



Breast Friends Bulletin

Charity No. 1094795
Tel: 0800 1313 500
www.breastfriends-solihull.org.uk

Issue 27

October 2011

Breast Friends Solihull Fun Run 2011

The "Cool Britannia" Fun Run held on Sunday 18th September was, as usual, a huge success with a great turnout and unusually good weather on the day! Our superb organiser Lorraine Ashford reports:

I would like to give my sincere thanks for such magnificent support at this year's Fun Run. Donations on the day alone were over £1000! A fantastic start to the days fundraising and we have yet to collect in all the sponsor money raised.

Thanks to you all but special thanks to: Paul and Kathleen Lucas from Solihull Rotary who did a splendid job expertly organising the event. Malcolm our boot camp warm up guy, what fun!! Sandy and John Worth, Chris and Neil Bates, Claire Hicks, Dianne Woodcock, Jo Hayter, Ann Wood, Lynn Bullock, Bridget Kearney, Wendy Scrivens, Yvonne Partridge, and to all those who donated their cakes and their time. Last, but definitely not least, to every person who joined in the fun run and created such a fantastic atmosphere and helped to raise funds for our charity. Thank you!! Your contribution is very much appreciated! See our photo board overleaf.

Tribute to Vicki Evans

Chris Seaton offers the following tribute to Breast Friends member Vicki Evans who sadly passed away in August.

On Bank Holiday Monday I lost my dear friend Vicki Evans. We both joined Breast Friends together and I know that Vicki got such a lot of encouragement and support from you all and looked forward to attending each meeting with her Mum. Many of you, like me will have become friends with Vicki and remember her bubbly personality and lovely smile. Despite her own struggles her thoughts were always for the welfare of others.



Vicki found time to fundraise for us both in the Fun Run and also when celebrating her 40th birthday where all her guests wore pink. She was also part of the Breast Friends Welcome Team.

Vicki loved her job as a Dental Nurse making even a visit to the dentist a pleasure! I know many will share with me that our lives have been made so much richer for knowing her. She will be greatly missed but always remembered with love by her family, friends and colleagues. Our condolences go to her husband Mark, her Mum and Dad Diane and Brian, brother Alan and sister Lisa and all members of her family. Her husband Mark has requested that donations in lieu of flowers will go to Breast Friends Solihull. We'll always remember this lovely & courageous young lady.

Tonight's Meeting

Our sincere thanks go to all of our guests at this evening's social meeting.

Next Meetings

9th November: Miss Irani
Consultant Gynaecologist

**Friday 16th December:
Christmas Party**

Holiday Inn, Coventry Road (Near the old Birmingham Airport)

Dinner followed by Robbie Williams tribute act. Members £10 and non-members £26.95. Secure your place at tonight's meeting or contact Chris Pile or Ann Coughlin.



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Diary of Social Events

Sunday October 16th Walk N' Talk

By popular request, Anne Wilson Ramsay has agreed to coordinate a final Walk 'n' Talk for 2011 this coming Sunday morning, 16th October around Hockley Heath. See full details overleaf. Our most sincere thanks to Anne for all her hard work this year in organising some fabulous walks around our local area. Thanks Anne, we look forward to 2012!



Don't miss this really enjoyable final walk for 2011, what better way to spend a Sunday morning!

Wednesday 26th October Springs Health Spa

It's not long now until our next Spa Day, this time at Springs Health Spa in Ashby-de-la-Zouch. Please see overleaf for full details or contact Ann Coughlin for further details.

Thursday 3rd November Carib Grill Caribbean Night

7.30pm at Chris Pile's restaurant, Carib Grill
2-4 St Mary's Row, Moseley,
Birmingham. B13 8JG
All dishes individually priced.

Breast Friends Bulletin Goes Cruising!



Here's Claire & Lorraine on their recent Mediterranean Cruise. Looking good girls!

Donations

Our sincere thanks go to:-

- Waitrose Kenilworth
- Tyseley Working Mens Club
- Family & friends of Shirley Turner
- Gaynor Deacon
- Pink Hair Limited
- Copt Heath Golf Club
- Family & friends of Karen Juniper
- Family of Mr Stevenson

Your generous donations will enable Breast Friends Solihull to continue its good work in supporting ladies & their families following a breast cancer diagnosis. Our sincere thanks to you all. The following is just a few examples of the financial help & support we can provide:

- Wig vouchers
- Complementary therapy vouchers
- Housework & ironing services
- Gardening services
- Loan of reclining chairs
- Support grants
- Protheses & bra's

Please don't hesitate to contact Breast Friends if there's a way in which we may be able to help you.

CHAMPNEYS SPA DAY
WEDNESDAY 26TH OCTOBER 2011



Ladies,

The Spa day consists of welcome drinks in the La Zouche Suite, 2 x 25 minutes massages, use of all facilities and includes most classes, although some holistic classes may incur an additional charge, lunch is included and hopefully it will be timed around our treatments so we can all eat together.

A Skin Care Demonstration has also been arranged for our group, and our treatments will be scheduled around this to ensure that all of our group are able to attend.

