

Thanks to our Guest Speakers - Barbara Grant, Kevin Grant, and Tristram Oliver

Update from Deborah Douglas, Breast Friends Chair



Hello Ladies

Breast Friends Community Garden and Allotment

We had a great day on Friday 22nd March working on the Breast Friends Solihull allotment with the technical team from David Wilson Mercia. A shoutout to Paul Smith, Bruce Whittingham, Rob Horton, Jenny Chandler, Tom Sambrook, Jake Simmons, and the guys from Lambes Construction, for their hard work and dedication!

Special thanks to Michael Flemming for his support.



We were glad to be joined by Sandy Worth who was one of the original founders of our previous allotment plot. It was truly inspiring to see people from different organisations coming together to give back to the community.

If you're interested in getting involved and growing your own, please contact me.

Social Media

You may remember last month I mentioned we are looking to raise our profile on Facebook, LinkedIn and Instagram with a 'Meet the Member' Q&A series, where we 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.

The 'Meet the Member' form is attached to this Newsletter for your information.

If anyone would like to be featured as 'Member of the Month' for the newsletter and our social media, please contact me.

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### 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:

13<sup>th</sup> and 20<sup>th</sup> June 2024  
17<sup>th</sup> and 24<sup>th</sup> 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 Barbara Grant, Kevin Grant, and Tristram Oliver to our next meeting on Tuesday 9<sup>th</sup> April. They are going to tell us more about McTimoney Care (treatment for muscular-skeletal problems) and Tris and Kevin will be doing a demonstration treatment.

Please see overleaf for more information about Barbara, Kevin and Tristram.

We do hope you can join us.

Best Wishes

Deborah Douglas

Tel: 07575 374307

## BREAST FRIENDS PROGRAMME 2024

### **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**

Miss Poonam Pradhan, Consultant Gynaecologist, MBBS, FRCOG, RCR/RCOG  
(Diploma in Scanning)

### **Tuesday 10th September**

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

### **Tuesday 8th October**

Breast Friends AGM

### **Tuesday 12th November**

Ladies Fighting Breast Cancer Choir

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## Barbara Husband McTimoney Practitioner

[Moseley Chiropractic Studio](#) - access via 49 Billesley Lane, Moseley, Birmingham B13 9QT

Barbara graduated in 1981 from the Oxfordshire College of Chiropractic, (now the McTimoney College of Chiropractic.) Barbara is one of only a few Chiropractors to have been trained by John McTimoney, the developer of the McTimoney method of Chiropractic. She taught at the college for over 25 years as Head of Clinical and Practical Studies. A former Chair of the McTimoney Chiropractic Association, she served on the Association's Executive Committee for 30 years. Since 2008, Barbara has been involved with the McTimoney Trust, a charity that promotes the McTimoney Method of Chiropractic and provides community clinics enabling those on a low income to access McTimoney Care. From 1986, Barbara was the lead practitioner in a large multi-disciplinary health centre in Birmingham where she worked with a wide variety of patients from newborns to patients in their late nineties. Barbara has a keen interest in dance and physical theatre, regularly working with leading ballet dancers, musicians and major recording artists. In addition to her work related to McTimoney Chiropractic, Barbara has worked in statutory and voluntary healthcare regulation and is an active committee member within NHS Primary Care, having worked as a consultant on patient care standards. Barbara is an experienced standards & policy developer and is a member of the Corporate Governance Institute and Association of Chairpersons. In her spare time Barbara manages the McTimoney Trust and is an active fundraiser for Cancer Charities.

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## Kevin Grant Chiropractor

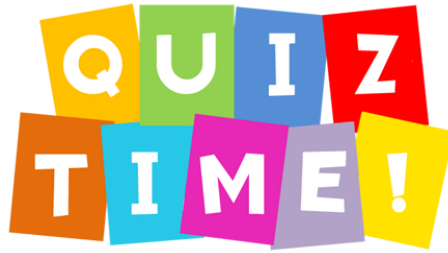
[Moseley Chiropractic Studio](#) - access via 49 Billesley Lane, Moseley, Birmingham B13 9QT Tel: 07305 119897

