

The GOOD NEWS



SCF - helping patients, saving money, and helping the environment

We all know the importance of staying hydrated. Being hydrated helps control your heart rate and your blood pressure, keeps your body temperature steady, removes toxins and waste, carries nutrients and oxygen around your body and protects organs, tissues, and joints. There are many elements while a patient is receiving treatment that can affect hydration levels.

Patients are all encouraged to drink plenty, and water is available, but it is not always practical. The Sussex Cancer Fund has introduced water bottles which are now available to buy at the centre, and can be refilled at the hospital water coolers stations. These bottles are already proving to be extremely popular with staff, patients, their carers and friends.

The bottles enable patients to keep better track about how much water they have consumed, their design encourages regular frequent sipping rather than gulping from cups which is often better for many treatment related reasons which your healthcare professionals will discuss with you.

The cost of the bottles is £6 with £2 from each bottle going directly to the Sussex Cancer Fund.

Julia Lenton, Fund Manager said "We are already seeing an increase in the volume of water being consumed by patients and a reduction in single use plastic cups which can only be a good thing. The bottles are helping patients, saving money for the NHS and are better for the environment".

Bottles can be purchased from the Sussex Cancer Centre.

Research Fellow Update

The Sussex Cancer Fund supports three clinical research fellows, all experienced doctors who are taking time out of their oncology training to complete research projects.

Dr Cressida Lorimer has recently completed her research post. Her research focuses on improving the care of older people with brain tumours, where treatment can be difficult and it is important to identify who might benefit most from treatment. Cressida has completed a study looking at how to assess patients before treatment and is now running a study in ten hospitals investigating whether MRI scans can predict who will benefit from radiotherapy treatment (BRITER).

Dr Sally Appleyard is in the final year of her research. Sally is working in bladder and prostate cancer and her work focuses on quality of life and decision-making in two diseases where there are multiple treatment options. Sally has completed interview studies with patients, carers and clinicians (oncologists, surgeons and specialist nurses) and is now running a questionnaire based study in 35 centres which will recruit nearly 400 patients undergoing treatment for bladder cancer to explore how treatment affects their lives (Q-ABC).

Dr Karen DeSouza is doing research in a lab – using novel techniques to explore why some women with breast cancer develop resistance to Herceptin (a targeted drug) treatment. The plan is to move this work into a clinical study to see if it can predict disease progression and ultimately allow better treatment strategies.

As part of their research roles Cressida, Karen & Sally attend conferences to present their work and discuss with other researchers. Sally & Cressida recently attended the National Cancer Research Institute (NCRI) annual conference in Glasgow. They presented work about strategies to improve assessment of older people within cancer care. Sally & Cressida are also members of national research groups – part of the National Institute for Health Research. These roles allow them to raise the profile of cancer research in Sussex and develop collaborations.

Initial funding from the Sussex Cancer Fund has provided a springboard for these young researchers to develop national studies attracting funding from other charities and drug companies totalling nearly half a million pounds. This wouldn't have been possible without the support of the Sussex Cancer Fund.

The Sussex Cancer Fund will continue to fund 1-2 research fellows each year, with future projects including the role of stress in ovarian cancer and the use of highly focused radiotherapy in prostate cancer. These projects will build on the work already done by Sally, Cressida and Karen.



Business Ambassadors

Have you heard about our Business Ambassador programme here at the Sussex Cancer Fund?

We are looking for professional individuals who can volunteer for us in a way that fits into their everyday working life. Our ambassadors have often been affected by cancer personally or through a close relative.

Using their experience, together with their business connections, they help us to spread the Sussex Cancer Fund message and raise very much needed money.

"I am so amazed at how easy it is to do seemingly little things like mentioning SCF and ambassadorship to people whilst at a networking event when you would be chatting anyway, sharing posts on social media (when on there anyway) and thinking of ways in which to help them get some of the things on their wish list. This all just slots into everyday life and thinking. So how much time is taken up being an ambassador? The honest answer is virtually none."

