



Newsletter

Issue 43

Spring 2011

We Love Our Calendar Girls!



*Calendar Girls: (left) Angela and her sister Barbara.
(right) Angela and Janette holding the calendar.*

Many of our members have our wonderful 'Calendar Girls' adorning their walls this year. Those members will be delighted to know that you have helped to raise **£10,000** for Breast Friends and the Sutton Cancer Support Centre at St Giles.

Breast Friends would like to take the opportunity of thanking **Angela Rabone** and **Janette Chamberlain** for all their hard work in making this happen. What a fantastic achievement!

We are so very proud and grateful to everyone who took part and helped make the 'Think Pink' venture such a wonderful success.

Great Midlands Fun Run 2011

Registration is now open for the Great Midlands Fun Run 2011, which takes place on **Sunday June 5th**. We would like to appeal to you and your family and friends to take part in this fantastic local event, **nominating Breast Friends – Sutton Coldfield as your chosen charity.**

In 2010, those who entered and nominated Breast Friends raised a total of £9,000 from sponsorship and online donations through 'justgiving' which is absolutely fantastic...a MASSIVE thank you to everyone who took part.

You can **walk, jog or run** the 8.5mile GMFR route. **It is NOT a race**, just a 'fun' event for all ages and abilities and 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 the notorious 'Cardiac Hill!' You exit the park at Four Oaks Gate before returning downhill to the finish line in the town centre. It really is a fantastic atmosphere with supporters encouraging you all the way.

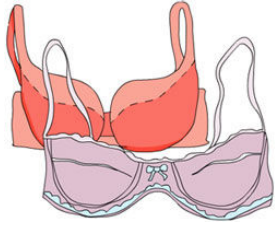
You can enter individually or get together with family, friends and work colleagues and make up a team. You could even wear fancy dress!

Enter online at www.greatmidlandsfunrun.com or complete the entry forms which are printed weekly in the Sutton Observer, and are available at many local retail outlets. But most important, this event is very popular – **PLEASE ENTER AS SOON AS POSSIBLE.** Last year, registration closed due to maximum numbers being reached before the closing date.

PLEASE NOTE that you cannot enter the event through Breast Friends, only via the official Fun Run organisers. But please do let Sue Mills know on 0121 329 3600 if you have registered and have nominated Breast Friends. We will provide T shirts and refreshments for all our supporters.



Breast Friends Want Your Bras!!!



Birmingham City Council and Breast Friends are working in partnership on a citywide bra recycling scheme to raise funds for our charity. We are asking the women of Birmingham for a 'marathon effort' in collecting and recycling their unwanted, but still wearable bras. Literally, we want to try and collect enough bras to stretch the length of an Olympic marathon, 26 miles and 385 yards, before the start of the games in London in 2012. This would mean a donation of 46,145 unwanted bras in the next 18 months!

Our pink 'bra banks' which are situated all over Birmingham have already been stuffed with loads of unwanted bras, but we need plenty more! The innovative bra recycling scheme raises funds for the Breast Friends charity whereby the bras are sold to traders in developing countries via a local recycling company, meaning women in these countries gain access to garments they might not normally be able to afford.

Strategic Director for Environment and Culture at Birmingham City Council, Sharon Lea, said "I urge everyone to take up our challenge and enable Birmingham to 'Go For Gold' with our marathon challenge between now and 2012."

You can take your bras to any of our 'bra banks' which are situated locally at: **Four Oaks Railway Station, Sutton Coldfield, (where we also have a large clothing bank) Sainsbury's Supermarket, Castle Vale Retail Park, and Lidl Supermarket, Kings Road, Birmingham. You may also find a 'mini bra bank' in your local GP surgery. Please ask your family and friends to donate too!**

You can also bring your bras to any of our meetings or events and hand them to a member of our committee, or bring them into the Oncology Clinic, Sheldon Block at Good Hope in a bag clearly labeled 'Breast Friends' and hand them into reception or to one of the staff or volunteers.

Could you possibly help us by having a 'mini bra bank' at your place of work, in your staff room or business premises, or by asking if your local GP surgery or local shop can place a bra bank for us? They are small, pink boxes made of cardboard. **Please contact Jackie on 0121 378 3037**

Tamworth Newsround

A reminder that our Breast Friends small and friendly sub group in Tamworth meets once a month at the Sacred Heart Church Centre, Glascote Road. Meetings are held on the first Monday of the month (except bank holidays).

