



RESTORE

Breast Cancer Reconstruction

Information ♦ Inspiration ♦ Support

INFORMATION

For more information visit www.restore-bcr.co.uk

You may also find the following websites useful:

www.qvh.nhs.uk or www.bapras.org.uk

For further information regarding risk-reducing surgery for faulty genes the following groups may be helpful: www.brcakent.org.uk or BRCAbrighton@gmail.com or www.keepingabreast.org.uk

Claire Shelley & Caroline Migo
info@restore-bcr.co.uk

Queen Victoria Hospital, East Grinstead
Pam Golton & Rebecca Spencer
Breast Reconstruction Nurse Specialists
qvh.breastcare@nhs.net
01342 414302 or 414306

Darent Valley Hospital, Dartford
Maria Williams
maria.williams@nhs.net
01322 428102

Worthing Hospital, Worthing
Teresa Hoskins & Caroline Coles
Breast Care Nurse Specialists
01903 285068



Restore South East



@restore_breast



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WHAT ARE WE?

Restore is an information and support group set up by patients and their Breast Reconstruction Nurse Specialists at the Queen Victoria Hospital, East Grinstead.

COME AND MEET US

We currently run 'Show & Tell' events where women contemplating breast reconstruction can come along, meet women who have already been through their reconstruction journey and see the results of their surgery. These sessions are very informal and give women the opportunity to discuss all aspects of breast reconstruction with other women who have had first-hand experience of what it is like to go through the reconstruction process. We also have support of Breast Reconstruction Nurse Specialists who can give you advice about what to expect during your stay in hospital and answer any medical questions you may have, as well as psychological support and physiotherapy information available. Our patient models do not give out medical advice or recommend individual surgeons, they are however willing to show you 'in the flesh' results of their reconstructions and answer some of the emotional questions many of you may be reluctant to ask your surgeon.

OUR EVENTS

Our events are both virtual and face-to-face. We run face-to-face "show & tell" events at Queen Victoria Hospital in East Grinstead, at Darent Valley Hospital, Dartford and Worthing Hospital. We try to make sure that there will be at least one event every month for women to attend within the South East. In addition we also hold some events virtually. To find out the next available date in your area visit our website: www.restore-bcr.co.uk or join us on social media. Contact details are on the back of this leaflet.

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WHO DO WE SUPPORT?

Our events are suitable for all women newly diagnosed with breast cancer contemplating immediate breast reconstruction. We also support those who have had a mastectomy previously and are now considering delayed breast reconstruction and those who have been diagnosed with one of the faulty genes such as BRCA1/2, TP53, PALB2 & CHEK2. Family members, partners and friends are welcome to come along to our group sessions. Male partners are welcome, at face-to-face events we hold breakout sessions specifically for them. As space is limited, we would ask that you only bring one other person with you if attending a face-to-face event. The events are not suitable for anyone aged 16 or under due to the nature of the topics discussed. We try to have a variety of models available to provide you with a range of reconstructive options to view, however our ladies are volunteers and we therefore cannot guarantee that there will always be someone available who has had the reconstruction you are considering. However many of our dedicated volunteers are happy to talk over the phone/email if you wish.

HOW YOUR DONATIONS ARE SPENT

All fundraising or monies donated to Restore are used to support women undergoing breast reconstruction in the following ways:

- ♦ surgical equipment used in theatres by surgeons
- ♦ ward equipment for women pre and postoperatively
- ♦ post-surgical support bras
- ♦ bra extenders
- ♦ drain bags
- ♦ underarm support cushions
- ♦ hospital comfort packs
- ♦ setting up and supporting new groups

