

MEMBERS' NEWSLETTER

Autumn 2013



BUST - Raising money for equipment to diagnose and treat breast cancer patients in the Bristol area

Andy Cycles 1000 miles for BUST



Weeks after his breast cancer operation cycle enthusiast Andy Nichol was back on his bike again. He decided to ride the length of Britain as a personal challenge and to mark his support for BUST. His 1000-mile journey from Land's End to John O' Groats (LEJOG) ended on July 6 and has now brought in a whopping £6463 in donations.

A former chief financial officer with Pepsi Co International, Andy, 59, from Glastonbury, was in Dubai earlier this year when a small lump was detected in his breast during a routine health check. He returned shortly afterwards to Bristol where BUST trustee and surgeon Simon Cawthorn diagnosed cancer.

Andy's April mastectomy, including the removal of lymph nodes, took place a week later. Andy did not require chemotherapy but is on regular Tamoxifen for the next ten years.

A former marathon runner Andy switched to cycling a year earlier and was already training for the LEJOG cycle ride before his health check. Within weeks of his operation he assessed his recovery was good enough to continue with the challenging event.

Andy says: "I decided to fundraise for BUST as an opportunity to give-back in some small way. My wife Marilyn and family initially thought I was mad but I felt fit enough to do it." He travelled with an organised group of 25 cyclists, riding alongside a friend, Gordon Jones, from Manchester, who had had skin cancer five years ago.

On Day 4 of the fortnight adventure Andy was surprised at a lunchtime break at Pilning near Bristol to be greeted by his surgeon Mr Cawthorn and BUST Committee members Jan Biagioli, Susan Grant and Jenny Wookey. (pictured) They had come to wish him well on his journey which was not without its mishaps. He fell off his bike five times but escaped with slight bruising. Saddle sores and stiff fingers were his only other concerns as the weather was largely favourable throughout.

Andy adds: "The whole journey was an unforgettable experience. It was great fun and I enjoyed it. I shall definitely try something like it again. For two days after the finish I felt like a Zombie as I was exhausted. But within days I was cycling again and I am now doing 20-40 miles a day...Monday to Friday. I was previously aware that men could get breast cancer but I was surprised to learn that some of my friends were unaware of the risk to men. I believe that we have to create greater awareness of the threat to men."

BREAST CANCER RISKS: Breast cancer in men very rare. Around 370 are diagnosed each year, compared to 48,400 women (a ratio of 1 in 130). As with women the biggest risk lies in getting older. Most cases in women are diagnosed between 60 and 70. Other risks are high oestrogen levels; exposure to radiation, a family history of cancers or inherited faulty genes.

**Are you fundraising for BUST?
Or would you like something featured in the next newsletter?**

Maybe you are organising something? Let us know!
We welcome interesting articles features and photos.

bust@bustbristol.co.uk



www.bustbristol.co.uk



Three Peaks Triumph



An Iron Action ladies team who successfully completed the famous Three Peaks Challenge brought in a final total of £4411 in donations for BUST.

They ended their July mountain adventure with 16 minutes to spare inside the 24-hour deadline. Team leader was breast-cancer survivor Caroline Haselhan with members Sally Aries, Kate Clarke, Anna Webster and Hayley Whittle. (pictured on Snowdon) They were supported by husbands Jason Haselhan and Jim Aries who drove them 500 miles in a mini-van to their peak locations.

The ladies climbed a total of 11,000 feet and walked around 27 miles in tackling the highest peaks in Scotland, England and Wales: Ben Nevis, Scafell Pike and Snowdon. Caroline was treated for breast cancer at Frenchay Hospital five years ago at the Breast Care Unit now located at Southmead.

She and her friends decided to fundraise for the Centre as they were all aware of friends and families affected by breast cancer. They trained hard for several months by walking around Wotton under Edge, the Malvern Hills and the Brecons. For two wet days in June they also tackled Snowdon.

Fortunately the weather was more favourable for their July adventure which had several memorable moments. During the ascent of Ben Nevis Kate dislocated a finger while grappling with a rock to avoid a descending climber. Kate's teammates helped her reposition the finger and bind it to another using sandwich cling film. Kate was then able to carry on. When they later reached the top of Scafell Pike they were surprised when a friend of Hazel, Chris Tuckey, asked them to "smile, ladies" for a photo record of their achievement. Without their knowledge Chris, who lives in Cumbria, had earlier climbed to the top in anticipation of their successful arrival.

The team also vividly recall climbing up Snowdon in the early hours of the morning with only small hand torches and starlight to guide them. Caroline recalls: "Completing this challenge has been hugely satisfying. It was a team effort from start to finish and that was what made it a success. We also had fantastic support and encouragement from our families. I am really proud of the team for their hard work and determination and we are delighted to have raised over £4000 for BUST.



