



**PETERBOROUGH
BREAST
CANCER
SUPPORT
GROUP**



www.peterboroughbreastcancersupportgroup.co.uk

www.pbcsg.co.uk

Welcome to PBCSG.co.uk the Peterborough Breast Cancer Support Group web site.

The [PBCSG's](#) main aim as a group is to offer friendship and an outstretched hand in the form of friendly faces because we are women who are going through or have been through something similar to your experience. Breast cancer can happen to anyone at any time regardless of age, ethnicity or social standing. We hold regular monthly meetings where we offer each other mutual support, encouragement and lots of laughter.

[Emotional Support](#) can come in the form of family, friends, work colleagues, and professional organisations/individuals. It's a matter of knowing where to access this support. It's important to receive emotional support at a level that's comfortable to you and each of us is different in what we need and want. Also, so many people who have a diagnosis of cancer find that they have queries of a financial or work nature and the section on [Financial Support](#) lists a variety of organisations offering help.

The [National Support](#) and [Local links](#) sections provide information on a national level as well as information for the Peterborough and Cambridgeshire area. For a great many people it's confusing to know where to go to obtain relevant information about cancer and this section lists telephone numbers, website and email addresses of the main national organisations.

It can also help to know who sells mastectomy bras/swimwear in Peterborough and nationally or maybe you want to know more about headscarves, wigs, loss of hair, etc. so we've created a place where you can find out in our [Hair & Wigs](#) or [Bras & Swimwear](#) sections.

Our website hopes to offer you a helping hand in making it easier to access the information you require. Our [Complementary Therapies](#) section also gives information on what types of complementary therapies are available and where to find a suitable therapist. More people are beginning to use complementary therapies which are non-medical treatments that are used alongside conventional medicine.

Finally, we would like to thank [Macmillan Cancer Relief](#) for providing us with the means to make this web site possible.

"Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together".

ABOUT US :

How We Started:

Back in 1997 Peterborough didn't have a support group specifically for people with breast cancer so, from very humble beginnings in the front room of a house, three ladies began to meet and Peterborough Breast Cancer Support group was born.

Anyone who has been affected by a diagnosis of breast cancer or undergone breast surgery, regardless of race, gender or religion, is very welcome to come along to our group which is purely a support/self help group run by and for women who have had breast cancer/surgery.

Not Just Women:

Having said that we are a support group for women who have breast cancer, we mustn't forget that it can also affect men, although it is rare. Fewer than 300 cases are diagnosed each year in the U.K, compared with over 38,000 cases of breast cancer in women. That's about one man for every 130 women diagnosed. Most of the information aimed at women is relevant for men with breast cancer because the symptoms, diagnosis and treatment are very similar. The emotional and psychological impact though will be different and finding support may not be as easy simply because of the rarity of the disease in men.

Group Personality:

We offer each other mutual support and encouragement, including lots of laughter! One of the amazing things is that there are many of us who have become close friends as a result of going to the group.

Typically we range in age from early 30's to middle 70's and the vast majority of us lead full and active lives since our diagnosis. We have women in our group who are newly diagnosed, going through treatment or who are 15 years plus down the road. Although we have 70+ members we normally have around 15-20 people at any one meeting.

We realise the group might not suit everyone and people will always dip in and out as and when they feel they need to which is what it's all about. We hope that for those people who don't or can't come to our group that this website will go some small way in letting you know that there are a great many organisations out there that can offer help.

Breast Care Nurses:

We are also extremely lucky that our two local breast care nurses are committed to our group and attend our meetings. They provide the group with relevant up to date information and a wealth of experience. Most people coming for the first time will have already met one of the nurses in the clinic. If you need to contact them their direct

line is 01733 874240 and they aim to return your call within two working days, however this is dependent on the number of requests of contact. If it is important for you to speak to them the same day call the hospital switchboard on 01733 874000 and ask them to bleep 1315.

'Pinky' The Limo:

The Breast Cancer Care Fashion Show is always held in October in London. This high profile event raises many thousands of pounds for Breast Cancer Care with two shows being held; one an afternoon tea show and the other a black tie evening event both attracting many famous faces and celebrities.

In 2003 one of our group members was lucky enough to be chosen as a model for this prestigious show that was held at The Hilton Hotel, London. And in 2004 another member was chosen and attended at The Grosvenor Hotel, London.

Then in 2005 eight members of our group (one of whom was the model from 2003) decided to support the event by attending the afternoon tea show. They decided to do it in style by hiring a pink stretch limo called 'Pinky' from a company in Stamford, Lincolnshire. See our main picture above. They had an absolutely amazing response from everyone they passed all the way down to London and when they actually drew up outside the hotel!

Meetings:

We have a mixture of open and speaker meetings. The speaker meetings have ranged from underwear and swimwear companies, a travelling storyteller, Tai Chi, Feeling and Looking Good, etc. etc.

Most of us in the group know that it can be daunting to go along to that first meeting especially if you don't know anyone. Please ring one of us if you are uncertain about coming by yourself and we'll make sure that we either meet you in the foyer of the hotel or, if you live near one of us, we'll give you a lift. Alternatively, you might prefer to come along with a friend or female relative for support.

