

**BREAST
CANCER
NOW** The research &
support charity

NURSING CONFERENCE

19 June 2024

THANK YOU FOR
JOINING US TODAY

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A WELCOME FROM OUR CHIEF EXECUTIVE



HELLO EVERYONE, AND
WELCOME TO THE VERY FIRST
BREAST CANCER NOW NURSING
CONFERENCE.

Firstly, I want to say a huge thank you to every one of you for the hard work you do day-in and day-out to support people affected by breast cancer. I know only too well the enormous pressures the NHS and all healthcare settings have been under, especially over the last 4 years. But your tireless efforts to support people with this disease make such a difference to the lives of so many.

We're also extremely grateful that you've taken time away from clinical practice to be here today. We know not everyone who wanted to will have been able to make it, but we hope for those that could, you find it a really rewarding and valuable experience.

Today is a chance to learn things that will be relevant to your practice. But we also want it to be a chance for you to come together with your peers, reflect and celebrate the good work you're doing. And we know how important it is for nurses to take care of themselves, so we've put on a 1-hour session dedicated to your wellbeing, which we hope you'll find helpful.

Enjoy the day,

Delyth Morgan

A WELCOME FROM OUR ASSOCIATE DIRECTOR OF NURSING



**WE'RE EXTREMELY EXCITED TO BE
PUTTING ON TODAY'S EVENT, AND
TO HAVE SO MANY OF YOU HERE.**

We know that it can be difficult for nurses to find the time to keep up to date with latest clinical updates. We really hope today gives you the chance to do just that.

We've got some really exciting plenary sessions on triple negative breast cancer, invasive lobular cancer and menopausal symptoms from breast cancer treatments, which I hope you'll find interesting. We also have a session on compassion fatigue – a really important topic. Nursing can take its toll on us, and it's so important that you take some time to look after yourself. We hope you'll find some useful things in the session to help with this.

We also have lots of breakout rooms, which will help you to learn about charity organisations working in breast cancer, who you can work with and signpost your patients to.

I want to say a big thanks for being members of our healthcare professionals hub, and for helping to make it such a thriving community of practice. And if you enjoy the networking side of today, you might want to think about joining our healthcare professional hub champion groups, where you can continue to get to know and learn from your peers.

Have a great day,

Sally Kum

AGENDA

The breakout rooms will be held from 2pm to 2.45pm and repeated between 2.50pm to 3.35pm.

You'll have chosen your breakout rooms before the conference. If you can't remember which ones you chose, you can ask at the Breast Cancer Now stand or cloakroom. If you haven't chosen a breakout room, you can go to any of the sessions as long as there's space. If they're already full, you might be asked to go to a different session.

| Time | Agenda | Venue | Speaker(s) |
|---------------|---|----------------------|--|
| 9-9.45am | Breakfast, registration and exhibition viewing | Lutyens Suite | |
| 9.45-10am | Welcome and thank you film | Great Hall | Baroness Delyth Morgan , chief executive, Breast Cancer Now |
| 10.00-10.30am | Triple negative breast cancer | Great Hall | Dr Tim Robinson , consultant senior lecturer in medical oncology, University of Bristol, hon consultant medical oncologist, University Hospitals Bristol and Weston NHS Foundation Trust |
| 10.30-11am | Invasive lobular cancer | Great Hall | Dr Alicia Okines , consultant medical oncologist, The Royal Marsden NHS Foundation Trust |
| 11-11.30am | Coffee break | Lutyens Suite | |
| 11.30am-12pm | Menopausal symptoms from breast cancer treatments | Great Hall | Dr Alison Macbeth , speciality doctor breast surgery, BMS menopause specialist, women's health GP, NHS Greater Glasgow and Clyde |
| 12-1pm | Compassion fatigue lecture | Great Hall | Jayne Ellis , managing director, EF training |
| 1-2pm | Lunch, networking and exhibition viewing | Lutyens Suite | |
| 2-2.45pm | The impact of breast cancer | Anderson Barnes Room | Jessica Thomas , services manager, primary breast cancer, Breast Cancer Now Leeanne Adu , Black Women Rising Charity representative , Cancer Hair Care Oa Hackett , founder, Little Lifts |
| | Younger women and breast cancer | Princes Room | Stephanie Brayford , services manager, younger women, Breast Cancer Now, Dani Binnington , founder, Menopause and Cancer Caroline Leek , Fruitfly collective |

