



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

## Breast Cancer Support Group Sussex

Hello Ladies,

I hope you all had a good month (apart from the weather).

Although I was not at the last meeting I have heard from other members that Simon Webster Hair (Brighton) gave a wonderful display to all the ladies present. He talked about styles and wigs, cutting and colouring. Simon's salon is in Gardner Street, Brighton and all his wigs are less than £99.00. The NHS gives £60.00 to all of us ladies towards buying a wig so for another £30.00 Simon will see you have a really nice one that suits your style.

Simon has worked backstage at Paris, Milan London and New York doing fashion weeks and session work for magazine publications, editorials, music promotion and fashion retailers. He is a man of many talents and we would like to thank him (and his wife) for giving up his valuable time to talk to our group. Simon is always happy to style your wigs for cancer sufferers and alopecia sufferers.

We unfortunately do not have a speaker for our meeting on the 15<sup>th</sup> of February but it would be nice to see you all there.

Gwen I have just returned from Poland after visiting Auschwitz and Birkenau Concentration Camps, a place where I think everyone should visit. It opens your eyes to see and find out all the atrocities that happened in the second world war. We stayed in Krakow which is a beautiful city and learnt so much more than we already knew before. There were so many young people there, many school children from Sussex. It has a still and strong feeling there and sends out a message that we should never ever forget what happened to those millions of people that went to the gas chambers without any knowledge of knowing what was going to happen to them.

Well, ladies I hope to see many of you on Monday 15<sup>th</sup> February.

Kind regards to you all

Joyce

### Diary Dates

**Monday 15<sup>th</sup> February**

**6pm – 8pm**

Our Monthly Group Meeting

**Monday 20<sup>th</sup> 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](mailto:jfrienduk@gmail.com) or [info@brightonbreastcancersupport.org](mailto:info@brightonbreastcancersupport.org)



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### Things to do in Brighton this month

#### **Bournemouth Symphony Orchestra: Heroes and Aliens – The Dome**

Boldly goes where no orchestra has gone before in a fantastic blockbuster concert featuring music from some of the most iconic and successful space movies of all time. A great chance to catch some wondrous, professional classical music at low prices.

When: Sat, 6 February, 7:30pm – 8:30pm

Price: From £10

#### **Seedy Sunday – Corn Exchange**

The UK's longest-running community seed swap event is back with a host of talks and stalls on all things gardening, growing, ecology and sustainability.

When: Sun, 7 February, 10:30am – 4:30pm

#### **Vintage Fair – Dome Corn Exchange**

Winner of the UK's best vintage fair 2013 – 15, delve into a treasure trove of fashion and homeware. Plus sweet treats in the tea room and pampering in the vintage beauty salon.

When: Sun 14 February, 10am – 4pm

Price: £2, under 12s free

#### **Smokestack – The Round Georges**

Smokestack's approach to the blues is a unique mix of original songs, jazz and latin grooves, big toned harmonica and sophisticated slide guitar. The trio have released their third album 'Something on your Mind' and continue to perform at festivals and blues clubs in and outside of the UK.

When: Sat 20th Feb

Price: Free



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### The Swear Box Instigator

Julia Adams joined The Education Centre, Hayward's Heath as the School Administrator two years ago. She instigated the Staff Swear Box and this time we were fortunate to be the recipients of the contents, £31.04.

The Centre are a big supporter of charities and they are currently fundraising for Testicular Cancer

A **big thank you** to Julia, Sue Warren and our friends at The Education Centre, Haywards Heath.

If you think that you can do something at your place of work to raise money for a charity and want some help with ideas, please let us know



### Simon Webster Hair



We were very lucky to be joined by top hair dresser Simon Webster last session and to learn all about the styles, wigs, cutting and colouring that he offers and can help with.

If you want to go and pay Simon a visit, his salon is at

16 Gardner St  
Brighton  
BN1 1UP





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What do you do for a friend who has cancer? As one in three people will have the diagnosis at some stage in their lives, it's a question that, sooner or later, many of us will be asking.

When film producer Stevie Lee was diagnosed with aggressive breast cancer, her friend Georgia Glynn Smith didn't have to think twice.

Georgia accompanied Stevie to hospital for chemotherapy, a day a week for four months, and then for eight months of three-weekly sessions, alongside appointments for reconstructive surgery and other treatments.

"I got to learn a lot about cancer," Georgia remembers ruefully as the three of us meet over coffee on a sunny morning.

In an effort to "do more than just be there", Georgia started to bring in food, at first for Stevie and then for all the other patients and carers in their treatment group.



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There were mass orders of meatballs from the local café, trays of cupcakes from a photo shoot (“the nurses loved those”) or little chocolates she had made with her two young daughters. It was an important bonding for the group, Stevie explains. “It made a camaraderie, it made us all talk, as we were sharing food, good food.”

