



Breast Cancer Support Group Sussex

Dates For Your Diary

Hello Ladies

Our Support Group meeting is on Monday 15th April from 6.15pm until 8.15pm at the Horizon Centre.

We look forward to welcoming all new members and hope to see the ladies again that joined us at the March meeting.

Our Aromatherapist Kelly, and our Reiki lady Jutta will be available for complimentary treatments which you all can relax and enjoy.

Unfortunately one of our long-term members, Pat has been in hospital and she was unable to go on her holiday to Thailand. She would like to thank the group for the flowers that we sent to her, which she said cheered her up immensely. We hope you are now feeling much better Pat, and hope to see you soon.

Our Pink Stall at Blakers Park takes place in June. This will come around really quickly so we'd be grateful if you start to collect any items with the value of a couple of pounds, either in pink or if not, wrapped in pink paper. We're not sure of the date yet but if you are able to help for an hour or two it would be much appreciated. Please let me know.

Hope to see you all on Monday

Best wishes

Gwen

A reminder of how to contact and chat with others via our social media sites:

WhatsApp B C Support Group

Facebook www.facebook.com/breastcancersupportgroupsussex

Twitter BCSGSussex

April 15

Our Monthly Group Meeting

March 18

Our Monthly Group Meeting

April 15

Our Monthly Group Meeting

April 24

Breast Cancer Care Living with Secondary Breast Cancer *

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

The Benefits of Massage by Kelly Horne



Massage has been used therapeutically for ages in many cultures and places around the world. Various techniques and approaches to massage were developed as a result, but it is generally accepted that **massage therapy** promotes natural healing processes, relieves people from stress and simply helps us get through the day.

Circulation

Any form of massage can have a positive effect on circulation. In turn, improved circulation makes you feel stronger and more energetic. This is particularly important during the colder days and months of the year where, due to inactivity, metabolism and circulation slow down. Researchers say massage can help in getting rid of toxins that build up during winter months, allowing blood cells to circulate the body with ease.

Breathing

For oxygen to circulate easily through the body, one needs to breathe deep. When the body lacks oxygen circulation, headaches appear and over a long period of time muscle pains and tension aches can develop. After a massage therapy session, you naturally feel relieved and breathe deeper and with ease, which helps in the discharging of negative energy.



Posture

Therapeutic massage is no replacement for a Physiotherapist or Chiropractor, but it can help the muscles around spine to flex in a way that improves your posture which also helps in breathing and releasing tension.

Improved joint flexibility

If you put a lot of stress on certain joints, either because of work or because of some other physical activity, a massage therapy can help you. Overuse of and stress within joints can create long-term problems, but massage helps reduce the tension and promotes joint flexibility. If you're feeling sore after a massage, this may mean that you put too much stress on that part of your body. In the next massage you may want to target that area. In combination with some Aromatherapy oils some massage therapies may have an even better effect on you physically.

Improved skin health and tone

There are beautiful oils and creams which massage therapists use to improve your skin health and tone. Massaging quality oils into your skin such as Apricot Kernal Oil can reach skin cells, so they repair better.

Enhances Clarity of Thought

Massage can put you in a rather relaxed state of mind and it is important to maintain such state of mind in everyday situation. Being calm and collected is difficult for

many of us but with the support of massage and mediation you can achieve levels of consciousness that lead you to more creative thinking.



Reduced anxiety

Anxiety is felt in key areas of the body (back, neck, shoulders, abdomen, etc.) and when these areas are relieved, you may experience a liberating sensation. This non-invasive and positive touch therapy can unlock stress and anxiety from many areas of the body and mind. The body feels more flexible, upright, and supported with an experienced therapist.

We offer Aromatherapy and Massage at the group each month with Kelly Horne from REVIVE Therapy.



The Gallery, Sandhill Barns, Washington, W Sussex RH204TD

Tel:07751010302 for an appointment



Afternoon tea

Get together for an Afternoon Tea this July

Gather your friends for a cup of tea and a few treats this summer.

It's a great way to get together and giggle with your favourite people, and your charity tea will help us support more of the 62,000 people diagnosed with breast cancer each year. Together, we can provide support for today and hope for the future.



I've had my own brush with breast cancer this year. The most useful information I received about my illness, treatment and going forward was from Breast Cancer Care. I'm holding an Afternoon Tea to help make sure their support is there for everyone affected by breast cancer.