Some diary dates for Tamworth meetings include:

March 7th Karen Welsh, Organic Preserves

April 4th Jill Smith, Fair Trade Designs

May 9th Ruth & Toni from Lichfield Hospital - Exercise (even if chair bound)

June 6th Tom Speake's 'Next One' Fashions

July 4th Thelma Miller - Aloe Vera products

September 5th Mrs. Gayton of Gaytons Bakeries - a history of her company

New members are always made very welcome. **For further information please contact Yvonne Hawkins on 01827 62181 or Mary Kirk on 01827 705941**

Warners Weekend 2010

Back in October a group of our members enjoyed our annual 'girls' weekend' at Warners.

"We had a great weekend at Warners at Thoresby Hall, Nottingham and I would like to take this opportunity in thanking Jackie Benzecry our chairlady for organising it, she is the centerpiece and rock of the group.

Loved the Thoresby Players, the Murder Mystery was great, in fact every little skit or play they performed was brilliant. The highlight of the weekend had to be the entertainment by 60's group 'The Fourmost' and I think I speak for everyone when I say we felt like teenagers again...it was like reliving our youth!

Thank you everyone it has to be the best group weekend I have ever been on."Yvonne Hawkins



Breast Friends ladies with The Fourmost

'Pink Orchids'

Breast Friends 'Pink Orchids' are a group of younger women and Mums who have been diagnosed with breast cancer. They meet regularly in an informal setting for a drink and an opportunity to chat with others in a similar situation. *For more information, please contact Tracy Clarke on 07954 167981 or Sharon Chetwynd on 07906 273909.*



The Healing Corner

Pictured are some of our group members enjoying the Christmas session at the Breast Friends Healing Clinic. Healing is a gentle, relaxing therapy, using natural energy to help restore the balance of mind, body and emotions.



If anyone would like to attend our healing sessions **please give Jeannie a call on 0121 351 6017**. There are two sessions a month at Good Hope. Each session lasts for ½ hour and is free of charge to Breast Friends members. The next session will be on 28th March.

Positive words to remember from Jeannie: *"Smiling is infectious; you can catch it like the flu. When someone smiled at me today, I started smiling too..."*

Introducing 'Pamper Make –Up Workshops'

Breast Friends are offering members who are having chemotherapy treatment an opportunity to attend 'pamper workshops' at the St Giles Centre, Lindridge Road, Sutton Coldfield.

You will be shown how to apply make-up to help compensate for hair loss using 'Fresh Minerals' make-up which is 100% pure and natural, containing no harsh chemicals, talc or oil. The make-up range has been approved by the breast care team at Good Hope. The workshops are free of charge and at the end of the session you will be given a free set of make up to use at home. **Breast Friends would like to thank Cathy Brown and her team for her fantastic support.**

"The Pamper Workshop which was organised by Breast Friends recently at St Giles Centre was a fantastic afternoon filled with lots of fun and lots of laughter. At the start of the session, the group of around 10 women, most of whom didn't know each other, were a little nervous about what to expect. All wigs and hats were firmly in place! By the end of the time together however, everyone was relaxed and showing off their makeovers which they had been carefully shown how to do by Cathy Brown and her team from Nouveau Contour. I had a great time and really appreciated the opportunity to be shown how to make the most of my makeup at a time when I am feeling unsure about my looks. I think it is really good that Breast Friends enable women to be able to have the chance to get together and be able to have both support and encouragement at such a difficult time." ... Lucy Couturier

Dates for the next workshops will be **Friday 8th April and Friday 3rd June at 1.30 – 3.00pm.** Please contact Jackie Benzecry on **0121 378 3037** if you are interested in attending on either of these dates or would like more information.



Breast Cancer Care – Living with Secondary Breast Cancer Programme

The **Breast Cancer Care** charity has asked Breast Friends to mention their Birmingham support group for people diagnosed with secondary breast cancer:

Breast Cancer Care are changing the way they run their current support group in Birmingham for people diagnosed with secondary breast cancer. We have received lots of feedback about the benefits people get from coming along to the group:

'Meeting other women in a similar situation has been invaluable. Before this I felt very isolated and being able to talk openly about feelings to people outside your own circle is brilliant.'

'I look forward to the meetings and feel I am not giving my family all my problems; they therefore have a little pressure taken off them.'

At recent focus groups, people said they would like to receive more information on living with secondary breast cancer, and have the opportunity to ask questions and discuss related issues.

The outcome is that from January the 'Seca' support groups in Birmingham will be replaced by a new **Living with Secondary Breast Cancer** programme. This new programme will focus on providing an opportunity to meet and chat as usual but every other month, in a longer session, a guest speaker will present on an issue from diet to treatments to complementary therapies. You can choose to attend the monthly meetings regularly or just pick and choose sessions that are of interest to you. There will be a counsellor on hand to provide support to the group. The programme will be held at St Luke's Church Centre, Birmingham.

