

Newsletter

Issue 39

Spring 2009

Doing fine in 2009!

Our very belated best wishes to all our members for 2009.



Breast Friends Chairman Jackie Benzecry and committee member Sue Mills were recently invited to represent the group at the 'Great Midlands Fun Run Presentation Evening' which was held at the Trinity Centre in Sutton Coldfield, hosted by the event director Mr Tracey Spare.

Once again the Fun Runners efforts exceeded last year's total, raising the amazing total of £165,150 which was split between 170 deserving charities and voluntary organisations. Jackie and Sue were delighted when presented with a cheque for £4,800, and added to other donations received, the Breast Friends funds were boosted by well over **£5000** which is a fabulous achievement. **May we once again thank all who took part and nominated Breast Friends as their chosen charity.**



Sue and Jackie with Fun Run director Mr Tracey Spare

We would like to appeal to members and their families and friends to consider taking part in the Great Midlands Fun Run for Breast Friends in 2009. The event is being held on **Sunday 31st May, starting at 11am and registration is now under way.** Please complete the enclosed entry form, (photocopy if necessary for others). You can also enter online at www.greatmidlandsfunrun.com or complete the entry forms printed regularly in the Sutton Observer. If you are unable to take part yourself, please try to pass on the entry form to a family member or a friend. Please send completed entry forms to the Fun Run organisers, clearly stating that you are supporting Breast Friends-Sutton Coldfield reg. charity number 1059584.



Emma and her team supported Breast Friends in 2008

The Fun Run is NOT a race it is a 'fun' event for people of all ages and abilities. You can walk, jog or run. It is staged over an 8.5 mile route all on tarmac. The start is in Sutton Coldfield town centre, from there you enter Sutton Park at Boldmere Gate, negotiate around 4.5miles in the park including 'Cardiac Hill', exit at Four Oaks Gate before returning to the finish line in the town centre. It's a fantastic atmosphere, with supporters lining the route and encouraging you all the way.

Sue Mills will be coordinating the Breast Friends team and T shirts and refreshments will be provided free of charge to all. Please therefore telephone or email and let Sue know if you are entering on 0121 329 3600 or sue-mills@blueyonder.co.uk

A lovely way to get a bit fitter in 2009 and at the same time support a great cause too.

Celebrity Luncheon



We are busy organising our popular Celebrity Luncheon which will be held at **Moor Hall Hotel on Friday 15th May**. Tickets are selling like hot cakes priced at **£35 each**.

Our great friend and supporter, comedian and presenter **Don Maclean** will be our special guest at the 3 course luncheon and we are very pleased that Breast Friends patrons **Kay Alexander** (BBC Midlands News) and **Mr Andrew Mitchell MP** will also be attending.

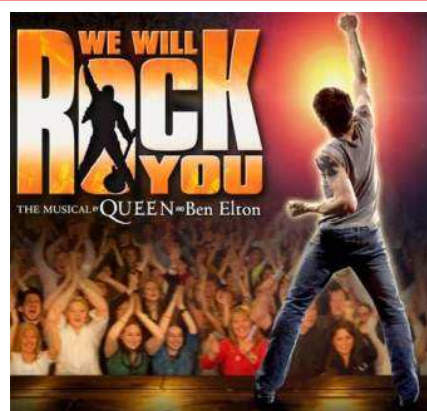
This is always a very special occasion on the Breast Friends calendar and something we really look forward to. **Enquiries to Maureen Farmer on 0121 308 8634**.

SUMMER THEATRE OUTING

Following the success of our annual outings to the pantomime and also our recent 'Freddie Mercury' Tribute Night at Pier 39, Breast Friends social secretary Gill Harris will be organising a trip to see 'We Will Rock You' at the Birmingham Hippodrome during August.

Actor and musician **Jonathan Wilkes** and former Coronation Street star **Kevin Kennedy**, will star in this year's 'We Will Rock You' UK Tour. They will appear in the smash-hit Queen and Ben Elton musical alongside **X Factor finalist Brenda Edwards**, star of **ITV1's Britannia High Georgina Hagen** and **I'd Do Anything's Nancy** contestant **Ashley Russell**.

*"This show is all about legend," says **Ben Elton**. "We take the legend of Queen and create our own fantastical story of young kids battling the mighty corporations who want to suppress their individuality and their love of music. They need a hero who can help them in their struggle, and we have two – the dreamer Galileo and the sassy rock chick Scaramouche. Guess who ends up winning?"*



Expect your favourite Queen songs including "**We Are The Champions**", "**Another One Bites The Dust**", "**We Will Rock You**", and, of course, "**Bohemian Rhapsody**".

