



Asian Womens Cancer Group (AWCG)

Message from the Secretary



Dear friends,

I am honored and delighted to introduce our AWCG 2016 Newsletter. I registered as an AWCG Volunteer in 2012 and a year later I was elected on the Committee as the Secretary. Since then I have seen a lot of positive changes within AWCG. We meet three times a month for our daytime activities and once a month for an evening meeting and talk. Our daytime activities include yoga and massage therapy sessions which are provided by qualified therapists. At our monthly evening meeting, we welcome guest speakers who are specialists in oncology, nutrition, complementary cancer care therapy, laughter therapy, meditation and much more.

The Group is published through linking with various cancer charities and via distribution of our newsletter and leaflets to hospitals, GP surgeries, libraries and other information repositories. We are listed on Macmillan Cancers support group page and we also have a website and a Face book Page.

AWCG has grown from 3 members back in 2003 to 97 members in 2016. AWCG's growth is due to the hard work by the Committee (past and present), volunteers and members supporting us at meetings and fund raising events. We are pleased to be providing much needed support to Asian women who have undergone or are still undergoing their Cancer journey.

As we are a self-funded support group, we rely on generosity of our supporters as well as our fundraising activities to continue our work. AWCG also supports fundraising events for other cancer charities.

Looking back over 2015, it has really hit home how busy we have been in our activities. Members enjoyed a mini cruise in June, we visited Little Venice, went on a boat trip to Camden Lock and we had our annual picnic. September saw the Relay for Life held in Bannister Sports Grounds in Harrow Weald where we set up a stall and raised money for Cancer Research UK. We also held various coffee mornings to raise funds for Macmillan Cancer Support.

This year, we have already hosted fun events such as the Mothers Day dinner and dance which raised a tidy sum for AWCG. 2016 is looking like it will be just as busy as last year with lots of activities, workshops and speakers.

Kind regards to you all

Rohini Patel

AWCG Secretary



My story by Anita Rawal

My name is Anita Rawal. Back in July 2012, my back started hurting so I went to see a GP and was told to take paracetamol. By the end of August, my right leg started hurting and it was so painful, I couldn't walk and started limping. I went back to my GP who sent me for a back X-Ray.

I was told that my lower back had squeezed and this was putting pressure on the nerve. It could even be sciatica. I decided to see a chiropractor and took 10 sessions of private treatment from the chiropractor. There was little improvement to the pain after the treatment so the chiropractor advised me to have an X-ray of the hip and get further medical attention.

By November 2012, my health had become worse. I was taking Ibuprofen every 4 hours just to control the pain. To make matters worse, just after Christmas that year, I found a lump on my right breast. My in house doctor, my daughter-in-law, looked at the lump and told me to go and see a GP immediately which I did and my GP sent me to the hospital.

Within 10 minutes of after a physical examination at the hospital, I was sent for a mammogram and then called back for a biopsy. The consultant at the hospital then advised me that further tests would be required.

On 11 January 2013, I had a CT and Ultrasound scan. On 17 January 2013, I had an isotope scan. On 21 January 2013, I was told that they could see something but it would require a full body MRI scan to obtain more detail. The MRI scan was done on 29 January 2013 and the following day I was called in to the Oncology department to see a consultant, who told me I had primary breast cancer with bone metastasis. This meant that the cancer had started in the breast but had then spread from the initial area to the bone. I received 5 sessions of radiotherapy between February 2013 and March 2013 followed by monthly IV infusion of Pamidronate (for bone strengthening) and was prescribed Leprozole (hormonal therapy for breast cancer). I am still on this treatment and don't know for how long. My story continues.....

Some signs and symptoms of **Breast Cancer** include:

- a lump in the breast.
- a change in the size or shape of the breast.
- dimpling of the skin or thickening in the breast tissue.
- a nipple that's turned in (inverted)
- a rash (like eczema) on the nipple.
- discharge from the nipple.
- swelling or a lump in the armpit.

Some signs and symptoms of **Primary Bone Cancer** include:

- Pain or tenderness in the area of the tumour
- Swelling around the affected area of bone
- Reduced movement
- Broken bone
- Bone pain
- Weakened bones
- Raised calcium level
- Pressure on the spinal cord

[Additional information:](#)

www.macmillan.org.uk

www.breastcancercare.org.uk

www.cancerresearchuk.org

www.bcr.org.uk

www.bonecancerawarenesstrust.org

Meeting dates for 2016

**Monthly Evening Meetings on Last Friday of the Month from 7:00pm to 9:00pm
Event is free and includes guest speakers talking on specialist subjects**