| Time | Agenda | Venue | Speaker(s) |
|--------------------|---------------------------------|----------------------|--|
| | Secondary breast cancer | Great Hall | Susan Wood , senior manager, secondary breast cancer services, Breast Cancer Now, Kate Wells , Ruth Strauss Foundation Vivienne Wilson , Make 2nds count |
| | Breast cancer surgery | Murrell Room | Sarah Adomah , lead breast clinical nurse specialist, Chelsea, The Royal Marsden NHS Foundation Trust Sarah Coombes , chair of trustees, Flat Friends Tom Teeling Smyth , services Manager, Someone Like Me, Breast Cancer Now Keeping Abreast |
| 2.45-2.50pm | Break | Nil | |
| 2.50-3.35pm | The impact of breast cancer | Anderson Barnes Room | Sessions will be run twice. Speakers will remain the same for both sessions |
| | Younger women and breast cancer | Princes Room | |
| | Secondary breast cancer | Great Hall | |
| | Breast cancer surgery | Murrell Room | |
| 3.35-4pm | Closing | Great Hall | All speakers and delegates |

WHATEVER BREAST CANCER BRINGS, WE'RE HERE

At Breast Cancer Now, we provide support to anyone affected by breast cancer. So there's always someone or somewhere to turn to, whatever your patient is going through.

online | in person | on the phone

0345 077 1893

breastcancernow.org/services

Breast Cancer Now is a charity registered in England and Wales (1160558), Scotland (SC045584), and the Isle of Man (1200).

**BREAST
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support charity

We're here

HEALTHCARE PROFESSIONALS HUB

We work closely with healthcare professionals to help ensure people affected by breast cancer get the best treatment and care.

By signing up to the healthcare professionals hub, you'll get a monthly bulletin for healthcare professionals, access to webinar recordings on demand and access to our specialist nursing groups.

Sign up for the healthcare professionals hub by scanning the QR code.



Health information

Our health information is written by clinical specialists and reviewed by healthcare professionals and people affected by breast cancer. All our titles are free.

If you'd like to find out more, visit breastcancernow.org or call our helpline on 0808 800 6000 (For Next Generation Text service prefix 18001).

Our helpline has a free translation service so that people can call and speak to a breast care nurse in their preferred language.

Most of our publications are available to download in PDF format from our website, where you can also find the titles we have in e-book and audio formats. If you can't see what you're looking for below, we've got more information on our website. Please visit breastcancernow.org/publications or email health-info@breastcancernow.org.

Information points for your hospital

Do you use our informative health publications with your patients? Need somewhere to display them in your hospital, clinic or unit?

We can provide you with a Breast Cancer Now information point to display our leaflets. We provide these stands free of charge to help you make information easily available to your patients and their families. Contact us on infopoints@breastcancernow.org to find out more.

OUR SPEAKERS



Dr Tim Robinson, consultant senior lecturer in medical oncology, University of Bristol and hon consultant medical oncologist, University Hospitals Bristol and Weston NHS Foundation Trust

Dr Tim Robinson is a consultant senior lecturer in medical oncology at the University of Bristol and an honorary consultant medical oncologist at University Hospitals Bristol and Weston NHS Foundation Trust specialising in breast cancer. He practices in all areas of breast oncology but has a special interest in younger women with breast cancer, management of the side effects of treatment and triple negative breast cancer (TNBC).

He completed his medical oncology clinical and academic training in Bristol. He undertook a Cancer Research UK Clinical Fellowship and was awarded a PhD from Cardiff University examining the role of breast cancer stem cells in chemo-resistance and exploring novel therapeutic strategies. He also undertook a postgraduate diploma in oncology from the Institute of Cancer Research (University of London). He was the recipient of a Coltman's Scholar Award from the San Antonio Breast Cancer Symposium, the world's largest breast cancer meeting, for work on the gut microbiome and breast cancer, has multiple peer-reviewed publications and has presented widely at national and international conferences.

