

BREAST FRIENDS SUMMER SUPPER — WEDNESDAY 13TH JULY 2022

Update from Deborah Douglas, Breast Friends Chair



Hello Ladies

We are looking forward to our Summer Supper at the Bridge Club in Solihull on Wednesday 13th July 2022 starting at 7pm.

A reminder that Jeanette Sampson has kindly knitted our very own Queen Elizabeth II, which will be raffled at our summer super.



Dragon Boat Race

On Saturday 18th June 2022 Breast Friends entered a team for our first ever Rotary Dragon boat race at Edgbaston Reservoir. We decided our team name would be "Simply The Breast"! We were all really nervous and the weather didn't help, it was grey, raining and no one felt like getting into a very wet rocky boat.

We pitched up our pink Gazebo for our base camp and to shelter from the rain. Our new Breast Friends T-Shirts were allocated to the team so we all looked the part, although none of us had actually ever set foot in a Dragon Boat before.

I was the drummer responsible for keeping the pace for the rowers, however what I didn't realise is that I would be perched on the smallest seat above the boat with no sides to protect me from going overboard.

We had a short brief from an experienced rower, donned our life jackets, and all tentatively boarded the boat for our first race. There were twelve of us in total on the boat, five rowers either side, the drummer on the front and on the back of each boat was an experienced Dragon boat racer who was in control of the rudder. He was responsible for keeping us on course and ensuring we didn't capsize! His demonstration on how the rudder kept the boat balanced consisted of him rocking us from side to side until we thought we'd capsize and I shouted, "yes we've got the message".

After the first four races we were delighted to be in second place however there were more experienced teams to come. In all we raced three different teams, and we were very happy that in our first ever Dragon Boat Race we didn't come last, and all gave a decent performance. We were soaking wet but in good spirits. It was great fun but more importantly we raised funds for Breast Friends.

Jennifer Davies's Just Giving and Facebook pages, which included me, Natalie Tibbatts, Stacey Gibbons, Jade Moran, Poonam Maher, Will Douglas, and Bob Douglas raised £1079.85 from Just Giving, and £179 from Facebook, making a total of £1258.

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Alicia Crockett's Just Giving page raised £230.70 with Gift Aid, and Bev and Paul Walmsley raised £127 through sponsorship.

Thanks to all the rowers and supporters on the day and special thanks to Chris Pile and the Rotary Club of Edgbaston Convention for organising the event.

Please see overleaf for some photographs of this fabulous event.

Attention all you football fans!

Breast Friends Solihull have a great opportunity for members who are football fans and their families to attend two games at Walsall Football Club and to have use of the executive box free of charge.

For any families with a 9-10 year old child there is also an opportunity for them to become a community mascot! This will entitle them to a free Walsall Football Club kit and to walk out with the players pre-kick off.

Here are the details for the two visits set aside for Breast Friends Members from Walsall Football Club:-

This season we have access to invite selected groups to enjoy "The View" Executive Box at Walsall FC. The View is an exclusive 15 seat executive box at The Poundland Bescot Stadium that we would like you to have the opportunity to use, perhaps for football mad families who you support.

The View can hold up to a maximum of 15 people and we ask that any child participants are accompanied by a ratio of 1 adult to 4 children (12 juniors and 3 supervising adults).

We are booked in for up to 15 people to come to the Walsall v Crawley Town game on Saturday 19th November 2022 and the Walsall v Leyton Orient game on Saturday 11th February 2023.

Arrival is at 2pm for a 3pm Kick Off. We will have 5 parking spaces reserved on the Main Car Park (Red Zone) at The Poundland Bescot Stadium.

The whole group need to arrive together and then enter the Stadium, as a group, via the Savoy Entrance. This is to the left of the Club Shop as you look at the front of the stadium.

The tickets will be waiting for you on arrival, scanned and retained by the receptionist and you then enter the restaurant and bar area, via the stairs.

You have access to purchase food and drinks from this area, and also then enter The View Box where you will have exclusive use for your group.

Dress code is smart casual. Please be aware that any purchases in the hospitality area are cashless and a card or mobile phone will be needed for purchases. A member of our department will be on site and will come to find you at some point to welcome your group to the game.

The View Box is a great area to see the game from and we have a number of groups attending. As such, it will be difficult to change the game we have allocated as we have planned in for the season to ensure as many groups as possible get the chance to visit the stadium, watch a game and enjoy the facilities.

You also have the Community Mascot package for a 9-10 year old at the Leyton Orient game. The child receives a free Walsall FC kit and walks out with the players pre-kick off. The kit needs to fit a regular size 9-10 year old.