In Memory of Carol

Steve Thomas, from Thornbury, and his 14-year-old daughter Chloe, raised £1500 for BUST by taking part in the Great Weston Bike Ride. Steve, 47, rode in memory of his mother Carol, from Downend (pictured) who was one of the three founders of our charity. Chloe was four when her grandmother died in December 2002. Now a pupil at the Castle School, Thornbury, Chloe accompanied her father on the 56-mile journey from Bristol to Weston super Mare via the Mendip Hills. The July 21 event attracted around 900 cyclists.



Carol was a breast cancer patient at Frenchay Hospital in 1991 when she met fellow patients Pam Corrigan, from Fishponds, Bristol, and Margaret Twiggs, from Frampton Cotterell. They were in the general Ward 12 when they decided to fundraise to help other patients as a thank-you for the care and attention they received from the medical and support staff. Their surgeon, Simon Cawthorn, suggested that they could help buy special technology to aid patient care and so our charity was born. Mrs Twiggs died in August 2006. Pam, 76, is still however an active BUST committee member while Mr Cawthorn is a Trustee.



Steve planned to take part in the annual ride last year -- around the 21st anniversary of our charity --- but had to withdraw due to a leg injury. He and Chloe however met the challenge this year and were delighted to be greeted at Weston by Pam as they ended their memorial journey (pictured). Steve recalls: "It was a challenging event, especially tackling the steep route through the Mendips. It was a hard journey but I was pleased and proud to finish alongside Chloe. I am grateful to our friends for their donations, including £224 from the Thornbury Round Table."

Pam says: "BUST really appreciates that Steve and someone as young as Chloe should take on such a challenging event to fundraise for us. I am personally very pleased that Carol was remembered in this way. Without her incredible sales skills BUST would never have got off the ground."

Calendar Girls



Three BUST Committee members recently stripped off all their clothes to pose for a naked fundraising photo-shoot.

The bold ladies --- Sheonagh Scott, Emma Nichols and Susan Grant -- learned later that they were to star on the front page of a 2014 calendar just published.

It was organised by Jodie Horton-Stanley who runs

“Zumba with Jodie” dance fitness classes at Yate and Coalpit Heath. Around 90 ladies in her classes, and a few men, also took part in the calendar.

They are fundraising for two chosen charities: BUST and Survive ... a support group for victims of domestic abuse. Over the past two years class members have enthusiastically raised more than £8000 for other charitable causes. Jodie says she was “absolutely delighted” the committee members --- all breast cancer survivors --- agreed to feature in the calendar.

The BUST trio share the front page spot with four other women survivors of breast cancer or domestic abuse. All the photos were taken by professional photographer, Tracey Barron. To spare any blushes our naughty-but-nice trio and the other volunteers were tastefully and discreetly screened by silk scarves, and items of stage furniture and fittings. Susan says: “I really enjoyed being a Calendar Girl for the day. It was certainly an experience for a great cause.”

Jodie adds:”I was really surprised by the great reaction of my class members to the calendar idea. They all said that they wanted to take part because they knew of someone who has been affected by breast cancer. The ladies really appreciate that the BUST Committee members also got involved.”

The BUST and Survive Charity Calendar 2014 costs £7.50 and also contains personal messages, tributes and business adverts.

Copies can be obtained through BUST, at various local retailers and at Jodie’s Zumba classes. For details contact www.gozumbauk.com. For sales inquiries contact bust@bustbristol.co.uk or info@gozumbauk.com

Bust and Survive Charity Calendar 2014
Raising money for breast cancer and domestic abuse charities in Bristol

Featuring 92 brave women and men
Brought to you by class participants, instructors and friends of “Zumba® with Jodie”

Available from:
Pinkers Saddery, Latteridge
Hamptons Deli, Chipping Sodbury
Henry’s Oriental, Chipping Sodbury
Arnpitall Butchers, Chipping Sodbury
Kasim Tarzi Salon, Yate
Stylists Salon, Kingswood

Also available from any Go Zumba UK class
For more info: www.gozumbauk.com 07769 274440

Members Meeting Dates 2013

Tuesday 15 October

Members Meeting Dates 2014

21 January

15 April

15 July

21 October

@ 7pm

Learning & Development Building
Southmead Hospital.

New Role for Tamoxifen

Breast specialist and researcher Dr Mike Shere is to address the next Members Meeting on a new role for Tamoxifen in tackling breast cancer. The National Institute for Health and Care Excellence (NICE) recently recommended that Tamoxifen pills be prescribed for women with a family history of the disease as an alternative to preventive surgery.

