

## Breast Cancer Support Group Sussex

Hello and welcome to our July newsletter!

I would like to thank the ladies that gave their time to help on the pink stall at Blakers Park, Foulca, Pauline, Sharon, Marion, Pat's granddaughter Bianca and my friend Lynn. We all had a good fun day until the rain came and we all got rather wet! The gazebo has finally dried out and packed away for next summer.

At our last meeting, Andrea who is a Holistic therapist, gave several of us a facial which we all thoroughly enjoyed. She is a representative for Tropic Green Beauty products and a number of us purchased some of the products. Andrea has asked me to thank you all and she has offered to come to the Group again and over a makeover treatment. We'll be asking her back later this year. For product details visit <http://www.itsallaboutmeee.com/>

Our thoughts are with everyone who is undergoing treatment and/or surgery. Our lovely Pat is in hospital and feeling poorly. If you have her number, I'm sure that she would love to hear from you by text. And our lovely Reiki ladies - Jill's son has been unwell and we wish him well with his operation and Margaret, we are all thinking of you with your operation and hope that your calf is healing. We hope to see you very soon and send you 'Big Hugs'.

At our next meeting on Monday 15th July, Thomas-Brooks from the Park Centre is coming along to talk about the Moving Forward group. She'll also be available for questions after.

Please don't forget that there will be no meeting at Horizon Centre in August and instead, we are meeting at Wetherspoons on Brighton Marina at 6.15 for a bite to eat and a chat. Please see further information later in the newsletter and remember to let me know if you'd like to join us

Best wishes

Gwen

A reminder of how to contact and chat with others via our social media  
WhatsApp B C Support Group  
Facebook [www.facebook.com/breastcancersupportgroupsussex](https://www.facebook.com/breastcancersupportgroupsussex)  
Twitter BCSGSussex



Dates  
For Your  
Diary

### July 15

Our Monthly Group Meeting with guest speaker Lisa Thomas-Brooks Macmillan Breast Care Nurse Team Leader

### August 19

Our Monthly Group Meeting this month will be a supper event at The West Quay, Brighton Marina. Please see info in the newsletter

### August 19

Breast Cancer Care South Downs Walk

### September 16

Our Group Meeting at The Horizon Centre

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



### **Calling Blighty' - Brighton**

The Calling Blighty series of 12 minute films, made in 1944-46, shows servicemen (and a very few women) in the Far East recording a message to be seen by their families and friends in local cinemas back home – a sort of one way Skype of their day, these are remarkable and moving documents. We are delighted to announce that, working with Screen Archive South East (SASE) and the Imperial War Museum (IWM), we have added five Calling Blighty issues from the Brighton area. These are in the collection of the IWM, and have been digitised by them to enable us to add them to the online database.

These 5 issues [numbers 89, 151, 180, 285 and 391] feature 123 Brighton men, and one woman. To help us find the families and identify the service personnel, click this link

<https://www.nwfa.mmu.ac.uk/blighty/index.php>

to take a look at these clips – some are named, but some names are still missing. Please get in touch if you find someone you know, or if you know anything about the films!

This fourth phase of our project, following the Greater Manchester, Sheffield/Yorkshire, and Birkenhead messages, aims to trace relatives of as many as possible of these 124 Brighton service personnel and their descendants. We held a successful screening event of the Brighton messages – the first time the films had been shown to a public audience since their original screening 75 years ago! - on Sunday 16<sup>th</sup> June 2019 at the Sallis Benney Theatre, University of Brighton. The screening was attended by friends and relatives of local service personnel who had been discovered through the project, the Mayor of Brighton and members of the public. We screened selected messages from many of the surviving Calling Blighty issues, and a special compilation of highlights from the Brighton films. The scene was set with an evocative short film of scenes of Brighton during WW2, and a talk on the background to the making of the Calling Blighty films. We had time after the screening to get together to share stories over tea and cakes in the cafe.

There are now 940 service personnel in the database, and we have found 140 families so far – help us to find more and reconnect them to the messages!

Do you know any of these servicemen and women? We'd love to find out as much as we can about these films so please do tell us if you belong to one of the families, know of someone who is connected, know something about the films or the original screening. Please contact Marion Hewitt at the North West Film Archive by emailing [blighty@mmu.ac.uk](mailto:blighty@mmu.ac.uk) or by calling 0161 247 3097.

Thanks to Chris for sharing this



## Blakers Park Pink Stall – Saturday 15<sup>th</sup> June



# THANK YOU!

A big **Thank You** to everyone who donated prizes and helped before and on the day.

