



Breast Care Nurses at the Park Centre can
be reached on 01273 696955 Extn 4111.

Breast Cancer Support Group Sussex

Hello Ladies

Hope you are all well and had a nice Christmas.

Well, didn't we have a lovely Christmas Party? We had lovely food and drink, raffles, lovely gifts and well! What about our fabulous singer Curtis? Wasn't he just great. He certainly had everyone up dancing which was brilliant. We presented our two lovely Reiki ladies with boxes of treats and an M & S voucher for them to spend on themselves for all that they do for the group. We are always so grateful to them for giving up their spare time every month to help all of us in our times of need.

We also presented Sarah with a box of treats for Christmas for also giving up her time to attend our monthly group meetings to give help and advice to those also in need.

I would like personally to say thank you to my Grand-daughter Liliana for being our Secret Santa, I think this is probably her 4th or 5th year of helping us out especially as she has just gone through a very traumatic open heart surgery only 10 weeks ago in St Thomas's Hospital in London. So many thanks to you Lils from all of us.

Also my thanks go to Gwen for coming to London with me to do all the shopping on the Friday before the party to Gwen, Pat and Doreen for their help in getting the spread all nicely laid out and also helping to clear up too.

A big thank you to Nickie once again for the past year with all her background hard work that many of you don't see. We are hoping to have a big event in 2016 to raise money for the new Sussex Macmillan Cancer Support Centre which is being built opposite the Cancer Centre at the Royal Sussex Hospital. This new Centre will benefit all of us & family and friends who need advice and how to support their loved ones going through the disease. It will be beneficial to everyone, so it is important that we support it.

I will be away in Australia for our January meeting but Simon Webster (Hair) will be there to give help and advice on hair loss and wigs when going through chemotherapy. Simon had to cancel in October but has re-scheduled for our January meeting on 18th January, so ladies a good turnout would be appreciated.

Best Wishes,

Joyce

We are an open group who meet once a month with the purpose to support each other by talking and sharing our experiences. We offer a friendly and informal, safe environment and everything that is shared between us is confidential. We would be really grateful for any feedback and input that you can give us, so send your recipes, reader's letters etc. to jfrienduk@gmail.com or info@brightonbreastcancersupport.org

Diary Dates

Monday 18th January
6pm-8pm

Our Monthly Group Meeting
with Simon Webster

Monday 15th February
6pm – 8pm

Our Monthly Group Meeting

Monday 20th June
6-8pm

Talk with Professor Malcolm
Reed



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Simon Webster Hair – Our Speaker for 18th January

Renowned Hair stylist Simon Webster is coming in to do a talk with us on the 18th January about wig cutting, after care and advice.

About Simon

Starting as a Saturday boy in a local salon, Simon became a stylist on the L’Oreal ID Team, representing the company at national and international shows and fashion shoots before going on to open his own salons.

He is now a member of The Fellowship of British Hairdressers and splits his time between working in-salon at Simon Webster Hair (Brighton) and session-styling.

Simon works backstage at Paris, Milan, London & New York Fashion Weeks as well as doing session work for magazine publications, editorials, music promotion and fashion retailers.

Simon’s runway work encompasses designers as diverse as Vivienne Westwood, John Rocha, Jaspar Conran, Nasir Mazhar, Hackett London, Hood By Air, John Galliano and Stella McCartney.

Locally, Simon became renowned for doing pop-up vintage barbering around Brighton, but the main body of his work is contemporary commercial and avante-garde. His many-varied experiences within hairdressing have taught him a diverse range of skills and his work embraces all styles of styling, cutting and colouring, including wig cutting and after-care for cancer and alopecia sufferers.





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Curtis Skinner- Christmas Party Singer



Curtis Skinner went down really well at our Christmas party, and just in case you wanted any more information on him , you can find his website here:
<http://curtisskinner.org.uk/>

Breast Cancer Care- The Show – Apply Now



You will have seen about Breast Cancer Care “ The Show” in our recent newsletters, and now registration is open for you to take part next year.

