



Registered Charity Number 1169791

Spring 2020

SUPPORTING CONFIDENCE THROUGH EXERCISE

*“We know these are
challenging times and
we’re here for you”*

How are you? We hope you’re staying safe, well – and sane! We’re writing because we know that these are challenging times and we just wanted to say ‘hello, we’re here for you’.

We understand some of you will feel particularly anxious about the coronavirus pandemic because of your past breast cancer treatment. We want to do everything we can to help.

Let’s be friends!

If you follow us on Facebook, you’ll know we’ve been busy adding lots of new exclusive video content to help you stay in shape. Look out for familiar faces like SCTE teachers Michelle Scott-Worthington and Anne Bridgstock, along with guest teachers Alan Brown from AB T’ai Chi and mindfulness with Michelle Spiby.



We’re doing our best to give you fresh inspiration and raise a smile along the way. Could this be a time to rediscover old hobbies or find new ones? No surprises that Michelle (pictured) has been cake making!

We'd love to see photos of your creations, whether you're cooking up a storm or getting down to earth in the garden. Send your photos to media@scte-activities.org.uk

We're also signposting to websites we know contain information that you might find useful. Have you checked out the websites for Macmillan, Breast Cancer Now or Mind yet?

And if you don't follow us on Facebook yet? Come on over, we'd love to see you.

Follow us [@scte-charity](#)



“Help us shape the services we provide”

*Lynne Showell
SCTE Chair*

HOW WE CAN HELP?

We're currently emailing surveys out to all of past participants of In the Pink, asking what you need from us right now – and in the future.

We hope you can spare a few minutes to go through them, because your answers will help us respond to your needs.

Not on email? Don't worry, we'll pop the survey in the post.

“We'd be grateful if you could give us a few minutes of your time to help us shape the services we provide,” said SCTE chair Lynne Showell.

EGG-STRA SPECIAL DELIVERY FOR FOODBANK

We decided the Easter Bunny might find delivering difficult this year, so we stepped in to lend a hand.

The charity donated 178 Cadbury Creme Eggs to Ashby Foodbank, making sure the families it works with would not miss out.



The eggs should have been sold, stuffed inside knitted bunnies (pictured above) to raise money for In the Pink.

But sadly, this had to be cancelled because of coronavirus. The knitted bunnies will be stored away until next year.

Rev Catherine Booton, from the foodbank, thanked SCTE for its donation adding that demand for its services had doubled since the start of the outbreak.

She added: "At a time when people are feeling low, the eggs will put a smile on people's faces and give them a little lift."

PUT BEST FOOT FORWARD FOR CHARITY

Looking for a challenge? Would you like to raise money to make sure survivors of breast cancer continue to have access to free, physical rehabilitation after treatment through In the Pink?



Then join us to walk The Leicestershire Round, a 100-mile ramble around some of the county's best-loved and most scenic locations, in October, which is also Breast Cancer Awareness month.

The walk will take place over four weekends, and you can join on all eight days – or just for a morning. All we ask is that you ask family, friends and work colleagues for sponsorship.

Every In the Pink programme costs £4750.00 for 10 participants over eight weeks – that's £475.00 per person. And this year, like so many charities, our fundraising efforts will be severely limited.

Many women who have been through In the Pink describe it as life changing. And we simply couldn't do it without the fundraisers who help us make sure that it is provided free to breast cancer survivors - whatever their financial circumstances.

So why not join us? You can contact us through Facebook or email us at admin@scte-activities.org.uk

*“We’re using the time
to plan for the future”*

*Lynne Showell
SCTE Chair*

LIKE ARNIE, ‘WE’LL BE BACK!’

We have In the Pink programmes planned for Leicester, Derby, Lutterworth, Ashby and Burton-on-Trent – our first ever in Staffordshire. Do you know someone who would benefit? There are still places available and they can contact us through admin@scte-activities.org.uk or by calling 0300 365 9791.

A programme we were running in Loughborough will resume as soon as safely possible. “We had so much planned for 2020 that is now on hold,” says Lynne. “But it gives us time to plan for the future instead. Like Arnie, we’ll be back!”



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www.scte-activities.org.uk

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