

Thanks to our Guest Speaker - Mrs Afshan Khaja, Consultant Gynaecologist and Urogynaecologist

Update from Deborah Douglas, Breast Friends Chair



Hello Ladies

Breast Friends Community Garden and Allotment

This month we have plans to move forward with our Breast Friends community garden and allotment. We have our raised beds in place and they are being prepped for planting. I have set up a WhatsApp group for those of you who have requested a raised bed and if you want to get involved with our gardening projects please let me know.

In March/April we plan to move two sheds and a greenhouse to our new field which is adjacent to our old site in Earlswood. We are looking for able bodied volunteers from family or friends to help relocate the sheds and greenhouse with the necessary set of skills to do it. We have a hardcore tarmac base for them to go on. Please contact me if you can help at deborah.douglas@btinternet.com

The vision for the community garden and allotment is to provide an accessible green space where breast cancer patients can meet, use it to grow their own produce, or to just sit and enjoy the outdoors.

If you have any gardening equipment in good condition, or seeds, cuttings, and plants that you would like to donate please get in touch with me and I will arrange collection.

Social Media

We are also looking to raise our profile on Facebook, Linked in and Instagram with a 'Meet the Member' Q&A:

We are hoping to start a brand-new Q&A series where we can speak to real life members about their real-life stories. The aim is that each month or so, one member from Breast Friends Solihull will share their story with the wider network either on the website and closed Facebook group or also on public social media channels like Instagram if you are happy to do so. More information to follow soon.

Moving Forward Courses

Sarah Ogunkoya, Services Co-ordinator from Breast Cancer Now, has given us the dates for their next Moving Forward courses:

They are:

13th and 20th June 2024
17th and 24th October 2024.

Sarah writes:

If there is any further information you need or any questions you have, please don't hesitate to contact me on 02922 802909.

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We are delighted to welcome Mrs Afshan Khaja to our next meeting on Tuesday 12th March. Afshan is a Consultant Gynaecologist and Urogynaecologist at Spire Parkway in Solihull. Afshan will be covering common bladder problems in females and the menopause.

Afshan has four children, two boys and two girls. They enjoy travelling around the world and exploring different cultures. In her free time Afshan takes delight in reading and gardening with her husband.

We do hope you can join us.

Best Wishes

Deborah Douglas

Tel: 07575 374307

BREAST FRIENDS PROGRAMME 2024

Tuesday 9th April

Barbara Grant - McTimoney Practitioner

Tuesday 14th May

Noel Williams - Nature's Finest Herbal Remedies

Tuesday 11th June

Mr Nawaz Walji - Consultant Clinical Oncologist

Tuesday 9th July

Summer Supper - to be confirmed

Tuesday 13th August

To be confirmed

Tuesday 10th September

Mrs Jane Steven - Macmillan Lead Clinical Nurse Specialist - Breast Care

DONATIONS

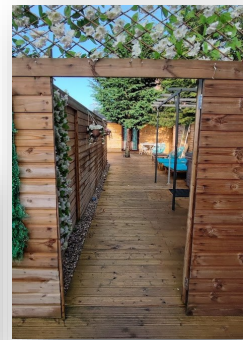
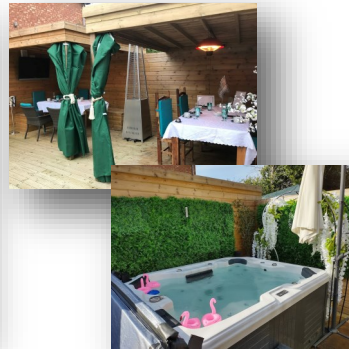
OUR SINCERE THANKS FOR THE DONATION
RECEIVED FROM

Maggie Adams

BREAST FRIENDS AFTERNOON TEA AND SPA DAY

ACHILL GUEST HOUSE AND SPA

18TH JUNE 2024



We have booked a summer afternoon tea for Breast Friends members on **Tuesday 18th June** at **ACHILL HOUSE**, 35 Hampton Road, Knowle, Solihull B93 0NR - it is conveniently located, just 100 metres from Knowle High Street.

The cost for afternoon tea is normally £25.00 per person but this is being subsidised by Breast Friends ...all you will need to pay is **£15.00** per member to confirm your place.

Achill House also provide spa treatments - if anyone wishes to have treatments on the day they have offered us a 15% discount off any treatment.

You can view the treatments online, <https://www.achillspa.com/> but you will need to book and pay for them directly to Achill House, stating you are a Breast Friends member. (These would be on a first come first serve basis as they have limited availability - Tel: 01564 774090 or Spa Mobile: 07484 849111).

Alternatively they have designed a few combo treatments for us, which include:

Hand & arm massage and a file & polish.
This is a 30min treatment at £25

or

Back, neck & shoulder massage with a scalp massage.
This is a 45min treatment at £50.

If possible, treatments would need to be confirmed by mid-May to ensure availability.

We have also booked the outdoor spa area for us to enjoy - bring your swimming costume!

