



Newsletter

Issue 44

Summer 2011

Well done to our 'GREAT' Midlands Fun Runners!

Thank you so much to all who supported 'Breast Friends' in the 9th Great Midlands Fun Run on Sunday June 5th. It was such a fantastic day, the weather was just perfect and the town of Sutton Coldfield was buzzing!



Ashleigh Mills & Richard Jennings



Carol Jones & Team



Lynn Wootton



Anne Kelsall

Over £1million has been distributed to charities, voluntary organizations and community interest groups, nominated by those who have participated since GMFR started in 2003. Last year Breast Friends received an amazing £9000 from sponsorship and online donations. It's such a wonderful event and we are so proud and grateful to all our supporters who have taken part.

Next year is the GMFR 10 Year Anniversary and is sure to be a very special celebration, so remember this date.... **Sunday 10th June 2012** ... Let's make it an Olympic effort for Breast Friends!



'Team Maria Simmonite'

Italian Evening

Breast Friends are hosting a 'Charity Italian Evening' on Sunday 9th October at 'La Scala' restaurant at 2, Maney Corner, Sutton Coldfield (near the Empire Cinema.)

Tickets are priced at £35 each and will include a reception drink, a three- course Italian meal (with three menu options) and coffee. This will be followed by entertainment from Latin singer Paulo Pinto.

Places are strictly limited, so please book your place as soon as possible as we anticipate a super-fast sell-out!

Contact Jackie for more information and tickets on 0121 378 3037



Paulo Pinto

Strawberry Cream Tea Afternoon



Please come and join your Breast Friends on Thursday 25th August for a 'Strawberry Cream Tea' at the St Giles Centre, Lindridge Road, Sutton Coldfield at 2.30-4pm.

We hope the weather will be kind to us, as we plan to sit outdoors and enjoy the beautiful surroundings, but no worries, if not we will stay indoors.

Cost will be £2.50 per person, pay for tickets at the door. Friends and family very welcome.

Contact

Sue Mills
28 Withy Hill Road
SUTTON COLDFIELD
West Midlands
B75 6HS
Tel: 0121 329 3600
e-mail: sue-mills@blueyonder.co.uk
Website: www.breastfriends.org.uk



We also have a Facebook Group page: 'Breast Friends Sutton Coldfield and Tamworth' - where you can keep up to date with all the very latest news and views and post your photos and comments.

BREAST FRIENDS SUTTON COLDFIELD, TRUSTEES REPORT YEAR END 30TH APRIL 2011

The Breast Friends Breast cancer Support Charity has continued to meet its objectives to provide on-going practical and emotional support to breast cancer patients and to promote breast awareness in the community.

Although receipts from donations and fund raising were slightly lower than last year we only had to use just under £3000.00 of our reserves. The Charity is very grateful to the people who made donations, often in the memory of loved ones and also the people who kindly raised funds for us in many ways.

We are pleased to report that our administration costs remain low at £3565.00 for the year. Our unpaid volunteers continue to man the clinics at local hospitals providing refreshments teamed with help and support where needed.

The Charity continues to meet its on-going commitment to provide direct practical help to patients. We offer home help, door to door laundry service, childcare, gardening and we provide electrically operated riser/recliner chairs, wheelchairs and the hire of stair lifts to patients referred by health professionals.

Members of the Committee continually promote breast awareness by giving talks and our aims and objectives are featured on our website and on Facebook.

The "healing" service continues to be provided on alternate Monday evenings at Good Hope Hospital, which is very much appreciated by the breast cancer patients and our Tamworth sub group continues to provide support to local women. The "Pink Orchids" group is growing focusing on specific support for younger women.

In November the Charity introduced 'pamper' afternoons and make up workshops for women undergoing treatment, the aim being to help patients to generally feel better through this difficult time. The sessions are held at a local hotel and at the St Giles Centre in Sutton Coldfield. This form of group therapy also helps patients to socialise and make new friends helping them to cope with their illness.

At the end of the year in conjunction with the Breast Care Nurses and the Palliative Care Team at St Giles Hospice we formed the "Lotus Group" which provides support and information for patients who have been told their cancer has returned.

Although this has been a successful year where the Charity has met its many commitments we know that we must continue to raise funds in these difficult financial times to enable us to meet our objectives. We are extremely grateful to the many local people who continue to support us, without whom we would not exist.

Jackie Benzecry - Chairman, Breast Friends, Sutton Coldfield

Barn Dance for Breast Friends

Nicky Webb from the Rosemary Conley Diet and Fitness Club in Tamworth is organising a Barn Dance in aid of Breast Friends on Saturday 8th October at Polesworth Memorial Hall, Ridge Street, Polesworth.

