



BREAST FRIENDS BULLETIN

Charity No: 1094795

Thanks to all of our Stall Holders this month

Update from Deborah Douglas, Breast Friends Chair



Hello Ladies

October is Breast Cancer Awareness month. During Covid one million women missed their screening tests when screening services were suspended for six months.

At a recent meeting with Meriden MP Saqib Bhatti we asked him to direct some questions to the Secretary of State for Health and Social Care regarding breast screening in our area. Mr Bhatti has forwarded to me the response he received, as follows:

The Department of Health and Social Care has provided the following answer to your written parliamentary question (45938):

Question:

To ask the Secretary of State for Health and Social Care, what steps his Department is taking to ensure that there are an adequate number of radiologists in clinics and hospitals in the Solihull Borough available to scan women at risk of breast cancer. (45938)

Tabled on: 09 September 2021

Answer:

Jo Churchill:

Warwickshire Solihull and Coventry Breast Screening service has received funding from NHS England and NHS Improvement to increase its mammography, radiography and radiology staffing capacity. Further to this locally targeted action, regional partners including Health Education England and NHS England and NHS Improvement have undertaken a workforce review of breast screening to tackle current shortages of trained staff. This will support all breast screening services, including the Warwickshire Solihull and Coventry service to have sufficient and sustainable staffing into the future.

The answer was submitted on 16 Sep 2021 at 13:40.

The Department of Health and Social Care has provided the following answer to your written parliamentary question (45939):

Question:

To ask the Secretary of State for Health and Social Care, what steps his Department is taking to improve the provision of breast cancer screening in the Solihull Borough after the four-month closure of the Warwickshire Solihull and Coventry Breast Cancer Screening Service as a result of the covid-19 outbreak. (45939)

Tabled on: 09 September 2021

Answer:

Jo Churchill:

The Warwickshire Solihull and Coventry Breast Cancer Screening Service is working to screen all women who have missed an appointment by 31 March 2022, with NHS England and NHS Improvement monitoring progress.

The service has been able to gradually increase its capacity through the offer of open invitations rather than fixed time appointments and increasing the levels of permanent, third party and trainee staff, allowing the service to offer screening at additional times.

The answer was submitted on 16 Sep 2021 at 14:54.

BREAST CANCER NOW

I am pleased to say Breast Cancer Now have contacted me. Next year they will be starting face to face meetings again for their Moving Forward courses, aimed at women who have just finished treatment for primary breast cancer in the Solihull area.

It is early days yet and they are looking for a venue. I have suggested Solihull Methodist Church as it is close to bus and rail links and close to the hospital. The church has smaller rooms they rent out and there's adequate parking. I will keep you posted.

BREAST FRIENDS ANNUAL GENERAL MEETING - TUESDAY 12TH OCTOBER AT 7PM

Thanks to Jeanette Sambrook for knitting these lovely creatures and to Karin Rochelle-Reece for selling them on behalf of both our charity, Breast Friends Solihull and Noah's Star, a wonderful charity that helps families with sick or premature babies. Smaller characters are £5 and larger ones like the unicorn are £7. The Llama, which is bigger still, is £10. All proceeds will be shared equally between the two charities. Jeanette and Karen will be selling them at the AGM meeting in October, or you can message me online if you are unable to attend the meeting and wish to purchase any.



We will also be selling tickets for £1 each to guess the name of our beautiful Breast Friends teddy bear for a chance to win it.



Kim from **Kim Lindsay Glass** will be selling her beautiful reed diffusers, fragrances and glass friendship hearts at the AGM. Kim will accept cash and card payments.



These lovely little support pillows will also be on sale for £10 each. They are a perfect size to fit under your arm to provide comfort post surgery and for cushioning under the seat belt in the car.

Angela Reid, one of our Committee members, writes:

Following my Mastectomy in 2018 I grew to love my heart cushion/pillow and now three years on I still do! I bonded with my cushion as a pillow I could cuddle post surgery, and it felt like a protective support in the car too. As yet I still haven't had a reconstruction, so still use it as my warm comfy support in bed. I'm not sure I can replace my pink fluffy heart cushion, but maybe it needs a friend!

We look forward to seeing you at the AGM.