It’s an opportunity to meet other people affected by breast cancer, form friendships, support each other, have fun and feel fabulous about yourself. Breast Cancer Care will be on hand every step of the way supporting you.

To apply for the 2016 show, please visit this website:

<https://www.breastcancercare.org.uk/fundraising/show-london-2016#apply>



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Valuable Support



When Mandy Macfarlane was diagnosed with secondary breast cancer, she had no idea what it meant. Here's her story...

After I gave birth in April 2009 I noticed a lump in my breast. This was in August but I didn't do anything until November because I put it down to breastfeeding. I was 35; I didn't expect it to be breast cancer.

I saw my GP who agreed with me that it was probably due to breastfeeding, but referred me to get it checked out. I went to the breast clinic by myself and I had a mammogram, ultrasound and a biopsy. They told me the biopsy showed abnormal cells and that I should bring someone with me when I came back for the results. They said to prepare myself because it could be cancer. I realise now that they probably knew what my diagnosis would be, but they didn't want to tell me when I was by myself.

When I went back with my husband, I looked round the waiting room and everyone else was on their own. This couldn't be a good sign. I knew if a nurse came in with us it was going to be trouble. We walked into the consulting room and the nurse was sitting there.

The doctor said: 'I'm afraid it's cancer.'

I asked what the plan was and they said I had to have more scans to check if it had gone anywhere. The scan showed spots on my liver and the doctor told me my breast cancer had spread.

I didn't know what secondary breast cancer was. I didn't know what it meant. But I was told that I was going to die from this. I'd just had a baby and now I didn't know how many birthdays and anniversaries I would see.

The nurse suggested that I shouldn't Google or look at the statistics. She told me: 'Everyone is different – they are not you.' But of course you do look. I looked online and was convinced I wouldn't make it to 50.



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I went on a secondary breast cancer support event held by Breast Cancer Care. I didn't know how I would cope meeting people and forming friendships with people who might then die – I didn't know if I wanted to be in that environment. But it was the best thing I have done.

It wasn't all doom and gloom. We shared worries that you don't want to pass on to your friends and family, as well as having a few laughs.

My advice to anyone newly diagnosed with breast cancer is to reach out for whatever support is going. When you get diagnosed you're given a lot of information on your condition – read it when you're ready and find out what's available.

My diagnosis was more than five years ago. I've since seen my son go to primary school and my daughter go to university. I celebrated a 10th wedding anniversary and had my 40th birthday party – I had a roller skating party and I went dressed as Wonder Woman.

See more at: <https://www.breastcancercare.org.uk/information-support/vita-magazine/doctor-told-me-my-breast-cancer-had-spread#sthash.yF9PxmOX.dpuf>

<https://www.breastcancercare.org.uk/information-support/support-you/local-support/living-secondary-breast-cancer>



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“We were apprehensive when treatment finished”



Deirdre Macfie and Morna McIntosh formed a close friendship after they met on a Breast Cancer Care Moving Forward course.

Both Deirdre and Morna were diagnosed with breast cancer in the summer of 2014; Morna was 45, Deirdre 60.

‘I was fine and felt upbeat about my diagnosis,’ says Deirdre. ‘Towards the end of treatment, I was feeling unsure about the next step.’

Deirdre, who lives by herself in Tayport near Dundee, says: ‘After treatment, it felt as though people thought I was cured, that everything was over and I didn’t need support anymore.’

Morna was also apprehensive when her treatment ended. ‘I felt like my life was at a standstill. I was thinking “What’s next?” I decided to go to Moving Forward to find answers.’



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Finding answers

Both women enrolled on the Dundee Moving Forward course, which offers information and support to help women adjust to life after treatment.

‘It was wonderful to find out that anything I was worried about, other people were worried about too,’ says Deirdre. ‘None of my experience was unique.’