EMOTIONAL SUPPORT:

Difficult Times:

Very little can prepare you for the shock of hearing that you have cancer and one of the most difficult things for most of us is beginning to live as comfortably as possible with this diagnosis. How long this takes varies from person to person. Our group exists for a great many reasons ranging from emotional support, sharing of information, or just coming along to the meetings and talking to other people who have experienced something very similar.

The diagnosis affects not only you but may also affect other members of your family and friends. You may feel uncertain about what changes will take place in your life and in theirs. You may also feel numb or confused; have difficulty in listening to, understanding, or remembering what people tell you during this time.

First Steps:

When you find out you have cancer, your personal values and experiences very often help determine what the diagnosis means to you. As you face your own mortality and cope with the many demands of illness, you may examine your religious beliefs, personal and family values, and priorities in life. Accepting the diagnosis and figuring out how cancer fits into your life may prove challenging.

After the diagnosis, you may experience shock, disbelief, fear, anger, guilt, sadness, grief, embarrassment, despair, or depression /anxiety. Each person may experience some, all or none of these feelings and each will handle them differently. Some women want to learn as much as possible about the disease whilst others only want to know the bare minimum and you have to decide what is comfortable and right for you.

Helping You:

If you do decide to seek out reliable and up-to-date information perhaps from your health care team or by talking to family members and/or friends, this may help you to take control of your situation in order to make informed decisions.

Our Group:

We meet on the first Thursday of each month (no meeting in January) at the Holiday Inn (formerly Peterborough Moat House Hotel), Thorpe Wood Road, Peterborough between 8.00pm- 10.00pm. There is free parking with disabled access available within the hotel. We also want to thank the hotel for their continued support in providing a comfortable environment for our group since 1997. See our [about us](#) page or [contact us](#) for further information.

NATIONAL SUPPORT:

There are many excellent websites in the UK aimed at helping people with cancer, some relate specifically to breast cancer whilst others are broader but all will give vital information and support and many offer support and help in other languages.

Macmillan Cancer Relief & Macmillan CancerLine



Macmillan Cancer Support improves the lives of people affected by cancer. We provide practical, medical, emotional and financial support and push for better cancer care. Cancer affects us all. We can all help. We are Macmillan Cancer Support.

The Macmillan CancerLine has enlisted the help of Language Line which can interpret 150 languages. Callers are linked to a Language Line interpreter in their preferred language and a three-way conversation allows Macmillan's trained staff to provide the caller with the help and information that they need. This includes answers to common questions relating to cancer, such as where to find a local support group, where to get information leaflets on cancer in other languages or how to get a Macmillan nurse.

Website:

www.macmillan.org.uk

Email:

cancerline@macmillan.org.uk

Tel: 0808 8082020

(lines open Monday to Friday
9.00am- 6.00pm)

Cancer Black Care

www.cancerblackcare.org

Offers practical and emotional support, addressing the cultural and emotional needs of black and ethnic minority people affected by cancer, their friends and family, and carers. They provide one-to-one counselling, advice on grants, benefits and general welfare.

Website: www.cancerblackcare.org

Email: info@cancerblackcare.org

Tel: 020 8961 4151

Textphone 0808 808 0121

CancerBACUP



Helps people affected by cancer. Specialist nurses answer enquiries by phone or letter about all aspects of living with cancer.

Website:

www.cancerbacup.org.uk

Email: info@cancerbacup.org

Tel: Freephone 0808 800 1234

(lines open Monday to Friday 9.00am- 8.00pm)

CancerBACUP also produce fact sheets on 'Understanding Chemotherapy', 'Radiotherapy', 'Surgery' and 'Breast Cancer' in five other languages; Bengali, Gujarati, Hindi, Punjabi and Urdu. For copies of the fact sheets contact them on **020 7696 9003** or via the website.

They provide information on resources and support such as symptoms and side effects, eating well, relationships and communication, if someone else has cancer, advanced cancer, UK patient information guide and practical issues such as life after treatment, travel, financial and legal issues, work and cancer.

Breast Cancer Care



Breast Cancer Care is the UK 's leading provider of information, practical assistance and emotional support for anyone affected by breast cancer. Every year we give direct support to over 22,000 people with breast cancer or breast health concerns through our helpline, peer support and other direct services. In addition, we respond to 2 million requests for support and information about breast cancer or breast health concerns through our publications, website and outreach work. All our services are free.

We are committed to campaigning for better treatment and support for people with breast cancer and their families.

Website at www.breastcancercare.org.uk

Email: info@breastcancercare.org.uk

Tel Helpline: 0808 800 6000

Textphone 0808 800 6001

(Lines open Monday to Friday 10.00am- 5.00pm and Saturday 10.00am- 2.00pm)

Breakthrough Breast Cancer Care



Breakthrough is the UK 's leading charity committed to fighting breast cancer through research and education

Website:

www.breakthrough.org.uk

Email:

purple@breakthrough.org.uk

Tel: 020 7025 2400

One in nine UK women will develop breast cancer in her lifetime. These women are wives, mothers, sisters, neighbours and friends, meaning that breast cancer will affect nearly all of us in some way.