We raised £167.55 for the Group



Our Speaker at last  
month's meeting was  
Andrea McQuistan

I am Andrea a 52-year-old woman recovering from invasive grade three breast cancer, thankfully I have recovered well following intense Chemo and a mastectomy.

I consider myself one of the lucky ones as I have come out the other side!

After the removal of my main lymph node and being told that I shouldn't put anything on my skin with fragrance or perfume in I became intrigued and started to research into using natural products on my skin.

I then became an Independent Ambassador for Tropic and learnt that it is important not only what we put in our bodies but also what we put on our bodies! This is why I now use their core skincare range which is 100% naturally derived.

Since joining Tropic nearly three years ago I have become a beauty and holistic therapist offering various therapies. Tropic has helped me run my own business and get my life back on track!

The naturally derived vegan certified cruelty free products can be purchased via my website. There is a 30 day money back guarantee on anything you purchase.



*It's All About Meee*

<http://www.itsallaboutmeee.com>







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## South Coast Challenge 2019

Walk, jog or run 100km, 50km or 25km and take on some of England's finest scenery. Starting at Eastbourne, you'll head over the magnificent Seven Sisters and along the South Downs way to a Brighton mid-point. Sunset and sunrise all lie ahead before the Cathedral spire of historic Arundel comes into view after an amazing journey you'll never forget!

Join 2000 participants of all ages and abilities for the challenge of a lifetime. Whichever distance you choose, you'll be fully supported all the way, and rewarded with an incredible sense of achievement.

**100km - Registration fee: £15 Minimum sponsorship: £595**

**50km - Registration fee: £10 Minimum sponsorship: £395**

**25km - Registration fee: £5 Minimum sponsorship: £245**

## Take part for Breast Cancer Care

Every Breast Cancer Care supporter will receive:

- Free Breast Cancer Care t-shirt
- Welcome pack with training plan, tips and fundraising advice
- Free drinks, snacks and hot meals
- Free massage and medical support at main rest stops
- Timing chips so friends and family can track you
- Medal, finisher t-shirt and a glass of fizz for the finish



## Any questions?

If you have any questions about this or any other event, email us at [adventure@breastcancercare.org.uk](mailto:adventure@breastcancercare.org.uk) or call 0345 092 0804.

## Register at

<https://www.breastcancercare.org.uk/get-involved/sports-adventure/charity-walks/south-coast-challenge-2019>



# Monday 19<sup>th</sup> August



There will be no group meeting at the Horizon Centre in August. We will however be meeting up at

Where: The West Quay in Brighton Marina

Time: 6.15pm

for a nibble and natter!

Please let Gwen know on 07985 115381 if you're able to attend as we do need to book a table



**Home visit NHS services optician:** If you cannot visit a town optician The Community Care Optician will carry out NHS eye tests and spectacle dispensing in the comfort of your home. Includes screening for cataracts, glaucoma, macular degeneration and more. Free aftercare for repairs. If on certain benefits you are eligible to receive free eye tests and specs. Private hearing tests and aids also offered. Carers, family or friends always welcome to participate. Contact them for more details at Community Care Opticians. 01273 220 588. E-mail [south@cchealth.co.uk](mailto:south@cchealth.co.uk) or see website [www.communitycareopticians.co.uk](http://www.communitycareopticians.co.uk)

Thanks to Chris for this article



# How has your experience of breast cancer affected your career path?

## Has it been a catalyst for positive career change?

I am conducting some research as part of my MSc course in Organisational Psychology and I am currently looking for volunteers to take part in a study of women's experiences of career change following a breast cancer diagnosis. My research was inspired by my wife, Kerrie, who is currently transitioning from her role as a Detective Chief Inspector to become an acupuncturist! After Kerrie's breast cancer diagnosis, she re-evaluated her priorities and following acupuncture treatment at the Horizon Centre her passion to study the human body was re-ignited. Kerrie's course will take her from being a fraud detective to becoming a detective of the body. As Kerrie rose through the ranks in the police, she lost her true sense of self, moving away from what really makes her tick. Once she becomes an acupuncturist she can 'give something back' again, helping others who are suffering, just as others did for her during her cancer treatment.

There is extensive research regarding the impact of having a chronic illness upon one's career and similarly regarding women's career stages in general. However, research focused upon the effects that cancer, more specifically breast cancer in the UK, has upon women's careers is limited. Therefore, I intend to enhance current research in this field by interviewing a small number of women who have been diagnosed and treated for breast cancer to understand their personal career experiences.