There are limited spaces so please confirm you are able to attend by contacting me at chair@breastfriends-solihull.org.uk

Continued overleaf

Donations

We have received an anonymous donation of £625 for Breast Friends Solihull. The message on Facebook reads, "Thanks Deb and Phyllis, you were there when I needed you most". And a further anonymous donation of £50. The message on Facebook reads, "I have just finished watching the documentary. My heart goes out to all those affected by that man. Thank you Debbie for standing up to him and the system in which he operated".

Breast Friends T-Shirts

I'm pleased to announce that Breast Friends now have fabulous new T-Shirts with our updated logo on them. T-Shirts are free to anyone who takes part in a fundraising event for our charity and are also available to purchase at a cost of £10 each.

We look forward to seeing you at the Summer Supper.

Kind regards

Deborah Douglas

Tel: 07575 374307

BREAST FRIENDS PROGRAMME 2022

13th July (WEDNESDAY)

Breast Friends Summer Supper at the Bridge Club, Warwick Road, Solihull

Tuesday 9th August

Dr Jill Ramsay PHD BA, MCSP, FHEA, HCP reg
'Is there a place for exercise with breast cancer?'

Tuesday 13th September

Baz Oldershaw, Hair and Wig Styling, Box Trees Craft Centre
'Hair, Wigs and Self-esteem'

Tuesday 11th October

AGM

Tuesday 8th November

Ruth Waters, Consultant Surgeon
Holistic view of the impact of breast cancer, plus specialist knowledge of plastic and reconstructive surgery of the breast

December

Breast Friends Christmas Event - details to be confirmed

DRAGON BOAT RACE



BREAST FRIENDS SOLIHULL DONATE AN ACCUVEIN MACHINE TO SOLIHULL HOSPITAL

Breast Friends recently received this letter from Sophie Westlake from University Hospitals Birmingham Charity.



Breast Friends donation funds Accuvein Machine!

Breast Friends have donated yet again to University Hospitals Birmingham Charity bringing their fundraising total to over £42,000!

Diane Webb, Sandy Worth, Chris Bates and Sandy Edwards met with the charity to proudly hand over a new Accuvein Machine for Solihull Hospital!

Breast Friends fundraised £5,000 for the machine which will benefit patients at the Solihull Haematology and Oncology Day Unit.

The Accuvein machine helps to find patients veins to help take a blood test. Chemotherapy patients can have fragile veins and can be difficult to find a vein and it can become painful, with the help of the machine nurses will be able to detect a vein much easier and quicker.

Breast Friends have kindly been supporting ladies with Breast cancer for 21 years and fundraising to purchase equipment that will help make their cancer journey that little bit easier.

Mike Hammond, CEO of UHB Charity said: "We are so proud to be partnered with these incredible ladies who have done so much over the years to support our patients and staff across Birmingham hospitals. We are so grateful for their continued support as we know the invaluable difference they make."

University Hospitals Birmingham Charity – Fisher House, Mindelsohn Way, Queen Elizabeth Hospital, Birmingham, B15 2GN
☎ 0121 371 4852 ✉ charities@uhb.nhs.uk 🌐 hospitalcharity.org 📱 @UHBCarity 📺 @UHBCarity

University Hospitals Birmingham Charity is a company limited by guarantee in England [Nº 10004003] and a charity registered in England and Wales [Nº 1165716].
Registered Office: Fisher House, Mindelsohn Way, Queen Elizabeth Hospital, Birmingham, B15 2GN

I'm so proud to be part of Breast Friends Solihull. The committee are all volunteers who work tirelessly to help those affected by breast cancer. This year we are celebrating our 21st anniversary.

It's so important to know there are others who have had a diagnosis of breast cancer and can share their experiences with those in the same situation. We are here to offer practical help and emotional support when you need it.

Deborah Douglas

BREAST FRIENDS 'WALK AND TALK'



Catherine de Barnes...easy circular walk from The Boat, along the canal and through a wooded area. If the weather is good we could even return to the pub garden for a drink.

Approximately 2.5 miles, 1.5 hours

When: Wednesday 20th July 2022

Where: meet in the carpark of The Boat. I would suggest we park at the far end The Boat, 222, Hampton Lane, Catherine de Barnes, B91 2TJ

Time: 6.15pm for 6.30pm start

Ladies, if you have time and feel like a "catch up", please join us. Dogs are welcome too.

If you would like to come along, please can you indicate either on Facebook or text me on **07870 287507**. It helps to know who we are expecting, thank you.

