

BREAST FRIENDS 20th ANNIVERSARY APPEAL



Breast Friends recently purchased a new Accuvein system for Good Hope's Oncology Unit, a hand held medical device that illuminates veins on the surface of the patient's skin. This will alleviate the time spent when trying to locate a vein to insert a needle to administer drugs, including chemotherapy.

Locating a vein can sometimes be difficult, troublesome and very uncomfortable for cancer patients, but the Accuvein can highlight veins immediately, so that cannulation can take place quickly and easily.

Chairman of Breast Friends Jackie Benzczy said, "Breast Friends was delighted to donate the full £3750 to purchase the system. It is hoped that in the future, the NHS will fund more such machines so that more people will benefit."

We at Breast Friends feel that the Accuvein system will really help local breast cancer patients and also other cancer patients who undergo chemotherapy in the Oncology department at Good Hope. We would like to thank Mark Chambers and Helen Domanska, both dedicated oncology nurses, for researching this beneficial equipment. We were so pleased to be able to help."

Autumn Issue 53

Accuvein System Purchased for Oncology Unit at Good Hope

DONATIONS

A big thank you to the many supporters who donated and raised much needed funds for Breast Friends

Donations and Fundraising Newsletter 53 From January 2015

Good Hope Theatre Staff Cake Sale

Nat West Mortgage Centre Kelly Marston Jackie Benzczy

Royal Mail Andrew Hobbins Julia Broadbent Rosanna Tomkins

Molly Clarke Imo Husband Pat Brother Bob and Jessica Price

Meg Harris Gladys Rosemary Shaw Hilary Holland - 6 Cancer Survivors Mike Battission

Carole Pomery Janet Diamond

Ethelinda Lodge Jason Rose £2155 Staff Town Junior School Adrienne Smith

Little Aston Golf Club Ladies Section Gladags Julia Broadbent

Jeanette Compion & Good Hope Housekeeping Team Jenny Haste (Sale of Dresses)

Friends Against Bullying Pupils Coprice School Tina Alatt Imo of her Mother Lynn Wootton

Fiststeps Charity Night Rev Dabbs Wistrose Mere Green Community Matters

Don Imo Amanda Cockle by her Parents & Friend Mrs Ann Withey

Jean Allen Imo of Her Husband Little Aston Golf Club Ladies (£1823)

Don Imo Valerie Dennis Bob and Pat Wilson's Diamond Wedding

Gillian Bailey "lets Dance" Club Beach Party £849.00

Kelly Ravencroft's Curry Night Julia Pardoe Foley Arms Pub

St Mary's Lodge (£500) The Oak Ladies Club

Sharon Starkley-Hill & Dave Clifford in Lieu of Wedding Gifts

John Pomery Rosanna Tomkins Fiona Arundel Badger 10km Race £1.236.60

John Kirland (St Mary's Lodge)

October 2015 is the beginning of Breast Friends 20th year as a registered charity. We are very proud that our small charity has endured and flourished, and this has been made possible by lots of support from the local community.

Breast Friends Sutton Coldfield was started twenty years ago at Good Hope Hospital to support local people undergoing treatment for breast cancer. Over the years the charity has helped many people in practical ways and also supported them by providing a safe environment in which to talk through issues during a difficult time. As well as our main meetings, we have an active sub-group in Tamworth and the Lotus Group, especially for those whose cancer has returned.

We intend to "up our game" in support of our cancer patients, over the next 12 months and would like as many people as possible to help us fundraise for our "Anniversary Appeal".

HOW YOU CAN HELP US

Join us at any of our fundraising events.

Do the Great Midlands Fun Run in 2016 and nominate Breast Friends as your chosen charity. Organise or take part in a fundraising event - however large or small. Hold a coffee morning at your home or place of work. (We can provide a pack for you with tablecloth and cake cases etc.) Fill one of our collection tins with your loose change.

Absolutely anything at all you can do to help would be very much appreciated, or you can now simply make a donation to Breast Friends by texting BFSC20 and amount £1/£5/£10/£20 to 70070.

Please get in touch and let us know if you can help.

NEWSLETTER

Dates For Your Diary

Saturday 12th December

Afternoon Tea at Edwards Restaurant at Cookes Furniture, Goosemoor Lane. With Christmas carols sung by the Sutton Coldfield Chamber Choir. 2pm – 4pm. £12.50 per person. **For tickets, contact Jackie on 0121 378 3037**

Sunday 20th December

Christmas Dinner Dance at Moor Hall. Subsidised tickets £25 each to include 3 course meal with coffee, entertainment from Paulo Pinto and disco. **For tickets contact Jackie on 0121 378 3037 or Gill on 0121 350 0615**

Monday 26th October

Breast Friends General Meeting at Partnership Centre at Good Hope, 7:30pm. We will be welcoming our good friend Tom Speake with his "Next One Fashions" All welcome with family and friends to join us for bargains galore and a good giggle! Free parking override tickets available from Jackie at the meeting.