If your experiences of breast cancer have led you to change or re-consider your career path, I would like to invite you to take part in this study. I will be interviewing participants in July at the Macmillan Horizon Centre, Brighton. Whilst I will ask a number of standardised questions, the interview process will be informal and will last no longer than 1hr 30mins. If you are interested in taking part in this research, I will send you a participant information sheet which outlines further details regarding this study.

I understand that this is a sensitive subject matter and may be distressing recalling events. However, this research may benefit other women going forward and I welcome your participation.

If you would like to take part in this study or have any questions regarding any aspect of this research, please contact me. I look forward to hearing from you.

Kindest regards,

Katharine

07786 857377

[Katharine.woodhouse@city.ac.uk](mailto:Katharine.woodhouse@city.ac.uk)

# I've grown as a person by giving something back

**PUBLISHED ON: 3 June 2019 Breast Cancer Care**

This year's Volunteers' Week, Juliet looks at how volunteering helped her in her recovery to grow as a person, and why she wants to give back.



## Volunteering has helped me grow as a person

Once I'd finished my active treatment, I started to think about how I could contribute to Breast Cancer Care. I wanted to give back to the charity as I'd benefitted so much from all of the services that I'd accessed.

Both volunteering and campaigning have helped me so much in my recovery and encouraged me to grow as a person. It's very much a win-win situation. I've learnt many new skills through volunteering, and I feel that I've contributed my time and experience to the charities and to the clients. I try to turn the negative experience of having had breast cancer into a positive one so that I can move forward and live the rest of my life as happily as possible. Volunteering has helped me to do this and I value the experience very highly.

## That nurse will never know how much she helped me

The services I used from Breast Cancer Care had a very positive impact on me in lots of ways. I was given the big folder of information at my first appointment and, whilst, I didn't want to look at it straight away, it was definitely very useful once I'd plucked up enough courage to read through it.

I called the Helpline a number of times while trying to make my treatment decisions. I clearly remember coming home after I'd been diagnosed in somewhat of a panic and googling 'breast cancer support'. Happily, I found the Helpline number and called it straight away. The person who answered

will never know what a comfort she was to me and how she helped me navigate the first choices that I had to make as a breast cancer patient.

I used the Someone Like Me Service a few times at different stages of my treatment and found it amazing that so many wonderful volunteers would give up their time to talk to people like me. In the early days of my treatment, and especially when I was having chemotherapy, I found the online Forum a great source of information and support. A group of us from the Forum who started chemotherapy in the same month are still in touch now, three years on.

## **I wanted to give something back**

My first volunteer role was on the Moving Forward course. I've now volunteered at five courses and really enjoy the experience. It's great to see the transformation in the clients from nervous and anxious in the first week, to much more positive and relaxed by the time the course has finished. It's so lovely to see the relationships and friendships that are formed among the groups.

I'm also a Someone Like Me telephone volunteer, which I enjoy just as much, but in a different way. I love speaking to clients on a one-to-one basis. And I like the immediacy with which I can see that I've made a difference to someone. I think that the two roles complement each other and feel lucky to be able to volunteer on both services.

## **I want people to get the drugs they deserve**

I started doing media work for Breast Cancer Now when the charity was running a campaign to try to get access to bisphosphonates to all patients who would benefit from them. I was unable to access the drug as part of my treatment and did some press as a result. I've done a few more pieces of media on topics that were relevant to my cancer's pathology and treatment, including a piece to camera which was shown on the BBC 9 O'clock News.

One of the most rewarding and successful pieces of work that I've been part of is the #55000 reasons campaign which focused on the NHS Long Term Plan, and what Breast Cancer Now wanted to see being included in the Plan. A group of staff and volunteers from the charity went to meet Matt Hancock, Health Secretary, to present him with a copy of the campaign's report and a book which the charity put together, filled with 'the reasons' sent in by patients, friends and family.

As a volunteer, the campaign felt so inclusive and I really felt that I was part of the team.

I love being involved with both charities and I am looking forward to continuing with the new merged charity in the future.