Carers UK



Information and support to people caring for relatives and friends. Over 100 branches run by carers and can refer to local sources of help and support. They can advise carers on rights and entitlements.

Website:

www.carersonline.org.uk

Email: info@ukcarers.org

Lymphoedema Support Network



They provide support and information for people with lymphoedema and its treatment.

Lymphoedema is the swelling of a limb, usually the arm of breast cancer patients, when the lymph vessels or nodes have been reduced or scarred.

Website: www.lymphoedema.org

Email:

adminlsn@lymphoedema.freeserve.co.uk

Tel: 020 7351 4480

The Lavender Trust (part of Breast Cancer Care)



They raise money specifically to fund information and support for younger women with breast cancer. They cannot answer medical queries but you can visit www.breastcancercare.org.uk where there is an area of the site dedicated to younger women

Website: www.lavendertrust.org.uk

Tel Helpline: 0808 800 6000

Textphone 0808 800 6001

CarersLine: 0808 808 7777

(Lines open Monday to Friday 10.00am- 5.00pm
and Saturday 10.00am- 2.00pm)

**Directory of cancer information
available in ethnic minority
languages:**



This directory is a comprehensive record of information available on cancer in ethnic minority languages in the United Kingdom . A copy of the directory is free to cancer patients by telephoning **020 8432 0565** or email info@cancerequality.org.uk

Cancer Equality Carers Project:

Language tapes are available entitled 'Caring for Someone with Cancer' and these are available free to carers of people with cancer from Asian and Chinese communities.

The languages are Bengali, Cantonese, Gujarati, Hindi, Punjabi and Urdu. All the tapes have the English version on the B side.

Please contact the **Afiya Trust on 0207 582 0400** if you would like a copy.

Disability Discrimination:

Cancer, along with multiple sclerosis and HIV/Aids is now covered under the Disability Discrimination Act. There is a website

www.pointofdiagnosis.org.uk

which provides information for both those affected by cancer and employers. It covers information on:

- Protection from discrimination from point of diagnosis
- Protection at work
- Protection in education
- Protection in housing

It also provides details of the

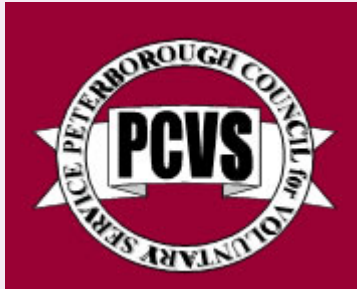
Disability Discrimination Act 1995
and relevant website links.



LOCAL LINKS:

Below is a list of organisations within the local area that may be of interest.

Peterborough Council for Voluntary Services (PCVS)



Peterborough Council for Voluntary Service (PCVS) is a registered charity set up by a number of local organisations in 1980 as an umbrella and network organisation to the voluntary sector in Peterborough. Our support group is registered as one of over 550 local voluntary groups, registered charities and 'not for profit' organisations who are members.

PCVS provide many different services for members from room hiring, typing services to training. They offer free training to all affiliated groups and they are committed to their belief that people of all abilities can benefit.

Website: www.pcv.co.uk

Telephone: **01733 342683/311016**

3 Lincoln Court, Lincoln Road , Peterborough PE1 2RP

CANCER NETWORK PATIENT PARTNERSHIP GROUPS

34 cancer networks were established throughout the country as part of the NHS Cancer Plan in 2000 to improve cancer services. As part of this we have two patient partnership groups within our area, one being the West Anglia Cancer Network Group (WACN) and the other is the Peterborough Cancer Patient & Carer Information Group (CPIG).

These two groups are not support groups and cannot offer individual advice or support to patients or carers. However, they bring together people affected by cancer (whether through their own personal experience or others) and health care professionals working in partnership to ensure that cancer services continue to improve and contribute to the development of future services. Both groups welcome any relevant personal experiences that can lead to improving our local cancer services.

West Anglia Cancer Network (WACN)

West Anglia Cancer Network

The group meets at the Children's Hospice, Milton, Cambridge and consists of patients, ex-patients, carers and professionals who meet to discuss ways in which services can be improved across the West Anglia region.

The meetings are held on a quarterly basis on a Saturday morning and start at 11.00am (10.45am for coffee), and end at 3.00pm and include a light buffet lunch. The group welcome and fully acknowledge the contribution new people bring to the Partnership.

If you are interested in joining one of their meetings please contact the network office on **01223 586 736** for further details.

Website: www.wacn.org.uk

Cancer Patient/Carer Information Group (CPIG)

The group meets at Edith Cavell Hospital, Macmillan Centre, Bretton, Peterborough

The Peterborough group also looks at improving cancer services but solely at issues relating to Peterborough and surrounding area. This group was established in 2001 and has proved to be very successful.

