



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

## Breast Cancer Support Group Sussex

Hello Ladies

Hope you have all had a good month, especially now the weather is improving, even though it is still very cold out there at least we have had quite a lot of sunshine.

Last month, we welcomed two new ladies, Sharon and Julia to our group and we hope that they will feel very at home with us in no time at all.

Two of our ladies have recently had surgery, Georgie and Shirley and we all hope that they are recovering well.

Sarah, our Macmillan nurse, will unfortunately no longer be attending our meetings, but we would all like to thank Sarah for all her care, support and her time that she gave us all during her time with us.

Unfortunately, we do not have a speaker for our meeting on the 21<sup>st</sup> March but we still hope many of you will attend. Our lovely reiki ladies Margaret, Jill and Jutta and our Aromatherapist Kelly will be there and we hope to see many of you there so we can talk amongst ourselves and pass on our experiences to new members and members that are facing treatment or who are going through treatment at present.

Next month (April) we have a lovely lady coming along to show us various ways of natural skin healthy products from Ringana to make us feel good about ourselves, so that is something to look forward to. These are products which are organic and free from animal testing and has full declaration of products.

The Café Royal began last week with Gwen and Pat volunteering with all proceeds going to our group. Well done to all our ladies who are taking part in volunteering for the next few Saturdays.

If you are interested in doing any activities please let the Facilitators know.

Look forward to seeing you all on the 21<sup>st</sup> March

Joyce

### Diary Dates

#### **Monday 21st March**

**6pm – 8pm**

Our Monthly Group Meeting

#### **Monday 18<sup>th</sup> April**

**6pm-8pm**

Our Monthly Group Meeting  
with a speaker from Ringana –  
natural skin healthy products

#### **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)



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

## Breast Cancer Support Group Sussex

### Join Team Macmillan at Brighton Marathon

**NO ONE SHOULD  
FACE CANCER ALONE**

On **Sunday 17<sup>th</sup> April** 450 Team Macmillan runners are running the 26.2 miles of the Brighton Half Marathon to raise over £200K to help us support people affected by cancer. Your role in our team will be to come along rain or shine and cheer their success and ensure that Macmillan Cancer Support has the biggest impact and best presence at the event along Brighton's stunning seafront.

#### What activities could I be involved in?

**Motivating** our brilliant Macmillan runners, at our branded cheering points along the route with other Team Macmillan volunteers. Ensuring our runners know they know how much we appreciate them and that they get the best possible experience. Inspiring our runners and the general public to raise as much money as possible to help us support people affected by cancer

**Sharing** the experience with your networks on social media with photos and updates on runners' progress on Twitter and Facebook and increasing their impact outside the race.

**Welcoming** runners at various cheer points and at the cheer village

**Photographing** runners, crowds and our team to capture the atmosphere of the day and inspiring others to help Macmillan maximise the money we raise to support people affected by cancer.

**Representing** Macmillan, whether in the Event Village or on the course, you are the face of our charity on the day and raising awareness of our work by your presence. You will receive a t-shirt and one of our pocket guides to signpost anyone who approaches you who needs our support.

#### What skills do I need?

- **Enthusiasm** and **Passion** for the work of Macmillan Cancer Support
- **Reliability:** Be with us whatever the weather on the day!
- **Flexibility:** We need help with a variety of roles and will ask you to take the role and location where you will make the biggest impact on the event.

#### Are there any other benefits?

- Support from your local Team on the day and communications and a brief in advance.
- You'll meet and work with amazing new people and have an amazing experience.
- The satisfaction of making a real difference to the lives of people affected by cancer
- Reasonable out-of-pocket expenses and Macmillan branded clothing to wear.