Kind Regards

Deborah Douglas
Tel. 07575374307

BREAST FRIENDS

LITTLE LENDING LIBRARY



Big shout out - to our readers

Our Little Lending Library needs your attention. If you come to the monthly Breast Friends meetings you may have noticed the 3 tier trolley with more than forty books. You won't be surprised that these books are all on aspects of breast cancer. It has books on coping, living with and surviving breast cancer, diet, exercise, mindfulness and relaxation, emotional support and how to talk to children and grandchildren about cancer, and photos following the months of treatment.

Some are sad and some are funny and all are heartfelt and poignant.

Members can borrow a book just by logging it out in return for your name and date.

Please take a look and choose your book. We also need YOU to let us know what you think of the selection available. Perhaps you can recommend a book that we should have but isn't there. We will collate your thoughts/ideas/comments and let you know in the new year.

The books have been stored away in boxes since March 2020 so are in need of an airing.

You can be part of refreshing our little lending library.

LAR

REIKI THERAPY

We are delighted to be able to tell you that Fiona Harris, our Reiki Therapist, will be offering her services to our ladies again.

Sessions will be starting on 26th October 2021 and will be free of charge for Breast Friends members.

If anyone is interested in making an appointment, or would like to find out more information, Fiona will be available to have a chat at the October meeting.

BREAST FRIENDS PROGRAMME 2021/22

9th November

Ruth Lowe - talking about Mary Quant and her influence on 1960s fashion

10th December (FRIDAY)

Christmas Meal - VIOLA Mediterranean Bistro in Knowle

11th January

Jan Harper - Specialist Cognitive Behavioural Therapist "Walking in the Shadows: The effect of a Breast Cancer diagnosis on the Psyche"

8th February

Lisa's Flowers Floral Demonstration - 'Flowers with Breast Friends for Relaxation'

DONATIONS OUR SINCERE THANKS TO:

Sandy Worth

Breast Friends Solihull have received £272.50 from donations kindly given at the funeral of Sandy's husband John Worth

BREAST FRIENDS CHRISTMAS MEAL

FRIDAY, 10TH DECEMBER 2021
At 7:00PM

CAFE VIOLA Mediterranean Bistro in Knowle

SAMPLE MENU

Prosecco

Starters

Antipasto Misto
Cous Cous
Le Camembert
Calamari
Coconut Prawn
Pork Belly Bite
Chicken Wings

Sorbet

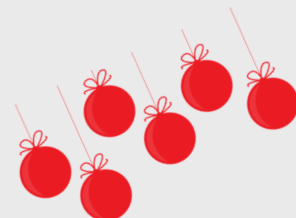
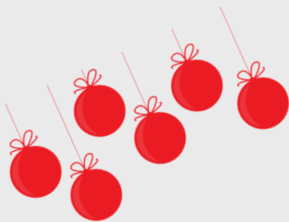
Orange

Mains

Paella
Italian Rustic Meatballs
Gamberoni al Forno
Spinach & Ricotta Cannelloni
Pork Belly
Turkish Chicken Kebab
Moroccan Chicken
Grilled Duck Leg
Risotto Deluxe with Chargrilled Chicken Breast
Angus Beef Lasagne or Roasted Veggie Lasagne
Spaghetti Bolognese
Pesto Chicken Pasta

Dessert

Baklava



BREAST FRIENDS WILL PAY A £10 SUBSIDY TOWARDS THE COST OF EACH MEAL. THE REDUCED COST FOR MEMBERS IS £15 PER PERSON.

Book your place either at the October meeting or by contacting Chris Pile on 07828 728020 or chrissydp1@aol.com

WE ONLY HAVE A FEW PLACES LEFT

Payment can be made by cash or cheque and must be paid by the November meeting at the latest

OPTIMISTIC OCTOBER CALENDAR

TAKEN FROM THE 'ACTION FOR HAPPINESS' WEBSITE

www.actionforhappiness.org

This month's theme: **Optimistic October**

Especially when things are feeling a bit tough, it can help to set some goals. Making goals achievable and ensuring that you have a few short term as well as longer term, more ambitious goals helps us feel we're making progress. It doesn't matter if your goal for the day is something really small, the important thing is to give yourself the opportunity to feel like you've achieved something and to celebrate that! This month's calendar is full of ideas to help you think about how you can put this into practice.