If you are interested in joining this group the details of their next meeting is on the Notice Board in Clinic 8 at Peterborough District Hospital . If you would like to know more about the group or when the next meeting is please ring Carol on the [Contact Us](#) page.

Their achievements to date include the Clinic 6 (now Clinic 8) survey, One Stop Haematuria Service, creating more disabled parking and the pharmacy pathway for patients.

There is also a notice board promoting their group in Clinic 8 of Peterborough District Hospital which details in full the aims and objectives of this group alongside the work already undertaken.

FINANCIAL SUPPORT:

The benefit system can be confusing especially if this is the first time you have had any experience of it but please remember that help is there if you need it. This help can come in many forms; a hospital social worker, Macmillan or breast care nurse, someone at your GP surgery or from one of the links below.

Factors such as your age, National Insurance contributions, and length of illness will be taken into account when assessing whether or not you are eligible for benefits.

It is important to apply for benefits as soon as you feel able (whether or not you think you qualify), as many benefits can't be backdated.

Citizens Advice Bureau



Citizens Advice Bureau provides free confidential and independent advice and information on any problems including social security, debt, housing and employment. Advice is given in person or by telephone.

For practical, reliable, up to date CAB information in English, Welsh, Bengali, Chinese, Gujarati, Punjabi and Urdu the website www.adviceguide.org.uk provides a wide range of topics.

Website: www.peterboroughcab.org.uk

Telephone: 0870 126 4024 or 01733 558 383

Asian Language Helpline - 01733 896 267

Drop in and telephone advice times:

Monday to Friday 9.00am- 5.00pm.

The Department for Work and Pensions (formerly the Social Security Office)



The Department for Work and Pensions (DWP) supplies useful help and information for people with disabilities and their carers but cannot enter into individual cases. You would need to contact either the Peterborough Jobcentre or Social Security Office for individual advice.

Benefits Enquiry Line

Website: www.dwp.gov.uk

Telephone: **0800 882200**

This telephone service can advise regarding sickness and disability allowances.

Drop in advice centre:

NHS Walk-in Centre



Rivergate Primary Care Centre
Viersen Platz, Rivergate
Peterborough

Drop in advice on welfare benefits:
Wednesdays 9.30am- 12.30pm.

Drop in advice centre:

Peterborough Social Security Office

Telephone: **01733 297600**
Textphone: **01733 297618**

Clifton House, 84 Broadway
Peterborough. PE1 1QZ

Peterborough Jobcentre

Telephone: **01733 415500**
Textphone: **01223 545016**

Frobisher House, 72 Westgate
Peterborough. PE1 1RR

Travel Insurance

If you want to declare your diagnosis of breast cancer when you purchase travel insurance you may find that your premium will be far higher than before.

CancerBACUP and **Breast Cancer Care** provide a fact sheet that gives general information about what to consider when obtaining travel insurance and certain companies that may provide cover, although they do not recommend a particular broker or company.

click here for a downloadable pdf-
CancerBACUP information factsheet
Breast Cancer Care information factsheet

Barton Hill Advice Centre



www.bhas.org.uk

This is an extremely helpful web site as they provide a comprehensive range of advice services, benefits, debt and housing advice, employment and consumer rights.

You can download their benefits guide on claiming Disability Living Allowance and Attendance Allowance.

DIAL (Disability Information Advice Line)



www.dialuk.info

DIAL Peterborough provides advice for disabled people, carers and professionals in Peterborough and Huntingdonshire.

Kingfisher Centre, The Cresset,
Bretton, Peterborough, PE3 8DX
Tel: **01733 265 551**;
Fax and Textphone: **01733 260 977**

Pre-payment Certificate for Prescriptions

A Pre-payment Certificate is a quarterly or annual one off payment for people who require regular medication. This can save money in the long run if you have to pay for more than 5 prescription items in 4 months or 14 items in 12 months.

If you are in receipt of certain benefits, such as income support, you should check whether you are eligible for free prescriptions before purchasing a PPC (Pre-Payment Certificate). Leaflet HC11 (Help with Health Costs) is obtainable from Post Offices, some pharmacies and GP surgeries. Or you can write to The Department of Health, PO Box 777 , LONDON SE1 6XH .

There are four ways to apply for a PPC:
:

- The Internet via their Website at www.ppa.org.uk
- The telephone on **0845 850 0030**
- By post, completing the PPC application form FP95, available from pharmacies and doctors surgeries. Or by downloading an application form from the website and sending it to:
Prescription Pricing Authority
PPC Issue Office
PO Box 854
NEWCASTLE UPON TYNE
NE99 2DE

From a pharmacy registered to sell PPC's

BRAS AND SWIMWEAR:

After breast surgery it is understandable that you might be concerned about your appearance, or about wearing a prosthesis or different type of bra. Below are some companies that deal with these issues on a daily basis and can help you feel confident and comfortable in styles that cater for your individual needs.

amoena

www.amoena.co.uk



All the latest **breast forms** including **partials** for women following partial surgery or breast reconstruction. A selection of prosthesis including ones for swimwear.

A beautiful range of **lingerie** for women following mastectomy or reconstruction and **swimwear** that holds the breast form closely against the body.