The coach will leave the Plume of Feathers, Stratford Rd, Shirley at 7.30 am prompt, and we will leave Champneys at 18.30 back to Shirley. £10 towards cost of transport will be collected on the coach.

*Extra treatments are available which must be booked in advance of the day, **payable by you direct with Champneys**.....Copy and paste the link below into your browser to view available treatments.*



<http://www.champneys.co.uk/Springs/Treatments>

Massages and Treatments

Champneys want to make ladies aware of the contra indications for treatments.

They cannot do facials or massage treatments on anyone who has received **Chemo or Radiotherapy** within the last **16 days** but they can do express manicure, express pedicure, file & paint, make up application or make up lesson so they could swap the facial and manicure for your choice from these. They cannot do a massage on anyone who has had an **operation** within the last **12 months** – but they can do the facial (unless the operation was on the face). Instead of the massage you could have a cocoon wrap, an express manicure or Pedicure, make up application or make up lesson.

Champneys have also offered to extend the 25 minutes massage to **55 minutes** for an **extra £20 per treatment** – please let me know if this is something you would like to do – this extra cost would be **payable by yourself** to Champneys at the end of the day.

Below are a list of treatments that have been discounted for us, these treatments can be booked directly with Champneys, you will need to give your name and state that you are with the Breast Friends group reservation no: **64935**. You will be charged individually for these treatments , or alternatively I can book these treatments for you if you let me have the details.

Full Body Exfoliation £38 Less £10 Discount = **£28** your body is exfoliated with Champneys Citrus Blush Hydrating Sugar Scrub, followed by an application of Citrus Blush Body Butter ’

Nourish Wrap £32 Less £10 Discount = **£22** body brushing followed by nourishing application of body butter into body then be wrapped up like a cocoon for the products to be absorbed, whilst you enjoy a relaxing foot or scalp massage’

Head in the Clouds £35 Less £10 Discount = **£25** luxurious head, neck and shoulder massage to let your tensions melt away’

Thalassotherapy £20 Less £10 Discount = **£10** powerful water jets massage the body in warm mineral rich pool, you are guided by a therapist to each jet to ensure full body treatment –sessions take place in a group’

Breakfast at Champneys

As we are arriving early, Champneys can offer breakfast at a cost of **£5 per person** to include tea/coffee, fruit juice and healthy buffet breakfast (sorry they don’t do full English!). We would need to book in advance for ladies wanting breakfast. This cost would be **payable by yourselves**, can you please let me know as soon as possible if you require breakfast so that I can inform Champneys of the numbers. **The £5 will be collected on the coach along with the £10 transport cost.**

Should you require breakfast or need to alter any of your treatments please email Ann Coughlin on ann.coughlin@blueyonder.co.uk or ring 07982238229.

Please let me know as soon as possible re treatments as Champneys are currently arranging the times of these and obviously if you wish to take advantage of the increase in time to 55minutes they will need to know in order to accommodate everyone.

If you need any further information or wish to discuss anything please contact me.

See you all there – looking forward to a fab day!!

Walk "n" Talk – Sunday 16th October 2011

Please join us for our final for 2011 informal circular walk around Hockley Heath.

This circular walk starts and ends at the car park behind the Wharf Tavern, located on Stratford Road, Hockley Heath just opposite the Old Warwick Road and adjacent to the Stratford-upon-Avon Canal.

At the start and finish, the walk goes along a section of the Stratford Canal towpath; it includes some road walking but mainly goes along public footpaths through open fields; the walk includes crossing a few stiles.

The walk passes several interesting sights including Umberslade Baptist Church and original wooden chapel; Obelisk Farm and another chapel; the 18th Obelisk at Hockley Heath built in the century by Lord Archer of Umberslade Hall, and Nuthurst Grange. Further information will be provided on individual points of interest along the route.

Meet At: Wharf Tavern Car Park, Hockley Heath

Date: Sunday 16 Oct 2011

Time: 9.50pm for 10.00am start

Distance (length of walk): 6.6 kilometres or 4.1 miles

Duration: 2 hour 15 mins

Public transport: A bus service (513) is available from Solihull along Blossomfield Road, and X20 bus service from Shirley along A34. The nearest train station is Dorridge station 2 miles (3.2 km) away with a bus connection (S3) to Hockley Heath.

Refreshments: Wharf Tavern (PH) is available afterwards for refreshments.

Pub Address: Wharf Tavern, Stratford Road, Hockley Heath, Solihull, West Midlands B94 6QT

Pub Telephone: 01564 782075

Pub Website: <http://www.pub-explorer.com/wmids/pub/wharftavernhockleyheath.htm>



BREAST FRIENDS SOLIHULL FUN RUN 2011

PLEASE PAY YOUR SPONSORSHIP BY CHEQUE TO: Rotary's Solihull Festival Account by 31st^h October & return to: Paul Lucas, Solihull Rotary Club, c/o Wootton Grange, Wootton Green Lane, Balsall Common, CV7 7BQ. Rotary Festival will send all the money raised to Breast Friends.

