

Some more of our amazing fundraisers

Thank you

1. Stuart Farrell-Humphrey, 1000 mile cycle challenge, £1150
2. Melissa Williams, 100 Squats a day in November, £300
3. Alex, Park Centre For Breast Care, cake sale, £150
4. Steve Bass, London Marathon £1057
5. Our Fabulous Brighton Marathon & 10K Team, £3380
6. Sarah Hurst, various amazing challenges, £8736
7. Russel Taylor, Royal Parks (9) Marathon Walk, £15,000
8. Karen Eastman, Culford Sprint Triathlon, £2025
9. Jack Tuffin, Brave the Shave, £473
10. Christel Zegers, hair shave, £387
11. Jessica McMillan & David Gede, Isle of Wight Hike, £8,591
12. Jacquie Trott, Nicky Thomas & Friends, Super Heroes
13. Sophie Woodall, Imogen Godden, Jemma Potts, Superheroes, £302
14. David Totterdell, London Marathon, £1928
15. Liam Wetherfield, Simon Yates, Harry Carton & Ricardo Paz, Struggle Dales, £6887



The newsletter of the Sussex Cancer Fund

The GOOD NEWS



Winter 2022

WELCOME

- Cancer Research News
- Fabulous Fundraising
- Other SCF Work Updates
- Competition Time

We bring you just some of the good news from the world of the Sussex Cancer Fund, the latest updates on some of our cancer research projects, a look at a few of our fabulous supporters and their fundraising efforts, as well as details of our exciting 'Why we Love Sussex' kids poetry competition.

But for even more detail on these and all our other projects please visit

www.sussexcancerfund.co.uk

Or if you have a story you would like to share please email us at: uhsussex.scfadministrator@nhs.net

SCF Fund Research Into The Effects Of Stress on Tumour Recurrence

Ms Sarah Baron, ST7 registrar in Obstetrics & Gynaecology, upcoming sub-speciality trainee in Gynae-Oncology has been appointed to carry out an SCF funded research project on the effects of stress on tumours.

Sarah has also successfully proven that these cells express the stress hormone receptor in the cytoplasm and when the stress hormone is added the receptor moves to the nucleus. She has also shown that this can be blocked with a stress hormone blocker.

So essentially Sarah has proven that there is an actual physiological change in the cells when subjected to stress and this change can be stopped or 'blocked'.



Under the guidance of Dr Melanie Flint and Ms. Sonali Kaushik, Ms Sarah Baron, has been appointed to the project, and has

This could eventually lead to patients being routinely given stress prevention treatments either through drugs or other traditional stress reduction methods to lower the risk of these physiological changes that may be negatively affecting the efficacy of their cancer treatments.



Play our weekly fundraising lottery

...and you could win

£25,000





Dr Jo Stokoe's English Channel Solo Swim

Dr Joanna Stokoe MRCP FRCR MD, Consultant Clinical Oncologist at The Sussex Cancer Centre has completed her epic challenge of swimming the English Channel to raise money for Sussex Cancer Fund and the Roy Castle Lung Foundation. The swim took place on the 16th Sep and was completed in 15 hours and 29 minutes!

Jo started from Dover Marina, and aimed to swim to Cap Gris Nez in France. This distance is 18.2 nautical miles which is approximately 21 land miles. There are 2,000 yards or 1852 meters to a nautical mile. Jo was accompanied by the pilot safety boat, Louise Jane. There are strict rules around channel swimming. No touching the boat, no neoprene, and quite a few more.

An observer from the Channel Swimming Association is on the boat and documents the swim and confirms rules were adhered to. There were also 3 boat crew on Louise Jane. Andy and James King are the pilots and Andy crewed and plotted the course and made sure Jo was safe. Jo raised an amazing £12,503 which was split between the Roy Castle Lung Foundation and the SCF. Thank you Jo!



SCF 2022 TARGET

This year we need to raise over £200,000 in order to fund our planned work for the year...

Obviously the more we raise the more we are able to accomplish but we can only do this with the help of our supporters.

There are lots of ways you can help us, by spreading the word on the work we do, directly fundraising for us, we even have lots of free ways you can support us on our website but a simple donation would also make a big difference to our work.

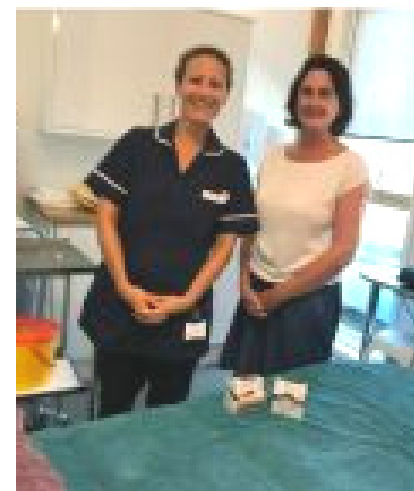


www.justgiving.com/sussexcancerfund

SCF 2022 Fundraising Target



Extension to the SCF Acupuncture Service



CBAS started in November 2017 and is run by two medical acupuncturists, Dr Carolyn Rubens and Anna Joseph. We hope to start other satellite clinics in Sussex to reduce travel and make the service more accessible and treat more patients. We now have an additional clinic in Eastbourne but hope to open more as funds allow. We need to raise £23K per year to run the service.

Improving the Care and Experiences of Older Women with Breast Cancer

The Sussex Cancer Fund has been supporting a research project by Daisy Neal, looking at how improvements can be made to the care and experiences of older women with breast cancer. Our research aims to improve understanding of the factors influencing variations in treatment of breast cancer patients, specifically with a view to improving the care and experiences of older women with breast cancer.



Katherine Perry, Senior Healthcare Assistant



Katherine is a Senior Healthcare Assistant supporting patients receiving chemotherapy and radiotherapy through the Out-patients Department. Katherine has been at the Hospital for 13 years and in addition to her job, she is a great supporter of the Sussex Cancer Fund, and always goes above and beyond to help us. You can read more about Katherine on our website.

Why We Love Sussex Childrens' Poetry Competition

Closing date 4th April

We love Sussex and we know you do too, so we are asking for children aged between 6 and 16 years old to write poems about why they love this amazing county. The winning entries will be included in a new book

that will help raise funds for the charity. We are also lucky enough to have three amazing guest judges, Jacqueline Wilson, Jill Hucklesby, and Dr Ollie Minton.

See website for more details