#### What's the next step to get involved?

By volunteering at Brighton Marathon, you'll be doing something amazing for the 2.5m people in the UK who are affected by cancer. **To get involved** all you need to do is **call James Bacharew on 07540 671511** or **e-mail at**

[jbacharew@macmillan.org.uk](mailto:jbacharew@macmillan.org.uk)



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

## Breast Cancer Support Group Sussex

### Brighton Fringe



Brighton Fringe takes place every May (6 May – 5 June 2016) and is a great place to spend the May bank holidays and the summer half-term break. This vast celebration of all things creative has grown out of, and is inspired by, home-grown talent. More than 50% of participants are based in Brighton & Hove. We are committed to helping the arts flourish and are completely open-access, which means anyone can put on a Brighton Fringe event. No selection criteria are imposed on participants. This enables both new and established performers to try out new work and take risks. We also help artists develop professionally through a range of workshops, mentoring and bursary programmes. A wide array of critically acclaimed shows and performers also appear at Brighton Fringe each year, drawn by the huge number of appreciative audience members who attend every year.

The 2015 Brighton Fringe consisted of 787 individual events across 174 venues. Keeping prices low is a key part of our ethos – last year the average ticket cost just £8.80 and more than 150 shows cost nothing at all.

The Brighton Fringe team works all year round to nurture arts in the city and beyond. We connect local, national and international artists and organisations to promote their work, to develop professionally and to meet other artists, promoters, venues and businesses. We also work closely with festivals worldwide and international networks such as the [World Festival Network](#) and [World Fringe Alliance](#) to further support performers to tour, fundraise and develop.

**Tickets are now on general sale!**

Online <https://www.brightonfringe.org/box-office> , over the phone, or at our Box Office at One Stop Travel Shop, 26 North Street, Brighton, BN1 1EB. To book tickets, request a copy of the Brighton Fringe 2016 brochure, or sign up as a Friend of Brighton Fringe over the phone, please call 01273 917272.



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

## Breast Cancer Support Group Sussex

### Fringe City

Fringe City is a free outdoor event in the centre of Brighton taking place every weekend of Brighton Fringe 2016. In 2015, over 75,000 people attended Fringe City during seven fantastic days of performances, installations, sideshows, dance-offs, choirs, cabaret, puppetry, children's workshops, acrobatics and surreal walkabout performers. We're expecting 2016 to be even bigger and better with even more shows, performances, madness and mayhem all packed into the month of May.

#### 2016 Fringe City Dates

Sat 7th May, Sun 8th May, Sat 14th May, Sun 15th May, Sat 21st May, Sun 22nd May, Fri 27th May (Brighton Fringe All-Nighter), Sat 28th May, Sun 29th May

### Charity Swing Music Concert



In aid of Chestnut Tree House children's hospice, Brighton and Hove Rotary Club presents:  
An evening concert of Swing Music featuring songs from Jackie Sampson and Dave Williams accompanied by  
BRIGHTON BIG BAND

When: Fri 22 April 2016

Where: Windmill Theatre, Blatchington Mill School, Nevill Road, Hove.

Tickets are £15 each. Please contact Bob Ellarby on 07985 154006 or  
e-mail [rellarby@aol.com](mailto:rellarby@aol.com)



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

## Breast Cancer Support Group Sussex

### Breast Cancer study finds 'Astonishing' drug combination

Using Herceptin in combination with another drug before surgery shrinks and may even destroy tumours in women with an aggressive form of breast cancer in less than two weeks, an “astonishing” study suggests.

The results of the Cancer Research UK-funded trial, presented at the 10th European Breast Cancer Conference in Amsterdam, could – if successfully replicated – lead to fewer women needing chemotherapy.

Around a quarter of 66 women with HER2 positive breast cancer treated for 11 days with both trastuzumab (the generic name for Herceptin) and lapatinib saw their tumours rapidly shrink significantly or even disappear.

Prof Nigel Bundred, from the University of Manchester and the University Hospital of South Manchester NHS Foundation trust, who presented the data, said: “This has groundbreaking potential because it allows us to identify a group of patients who, within 11 days, have had their tumours disappear with anti-HER2 therapy alone and who potentially may not require subsequent chemotherapy.

