

Breast Cancer Support Group Sussex



Dates
For Your
Diary

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We've put together some useful tips to help your trip away go as smoothly as possible:

- find the right travel insurance
- pack enough medication
- it's safe to wear prostheses on a plane
- protect your skin in the sun after radiotherapy
- avoid swimming pools during and immediately after treatment
- check any vaccinations with your specialist team
- take extra care when travelling with lymphoedema
- relax and enjoy yourself

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Taking care in the sun is important for everyone. But radiotherapy can make your skin more sensitive to the sun for some years after treatment, so you may burn more easily than usual.

This shouldn't stop you enjoying time outdoors when on holiday but it's best to take some precautions.

Protect your skin by using a sunscreen or sunblock that has a high sun protection factor (SPF 50–60). Remember it's also possible to get sunburnt through clothing, so apply sunscreen underneath your clothes too. Wear loose clothing made of cotton or natural fibres and make sure you cover any operation scars and radiotherapy sites.

Avoid the hottest part of the day (11am–3pm) if you can. If you can't, try and stay in the shade or have an umbrella or parasol to use in unshaded areas. If you've lost hair from chemotherapy wear a hat or headscarf while outside to protect your scalp from burning.

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If you're having chemotherapy you may also be advised to avoid swimming pools. This is because chemotherapy affects your immune system's ability to fight infection, which might make you more susceptible to any germs in the water.

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Jerk salmon with mango salsa wraps



What you'll need

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Recipe courtesy of Mission Deli Wraps

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6. Each team member will be emailed a link to complete an application form to finalise their place on the team.

Participants must be 14 or over on the day of the event. Any participants under 18 must take part with someone 18+.

For full terms & conditions see <https://www.macmillan.org.uk/images/fundraising/events/terms-conditions/tm2018tandc.pdf> If you have any questions, email us at running@macmillan.org.uk or call on **0300 100 0200**.

Kick start your fundraising

JustGiving

Set up your [JustGiving Page](#) today.

<https://www.justgiving.com/signin?returnUrl=%2Ffundraising-page%2Fcreation%2Finitiate-authenticated-page-creation-process%3Fpclid%3D02843ba0-5ea5-46b2-90b8-cdce91355f11&CharityId=2116&EventId=4490923&InMemoryPersonID=0&CategoryId=0>

- **Location:** West Sussex, Holmbush Farm, Crawley Road Faygate, West Sussex

When: Saturday, September 22 2018 08:00

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- **Location:** West Sussex, Holmbush Farm, Crawley Road Faygate, West Sussex

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Kick start your fundraising

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When: Saturday, September 22 2018 08:00

Breast Cancer Support Group Sussex



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Horizon Centre,**
Bristol Gate (opp
A&E at the RSCH)
**NOTE change in
time to 6.15pm
to 8.15pm**

8 useful tips for travelling with breast cancer

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We've put together some useful tips to help your trip away go as smoothly as possible:

- find the right travel insurance
- pack enough medication
- it's safe to wear prostheses on a plane
- protect your skin in the sun after radiotherapy
- avoid swimming pools during and immediately after treatment
- check any vaccinations with your specialist team
- take extra care when travelling with lymphoedema
- relax and enjoy yourself

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However, if you're having trouble finding suitable insurance, there are companies that specialise in policies for people with existing medical conditions like cancer.

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Protect your skin by using a sunscreen or sunblock that has a high sun protection factor (SPF 50–60). Remember it's also possible to get sunburnt through clothing, so apply sunscreen underneath your clothes too. Wear loose clothing made of cotton or natural fibres and make sure you cover any operation scars and radiotherapy sites.

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Recipe courtesy of Mission Deli Wraps

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Kick start your fundraising

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- **Location:** West Sussex, Holmbush Farm, Crawley Road Faygate, West Sussex

When: Saturday, September 22 2018 08:00

Breast Cancer Support Group Sussex



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- **Location:** West Sussex, Holmbush Farm, Crawley Road Faygate, West Sussex

When: Saturday, September 22 2018 08:00

Breast Cancer Support Group Sussex



Dates
For Your
Diary

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This shouldn't stop you enjoying time outdoors when on holiday but it's best to take some precautions.

Protect your skin by using a sunscreen or sunblock that has a high sun protection factor (SPF 50–60). Remember it's also possible to get sunburnt through clothing, so apply sunscreen underneath your clothes too. Wear loose clothing made of cotton or natural fibres and make sure you cover any operation scars and radiotherapy sites.

Avoid the hottest part of the day (11am–3pm) if you can. If you can't, try and stay in the shade or have an umbrella or parasol to use in unshaded areas. If you've lost hair from chemotherapy wear a hat or headscarf while outside to protect your scalp from burning.

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Jerk salmon with mango salsa wraps



What you'll need

- 4 salmon fillets (150g) without skin
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