

Breast Cancer Support Group Sussex



Dates
For Your
Diary

Hi All

I hope that everyone is enjoying this lovely sunshine we are having.

We recently held our Pink Stall at Blakers Park. Thank you so much to all of you who donated gifts for the Tombola and a massive THANK YOU to everyone who helped on the day – Paula, Pat, Pat's granddaughter Bianca, Sharon, Gwen's sister in law Sally and Betty. We managed to raise a total of £260.67. And a big THANK YOU to Gwen from Nickie for organising and coordinating everything so well as usual despite being really busy! Also congrats to Gwen on the birth of new Granddaughter Dolly

We will be holding another Pink Stall towards the end of the year at the Catholaity Fair which is pencilled in to be held at Cardinal Newman School. If you can please can you start collecting pink items for this, I'd be really grateful

At our meeting this month Kelly will be performing a demonstration on hand and head massages. Margaret, Jill and Jutta will of course be available for Reiki

Sadly, Joyce passed away last month. On Sunday 12th August Joyce's husband Geof is holding a BBQ to raise money for a trust that he is setting up in Joyce's memory. The money raised will go directly to the organisations who helped Joyce including the Royal Marsden and local hospice. There are limited tickets at a cost of £15 per head. Please contact me if you would like to attend – 07985 115381 – or if you would like to make a donation

Due to summer holidays we won't be holding a meeting in August.

We have a few interesting speakers booked from September – more about this will follow in due course

Looking forward to seeing you all at the July meeting

Best wishes

Gwen

July 16

Our Monthly Group Meeting with a Demonstration by Our Aromatherapist Kelly

August 12

BBQ in memory of Joyce at her home in Seaford

August 20

There will be NO MEETING

September 17

Our Monthly Group Meeting with Speaker Elaine Noble

October 15

Our Monthly Group Meeting with Speaker Alex Golding

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

Joyce Friend



It is with great sadness that we advise you that our Trustee, Group Facilitator and very dear friend Joyce passed away peacefully at home on Saturday 2nd June surrounded by her family.

Many of you know that in recent years Joyce battled with secondary breast cancer. She participated in a number of trials with new drugs under the Royal Marsden which managed to prolong her life. And she lived it to the full – nothing was going to get in the way of spending time with her family, even undergoing chemotherapy whilst on a cruise around Australia when she took the opportunity to spend time with her eldest son, daughter-in-law and 2 grandsons who she adored. In her last days, her 2 granddaughters, Lili and Ella were absolutely amazing. They showed the same sort of courage that their Grandmother demonstrated and whilst there were tears, there was laughter too.

It's very difficult to put in to words what a truly wonderful person Joyce was. She gave her time freely, her dedication to the group unrelentingly and even when times were tough physically still put others first with a smile on her face. Thank You Joyce - I know that we will all miss you terribly.

Our thoughts are with all of her family and especially her husband Geof, who frankly is as amazing as Joyce. I have never seen a couple who were so totally dedicated to each other



ABOUT TROPIC

Our founder is Susan Ma and her passion for creating skincare recipes that feed the skin stemmed from her childhood in Cairns, Tropical North Queensland, Australia.

Aged 15, she freshly made her first batch of body smooth in her kitchen, poured it into 50 jam jars and sold them at Greenwich Market in London, selling out on her very first day and she continued to sell at various London markets throughout her school years. Susan's passion grew and grew until she launched the first branding of Tropic Skin Care in 2007.

Her mission was to give everyone honestly priced products that are effective on all skin types and derived from pure plant extracts, and that's exactly what she has done!

Susan appeared on The Apprentice in 2011, and despite being a runner up, Lord Alan Sugar invested in Tropic Skin Care and their venture was launched in 2012. The products have won a number of awards and appeared in Vogue, You, Tatler, Top Santé and Health Natural Magazine in a few short years.

THE PRODUCTS

NATURALLY EFFECTIVE INGREDIENTS

We believe plants and fruits that flourish in challenging tropical climates are the most nutritious and beneficial for the skin.