Amoena (UK) Ltd

FREEPOST

Eastleigh

Hampshire

SO53 4BJ

Email:

enquiries@amoena.co.uk

0800 0726636 (freephone order line)

0800 0728866 (freephone enquiry line)

Lines are open Monday to Friday from 9am-5pm



Nicola Jane

www.nicolajane.com



At Nicola Jane, we know the importance of looking good and feeling confident after a mastectomy.

We offer a specialist range of **beautiful bras and swimwear** all designed for use after breast surgery. Using the latest colours, fabrics and laces, our bras are as pretty and feminine as worn before.

A selection of prosthesis including ones for swimwear.

Nicola Jane

Chichester

West Sussex

PO19 2ZU

Telephone: **0800 018 2121**



YOUR M&S

www.marksandspencers.com

John Lewis

www.johnlewis.com



Beautiful, feminine and flattering bras which will support you after surgery - whether you're exercising or socialising. They have trained fitters within their store who have

experience of fitting ladies who have had breast surgery.

Marks and Spencer's

Bridge Street
Peterborough

Tel: **01733 311331**

They have trained fitters within their store who have experience of fitting ladies who have had breast surgery. Click above for the nearest John Lewis in your area.

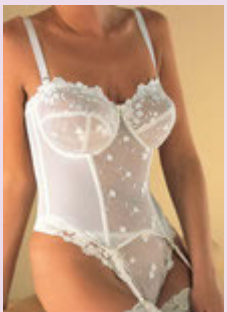
John Lewis plc

Queensgate
Peterborough

Tel: **01733 344644**

Harwayes.com

www.harwayes.com



Lingerie and Corsetry Specialists.

HARWAYES stock a large range of ANITA and ROYCE post mastectomy bras, along with a wide range of swimwear.

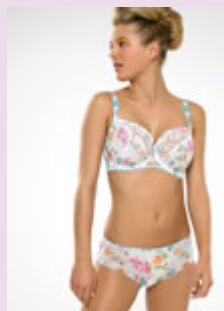
There are trained fitters who specialise in the fitting of mastectomy garments, offering a professional and sympathetic service in a relaxed atmosphere. All mastectomy garments are VAT free.

Harwayes

23 Westgate Arcade
Peterborough

Tel: **01733 311642**

74 High Street
Stamford



Eloise

www.eloiselingerie.co.uk



We stock everything you need, all in one place, and we are experienced in fitting bras, swimwear, prostheses and numerous other items after any type

of breast surgery. A selection of prosthesis including ones for swimwear.

Eloise Lingerie

P.O.Box 70

Bury St Edmunds

IP30 0JT

Tel: 01284 828787

Email: sales@eloise.co.uk

Tel: **01780 763042**

6 High Street
Wisbech

Tel: **01945 583972**



www.figleaves.com



Figleaves is a market leader both in terms of exceeding our customers' expectations.

Pretty prostheses bras with soft lace and lace trim. Sports fit bras for comfort.

A lovely range of swimwear. The plain black bikini by Anita has stylish printed details at the edges. With double straps, Coolmax fabric at the bust to transport moisture away from the skin and integrated prosthesis pockets.



Figleaves

Tel: **0870 4999 022**

EnVie

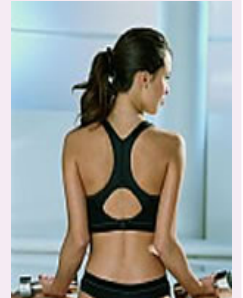
www.envie4u.co.uk



You can now create a prosthesis bra from the Anita 'Rosa Faia' Collection.

High quality, large size underwear that can be adapted to include a prosthesis pocket.

Sports bras designed in microfibre which is soft breathable and quick drying. Its padded shell conceals irregularities and has a breast panel in semi-sheer net for a sporty dynamic look with pocket on both sides.



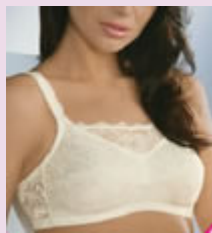
EnVie

Haley House, Whitehall Road,
Hunsworth, Cleckheaton,
West Yorkshire, BD19 4DW

Tel: **01274 873610**

Oops & Downes

www.oopsanddownes.co.uk



We are forever striving to obtain, younger more feminine mastectomy lingerie and mastectomy swimwear of the highest quality and at the most competitive prices possible. We

have expanded our range of mastectomy lingerie and swimwear, and have mastectomy bras, mastectomy swimwear and a new range of mastectomy Tankinis that are all exclusive to Oops & Downes Lingerie that are sure to be a success.

We offer a warm and caring service in comfortable surroundings where a full prosthetic fitting and measuring service is offered free of charge, no appointments are needed . except for prosthetic fitting . Our new whilst you wait pocketing service is available on Mondays and Thursdays by appointment only.



