



Charity No 1169791

Winter 2020

*“As a charity, we just
can’t wait to get
started again”*

Lynne Showell, Chair

SUPPORTING CONFIDENCE THROUGH EXERCISE



Hello everyone and a warm welcome to our winter newsletter.

What a strange and challenging time we are having at the moment learning to live with the coronavirus.

All our ‘In the Pink’ programmes for 2020 were put on hold in March, but hopefully we will get back to normality next year. As a charity, we just can’t wait to get started again.

Christmas is just around the corner and there are lots of lights going up early in the houses to give us some cheer. It is lovely to go out for a walk in the late afternoon or early evening and see the beautiful colours.

I know this has been a hard year for many of you. Hopefully, everyone will have contact with their families over the festive period in one way or another. If you cannot visit for Christmas dinner perhaps you could meet outside in an open space like a local park or even over Zoom if you are able?

Whatever you’re doing, and wherever you are, I wish you all a very Merry Christmas and a Happy New Year and hope you all stay safe and well over this coming festive period. And if you would like to get in touch about anything in this edition of the newsletter, don’t forget you can email us at info@scte-activites or call us on 0300 365 9791.

Best Wishes
Lynne

Isle of Wight Challenge 2021

Our Isle of Wight Challenge is back for August 2021! Our incredible 2019 fundraisers (*pictured*) raised more than £8000 to help us keep our unique breast cancer rehabilitation programme free, so that women in Leicestershire, Derbyshire and Staffordshire have access to supportive rehabilitation and improve their fitness following treatment.



If you're a breast cancer survivor, or have family or friends who are, why not sign up? You'll be walking 70 miles round the island, famed for its breath-taking views and friendly welcome. This year's walk is our third and takes place between Thursday, August 12 and Wednesday, August 18.

Anne Fallows and her sister, Yvonne Krywiuk, who have both been treated for breast cancer and who took part in our 2019 event, said: "The best part of the challenge for me was spending time with each other. We've always been close, but not having to think about anything else but putting our boots on in the morning was wonderful."

Get back to feeling 'In the Pink'

Are you a breast cancer survivor or do you know someone who is? There are still a few places left on our next 'In the Pink' programme, scheduled for January 2021 in Leicester funded by the Big Lottery. There is also a future programme planned for February 2021 in Measham, North West Leicestershire. It's being made possible by funding from the Mercia Park Community Fund, supported by IM Properties.

Our thanks to both funders for helping more women get back to health and fitness after treatment.

We also have future In the Pink programmes planned for Lutterworth, Burton-on-Trent, Leicester and Derby. Why not get in touch to find out more?

Thanks to former trustee Val

It's a fond farewell to SCTE fundraising trustee Valerie Boulton who stepped down in September. A retired foster and adult placement carer, Val held the role for four years.



She paid tribute to the charity's work saying: "The most rewarding thing for me as a trustee was meeting ladies at the beginning of their time on the 'In The Pink' programme and then again at their final session. "It was heart-warming and encouraging to see how life-changing it was for them and how much they benefitted physically, emotionally and socially."

Val is now looking forward to spending more time on her love of painting. "Although I will never be an artist, I have brought my watercolours out of hibernation!"

Val's departure means there is now a vacancy on the SCTE board of trustees. Trustees are volunteers, and their role is to shape the future

of the charity. Applicants need to be able to attend four meetings a year and to give advice or decisions where needed. No formal qualifications are necessary, but common-sense, an ability to work with others, and wanting to support the charity's goal of improving lives of those living with, or post-treatment for, a life-changing illness are vital.

Our fundraising stars!

The Coronavirus pandemic has meant that like all charities, SCTE has had to think out-of-the-box when it comes to fundraising.

Our annual Tea at the Ritz, renamed Tea in the Blitz to mark VE Day, went on online with a performance by award-winning singer Natalie Nightingale.

And to mark Breast Cancer Awareness month in October, we asked fundraisers to take part in our '100 Challenge', raising money by doing something that involved the number.

Big thanks to all those who took part – including SCTE trustee Mandy Geary and her furry friend, Arthur the cockapoo (*pictured*), who clocked up 100 miles of walkies during the month!



The event raised more than £1400 to support the work of SCTE. "These are difficult times for fundraising and we're so delighted that people really took it on board," said SCTE Chair, Lynne Showell.

Bra-vo! Lou launches new bra fitting service

A changed body shape after a mastectomy or lumpectomy can leave breast cancer survivors feeling embarrassed about being seen by their nearest and dearest – let alone a stranger in a department store.

A recent survey suggested that 80 per cent of women wear the wrong size bra. There are no figures, but it's reasonable to assume that for those post-treatment, that figure is even higher.

But for Lou of newly launched bra fitting service Fit Me In, a bra isn't just a bra – it is, she says, "under armour" that helps you look the day in the eye. And never will you need that more than after treatment for breast cancer.

"In the right bra, you feel more comfortable, confident – and you have a better shape," she explains. "Too many women wear bras that leave them sore or worse, that rub on their scarring."

Lou helps customers to find the right bra for them by fitting by sight.

"There can be a huge variation in the fit of two different bras that are the same size, so it's really important to get a professional fitter to check out what size you are."

So, if lingerie is on your Christmas list, here are Lou's top tips:

- Don't worry. It's natural to feel embarrassed or awkward when you're being fitted for a bra. But fitters are professionally trained and are there to make sure the bra you choose fits well and is comfortable.
- Sports bras can be a good alternative for some women post-treatment because they are not wired and offer a supportive fit. For women whose scar tissue makes it difficult to fasten a bra, they can be pulled over the head or zipped over the front.
- More manufacturers are offering specialist mastectomy bras which are not only comfortable but look attractive into the bargain. At first glance, they can seem pricey, but if they're looked after, will last longer than a cheaper alternative.
- Straps should not leave marks on shoulders or fall down. A well-fitted bra does not dig in or hurt. Your bra size can vary almost daily if you're ill or on a diet. And just because you used to be a 34C doesn't mean you still are!
- Get your bra fitted at the right time. "Some people make the mistake of having a bra fitting before they have their surgery. But if you have a prosthesis, it might be a slightly different shape or weight to your breast, which means that the fit of the bra will be different," says Lou.
- Bras are an investment. "Ideally, handwash them or put them on a handwash cycle in your washing machine. And buy a bra bag to wash them in so that the hooks and eyes don't get caught up and pull on other fabric".
www.fitme-in.co.uk

There's now more than 50 free, short videos to help you keep fit and active on our Facebook page

Have you found us on Facebook?

Don't forget to find us on Facebook, where we've been working throughout lockdown to provide videos to help keep you fit and active. There's now more than 50 short, free routines featuring Pilates, tai chi, belly dance, aerobics, mindfulness and dance. We'd like to thank all the teachers who have given us their time to contribute, for their commitment and their professionalism. Thanks also to Alistair at S17 Photography, who helped us with filming. We're lucky to have you all and look forward to working with you in 2021!

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