



Breast Cancer Support Group Sussex

Dates For Your Diary

Hi All

Hope everyone is well and now enjoying some of the warm weather we have been having, especially the Bank Holiday weekend. I was in Spain that weekend and it was hotter here than it was in Spain.

Unfortunately, we have not got a speaker this month as everybody seems very busy. But just to sit and have a chat between us is also a good thing. I am sure there are many of you who have got some up to date stories of what is happening in the breast cancer world and we would love to hear about them.

Pink Stall 23rd June

Our Pink stall is coming up next month so we need lots of gifts and lots of helpers either to help with the wrapping a few days before or to help on the stall on the actual day. Please give your names to Gwen to let her know what you are able to help with.

At our May meeting it would be nice to have some suggestions about a summer get together, be it a restaurant, pub or a sightseeing trip. Could you all think about it and we can discuss it on the 21st May when we next meet.

Meanwhile we will try and get some speakers for July onwards.

I would like to thank everybody in the group for my beautiful flowers after having a bilateral eye operation. Thank you all so much

Look forward to seeing you all on Monday.

Best wishes

Joyce

May 21

Our Monthly Group Meeting

June 18

Our Monthly Group Meeting

June 23

Blakers Park Pink Stall

July 16

Our Monthly Group Meeting

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

10 years of Vita – the breast cancer care magazine

Guest blogger | 28 June 2016



It's been a decade since the first issue of Vita, Breast Cancer Care's quarterly magazine, was published. They've caught up with some of the people who've shared their stories with us over the years.

Summer 2006: a new website called Twitter is launched; Latin pop princess Shakira tops the singles chart with her truth-telling hips; and a new magazine called Vita makes its way out into the world for the first time. To celebrate this momentous event, we asked five people who've appeared on our pages: How has life been since we last spoke to you?



10 years after diagnosis

Kayla Doohan appeared in the Spring 2007 issue.

Then: 'I think I've grown up a lot this year. When I found out I had breast cancer, I was so angry and confused. I was so scared my boyfriend, Paul, had to drag me along to the doctor when I first found the lump. I didn't think it should happen to someone my age.'

Now: 'It has now been over 10 years since I was diagnosed with breast cancer when I was 20 years old. The only time I think about breast cancer is when I'm volunteering with Breast Cancer Care. My fiancé Paul and I now have a two-year-old daughter named Chloe.'



The first issue of Vita was published in Summer 2006

Continuing to embrace life

Amanda Humphry appeared in the Summer 2009 issue.

Then: 'I was diagnosed with breast cancer three weeks after completing the London Marathon. I've definitely slowed down both physically and mentally since my treatment, but I've got no intention of stopping running. I'm hoping to run the London Marathon again in 2010.'

Now: 'With every year marking a step further away from my cancer diagnosis and treatment, I continue to enjoy and embrace life. The last few years have seen a change of career, so more time for all the things I enjoy, plenty more running, and even being a model in The Show in 2015. I continue to support Breast Cancer Care and recommend their services.'

Still challenging myself

Lorraine Walker appeared in the Summer 2009 issue.

Then: As a breast cancer nurse, Lorraine is experienced in supporting patients. But little did she expect that the women she has helped would give her the strength to take on some tough physical challenges. 'The cycle I did in Vietnam was much harder than I expected. It was 110 degrees some days but there was no way I was giving up.'

Now: 'Since then I have become a nurse consultant, which is something I had worked towards achieving. I'm still undertaking challenges for Breast Cancer Care. I did the New York Marathon several years ago, which was amazing. Last year I went to Costa Rica and have signed up for Trek Kerala to raise money in November.'

I'm still here!

Frances Dean appeared in the Spring 2013 issue.

Then: 'Since my secondary breast cancer diagnosis, I've been trying to make every second count. As well as going on some fantastic holidays and trying new things like learning to ice skate, I've taken part in some wonderful events.'

Now: 'I'm delighted to say that three years on I am still here. The feature was entitled "I want to make every day count", and I can honestly say I am still living that mantra! I campaign lots (with Breast Cancer Care) about secondary breast cancer to raise awareness of the disease, and what living with it means to me and others.'

First male cover star

Doug Harper appeared in the Winter 2013 issue.

Then: 'I went to see my GP with a hard lump under my left nipple, after some prompting from my partner who noticed my nipple was inverted. It did not cross our minds that it could be breast cancer; neither of us knew that men could get it.'

Now: 'I was honoured to be the first man on the cover of Vita, and it was good to get the breast cancer story from the male side out there in public. I continue to try to make men aware that they can get breast cancer, in between fighting off the effects I get from taking tamoxifen.'

Sign up to receive Vita magazine at
<https://www.breastcancercare.org.uk/receive-each-issue-post>

What's On In Brighton – June 2018



Vegan Summer Fest Brighton is a huge outdoor vegan celebration taking place on Saturday 2nd June 11am - 7pm AND Sunday 3rd June 11am - 5pm at the Level Brighton with 100 fantastic stalls each day, 10 world food caterers, inspirational talks and innovative cookery demos, yoga, children's



The Luna Beach Cinema is here! Over the summer period from 14th June until 15th July, head to the beach, grab an ice-cream, pull up a deck chair, crack open an ice-cold drink and enjoy one of over 80 open air showings. With new blockbusters such as *The Shape of Water* and *The Greatest Showman*, to classics such as *Top Gun* and *Dirty Dancing*, there really is something for everyone.

Tickets start from just £3, so round up your family and friends, and head done to the beach to enjoy the Great British Summer. Why not book premium tickets to include comfy seating or for the ultimate Luna Beach experience you can even book yourself a VIP beach hut, to seat four. It comes complete with fully stocked mini-bar and butler service!

Asparagus, goats' cheese and cherry tomato tart



Ingredients

320g sheet all butter puff pastry

1½ tbsp black olive tapenade

400g cherry tomatoes on the vine, stalks removed

250g goats' cheese logs, sliced

230g fine asparagus spears, trimmed

- Preparation time:15 minutes
- Cooking time:30 minutes
- **Total time:45 minutes**

Serves: 6

Method

1. Preheat the oven to 200°C, gas mark 6. Line a large baking sheet with baking parchment and unroll the puff pastry sheet onto it. Score a 2cm-wide border around the edge of the pastry with a sharp knife, taking care not to cut all the way through. Prick the pastry inside the border all over with a fork to prevent it puffing up too much in the oven.
2. Spread the black olive tapenade over the pastry, then arrange the tomatoes, goats' cheese slices and asparagus over the top. Season and bake in the centre of the oven for 25-30 minutes, until the pastry is crisp and golden. Slice and serve with a green salad, if liked.

From Waitrose