Optimistic October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Write down three things you can look forward to this month.	2. Find something to be optimistic about (even if it's a difficult time)	3. Take a small step towards a goal that really matters to you	4. Start your day with the most important thing on your to-do list	5. Be a realistic optimist. See life as it is, but focus on what's good	6. Remind yourself that things can change for the better	7. Look for the good in people around you today
8. Make some progress on a project or task you have been avoiding	9. Share an important goal with someone you trust	10. Take time to reflect on what you have accomplished this week	11. Avoid blaming yourself or others. Find a helpful way forward	12. Look out for positive news and reasons to be cheerful today	13. Ask for help to overcome an obstacle you are facing	14. Do something constructive to improve a difficult situation
15. Thank yourself for achieving the things you often take for granted	16. Put down your to-do list and do something fun or uplifting	17. Take a small step towards a positive change you want to see in society	18. Set hopeful but realistic goals for the week ahead	19. Identify one of your positive qualities that will be helpful in the future	20. Find joy in tackling a task you've put off for some time	21. Let go of the expectations of others and focus on what matters to you
22. Share a hopeful quote, picture or video with a friend or colleague	23. Recognise that you have a choice about what to prioritise	24. Write down three specific things that have gone well recently	25. You can't do everything! What are your three priorities this week?	26. Find a new perspective on a problem you face	27. Be kind to yourself today. Remember, progress takes time	28. Ask yourself, will this still matter a year from now?
29. Plan a fun or exciting activity to look forward to	30. Identify three things that give you hope for the future	31. Set a goal that brings a sense of purpose for the coming month	<p>ACTION FOR HAPPINESS Happier · Kinder · Together</p>			

BREAST FRIENDS SOLIHULL



Our new venue is:

Solihull Methodist Church, Blossomfield Road, Solihull B91 1LG

We are in the main Church building, and access is from the main front doors. The car park is round the back and to the side of the building.

(Please note we are not in the Community Centre, which is on the same site)

We are also delighted that Jane from the Bridge Club will be providing tea, coffee and cakes for us.

We do hope you can join us and very much look forward to seeing you at our next meeting on

Tuesday 12th October at 7pm

This month we will be holding the Breast Friends Annual General Meeting followed by tea/coffee and cake and the chance to have a chat. You can also browse and buy some wonderful items from our stall holders

Where Are We?

Solihull Methodist Church and Community Centre is situated close to the centre of Solihull, right next to Solihull railway station at the junction of Blossomfield Road and Station Approach. There is plenty of free parking and it is also very convenient for public transport. The car park entrance is in Station Approach.

Note: If approaching from the west along Blossomfield Road, please note that recent road layout changes mean there is no left turn into Station Approach. Either go completely around the roundabout and then turn right into Station Approach, or take the first exit at the roundabout into Streetsbrook Road and then turn left into the opposite end of Station Approach at the traffic lights.

MASTECTOMY BRA

Just a reminder that for ladies who have undergone a mastectomy, Breast Friends Solihull will contribute £30 towards a mastectomy bra.

For further information or to request some help please email Sandy, Members Welfare via sandyworth42@icloud.com

INFORMATION SHARING

Do you have any information you'd like to share with the group?

For example: Healthy Recipes, Coping Strategies, Interesting Articles, Photos, Achievements

What have you been up to during Lockdown?

If there's anything you would like me to include in the bulletin please email me:

Bevwalmsley@googlemail.com

BREAST FRIENDS HELP AND SUPPORT

PRACTICAL SUPPORT:

Breast Friends gives emotional and practical support to patients during a difficult time. There are a number of ways in which we can help. Contributions are made towards:

- Domestic help for patients undergoing treatment
- Childcare for mothers, if there is a need
- Help with the purchase of wigs and prostheses
- Gardening for heavy work
- Voucher for specialist lingerie

WE ALSO HELP WITH:

Breast friends have 1 electric reclining chair available for loan to any ladies in need e.g. ladies recovering from reconstructive or any other surgery, anyone of restricted mobility.

Organic vegetable selection for members receiving treatment

Confidential counselling and listening service provided by volunteer members.

For further information or to request some help please email Sandy, Members Welfare via sandyworth42@icloud.com



Sandy Worth, Members Welfare

All Breast Friends contributions are subject to Committee approval and financial constraints.

CONTACT US

For information, advice and support call 0800-1313-500. All calls are confidential and will be answered by a trained volunteer who has experienced breast cancer. Whatever the call we will do our best to help you.

Visit our Website www.breastfriends-solihull.org.uk

Join our facebook group:
<https://www.facebook.com/groups/108215625896005>