



Breast Friends Bulletin

Special thanks to our speaker, Bethan Lloyd Owen
Consultant Breast Care Nurse

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

Issue 26

September 2011

Shirley Turner



Chris Bates writes a tribute to our dear friend Shirley

In July we lost our dear friend Shirley Turner. Many of you will know Shirley from her role welcoming new members at our Wednesday meetings and she always had a smile and a kind word to put people at their ease. She was a member of the Committee for five years and also trained as a counsellor, regularly representing Breast Friends at Solihull Hospital in the Thursday breast clinic.

In her 20s she had been a model and continued to be a very glamorous lady into her 70s.

Shirley was a very thoughtful and generous person and will be greatly missed by everyone who knew her. Our sincere condolences go to her husband Stephen, her son Mark, her daughter Michelle and granddaughter Olivia.

Next Meetings

12th October: Social Evening

Craft demonstration by Jessie. Alongside a sale of beautiful Italian handbags & jewellery by Tina & greeting cards from Donna.

9th November: Miss Irani

Consultant Gynaecologist

Friday 16th December: Christmas Party

Holiday Inn, Coventry Rd. (Near old airport)

Dinner followed by Robbie Williams tribute act. Members £10 and non members £26.95

Latest News

**Only 4 days to go!!!
Sunday, 18th September**

**BREAST FRIENDS 10th ANNIVERSARY
5K FUN RUN / WALK**

**So don't delay & get your Fun Run
Entry Forms in NOW!!!**

Theme is **"COOL BRITANNIA"**

**Don't miss out on the fun! Entry is
FREE!**

*Be there 10am to register for The
5k Run/walk. Warm-up starts at
10.30am*

Fill in the entry forms at tonight's
meeting and hand to our Co-Chair

Lynn Bullock or via email

pk1ucas@btinternet.com or

download one from our website

www.breastfriends-solihull.org.uk

Fancy dress is optional but dress to
impress!



We'd love you to help raise some funds
for our Breast Friends charity.

So what are you waiting for?



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Diary of Social Events

18th September (Sunday)

Breast Friends Fun Run/Walk

Norman Green Athletics Track,
Solihull.

Come along & support us for a fun morning and help raise funds for our charity.

21st September (Weds Evening)

Walk N' Talk

Hampton in Arden Meet
at: 5.30pm Marsh Lane Local
Nature Reserve Car Park,
Refreshments: The White Lion
Inn (pub en-route) see back
page for full details.

26th October

Springs Health Spa

If you would like to join us on 26th October at Springs for a day of pampering, please put your name down at tonight's meeting or contact Chris Pile or Ann Coughlin.

3rd November

Carib Grill Caribbean Night

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

The Carib Grill in Moseley

Sandy Worth writes:

In July a group of Breast Friends members, husbands, and friends; went to the Carib Grill restaurant in Moseley where we were welcomed by Chris Pile and her husband Clyde-into a very relaxed and rustic restaurant serving great food.

We feasted on Curried Goat, Jerk Chicken, and rum punch. It was such a lovely laid back evening, looked after by friendly staff. Chris even had the night off, and was able to sit and join us!

Everyone left feeling full and happy ... so we've planned to do it all again on 3rd November! Are you coming?

Be sure to book your places as soon as possible.

Latest News

From Breast Cancer Care - Nursing Network News (Issue 6 – Summer 2011)

Body Scanners

Ahead of the summer holiday season, a quick reminder that UK airports are trialling full body scanners, with about one in five passengers selected to use one. The scanners can be of particular concern to women who wear breast prostheses. The Department of Transport is currently working on a code of practice for the use of scanners. They currently advise that women who wear breast prostheses alert staff to this before they enter the scanner.