**Join the Breast Cancer Care volunteering family and make a difference for anyone affected by breast cancer.**

<https://www.breastcancercare.org.uk/get-involved/volunteer-us>

**If you'd like to give something back locally please speak to Gwen about becoming a Facilitator of our Group.**





# WEST BLATCHINGTON WINDMILL

Holmes Avenue, Hove

## *40th Anniversary Community Event*

**Sunday 14 July 2019**

**1pm—5pm**

Entertainment from;

- Black Powder Morris
- Hangleton Band
- Games and Sideshows

Refreshments including;

- Our famous Strawberry Cream Teas

*Plus a selection of Craft and Produce Stalls*

*Come and help us  
celebrate the anniversary of  
our first public opening!*



Thanks to Chris for this information

# Romesh Ranganathan's epic veg lasagne

by Jamie Oliver

FRESH PASTA, PORCINI MUSHROOMS & CHIANTI



### Ingredients

- 20 g dried porcini mushrooms
  - 2 large red onions
  - 6 cloves of garlic
  - 2 carrots
  - 2 sticks of celery
  - 2 sprigs of fresh rosemary
  - olive oil
  - 1 teaspoon dried chilli flakes
  - 2 fresh bay leaves
  - 100 ml vegan Chianti wine
  - 1 x 400 g tin of green lentils
  - 2 x 400 g tins of quality plum tomatoes
  - 750 g mixed wild mushrooms
  - ½ a bunch of fresh thyme , (15g)
  - 2 slices of sourdough , (100g)
  - 70 g vegan Cheddar cheese
  - ½ a bunch of fresh sage , (15g)
  - extra virgin olive oil
- PASTA**
- 400 g durum wheat flour , or fine semolina flour, plus extra for dusting
- WHITE SAUCE**
- olive oil
  - 4 heaped tablespoons plain flour
  - 800 ml almond milk

SERVES 8 COOKS IN 2H 30M DIFFICULTY NOT TOO TRICKY

### NUTRITION PER SERVING

Calories	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
516	14.6g	3.5g	9.5g	0.7g	18.1g	76.8g	8.6g
26%	21%	18%	11%	12%	36%	30%	-

OF AN ADULT'S REFERENCE INTAKE

## *Method*

1. Place the porcini in a small bowl and cover with boiling water.
2. Peel the onions, 2 cloves of garlic and the carrots, trim the celery and pick the rosemary leaves, then roughly chop.
3. Place a large casserole pan on a medium-low heat with 1 tablespoon of oil. Add the chopped vegetables, chilli flakes and bay, and cook for 15 minutes, or until golden and soft, stirring regularly.
4. Remove the porcini from their soaking juices, finely chop and add to the pan. Strain in the porcini soaking liquor. Add the wine, then turn up the heat and let it bubble away for a minute or two.
5. Add the lentils (juice and all) and tomatoes, along with 1 tin's worth of cold water. Bring to the boil, then reduce the heat to low and simmer for 1 hour or until thick and delicious.
6. To make the pasta, pile the flour into a large bowl, make a well in the middle and gradually add 200ml of tepid water, mixing with a fork. When it becomes too hard to mix, get in there with your hands and bring it together into a ball of dough. Knead on a flour-dusted surface for 5 minutes or until smooth, then cover with clingfilm and leave to rest until you're ready to roll it out.
7. To make the white sauce, heat a large, deep frying pan over a medium heat with 4 tablespoons of oil. Add the flour and stir well to coat, then gradually add the almond milk, stirring continuously. Leave to bubble away for 5 minutes or until thickened.
8. Meanwhile, place a large non-stick frying pan on a high heat. Tear in the mushrooms and dry-fry for 3 to 5 minutes, or until charred and nutty. Peel and finely slice the remaining garlic.
9. Add 1 tablespoon of olive oil to the mushroom pan, followed by the garlic. Strip in the thyme leaves and cook for a further 2 minutes, then remove from the heat.
10. Place a third of the cooked mushrooms into a liquidiser with the white sauce and blitz until smooth. Have a taste and season to perfection.
11. Cut your pasta dough into 6 pieces. One at a time, flatten each piece of dough by hand and roll it out to 2mm thick using a pasta machine (or a rolling pin), keeping the pieces long. Place on a flour-dusted surface.
12. Preheat the oven to 180°C/350°F/gas 4.
13. Whiz the sourdough in a food processor to coarse breadcrumbs.
14. To assemble, line a 30cm ovenproof frying pan with a large piece of oiled baking paper.
15. Line the base with pasta sheets until completely covered, leaving an overhang around the edge of the pan. Trim the remaining pasta sheets for your layers.
16. Layer up the lentil sauce, followed by the white sauce, a scattering of mushrooms and a couple of pasta sheets. Repeat until all the elements are used up, saving your final layer of white sauce and mushrooms for the topping. Bring up the overhanging pasta and let it fall over the filling until completely covered.
17. Add the remaining sauce and mushrooms, then sprinkle over the breadcrumbs, grate over the cheese and pick over the sage leaves. Drizzle with a little extra virgin olive oil.
18. Bake in the bottom of the oven for 50 minutes to 1 hour until golden and bubbling. Leave to stand for 15 to 20 minutes, then tuck in! Delicious served with a simple salad.