Tickets are priced at £13 to include a hot buffet supper. Come and have some fun! **For tickets telephone Nicky on 01827 830088**

Wonderful Wishaw Golf Club

Breast Friends was chosen as the 'Captain's Charity' at Wishaw Golf Club and members have been busy fundraising for us over recent months. Our Vice Chairman **Maureen Farmer** was invited to the Club Summer BBQ to accept a cheque for £2076.59 on behalf of the group which was presented by **Captain Michael Proud** and **Lady Captain Carol Dwyer**.

We are extremely grateful for this wonderful support.

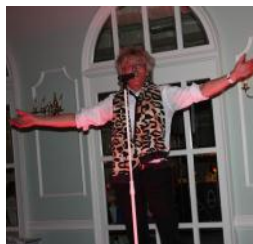


Raising money with 'Rod'

Our recent fund raiser at Moor Hall Hotel was fantastic! We enjoyed a lovely 3 course meal, were entertained by the fabulous '**Rod Stewart Experience**' and danced the night away with DJ **Paul Kelly**.

Thank you to everyone who came and helped make the evening such a great success. Thanks also to **Gillian Bailey** for providing the beautiful flower arrangements for each table.

The grand total raised for our funds on the evening was £1765 – Brilliant!



Come on Girls!

Join us for our annual 'Girls Weekend' at Warners, staying for 3 nights at Thoresby Hall in rural Nottinghamshire. Departing on Friday 14th October and returning on Monday 17th October. This is an unmissable opportunity to have a nice break, in great company with plenty of laughs.

There will be time to spend relaxing, and an opportunity to enjoy a complimentary 2 hour spa session during the weekend. Including use of saunarium, Hamman steam room, aromatherapy cave, Rhassoul, Ice Cave and Experience Showers.

'Elvis' will be in the building to entertain us on the Saturday night, so you can get 'all shook up!' Take a trip to the huge Sunday market which is nearby if you wish, or browse in the courtyard craft centre within the beautiful grounds of the hotel. Perhaps hire a bike and explore the gardens and surrounding countryside.

The price, inclusive of bed, breakfast and evening meals and return coach travel is subsidised by Breast Friends for our members at £150. If you would like to bring a female friend or family member the cost is £245.

Please contact Jackie on 0121 378 3037 for more information and to reserve your place. Please note: If you would like to enjoy your complimentary spa session you **MUST** book in advance to avoid disappointment. If you leave it until you get there, you may find the sessions already full. **Tel: 01623 821 000 to make a booking.**

The Lotus Group

Breast Friends newest initiative is helping to provide support and information for breast cancer patients who have been told their cancer has returned.

'The Lotus Group' meets at the St. Giles Centre, Lindridge Road, Sutton Coldfield, B75 6JB on the 1st Thursday of every month at 2.30pm.

Everyone attending will be made most welcome.



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 01827 704422/07906 273909 or **Sharon Chetwynd** on 07954 167981



Breast Friends Celebrity Lunch

We held our popular luncheon at Moor Hall Hotel in May and as ever, it was a wonderful day, with fantastic entertainment by our great friend and patron, comedian **Don Maclean** who provided smiles and laughter to all.

We were really pleased that BBC Midlands newsreader **Kay Alexander**, who is also a patron, was able to attend, and she paid tribute to the valuable work of the Breast Friends Charity. **Andrew Mitchell MP** for Sutton Coldfield was unable to attend this year, but he did send a very nice message, which our Vice Chairman read out to all guests.

Many thanks to all who attended, and to our sponsors for donating the many auction and raffle prizes. Special thanks to pianist **Annabel Anderson** for the beautiful music during the afternoon. To **Nigel Bailey** who did a marvellous job of hosting the event. **Whittington Flower Club** who provided the beautiful floral arrangements. **Bryan and Maureen Farmer** for table planning and also **Brian Bate of Rainbow Greetings, Mere Green** for the balloon cascades.

Your generosity and support and some fund matching from Lloyds Bank enabled us to boost our funds by the grand total of £3820.



BRA...VO!

Thank you so much to all members who have donated their unwanted bras to our recycling scheme. A special thank you to Claire Smith – fitness instructor at the Rosemary Conley Diet and Fitness Clubs in Sutton Coldfield and Anne Spink from Gymaphobics in Tamworth for encouraging their members to help, they have been fantastic! We are 'Going for Gold'...trying to collect enough bras to stretch the length of an Olympic marathon, that's 26 miles and 385 yards, before the start of the London 2012 games!