29 th April 2016 27 th May 2016 24 th June 2016 29 th July 2016 August 2016 – No Meeting 30 th September 2016 28 th October 2016 25 th November 2016 December 2016 - No Meeting	Nilkanth Hall, Shree Kutch Satsang Swaminarayan temple, Westfield Lane, Kenton, HA3 9EA.
--	--



**Daytime Activity (Yoga) Meeting on First and Second Tuesday of the Month from 1.30 pm to 3.30pm
Fee: A nominal amount per session is payable**

3 rd and 10 th May 2016 7 th and 14 th June 2016 5 th and 12 th July 2016 2 nd and 9 th August 2016 6 th and 13 th September 2016 4 th and 11 th October 2016 1 st and 8 th November 2016 December 2016 - No Meeting	Jasper Centre, Rosslyn Crescent, Harrow HA1 2SU
---	--



Daytime Drop in Meeting and Therapy (Acupuncture & Massage) sessions on Third Tuesday of the Month from 1.30pm to 3.30pm. Meeting is free but a nominal amount is payable for each therapy

17 th May 2016 21 st June 2016 19 th July 2016 16 th August 2016 20 th September 2016 18 th October 2016 15 th November 2016 December 2016 - No Meeting	Jasper Centre, Rosslyn Crescent, Harrow HA1 2SU
---	--



Upcoming Events

AWCG would like to invite Members and Volunteers to free Monthly Evening Talks

The meetings are held in

Nilkanth Hall, Shri Kutch Swaminarayan Mandir, Westfield Lane, Kenton, Middlesex HA3 9EA

From 7:00pm to 9:00pm

DATE	SUBJECT	SPEAKER
29 th January 2016	Laughter Therapy	Kalpana Doshi
26 th February 2016	Introduction to St Luke's Hospice "Not all Doom & Gloom"	Jemini Shah
25 th March 2016	Good Friday No Meeting	-
29 th April 2016	Harrow Talking Therapies	Lila Versani
27 th May 2016	Self Care Lucinda Ellery – Hair Loss Management	Samixa Shah Priya Vedhara
24 th June 2016	Penny Brohn	Supriya More
29 th July 2016	Services & Grants on offer to Breast Cancer Patients	Julie Masters
AUGUST	NO MEETING	-
30 th September 2016	Lasting Power of Attorney And Wills	Shandip Shah
28 th October 2016	No Meeting	Dhanteras/Laxmi Puja
25 th November 2016	TBA	
DECEMBER	NO MEETING	-

Members Testimonials

We asked some of our members to tell us what they thought of AWCG in a few words and here is what they said:

I learnt a lot about my own illness and realised how much support is available. Attending the meetings is educating and I love how helpful we are to each other. AWCG is very open and inclusive to everyone who wants to make a difference! It has been very informative, inspiring and encouraging in my recovery with lots of fun and joy - Nirupa

---XXX---

AWCG is not only a support group. It is a place where lifelong friendships are built and precious moments of life shared with one another - Rohini

---XXX---

This is a great group specifically for Asian women who have gone through or are going through cancer. It provides useful information through the diverse topics covered in the monthly talks, helpful activities such as yoga and alternative therapies and a safe place where you can discuss your concerns. There is a sense of returning to your normal identity while making new friends and having fun – Priti



St Luke's talking about the services they provide



Members at Navratri event



Paint Harrow Purple Event with Mayor of Harrow

Crispy baked potato vadas (very low fat)

This is a really quick, easy healthy vegan recipe

INGREDIENTS

4 medium potatoes, boiled and peeled, then mashed with a fork but keep it a little lumpy.

20 curry leaves, minced

1 green chilli, minced

2 tsp ginger-garlic paste

¼ tsp turmeric

3 tbsp rice flour

3 tbsp chickpea (besan) flour

Salt to taste

Oil Spray

INSTRUCTIONS

Mix all of the ingredients in a bowl. The mixture will hold together when balled.

With your fingers, shape 1½ inch patties. They shouldn't be too thick or too thin, a width of about 2 cm is good.

Line a baking sheet with parchment or silicone paper. Heat the oven to 200 degrees C.

Spray the paper with some oil spray and place the patties on it, at least 1 inch apart. Spray the tops with more oil spray.

Place the patties in the preheated oven and bake for 20 minutes.

Flip the vadas over and continue to bake another 20 minutes or until the vadas are golden.

Serve hot with some chutney (green, mint, tamarind, coconut etc).

Recipe by Vaishali from <http://holycowvegan.net>



--- XXX ---

For further information about AWCG please contact:

Bharti Patel (Chairperson) : 07790 538499

Rohini Patel (Secretary) : 07968 386798

Kunji Patel (Vice Chairperson) : 07934 591384

Visit us at www.asianwomencancergroup.co.uk or email us info@asianwomencancergroup.co.uk