Morna found the course made her want to ‘get up and go’.

‘Even my partner noticed a difference after the course,’ she says. ‘It made me want to get on with life.’

Paddlers for Life

Before breast cancer, Deirdre had enjoyed sea kayaking in her spare time.

‘I thought I’d never be able to do it again,’ she says. ‘But I love being on the water.’

She happened to see Paddlers for Life – a dragon boat team made up of women who’ve had breast cancer – on a TV show. ‘I got really excited and contacted them straight away,’ she says. Deirdre persuaded Morna to join her on a trip to Windermere to see the Paddlers in action. Unbeknown to the two friends, however, Deirdre had in fact signed them both up to take part in a regatta, so they ended up paddling themselves. ‘It was wonderful,’ says Deirdre. ‘Speaking to people who were further down the track after breast cancer made me realise that life doesn’t stop.’

The future

For Deirdre, part of moving forward after treatment has involved coming to terms with changes. ‘You think you’re going to be the same person, and the people around you think so too. But you’re not the same, you’re different. It’s about accepting that, and embracing it, rather than fighting it,’ she says.

Deirdre recommends planning enjoyable things to do for after treatment finishes, whether it's a holiday, pampering weekend or something you enjoyed before treatment and haven't done for a while. ‘It helps with “the void” you experience when treatment and hospital visits end.’

This year, Morna successfully completed the Ben Nevis Challenge for Breast Cancer Care.

‘Moving Forward allowed me to put the last year behind me,’ she says. ‘I feel so positive about the future. And it’s just so great to have met someone like Deirdre.’



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Spinach and Sweet Potato Tortilla

Ingredients

300g bag baby spinach leaves

8 tbsp light olive oil

2 large onions thinly sliced

4 medium sweet potatoes

(800g/ 1lb 12oz), peeled, cut into thin slices

2 garlic cloves, finely chopped

8 large eggs



Method

1) Put the spinach in a large colander and pour over a kettleful of boiling water. Drain well and, when cooled a little, squeeze dry, trying not to mush up the spinach too much.

2) Heat 3 tbsp oil in a 25cm non-stick pan with a lid, then sweat the onions for 15 mins until really soft but not coloured. Add another 3 tbsp oil and add the potatoes and garlic. Mix in with the onions, season well, cover and cook over a gentle heat for another 15 mins or so until the potatoes are very tender. Stir occasionally to stop them catching.

3) Whisk the eggs in a large bowl, tip in the cooked potato and onion, and mix together. Separate the spinach clumps, add to the mix and fold through, trying not to break up the potato too much.

4) Add 2 tbsp more oil to the pan and pour in the sweet potato and egg mix. Cover and cook over a low-medium heat for 20 mins until the base and sides are golden brown and the centre has mostly set. Run a palette knife around the sides to stop it from sticking. 5 To turn the tortilla over, put a plate face down onto the pan, then flip it over. Slide the tortilla back into the pan and cook for a further 5-10 mins until just set and golden all over. (Don't worry if it breaks up a little on the edges as you're turning it – it will look perfect when it's cooked through and set.) Continue cooking on the other side until just set and golden all over. Again use a palette knife to release the tortilla from the sides. Allow to rest for 5 mins. then tip onto a board before cutting into wedges.

Have Your Say....

We're looking at ways that we can improve our services to you and we can only do that if you tell us what you like about what we currently do, what you don't like and what you'd like us to do moving forward.

We have in previous years organised various activities (eg Yoga, Meal Out) but these haven't been very well supported. However, if you'd like to participate in something please let us know and if we get enough interest we can look to arrange something

Please note your comments in the boxes below and email to Nickie Brooks –

nickie@alternativeroutefinance.com

Newsletter

Like

Don't Like

Would Like to See or Hear

Meetings

Like

Don't Like

Would Like to See or Hear

Would another venue be preferred?

Courses, Activities and Events

Your suggestions