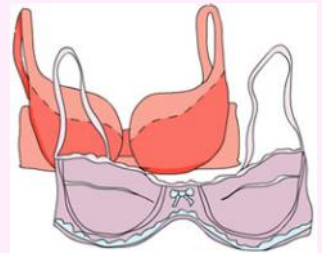
Our pink 'bra banks' which are situated all over Birmingham have already been stuffed with loads of unwanted bras, but we need plenty more! The innovative bra recycling scheme raises funds for the Breast Friends charity whereby the bras are sold to traders in developing countries via a local recycling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

You can take your unwanted, wearable bras to any of our 'bra banks' which are situated locally at: **Four Oaks Railway Station, Sutton Coldfield (where there is also a Breast Friends clothing and shoe 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 Gill Harris on 0121 350 0615 for further details.

NB. If there are any new or 'as new' bras in your donation, would you consider separating them from the recycling as we have decided to hold a Breast Friends table top 'bra sale' to raise even more money for our funds. Just label them in a separate bag and hand them to any committee member, or contact Sue Mills on 0121 329 3600. This will be an ongoing initiative.



Bra Fitting In Tamworth



Breast Friends member Sharon Fox was diagnosed with Breast Cancer in 2009 and with her team of volunteers has very successfully set up 'The Sharon Fox Cancer Centre' based in Tamworth for all cancer patients. Sharon is now offering a bra fitting service at the Centre:

"It became apparent both during and after my treatment that there was a lack of suitable Bra Fitting within our area. Before my treatment I was a double J cup, you can imagine finding bras was not easy! Then during my treatment I was a double J on one side and a D cup on the other and this was even more of a task! I decided to set up a facility within my charity and also go out into the community to do fittings for both patients and the public.

With the support of the wonderful company *Anita UK*, I travelled to Germany to witness the intense and precise making of every single garment, watched intently as the 50 or more pieces were carefully put together for each individual garment so as not to compromise on quality and efficiency. During my Time in Germany and Austria I also had the privilege of being shown around the prosthesis development factory and received training on how to fit prosthesis and bras to get a flattering and confident shape for each lady using my service

I am delighted to say that *Bra Fitting Expert Ltd* have been certified an *Anita Care Bra Fitting Centre of Excellence*. I appreciate that although Anita are the 'Rolls Royce' of post-operative lingerie, I fully understand that not everyone has a budget to cater for this; therefore my service is free with no obligation. I visit patients in hospitals as well as in their own home with suitable garments to suit all budgets. I feel that the unique concept of having experienced breast cancer myself means that I do know how my client feels and I understand the need for comfort and also the implications of an ill fitted bra.

So if you have trouble getting bras to fit you or if you are an unusual size, please do give us a call here at Bra Fitting Expert's *Frilly Fox Boutique*, together with our expert colleagues we can help you. *We care as we have been there.*"

**You can contact 'Bra Fitting Expert' on 0800 098 8216. Or email on support@brafittingexpert.co.uk
The Sharon Fox Cancer Centre is based at 5 Mitchells Court, Lower Gungate, Tamworth. tel: 01827 311665 for more information.**

The Healing Corner

"When a mother reaches out to a child in distress, this is love in action. She does not have to think about it, because like all loving gestures, it comes from the heart and is unconditional and automatic. This is the basis of all healing, for the heart is the place of the soul."

When we reach out to help one another, the intent begins with the mind, but it is the heart that galvanizes the energy and puts it to work. When the focus is healing, the spiritual source of healing energy is tapped and the heart and hands guide it to where it may be needed."

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. **Next healing clinics will be held on Wed 31st August & Wed 21st September.**



Dates for your Diary



No General Meeting in August

Monday September 28th – General Meeting in the Partnership Learning Centre at Good Hope at 7.30pm. Our speaker is Mr Khalil – Consultant Plastic Surgeon from the Breast Care Team at Good Hope.

Sunday 9th October – Italian Evening at 'La Scala'

Friday 14th October – 'Warners Weekend'

Monday 31st October – General Meeting in the Partnership Learning Centre at Good Hope. We welcome back our favourite fashionista Tom Speake with his Next-One Fashions – bargains a plenty!

Monday 28th November – 'Festive' General Meeting at the Partnership Learning Centre.

Sunday 11th December – Christmas Party Night at Moor Hall Hotel, with Michael Buble tribute.

Christmas with Breast Friends

Sorry to mention it already, but we must let you know about our exciting plans for Christmas this year!

