



## Calendar girls

To mark Breast Cancer Awareness month, we take a look at a special project that will keep us in the pink for the whole of next year

The Pink Ladies are a vibrant bunch of women who just get on with life, and that is just what their brand new charity calendar is all about. The 'Ladies', the local breast cancer support group, was formed in February 2001 with just a handful of members. Today the group is 90 strong, boasts a lively membership and on a daily basis offers encouragement and much needed support to women during what is a very difficult time in their lives. But they do so with a smile on their faces and a resolve to think positive and help people along the way.

And nowhere is this more evident than in their fantastic new charity calendar which has just been launched.

The women behind the calendar say that they hope it gives inspiration to anyone affected by breast cancer and they are delighted to be able to show their Pink Lady members enjoying life to the full.

Many people have been involved in the charity calendar project and the group say that they are very grateful to all those companies and individuals who made it happen. The project is sponsored by Channel Publications, which worked alongside the group to create what is a unique and inspiring product.

The calendar is the brainchild of specialist breast care nurse Karen Leach who works closely with the Pink Ladies.

Photographer Steve Richards who gave his time, talents and good humour for free, took the images. The Pink Ladies are hoping that the calendar will hit a note with everyone affected by breast cancer, and ask that people support it by popping it onto a Christmas list.



### ABOUT THE PINK LADIES

In the last five years the group has developed to become a vibrant support network for women with breast cancer, both past and present.

Any breast cancer patient at any age and stage of treatment or recovery can make new friends, listen to speakers on relevant topics and enjoy the camaraderie of fellow members who can offer help and advice in a way only they can.

There is also a social aspect to the group, which enjoys fun events and fund raising projects year long.

The Pink Ladies also operate a 24 hour confidential helpline, which is staffed by its

members.

The members themselves decide how active they want to become within the group. Some come only once, others a few times a year, though there is a core group which attends all the meetings.

They believe that participation in the group helps women cope better with their diagnosis and increases their knowledge of cancer and treatment options.

Members who find it easier to cope are able to provide gentle guidance and help to women who are having more difficulty with their situation. Members find that helping others in a similar situation is the chance to give something back.

You can contact the pink ladies by logging on to [www.pinkladies.org.gg](http://www.pinkladies.org.gg) Call the helpline on 07781 414131 or call for information on 242340.

Article courtesy of 24SE7EN magazine (Article from edition dated 28 October –  
3 November 2005)