“This offers the opportunity to tailor treatment for each individual woman.”

Samia al Qadhi, chief executive at Breast Cancer Care, said “The astonishing findings in this study show that combining these two drugs has the potential to shrink Her2 positive breast cancer in just 11 days.”

“For some HER2 positive breast cancer patients, the effect of this drug combination will be amazing and mean they can avoid chemotherapy and its side effects completely. For others, their tumours may not shrink, but doctors will know either way very quickly, giving them the ability to rapidly decide on further treatment.

“Although an early study, this has game changing potential. Yet before this can be made, we need to see more evidence. Particularly because, at present, trastuzumab’s (Herceptin) licensing means it is only available to be used alongside chemotherapy and not alone. All cancer patients deserve access to clinically effective treatments.”

Trial co-leader Prof Judith Bliss, director of the clinical trials and statistics unit at the Institute of Cancer Research, London, said: “It was unexpected to see quite such dramatic responses to the trastuzumab and lapatinib within 11 days. Our results are a strong foundation on which to build further trials of combination anti-HER2 therapies prior to surgery- which could reduce the number of women who require subsequent chemotherapy, which is also very effective but can lead to long-term side effects.





## Breast Cancer Support Group Sussex

---

The trial, led by researchers from Manchester University, the University Hospital of South Manchester NHS Foundation Trust and the Institute of Cancer Research, studied 257 women with HER2 positive breast cancer in the short gap between their initial diagnosis and surgery to remove their tumours.

Initially women were randomised to receive either trastuzumab or lapatinib or no treatment. Halfway through the trial, evidence from other trials of the effectiveness of the combination, the design was changed so that additional women allocated to the lapatinib group were also prescribed trastuzumab.

Of the women receiving both, 17% has only minimal residual disease- defined as an invasive tumour smaller than 5mm in size – and 11% had no biological sign of invasive tumour in the breast. Of the women treated with trastuzumab only 3% has residual disease or complete response. HER2 positive breast cancer is more likely to come back after treatment than some other types of breast cancer. It is generally treated with surgery, chemotherapy, endocrine therapy and targeted anti-HER2 drugs.

Current treatments are effective and complete response is common after three to four months, but observing a disease response so quickly took the researchers by surprise. In the UK around 53,000 women a year are diagnosed with invasive breast cancer and in 10% to 15% of these cases it is HER2 positive breast cancer. Around 11,500 women die from the disease every year.

Herceptin was approved by the National Institute for Health and Care Excellence (Nice) 10 years ago after pressure from patients. Lapatinib has not been approved and so is not routinely available on the NHS due to its expense.

According to Cancer Research UK, current treatments are effective and women often experience a complete response after three to four months. Nevertheless, researchers said the 11-day response was very surprising.

Prof Arnie Purushotham, Senior Clinical Advisor at Cancer Research UK, said: “These results are very promising if they stand up in the long run and could be the starting step to find a new way to treat HER2 positive breast cancers.

“This could mean some women can avoid chemotherapy after their surgery – sparing them the side-effects and giving them a better quality of life.”