– Shirley Price, Yes Promo Products

To find out more about the Business Ambassador programme, or to become an ambassador, please see our website:



www.sussexcancerfund.co.uk/business-ambassadors

Sussex Cancer Fund & The Community Based Acupuncture Service (CBAS)

CBAS started in November 2017 as a partnership between Sussex Cancer Fund (SCF), Macmillan and the Community Based Acupuncture Service run by two medical acupuncturists, Dr Carolyn Rubens (President of the British Medical Acupuncture Society and GP) and Anna Joseph (Chemotherapy Sister, SCC). The Sussex Cancer Fund supplies the funding for the clinic and Macmillan provides the venue and administrative support.

The need arose out of the increasing numbers of patients experiencing side effects from their cancer treatment such as joint pains, chemotherapy induced peripheral neuropathy, hot flushes and anxiety. Patients have often sought out treatment from traditional acupuncturists but providing treatment from medical acupuncturists is both novel and pioneering.

The CBAS offer a course of 6 weekly treatments to patients referred by their clinician with the initial assessment carried out by Carolyn and the follow ups done by both Carolyn and Anna. Some patients are taught "DIY" needling at the end of treatment.

In the first 6 months of the service the team have treated:

- 67 referrals (all of whom were suitable for acupuncture)
- 45 patients have been or are being treated with a further 10 on the waiting list and 10 either undecided at this time or may use the service in the future.

The feedback so far has been very positive with high levels of satisfaction from clinicians and patients alike.

Here are two testimonials from patients who have completed 6 weeks of treatment;

What has been most important to you?

"Anna always took time to ask how things had been since the previous session, listen to feedback and adjust treatment accordingly to suit. They are both very friendly and professional in their work which led to a great improvement in my joint pain. I have a huge amount of respect for the work these ladies do and they've made a marked improvement in my day to day life." JC

"I was so blessed to have an appointment with Carolyn and definitely felt great benefits from the acupuncture. I can't describe how special it was to feel no pain. There is light at the end of the tunnel. I felt great and for the first time I felt there is some hope to reduce the side effects of the Letrozole." KM

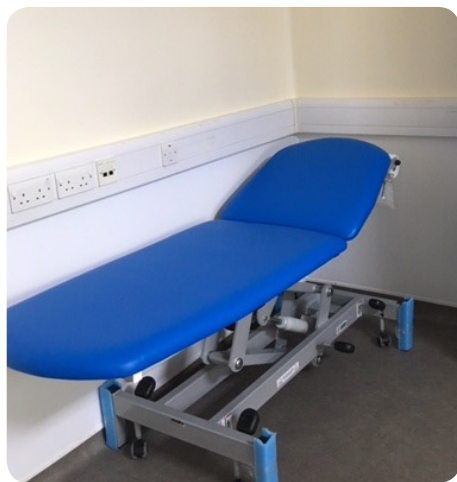
It is likely that demand will continue to increase as more clinicians and patients become aware of the service. The team have come up with some options to meet the increased demand including:

- using more rooms at once, so more can be treated
- seeing patients in a group setting (e.g. follow ups for hot flushes)
- increasing hours of acupuncturists
- collaborating with the volunteer acupuncturists also working at the Macmillan centre.

The current costs of £10,000 per annum are met by the Sussex Cancer Fund but they would love to be able to help the team expand their services.

To donate:
www.sussexcancerfund.co.uk





Sussex Cancer Fund assists plans to expand Chemotherapy Services at The Princess Royal Hospital

Chemotherapy treatment has been offered for two days each week at the Princess Royal for some time. While patients praise the care they receive, feedback has highlighted how difficult it can be to travel to Brighton for any treatment booked on the other three days.