101-103 New Road Side, Horsforth
Leeds. LS18 4QD

Tel: **0113 258 0770**

Email: sales@oopsanddownes.co.uk

HAIR, HAIRLOSS AND WIGS :

Losing or thinning of your hair can be one of the most distressing things about your treatment for cancer. It's an extremely personal subject and people deal with it in many different ways; some prefer to wear a wig, some a hat or scarf and others may feel that they don't want to wear anything at all. The main thing is feeling comfortable with your decision on what or what not to wear. Wearing your special or favourite clothes or accessories may also sometimes help to lift you when you are not feeling at your best.

If you are an NHS patient and you know you are going to have chemotherapy and will definitely lose your hair (not all chemotherapy treatments mean that you will lose your hair), a referral will be made for you to obtain a wig. Wigs are available through the National Health Service at Peterborough District Hospital at the current prescription charges. The hospital has a contract with a local company who has been in business for the last 25 years and they offer a wide selection of wigs.

Cancerbackup's 'Coping with hair loss'

publication offers practical advice and attractive solutions to hair loss, including:

- Information on the treatments that cause hair loss.
- Helpful tips on how to look after your hair, both during and after treatment (following guidelines from the Institute of Trichologists).
- Practical information on a wide range of alternative headwear including headbands, bandanas and hair extensions. There are also brief instructions and suggestions for tying headscarves.
- Helpful ideas on coping with the loss of eyebrows and eyelashes, as well as advice on caring for skin.
- Information about the needs of children and teenagers.
- Details of suppliers of wigs for people from black and minority ethnic groups.
- A section on feelings, outlining further sources of emotional support.

Their booklet also addresses the problems faced by people from minority ethnic groups.

Website: www.cancerbackup.org.uk

Email: info@cancerbackup.org

Tel: Freephone 0808 800 1234 (lines open Monday to Friday 9.00 a.m. - 8.00 p.m.)

Breast Cancer Care offers a service called 'HeadStrong'.

If you would like practical tips on looking after your hair and scalp, before during and after treatment, you can book a HeadStrong appointment.

At your appointment you will be able to try on a range of hats, scarves, fringes and hairpieces in a comfortable and private environment. You also have the opportunity to buy selected items of stock.

Specially trained volunteers run the service and will show you how to tie scarves in a variety of styles, give you advice on how to deal with a sore and dry scalp, and talk through any concerns you may have about your hair loss.

This service is free and you can come as many times as you want - and you can bring someone along to give you a bit of support.

It's a good idea to make an appointment before you lose your hair so that you are prepared in advance and can see what is available for you.

Contact Breast Cancer Care on **0808 8006000** for further information.

Website Link: [Breast Cancer Care - HeadStrong](#)

Wig Bank

Wig Bank was created by a woman who has had breast cancer who was aware of how expensive wigs can be, even when purchased on the NHS. All the wigs they receive are donated by people who have finished chemotherapy, they are then washed and conditioned and sold for £10-£20. A proportion of this amount is donated to a relevant charity.

There is now a network of wig banks throughout the UK although not one in the Peterborough area but they can be purchased via the website or telephone on a sale or return basis. They have also recently sourced brand new wigs direct from a manufacturer and these sell for £40.

www.wigbank.com

Tel: 0131 315 2580

Email: info@wigbank.com

Or if you would like to buy your own wig privately, see below:

Wigs and Pieces

Based in Yorkshire, Wigs and Pieces have over 40 years experience in the hair and wig industry. They have become experts with wigs and hair, focusing on high quality wigs, hairpieces, hair styles, products and services.

Wigs and Pieces sell a wide range of types, style, colours (including grey) and length along with a selection of eyebrows, eyelashes and wig accessories like tape and frames.



website: www.internetwigs.com

Wigs and Pieces .com Ltd

301a Queen Street, Withernsea.

East Yorkshire. HU19 2NW

Telephone: 01964 615577

Email: info@wigsandpieces.com

Wigs4U.co.uk

As retailers of wigs for over 25 years you can enjoy the benefits of our experience to bring you the very best in both service and quality of products. We guarantee your total satisfaction with every purchase.

Among the many thousands of people already enjoying the benefits of wearing our wigs due to thinning hair are alopecia sufferers, cancer sufferers undergoing chemotherapy, entertainers, dancers and transvestites to name but a few.



These ultra lightweight thin wefted wigs are fully adjustable by the use of the built in velcro/elastic adjusters or hook eye fasteners, within seconds you can adjust the size for a perfect fit. For the smaller than average head size we suggest you look at our petite/short styles.

Website: www.wigs4u.co.uk

Wigs4u

PO Box 9, Wisbech

Cambs. PE13 2WL

Telephone: **01945 587584**

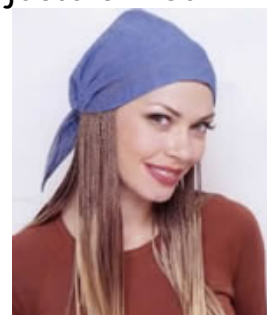
Email: info@wigs4u.co.uk

HotHair.co.uk



NATURAL CONFIDENCE:

Designed by the world's top stylists the Jacqueline Collection contains today's most natural looking wigs. Most styles are designed to fit all heads sizes, with the added flexibility of easy to use adjusters. You'll find all the styles light, cool and comfortable - very important if you wear a wig all day long.



