

Breast Cancer Support Group Sussex



Dates For Your Diary

Hi Ladies

It seems such a long time ago that I saw you all. I hope you had a great Christmas and a really happy healthy New Year.

Well, we are now in February and the evenings are getting lighter but it is still cold unfortunately but we hope it doesn't stop you coming along to our meetings. **Next Meeting 19th February.**

For those of you who came to the Christmas Party it was lovely to see you all. The food all from M & S was absolutely delicious and thank you to those who gave me a hand that evening laying it all out and clearing up.

We have sent our very best to Helen from Boots as she has had a big operation and hopefully now on the mend. We will ask her to come

along to our meeting once she is feeling better as we missed out in November when she was taken poorly.

I hope everyone has been well since we last met. A very happy birthday to Betty and we hope you had a lovely day.

We look forward to seeing as many of you as possible next Monday. Don't forget our Reiki ladies, Jill and Margaret and Jutta and also Kelly our Aromatherapist will be on hand to do their magic and make us feel really good.

See you all on the 19th

Best Wishes

Joyce

February 19

Our Monthly Group Meeting

March 19

Our Monthly Group Meeting

March 3

Volunteers needed for Chapel Royal Coffee Shop

March 10

Volunteers needed for Chapel Royal Coffee Shop

March 17

Volunteers needed for Chapel Royal Coffee Shop

March 24

Volunteers needed for Chapel Royal Coffee Shop

March 31

Volunteers needed for Chapel Royal Coffee Shop

CHAPEL ROYAL COFFEE SHOP CHARITY OF THE MONTH MARCH 2018

Saturday Coffee Shop



Every Saturday morning from 10am to 1pm the Chapel Royal Church is North Street, Brighton opens their **Charity Coffee Shop**. They serve delicious home-made cakes, Fairtrade tea and coffee, and sandwiches made to order. Each month a different local charity is offered the opportunity to work with them to help run the coffee shop and receive a profit share. In addition to working with charities they provide a unique opportunity for a group of young adults, from [The Outlook Foundation](#) in Brighton, to obtain work experience and help them staff the counter.

We are fortunate to have been invited again to benefit as Charity Of The Month for March and to work with the Chapel Royal Coffee Shop. But we need volunteers please. Having done this myself I can honestly say that it's a really enjoyable few hours. If you have some time to spare please contact me – nickie@alternativerouteleasing.co.uk or call (w) 01273 426444 (m) 07825 744554

The Chapel Royal is an interesting place – here's a bit of history



The Chapel Royal Brighton

History



Situated on one of Brighton's main thoroughfares, the Chapel Royal is easy to miss: its façade blends in with the shopping street: it could be a bank, or a small civic building. But, steeped in history, it is a very welcoming and peaceful place to visit, to escape the shopping crowds, attend a concert or, of course, to worship

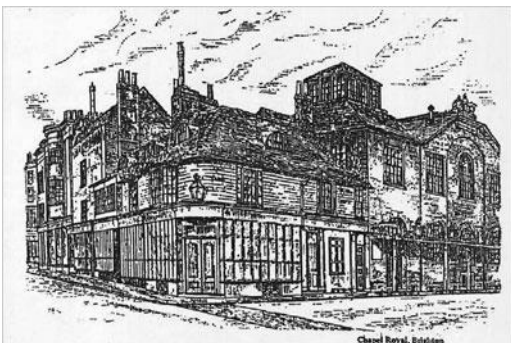
The Early Days

The Foundation Stone of the Chapel Royal was laid by the Prince Regent in 1793 and the building was opened for worship in 1795, during August. It was intended as a Chapel of Ease to St Nicholas, the old Parish Church, which could not accommodate Brighton's enlarged summer population – a consequence of the Prince Regent's patronage of the town.

For this reason the Chapel Royal was only open from June to September in its early years, but following an Act of Parliament legalising it as a Chapel of Ease, the building was consecrated on August 16th 1803. Although frequented by Regency Society, the Prince himself stopped attending, following (it is said) his displeasure with a sermon on immorality in the nation.

In later years he caused a Royal Chapel to be opened in a converted ballroom in Castle Square. (This building has since been moved to Montpelier Place.)