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

## Breast Cancer Support Group Sussex

### Mummy's Lump

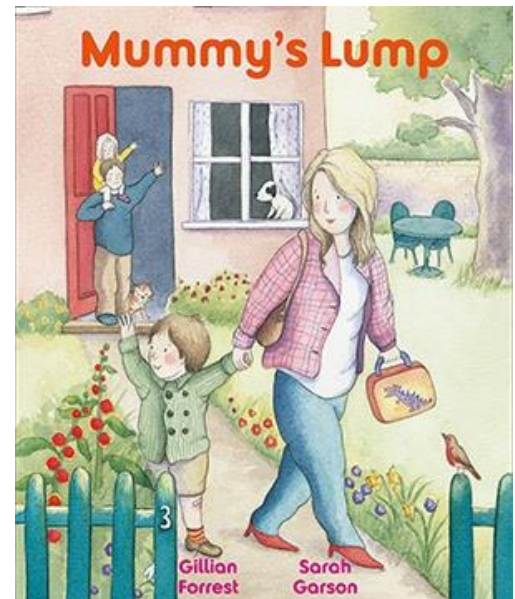
For young children, this picture book is for any family needing to talk about the difficult subject of cancer. It covers diagnosis, going into hospital, treatments and hair loss. Mummy's Lump follows Elly and Jack as they learn of their mother's diagnosis and treatment for breast cancer. It has the look and feel of a classic children's story book, with illustrations by Sarah Garson. Mummy's Lump is available in a read-along format for iPad, iPhone and iPod Touch, narrated by Zoë Wanamaker.

[Download the free iOS version](#)

from iTunes store. <https://itunes.apple.com/book/mummys-lump/id545081318>

Or download

[https://www.breastcancercare.org.uk/sites/default/files/publications/pdf/mummys\\_lump\\_2015\\_web.pdf](https://www.breastcancercare.org.uk/sites/default/files/publications/pdf/mummys_lump_2015_web.pdf)



### March Spring

Spring usually arrives by mid-March and the frequent sunny days provide the opportunity for a range of gardening tasks. It's time to get busy preparing seed beds, sowing seeds, cutting back shrubs and generally tidying up around the garden.

1. Protect new spring shoots from slugs
2. Plant shallots, onion sets and early potatoes
  3. Plant summer-flowering bulbs
4. Lift and divide overgrown clumps of perennials
5. Top dress containers with fresh compost
6. Mow the lawn on dry days (if needed)
7. Cut back *Cornus* (dogwood) and *Salix* (willow) grown for colourful winter stems
8. Weeds come back in to growth - deal with them before they get out of hand
9. Start feeding fish and using the pond fountain; remove pond heaters
10. Open the greenhouse or conservatory doors and vents on warm days





## Breast Cancer Support Group Sussex

### Quick Shepherds Pie

#### Ingredients

Olive oil (1 tbsp)  
1 medium-sized onion, diced  
2 medium-sized carrots, diced  
Dried rosemary (1 tsp) Onion gravy granules (2 tbsp)  
Worcestershire sauce (2 tbsp)  
Frozen peas (100g/3oz)  
2 frozen garlic baguettes

#### Serves 4

Preparation 10 minutes.  
Cooking 30 minutes.

#### Method

Preheat oven to 200°C/180°C fan/gas mark 6.

Fry the lamb mince with the onion, carrots and rosemary in a large saucepan for five minutes. Add the gravy granules, Worcestershire sauce and peas with 100ml/4floz boiling water.

Cover and simmer for 10 minutes, stirring occasionally. Transfer to an ovenproof serving dish. Slice the garlic bread and arrange over the top of the lamb mixture. Drizzle the bread with the oil and bake for 15 minutes until golden.

#### Good for:

A quick and simple recipe  
People with loss of weight or appetite  
People with loss of taste or smell.







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

## Breast Cancer Support Group Sussex

### Watermelon Frappe

#### Ingredients

Water (280ml/10floz)

Sugar (170g/6oz)

4 limes, each cut into 8 pieces

4 cardamom seeds

1 large watermelon (about 900g/2lbs of flesh)

Crushed ice

#### Serves 4

Preparation 3 Hours.

#### Method

Bring the water and sugar to the boil in a saucepan.

Remove from the heat and add the limes and cardamom seeds.

Leave to sit for two to three hours and then chill.

Blitz the watermelon flesh in a food processor (or crush well with a fork).

Add to the saucepan containing the other ingredients, and leave for five minutes.

Strain into a container, add crushed ice and serve.

#### Good for

Vegetarians

People with loss of weight or appetite

People with sickness or nausea

People with loss of taste or smell

People with a dry or sore mouth.

