



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

Breast Friends Bulletin

Issue 22

April 2011

Special thanks to our guest speaker Dr S Deshpande, Consultant Head of Histopathology, Walsall Manor Hospital

Latest News

Thank You Ladies!

Breast Friends was delighted to receive a whopping **£1,500** from the Ladies Section at Copt Heath Golf Club recently following their latest fundraiser. Pam Thomas, pictured here with Lynn Bullock & Bethan Lloyd Owen nominated Breast Friends as its chosen charity this year when she became Ladies Captain. Lynn and Bethan received a warm welcome at the Golf Club on 15th March 2011 where Bethan presented a breast awareness talk to the Ladies Section. All our sincere thanks go to Pam and her fellow lady members at Copt Heath for all their support."



Lynn, Pam Thomas & Bethan

Latest News

Spice Up your Life!



What A Fab Night!

We all had such a great evening at Jilabi Indian Restaurant last month. Fabulous food and lots of laughs in great company, what more could you want? So, by popular request, we plan to do it again!

On Friday 13th May

Fancy coming?

Contact Chris Pile at tonight's meeting, or call 07828728020

**SEE THE BREAST FRIENDS
CHARITY BALL PHOTOGRAPHS
INSIDE!**

Social Events

May 13th Jilabi Curry Night

2065 Coventry Rd, Sheldon, Birmingham. **£11.95** per person: Starter & main course. Meet: 7.30pm eat 8pm.

Friday 20th May Celebration Fundraiser with Quill at Land Rover Social Club

Adult **£5** & **£2.50** child.

Contact Ann Wood.

See inside Bulletin for details.

Walk 'N Talk 2011 Dates!

See Page 3 for details of our guided summer walks.

July 20th Hoar cross Hall Spa Break

The cost to members has been subsidised by Breast Friends. Members pay **£10**. Pick up at 9am at The Plume of Feathers in Shirley. See Chris Pile if you would like to come. Mobile: 07828728020

September 3rd Hippodrome Theatre

Musical Extravaganza. Tom Chambers In 'Top Hat!' £35 TBC. See Sue Hurst.

October 23rd An Audience with Pam Ayres

Town Hall. Cost £19 Pls note this is on a Sunday 5PM



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Latest News

Ann Wood Invites You To An Evening Of Fantastic Music Celebration & Fundraising at the Land Rover Social Club

Ann Writes:

To mark the end of an extremely difficult and testing year for me and my family, I would like to invite you and your family to an evening of fantastic music by Quill, celebration and fundraising at the Land Rover Social Club on:

**Friday 20th May 2011
at 7.00 pm**

I am very lucky to have persuaded the brilliant group 'Quill' to play at this event. Check them out on You Tube to see them in action. Over the past year, I have received much help and support from not only my wonderful friends and neighbours but also Solihull 'Breast Friends' and would like to take this opportunity to raise some vital funds for them. To this end, there will be a charge of £5.00 per adult and £2.50 per child.

Latest news

There will be a raffle and other fundraising on the evening. Food is available to purchase at the event. Please let me know if you would like to attend. With much love and thanks for all your help and support. We would not have managed without you!

Ann: 0121 244 1117 or
07828 052911

annlwood@blueyonder.co.uk

Solihull College Students Come Along to our Meeting To Present Us With a cheque For £1,107



Jamie Grenfell & Samantha Kruger hand over the money raised from their fabulous Olympic themed project, 'From Marathon To Athens,' to Chris Bates, Breast Friends Secretary.

Afternoon Tea At Hampton Manor



Jenny, Debbie, Chris & Sandy, Committee Members, Enjoying Afternoon Tea



Our ladies enjoying a sunny afternoon at Hampton Manor



Yum, Yum!! Breast Friends Members Enjoy A Cream Tea



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Breast Friends Walk 'N' Talk 2011

Schedule of Guided Walks Led by Anne Wilson-Ramsay

Wednesday May 18th



Earlswood Lakes Circular Walk (3.8m / 6km) Time estimate 1 hour 50 mins Meet at 6.20pm in Malthouse Lane Car Park Earlswood for 6.30pm start The Reservoir is available en route and afterwards for refreshments. This walk may include an excursion into Clowes Wood to see the bluebells!

Wednesday June 15th

Hockley Heath Circular Walk (3m / 4.75 km) Time estimate 1 hour 30 mins Meet at 6.20pm in car park at back of the Wharf Inn, Hockley Heath for 6.30pm start The Wharf is available for refreshments afterwards!



Wednesday July 20th



Henley-in-Arden Circular Walk (4m / 6.35km) Time estimate 2 hours Meet at 6.20pm in public car park near Henley Medical Centre, Henley-in-Arden for 6.30pm start. The White Swan is available for refreshments afterwards!