The Early Victorian Period



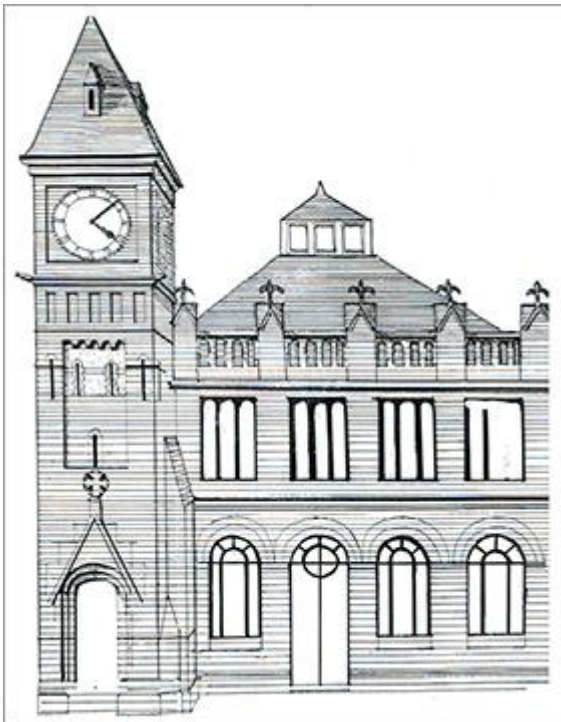
As the Regency period came to an end and royalty ceased to visit the town, the centre became increasingly inhabited by poor people and the ministry of the Chapel Royal became more concerned with the problems of poverty and deprivation. Much of this occurred during the long ministry of the Rev'd Thomas Trocke (1834-75), who also had the big central lantern installed

The Later Nineteenth Century

By 1876 the Chapel Royal was in a bad state of repair and when North Street was widened by the demolition of the shops on the south side of the building, urgent work was necessary. The Rev'd Seymour Penzer attacked the problems with vigour and he employed the noted Victorian architect, Arthur Blomfield, to supervise repairs and improvements. Blomfield had one interior gallery removed and new brick facades erected on the South and East sides. It was at this time that the clock tower was added. In 1897 the Chapel Royal was designated a parish church and a small area around the pavilion was designated the Chapel Royal Parish.

The young Winston Churchill was a member of the congregation from 1883 to 1885.

The Twentieth Century



Gradually the population has moved out of central Brighton and the Chapel Royal has ceased to have many local residents to whom it can minister, therefore the work of the church has gradually developed towards caring for those who visit the town centre and those who work here. In 1978 the Chapel Royal Parish ceased to exist, and the church returned to its early nineteenth century status, when it was amalgamated with the parish of St Peter's Church, the Parish Church of Brighton. Since 1990 there have been lunchtime concerts and recitals on Tuesdays at 1.10pm

In 1993 the Chapel was substantially reordered to mark its bicentenary. New furniture has been designed and built to suit the present look of the building.

In the Twenty First century, the Chapel Royal serves a growing Sunday congregation and has weekday services, concerts and exhibitions. The office of a local charity, Brighton and Hove Bereavement Support, is based at Chapel Royal, as are several AA, ACA, and Al-Anon and other support groups.

In 2010 The Chapel Royal became a separate Parish.



MOVING FORWARD COURSE

Hi there,

I hope this email finds you well.

My name is Abi. I'm a Services Development Coordinator based in the London offices of Breast Cancer Care.

As a charity we work in partnership with different NHS trusts across the UK to provide survivorship courses for people who have recently finished their hospital based treatment for primary breast cancer. Our Moving Forward courses look at the issues people may face after treatment. We provide information, support and professional guidance on how to cope with and adjust to life after a breast cancer diagnosis. We aim to provide information on a series of topics related to clients' physical and mental wellbeing and the sessions are delivered by a range of expert speakers. Run in partnership with NHS hospitals, these courses usually take place over half a day for four weeks.

We are running one of our Moving Forward Courses in partnership with the team at the Royal Sussex next month and wondered if any of your clients would be interested in coming? They would need to sign up to the course through us before attending. You can find out information about signing up to the course online by following this [link](#).

The programme for the course is as follows:

10am-1pm March 2018

Week 1 – Thursday 1st March

9.45 – Arrival & registration

10.00 - Moving Forward introduction

10.30 – Menopausal Symptoms

11.30 – Tea & Comfort Break

12.00 – Lymphoedema – reducing the risk and management 13.00 - Close

Week 2 – Thursday 8th March

9.45 –Arrival & regroup

10.00 – Activity and Energy

11.15 – Tea & Comfort Break

11.45 – Eating for Health – dispelling the myths

13.00 – Close

Week 3 – Thursday 15th March

9.45 – Arrival & regroup

10.00- Breast and Body Awareness

11.15 - Tea & Comfort Break

11.45 – Complementary Therapies and The Horizon Centre

13.00 - Close

Week 4 – Thursday 22nd March

9.45 – Arrival & regroup

10.00– Adjusting and Adapting

11.15 – Tea and Comfort Break

11.45 – Evaluation

12.30 - Close

If you have any questions, please do not hesitate to ask.