If you would like more information or to reserve your seat, please telephone Gill Harris on 0121 350 0615.

The Healing Corner

The popular Breast Friends Healing Clinic at Good Hope continues on a regular basis. Sessions are held in the Johnson Suite on the ground floor, Sheldon Block. Healers belong to the National Federation of Spiritual Healers, a non-religious organisation. Each session lasts for ½ hour and there is no charge. Healing is a gentle relaxing therapy, using natural energy to help restore the balance of mind, body and emotions.



*"Healing helps to heighten my awareness of my physical and emotional state, and contributes to rebalancing my overall energy levels and my ability to operate efficiently."
Janina Meah*



The next Healing Clinics will be held on: 16th March, 6th April and 20th April. If you would like to have a chat about the clinic or to book an appointment please telephone **Jeannie Jones on 0121 351 6017**.

Pictured: Group healing session and Christmas celebration, December 08.

Fabulous Fund Raising

Lynn's a Christmas Star!



Janet, Mavis, Lynn and Yvonne

In December, our newest committee member **Lynn Wootton** organised two Christmas wrapping days at **Lloyds Chemist in Mere Green** where she works.

For a small donation to Breast Friends, customers could make a purchase and have it beautifully gift wrapped in the store. Lynn also organised raffles on both days, and provided a space for Breast Friends to sell their Christmas cards and charms.

The grand sum of **£675.56** was raised for our fund. A big thank you also to the Breast Friends girls who helped out on both days and to Lynn's customers **Caroline** and **Stephanie** who also volunteered their help and were wonderful gift wrappers.

Thanks so much Lynn and a very warm welcome to the committee.



Lynn and our first customer!

Christmas Raffle and Sales

Breast Friends Grand Christmas Raffle and general Christmas fundraising raised a total of **£1888**. This amount easily covered the cost of our Christmas party in December which was really well attended and enjoyed by so many of our members. It also covered the cost of the hampers sent as gifts to help some of our members over Christmas. Profits for the fund after these outings totalled **£572**.

Thank you to all who helped boost our fundraising total over the Christmas period, and it was really lovely to see so many of you at the party.

Pictured Edna Chetwynd – 1st prize raffle winner.



Boogie Bounce for Breast Friends!

Alison West and her 'Boogie Bouncers' at Shuttington have been busy fund raising for Breast Friends. Thank you so much!



Dosthill Ladies Donate

The wonderful ladies of the **W.I. at Dosthill** presented a cheque to Jackie Benzecry for the huge sum of **£2,005**. A member of their group, a lady called Hazel Stanley lost her battle with breast cancer some time ago. Hazel was a lovely lady who was a very committed member of the group and she is greatly missed. Breast Friends gave Hazel some help and this has never been forgotten.

Breast Friends have had donations from the W.I. on previous occasions. This time one of their members, **Lyn Smith** did a sponsored bike ride and this, along with some other fundraising by the group raised the fantastic sum. We are very grateful and really appreciate their support.

Recycling Update

Our large pink recycling bins situated alongside the bottle banks in the car park at Sainsbury's Mere Green have generated around **£1500** for the Breast Friends fund in just under a year. This is great news!

Please continue to drop off any unwanted clothing, shoes and bras, and the textile recycling company will turn them into cash with a percentage of profits to our fund. The perfect solution if you are planning a spring clean for your wardrobe!



Pictured: Group members Jan and Lyn, Breast Friends Chairman Jackie Benzecry and Dosthill W.I. President Sheena Lewis.

Pub Does Us Proud!

Grateful thanks to **Sue McNeilly, Jenny Abel and the staff and customers of the Red Lion Pub in Hopwas**. They have recently raised the amazing total of **£2,021** for Breast Friends.

Fund raising was in memory of **Michelle Taylor**.

