



# Breast Friends Bulletin

Special thanks to our speaker, **Dr M.S. Anwar, Consultant Clinical Oncologist, Queen Elizabeth Hospital, Birmingham**

Charity No. 1094795  
Tel: 0800 1313 500  
[www.breastfriends-solihull.org.uk](http://www.breastfriends-solihull.org.uk)

Issue 24

June 2011

## Latest News

### Ann Wood's Stunning Fundraising Success

Ann & her wonderful family celebrate her success in raising over £4,000 for Breast Friends at her May social evening at the Land Rover Social Club.



She says this is her thank you to Breast Friends for the help and strength the group gave her during a very vulnerable time. With a young family she particularly appreciated the domestic help offered during her treatment. She sends her thanks to everyone who attended and who so generously bought raffle tickets, paid to have a go in the auctions and also the heads and tails. The band Quill were also fantastic! She says "I had an absolute ball and hope everyone who came along did too"!



## Latest News

### Facebook

Join our us on Facebook Breast Friends Solihull Group, for up to the minute news and information along with interactive conversation with our members. Just go to Breast friends Group:

<http://www.facebook.com/group.php?gid=108215625896005>



Great fun and food at our curry night last month

## Donations

Our sincere thanks to:

- Mr Ian S Paterson
- Alison Pitt & Jo
- Pampered Chef
- Ann Wood & family
- Sandy Edwards
- Sharmans Cross School
- Sue Wheeler
- Tina Iacovelli

## Social Events

June 15<sup>th</sup> (Weds Evening)

### Walk N' Talk

### Hockley Heath Walk

**Meet At:** Wharf Tavern Car Park, Hockley Heath

**Time:** 6.20pm for 6.30pm start

**Distance (length of walk):** 6.0 kilometres or 3.8 miles

**Duration:** 1 hour 50 min's

For more Information Contact Ann Ramsey Wilson, Tel: 01564 200061

July 20<sup>th</sup>

### 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

18<sup>th</sup> September (Sunday)

### Breast Friends 5k Fun Run/Walk

Norman Green Athletics Track, Solihull. Bring the family along and help raise funds for our charity.

## Next Meetings

July 13<sup>th</sup> - SOCIAL EVENING

### "Strawberries & Cream"

Featuring Lady Toastmaster  
Marion Canning

August 10<sup>th</sup> - MR M ELLABAN

Consultant Onco-Plastic Surgeon



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### Breast Cancer Care Younger Women's Forum

If you are aged between 20 and 45 and have been diagnosed with primary breast cancer within the past three years, why not come along to one of Breast cancer Care's free two-day events for younger women with breast cancer?

Meet other women of a similar age and hear from experts on topics such as fertility, relationships, diet and exercise. Take time out to discuss issues away from the pressures of everyday life. BCC forums for younger women are completely free and a chance for younger women 20-45 with a diagnosis of breast cancer to come together.

The forums are a two day residential with a range of medical speakers on a range of subjects including lymphoedema, breast reconstruction, fertility, menopausal symptoms, intimacy and relationships, diet and exercise, as well as well-being sessions on relaxation and laughter yoga.

Local dates are **Birmingham 12-13 November**. BCC are also holding a one-day forum in Sheffield on 29 October 2011. Call BCC on **0845 077 1893**, or check out their website:  
[youngerwomen@breastcancercare.org.uk](mailto:youngerwomen@breastcancercare.org.uk)

## Latest News

### House Of Fraser Solihull Lingerie Event

House of Fraser Solihull will be hosting a special lingerie event on Saturday the 11th June; all their expert fitters will be on hand on the day to help and advise. Surveys show that 80% of us are wearing the wrong sized bra so why not pop along and see what they can do for you!

Also starting on 9th June is their summer sale and there will be some great bargains on the lingerie dept and around store just in time for everyone's summer holiday. So go on treat yourself!

### Welcome to our New committee Members

We'd like to welcome and introduce you to the latest members to join our Breast Friends Committee. Four ladies have offered their services and become part of our team:-

Ann Coughlin, Jane Gennoe,  
Diane Hudson and Lynn Hardy.

We look forward to working together to help and support ladies affected by breast cancer.

## Social Events

### Chris Pile kindly Invites us to her Restaurant



### Excite Your Taste Buds with an Evening of Caribbean Food & Fun

Personal attention awaits us at Chris's upmarket restaurant The Carib Grill in the heart of Moseley on **July 7<sup>th</sup>**. Chris is hosting an evening of Caribbean delights in a great atmosphere. Try the succulent Jerk Chicken or Curried Goat, all freshly prepared. Don't forget to sample the homemade Rum punch too, it'd be rude not to!! There may even be a spot of karaoke too so book your places quickly!



### Carib Grill 2-4 St Marys Row, Moseley, B13 8JG

Fancy coming? Tell Chris at tonight's meeting or call her  
0121 449 8818