If you are interested in coming along to the Living with Secondary Breast Cancer Programme in Birmingham and would like more information, call 0845 077 1893, or you can email secondaryservices@breastcancercare.org.uk.



Fashion Show



HOUSE OF FRASER

House of Fraser, Sutton Coldfield will be supporting Breast Friends once again by holding a Fundraising Fashion Show. They will be showcasing some of the new 'Spring Collection' which will be available to buy in the store.

The event will be held at Moor Hall Hotel, Sutton Coldfield on **Monday 4th April** starting at 1.30pm. Tickets are available priced at £12 each which includes afternoon tea and cakes. **Please contact Jackie Benzecry on 0121 378 3037. The last Fashion Show held in October raised £1115 for our funds. Thank you to all involved.**

Chopsticks, Soul and Motown!

On **Sunday 17th April** Breast Friends are hosting a **Charity Chinese Evening** at Peninsular Restaurant, Chester Road, Streetly (opposite the Hardwick Arms Pub)

Tickets are great value at £20pp to include a selection of starters, variety of main courses and coffee. This will be followed by entertainment by soul and Motown singer VJK. We will hold a raffle and there is a licenced bar available.

This event is expected to sell out very quickly and places are limited, so please book your tickets as soon as possible with Sue Mills on 0121 329 3600.



'VJK'

Celebrity Lunch 2011

Breast Friends are preparing for their fundraising 'Celebrity Lunch' which is taking place at Moor Hall Hotel on Friday 27th May.

Tickets are priced at £40pp to include a three-course luncheon and coffee. Back to entertain, by popular demand will be comedian and presenter Don Maclean, who is also a patron of our charity. Our other patrons Kay Alexander (BBC Midlands News) and Andrew Mitchell (MP for Sutton Coldfield) will also be attending.



We extend a warm invitation to our members, their partners, family and friends to come along and enjoy a truly special afternoon. **To reserve tickets, please contact Jackie on 0121 378 3037**

Boaters Raise Funds for Breast Cancer

In September The Friendship Cruising Club held a BBQ and live music evening at Hoo Ash Bungalow, Coalville for the Breast Friends Charity.

Phil and Merle Adkins, who organized the event, said that a friend of the Cruising Club had suffered breast cancer and although now fully recovered they wished to show their appreciation for the magnificent help given by the charity by holding this fund raising event.



L-R Merle Adkins, Phil Adkins, Henry Jones, Ursula Jones, Jim Butterworth, Sandra Butterworth

The cheque for £705 was presented on the 4th December by Jim Butterworth Captain of the East Midlands based Friendship Cruising Club at the Hermitage Park Hotel Coalville and was received by Ursula Jones on behalf of Breast Friends.

Dates for your Diary



Monday 28th March – General Meeting at the Partnership Learning Centre at Good Hope with our favourite fashionista Tom Speake and his 'Next One' Fashions.... Laughs and bargains galore as always!

Monday 4th April – House of Fraser Charity Fashion Show at Moor Hall Hotel

Sunday 17th April – Charity Chinese Evening at Peninsular
Monday April 25th (Easter Monday) – General Meeting at the Partnership Learning Centre at Good Hope. Guest speakers will be Linda from Lingerie Collection, Claire from Syers hairdressing advising about wig personalisation and Elaine Fox displaying her *Bee Bold, Bee Beautiful* scarf collection.

No General meeting in May.

Friday 27th May – 'Celebrity Lunch' at Moor Hall Hotel.

Monday June 27th – General Meeting at the Partnership Learning Centre at Good Hope with a 'Jamie Oliver at Home' presentation. All welcome.

Future events

Thursday 21st July – 'Rod Stewart Tribute Evening' with DJ Paul Kelly at Moor Hall Hotel

Monday 25th July – General Meeting with guest Mr Ingle consultant breast surgeon at Good Hope.

September - Warners Weekend (TBC)

Monday 28th September – General Meeting with guest speakers Mr Jewkes, breast surgeon and Mr Khalil, plastic surgeon.

Casino Royale Part 2

Thank you to all who attended our recent 'Casino Royale' Evening at the Fox and Dogs pub in Mere Green. **The grand total of £1120 was raised for our funds.** Massive thanks to committee member Lynn Wootton who organised the event, to Lauren Brookes, the pub manager and Iain MacDougal the chef who provided the excellent food.



Lynn, Iain and Lauren

Christmas Spirit

We raised £861 on our Christmas Raffle – thank you to all who bought and sold tickets for us. Everyone enjoyed a lovely evening at our Christmas Party at Pier 39 and a further £273 was raised on the Tombola and 'Name the Dog'



Pictured Lynn Wootton with her raffle prize – a wooden reindeer, hand-made and donated by Keith Pemberton.

Breast Friends donated 16 Christmas hampers to members going through difficult times over the festive period.