But choosing the right dish to bring wasn’t always straightforward. Cancer patients have small appetites, and treatment limits what they can chew, as mouths become ulcerated and stomachs grow delicate.

And tastes change frequently. According to Georgia, “One week Stevie would really like something, and the next week it would be unpalatable.”

She became frustrated by the lack of advice available. “There was nowhere that gave me the right information, that I could trust.”

Happily, after a year Stevie was given the all-clear. But shortly afterwards, a second friend, Fiona Cox, called to say her breast cancer was back, and Georgia began visiting her. It was Fiona who suggested that Georgia should produce a recipe book to help cancer patients, and when she died tragically two years ago, Georgia resolved to make it happen.

She trudged around publishers showing them her proposal, and it was Kyle Cathie, whose husband had also been treated at the Royal Marsden, who finally agreed to take the project on.

The next step was to find recipes. Georgia, who is married to the television presenter Stefan Gates, is a successful food photographer with credits that include Mary Berry’s most recent books as well as work for a host of other famous food writers, and knew who to call.

“I emailed everyone who I had worked with over the last 15 years who might be able to help me, and I was utterly blown away by the response,” she tells me.

Nigella Lawson, whose recipes Georgia had photographed for her Vogue magazine column at the time when Lawson’s first husband, John Diamond, was dying of cancer, was the first to respond – within six minutes. “I knew if she was on board, I’d have the energy to push everyone else,” says Georgia.



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When Stevie Lee (r) was diagnosed with breast cancer, her friend Georgia Glynn Smith (l) accompanied her to hospital for chemo CREDIT: ANDREW CROWLEY

Before long many others, from Claudia Roden and Rick Stein to Mary Berry and Mary McCartney, had submitted recipes, and the book was taking shape. What mattered, Stevie explains, was that the recipes were appealing and the photographs beautiful, unlike the leaflets or manuals mostly on offer. “This is a book where you could look at things and say, ‘I could eat that.’ Because you are still hungry, you just don’t feel you want to eat anything that exists.”

And the book does have all the information you need to feed a cancer patient, whether yourself or someone else. Written in conjunction with the Royal Marsden’s consultant dietitian Clare Shaw, and with extra recipes by food writer Catherine Phipps, it has sections with recipes particularly suitable for each of the stages and advice on nutrition, symptoms and common problems which alone make it pretty much essential reading for anyone affected by cancer.

But Georgia insists: “It’s really important that this isn’t just a book for people who have cancer. It’s a book for people to look through together and say what shall we cook together, or what shall we cook for a friend to put in their freezer, or as a snack to take into hospital, or to eat post cancer. It is a book on teaching everyone to eat healthily.”





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Stevie agrees. "It's not ghettoising," she says. "It's for the whole family, but with tastes that we can cope with."

What each person can cope with varies widely. The issue is partly physical. "Your mouth gets very sore, you lose a lot of saliva," Stevie explains. But in addition, taste buds can become dulled or, worse, an "utterly revolting" taste in the mouth can make everything taste foul. So rule number one is to forget bland "invalid food". What was needed, Stevie said, was "food that is really fresh and strong in taste".

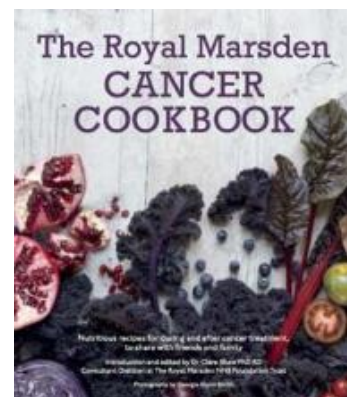
A good diet can contribute to recovery, though Stevie cautions: "Don't take even vitamin C without telling the doctors. Seemingly innocuous alternative remedies can lessen the efficacy of the treatment. So actually just to eat good food during treatment is better for you."

"And after, Stevie," says Georgia, rolling her eyes at the can of Coke that Stevie is sipping. "I am, I am," insists Stevie, as the two of them collapse into giggles. More seriously, she adds: "I think food is the obvious way to show love, care that isn't medicinal. With cancer you lose control of your body. You smell funny. Everything smells funny. You are an outsider. People stare at you."

"Enjoying food, and enjoying food with people, this is something that makes you human again."

### Three practical tips if you're caring for cancer patients

- Cook fresh, well-flavoured, colourful food for them, with a soft texture if their mouth is sore. Remember that large quantities can be off-putting.
- Don't be offended if they can't manage to eat. They will still appreciate the care you took. The last thing you want is to make them feel guilty.
- Buy them an electric blanket. "You lose all your body hair," said Stevie. "It's very cold."