He is heavily involved in clinical trials as a principal and chief investigator mainly in TNBC and breast cancer survivorship trials. He's a member of national collaborative research groups and was appointed to the National Cancer Institute Breast Cancer Precision Medicine Working Group in 2022 and is a member of the NICE expert panel of breast oncologists.



Dr Alicia Okines, consultant medical oncologist, The Royal Marsden NHS Foundation Trust and team leader for the Breast Cancer Systemic Therapy Trials team, ICR

Dr Alicia Okines is a consultant medical oncologist specialising in breast cancer at the Royal Marsden Hospital in London, and honorary faculty at the Institute of Cancer Research in London.

Dr Okines studied pharmacology and then medicine at the University of Sheffield. During her specialist medical oncology training at the Royal Marsden Hospital, she completed an MD(Res) investigating VEGF and EGFR targeted therapies at the Institute of Cancer Research. Her research interests principally lie in clinical trials and translational research in metastatic breast cancer including brain disease. She's currently leading multi-centre studies in lobular breast cancer and androgen-receptor positive triple negative breast cancer. She has been widely published in peer-reviewed journals.



Dr Alison Macbeth, speciality doctor breast surgery, BMS menopause specialist, women's health GP, NHS Greater Glasgow and Clyde

Dr Alison Macbeth is a breast surgical speciality doctor for NHS Greater Glasgow and Clyde, a women's health GP for NHS Highlands, a British Menopause Society Accredited menopause specialist and menopause specialist at Health in Menopause clinic.

She specialises in menopause after breast cancer with a specialist interest in genitourinary syndrome of menopause in cancer patients.

She sits on the publications committee of the Primary Care Women's Health Forum and is a medical advisor for the Menopause and Cancer charity and also The Menopause Charity.

OUR SPEAKERS



Jayne Ellis, founder and CEO

Jayne has worked in healthcare for over 30 years as a nurse and an educator. She is a published author and regularly speaks at conferences and events on the subject of compassion fatigue all over the UK.

EF training is the only UK training organisation that provides quality, evidence-based training that pro-actively addresses the impact of compassion fatigue on individuals and organisations.

Having experienced compassion fatigue herself Jayne is acutely aware of the emotional impact that working in any caring role has. She's committed to raising awareness about compassion fatigue and is campaigning for emotional health and safety to be seen as having equal status to physical health and safety in every industry across the UK.



Jessica Thomas, services manager, primary breast cancer, Breast Cancer Now

Jess Thomas is a service manager for primary services at Breast Cancer Now. She's based in our London office and work with the team that coordinates the Moving Forward course in London and the South East.

Our Moving Forward face-to-face and online groups provide information and support across the UK and Northern Ireland. They provide the opportunity for peer support and connection, over 2 half day sessions, as well as information and resources. The course is supported by our Moving Forward journal and information hub and is delivered by our trained facilitators and volunteers. Moving Forward is open to everyone with a diagnosis of primary breast cancer who has finished their active treatment.



Leeanne Adu, Black Women Rising

Leeanne Adu, triple negative breast cancer, October 2020 and Black Women Rising lived experience ambassador

Everything changed for Leeanne when she found a lump in her chest in 2020. Mother to a young daughter, she feared what life would look like and if she would be around to see her daughter grow up. After four months of chemo, a lumpectomy and a lymph node clearance, she is now cancer-free and is passionate about spreading awareness in her community.



Jasmin Julia Gupta, founder, Cancer Hair Care and consultant

Jasmin is The UK's leading cancer hair loss expert. She is a regular consultant to the NHS, charities such as Breast Cancer Now, Macmillan, Teenage Cancer Trust and many more. She is an educator to NHS nurses as well as creating innovative courses for hairdressers. Jasmin brings her knowledge and passion to everything she does in order to bridge the gap between the medical and beauty world. She says "I want to empower people to make choices throughout their cancer related

hair loss journey".

Jasmin has personally provided over 10,000 services to people with cancer treatment induced hair loss. She is a change maker and someone who reaches far and wide to run a truly inclusive and diverse charity. For example she wrote the first ever 'Afro Hair Chemotherapy Guide'. She is an author and writes professional reviews for the NHS and many leading cancer organisations.

