

Newsletter



Issue 41

Spring 2010

HERE FOR YOU

Here we are in 2010, and our group continues to go from strength to strength. Breast Friends would not be able to continue without the constant help and generosity from so many. We are so grateful that even in recent difficult financial times; there has been such wonderful support, which has enabled the group to offer ongoing practical and emotional help following surgery, during treatment and beyond.

The majority of our committee and network of support volunteers have experienced breast cancer themselves at some stage, and are diverse in age. Therefore there is always someone who can share worries or concerns who will truly understand.

The direct practical help we can provide for members include:

- ⇒ **Provision of equipment – electrically operated chairs and wheelchairs and the rental of stair lifts.**
- ⇒ **Domestic help, laundry, gardening and childcare following surgery or illness (all services provided by local professional businesses)**
- ⇒ **Help with hair loss.**
- ⇒ **Relaxation/Spa days following treatment and subsidised outings.**
- ⇒ **Healing sessions and assistance with funding for other holistic/complementary therapies**
- ⇒ **Small grants for those in need.**

If you would benefit from any of our help, would like to find out a bit more about the Breast Friends group, to join or to support any of our meetings and fundraising events, please get in touch:
Our telephone helpline numbers are:

0121 424 9054 or 0121 4249490.

We have a website – www.breastfriends.org.uk

And now we also have a  page – **'Breast Friends Sutton Coldfield and Tamworth.'** (Thanks to Laura Hicklin for setting this up)

Great Midlands Fun Run 2010

Would you, your family and/or friends consider walking, jogging or running the Great Midlands Fun Run for Breast Friends on Sunday 6th June? £5500 was raised for our charity in 2009. It's such a fantastic atmosphere in Sutton town centre on the day, and just a great community event for all ages and abilities.

Breast Friends will support you all the way round the 8.5 mile route through the town centre and Sutton Park and provide T shirts for you to wear on the day and refreshments afterwards. Entry forms can be found in the Sutton Observer or you can enter online at www.greatmidlandsfunrun.com Please nominate Breast Friends as your chosen charity when you register.

Sue Mills will be coordinating the Breast Friends team, so please call 0121 329 3600 or email sue-mills@blueyonder.co.uk and let us know you have entered. We will then be able to provide your free t shirt and give details about refreshments after the event.

Thought you may like to share these extracts from letters recently received by Breast Friends....

"I'd like to let you know how much I enjoyed the weekend at Alvaston Hall. It made me realise that it doesn't matter where we go as long as we are together. I think it's lovely that we can share things together and chat with ladies we don't get to see that often.

I think it's so important to make happy memories and that's what Breast Friends does for me."

Jenny

"Breast Friends is a fantastic organisation and I know how hard you all work on a voluntary basis to help people like me who have been affected by cancer.

Since I was diagnosed in February 2006, I have been grateful for all the support I have received as you also helped me after my first lot of surgery. During this time I have met amazing people along the way and sadly lost some friends too. However, I would not change the past four years. Strangely cancer brings people together and on many of the events you have organised, I have been moved by a feeling of supportiveness."

Angela

"This brave band of sisters who have all endured the experience of this dreadful disease, all have time to offer friendship and support and help raise money to provide practical help.

Truly a noble group of ladies; where some would sink into depression, they raise their flag high, inspiring hope and most of all the will to get the most out of life"

John – a grateful husband

The Breast Friends Wig Cutting Service

"Are you or will you be wearing a wig due to chemotherapy treatment?"

Breast Friends will pay for your wig to be personalised to improve the shape and make it appear more natural, if you are not happy with your wig as it is.

You can have your wig cut and styled in private and comfortable surroundings at Syers Hair and Beauty Salon, Gracechurch Centre, Sutton Coldfield. Or at 'Pink' Chemotherapy and Alopecia Hair Loss Specialists, Hawthorn Road, Erdington.

Please contact Jackie on 0121 378 3037 if you wish to make an appointment with either salon.

Please be aware that the Breast Friends Charity can take no responsibility for any problems arising from having your wig cut. Remember that once it has been cut, it cannot be restored to the way it originally was.

