

## Breast Cancer Support Group Sussex

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Dates  
For Your Diary

Hello Ladies

I hope you are all enjoying the summer holidays and those of you that have been away for a break had a good time.

As you know from the last newsletter there will be no meeting this month as instead we are having a meal out at Donatello in the Lanes. So far we have approximately 14 going but if there is anyone else that would like to join us please let us know so that we can alter the numbers at the restaurant. Also, if anyone would like to bring their husbands or partners (as there are a few going) please let us know by 14<sup>th</sup> August. Please either call Gwen or myself on either 07985 115381 or 07801 287804. It will be lovely to see as many as possible as it has been a long time since we got together for a meal out. The time to meet at Donatello is 7.15pm

For our September meeting we have the lovely Helen from Boots coming along to give us all the latest make up ideas and to tell us about the new products from Elizabeth Arden. We always have a great meeting with Helen with lots of free samples too. So we look forward to seeing you on 18<sup>th</sup> September at the Horizon Centre at 6.15pm.

Also for our October meeting we have Dr Shaeed from the Park Centre.

Lastly, we need **PINK STUFF** for our November stall at the Racecourse. If you have any could you please bring it along to either the September meeting or the October meeting, Many thanks

Looking forward to seeing you either at Donatello's or at our September meeting.

Kind regards

Joyce

### August 21

Our Monthly Group Meeting will be a meal out at Donatello – see page 2

### September 12

**M&S Invites You!** See page 3

### September 18

Our Monthly Group Meeting with a makeup demonstration by Helen Clifton from Elizabeth Arden. Please note new start time 6.15pm

**NEW - Family & Friends Support Meeting** with **Cancervive** at every Group Meeting

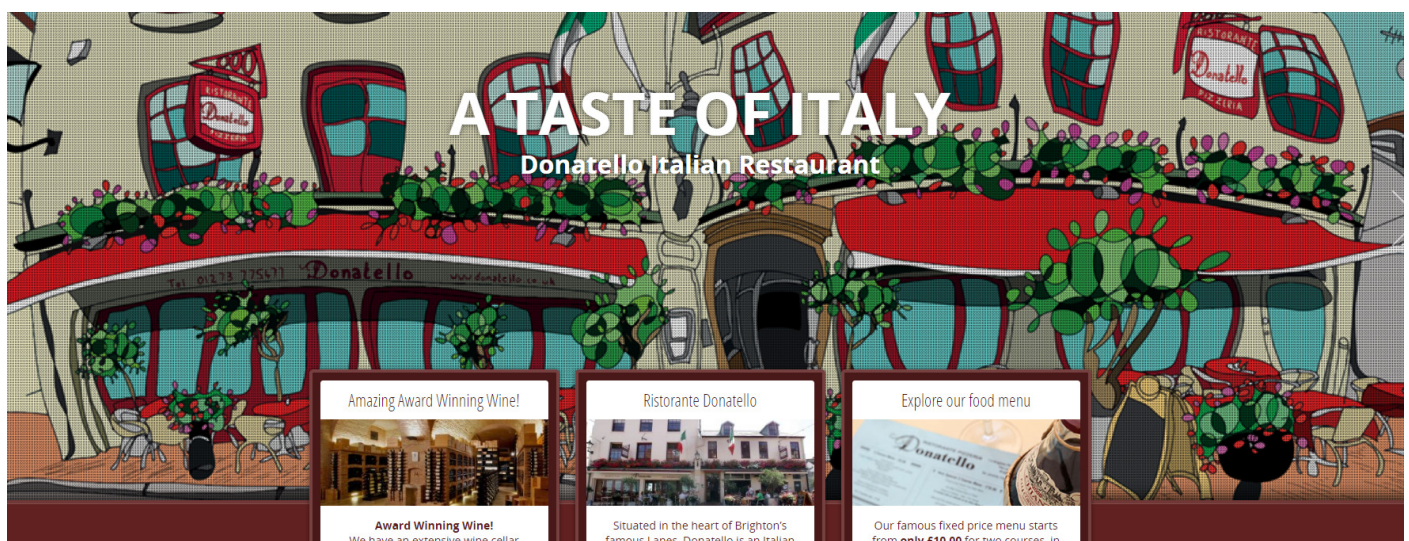
Our Group Meetings are held at the **Macmillan Horizon Centre**, Bristol Gate (opp A&E at the RSCH)

**NOTE change in time to 6.15pm to 8.15pm**



As August tends to be a popular month for holidays, we won't be having a group meeting at The Horizon Centre but will have a get together for dinner at Donatello instead.