Afternoon tea will be served at about 12.30 and we have use of the facilities from 9.30am.

We have 24 places available, and these will be offered on a first come basis.

To book your place:

See Chris Pile at the next meeting
Or, Call Chris on - 07828 728020
Or, email: chrissydp1@aol.com

BREAST FRIENDS SOLIHULL DRAGON BOAT CHALLENGE



DATE: SATURDAY 15TH JUNE 2024

VENUE: EDGBASTON RESERVOIR, BIRMINGHAM, B16 9EE

TIME: 10am - 4pm

Last year we entered this challenge for the second year running, and we had so much fun taking part, we even won one of the heats!

Our team, **SIMPLY THE BREAST**, are entering again this year. The registration fee of £500 is kindly being paid by the Rotary Club of Edgbaston Convention - our sincere thanks to them for their generosity.

So all we have to do is get a team together of at least 11 people. The more the merrier! They can also arrange 'head to head' races to give the competitive edge should we enter two teams from Breast Friends.

Please will you join us for a really fun day.

Additional volunteers needed: If you can help with manning the Breast Friends Solihull tent and sales table that would be great.

Sign up today: See Chris Pile at the next meeting

Or, Call - 07828 728020

Or, email: chrissydp1@aol.com



MINDFUL MARCH CALENDAR

TAKEN FROM THE 'ACTION FOR HAPPINESS' WEBSITE

www.actionforhappiness.org

This month's theme: **Mindful March**

Let's pause, breathe and notice, so we can respond more mindfully.

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

Mindful March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4 Notice how you speak to yourself and choose to use kind words	 5 Bring to mind people you care about and send love to them	 6 If you find yourself rushing, make an effort to slow down	 7 Take three calm breaths at regular intervals during your day	1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive
11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face
18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>	21 Listen to a piece of music without doing anything else	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant
25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do
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 do hope you can join us and very much look forward to seeing you at our next meeting on

Tuesday 12th March 2024 at 7pm

Our Speaker will be Mrs Afshan Khaja, Consultant Gynaecologist and Urogynaecologist

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.

REFLEXOLOGY THERAPY

A reminder that Julie Bramble, Clinical Reflexologist, can offer reflexology therapy for Breast Friends members.

Julie writes..

"Is reflexology suitable for anyone? Reflexology is a therapy which can be received by anyone at any age, from newborn babies to those receiving end of life care, and everyone in between. However, there may occasionally be times when it is not suitable to provide a treatment. The best advice I can give you is to ask! I have a treatment room based in Kings Heath where I am offering treatments for **Breast Cancer Patients for £25. Contact me Tel: 07563235934 or info@themisomaholistics.com**. I will also be training in Lymph Drainage under Sally Kay and hoping to offer this treatment in the near future.

Please note: reflexology should not be used as an alternative to seeking medical advice".

REIKI THERAPY

A reminder that Neeta Solanki can provide Reiki Treatment for Breast Friends members. Neeta has generously offered to provide the first Reiki session for free, then a further three sessions are charged at £20 per session. Breast Friends will give members £10 towards the cost of each of these three sessions, via our voucher scheme.

How to book:

1. Click on the link to see available slots. <https://calendly.com/neetasolanki/breastfriends>
2. I dedicate the Last Wednesday of the month to Breast Friends
3. Click on a time
4. Click Next
5. Fill in your name, email, mobile, add any comments and agree to the waiver, I do have full public liability.
6. Your voucher code is supplied by Breast Friends and/or myself, any problems just call me on 07971 653125

McTIMONEY CARE (treatment for musculoskeletal pain)

A reminder that Barbara Grant, a McTimoney Practitioner, can offer treatment for muscular-skeletal problems - back pain, neck pain etc. for Breast Friends members.

Barbara writes..

I retired from a 40-year career as a Chiropractor following my Breast Cancer treatment. I have recently returned to practice as a McTimoney Practitioner (McTimoney Technique is a particularly gentle, whole-body approach).

I would like to offer treatments to Breast Friends members at a reduced rate. Fees are usually £60 and £45, which I would reduce to a flat rate of £30. First session takes about 90 mins, general sessions last approx. 45mins. I'd love to offer sessions FOC but I have to pay room rent at the Clinic I work at, plus cover other costs. However, I would not turn away anyone who genuinely couldn't afford £30.

Please contact Barbara via email to balletbabs@live.com if you wish to find out any further information or to discuss whether this treatment is appropriate for you.

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

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

Bevwalmsley@googlemail.com

BREAST FRIENDS HELP AND SUPPORT

Breast Friends gives direct help to breast cancer patients during a difficult time and can provide contributions towards:

- Domestic help for patients undergoing treatment.
- Childcare for mothers wherever there is a need.
- Help with the purchase of wigs, prostheses and specialist bras.
- Gardening or heavy work.
- Confidential listening service provided by trained volunteer members.
- Breast Friends Solihull also helps to finance state of the art equipment to local hospitals.
- Support grant subject to approval.

All services subject to availability of funds.

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>