

Breast Cancer Support Group Sussex



Dates
For Your Diary

Hello Ladies

I hope you have all had a good month and everyone is well.

Unfortunately I could not make the last meeting as my husband had a big operation and had to be looked after. Still it made a change for me to look after him and not the other way round.

I did hear that you had a very enjoyable meeting with Cathy Reeve talking about the hot topic on Mindfulness. Everyone seemed to enjoy Cathy and felt very relaxed after her visit. So thank you Cathy for giving up your time to come to our group.

For our **March Meeting**, Paul Hugget and Helene of **Cancervive** will be attending our meeting to share with us exactly what their group is all about. This could be very helpful to partners and children who are having to go through watching their loved ones go through the trauma of having breast cancer. So please come along and give your support.

We have decided that the **April Meeting** (which falls on Bank Holiday Monday) which is also over the Easter period will be cancelled. Probably many of you will be either away or doing lots of family things over Easter, so we thought it best not to have a meeting that evening.

But for our **May Meeting**, **Dr Richard Simcock, Oncologist** from The Park Centre will be coming along to our group and giving a talk about all the latest developments in breast Cancer. Things have changed an awful lot since some of us were diagnosed some years ago so it will be very interesting to hear of all the new developments that are happening today. A really good turnout will be very much appreciated. As you are all aware Dr Simcock is an extremely busy man and is giving up his time to come along and talk to us.

In June, don't forget it will be our Pink Stall at Blakers Park, so any pink things would be most welcome.

At our June Meeting we are hoping that two Nurses from the Queen Victoria Hospital, East Grinstead will be attending our group. These two Nurses work with all the Breast Surgeons at Queen Victoria assisting with all the re-constructions and other breast operations that have to be done. I

March 20

Our Monthly Group Meeting with speaker Helene and Paul Hugget of Cancervive

April 17

Due to Easter there will not be a monthly meeting

May 15

Our Monthly Group Meeting with speaker Dr Richard Simcock

Our Group Meetings are held at the **Macmillan Horizon Centre**, Bristol Gate (opp A&E at the RSCH)
6.30pm to 8.30pm

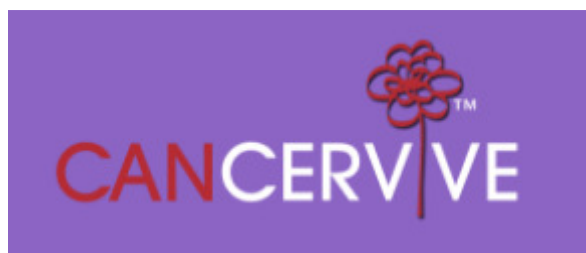
attended a meeting recently with the two nurses and found so much had changed over the past ten years. It was so interesting and enjoyable to hear all the latest ways of reconstruction that is being done today. We will inform you in our May newsletter of confirmation that they will be attending.

We are waiting on new leaflets and Posters advertising that we are now at the new McMillan Horizon Centre, and once we have them we would be grateful if some of you could put them in your GP's practice and anywhere else you think would be a good place to put them.

Look forward to seeing you all on 20th March

Best Wishes

Joyce



Paul Huggett

FOUNDER/CHIEF EXECUTIVE

Personal experience showed me that there was a huge gap in the service, support and advice available to people who are themselves closely involved with supporting others with cancer. So if you are family, friend, carer or colleague or know someone who has cancer and you need someone to talk to then we are the people to contact. We can offer you help and support from personal experience.



A Special Offer from our Aromatherapist, Kelly

Beautiful Massages and Facials harnessing the powerful properties from nature.

Only using Premium Organic oils and products enjoy a blissful Massage in lovely surroundings.
Combine this with a Facial or Thai Foot Massage.

Special Offer for March Trio of Treats...Back, Face and Feet. Perfect for Mothers Day.

70 minutes for £55

Vouchers available or just give yourself the time you deserve.

Deep tissue Massage treatments and other therapies also available.

www.revivetherapist.com

Love and Best Wishes

Kelly xx



Two steps to creating natural-looking eyebrows after chemotherapy

GUEST BLOGGER | 09 MARCH 2017



Make-up artist Melanie Daly shares some tips and products for recreating the look of natural eyebrows after chemotherapy.

As a qualified make-up artist, I offer all the usual make-up services for weddings, photo shoots and special occasions of every kind.

I've also had breast cancer myself, so I'm particularly passionate about offering something special to fellow cancer patients.