Monday 30th November

Breast Friends General Meeting at Partnership Centre, Good Hope, 7:30pm. This will be a festive evening with some floral demonstrations, which will be raffled on the evening, and a display of seasonal floral arrangements to purchase. Come and share a mince pie and a glass of wine or soft drink with us. All welcome, and parking override tickets will be available.

Contact

Sue Mills 28 Withy Hill Road SUTTON COLDFIELD West Midlands B75 6HS

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Email: sue-mills@blueyonder.co.uk

Join our Facebook Group 'Breast Friends Sutton Coldfield and Tamworth'



Follow us on Twitter @BreastFriendsSSC

WONDERFUL BREAST FRIENDS FUNDRAISING FOLK!

Fiona Arundel

Fiona has supported Breast Friends with fund raising for many years. Last year she met some ladies from the Lotus group and was really touched by their strength and support for each other. So for the second year running, she completed the Badgers 10k Race, and raised the fantastic total of £1230 in sponsorship for Breast Friends.

Thank you for your determined effort Fiona, we're all proud of your fantastic achievement, well done.

Kayley Chancellor

Kayley skydived for Breast Friends recently, raising a fantastic £1275!

Thank you so much Kayley, hope you had a fantastic experience and really well done. You are so brave!



Bev Dabbs

Local fitness instructor Bev Dabbs held a 70's and 80's themed "Fitsteps" class in support of Breast Friends, raising the fantastic total of £350. Many thanks to Bev and her lovely Fitsteppers including Alison Shaw who made some very yummy cupcakes which were sold on the night as well!



"Let's Dance"

The members of "Let's Dance" in Great Barr held a fantastic "Beach Party" in the summer and raised £829 for Breast Friends. Thank you to everyone who made the evening such a success, and for such wonderful support.

Kelly Ravenscroft

Kelly is a local fitness instructor and teaches her "Keep Fit With Kelly" classes in the Sutton Coldfield area. This year, she decided to make Breast Friends her "charity of the year" and has already raised over £1000 by holding a Back to Skool themed Zumba class, a cake sale and a Curry Night at Turmeric Jones Indian Restaurant, featuring the Pedralta World Fusion Belly Dancers!



Great Midlands Fun Runners!

Thanks a million to all who took part in the Great Midlands Fun Run for Breast Friends. As usual, it was an absolutely fantastic day. We will find out the grand total raised when the Fun Run organisers make the announcements at the end of November.

We are so grateful and particularly to those who have taken part and given constant support over many years, including "Team Maria" "Team Jones" "Team Mills" and Anne Kelsall.



**We are hoping for a bumper team next year for our 20th Anniversary, so save the date:
SUNDAY 5th JUNE 2016**

Summer Evening Success

The Safe Harbour Pub Well done to Scott and Jackie Wainman and all from The Safe Harbour Pub in Witton who took part in a trio of events in support of Breast Friends. They did a 28 mile Canal Walk from Wootton Wawen to the Safe Harbour, had a Charity Cricket Match and held a Family Fun Day. We look forward to announcing the grand total very soon, but in the meantime a big thank you to all for this fantastic support.



The Safe Harbour Pub

Well done to Scott and Jackie Wainman and all from The Safe Harbour Pub in Witton who took part in a trio of events in support of Breast Friends. They did a 28 mile Canal Walk from Wootton Wawen to the Safe Harbour, had a Charity Cricket Match and held a Family Fun Day. We look forward to announcing the grand total very soon, but in the meantime a big thank you to all for this fantastic support.

Sainsbury's Local at Wyld Green Sainsbury's chose Breast Friends as their "Charity of the Year" and together we raised the amazing sum of £1800. Thank you so much to all who helped by running the regular tombolas, and for all customers who donated to our funds.



Thank you so much for your fantastic support so far this year Kelly. (Look out for Kelly's charity Rock 'n' Robies class coming up in November.)

Sixth Sense Supporting Breast Friends

Breast Friends recently raised over £1000 at a summer fundraising event at Walmley Club. There was a hog roast, chocolate fountain and a disco, with entertainment from singer Bryan Brindley, a firefighter by day in Tamworth!

Thank you so much to everyone who attended and for being so generous in the raffle, and especially to Bryan who did not charge us a penny!

If you would like to find out more about the product or attend a pamper session please contact Jackie Benzecri on 0121 378 3037 or Sue Mills on 0121 329 3600.

*NIOXIN available in Sixth Sense Salon from early October.



Julie commented: "I'm about to embark on a 12 month documented journey with Sixth Sense Salon to regrow my hair using the NIOXIN treatment system. I'm really nervous, but excited at the same time. I'm not sure what my expectations are, but I do want my luscious locks back."