

PATIENT INFORMATION

Breast Care Unit – Follow up information pack

Gentle recovery for breast cancer

Embark on a gentle recovery journey for those affected by breast cancer.

Your treatment might have finished, but your path to recovery is just beginning - you are not alone on this journey.

Moving on!

An educational support programme for women who have recently finished treatment for breast cancer.

There will also be time to discuss other relevant issues which may be of particular interest or concern.

What is the group about, and who is it for?

This Group is for women who have finished treatment for breast cancer and are now 'Moving On'.

We understand that this time can often be filled with uncertainty. This group will offer time and space to consider what has happened to you and help you move on to resume previous roles and activities. It will offer practical advice and suggestions to help you regain confidence and deal with different situations that you may encounter in the future.

One of the benefits of joining a group is that we can all learn from each other in a positive and helpful way.

Which topics will be covered in the programme?

The programme will run on a weekly basis for 5 weeks from 9am to 11am, on Mondays. Each session will have a specific focus and will cover the following topics:

- Issues arising at the end of treatment
- Managing emotions
- Relaxation skills
- Information about nutrition
- Getting back to exercise and activity
- Dealing with fatigue and sleep problems
- Communication
- Body image
- Reducing the risks of lymphoedema
- Breast awareness
- Memory and concentration difficulties
- moving on and support in the future

It is important that you attend **all** the sessions.

What if I can't attend all the sessions?

However, we do understand that sometimes this is just not possible. If this happens, we simply ask you to phone (or for someone to phone on your behalf) and inform us so that we know what is happening. If you miss any sessions we will give you the handouts from those sessions.

However, we really do emphasise that you will get the most from this programme if you attend all the sessions.

HOPE (Help Overcoming Problems Effectively)



Life can be tough when you are living with cancer or even after treatment ends.

The HOPE programme can help you to get more out of life.

What is HOPE?

HOPE is a licensed programme developed by Coventry University and Macmillan Cancer Support to help people who have had/or have cancer to move from treatment. It is an interactive, self-management support programme, which runs for 6 weeks, with each weekly session lasting 2.5 hours. It is for groups of up to 12 and is free to attend.

The sessions are run by trained HOPE facilitators who work within Cancer Services.

Who is it for?

Adults, aged 18 and over, who have recently completed treatment or living with and beyond cancer.

The programme covers:

- Mindfulness
- Goal Setting
- Gratitude Diaries
- Stress Management Healthy Eating
- Dealing with Setbacks
- Fatigue Management

HOPE can help you:

- Regain your confidence so you feel more like yourself
- Use relaxation techniques for your mind and body
- Cope with anger, anxiety, depression and uncertainty • Handle stressful situations
- Plan for your future
- Use your potential to make the most of your life

Participant feedback:

- Magic happens from attending the programme - I now feel more supported, inspired and happier.
- I have learnt to be more honest and now have a sense of hope that did not exist before.
- Hearing how others are feeling and sharing with the group has made me realise I'm not going mad, I'm just normal, and I now feel revitalised, excited and grateful.
- I am laughing more, noticing positive, ordinary things and hopeful for the future

What do I do next?

For more information on Cancer focused HOPE programmes please contact The Lodge Cancer Support Centre.

Telephone: 01803 656490 or email tsdft.thelodge@nhs.net

Bra fitting service

We offer a bra fitting service at The Breast Care Unit

We have a small range of bra's which our staff are trained to measure and fit. Prices range from £10.00

Mastectomy wear

You can order lingerie and swimsuits direct from:

- Amoena
- Trulife

Catalogues and leaflets are available from the Breast Care Unit.

Wellbeing yoga classes

Come along and enjoy gentle yoga exercise and stretching with a qualified instructor.

This is for anyone who is having or has had, treatment for breast cancer from 6 weeks post operation.

Free sessions held weekly on Tuesday afternoon, 2pm to 3:30pm at:

Kingskerswell Community Hall
15 School Road
TQ12 5DL

Free parking is available.

Please bring: A mat if you have one, (spare mats are available), water, blanket and/or warm clothing, and a small cushion or pillow.

Please contact Theresa on 01803 463098 or 07443646013.