Kevin graduated from the McTimoney College of Chiropractic in 1996. Having been involved with McTimoney Chiropractic since 1977, he has worked for over forty years for the preservation and promotion of the McTimoney approach to chiropractic care. For over eleven years Kevin served as a professional member of the General Chiropractic Council (GCC). During this time Kevin served on various committees and was the GCC's longest serving practising member of the Professional Conduct Committee. Kevin uses his law qualification in his work as a chiropractic expert witness. Prior to training as a McTimoney Chiropractor, Kevin used his Business Degree, gaining a broad range of experience in business; in multinational fast moving manufacturing companies and small family concerns. Kevin, together with his wife, Barbara Husband, managed the award-winning BAC Centre in Birmingham for over 25 years. Kevin has worked as a business consultant at various times for various organisations, including work for the McTimoney Chiropractic Association and the McTimoney Trust prior to joining the Board as a Trustee. In his spare time, Kevin provides a match day first aid and injury rehabilitation service to a local rugby club. He is an active fundraiser for the Brain Tumour Charity and other Cancer Charities.

## Tristram Oliver Chiropractor

[Solihull Chiropractic Clinic](#) - 2 Northbrook Road Shirley Solihull, Birmingham B90 3NT 0121 744 6627

Tristram graduated from the McTimoney College of Chiropractic in 2023 with a Masters in Chiropractic. However, his career path originally began in the Merchant Navy. This was followed by ten years serving as a Police Officer, before becoming a personal trainer, massage therapist and business owner. His work experience also includes time spent providing strength and conditioning training, as well as match-day first aid, to local rugby clubs. In addition to this, he has worked with Alderbrook School as a Health and Fitness Consultant. He currently works with MCC as a technique instructor at their Manchester campus. Outside of work, Tristram has a keen interest in all things to do with sport. He has taken part in many different endurance events, such as CrossFit competitions, ultra-marathons, and the notorious bike ride from Land's End to John O'Groats.



## **BREAST FRIENDS SPRING QUIZ**

**THURSDAY 25th APRIL 2024**

**SHIRLEY GOLF CLUB, STRATFORD ROAD, B90 4EW**

**7:15pm for 7:30pm start**

**Bring family and friends for a light hearted, fun evening!**

**Teams of up to 6 people**

**£3 per person, payable on the evening**

**Prizes for the winning teams - Raffle**

**Please let Bridget know if you will be coming by signing the sheet at the next meeting or by contacting her so that we can have an idea of numbers.**

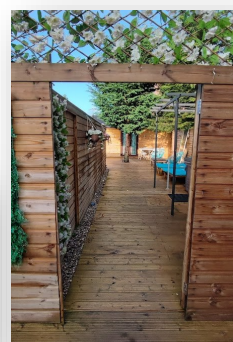
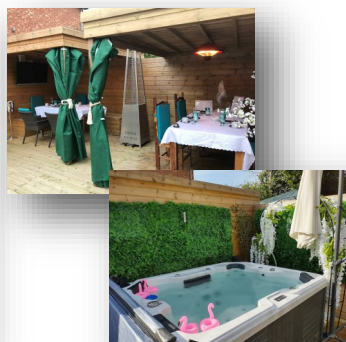
**Tel: 07939 477841**

**Email: [btkearney2000@yahoo.co.uk](mailto:btkearney2000@yahoo.co.uk)**

# BREAST FRIENDS AFTERNOON TEA AND SPA DAY

## ACHILL GUEST HOUSE AND SPA

### 18TH JUNE 2024



## PLEASE NOTE THIS EVENT IS NOW FULLY BOOKED

**Just a gentle reminder that payment is due before the event. Please would you contact Chris Pile for payment details if you haven't yet paid:**

**Call Chris on - 07828 728020  
Or, Email: [chrissydp1@aol.com](mailto:chrissydp1@aol.com)**

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.



# 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](mailto:chrissydp1@aol.com)



# ACTIVE APRIL CALENDAR

TAKEN FROM THE 'ACTION FOR HAPPINESS' WEBSITE

[www.actionforhappiness.org](http://www.actionforhappiness.org)

This month's theme: **Active April**

Let's find ways to get moving and stay active and healthy.

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

Active April 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening	
	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation	
	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day	
	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat	
	29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today						
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 9th April 2024 at 7pm**

**Our Speakers will be Barbara Grant, Kevin Grant, and Tristram Oliver who will be talking about and demonstrating McTimoney Care**

## **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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://www.breastfriends-solihull.org.uk)

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