

## To Donna and Kat

I am writing to you to tell you how grateful I am for your help during and after my treatment - I don't know how I would have coped without your care and support.

I was really shocked to be told I had breast cancer and it totally came out of the blue, but I remained positive. I remember hearing that I might not need chemotherapy and I felt really lucky, I could carry on as normal, going to work and getting on with my life while taking medication.

When my biopsy results showed a more aggressive cancer which would involve chemotherapy, surgery and radiotherapy, my life was turned upside down. My consultant and the nurses were absolutely fantastic, it was such a tough time and they supported me so much through it all.

Please pass my thanks onto Claire and the team at the Wellbeing Centre, they gave me tips on how to ease my anxiety and help me sleep and I still use those techniques today. The Reflexology and Reiki treatments made me feel so relaxed during my chemotherapy and I now understand how important it is to take time for myself.



After my treatment finished, I realised I would have to go back to work even though I felt at my worst both mentally and physically. I put myself under so much pressure to return to work and I was so worried I would be expected to return. I found out about your Specialist Health and Work Service and after one phone call with you Donna, I felt like a huge weight had been lifted off my shoulders. I found out I didn't need to return to work until I was ready to, I had time to recover.

Kat, I couldn't have asked for a nicer practitioner. Whether it was attending meetings with me or a simple chat, you really did help me, every step of the way. I can't explain how much you helped by providing information to my employer so they could understand what I was going through, which helped them support me. Finally, a thank you to Lauren the Psychologist who helped me manage my stress and anxiety. I'll be forever grateful.

Beatson Cancer Charity has been a lifeline for me, I couldn't have got through this journey without all your support. If it wasn't for the fantastic services you offer I would not have felt able to return to work and would be suffering from anxiety and depression. You have totally changed my life and I am so thankful for your extraordinary care and love.

Anyone that works with you all in the future is incredibly lucky.

Best wishes

Yvonne xx