Best wishes,

Abi

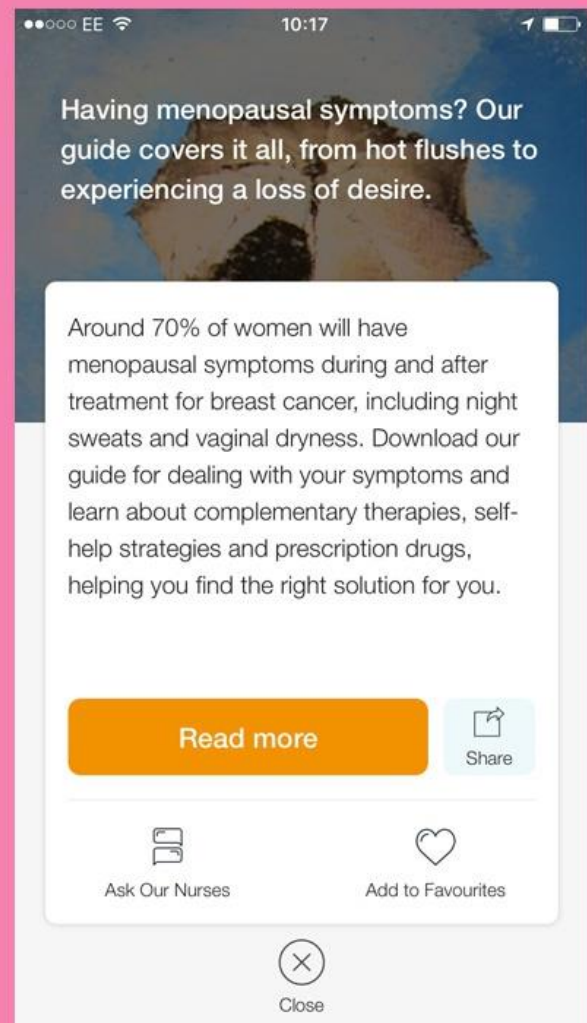
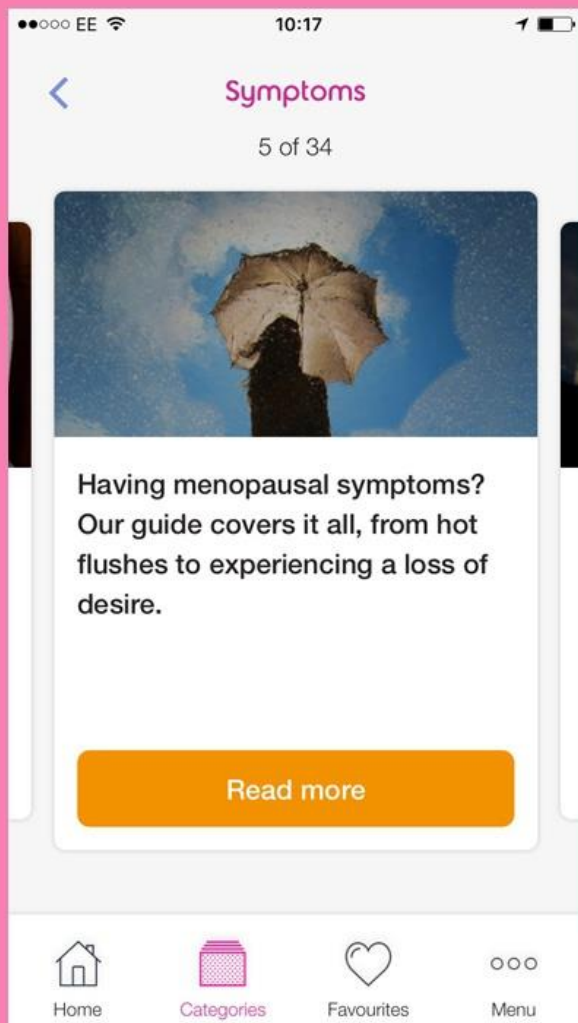
Abigail.Bowden@breastcancercare.org.uk

BECCA breast cancer app

Try our new Breast Cancer Care App

The need for support doesn't end when treatment does. If you're struggling to find your 'new normal' after breast cancer, why not try our free app?