Casino Royale Evening

Please come along and support our fundraiser at the Fox and Dogs Pub, Mere Green, Sutton Coldfield on the evening of Sunday 2nd May.

We are holding a James Bond themed night with tickets priced at only £10 to include a carvery buffet supper, disco, raffle and fun casino tables with prizes for those who win the most chips. Black tie or dress as any Bond character (optional)

Tickets from Kerry on 0121 308 7560
Enquiries to Lynn on 0121 240 1895



Mastectomy Bra Fitting Service

We are pleased to let you know that 'Lingerie Illusions' specialists in mastectomy lingerie and swimwear are offering a free bra fitting service to mastectomy patients.

Friendly and professional staff who have themselves experienced breast cancer and have specialist training in measuring and fitting will be available in Area D in the Treatment Centre at Good Hope Hospital on alternate Thursdays.

Please ring Kath, Fiona or Bernice to book an appointment on 01902 482 524.

This service has been highly recommended by members of Breast Friends. For more information and online store visit www.lingerieillusions.co.uk

Tribute Nights and Lunches

Thank you so much to all who have attended our 'Tribute' events at Pier 39 restaurant in Mere Green over the past few months. The Ladies Lunch with 'Elvis' on 9th February raised over £1400. Fantastic!

Our next date at Pier 39 will be on the evening of Thursday 24th June with a tribute to the 'Abba Girls'

Please contact Jackie on 0121 378 3037 for details.

The Healing Corner



"In Indian and Chinese cultures, spiritual healing has been practised for over 5000 years and knowledge of it continues to be handed down to each new generation.

Whilst their techniques might be different, both cultures are at one in their appreciation of the way in which healing enhances everyday life. Even today, they do not question the relevance of healing. They know it works."

If you would like more information or would like to attend the Breast Friends 'Healing Clinic' at Good Hope Hospital, please contact Jeannie Jones on 0121 351 6017. All clinics are free to members.

Visit to Harry Edwards Healing Sanctuary

The Harry Edwards Healing Sanctuary at Burrows Lea Country House in Surrey was founded in 1946 by the world renowned spiritual healer Harry Edwards.

Breast Friends are offering the opportunity to attend a 'Wellbeing Day' at the Sanctuary on Saturday 19th June. As well as a chance to visit this beautiful house and grounds, the day includes healing sessions, complementary therapies, specialist talks, product stalls and more.

Travel will be by coach with comfort stops throughout the journey. You will need to cover the cost of your own lunch and snacks. We are asking only for a contribution of £5 towards the cost of transport.

Please contact Jeannie on 0121 351 6017 for more information and to reserve your place on the coach.



Donations Update

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

Jayne Parkin
Molly Clarke
Janet Diamond
Boldmere Ladies Golf Club
Jean Preece
Mrs H B Prince and daughter J Hollis (80th birthday celebration)
Acorn Taxi Service (in memory of Lisa Kimberley)
Deanery C of E Primary School, Walmley
Mr and Mrs D Withers
R Adams & S McNeille (Wood End Fun Run)
Customers of Fox Hill Knitting Shop
Theresa Polson and friends
Yvonne Knight
Esme Crutchley (dance exhibition)
David Moule (Tamworth Borough Council Football Syndicate)
Doris Wallcroft
Delroy Foster (school reunion)
Sue Flint
Spire Little Aston Hospital Staff (Pink Day)



'Spire - Little Aston Hospital Staff hand cheque to Jackie.'

Alice's Dream Team (John Shuter, Karl Ellis, John Lynch, David and Carol Bates)
Anne Howell
Rajwinder Kaur (donation matched by HSBC)
Wylde Green Library customers
Murraywells
Vanessa Sant
House of Flowers, Men's Quarter, The Kitchen Sync @ The Mitchell Centre
DHL staff (non uniform day)
Golf Day (in memory of Paul Welch's Son)
Mike Wood
3 Peaks Challenge – (Land Rover Solihull – Steve and Jackie Lambert, climbers and drivers. Nominated by Angela Harper – raised £1356.20)
Defense Estates Staff (Chris Buxton, Lynn Patrick, Lynne Goush, Wendy Turner, Julie Meek, Margaret Strueby)
Customers at Asda Minworth
Katie Earl (Asda Minworth)
Karen Adams
Andrew Mitchell MP
Gill and Keith Harris (Fundraising evening at Juboraj Indian Restaurant – raised £1525 including £500 fund matching by Lloyds TSB)
Tina Obell
Mr and Mrs R Watson (50th Wedding Anniversary)
Judy Turner and Christine Young
Mavis Rylance
Anne Eccleston