We even sell bandanas with braided hair attached. Available in a range of 5 natural colours.

See their website for outlets.

Telephone: **0207 403 4422** (switchboard is open 9am to 5pm Mondays to Fridays)

Email: customerservice@hothair.co.uk

Website: www.hothair.co.uk

COMPLEMENTARY THERAPIES:

Some people like to use complementary therapies alongside conventional medicine but it can be a challenge trying to find a reputable practitioner. Always use therapists who observe a code of conduct. We have given a brief summary on some of the complementary therapies that are available and how to find a practitioner.

It is important that you inform either your GP or oncologist that you are considering complementary therapies to ensure that they don't interfere with any treatment you may be receiving .

Information

Macmillan publishes a Directory of Complementary Therapies. A copy can be ordered by phone or web.

Telephone: **01344 350310**

Website: www.macmillan.org.uk/cancerinformation.

The National Guidelines for the Use of Complementary Therapies in supportive and palliative care is also a good source of information.

Website: www.fihealth.org.uk

'Ask about Medicines' is an independent campaign to increase people's involvement in decisions about their medicines use. The aim of the campaign is to contribute to people's ability to control their own health and healthcare through better understanding of what medicines do and how to make the most appropriate use of them.

Website: www.askaboutmedicines.org

The Institute for Complementary Medicine is a UK registered charity that was formed in 1982 to provide the public with information on all aspects of the safe and best practice of Complementary Medicine through its practitioners, courses and research. The ICM administers the British Register of Complementary Practitioners (BRCP) which is a register of professional, competent practitioners who have all individually proved their competence to practice.

Telephone: **020 7237 5165**

Website: www.i-c-m.org.uk

CancerBACUP also produce a booklet 'Cancer and Complementary Therapies' which explains what complementary therapies are and how they may help the cancer patient. It briefly describes the commoner therapies, and includes useful addresses and a reading list. You can view this booklet online or by contacting CancerBACUP for a printed copy (free to patients).

Telephone: **0808 800 1234**

Website: www.cancerbacup.org.uk

Acupuncture:

According to traditional Chinese philosophy, our health is dependent on the body's energy or *qi* moving in a smooth and balanced way through 'channels' beneath the skin. By inserting fine needles into these channels, acupuncturists believe it stimulates the body's own healing response.



To find a practitioner contact the British Acupuncture Council (BAcC)

Telephone: **020 9735 0404**

Website: www.acupuncture.org.uk

The British Medical Acupuncture Society

Tel: 01606 786782

Fax: 01606 786783

Email: Admin@medical-acupuncture.org.uk

Website: www.medical-acupuncture.co.uk

Alexander Technique

The Alexander Technique is a way of improving body posture and teachers believe that, by achieving postural harmony, we can improve our body functions such as circulation, digestion and breathing.



The technique was invented by an actor called Frederick Matthias Alexander, who used it to help overcome his own breathing and voice problems. Over a number of lessons, the teacher will help you to achieve a more natural posture and show you techniques that you can apply to your everyday activities.

Alexander Technique may help to ease pain, relieve stress and improve breathing. The technique is gentle and causes no harm. The Society of Teachers of the Alexander Technique supervises training, keeps a register of teachers and upholds a code of ethics.

For more information contact The Society of Teachers of the Alexander Technique

Telephone: 0845 230 7828

Website: www.stat.org.uk

Aromatherapy

Aromatherapy Consortium

Aromatherapy is based on the healing properties of essential plant oils.

The oils are extracted from the plants and diluted in a carrier oil. Practitioners believe that each oil has a particular effect on the body or mind. There are more than 400 essential oils that can be used. They are extracted from different parts of the plants, including flowers, leaves, seeds, roots, stems and bark.

The oils are usually massaged into the body, but they can be inhaled, used in a bath or in a cold compress placed next to the skin.

Aromatherapy may help to relieve stress and tension, reduce anxiety and promote relaxation.

- Oils should never be swallowed, or used undiluted on the skin.
- Some oils should not be used on pregnant women.
- **Massage may not be recommended for some cancer patients. Please ask your doctor whether it is safe for you, before starting your aromatherapy.**
- Your aromatherapist should ask you about your medical history, allergies and any medicines you are taking before starting any therapy.

Aromatherapists who belong to a member organisation of the Aromatherapy Organisations Council (AOC) will have been trained to AOC standards.

For more information contact: Aromatherapy Organisations Council
Telephone: **0870 7743477** (between 10.00am- 2.00pm Monday to Friday)
Website: www.aromatherapy-regulation.org.uk

Herbal Medicine:

Herbal medicines have become part of our lives, but there have been concerns over their quality and safety. A European Union directive on traditional herbal medicinal products will make sure that all herbal medicines on sale in the UK are regulated by the Medicines and Healthcare Products Regulatory Agency (MHRA).