BECCA, the Breast Cancer Care App, gives you information, support and inspiration to help you move beyond breast cancer, presented on easy-to-use flashcards. It's available right now for iPhone and Android phones.



Don't have a smartphone?

Not to worry, you can still access all the helpful information in BECCA-lite, a lighter, web version of the app, on your tablet, iPad, laptop or desktop computer.

Please note that you won't be able to save your favourite items or receive the Daily 5 suggestions that are available in the full app.

[Try BECCA-lite](http://becca.breastcancercare.org.uk/)

<http://becca.breastcancercare.org.uk/>

About the app

If you've been through breast cancer, you may find it hard adjusting to your new life. Whether you're experiencing side effects of treatment, wondering how to adopt a healthier lifestyle or finding it hard to make sense of your breast cancer experience, it can be difficult to adapt and find your 'new normal'.

BECCA offers day-to-day strategies, hints and tips to help you move forward. The simple flashcards give you information on everything from well-being and mindfulness to peer-led advice – letting you know you're not alone in your experience and helping you to adjust to a life beyond breast cancer.

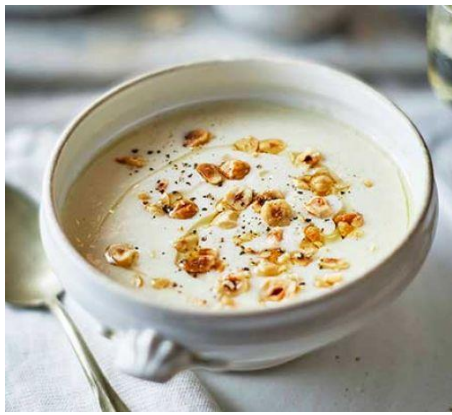
[Download BECCA](https://www.breastcancercare.org.uk/information-support/support-you/becca#pane-id-1429)

<https://www.breastcancercare.org.uk/information-support/support-you/becca#pane-id-1429>



I have found the BECCA app to be inspiring and full of helpful advice, packed with lots of useful information and suggestions. A must for anyone to help them move forward after breast cancer treatment.

Betty, BECCA user



Celeriac, Hazelnut & Truffle Soup

Prep- 20 mins Cook – 45 mins

Serves 6

Ingredients

1 tbsp olive oil

small bunch thyme

2 bay leaves

1 onion, chopped

1 fat garlic clove, chopped

1 celeriac (about 1kg), peeled and chopped

1 potato (about 200g), chopped

1l veg stock (check the label to ensure it's vegan – we used Marigold)

100ml soya cream

50g blanched hazelnuts, toasted and roughly chopped

1 tbsp truffle oil, plus an extra drizzle to serve

Method

1. In a large saucepan, heat the oil over a low heat. Tie the thyme sprigs and bay leaves together with a piece of string and add them to the pan with the onion and a pinch of salt. Cook for about 10 mins until softened but not coloured.

2. Stir in the garlic and cook for 1 min more, then tip in the celeriac and potato. Give everything a good stir and season with a big pinch of salt and white pepper. Pour in the stock, bring to the boil, then simmer for around 30 mins until the vegetables are completely soft.

3. Discard the herbs, then stir through the cream, remove from the heat and blitz until completely smooth. Stir through 1/2 tbsp truffle oil at a time and taste for seasoning – the strength of the oil will vary, so it's better to start with less oil and add a little at a time.

4. To serve, reheat the soup until piping hot, then ladle into bowls and top with the hazelnuts, some black pepper and an extra drizzle of truffle oil.

Brighton Wind Farm Tours

Tour

Pontoon 5, West Jetty, Mermaid Walk, Brighton Marina, Brighton, East Sussex, BN2 5UP



About

Take a trip out the New Rampion offshore windfarm. It is approximately 30 minutes from Brighton Marina and will consist of a 2 -3 hour tour. The return trip takes in the Brighton Seafront.

The tour greatly depends on which phase of the project is in operation on the day you will be able to see the construction vessels and the scale of the operation we can get directly under the turbines. <http://brightondiver.com/en/rampion-wind-farm-tours/>

Please note that tours take place at various times through to the end of March and then mid October to the end of December, weather permitting and subject to number of people booking.

Call 07901 822375