living With Breast Cancer Course Newport

For more information please contact Ann or Samantha at Breast Cancer Care Cymru on

Support for Young People

At our March evening meeting, we will be focussing on the support needs of children when a parent or other close family member is diagnosed with cancer.

Two resources to be aware of in the meantime, are a new telephone helpline and a website.

The phone helpline has been launched by

Macmillan.

It is aimed at young

**WE ARE
MACMILLAN.
CANCER SUPPORT**

people between the ages of 12-21. It is open from 9am to 10pm Monday to Friday. The number is **0808 808 0800**.

The web-site



is aimed at young people between 12 and 16, with a parent with cancer. It has been developed by a team at Sheffield University. The website allows teenagers to make contact with others in the same situation. It can be found at the address:

Breastfriends Cardiff and Vale are very grateful to Geldards LLP Law Firm for helping us to produce this newsletter.

Geldards LLP

Breastfriends

Staying Informed after Breast Cancer

If you've recently finished your breast cancer treatment, you probably feel that you never want to hear the word "cancer" again. It is very normal to want to put your experience behind you. You probably want to get back to your life as it used to be before your diagnosis.

As we all know, breast cancer can sometimes return and so it is important to make sure you give yourself the best chance for a long, healthy life.

One important way to do this is to stay informed about new treatment developments.

Thanks to ongoing research by experts all over the world, breakthroughs in breast cancer treatment are happening all the time. It's always possible that a new advance could be relevant for you.

Staying informed is important for several good reasons:

- It will help you feel confident that you're taking charge of your own health.
- Learning more can help give you the best information to lower your risk of the breast cancer coming back or a new cancer developing.
- When you know what's available, you're able to consider new options.
- Not every advance in research might be important

to you. But it might help

someone you know who's going through treatment.

The amount of information out there can be overwhelming, so how can you find out what's important to **YOU**?

First, you need to gather information from reliable sources

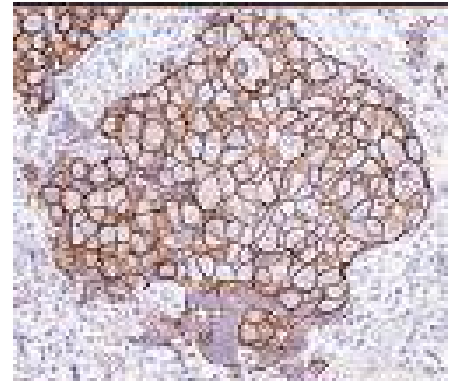
Things you see on TV, hear on the radio, or read in the newspaper can have a slant to them. TV stations, popular magazines and newspapers tend to focus on highlights and may not present the full story to you.

There are many good websites which have reliable information which is reviewed by medical experts. You can also sign up to email alerts or take part in on-line forums at some of these sites. You'll find links to some of the best ones on the Breastfriends Cardiff and Vale website.

Attending support group meetings is also a good way to learn new information. At Breastfriends Cardiff and Vale, for example, we are supported by several local health professionals, all experts in their fields, who are happy to share information with our

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HER-2 testing

group members.

Support group meetings are also an opportunity to learn information from other members. Plus don't forget, we also have a resource box which is teeming with information about all aspects of breast cancer.

If you hear or read about a development that sounds as if it might apply to you, talk to your doctor about it. He or she is your best resource on advances in breast cancer treatment that might be meaningful to you.

It is important to share the new information with the doctors you see regularly. If you've been seeing a doctor regularly over time, they will know your situation and be able to best help you understand how a new test or treatment may apply to you.

So, do keep your ears open, and ask your doctor if you think something may apply to your situation.

Meeting Dates, Times and Topics

Friday 8 December 2006 (1pm - 3pm) Christmas Party

This month's Friday meeting is our annual Christmas party. All donations, in the form of yummy food, are very welcome.

Monday 11 December 2006 (7pm - 9pm) Curry and Quiz Night

Following the success of last year's curry night, this year partners and friends are welcome too. Taking place at the Juboraj restaurant (just over the road from our normal meeting place) we will also be having a quiz.

Friday 12 January 2007 (1pm - 3pm) Diet

To get the year off to a good start, dietician Hilary Phillips, who has herself had breast cancer, joins us this month with a talk on healthy eating, diet and breast cancer.

Monday 29 January 2007 (7pm - 9pm) AGM

Another year and another AGM. This year, as well as the usual business of electing the new committee, we will be joined by Margaret Buckley to tell us about the patient support survey she is working on.

Friday 9 February 2007 (1pm - 3pm) Complementary Therapies

We are joined by Deborah Webb, this afternoon, to talk to us about the different types of free complementary therapies available at Velindre and through Cancer Care Cymru.

Monday 26 February 2007 (7pm - 9pm) Topic To Be Confirmed

Friday 9 March 2007 (1pm - 3pm) Hormonal Therapies

Dr Jaz Abrahams, consultant oncologist, will be talking to us this month, about the different hormonal therapies now available, including how to manage their side effects.

