



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

## Breast Cancer Support Group Sussex

Hello Ladies

It was nice to see so many ladies at the group last Monday.

Our evening began with some announcements from Gwen. As you are all aware our Pink Stall is our next fundraising event which is being held at The Catholaity Fair at Hove Town Hall on the 8<sup>th</sup> November between 10.30am – 3.30pm. Admission is 50p and children under 12 go free. Many lovely pink items have been donated so far but if anybody else has some pink things to hand in please let Gwen, Sue or Pat know and these will be collected if you are unable to drop them off beforehand. Sue has contacted local shops for pink items and many of them have got back in contact. Lush, who were always so generous in the past have said they are not going to donate items this time but have invited a group of our ladies into their shop in Jan/Feb. So watch out for this notice.

At our next meeting, Ann-Marie will be demonstrating what lovely things we can do with raw food, almond, milk and chocolate, so don't forget to come along and get ideas for Christmas.

We had a Round Robin which was very informative to everyone and of course our lovely Reiki ladies and Jane were there to give wonderful treatments to all those who wanted them. Unfortunately Kelly was not well and hope she is better soon.

Geoff Brown came along to talk to us about the new Walk in Cancer Centre which is now in the process of being built. Hopefully it will be ready next September. Geoff gave us a very informative talk about what the new Centre will be offering. Firstly, we started with a film show of people telling their stories of how they received their diagnosis of cancer. The Centre will consist of 3 major levels with a Crow's Nest at the top of the building where you will be able to have a sea view. There will be a café there so it will be a nice place to sit and look out to sea whilst you chat to others. The centre is not only open to people who are going through cancer but to their family, friends or anybody who is involved and wants information on how to give support.

There will be a place where you can discuss welfare benefits, counselling, complimentary therapies, hair and skin care, practical support, physical activity, dietary advice and self-help and support. If you would like or would like to offer your thoughts to the Committee, then we have been invited to go along to their committee's next meeting which will be held at The Bridge Community Centre, nr to the Amex Ground between 11-1pm on 1<sup>st</sup> November.

There is a Body Image Workshop called Look Good and Feel Better at the Sussex Cancer Centre at present until the new Centre is built. For more details please ask at the Sussex Cancer Centre.

Geoff gave us some leaflets on various items of how we can benefit from some of the above details so if anybody wants any information we will have them at hand at our monthly meetings.

Our great thanks to Geoff Brown for giving up his evening to come and talk to our group and we look forward to the opening next year when our group can move there from the Park Centre.

Well, not long to our Christmas Party, only 8 weeks away. But firstly, don't forget the Pink Stall at Hove Town Hall. We look forward to seeing many of you there as possible.

Have a good month ahead.

Best wishes

Joyce

### Diary Dates

#### Sat 8<sup>th</sup> Nov

The Pink Stall at Catholaity Fair, Hove Town Hall. If you have any pink gifts to donate, please give them to Joyce, Gwen, Pat or Sue

#### Mon 17<sup>th</sup> Nov

Group Meeting at The Park Centre 6pm to 9pm when our speaker, Annemarie will be demonstrating 'Raw Food'

#### Mon 15<sup>th</sup> Dec

Our Christmas Party at The Park Centre 6pm to 9pm. Come and enjoy our buffet and a drink and remember to bring a gift (to the value of £5) for our Secret Santa



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### Helen - enjoying life 37 years after breast cancer



**Helen Haydock was diagnosed with breast cancer in 1977, when information and support services for people like her were scarce. Over 35 years after her diagnosis, Helen is enjoying life as a Breast Cancer Care volunteer.**

I was 29 years old when I was diagnosed. I happened to notice a lump on my breast when I was getting dressed one morning. I saw my GP, who told me breast cancer was very rare in women my age so it was probably nothing to worry about, but he'd refer me to a consultant anyway.

When my test results came back, I discovered I had cancer in both breasts.

### Lack of information

There wasn't much information or many services for women with breast cancer at that time. The consultant and nurses were fantastic, but there was no organisation like Breast Cancer Care to give extra support or information. All I had to go on was a diagram that my consultant drew for me and my mother's experience – she'd had breast cancer too.

I felt quite isolated, even though I had fantastic support from family and friends. I had two young children – my son was three and my daughter 14 months – and I just had to get on with looking after them.



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I had both breasts reconstructed using silicone implants, which was a new technique at the time. My husband had seen a piece about innovations in breast reconstruction on the TV show Tomorrow's World. So I asked my GP whether this could be suitable for me. It was one of the best things I ever did!

### Becoming a volunteer

I became aware of Breast Cancer Care mainly through magazine articles. Over the years, I saw how the work they did grew, and I wished I'd had the opportunity to access their services when I was diagnosed. Thirty years after my diagnosis, I started training as a Breast Cancer Care volunteer. I decided that when I retired and I had more time, I'd become a volunteer, and I haven't looked back since.