Around 48,000 women are diagnosed with breast cancer each year in Britain, and 1 in 5 of these cancers is associated with a family history. Tamoxifen has been in use for the past 40 years and is routinely offered after breast surgery to prevent re-occurrence. Now NICE recommends that women with a family background should take Tamoxifen pills for five years as a preventive measure. The new update follows ten years of research through the International Breast Intervention Study (IBIS) which involved 7000 women with a family history of breast cancer. Around 800 women from Bristol took part ... the largest single group in the study.

Dr Shere, (pictured) who works in the Breast Care Unit at Southmead, will discuss the potential benefits and risks of the pills. The latest IBIS study revealed that they could reduce deaths by up to 50%. Dr Shere will also explain the potential side-effects, including hot flushes, mood swings, pulmonary embolisms, strokes and womb cancer long term.



He maintains: “NICE initially thought that the side effects of Tamoxifen as a preventive measure outweighed its benefits. But professionals and other people appear to have persuaded them otherwise.” He points out that the pills have been licensed for use in America for the past five years. Tamoxifen acts as a blocker to the hormone oestrogen which in high levels can increase the risk of breast cancer.

Dr Shere believes that around 2000 women in the Bristol area could benefit from the pills new role. He has been in talks with the Clinical Commissioning Groups in Bristol and Gloucestershire. He is considering writing to those patients, suggesting they contact their GP for discussions about the pills.

He is to address the Members Meeting on October 15 at the Learning and Development Building at Southmead Hospital at 7pm.

Wells Fargo's \$5000 Gift



Supporter Sophie Biagioli has received a \$5000 (£3200) gift for BUST from her employers ---- the American bank Wells Fargo. The San Francisco-based banking and financial services company is rated as the world's largest bank and is widely known for its generous support of charitable causes in America. It recently extended its charitable donations to 35 countries they operate in outside the US, offering support to employees who are charity volunteers.

Sophie, from Wickwar, actively supports her family in their dedicated fundraising for BUST. She herself raised £1650 in the Bristol 10K Race last year --- the biggest single donation from around 100 entrants for our charity. Sophie works in the bank's European HQ in Fenchurch Street, London. She learned of the donation opportunity earlier this year and wrote to the bank outlining BUST's role and her own fundraising efforts. She adds: "I had put my donation plea to the back of my mind and was surprised and delighted when my colleagues surrounded my desk one day to inform me of the \$5000 donation."

Fundraiser Family

The Biagioli family from Wickwar continue with their fun fundraisers for BUST. Their latest Quiz Night event on September 20 at the Town Hall, Wotton, brought in £1082 in donations taking their total support to £15,191 over the past three years.

Committee Member Jan Biagioli and husband Mash are the event organisers while daughters Sophie and Elena and son Tom are active supporters aided by friends. The family events have previously included two Quiz Nights at Iron Acton and three Film Nights at Wotton Cinema. Jan and Sophie have twice ran in the annual Bristol 10K Race and Jan's sister, Jean Ashby and her husband Roger, from Norfolk, donated £1011 through selling their old car on the charity website Giveacar.



The Wotton Quiz Night, hosted by quizmaster Keith Reynolds, attracted an audience of 80. A highlight was Sophie's presentation (pictured) of the \$5000 Wells Fargo cheque to BUST Committee Member Jenny Wookey.

Night of the Stars



Fancy a rockin' good night out like the stars of screen and stage? Public demand has prompted BUST Committee member Susan Grant and husband Mike to stage a repeat fundraiser musical evening at the Hanham Community Centre.

They hope many of the guests will take up the Fancy Dress Option for the Red Carpet Evening on October 11 at 7.30pm instead of the smart-casual standard. The Diagnostics ... the band featuring medics from the Breast Care Unit at Southmead, including surgeon Simon Cawthorn ... will be on stage alongside Elvis tribute act, Rockin' Jerry.

Last November Susan, Mike and friends held at 50's Rock and Roll Night at the same venue and raised £2375 for BUST.

The Red Carpet tickets cost £15 and include a buffet supper. For details contact bust@bustbristol.co.uk. (or phone 07903 047401) All proceeds will go to the new Breast Care Centre at Southmead due to open next year.

BUST welcomes new Members to join—Annual subscriptions are available for a nominal fee of **£5/year**.

- ◆ Receive quarterly newsletters
- ◆ Keep updated on local events
- ◆ Attend Members' Only meetings at least four times/year to be briefed by industry professionals on the latest developments in technology, diagnosis and treatment.

Email: bust@bustbristol.co.uk Telephone: 07712 114774



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