OUR SPEAKERS



Oa Hackett, Little Lifts

Little Lifts was founded by Oa Hackett in 2017 after she was diagnosed with breast cancer, aged 28, in 2014. Little Lifts is on a mission to provide free thoughtfully curated Little Lifts Boxes to every person undergoing breast cancer treatment in the UK. Little Lifts Boxes are created by people who have experience of breast cancer and contain practical products to relieve side effects of treatment as well as mood-boosting goodies to promote emotional wellbeing.



Stephanie Brayford, services manager, younger women, Breast Cancer Now

Stephanie Brayford is a services manager for our Younger Women Together service and is based in our Sheffield office.

Our Younger Women Together service offers support for women aged 20-45 both face-to-face and online. There are both one and two-day face-to-face events or over four weeks online and provide an opportunity for younger women to share their experiences and learn from expert speakers. Online live speaker events also offer an opportunity to learn from experts and ask questions on a wide range of relevant topics.



Dani Binnington, Menopause and Cancer

Dani, the founder of the non-profit organisation Menopause and Cancer, is dedicated to supporting and educating women about their choices. As the host of The Menopause and Cancer podcast, she leads discussions that garner over 20,000 monthly downloads, placing the podcast in the top 1.5% worldwide.



Caroline Leek, Fruitfly Collective

Caroline has a background in neuroscience research and medicine regulation policy. In 2012, she founded the multi-award-winning Fruitfly Collective, a not-for-profit organisation that focuses on supporting families, and communities, around their understanding of cancer, with the aim to facilitate communication and to improve the mental wellbeing of those affected by cancer.

Fruitfly Collective's work has included research into building a service to support cancer patients and their children within the NHS, delivering cancer educational workshops for families within hospitals, touring primary school cancer education programmes, developing resources for families affected by parental cancer and when a parent is in end of life care. A current project, funded by Macmillan and National Lottery, is called Parenting with Cancer and is an online one-stop-shop of comprehensive support for parents who have experienced cancer.

OUR SPEAKERS



Kate Wells, Ruth Strauss Foundation

Kate is a palliative care social worker who joined the Ruth Strauss Foundation (RSF) in September 2023. She has 15 years' experience of working in palliative and end of life care including community, inpatient, family work, teaching and management.

Kate started her career working with children and young people in different charitable and statutory services. When she moved to the UK 15 years ago from Australia (to travel for a year!), she fell into palliative care social work – supporting people, and their families, at the end of life.

Kate is passionate about involving children and young people with what is happening when their parent or caregiver has incurable cancer, as this has the best outcomes for them in bereavement. Kate now leads the Family Support Service at RSF, as they work to support parents and caregivers with incurable cancer across the UK, to support their children with the most difficult conversations they will ever have.



Vivienne Wilson, Make 2nds count

Vivienne Wilson is the lead patient trials advocate with the charity Make 2nds Count and has been in this role since its inception in February 2021.

She has over 20 years of experience working as a senior research nurse for NHS Lothian, the Edinburgh Cancer Centre and Cancer Research UK, caring for patients with breast and other cancers whilst managing a number of nursing teams.

She has been a member of several cancer research committees including the Scottish Cancer Research Network (SCRN) and the Experimental Cancer Medicines Centre (ECMC) and has a number of publications promoting the role of cancer research nursing and sharing her knowledge and experience to more junior research staff.

She is a passionate advocate of clinical trials for patients with breast cancer and seeks to improve patients access to trials by raising awareness of the potential benefits of trials and empowering patients to speak to their clinical team.



Susan Wood, senior manager, secondary breast cancer services, Breast Cancer Now

Susan Wood is the senior manager for our secondary breast cancer services and is based in our Sheffield office.

Our Living with Secondary Breast Cancer (LWSBC) service provides an opportunity for people to talk, listen and learn with others who understand the challenges that secondary breast cancer brings. We offer monthly peer-to-peer support groups, facilitated by trained counsellors, either face to face or online as well as regular expert speaker sessions (Speakers Live) on a variety of relevant topics.

OUR SPEAKERS



Sarah Coombes, Flat Friends

Sarah Coombes is the Chair and Founder Trustee of Flat Friends, a registered charity dedicated to supporting women who have had single or double mastectomy surgery without breast reconstruction, including those who may face such decisions now or in the future, due to either a breast cancer diagnosis or preventative surgery.