I have a variety of roles. I started off doing one-to-one telephone support, talking to recently diagnosed women who were facing the same issues that I had. I also deliver breast awareness talks at women's organisations, and I help support recently diagnosed women at Information Sessions too. I've also been involved in organising fundraising events, I was interviewed at my local radio station during Breast Cancer Awareness Month, and I've modelled at several Lingerie Evenings.

Volunteering is very rewarding. I get to meet lots of different people, and we've formed a really strong network of volunteers in the north east.

I've noticed a huge difference in the years since I was diagnosed, from the treatments available to the help and support on offer. Things have changed a lot since 1977. The difference in approach to treatment is amazing. Operations were very simple back then. The level of information available now is also terrific, and that makes a huge difference.

I feel extremely privileged to have reached the age of 66, and I intend to go on for a lot longer.

**Breast Cancer Care has around 800 volunteers across the UK.**



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### OUR CHRISTMAS TREE COMPETITION

For many of us, this year has flown past and it seems incredible that Christmas is now just around the corner!

We'd love to have some participation in to our newsletter from our Members and are therefore launching a Christmas Tree Competition with a prize of a bottle of Champagne (pink of course!) for the best dressed tree. Please email a picture of your tree to Nickie, [nickie@alternativeroutefinance.com](mailto:nickie@alternativeroutefinance.com) and the winner will be announced at our Christmas Party on Monday 15<sup>th</sup> December



*If you're looking for cards or gifts, please remember that Breast Cancer Care have an online Christmas Shop. All of the sale proceeds from every pack of cards and all items in their shop, are spent on their work for people affected by breast cancer **today**.*

[http://shop.breastcancercare.org.uk/index.php?main\\_page=index&cPath=1](http://shop.breastcancercare.org.uk/index.php?main_page=index&cPath=1)



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### OUR NOVEMBER SPEAKER

The speaker at our next meeting, on 17<sup>th</sup> November, will be our very own Anne-Marie, who will be talking about the benefits of 'Raw Food'. She'll also be giving us a demonstration with a Christmas theme!



These simple little raw chocolate truffles taste just like the real thing. Dates, walnuts, cacao, seeds and salt combine in a food processor. Roll them in cacao or dried coconut for extra pizzazz. Garnish with goji berries for added color.

PREP TIME – 5 MINUTES      SHELF LIFE – REFRIGERATED 5 DAYS

Ingredients (for 8 truffles)

1/2 cup sunflower seeds (or any other seeds you have on hand)

1/2 cup walnuts (or any other nuts you have on hand)

1/2 cup dates

1/8 teaspoon sea salt

4 tablespoons raw cocoa powder

#### Directions

1. Process the nuts/seeds in the food processor. Keep processing them until you can't see the nuts anymore, but stop processing before they get too soft looking.
2. Add the dates, seasalt and cocoa powder. Process again until everything is well mixed and clumped together.
3. Roll the balls in your hand and form balls. Some people like to roll completed truffles in goji berries, cocunut, cocoa powder, etc., but you may prefer them simple.



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### Hearty vegetable soup recipe

Serves 6. Preparation: 15 minutes. Cooking: 30 minutes.

#### Ingredients

- Vegetable oil (½ tbsp)
- 1 medium-sized onion, sliced
- 2 small carrots, sliced
- 3 sticks of celery, sliced
- 1 tin of chopped tomatoes (400g/14oz)
- Green beans (80g/3oz)
- Tomato purée (1½ tbsp)
- 1 leek, sliced
- Frozen peas (80g/3oz)
- Dried pasta (50g/2oz) black pepper to taste
- Dried herbs (1½ tsp)



#### Instructions

1. Heat the oil in a large saucepan. Add the onions, carrots, leeks and celery and fry until sizzling. Reduce the heat, cover and cook gently for five minutes, stirring if needed. While the vegetables are cooking, boil one litre (1¾ pints) of water.
2. Add the tin of tomatoes, boiling water, tomato purée, beans and frozen peas. Raise the heat to the maximum to continue boiling. Add the pasta, herbs and pepper.
3. Reduce the heat and simmer for 15 minutes or until the pasta is cooked, stirring frequently to make sure the pasta doesn't stick.

### Stuffed baked apples

Serves 4. Preparation: 10 minutes. Cooking: 1 hour 10 minutes.

**Stuffings (choose from the following):**

#### Ingredients

- 4 cooking apples
  - Runny honey (1 tbsp)
  - Butter (28g/1oz), melted
  - Cream or ice cream
  - Chopped hazelnuts, sultanas and honey
  - Mincemeat
  - Chopped dates, walnuts and honey
  - Chopped prunes and brown sugar
  - Raisins and honey
- (You'll need roughly 2–3 tsp of each)



#### Instructions

1. Preheat oven to 200°C/180°C fan/gas mark 6.
2. Core the cooking apples and cut them in half.
3. Stuff the centre of each apple (where the core was) with the filling of your choice.
4. Place the apples in an ovenproof dish and then add 5mm/0.25 inch water and the honey.
5. Drizzle the melted butter over the apples and then bake until the fruit is tender (about 50-60 minutes).
6. Serve hot or cold, with cream or ice cream if you wish.