"Many of our patients live in Haywards Heath and the surrounding area," Leigh Harvey, Lead Cancer Nurse at both Princess Royal and the Royal Sussex Hospital in Brighton, says. "Travel to Brighton has been a necessary part of their treatment, but they have told us that can be inconvenient, time consuming and tiring."

Armed with this feedback and a determination to improve patient care, Leigh and the team set about expanding their service. The Sussex Cancer Fund has recently purchased specialist furniture on their behalf to help with these expansion plans.



Preston Park Radiotherapy Centre thanks the Sussex Cancer Fund for enabling them to buy a crucial set of items for patients – pyjamas!

Earlier last year, the Sussex Cancer Fund helped the Preston Park Radiotherapy Centre (PPRC) purchase pyjamas for their patients.

Here is what the Radiotherapy Centre said about why the pyjamas an important purchase:

"The majority of patients we currently treat at PPRC have cancers located in the pelvis. We now give each new patient a pair of pyjamas for them to bring in every day for treatment. When it comes to their appointment time, they change into these pyjamas in individual changing cubicles, situated opposite the treatment rooms. Once in the room, in order to deliver radiotherapy accurately, the radiographers need to adjust how the patient lies on the treatment couch so they are in exactly the right position. They do this by aligning tattoo marks located on the patient's pelvis, which are made at their radiotherapy planning scan. In order for the radiographers to see these marks, the patients need to slightly lower their pyjamas. With everything in place the treatment process can commence. After the radiotherapy session patients can get changed and go home.

This use of pyjamas contributes to the smooth running of the department, but more crucially, improves the treatment experience for the patient. They enable the patients to be comfortable during treatment, and to maintain their privacy and dignity. They may seem like a small thing, but these pyjamas make a really big difference!"

Follow us on social media!



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Signup to our e-newsletter

If you want to keep up to date with the Sussex Cancer Fund's news and events, why not sign up to our e-newsletter via our website:



www.sussexcancerfund.co.uk

Don't forget Gift Aid

Gift Aid allows charities to reclaim the basic rate of income tax on single donations from UK taxpayers. This enables us to increase the value of your kind donation by 25% at no extra cost to yourself. If you are happy for your donation to be made using Gift Aid, please ask our Fund Manager, Julia Lenton, for a form or download one from our website:

www.sussexcancerfund.co.uk

Why not donate online?

Donating on-line is quick and easy. Why not visit our website and see how your donations help improve facilities for our patients? Do you have a website? Would you help us to spread the word of the Sussex Cancer Fund? Please help us promote it by adding a link from your site to ours. Contact our Fund Manager, Julia Lenton, who will be happy to send you details.

Tel: 01273 664930

Email: scfadministrator@bsuh.nhs.uk

Staff Wish List

There is always a need for more equipment in the Sussex Cancer Centre. If you would like to contribute in part or in full to any of the items on our staff wish list please see our website for the current list or contact our Fund Manager, Julia Lenton.

Tel: 01273 664930

Email: scfadministrator@bsuh.nhs.uk

Purchases



Just some of the equipment we have purchased this year:

- Procedure trolley for Princess Royal Hospital Chemotherapy unit purchased by Mr and Mrs Catlow and Mrs Powell
- Bluebags for the mould room purchased by Penny Cattaneo and David Shannon
- Slipper socks for Radiotherapy
- Couch for new Chemotherapy unit at Princess Royal Hospital
- Embroidered scrub trousers for Radiotherapy
- Wifi telephone for Level 8 Courtyard purchased by Penny Cattaneo and David Shannon
- Juicer for Level 8 Courtyard
- 3 Chemotherapy chairs for Chemotherapy unit purchased by Ellen Burgess and Knights of the Road Lodge
- Heat pads for Chemotherapy
- Scan Gowns for Radiotherapy
- Re-prints of recipe books 'Every mouthful Counts' and 'Whizz it up'
- Mugs for the Chemotherapy unit
- Newspapers and magazines for Chemotherapy & Out-patients
- 2 stools for Chemotherapy
- Free car park for cancer patients attending appointments
- Colouring books and felt tip pens for the Chemotherapy waiting room
- Under the counter fridge for the Secretarial Department
- Feetfix cushions for Radiotherapy kindly purchased by Mary Burt and Knights of the Road Lodge
- Treatment couch for Princess Royal Hospital
- 2 Bladder scanners for Radiotherapy purchased by Penny Cattaneo, David Shannon and Mr Donnelly
- Waiting room chairs for Princess Royal Hospital purchased by Lucy Scragg
- Embroidered scrub trousers and scan gowns for Radiotherapy unit
- 2 Dyson fans for Chemotherapy unit kindly purchased by Corrine Haynes and Sussex Caring Pets
- Refreshments for Chemotherapy and Radiotherapy patients
- Waiting room signs and name plates purchased for the Outpatients waiting room
- Stereotactic Radiotherapy bolt on
- Procedure trolley blocks purchased by the 'Bear-Patrol' and Bekki Forrest
- SLA battery tester purchased by Paul Grimwood and colleagues at ASL
- Funding for supervision of volunteer counselling

Bladder Scanner

Sussex Cancer Fund recently purchased two ultrasound bladder scanners for use at The Sussex Cancer Centre, and Preston Park Radiotherapy Centre.

Bladder scanners are used in Radiotherapy departments to help establish the volume of fluid patients have in their bladder, for preparation purposes during treatment. At the moment, patients arrive for their planning CT scan and are asked to drink a measured volume of water and then wait 40 mins for the water to make its way to the bladder. Depending on how hydrated a patient is, the water may not all make its way to the bladder if it is required in other parts of the body. If this is the case the bladder can be very small in size when seen on the CT scan. A small



bladder size can lead to an increased dose to the patient's bowel and potentially bladder too. Currently there is no way of finding out the size of a patient's bladder until they have been scanned and exposed to this dose of radiation. If patients are able to have an ultrasound scan before the CT scan, the volume of fluid in the bladder can be established prior to this so that unnecessary scans can be avoided.

From past experience when working in other Radiotherapy departments they are most useful at the CT (planning) scan stage. The Radiographers carry out an ultrasound scan to establish the volume of fluid in the bladder prior to the CT scan being taken. If there is an insufficient volume of fluid in the bladder the patient is not scanned at that stage and will be asked to drink more water. They will therefore avoid any unnecessary exposure.

If there are concerns about a patient becoming or being in urinary retention whilst on treatment, the bladder scanner can help to identify this in its early stages; by taking a scan after a patient has attempted to empty their bladder, an ultrasound scan can be performed to see if there is any water retaining in the bladder.

The scanners purchased by the Sussex Cancer Fund will make a huge difference to patients' treatments and their experiences during treatment.



Radiotherapy Tunics

Earlier in 2018 the Sussex Cancer Fund helped the three Radiotherapy units within the Sussex Cancer Centre purchase crucial equipment and products, to give patients the best experience possible.

Of these products, the tunic plays a pivotal role in the smooth running of the department, for all patients having Radiotherapy to the upper body. All patients having treatment in this region are given a tunic on their first day. They change into it prior to treatment, in a designated changing room and then move through into the treatment suite. The tunics are designed so that they have poppers lengthways down the front and on the shoulders with a drawstring, so that they can be adjusted for patient comfort. The poppers are really useful as they mean that the area to be treated is not only easily accessible but patient dignity is maintained, as areas of the body not receiving treatment can remain covered. After the Radiotherapy the patients get changed again and keep their tunic for the course of their treatment.

Having tunics not only allows the department to run in a timely fashion but most importantly provide patients with dignity and an all-round better experience.



Slipper Socks

Last year the Sussex Cancer Fund provided the Radiotherapy units with some slip free slipper socks for patients to wear during Radiotherapy. Like the PJ bottoms that the Sussex Cancer Fund also provided, patients each receive a pair and are asked to bring them in each day – however they will be disposed of at the end of treatment.