She was diagnosed with Grade 3 invasive breast cancer in her right breast at the age of 35 and chose to have a mastectomy without reconstruction, plus a contralateral symmetrising mastectomy of my left breast, and has been happily 'living flat' for ten years.



Ms Sarah D Adomah, BSc Hons, Dip HE Cancer Care, RGN

Sarah has been a breast cancer clinical nurse specialist at the Royal Marsden for 13 years and is the lead at the Chelsea site of the hospital. After graduating from Middlesex University in 2004, she gained a diploma in cancer nursing in 2006 and a BSc in cancer oncology in 2008.

She previously served as the chairperson for Breast Cancer Now's Breast Care Nurses Younger Women Champions, a group of specialist nurses working collaboratively and sharing experience and good practice to improve the services and experiences of younger women going through breast cancer.

In 2022 she helped to launch a range of 'softies' in a variety of skin tones to be worn under a bra after a mastectomy, an innovation within the NHS for the first time. She has featured in podcasts produced by the charity Black Women Rising and Womanthology with a focus on raising awareness and the experiences of cancer. And she was among the Joseph Fashion Portraits series in 2023 celebrating International Women's Day.



Tom Teeling Smyth, services manager, Someone Like Me, Breast Cancer Now

Tom is a services manager for our Someone Like Me service and is based in our Sheffield office.

Someone Like Me is a telephone and email support service putting people affected by primary breast cancer in touch with trained volunteers for peer support. It aims to give people affected by primary breast cancer the opportunity

for 1:1 support from someone who has had a similar experience and understands what they are going through.



Emma Queensborough, Keeping Abreast

Emma is the chair of trustees for Keeping Abreast. Emma has been involved with the charity for many years and plays an active role in its growth and development.

Keeping Abreast supports those considering, facing and going through breast reconstruction following a breast cancer diagnosis or the discovery of a hereditary breast cancer gene.

Emma volunteers for the charity because it is a cause close to her heart, with Keeping Abreast having been a great personal support to her in the past. She has also made some dear friends through the charity and its events, such as the well-known Keeping Abreast ‘More Than Just Fashion’ shows. These take place every two years when a team of models – made up of patients who have been through breast cancer and breast reconstruction – celebrate getting through their treatment, surgery and recovery by strutting their stuff on the catwalk!

Emma now uses her role as a trustee to spread the word about Keeping Abreast and its many support services, from face-to-face support groups and UK network of volunteers, to a multitude of events, information packs and KA Comfort & Care Bags.

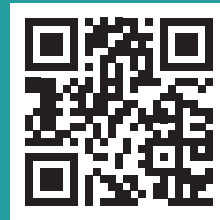
Novartis UK breast cancer modules on Medscape for non-medical prescribers

Would you like to learn more about breast cancer biology, diagnosis and treatment? Three short e-learning modules are now available on Medscape to support you.

These modules provide an overview of foundational topics in breast cancer biology, diagnosis and treatment for non-medical prescribers who are new to breast cancer or are looking for a therapy area refresher. Each module takes 10–15 minutes and can be completed on a computer or mobile device.

Introduction to breast cancer

Includes anatomy and physiology of the breast, risk factors for developing breast cancer, different classifications of breast cancer and signs and symptoms of breast cancer



Diagnosing breast cancer

Includes an introduction to various approaches for screening and diagnosis, receptors and tumour markers important for breast cancer and an overview of tumour staging and grading



Breast cancer treatment pathway

Includes an overview of surgical techniques and systemic therapies used to treat breast cancer and outlines factors involved in treatment selection

We hope you find these modules a helpful introduction to or useful refresher on breast cancer biology and care. Please reach out to bconnected.early@novartis.com if you have any questions or feedback.

OUR SPONSORS

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Breast Cancer Now's Nursing conference is sponsored by Novartis, Lilly, Exact Sciences, Stemline and MSD. The sponsors have no control or involvement in the event. All editorial control has been retained by Breast Cancer Now.

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**THANK YOU FOR
EVERYTHING YOU DO**

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