Frances, Afternoon Tea superstar

For further information and your Afternoon Tea Pack visit

www.breastcancercare.org.uk/get-involved/do-your-own-fundraising/afternoontea

We talk to Francesca and Fiona, Kally and Amanda about their stories of motherhood and breast cancer. Courtesy of Breast Cancer Care Vita magazine

Fiona and Francesca: We've always been close – now we work together



Fiona: It was the most difficult time of my life

I don't know how I got through my primary breast cancer diagnosis. I was a single mum with two teenage children and was due to start a new job.

I had to start work as soon as I'd had my mastectomy and after just beginning my chemotherapy. I thought I would be supported financially, but as it was a new job, I had no option but to work to support my family. It was one of the most difficult times of my life.

Nobody can prepare you for a secondary diagnosis

My daughter Francesca and I have always been close, as it was just the three of us – me, her and her brother. The diagnosis made spending time together even more important. She's always been there to support me.

A secondary breast cancer diagnosis is a whole different ball game. Nothing can prepare you for it. Both my children now live in Cambridge to be closer to me, and we all go on holiday and socialise together. We try not to dwell on things, but I know my children find it hard to deal with, even though they are strong for me.

Francesca works with me on Something to Look Forward To, a charity offering free experiences and gifts to people with cancer. We work well together and have a similar way of approaching things. Our passion for our charity and what we want to achieve is equally matched.

Francesca: Cancer didn't happen to people like my mum

I was at university when my mum and stepdad came to tell me about her diagnosis. I was knocked sideways. Cancer didn't happen to people like my mum.

They were positive about the treatment and surgery when telling me, which gave me the strength to think positively too.

There's never an elephant in the room

I was angry when mum received her secondary diagnosis. I immediately wanted to blame someone, but the more I learnt about metastatic breast cancer, the more I realised how common it was. I do think it was something that should have been mentioned more during my mum's primary diagnosis.

My mum and I have always had a strong relationship. We talk about our fears and the future as much as possible so that there is no elephant in the room.

It makes me sad that mum's cancer will never go away – but she's been living with her diagnosis for over five years. Now, our lives are about spending as much time together as possible.

Tell your mum how much you love her

Working with Mum on Something to Look Forward To means I get to spend a lot of time with her now. We're so proud to have touched the lives of over 5,300 people (not bad for a family-run charity!)

I'd tell any daughter supporting their mum through breast cancer to be as honest and open as possible about your feelings. Show her you care and tell her you love her.

Kally: My mum is my guardian angel



When I was 40 I found a lump, which turned out to be a cyst. Because of my mum being diagnosed at a young age, the doctor recommended I had yearly mammograms.

It was in one of the routine scans that the doctor spotted a shadow. I didn't have any symptoms and hadn't even realised that there could be signs other than a lump.

I struggled to tell my sons

I couldn't tell the boys. I'd brought them up on my own since they were aged five and one. I felt so protective of them. Indi, my eldest, was 25 by that point. But I couldn't tell Kyran, my youngest. He had his driving test in the same week as my appointment and I didn't want to distract him.

Indi came along with me to the doctor. During the ultrasound the nurses were being so nice, but I couldn't speak – I froze. I had no voice. I knew they had found something.

A few days later we went back to get the results. My son was with me when the doctor said those words, 'You have cancer.' The world stopped.

We're open with our emotions

I really struggled to get my head round it. I thought, 'Why me? Hadn't I had enough bad luck?' My son was so supportive the whole way through. He said, 'It's because you're the strongest soldier,' and we managed to laugh about it.

I've always been independent, but I do feel weaker than before. The boys and I have to laugh about it. It allows us to talk about it, and not fear the 'C word'. They're so open with their emotions, it's so different to how I grew up.

My mum saved my life

I have one photo of my mum, but she's always in my heart. I have always wondered if we are alike. I needed a mum, and I needed to talk about my breast cancer. Through my sons I have been able to.

She's been my guardian angel – without her, I would never have gone for yearly mammograms. She saved my life.

Amanda: My daughter and I were diagnosed in the same year



I was first diagnosed with breast cancer in 1995. It was a huge shock but maybe my naivety helped as I wasn't aware of what was going on. I was 35 at the time and had seven kids aged four to 25, including Leanne.

I had a mastectomy and chemotherapy, but I wasn't very ill, so it didn't have much impact on the family, and as kids do, they took it in their stride.

I never thought my daughter would have breast cancer

21 years later I went for a routine screening and they saw something in my other breast. I didn't have a lump, or any signs or symptoms. I never expected it to happen again.