The socks have a number of benefits, including:

- They will reduce the risk of slips, trips and falls, currently most patient walk from the changing rooms into the treatment room in their normal socks and there is a real risk of slipping
- It will keep patients' feet warm whilst they are in the treatment room – it can get very chilly in the treatment rooms
- It will increase the life of the combi fix foot pads that the charity regularly provides, these pads are an essential part of the equipment that we use to keep patients still whilst they have treatment. As bare feet won't be in contact with the pad, we will be able to keep the pad cleaner for longer, which means the foam won't deteriorate.

Socks sound like such a small thing, but they will make a massive difference for our patients.

2018 Events

Afternoon Tea At The Grand



We were delighted to welcome so many colleagues and friends of the Sussex Cancer Fund in July last year to our Afternoon Tea At the Grand Brighton. We were very well looked after by the staff at The Grand who provided a very generous delicious afternoon tea of sandwiches, cakes and pastries, including of course scones and fresh cream.

As well as enjoyable, the afternoon was very informative with talks from Dr David Bloomfield, Chairman of Sussex Cancer Fund and Professor Malcolm Reed, Dean and Professor of Surgical Oncology at Brighton and Sussex Medical School. Dr Sally Appleyard, a research fellow funded by the charity and Julia Lenton the Fund Manager were also on hand to answer any questions from the guests.

To round off the afternoon there was a raffle with many prizes kindly donated including an original pastel illustration given by one of the charity's most active Business Ambassadors, Shirley Price.

Volunteer Afternoon



Following the success of 2017's volunteer event, Sussex Cancer Fund held another event for their valued volunteers, featuring speakers including Emma Knight giving her personal account from a patient's point of view, Jean Tremlett, Deputy Chairperson and Therapy Radiographer, Dr Sally Appleyard, Research Fellow and Shirley Price, one of the charity's

volunteer Business Ambassadors. The event was a thank you to all their supporters but also open to anyone that wanted like to hear more about what the charity does and how they can get involved.

Upcoming Events

Medieval Banquet in aid of the Sussex Cancer Fund



Brighton Medieval Banquet
Grand Hotel Brighton
Saturday 2nd March 2019
In aid of


BRIGHTON

Medieval Banquet

IN AID OF SUSSEX CANCER FUND

BUY
TICKETS
ONLINE

By popular demand the Brighton Medieval Banquet is back on Saturday 2nd March 2019, sponsored by Mayo Wynne Baxter and in aid of the Sussex Cancer Fund!

This themed dining experience is a truly unique event as you will be one of over 300 guests transported back in time. The night will start with a drinks reception, tankards of ale and goblets of wine before you are called to be seated at the long banqueting tables in 'Prince John's Hall'. Don't expect to eat from best china either as wooden plates, bowls and your fingers can be used. To find out more and book places, head over to the event's website:

www.brightonmedievalbanquet.co.uk



Medieval Banquet

Hair and Beauty Fashion show



Students at Greater Brighton Metropolitan College wowed a packed audience of fashion lovers with their annual Hair and Make-up show. 2018's theme was Mardi Gras, which saw some incredibly creative creations from students studying at both Central Brighton and Broadwater Campuses.

Sussex Cancer Fund was delighted to have been chosen as the main beneficiary of the fundraising from the show. The charity is very close to the hearts of several MET staff members within the Hair and Beauty team.

Thank you to all those organising the event including the staff from Greater Brighton Metropolitan College, all the students that took part, the judges, Nicola from Heart FM and all those that attended and supported this fabulous event.

Where Cricket Meets Ladies Day 2018



We were delighted to have been selected as last year's charity for 'Where Cricket Meets Ladies Day' held at the Sussex County Cricket Club.