The Royal Marsden Cancer Cookbook, by Clare Shaw and

Catherine Phipps, is published by Kyle Books, RRP £19.99. Photography by Georgia Glynn Smith.



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### Recipes from the Royal Marsden Cancer Cookbook

A new cookbook from The Royal Marsden cancer centre offers more than 150 nutritious recipes for during and after cancer treatment. We've chosen three of our favourites.

#### Cauliflower, chickpea and spinach curry



This is a very quick and simple curry, which is great on its own or served with some steamed rice. It's suitable for freezing, and can also be roughly blended with a little more liquid to make a curried vegetable soup.

Serves 4

- 1 cauliflower, separated into small florets
- 1 tbsp vegetable oil
- 1 tsp cumin seeds





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- 1 tsp nigella (black onion) seeds
  - 1 tsp ground coriander
  - 1/2 tsp turmeric
  - 1/2 tsp ground fenugreek
  - pinch of ground cinnamon
  - 150ml hot vegetable stock or water
  - salt and freshly black pepper
  - 1 onion, finely chopped
  - 2 green chillies, finely chopped
  - 1 piece fresh ginger, grated
  - 2 garlic cloves, finely chopped
  - 12 tomatoes, finely chopped
  - 1 can chickpeas (about 240g drained weight)
  - 250g spinach leaves, well washed
  - squeeze of lemon juice
1. Bring a saucepan of water to the boil and add salt. Add the cauliflower florets and blanch for about 3 minutes until just al dente. Drain and refresh under cold water.
  2. Heat the oil in a large saucepan. Add the cumin and nigella seeds, and fry for a minute, then add the onion, chillies and ginger. Cook for a few minutes until the onion has softened, then add the garlic and all the spices. Pour in the stock, add the tomatoes and season with salt and pepper. Simmer for 5 minutes, then add the cauliflower florets, chickpeas and spinach leaves. Don't worry about the spinach leaves crowding the saucepan, they will wilt down in no time.
  3. When the spinach has wilted, taste for seasoning. Add more salt and pepper if necessary and then add a squeeze of lemon juice.
  4. Serve with coriander sprinkled over and yogurt on the side.



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### Salmon (or tofu) with soba noodles and oriental greens



You can use any greens here – asparagus, green beans or sprouting broccoli would all work well. Packets of ready-cooked noodles are very useful to have in stock for instant meals.

#### **Serves 2**

- small piece of fresh ginger, grated
- 2 garlic cloves, crushed
- 1 tbsp honey
- 2 tbsp soy sauce
- 1 tbsp mirin or sweet sherry
- 2 salmon fillets or 1 packet of firm tofu
- 100g dry soba noodles or 200g ready cooked



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- 1 tsp sesame oil
  - 2 tsp vegetable oil
  - 2 spring onions, sliced into rounds
  - bag of pak choi (about 6 heads) or other Chinese greens
  - 1 tsp sesame seeds (optional)
  - salt and freshly ground black pepper
1. Put the ginger, garlic, honey, soy sauce and mirin in a bowl and mix together. Season with salt and pepper. Add the salmon fillets or tofu and turn over so all the sides are completely coated in the marinade. Leave for at least 30 minutes to marinate, but longer if you have it.
  2. If using uncooked noodles, cook them according to the packet instructions. Drain and toss them in the sesame oil and leave to cool.
  3. Heat the vegetable oil in a frying pan. Drain the salmon, reserving the marinade. Place the salmon, skin-side down, in the oil and fry for 3 minutes, then flip over and cook for a further couple of minutes. Remove from the pan.
  4. Add the spring onions and pak choi to the pan, and sauté for a couple of minutes, then pour in the reserved marinade. Allow to sizzle for a minute or two, then add a splash of water. The greens should wilt down very quickly.
  5. To serve, remove and discard the skin from the salmon and break the flesh into pieces. Pile on top of the noodles, then add the greens and pour over any liquid left in the frying pan. Serve sprinkled with the sesame seeds, if using.





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### Prue Leith's muscovado heaven



You can use any fresh fruit or compôte, or even canned fruit, which takes even less preparation. Prue says it is particularly delicious with fresh mango or passion fruit, but use whatever takes your fancy.

Serves 2

- 200–250g fruit
  - 100ml double cream
  - 100ml Greek yogurt
  - 4 tbsp muscovado sugar
1. Divide the fruit between two glass dishes or large ramekins.
  2. Mix together the double cream and Greek yogurt, until well combined, thick, but not set. Spoon this over the fruit.
  3. Sprinkle the sugar over the cream and yogurt. You will need to do this in a very thick layer. Put in the fridge to chill for around 30 minutes. The sugar will dissolve into a dark lake. To introduce a little crunch, sprinkle over a little more sugar or eat with a thin, sweet biscuit.