If the weather turns inclement please check Facebook or feel free to ring/text me on **07870 287507**

We look forward to seeing you there.

Wendy

THE NATIONAL GARDEN SCHEME



Angela Reid writes...

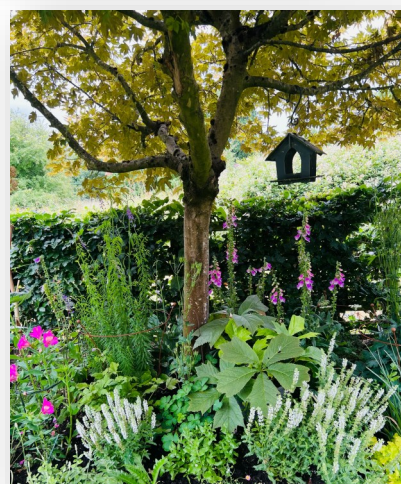
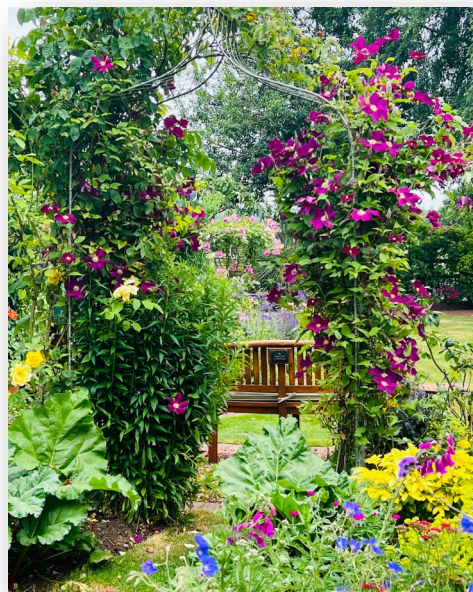
The National Garden Scheme opens privately owned gardens for charity. It's worth going on to their website or look out for information in your local library.

Over the summer, and usually at weekends, various local gardeners open up their private gardens, big or small, for us to enjoy. There are large yellow signs with NGS to tell us where they are. Any keen gardeners can put their garden forward.

I loved my visits last weekend to several local gardens. A small donation is requested which goes to a charity.

If you love gardens and want to meet friendly gardeners and other garden lovers, look out for the yellow signs. Seats are usually provided to relax while you visit. Hope you find a nice NGS garden near to you.

Best Wishes, Angela



JUMP BACK UP JULY CALENDAR

TAKEN FROM THE 'ACTION FOR HAPPINESS' WEBSITE




www.actionforhappiness.org


This month's theme: **Jump Back up July**

Let's find ways to bounce back.

Many thanks to Chris Pile for drawing this to our attention.


Jump Back Up July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it
4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy	8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them
11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head	15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today
18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life	22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong
25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem	29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together



BREAST FRIENDS SOLIHULL



We meet at:

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 9th August at 7pm

In August we will be joined by Dr Jill Ramsay PHD BA, MCSP, FHEA, HCP reg. Dr Ramsay's talk is entitled 'Is there a place for exercise with breast cancer'

PLEASE NOTE THERE IS NO MEETING AT THE CHURCH IN JULY. OUR JULY MEETING IS REPLACED BY OUR SUMMER SUPPER ON WEDNESDAY 13TH JULY 2022

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.

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 different 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.

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

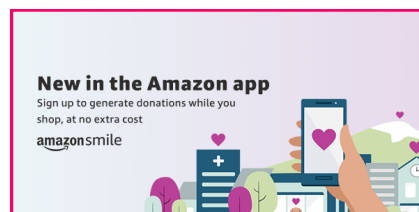
REIKI THERAPY

We are delighted to be able to tell you that Fiona Harris, our Reiki Therapist, will be offering her services to our ladies again at her treatment room in Hall Green.

Sessions 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, please call Fiona on 07806 772293

RAISING FUNDS FOR BREAST FRIENDS WHEN SHOPPING ON AMAZON



Want to help make a difference and raise funds for BREAST FRIENDS while you shop in the Amazon app, at no extra cost to you?

Simply follow the instructions below to select Breast Friends-Solihull as your charity and activate AmazonSmile in the app. Amazon will donate a portion of your eligible mobile app purchases to us.

How it works:

- 1. Open the Amazon app on your phone*
- 2. Select the main menu (=) & tap on "AmazonSmile" within Programmes & Features*
- 3. Select Breast Friends-Solihull as your charity*
- 4. Follow the on-screen instructions to activate AmazonSmile in the mobile app*



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>