Mr and Mrs Stead
Bill Dainter
Holly Kelly (Ran Marathon)
Chelmsley District Conservative Club
Customers of Ian McLeod Hair and Beauty
Customers of Rainbow Greetings, Mere Green
Edgbaston Priory Tennis Club
'Elvis' AKA Derek Jones
Angela Bagshaw
Sue McCormick (Charity Book Sale at Little Aston Hospital)
Michael Pritty
Jane Parton (Feel-Good Fayre)
Elizabeth McAllister
Carl Jones and Anthony Horton (Chicago Marathon - £3500)
Jackie Benzecry
J Eastwood
Great Midlands Fun Run (thanks to all who took part and all who supported them - £5500 raised)



'Jackie and Sue with Tracy Spare, organiser of Great Midlands Fun Run'

Lloyds Chemist, Mere Green (fundraising day organised by Lynn Wootton)



'Janet and Brenda help at the Lloyds Chemist 'Gift Wrapping' event'

Ed Hawkins Yoga Class (Elvis night – Derek Jones)
Chris Wilce
Elsa Mason
Unipart – Sponsored Bike Ride (thanks also to Jenny Sankey)
B L Stockford Accountants – (thanks to Bernadette Stone)
Staff of RBS Mortgages Direct – Breast Awareness Week
Kathleen Bartlett
Pat Green
Mrs P Russell
Mr C Edge
Edwin and Larissa Taylor
Lindsey Thompson
Sharon Fox (Fundraising Events £865)

Steve George – Aston Wood Golf Club – Christmas Party, Derek 'Elvis' Jones entertained Sue Flint (40th Birthday - £1245)
Carol Hale and St Edwards Parents and Friends Assn.
Peninsular Restaurant (Chinese New Year celebrations, with Derek 'Elvis' Jones)



'Sue and Jackie receive cheque at Peninsular Restaurant.'

Garner
Kimberley Syer (Syers Hair and Beauty – Winter Warmer Event)
Lynn Wootton
Staff at DHL (Football event organised by Sharon Chetwynd raised £800 matched by DHL - total £1600)
Jayne Breen (in lieu of Christmas cards)
Jackie Benzecry (in lieu of Christmas cards)
Lewis Gavin (6th Form Pink Day)
Liz Dainter and NEC Staff
Charlie Duddy (carol singing)
Gill Harris
Elaine Harris
Mickey Fallows 60th Birthday party (Derek 'Elvis' Jones entertained)
Donations in memory of Sue Coates
Linda Gumbley in memory of her sister Maureen Ray
Donations in memory of Tina Shuter
Jane Lawson in memory of her sister Sylvia Tafe "21st January -10 Years in Spirit"
Donations in memory of Nan Matthews
Donations in memory of Lisa Maund-Barnes
Donations in memory of Vicky Parkes
Donations in memory of Erica Beeching



'We raised over £5000 at our ball at Drayton Manor on 6th March. What a really great evening. Here's our patron Kay Alexander enjoying a dance with guest Gareth Highley.'



TIME TO SPA!!!



We are pleased to announce that we are having another group outing to the Eden Day Spa at Hoar Cross Hall for a 'Relaxation Day' on Wednesday 12th May.

Come along and enjoy a full day of relaxation – energise, de-stress and pamper yourself. This visit is ideal as a boost for those who have just completed hospital treatment. (It is a good idea to check with your breast care nurse before undergoing any particular therapy following surgery, chemotherapy, radiotherapy or while taking certain medications)

The Relaxation Day Experience includes full use of the salt-water vitality swimming pool, sauna, saunarium and steam rooms. There are specialist showers a gymnasium and exercise and relaxation classes. Plus soft, luxurious towels and a towelling robe for use on the day as well as a three course lunch in the Seventh Heaven Restaurant. The Spa has beautiful grounds for a gentle walk or for the more energetic you can even hire a bike! For pure rest and relaxation, the new 'Snooze Room' is a must. A haven of peace and tranquillity with low lights and soft furnishings – just bliss.