"Thank you to all at Breast Friends for the fabulous hamper...I've been having a really hard time following my reconstruction in June and this really cheered me up (especially the choccs!) What a lovely and unexpected surprise." J.B.

"It has obviously not been a good year for me, but the kindness and support I have received has made coping a lot easier. To receive such a lovely hamper has brightened and cheered me... Thank you from the bottom of my heart." D.A.

Contact

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We also now have a Facebook Group page:

'Breast Friends Sutton Coldfield and Tamworth' - where you can keep up to date with all the latest news, views and post your pictures and comments.



Donations Update

Since our last publication, donations have been gratefully received from the following:

- ♥ Sally Jones – (Ladies Night)
- ♥ Janet Diamond - (gave a talk)
- ♥ Arthur Terry School Prom event
- ♥ Customers of Rainbow Greetings (collection tin)
- ♥ Roger and Hazel Tristram raised £440 from their Ruby Anniversary
- ♥ Chris and Gill Gibson raised £1261.84 from their Ruby Anniversary
- ♥ Sylvia Geldard from concert at St John's Church with Tamworth Male Voice Choir - £725
- ♥ Claire Smith and the Rosemary Conley Slimming Club
- ♥ Davis Langdon LLP (Alf Beckett)
- ♥ St Mary's Lodge
- ♥ Rosie Riggall – (coffee morning)
- ♥ Sharon Rose-White
- ♥ Sales of charms, keyrings and bookmarks at Arthur Terry School Community Fayre
- ♥ Pink Orchids fundraising at Race for Life
- ♥ Carolyn Bradburn (dinner party)
- ♥ Sue Wheeler
- ♥ Team Maria Simonite (Fun Run)
- ♥ Coppice School (E. Grace and friends)
- ♥ Charlie Grimes
- ♥ Staff and patients at Good Hope Oncology Unit (collection tin)
- ♥ Costco Wholesale
- ♥ 27th Sutton Coldfield Brownie Pack (Natasha Wosket)
- ♥ Wolfeston Arms Tamworth raised £500 and funds were matched by Marston Inns
- ♥ Langley School (Fiona Woolford & Yvonne Knight)
- ♥ Customers at Pier 39 Restaurant (collection tin)
- ♥ Birmingham Hippodrome (collection tin)
- ♥ Alicia Trzcinski (collection tin)
- ♥ John Kirby
- ♥ Maureen and Elizabeth Barwell (jewellery party)
- ♥ Medizen (Anne Eccleston) – Elvis Tribute Night (£1400 raised)
- ♥ Pat Laidler - family and friends – (sponsored head shave £1405 raised)
- ♥ D Massey
- ♥ Laura Hicklin, Hannah Hughes, Ellie Belle and Kirsty Brown of Chivenor JI School, Castle Vale – (sponsored swim)
- ♥ Casa Belle
- ♥ Angela Bagshaw ('Pink Party')
- ♥ Suky Muttoo (Fun Run)
- ♥ Customers at House of Flowers (collection tin)
- ♥ Park Road Tennis Club – Centenary Dinner – Derek and Diane Jones
- ♥ Louisa Fortune (Jury's Inn, Birmingham)
- ♥ Mary Maund
- ♥ Arthur Terry 6th Form (Pink Thursday)
- ♥ Elsa Mason (made Christmas cards)
- ♥ E. Smart
- ♥ Joyce Taylor
- ♥ Little Laundry Shop (collection tin)
- ♥ Geraldine Grundy
- ♥ Staff and patients at Spire Little Aston Hospital (Pink Day - raised £564.75)
- ♥ J. L. Allen and M. Gardner
- ♥ Sue Mills and nurses from Stroke Unit at Good Hope Hospital
- ♥ Mr C. Edge
- ♥ 'Rod Stewart Tribute' Ladies Lunch at Pier 39 raised £1450
- ♥ G. Harris, N. Lynch, M. Shuter - in memory of Tina Shuter
- ♥ L. M. Gumbley in memory of Maureen Ray
- ♥ Jane Lawson in memory of her sister Sylvia Tafe
- ♥ Kath Beggs in memory of her sister Julie Waters
- ♥ Donations in memory of Gail Phillips
- ♥ L. Patrick and staff at Defense Estates held a 'Pink Day' in memory of Jane Robinson
- ♥ Emma Leeson in memory of her mother Joy Leeson
- ♥ Donations in memory of Ida Brookes
- ♥ Donations in memory of Johanna Smith
- ♥ Thanks to the following for donations in lieu of Christmas cards: Jackie Benzecry, Gillian Bailey, Father Liam Smith, Miss C. Hope, Lesley Woodhouse and Openreach Wayleaves