Wednesday August 17th

Lapworth Circular Walk (3.1m / 5 km) Time estimate 1 hour 40 mins. Meet at 6.20pm at Brome Hall Road Car Park, Lapworth for 6.30pm start. The Navigation Inn is available for refreshments afterwards.



Wednesday September 21st



Hampton-in-Arden Circular Walk (3.8m / 6km) Time estimate 1 hour 50 mins Meet at 5.20pm at Marsh Lane Local Nature Reserve car park, Hampton-in-Arden for 5.30pm start The White Lion Inn in Hampton-in-Arden is available for refreshments afterwards.

NB Shorter routes are available upon request, but will not be guided the whole way.

Our sincere thanks go to Anne for organising these very enjoyable walks



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BREAST FRIENDS EXPENDITURE - 6 MONTHS OCT 2010 - MARCH 2011

In this Bulletin we often have articles telling you the many ways our members and supporters raise funds for the group. As we, who run this support group, are all volunteers, every penny raised goes directly to help local ladies and their families who have been affected by breast cancer. So we thought you'd like to see some of the ways we were able to help over the last 6 months directly benefiting our members.

Most of the categories in the table below are self explanatory, but items such as Beauty Treatments will need some explanation.

Breast Friends pays for ladies undergoing certain types of chemotherapy treatments to have a manicure with a dark shade of nail varnish whilst their treatment is being administered. This is because certain chemo treatments react with UV light and this can cause the nails to become damaged and discoloured. By protecting the nail from the light with the dark nail varnish we can prevent this reaction, as well as allowing our ladies to feel pampered and glamorous! Also we offer courses of holistic treatments such as Reiki for those who would like this help to relax and combat any feelings of anxiety.

SIMTR Room Hire & Refreshments	£1524.60
Wigs	£2003.00
Beauty Treatments. (Manicures for chemo patients & Holistic therapies for those undergoing treatment.)	£1460.00
Cleaning/Ironing	£2027.12
Members Welfare (Support Grants, childcare etc)	£5390.48
Taxi's for Patients	£655.00
2011 Diaries for Members	£990.00
Chemo Pumps for Local Hospitals	£5593.30

Grand total expenditure: £19,643.50



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Donations

Our Sincere Thanks To :-

Ellie Clayton & Lighthall School
Students & Staff of Solihull 6th
Form College
Knowle Under 9s Football Club
Ms J Stevens
Trish Stansfield
Sandy Ameer-Beg & the
"Pancake Girls"
Worshipful Master & His Lady,
Robert & Auriel Bradley
Copt Heath Golf Club Ladies
Section
Joyce Hill & Bootscooters
Debbie Douglas & Vaughans
Private Members Club
Penny Conlon
Sharron Case
Medizen & Anne Eccleston
Bev Walmsley
Mrs Jovic
Alison Pitt & Friends
Jo Cape
House of Frazer, Solihull
Chris Bates (Avon Party)
Jo Thompson
Helen Schiffmann
S Franklin
Ellie & Tim Burchell
Mr Ian Paterson
Birmingham City Football
Carol & Mo Hussain
Pat & Norman Kench
Greensleeves UK
Spire Parkway Staff
2010 Fun Run Supporters
Jane & Paul Gennoe
Diane Elsegood & Henley Golf
Club
Chelmsley Conservative Club
Nicky Smith & Simon Beckett

Breast Friends Ball

Star Prize! Morgan Pedal Car



Special thanks goes to everyone who so kindly donated some amazing prizes for our auction & raffle & notably Pat & Norman Kench who donated the star prize for our auction, an amazing Morgan original child's pedal car which raised an impressive £2,700. The car was number 148 of only 250 made so it really is a collectable piece and had to be seen to be fully appreciated. Special thanks also to Mr Steve Morris, Managing Director of Morgan Motor Company, this really was a most generous donation. We must also thank Mr Amo Mattoo who "dug deep" on the night to become the lucky winner!

The Ball Committee



We Had A Ball!

Claire & Co



Bethan, Lynn & Jackie



"Rod Stewart" Entertains!



Ball guests with the Piper





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Breast



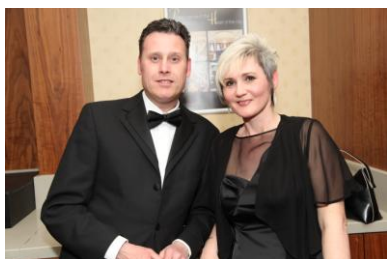
The VIP Table



Simon, Nicky & Friends



"Rod" in Action!



Lisa & Rob Broughton

Friends



Our Lady Speakers



**Breast Friends 10 Year Birthday
Giant Cup-Cake**



**Ball Committee Girls Karen,
Christine & Guests**

Ball



The Piper leads the Committee



Alan's Breast Friends Cufflinks



Louise Ford & Guests



Balloons to Attention!