Donations Update

For the period October to December 2008, Breast Friends spent over £16,000 on local breast cancer patients, hopefully giving them help towards a better quality of life. We are most grateful for these valued donations which enable the charity to continue with its ongoing commitment to enhance the care of breast cancer patients at home and in hospital.
Jackie Benzecry – Chairman Breast Friends

Since our last publication, donations to the Breast Friends fund have been gratefully received from the following:

Edwin and Larissa Taylor
'Pink Day' organised by staff at Little Aston Hospital
Lynn Wootton and Yvonne Lay (sponsored slim)
Rotary Club at Aldridge
Derek Jones
David Morris
Marston Inns (matched amount raised recently by Wolferstan Arms Pub)
Langley School
Janet Diamond
Boldmere Ladies Golf Club
Lisa Ward
Claire, House of Flowers Florist at the Mitchell Centre
KJ and LM McGrath
J Doyle
Jackie Benzecry (sponsored slim)
Sylvia Geldard
Elsa Mason
Pat Green
Mrs N Lynch, Mrs Shuter and Mrs M Garner
Mrs M Massari
Betty Nicholson
Pauline Carter
Joanne Chanener (Forget-Me-Not Florist)
Mrs Jan Adcock
Mrs J Panchenko
Mrs JM Welsh
Queeslet Chapter No 6887
Andy Dinnes, Esso Birmingham Terminal
Gillian Bailey
Gill Harris
Peter Hosier
Catherine Barker
David Moule and Tamworth Borough Council
Football Syndicate
Staff at Colin Lee Opticians, Aldridge
Staff of Defence Estates (Pink Day)
Phillip Caron and Darts Team of North
Warwickshire Cricket Club
Mr R Aston
Alex and June at 'The Retreat' Beauty Salon, Tamworth
Nursing staff of the Stroke and Neurological Unit at Good Hope
Donations in memory of Nicola McComb
Donations in memory of Doris Morris
Donations in memory of Viv Parker
Donations in memory of Pauline Finnemore
Paul and Jackie Welch in memory of their son Gareth



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We would like to let you know that Breast Friends is a member charity on the 'Just Giving' website.

'Just Giving' is a really simple and effective way for people to donate to charity online. You can easily create a fundraising page if you are taking part in or holding a charity event, you can be quite creative if you want to! You can then email all your contacts and ask for sponsorship and donations with a link to your fundraising page. Your family and friends can then donate online and 'Just Giving' even sort out the gift aid. You can also make a one-off donation to the charity if you wish.

The 'Just Giving' website has brought in just over £1,100 for Breast Friends since October with various people taking part in events such as The Great Midlands Fun Run, The London Marathon and a Sponsored Slim.

Please take a look at www.justgiving.com to find out more, or to sponsor someone who is raising money for us. *Our thanks to **Jeremy Merkel** of WAA for suggesting we join – great idea!*

Dates for your Diary

Monday March 30th – 7.30pm - General Meeting, Partnership Learning Centre at Good Hope. This month



it's time once again for Tom and his 'Next One' Fashions. Come along and bag a bargain!
Monday April 27th – 7.30pm – General Meeting, Partnership Learning Centre at Good Hope. The girls from 'Pink' the hair loss specialists will be joining us this month.
Friday 15th May - Breast Friends Celebrity Luncheon.

NO GENERAL MEETING IN MAY due to Bank Holiday.

Sunday 31st May - Great Midlands Fun Run. 11am start. Please take part if you can, otherwise do come along and support our team.

Monday June 29th – 7.30pm - General Meeting, Partnership Learning Centre at Good Hope. Speaker from the Lymphoedema Clinic – usage and fitting of specialist hosiery.

Breast Cancer

*They're our mothers and our daughters
Our cousins and our aunts
Our grannies and our nieces
Singled out as if by chance*



*In the midst of life it lashes out
That uninvited guest
Attacking tender female flesh
Cancer of the Breast*

*This is for Winnie and for Betty
For Deborah and for Jane
Victims of the silent assassin
Breast cancer is its name*

*For this scourge there are no boundaries
Of age or race or creed
It blindly strikes all in its path
Is insidious in its greed*

*The old lady in her seventies
The young mother in her prime
Breast cancer marches in remorselessly
Taking some before their time.*

*This is for Kylie and for Linda
Known to us all by name
For Caron and for Jenni
Attacked despite their fame.*

*Lillette continued district nursing
Concealing her illness she smiled
Little Mary refused all treatment
To protect her unborn child.*

*They're our sisters and our colleagues
Attacked by this unwelcome guest
Would we cope like them, we wonder
If faced with such a test?*

*They endure the painful treatment
Of the X ray and the knife
The chemo which robs them of their hair
In the attempt to save their lives.*

*This is for Valerie and Trudie
For Shirley, Jean and Row
We'll raise a glass to all of them
As they face the silent foe*

*Heroines all they soldier on
Presenting a cheerful face
Despite their dreadful anxieties
They're all winners in this race.*

Pat Zako