Relaxation with breathwork

Learn some calming breathing exercises that can help reduce anxiety and stress.

Learning and practicing these breathwork exercises within your daily routine can calm the mind, reduce muscle tension and bring about deep relaxation.

This may also have a positive effect on the nervous system and digestive systems improving our sense of wellbeing.

These are virtual sessions are held using Microsoft Teams.

Contact The Lodge Cancer Support Centre on 01803 656490 to find out more.

Lymphoedema service

We offer an awareness session once a month, on a Friday morning, to give advice and information regarding lymphoedema related to breast cancer.

The session includes:

- What is lymphoedema?
- What are the signs and symptoms to look out for?
- How is it treated and self-managed?
- How to reduce your risk of developing lymphoedema following breast cancer and its treatment

It is a relaxed session with tea and coffee available.

If you feel this would be helpful for you, please ask your Breast Care Team to refer you.

5k Your Way – Move against cancer



5K YOUR WAY
MOVE AGAINST CANCER

We invite anyone who is living with or beyond cancer, families, friends and health care professionals to join us once a month to walk, jog, run., cheer or volunteer at a 5k Your Way group linked to a local park run.

All ages and abilities are welcome. Lots of us will be walking. Do as little or as much as you want or just join us for a drink and a chat.

When: The last Saturday of every month. 8:45am for 9am start.

Where: Torbay Velopark, Penwill Way, Paignton TQ4 5JR.

Register here: <https://www.moveagainstcancer.org/5kyw-registration/>

Expert-led online programme: yoga and exercise for post-treatment wellness

Discover a supportive, expert-led online programme tailored to guide you through the recovery phase after active breast cancer treatment.

India Gooderham

- Cancer Yoga Teacher
- Cancer Exercise Specialist
- Scar Tissue Therapist
- Trauma Sensitive Yoga Teacher
- BSc (Hons) Physiotherapist
- PGCert Palliative Care
- Satyananda Yoga Teacher
- Western Medical Acupuncture
- Humanistic Counselling (Level 1)

Are you feeling lost or unsure about post-treatment exercise – where to start, what to do? Rest assured; I've got you covered. My programme is designed to provide:

- **Daily Yoga-Based Exercise Sessions:** Enjoy real-time, pre-recorded sessions to promote overall wellness.
- **Posture, Alignment, and Core Strengthening Tutorials:** Learn essential techniques for a confident and comfortable recovery.
- **Guided Lymph Drainage Exercises:** Targeted exercises to support your body's natural healing processes.
- **Audio Relaxation Sessions:** Nurture your emotional well-being and find moments of calm.
- **24/7 Online Community Hub:** Connect with fellow survivors, ask questions, and build lasting friendships.
- **Educational Chapters:** Gain insights into breast cancer-specific topics such as fatigue, lymphoedema, stress management, nutrition, and emotional well-being.
- **12 Months Unlimited Access:** Enjoy flexible scheduling and access content at your own pace to fit your schedule and energy levels.
- **Unlock the Power of Exercise:** Engaging in a consistent exercise routine can potentially decrease the likelihood of breast cancer recurrence by up to 50%.

(J Natl Cancer Inst. 2021 Jan; 113(1): 54–63. Published online 2020 Apr 2. doi: 10.1093/jnci/djaa046)

Your journey to a healthier, happier you starts with just 25 minutes a day!

Please call me: 44 (0)7531249283 or email: hello@gentlerecovery.co.uk

Supporting the Breast Care Unit Charitable Fund



The Breast Care Unit Charitable Fund, part of the Torbay and South Devon NHS Charity, aims to enhance the care, treatment, and support for patients of the Unit, as well as the wellbeing of staff.

Fundraising and donations fund equipment, furnishings, and programs like Moving On art, meditation, and yoga courses for patients recovering from treatment.

We are deeply grateful to everyone who supports the Breast Care Unit - every donation makes a difference to the care we can provide.

If you'd like to donate or raise funds, please speak to one of the team, or scan the QR code to donate via our [JustGiving page](#).



Torbay and South Devon NHS Charity
Reg charity number: 1052232
Tel: 07557481459
Website: <https://charity.torbayandsouthdevon.nhs.uk>

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.