Donations

Our sincere thanks go to:-

**Xoserve Ltd, Cheryl Robinson,
Kitty Cosgrove, Margaret Seal
Christine Dalton,
Mr & Mrs M Chatwin,
Ann Coughlin,
Tanya Scott, Marlene Simmons,
Amanda O'Neill,
Grange Social Club,
Waitrose Kenilworth,
Donation in memory of Lisa Bird**



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Latest News

"In loving memory of Val Evans"



1st Sept 1957 - 26th June 2011

Val Evans sadly passed away at home surrounded by her family on 26th July. Val had beaten breast cancer fourteen years ago, after which she began attending Breast Friends meetings. Val took part in a wide range of activities, and affected a great many people's lives for the better. This was attested to by the phenomenal turn-out at her memorial service. Our thoughts are with her devoted husband Mark, son Neil and daughter Laura who all miss her greatly.

Latest News

Grange Social Club Darts Team raise £510 for Breast Friends

All our thanks go to Grange Social Club who recently raised an amazing £510 for Breast Friends.

Breast Friends Bulletin reaches Bangkok!



Here's Sandy Worth with a copy of her bulletin on a recent visit to Bangkok. Can anyone take their bulletin further?

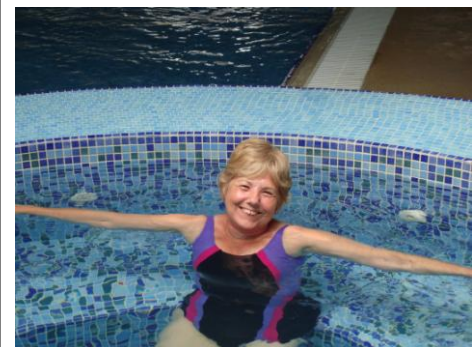
Latest News

Hoar Cross Hall

Breast friends members enjoyed a chill out day in July at Hoar Cross Hall, Eden Day Spa subsidised by Breast Friends. They were able to relax and enjoy the spa facilities together with a lovely lunch. This is just one of the services provided by Breast Friends to its members.



Ladies relaxing at Hoar Cross!





Breast Friends Bulletin

Family in the pink for tribute

■ Amanda
Lowe



THE FAMILY of a Solihull woman who died from breast cancer will be donning pink t-shirts for a fun run in her memory.

Amanda Lowe, from Chelmsley Wood, was just 46 when she died in September 2009, after battling the disease for about a decade.

Mrs Lowe, who worked as a secretary at Eversfield Preparatory School in Solihull, left behind husband Keith.

Her sister-in-law Amanda Naan and family will be at the Norman Green Athletics Centre at 11am on September 18 to raise funds for Solihull Breast Friends in a 5k Fun Run.

Both Amandas have raised funds for the Solihull breast cancer support group since it started 10 years ago.

Amanda Naan said: "Losing our sister has been very hard for all our family and without the support from Breast Friends, who we still campaign for, getting through every day would have been much harder."

To take part in the Fun Run, download an entry and sponsor form at www.breast-friends-solihull.org.uk or call 0121 705 1942.

Entry is free and this year's theme is Cool Britannia.



■ Amanda Naan and brother Robin Worley

This Sunday, 18th September

**BREAST FRIENDS 10^t ANNIVERSARY
5K FUN RUN / WALK: enter FREE at**

www.breastfriends-solihull.org.uk

This is a recent article promoting this year's Fun Run in memory of former Breast Friends committee member and dear friend, Amanda Lowe.

Amanda was a keen supporter of Breast Friends Solihull for many years and we are delighted that Amanda's family are supporting this year's Fun Run.

Our sincere thanks to Amanda's sister-in-law, Amanda Naan and all the family.



Breast Friends Bulletin

Walk "n" Talk September 21st 2011



The Packhorse Bridge water and rail side wander Hampton-in-Arden

Please join us for an informal circular walk at Hampton-in-Arden on 21st September 2011

Meet at: Marsh Lane Local Nature Reserve Car Park, Hampton-in-Arden.

Date: Wednesday 21st September 2011.

Time: 5.20pm for 5.30pm start - please note this is an hour earlier than usual.

Distance (length of walk): 5.4 km or 3.4 miles.

Duration: 2 hours

Public transport: By bus (No 82) from Solihull Town Centre along Hampton Lane or by train to Hampton-in-Arden Station. Walk along Marsh Lane to the Local Nature Reserve (no through road) and car park (meeting place).