A total shock

It was September 2008 when I found a lump in my breast. I didn't, for a split second, think it was anything sinister. Unfortunately, after a trip to the Royal Marsden hospital in October, I was diagnosed with grade 3 breast cancer.

It was a total shock. After my diagnosis and during treatment, I contacted Breast Cancer Care many times to get support from the Helpline. I also found chatting to women on the [online Forum](#) invaluable.

I was also lucky enough to model at Breast Cancer Care's 2011 fashion show, which was so much fun, and I made some lifetime friends on the catwalk.

You don't feel like yourself

It's now eight years since my cancer treatment. But I remember clearly how it can take away your identity and leave you lacking in confidence – you just don't feel or look 'yourself' anymore.

I was fortunate to have the skills to create the look of eyebrows and eyelashes that chemotherapy took away from me, and to be able to contour my face when the drugs caused it to become bloated.

However, so many women going through chemotherapy don't have the knowledge of a make-up artist, and have to deal with losing their self-confidence, femininity and identity.

I want to share some tips on creating natural-looking eyebrows after chemotherapy.

Two steps to creating eyebrows

1. Plot the three points of your eyebrow

Use the diagram below to help you.



First, take an eyebrow pencil and place it vertically against your outer nostril, in line with the inner corner of your eye. Place a small dot on your skin above your eye, where your eyebrow should start.

Then hold the pencil against the outer edge of your nostril again, but this time line the pencil up with the centre of your pupil. Place another dot where you'll create your eyebrow arch.

Finally, with the pencil against your outer nostril, line it up with the outer corner of your eye. Put another dot where your eyebrow will finish.

2. Join the dots

It's then a case of joining up the dots.

I've spent the past eight years since my chemotherapy searching for the perfect eyebrow product – something that's both natural-looking and long-lasting. I've tried so many products but **ka-BROW!** by benefit is my favourite by far. So much so that I have all six shades to cater for every one of my chemotherapy make-up patients.

Take the brush and dab a little product on it. Then join up the dots that you created making little brush strokes to imitate hairs. You can keep applying it until you've achieved the look you want.

The beauty of ka-BROW! is that it won't smudge until you use make-up remover at the end of the day.



The above method of joining the dots with little brush strokes to imitate hair is more suitable for those who still have about 50% of their eyebrows.

If you've lost more than 50%, you can buy **eyebrow stencil kits** from Boots and Superdrug that contain a selection of eyebrow shapes. Pick a stencil out of the kit that closely resembles your natural eyebrow, and place it over the dots you've already created. You can then use the ka-BROW! to fill in the stencil with tiny brush strokes.

If you've lost nearly all of your eyebrows, instead use a **brown eye shadow** that's closest to your natural eyebrow colour. Fill in the stencil by applying the eyeshadow with a small make-up brush.

For this method, a great tip is to then apply a coat of **Lipcote** over the eyeshadow, which will ensure it doesn't smudge and will stay in place all day. You can buy Lipcote from Boots and Superdrug, and even though it's designed for lips, trust me, it works wonders for keeping eyebrows in place!



Melanie offers two packages to help people during or after chemotherapy regain confidence in their appearance.

Visit melaniedalymakeup.co.uk for more details

Moving forward after breast cancer treatment

Struggling to get back to 'normal' after treatment for breast cancer? Adapting to life after treatment can often be difficult and you might need some support in adjusting.

Whether you are experiencing side effects of treatment, wondering how to adopt a healthier lifestyle or finding it hard to make sense of your breast cancer experience, our Moving Forward courses are here for you.

Run in partnership with NHS hospitals, the course usually takes place over half a day for three or four weeks. Delivered by a range of expert speakers, it aims to provide information, support and professional guidance on how to cope with and adjust to life after breast cancer treatment. Topics covered may include: healthy eating, exercise, managing menopausal symptoms, lymphoedema, cancer fatigue, and intimacy and relationships.

The course is open to people who have had a primary breast cancer diagnosis and have finished their hospital-based treatment. We ask that you are free to attend every week of the course.

'I found the course very informative and reassuring. It helped to know how others deal with similar problems. Thank you to Breast Cancer Care and all the people who have helped us on the course'

To see if this course is right for you, please contact us on 0345 077 1893. The next local course is:

2 May 2017

Moving Forward Course - Worthing 2 May 2017

If you're struggling to get back to 'normal' after treatment for breast cancer, our free Moving Forward courses are here for you.