By this point my kids were all older and it shocked them a lot more. It was different this time, they were a bit scared I think, and more aware of what was going on.

That same year Leanne found a lump. I thought she was being paranoid because of my own diagnosis, I never thought she would have breast cancer. I couldn't believe it when she was diagnosed in the same year as me. I tried to reassure her she'd be OK, but sometimes you just don't want to hear that.

It's good to talk about breast cancer

Breast cancer is something that's happened to me, and if it can help educate people that's good – the more awareness the better.

Leanne has built a project, Black Women Rising, which has allowed me to share my experiences with other people of colour. I'm so proud of her.

It's good to talk about it and show that there's a life after cancer so that people feel comfortable having a conversation about it.



Talk to our breast care nurses

0808 800 6000

What's on In Brighton?

Brighton Palace Pier Tour 28th April

Tour

Brighton Palace Pier, Madeira Drive, Brighton, East Sussex, BN2 1TW



About

Come along and follow in the footsteps of the Victorians in a stroll along the pier, a pleasure that has been enjoyed for over a century. Experience a breath of fresh air and great views while the intriguing history of the pier is revealed, from a place to play to a place of entertainment. To book click on website.

Guide Prices

Adult £10

Concessions £9

<https://brightonpier.merlintickets.co.uk/product/TOUR>

Foodies Festival

Festival

Foodies Festival, Hove Lawns, Brighton, East Sussex, BN3 2WN

foodies FESTIVAL WITH TOP CHEFS



About

Foodies Festival offers a fun day out for all the family. Foodies Festival, the UK's largest celebration of food & drink where visitors can feast on a vast array of culinary activities, making Foodies Festival the social event of the summer.

Opening Times

(4 May 2019 - 6 May 2019)

Day	Times
Saturday	11:00-21:00
Sunday	11:00-21:00
Monday	11:00-21:00

www.foodiesfestival.com

Brighton Fringe

Festival

Various Venues, Brighton, East Sussex, BN1 1EL



About

Brighton Fringe is the largest arts festival in England, established to stimulate, educate and entertain diverse audiences from young children to arts professionals through a diverse range of art forms. The streets of Brighton come alive with outdoor events, street food stalls and Fringe

Opening Times

(3 May 2019 - 2 June 2019)

Day	Times	
Monday	09:00	22:00
Tuesday	09:00	22:00
Wednesday	09:00	22:00
Thursday	09:00	22:00
Friday	09:00	22:00
Saturday	09:00	22:00
Sunday	09:00	22:00

www.brightonfringe.org

Easter egg cookies



Calling all little cookie monsters! Why not bake your favourite biscuit for a special Easter treat, complete with soft centre and chewy, crisp edge? We've added chunks of chocolate and mini eggs to the mix, though you could customise with other fillings such as banana chips, toffee pieces and orange zest.

Ingredients

175g butter, softened

200g light brown soft sugar

100g golden caster sugar

1 tbsp vanilla extract

1 large egg

250g plain flour

½ tsp bicarbonate of soda

50g white chocolate, chopped into chunks

100g bar dark chocolate, chopped into chunks

100g mini chocolate eggs, lightly crushed with a rolling pin, leaving some larger pieces to decorate

Method

Heat oven to 190C/170C fan/gas 5. Line two baking sheets with baking parchment. Tip the butter, sugars and vanilla into a bowl. Beat with a hand-held electric whisk until pale and fluffy. Add the egg and beat again. Tip in the flour, bicarb and a pinch of salt, then use a spatula to mix together before adding the chocolate chunks and about half the crushed mini eggs (set aside the larger pieces) and mix again until everything is combined.

Scoop golf-ball-sized mounds of cookie dough onto the baking sheets, making sure you leave plenty of space between each one. (You should fit 4-6 cookies on each, so you'll have to bake in batches to make the total 20 cookies.) Push the remaining mini egg pieces into the tops. *Can be frozen at this point for up to three months.*

Defrost thoroughly in the fridge before baking. Bake for 15-18 mins, swapping the sheets around halfway through. For soft and chewy cookies, the cookies should be golden around the edges but still pale and soft in the middle. If you prefer a biscuit texture, you will need to bake them a little longer.

Remove from the oven and leave to cool for 10 mins before transferring to a wire rack, then bake the second batch. Continue until all the cookies are baked. *Will keep in an airtight container for up to a week.*