That's why our ingredients are sustainably sourced from the Amazon rainforest, Polynesia, Australia and many more exotic tropical regions brimming with powerful botanical actives.

FRESHNESS FOR YOUR SKIN

We use fresh, premium, natural ingredients like nourishing seed butters, juicy fruit extracts and aromatic essential oils.

Our skincare and body care products are all freshly made in our Surrey Beauty Kitchen by our Beauty Chefs every day.

GREEN SCIENCE INNOVATION

We always strive to be at the forefront of natural ingredients research. Our formulations are

supercharged with innovative ingredients such as plant ceramides and encapsulated vitamins, embracing the latest green technologies.

BEAUTY WITH A CONSCIENCE

In an industry that often overlooks animal welfare and the environment, we promise never to test on animals, nor use derivatives that cause them distress. That's why we stand withy Cruelty Free International, The Vegan Society and PETA as a 100% cruelty-free brand, now and always.



WHY HAVE I BECOME AN AMBASSADOR ?

I was introduced to Tropic by a good friend Andrea around 2 years ago, who had discovered the product when she was diagnosed with breast cancer. Andrea was looking for items that didn't contain any fragrance, perfume or alcohol. I also fell in love with the products after using them and noticed a considerable difference in my skin. I recently decided to become an Ambassador as I wanted everyone to be aware of the product and its benefits.

If you would like more information on the products, have any questions or would like to look at some of the products please feel free to contact me.

Melinda Fretter



Tel: 07786 965497

Email: melfretter@hotmail.com

Website: www.tropicskincare.co.uk/shop/melindafretter

"Our mission is to give everybody the means to accomplish their dreams and inspire them to make a difference in the lives of others."

Lord Alan Sugar and Susie Ma – Co-Owners



Behind the Scenes Tour: Preston Manor

Event Details

This event is running on selected dates between 28 June 2018 and 24 August 2018. It is next occurring on 19 July 2018 at 11:15 am.

Upcoming Dates:

- 19 July 2018 at 11:15 am until 12:45 pm
- 24 August 2018 at 11:15 am until 12:45 pm



Entrance hall of Preston Manor

Explore parts of Preston Manor not on the public route. The tour reveals hidden spaces from cosy private rooms inhabited by the first curator and his family in the 1930s to a secret wartime operations room in the cellar.

Admission

£15 book in advance (starts with tea/coffee & biscuits).

You can buy tickets by telephoning the Events Booking line on 03000 290902 (Mon-Fri), in person at at The Royal Pavilion or any of the Brighton Museums. You can also email visitor.services@brighton-hove.gov.uk if you have any queries.

A £1.50 booking fee may apply to some events. Tickets cannot be reserved without payment. Please book early as an event may be cancelled if too few tickets have been sold.

Seared tuna and puttanesca bean salad



Ingredients

3 tbsp drained Cooks' Ingredients Puttanesca Mix (selected stores), with 2 tsp of its oil
1 clove garlic, crushed
Pinch chilli flakes
1 tsp red wine vinegar
200g Pome Dei Moro tomatoes, roughly chopped
400g can cannellini beans, rinsed and drained
1 sprig rosemary, leaves only, finely chopped
240g Waitrose 1 Yellowfin Tuna 2 Steaks
1 tsp sunflower oil
¼ x 90g pack wild rocket

Method

1. Warm the oil from the puttanesca mix in a saucepan, then add the puttanesca mix, garlic and the chilli flakes for a couple of minutes until fragrant. Remove from the heat and stir in the vinegar, tomatoes, beans and seasoning with black pepper. Set aside.
2. Scatter the rosemary over the tuna steaks and season. Heat the sunflower oil in a non-stick pan then sear the fish over a high heat for 2-3 minutes each side or until cooked to your liking.
3. Toss the rocket through the bean salad, then serve with the fish. Store the remaining puttanesca mix, in its jar in the fridge for up to 4 weeks and use in other dishes you can find on [waitrose.com/recipes](https://www.waitrose.com/recipes).