We will be holding a **General Meeting on Monday November 28th** at the Partnership Learning Centre at Good Hope. This will be a **'Festive Feeling'** evening with mulled wine and mince pies for all. Our main guest speaker will be Karen Welsh – demonstrating and selling her organic preserves.

There will be stalls in the foyer area with cards, jewellery and accessories and an array of stocking fillers so you can enjoy a browse. **We will also be holding our famous 'free raffle' on this evening.** All welcome and please bring friends and family along if you wish.

Our main **Christmas Party** will be held at Moor Hall Hotel, Sutton Coldfield on **Sunday 11th December**. Tickets are priced at £15 for members and £20 for non-members.

This will be a really super evening with a three-course meal, entertainment with a tribute to Michael Buble, and dancing afterwards with DJ Paul Kelly. The main Christmas raffle will be drawn this evening, with a fun tombola in the foyer.

Moor Hall is offering a special rate for overnight stay at the hotel for those who wish to do so: £69 for double room, £89 for superior double room and £49 for single room.

We anticipate this being a very popular evening, so please reserve your tickets as soon as possible with Gill Harris on 0121 350 0615. Don't miss out on a bit of Buble!



Pamper Workshops

Breast Friends are continuing to offer 'Pamper Workshops' at the St Giles Centre, Lindridge Road, Sutton Coldfield for ladies who are having chemotherapy treatment.

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.

Ladies who have attended sessions so far have had a lovely day and have found the group sessions really beneficial. **If you would like to attend the next workshop, please contact Jackie on 0121 378 3037**



Thank You Claire and Jason



Jason

Claire Smith, fitness instructor from the Sutton Coldfield Rosemary Conley Diet and Fitness Clubs has been a super supporter of Breast Friends this year and we are very grateful indeed.

Claire organised a 'George Michael Tribute Night' at Aston Wood Golf Club in June and raised **£2000** for our funds.

Also her husband Jason ran the Edinburgh Marathon in May and raised **£800** in sponsorship for Breast Friends. Thank you so much to both of you...**what a great team!**



Sue Mills, 'George' and Claire

Donations Update

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

- | | | |
|--|---|---|
| ♥ Tracy Clarke and Sharon Rose | ♥ Britwell Townswomens Guild | ♥ Staff of Nat West Mortgage Centre, Brindleyplace, Birmingham |
| ♥ Roger and Joan Lees | ♥ FLS Ltd – Bernadette Stone | ♥ Janet Diamond |
| ♥ Jenny Caron's brother-in-law Phillip and members of the North Warks Cricket Club Darts Team. | ♥ Chris Young and Judy Turner | ♥ Helen McGrail (coffee morning) |
| ♥ Heidi Birch and staff of Midlands Fertility Clinic | ♥ Barbara McAdams and Staff, Royal Bank of Scotland | ♥ Defense Estates, Sutton Coldfield |
| ♥ Molly Clarke | ♥ Housekeeping Staff, Good Hope Hospital | ♥ St Crispin's Lodge No 146 – Order of Women's Freemasons (Greta Band) |
| ♥ Mr A Dinnes, Esso Petroleum Co Ltd Birmingham | ♥ Barbara Willetts | ♥ Mrs E Worton, Lizzie Lawlor and Bill Bayliss - in memory of Arthur Walton |
| ♥ Chloe Coutourier | ♥ Mary Waters | ♥ Mr and Mrs Hunter and Mrs M Eaton - in memory of Beryl Hunter |
| ♥ Harriet Tucker | ♥ Carole Lacy | ♥ S Dorrington and family - in memory of their friend |
| ♥ Lucy Kitchin | ♥ Little Aston Recreation Ground Assn. | ♥ Alex Laidler - in memory of his wife Pat Laidler. |
| ♥ Elspeth Payne | ♥ St Gabriel's Pre School | |
| ♥ Finley Wilkes | ♥ Theresa Miller | |
| ♥ Stephanie Deathridge | ♥ The Boot Inn (in support of Pat Laidler) | |
| ♥ Sherez Hussan | | |

Goodbye Pier 39

Sadly, the very lovely Pier 39 restaurant in Mere Green closed its doors for good recently. Breast Friends have held many fund raising events there and have made many happy memories.

We would like to thank proprietors **Carl and Vicky Jones** for their wonderful support. Our popular tribute nights raised a total of **£13,000** over the years and also Carl raised **£4000** in sponsorship for Breast Friends when he ran the Chicago Marathon.

We will miss the place a lot, and wish Carl and Vicky all the very best for the future