The cost is £20 - subsidised for Breast Friends members and £59 for family and friends who are non-members. This price also includes return coach travel.

Please contact Jeannie Jones on 0121 351 6017 to book your place as soon as possible. Places are limited and are always very popular. We do recommend that if you require any additional beauty treatments/therapies or hairdressing on the day to book in advance of the visit, so as to avoid disappointment on the day. For a list of treatments and prices, visit www.edenspa.co.uk or you can telephone for a brochure on 01283 575 678.

(If any member would like to go to 'Eden Spa' but you are unable to make the group visit, please contact Jackie Benzecry on 0121 378 3037 for details of how to book independently and receive your concession from Breast Friends.)

Moor Hall Spa Day

Breast Friends have now negotiated a Spa Day option for our members at Moor Hall Hotel in Sutton Coldfield.

For the subsidised cost of £30 you will have a 1 ½ hour beauty treatment, full use of the pool and facilities including sauna, steam room, jacuzzi and gymnasium, a light lunch and tea and coffee facilities throughout the day.

Please contact Jackie on 0121 378 3037 for further details and booking.

'Pink Orchids' Group

Breast Friends are really pleased to welcome two new committee members to the group. Tracy Clarke and Sharon Chetwynd are young women with children, who have experienced breast cancer and have decided to set up a small Breast Friends sub-group called 'Pink Orchids' an informal group for younger women and Mums, who have been diagnosed with breast cancer and would like to chat to people in a similar situation.

The first 'Pink Orchids' meeting will take place at 7.30pm on Tuesday 23rd March at the So Bar, Offa House, Unit 1, Orchard Street, Tamworth, B79 7RE.

For more information please contact:
Sharon 07954167981
Tracy 07906273909



Ladies Day at Ascot

Breast Friends Vice Chairman Maureen Farmer is hosting 'Ladies Day' at Ascot in aid of our funds on Thursday 17th June at her home in Four Oaks. Tickets are priced at £25 each.

Pop on your posh hat and enjoy a really lovely afternoon with good company, a sumptuous luncheon, afternoon tea and a little flutter on the horses.

Tickets from Maureen on: 0121 308 8634

Dates for your Diary

Monday March 29th –

7.30pm, General Meeting in the Partnership Learning Centre at Good Hope with Tom Speake and his 'Next One' Fashions...Come and grab some bargains! All welcome.



Monday April 26th – 7.30pm, General meeting in the Partnership Learning Centre at Good Hope. Speakers will be Consultant Breast Surgeon Mr Alan Jewkes along with Mr H Khalil Consultant Plastic Surgeon. All welcome.

Sunday 2nd May – Casino Royale Evening at The Fox and Dogs Pub.

Wednesday May 12th – Eden Day Spa group visit.

NO GENERAL MEETING IN MAY DUE TO BANK HOLIDAY

Thursday 17th June – 'Ladies Day at Ascot' with Maureen Farmer.

Saturday 19th June – Visit to Harry Edwards Healing Sanctuary.

Thursday 24th June – Tribute Night at Pier 39 – 'Abba Girls'

Monday 28th June – 7.30pm, General Meeting in the Partnership Learning Centre at Good Hope. We welcome Jane Box, Nurse Specialist speaking about prevention and treatment of lymphoedema. Followed by an introduction to complimentary therapies by Lynn Wootton.



Contact

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e-mail: sue-mills@blueyonder.co.uk
website: www.breastfriends.org.uk
Also join our group page on Facebook

MONEY WORRIES?

Do you have any worries or concerns about what benefits and payments you are entitled to whilst undergoing treatment for breast cancer? Colin Smith from the Dept of Work and Pensions will be periodically visiting the Cancer Support Centre in Sutton Coldfield. He can help and advise.

For dates and information, please ring the centre on: 0121 321 1300