



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

Breast Cancer Support Group Sussex

Hello Ladies,

Hope everyone is well and looking forward to the summer months.

Firstly, I would like to thank all the ladies that gave up their time to help in the Café Royale during the month of March. It seems as though everybody enjoyed themselves even though it was hard work and very busy at times. But once again thank you to everybody who chipped in and helped.

At this month's meeting we have "Gabby" who is coming along to show us some very healthy skin products which are made by Ringana-the company. Ringana's special products are made from all healthy products, for example aloe vera, prickly ash, and horse chestnut extracts. They use lemon balm extract, green tea, orange rice and apple hydrolate etc etc. There are so many different varieties of healthy products for you all to see. So it will be good to see you all on the 18th April at the Park Centre.

June is also not very far away now so don't forget that we need "pink items" for the "Pink Stall" to be held in June at Blakers Park in Brighton.

If any of you would like to write an article for the newsletter please feel free to do so. This month we have an article from our two lovely Reiki Ladies which gives a more detailed effect on what Reiki is all about so we also hope that Kelly will also give us an article soon on Aromatherapy.

Looking forward to seeing you all on the 18th

Best wishes

Joyce

Diary Dates

Monday 18th April

Talk from makeup artist "Gabby" about healthy skin products

Monday 20th June

6-8pm

Talk with Professor Malcolm Reed

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



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Ringana Skincare

This month we have a talk with Gabby from Ringana skincare. Ringana produces a wide range of skincare products all made from pure and natural ingredients. Their philosophy is “absolute freshness” and this has been their ethos since they first launched in 1993. This means you will not find artificial preservatives, genetically modified or chemical basic ingredients within their products.



June Pink Stall – Save the date!

Don't forget our pink stall which will be held in June in Blakers Park. We also need some pink items for this, so do feel free to donate whatever you can.





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Spring onion, garlic and prawn risotto



Serves 4. Preparation 10 minutes. Cooking 35 minutes.

Ingredients:

Olive oil (1 tbsp)

2 bunches of spring onions

4 garlic cloves, peeled

Arborio rice (310g/1 oz)

Chicken stock (560ml/20floz)

Fish stock (560ml/20floz)

20 large prawns

Juice of half a lemon

Parmesan cheese (1 tbsp)

Black pepper

Chopped chives (1 tbsp)



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1. Heat the oil in a large frying pan.
2. Chop the spring onions and slice the garlic cloves. Add to the frying pan and cook gently, but do not brown.
3. Add the rice and sweat until it changes colour.
4. Meanwhile, boil the stocks together in a separate pan.
5. Add about one fifth of the stock to the frying pan and bring to the boil. Leave to simmer until the liquid disappears. Stir regularly.
6. Repeat step 5, each time adding about one fifth of the stock.
7. Meanwhile, grill the prawns lightly and then chop.
8. When the last of the stock has been absorbed into the rice, add the chopped prawns with a squeeze of lemon juice, the parmesan cheese and freshly ground black pepper. Stir well.
9. Serve in a hot dish and sprinkle with chopped chives.

Brian Turner recipe - suitable for:

People with loss of taste or smell

People with problems chewing

People with a dry or sore mouth.

Nutritional information

Energy 362.9kcal; Protein 13.8g; Total fat 5.5g (of which saturates 2g);

Carbohydrate 64g; Fibre 1.4g.