If you are able to join us please call Joyce on **07557 685483**





# You Are Cordially Invited

Where Marks and Spencer, 195 Western Road, Brighton  
When Tues 12<sup>th</sup> Sept from 7pm to 9pm (main entrance)  
For Specialist Bra Event

Nikki Yorke from M&S, who has herself had a mastectomy, has invited everyone from our group to come for an evening to see their new lingerie, swimwear and sportswear range. It's going to be a **fab evening** with

- Complimentary drinks and nibbles
- Makeovers by the Look Good Feel Better team
- Quiz and Raffle
- View the range of post surgery bras and matching knickers
- Specialist advice and fitting service

If you want to bring a friend that's fine but please let Nikki know if you are attending for catering purposes

Call 01273 328081 ex 3623 or email Nikki – [nicola.yorke@sky.com](mailto:nicola.yorke@sky.com)



# Nicky Spinks: breast cancer and breaking world records

PUBLISHED ON: 5 JULY 2017 – BREAST CANCER CARE VITA MAGAZINE



Endurance runner Nicky Spinks wrote herself into the record books 10 years after being diagnosed with breast cancer.

On 15 May 2016, a silver-haired farmer from the Peak District ran up to the steps of Moot Hall in Keswick, touched her hand on its green door and made history. Nicky Spinks, then 49, had just completed a double Bob Graham Round.

For those unfamiliar with the race – which is almost everyone – the Bob Graham Round is a fiendishly difficult course in the Lake District. Nicky had just run it twice, covering 132 miles and 54,000ft in a time of 45 hours 30 minutes. No woman or man had ever run it quicker.

Ten years earlier, Nicky faced a different challenge. 'It was my husband who found the lump,' she says. 'Initially, it was quite hard to tell if it was a proper lump or just normal milk tubes, but my

husband made me go straight to the doctors. I was then sent to one of those one-stop clinics.' Nicky learnt there was a good chance the lump she felt was breast cancer.

## 'I can't hide it'

Nicky's fears were confirmed a week later. Initially, she says, she found it hard to speak about having cancer. 'I felt like I was being the bearer of bad news. But then I thought, "I can't hide it; I'd rather I talked about it."

'Some people don't know how to react when you tell them. But those who have come across cancer before know that you have quite a high chance of recovering from it, particularly from breast cancer, so they were great to talk to. That's why I think it's so important for people with cancer to speak with other people who have experienced it.'

Having been told about the treatment options, Nicky decided to have a mastectomy. 'Because the lump wasn't too big – less than 2cm – they didn't think I'd need radiotherapy if I had a full mastectomy so I decided that was the better option.'

## Return to running

After the operation Nicky was careful not to return to running too quickly. 'Initially, my legs felt really heavy, so I started with a four-mile run, which is very short for me. Then I went up to six miles and built slowly from there. Although I love to run, I didn't want to set back my recovery.'

While Nicky took a while to return to her full physical capacity, having gone through cancer treatment gave her a new appreciation for her sport.

'I don't have bad runs anymore,' she says. 'No run is a bad run because I'm just grateful I can run. I appreciate my running a lot more now. Even if I'm feeling tired or slow, I'll look around and try to take in the view or the fact my dogs are running with me.'

Still, don't expect to see Nicky taking on the Bob Graham Round again any time soon. 'I love running in the hills, and I love the Bob Graham, but I think I'm done with that particular event for the time being!'

**Nicky is an inov-8 athlete.**

Watch the film - <https://www.inov-8.com/blog/run-for-ever-film-nicky-spinks/>



Serves 2

### Ingredients:

- 2 tsp light olive oil
- 4 spring onions, sliced
- 1 tsp smoked paprika
- ½ tsp ground cumin
- ½ tsp ground cinnamon
- 400g can chopped tomatoes
- ½ x 400g can butterbeans (or chickpeas) rinsed and drained
- 2 courgettes, diced
- 200g shredded kale
- 4 medium free-range eggs
- Salt and freshly ground black pepper, to lightly season

### Method:

1. Heat the oil in a large shallow frying pan or wok. Add the spring onions and spices and cook over a moderate heat for 1-2 minutes, stirring.
2. Add the canned tomatoes, butter beans and courgette. Leave to simmer for 3-4 minutes then gradually add the kale, wilting in a handful of leaf at a time. Stir well, adding a little extra water if the mixture gets a little dry.
3. Now carefully break each egg evenly over the top of the mixture. Season with a little salt and plenty of freshly ground black pepper. Cover with a plate or board and gently cook for 4-5 minutes or until the eggs are just lightly set. Alternatively pop under a medium /hot grill.
4. Serve immediately. Nice to have crusty bread for dunking and mopping...

Low in saturated fats. Reducing consumption of saturated fats helps to maintain healthy cholesterol levels.