Refreshments: The White Lion Inn (pub en-route)

*Pub Address: High Street, Hampton in Arden, Solihull,
West Midlands B92 0AA*

Pub Telephone: 01675442833

Pub Website: www.thewhitelioninn.com

Please note that the length of the complete walk is 5.4 km or 3.4 miles. This may be too far for some ladies who are undergoing treatment.

There are five stiles across field boundaries at the start of the walk, which may not suit some people.

However, the walk may be done in two halves, each walk of distance 2.7km or 1.7 miles enabling those who may not wish to walk so far to still join in. We look forward to seeing you there!



Breast Friends Bulletin

Cancer patients 'must exercise' From BBC website.

All patients getting cancer treatment should be told to do two and a half hours of physical exercise every week, says a report by Macmillan Cancer Support. Regular exercise can help reduce the side effects of treatment, the report says, Being advised to rest and take it easy after treatment is an outdated view, the charity says. Research shows that exercise can reduce the risk of dying from cancer and minimise the side effects of treatment. The Department of Health says local initiatives can get people moving. Macmillan's report, Move More, says that of the two million cancer survivors in the UK, around 1.6 million are not physically active enough. Adult cancer patients and cancer survivors should undertake 150 minutes of moderate intensity physical activity per week, the reports says, which is what the Department of Health guidelines recommend. In the report, the American College of Sports Medicine also recommends that exercise is safe during and after most types of cancer treatment and says survivors should avoid inactivity. Getting active, the report says, can help people overcome the effects of cancer and its treatments, such as fatigue and weight gain. "The evidence review shows that physical exercise does not increase fatigue during treatment, and can in fact boost energy after treatment." "It can also lower their chances of getting heart disease and osteoporosis. "Also, doing recommended levels of physical activity may reduce the chance of dying from the disease. It may also help reduce the risk of the cancer coming back." Previous research shows that exercising to the recommended levels can reduce the risk of breast cancer recurring by 40%. For prostate cancer the risk of dying from the disease is reduced by up to 30%. Bowel cancer patients' risk of dying from the disease can be cut by around 50% by doing around six hours of moderate physical activity a week. Ciaran Devane, chief executive of Macmillan Cancer Support, said physical activity was very important to the survival and recovery process. Keeping active after treatment for cancer is now recommended by cancer experts "Cancer patients would be shocked if they knew just how much of a benefit physical activity could have on their recovery and long term health, in some cases reducing their chances of having to go through the gruelling ordeal of treatment all over again. "It doesn't need to be anything too strenuous, doing the gardening, going for a brisk walk or a swim, all count. "Traditionally cancer patients were told to rest after their cancer treatment, but the report says this approach could put cancer patients at risk. Jane Maher, chief medical officer of Macmillan Cancer Support and a leading clinical oncologist said: "The advice that I would have previously given to one of my patients would have been to 'take it easy'. "This has now changed significantly because of the recognition that if physical exercise were a drug, it would be hitting the headlines." Martin Ledwick, head information nurse at Cancer Research UK, was a little more cautious. "Anything that improves wellbeing and reduces treatment side effects for cancer survivors has to be a good thing. "But the evidence that exercise has a bearing on survival is not conclusive. It is important to remember that no two cancer patients are the same, so rehabilitation programmes that include physical activity will need to be tailored to the individual." A spokesperson from the Department of Health said it was vital that people with cancer are given the support to lead an active life. "Physical activity and a healthy lifestyle can impact very positively on cancer outcomes and, as part of the National Cancer Survivorship Initiative, we are working with Macmillan to integrate physical activity services into cancer care pilot sites."



Breast Friends Bulletin

So Breast Friends invite you to our very enjoyable monthly Walk n Talk expertly organised by Ann Wilson Ramsey. Last month we spent a lovely evening walking the Lapworth towpaths followed by a cider and a burger in the Navigation Pub. Here are the photos.

PHOTOS of LAPWORTH CANAL WALK 'N' TALK



***Also don't forget you can get your exercise at the Breast Friends Fun Run on
Sunday 18th September!***

***Please forward your stories or ideas for future Bulletin articles to lynnb742@gmail.com or
lorraine.ashford@blueyonder.co.uk.***