

GRACE Newsletter

Winter 2021

CERVICAL CANCER PREVENTION WEEK



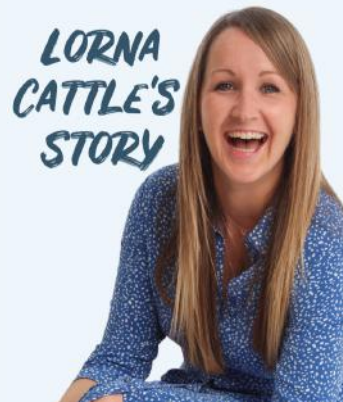
This week is Cervical Cancer Prevention Week! Throughout the week, we will be sharing stories, interviews, facts, and resources across our social media and website to help you learn more about Cervical Cancer and the work GRACE is doing to support women experiencing it.

[Find Out More](#)

Stories

Life with and after Cervical Cancer: Lorna Cattle's Story

"I had to have a number of blood transfusions and hospital admissions and it was fair to say my body was not best pleased with me. My mind couldn't process it all. This was when I started counselling and that really changed things, it really helped and I cannot recommend it enough. It was a long process but I learnt better ways of coping and managing each day as it came and for that I will always be grateful."



[Read More](#)

COVID, Chemotherapy and Caring for Patients

"We all had to adapt very quickly to how we were assessing our patients. To reduce their risk of contracting COVID-19 we reduced the number of in person patient visits by running more reviews via telephone clinics... but everyone worked incredibly hard to continue our services despite the changes, and our phone clinics have been well received by the patients. Like many technological and working changes brought about by the pandemic, I believe these online consultations may be here to stay."



[Read More](#)

Research

UPDATE FROM THE RESEARCHERS DESK



[Tele-oncology During the](#)

RESEARCH UPDATE



[Mirrors Study.](#)

COVID-19 Pandemic

GRACE researcher Dr Praveena Idaikkadar is planning a project *Tele-oncology During The COVID-19 Pandemic*. The study intends to explore patient views regarding telephone consultations and which aspects of them work and do not work. It also aims to try to help clinicians choose patients who are suitable for telephone consultation versus those who should come in for a face to face review.

Update

Funded by GRACE, this study is investigating the role of Robotic Surgery for Ovarian Cancer with the aim of providing quicker recovery, shorter hospital stays and better quality of life. Since last Christmas it has achieved Sponsorship, Ethics approval, HRA approval and the MIRRORS Study opened on the 26th June 2020 in spite of the COVID-19 pandemic.

Fundraising

MOTHER'S DAY AFTERNOON TEA 14 March 2021

This Mother's Day we're inviting GRACE supporters across the country to host virtual or socially distanced fundraising tea parties to support women diagnosed with gynaecological cancers. Visit our site to find out more!

[GRACE-CHARITY.ORG.UK/GOODNESS-GRACIOUS-TEA](https://grace-charity.org.uk/goodness-gracious-tea)



Have you set your sights on a fundraising event or challenge this year? Whether at home, online or, fingers crossed, out in the community? Don't forget to let us know so we can cheer you on and support you every step of the way! Get in touch anytime at info@grace-charity.org.uk to tell us your plans.



Support as you shop by choosing GRACE as your Amazon Smile charity. Amazon will then automatically donate to GRACE whenever you shop!



You can now use Ziffit to donate books, games, DVDs and CDs from the safety and comfort of your home and generate cash to #DeclutterAndDonate

GRACE At Home



We know how important it is to stay healthy and keep moving, especially during these restrictive times. With the help of our GRACE Community, we created 'Move with GRACE' – fun workouts beamed to your living room via our YouTube channel!

[Watch Now](#)

Coming Up

4th February 2021: World Cancer Day

March 2021: Ovarian Cancer Awareness Month

8th March 2021: International Women's Day

14th March 2021 Mother's Day Afternoon Tea

24th April 2021: Three Peaks Walk

8th May 2021: World Ovarian Cancer Day

15th May 2021: Private Classic Car Collection

10th October 2021: Royal Parks Half Marathon



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