At the moment the UK herbal market place is a confusing mixture of regulated licensed herbal medicines, herbal products sold as food supplements and unlicensed herbal medicines with no claims and no quality requirements. This can lead to misleading or inaccurate claims for herbal products with a lack of accurate information available as to when it is appropriate for a consumer to use a particular herbal medicine.

The new European legislation will enable consumers to purchase herbal medicines with the knowledge that they are safe and have been manufactured to an approved, consistently high quality. They will also be able to gain information from approved product packaging and manufacturer's marketing that will help them to choose the correct medicine for their particular ailment.

The above will take time and it is hoped that all herbal medicine will be regulated by 2011.

To find a practitioner contact the National Institute of Medical Herbalists

Telephone: 01392 426022

Webiste: www.nimh.org.uk

Massage

Massage is a term used to describe a range of techniques such as touching, stroking, pressing and kneading the surface of the body to promote physical and mental relaxation. There are many different types of massage, some are gentle; others are more vigorous, some are based on traditional techniques and theories - others are modern in their approach. Massage may be applied to the whole body, or to just a part of it.

Massage may relieve tension and pain, and help you to relax. It may help to relieve stress-related problems such as sleeplessness and tension headaches. It may reduce anxiety and help to promote a feeling of wellbeing.

You should check with your doctor before having massage therapy. Massage is not suitable for people with certain medical conditions, and may not be suitable for all cancer patients.

Reiki

Reiki is a Japanese word that means universal energy. Practitioners believe this energy flows through all living things, and is vital to wellbeing.



For a reiki session you lie down or sit in a comfortable position. You don't need to remove any clothes and the practitioner places his/her hands in a series of positions on or over the body. The theory is that energy flows from the practitioner to the client, who can then use that energy to improve his/her own physical, emotional or spiritual wellbeing. Clients may feel sensations such as warmth, coolness, tingling or nothing at all. Normally a series of sessions is recommended.

Reiki may aid relaxation, relieve stress and promote a feeling of calm. Practitioners believe it can stimulate the body's natural healing mechanisms and balance the emotions. It is a complementary therapy that can be used alongside conventional treatments. Reiki is a gentle and safe therapy.

Members of the UK Reiki Federation agree to uphold the code of ethics and standards of practice for reiki, and to abide by its disciplinary procedure. The Federation is developing national occupational standards for the professional practice of reiki.

For more information contact The UK Reiki Federation

Telephone: **0870 850 2209** (lines open between 10.00am- 1.00pm Monday to Thursday)

Website: www.reikifed.co.uk

Reflexology

Reflexology is a treatment in which pressure is applied to the feet to assess the patient's health and promote wellbeing. Each zone on the foot is said to correspond to a zone of the body, with energy flowing between the two points along an energy pathway.

Practitioners say that massaging these points unblocks the pathway, restores normal energy flow and improves the body's natural healing powers.

Reflexology may aid relaxation, relieve stress and promote a feeling of wellbeing. **It isn't harmful, but some practitioners won't treat patients with certain medical conditions.**

The International Institute of Reflexology keeps a register of trained teachers and upholds a code of ethics.

For more information on reflexology and how to find a practitioner contact:

The International Institute of Reflexology

Telephone: **0114 2812100** between 9.00am- 1.00pm Tuesday to Friday

Website: www.reflexology-uk.co.uk

OR

The Association of Reflexologists

Telephone: **0870 567 3320**

Website: www.aor.org.uk



Holistic Centre - Bristol Cancer Help Centre

BRISTOL CANCER HELP CENTRE
transforming attitudes to cancer

The Bristol Cancer Help Centre is a holistic centre offering complementary cancer care and advice to work alongside orthodox medical treatment. They provide a combination of physical, emotional and spiritual support using complementary therapies and self-help techniques, including practical advice on nutrition.

People can access the Bristol Approach through residential courses run by an experienced team of doctors, nurses and complementary therapists. The Centre also trains over 500 health professionals and complementary therapists each year in using the Bristol Approach to support people with cancer.

Website: www.bristolcancerhelp.org

Helpline: **0845 123 2310**

Look Good ... Feel Better Programme

This is a free support service for women living with cancer offered within Addenbrooke's Hospital, Cambridge . At beauty workshops people can receive professional advice and guidance on how to cope with emotional and appearance related side effects of their treatments.



For patients of Addenbrooke's Oncology Centre who would like to make a reservation please contact the Oncology Reception desk via the main switchboard on **01223 245151**.

For more information contact:

Look Good ... Feel Better,

Albany House,

Claremont Lane,

Esher,

Surrey KT10 9DA

Telephone: **01372 470 900**

Website: www.lookgoodfeelbetter.co.uk

CONTACT US :

We meet on the first Thursday of each month at the Holiday Inn (formerly Peterborough Moat House Hotel), Thorpe Wood Road, Peterborough between 8.00pm-10.00pm. There is free parking with disabled access available within the hotel.

Group Members :

Carol on 01733 750176

Lynette on 01780 721380

Olive on 01733 756256

Val on 01733 267005

or send an email to us at mail@peterboroughbreastcancersupportgroup.co.uk

We unfortunately cannot enter into any medical dialogues.