Monday 26 March 2007 (7pm - 9pm) Family Matters

This month, Michelle Pengelly, specialist nurse from Cancer Care Cymru has kindly agreed to give a talk on Family Matters. Her focus is on how children are affected when someone in their family has cancer and how best to support and talk to them.

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Ground Rules for Our Meetings

We want everyone who attends our meetings to feel comfortable and supported and so we ask the people who attend to comply with these simple ground rules:

- the group is open to anyone who has or has had breast cancer regardless of age, gender, marital status, sexual orientation, ethnicity, disability or religious beliefs*
 - we respect everyone's confidentiality*
 - we are non-judgemental*
 - we listen to each other*
- we monitor our own inputs so that everyone has a chance to participate*
- we recognise that everyone's experience of breast cancer is different and individual to them - so, although we may share our own experiences and offer each other hints and tips, we do not try to influence each other's choices or impose our own personal preferences and values on each other.*

Who are we?

Breastfriends Cardiff and Vale are group of people who have set up a support group and charity. Our aim is to provide support to men and women who are having or have had treatment for breast cancer, at any stage of their breast cancer experience.

Our group has now been meeting regularly since the beginning of 2003. We meet twice a month and also organise other social events. Our meetings are a mixture of chat over coffee and information sharing.

We regularly invite speakers to attend many of our meetings with a good mix of serious and light topics. Many local health professionals have taken part in our meetings. We also hold meetings without speakers where there is plenty of time to get to know each other.

What some of our group members have

"I'm really glad I plucked up the courage to come to a meeting. I've made some great new friends."

"It is so much easier to talk to someone who has been though it. I don't feel alone anymore. There is always someone at the group who understands."

For more information:

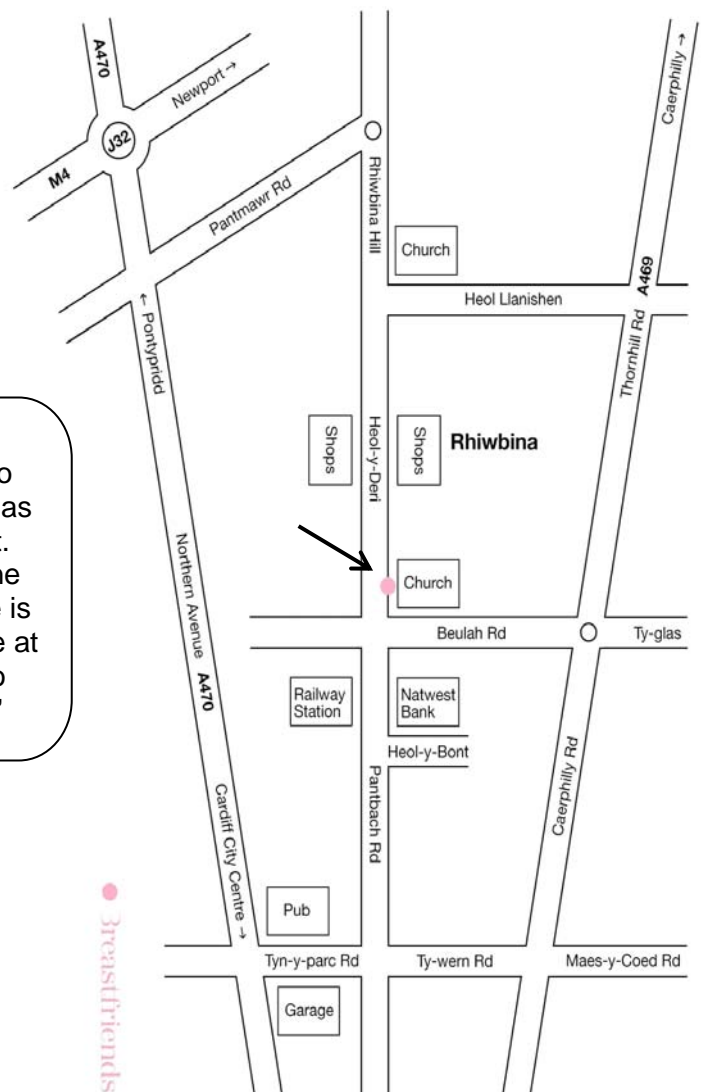
- **Write** to us at:
PO Box 6061, Cardiff, CF15 5HA
- **Telephone** us care of Breast Cancer Care Cymru (who have kindly agreed to take messages for us) on **0845 077 1894**
- **Email us:**
postmaster@breastfriendscandv.org.uk
- **Visit our website:**
www.breastfriendscandv.org.uk

Where do we meet?

We meet at the:

Margaret Whittaker Lounge which is part of the Beulah United Reform Church. The lounge is on the cross roads between Heol-y-Deri and Beulah Road in Rhiwbina, Cardiff.

The entrance to the lounge is on the same side of Heol Y Deri as the Spa, opposite the Principality Building Society



Data Protection Act 1998 Notice

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