It was a great afternoon with entertainment provided by the fabulous Celia Delaney and a very informative talk about her research from Karen DeSouza

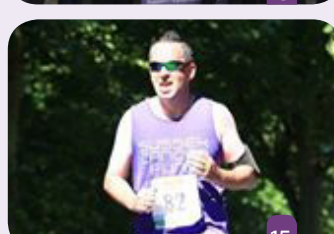
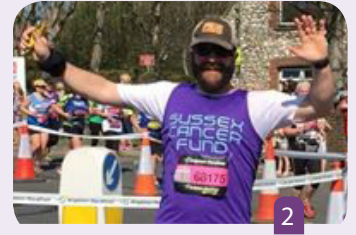
one of our Clinical Research Fellows and of course the cricket (Sussex v Middlesex). Best dressed Lady was won by the lovely Shirley Price who is also one of our hard working Business Ambassadors.

We would like to thank the event sponsors Consortium Business Solutions and Parafix and the Cricket Club for making the event possible. Lastly, we would like to thank all those who attended and through their generosity raised £3,237 for the Sussex Cancer Fund.

Fundraising and Donations

Once again a HUGE thank you to all our dedicated fundraisers. Some of the events were:

- We are Mayo Wynne Baxters charity of the year for 2018-2020
- The Sussex Cancer Fund won the Asda Ferring green token scheme community matters scheme and received £500 (Picture 1)
- Ellie Haymen held a charity day in memory of her Mum Lizzy and raised £1441
- We are Consortium Business Solutions' charity of the year 2018
- Palliative care team leader Steve Bass ran the Brighton marathon and raised £352 (Picture 2)
- Laura Brown braved the shave and raised £240
- Amy Beal ran the Great South Run on behalf of her Mum Gill and raised £880 (Picture 3)
- Sophie Broad held her annual Pentague day in memory of her father and raised £2216 with another event planned for August 2019
- Graham Bradley held a fundraising raffle at the Rye County Show and raised £2471.48 (Picture 4)
- Susie Abiks has raised £650 in memory of Gary Robinson
- Alex Read rode 99 miles on a unicycle and raised £2515 (Picture 5)
- Sandeepa Soni our Head and Neck Oncology Dietitian gave up chocolate and raised £133
- Penny Cattaneo and David Shannon held their annual golf day and raised £7047.01 (Picture 6)
- Elliott Andrews ran the Brighton 10k and raised £335
- Ellen Burgess held a charity fun day and raised £980 to purchase chemotherapy equipment (Picture 7)
- Melanie Woodcock ran the Angmering Bluebell 10k and raised £1102
- We had a fantastic team at the Brighton 10k and marathon who collectively raised £7147 (Picture 8)
- Nicky Baker braved the shave and raised £1954
- Hazel Kernott and friends held a Fancy Dress party and raised a huge £995 (Picture 9)
- We are also Crunch Accounting's chosen charity this year 2018
- Carole has raised £1111.25 in memory of Jane Hepper
- Rose Skilton held a cake and Xmas sale and raised £500 (Picture 10)
- Laura Lewis and family have raised a huge £5095 in memory of Denise Knutson
- Lara Squires completed the New Forest Half Marathon, the London to Brighton Bike ride and a 1.3 mile swim and raised £1192.13 (Picture 11)
- Linda Parsons took on the Three Peaks Challenge in memory of her husband and raised £1158
- Ryan Crockford, Mark, Adam and Matt completed the Tough Mudder and raised £620 (Picture 12)
- Kat Boness, who ran 100 miles in 30 Days and raised over £460
- Judith Spellman Denness, Chris Rose, Nikki Brett & Grant French held a charity golf day and raised £6636.50 (Picture 13)
- Helena Stevens and team completed the Mud Monsters Run and raised £1202 (Picture 14)
- Ian Frankland ran the Bedford 10k and raised £160 (Picture 15)
- Debbie's Angels completed Race for Life in memory of Debbie Cragg and raised £1660 (Picture 16)



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