

Thanks to our Guest Speaker - Nabila Gardener from 'Ways for Wellbeing'

Update from Deborah Douglas, Breast Friends Chair



Dear Friends,

We were delighted to have the inspirational speaker **Jordan Dawes** at January's meeting, who reminded us that 'there is no right way to cope'.

I have a very busy few weeks ahead with the launch of my book, **The Cost of Trust**. I was recently interviewed by **Janice Turner** for a double-page spread in *The Times Magazine* this Saturday. Over the next few weekends I'll also be appearing on **ITV's This Morning** (on either the 9th or 10th of February), as well as **Sky News** and **Times Radio** on the 11th of February.

I know it can feel daunting to hear about a criminal breast surgeon when you have been diagnosed with breast cancer. However, my story is intended to empower you to ask the right questions. I have come out the other side, and I am now 23 years post my cancer diagnosis and having my first novel published at the age of 67.

I am striving for change, and **Breast Friends** are working closely with **UHB** to improve the environment within the breast clinic and to ensure that, during this difficult time, your experience is as good as it can possibly be.

All of the trustees on the Committee have been through a breast cancer diagnosis themselves and are here to support you. You can access help by attending our monthly meetings or by joining our **closed Facebook group**, where you can ask questions in a safe and supportive space.

To find out more about the services we provide, please visit our website at www.breastfriends-solihull.org.uk

SOLIHULL COMMUNITY DEVELOPMENT TEAM UPDATE

These updates are collated by the Solihull Community Development Team to keep us updated with the different opportunities, funding and activities that are happening in Solihull.

Please see below some of the events that may be of interest:

Women's Wellbeing Group - North Solihull

A safe and supportive space for women of all ages in North Solihull. This FREE Women's Well-Being Hub is all about connection, self care and personal growth. All are welcome, meet other women & focus on you.

Next session:
Friday 6 February, 1.30-3pm, Junction, 100 Chapelhouse Rd, Chelmsley Wood, B37 5HA
Then fortnightly.

For more information please email rebecca@colebridge.org.



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NEW Community Wardrobe Exchange in North Solihull

A new Community Wardrobe Exchange is launching in North Solihull this winter, ran by [The uplift Initiative CIC](#), offering weekly pop-up events at different local venues to support families & individuals affected by the ongoing cost of living crisis. With essentials becoming harder to afford, the Community Wardrobe Exchange has been created to offer free clothing & a warm, welcoming space, without judgement or barriers.

The first Community Wardrobe Exchange will take place on:

Thursday 29 January, 10am-2pm, Evergreen Family Hub, 42 Kingshurst Way, Kingshurst, B37 6DX

The Wardrobe Exchange will then continue weekly at rotating locations, including:

Tuesday 3 February 2026 - Smith's Wood Family Hub, 37 Burtons Way, Smith's Wood, B36 0UG

Tuesday 10 February 2026 - Riverside Family Hub, 289 Bosworth Dr, Fordbridge, B37 5DP

All items are completely free, there is no criteria, no referrals, and no pre-booking. Attendees are encouraged to bring a bag if possible. Donations are welcome on the day but are never expected or required. If you would like more information about attending one of the events, or if you're interested in a story, interview, or photos, they would absolutely love to hear from you and are always happy to chat.

For updates, dates, & locations, people can find the Community Wardrobe Exchange on [Facebook-The Uplift Initiative CIC](#).



FREE Monthly Menopause Meet-up Group at Fox in Solihull

★ MENOPAUSE MEET-UP in Solihull
Your invitation to pause, breathe, and connect, in a warm, safe, confidential space
3rd Wednesday each month
10am - 12 noon
Next dates:
Wed 18 February Wed 18 March
Wed 15 April Wed 20 May
Fox - Hampton Lane
Catherine De Barnes, Solihull B91 2TJ
(free parking opposite at The Boat)
Please buy a cuppa to support Fox!
Everyone Welcome!
Book via QR code or drop in on the day

Questions?
jacky@jacky-wood.co.uk 07595 721715
hello@menopauseknowledge.org

Join Menopause Knowledge each month on 3rd Wednesday of the month, share your story, hear supportive, informed knowledge. This is your invitation to pause, breathe, and connect, in a warm, safe, confidential space.

No gimmicks, no hidden sales agenda, simply women supporting others, their partners, their family, in their peri and post menopause journey, with researched information and knowledge they trust. Everyone is welcome!

Wednesday 18 February, 10am-12pm, Fox restaurant, Hampton Lane, Catherine De Barnes, B91 2TJ (free parking opposite at The Boat)

Register [here](#) or turn up on the day.

For more information please contact jacky@jacky-wood.co.uk or 07595 721715 or hello@menopauseknowledge.org

Women's Health & Wellbeing Event

In support of International Women's Day, Ladies Football 4 Fun have funded a community Women's Health and Wellbeing Event. The event aims to showcase local organisations that focus on supporting women's health and wellbeing.

Saturday 21 February, 11am-1pm, Solihull Lodge Community Centre, Grafton Road, Shirley, Solihull, B90 1NJ

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Women's Health & Wellbeing Event (Continued)

There will be a chance to learn about CPR and bleed kits provided by Fast Aid. Chances to win on a blind tombola, activities for kids to participate in and light refreshments.

The day is all about giving back to the community, so come along and see what fantastic work happens within your community.

If you are a local group who would like a stand, please follow this link to register - [Local groups](#)

For more information please contact Ladies Football4Fun on ladiesfootball4fun@gmail.com

Women's Health & Wellbeing Event

Saturday 21st February

Solihull Lodge Community Centre, Grafton Rd, Shirley, Solihull B90 1NJ

11am-1pm

Open to general public, no need to book just pop by.

- Local organisations supporting women and girls
- CPR & Bleed kit workshops provided by Fast Aid
- Activities for kids
- Blind tombola
- Light refreshments



Powered by Ladies Football 4 Fun & Supported by Solihull Community Development Trust

BREAST FRIENDS PRESENTATION



On 8th December last year I gave a presentation to the Hong Kong community, or "Hong Kongers" as they like to be known, to share the work we do at Breast Friends Solihull.

We do hope you can join us at our next meeting on Tuesday 10th February 2026 when Nabila Gardener from 'Ways for Wellbeing' will be joining us. Here's some information about Nabila:



Nabila Gardner, Director and Health and Wellbeing Coach working across West Midlands. Worked in The Third Sector and Local Authority for over 30+ years with marginalised communities, individuals struggling with their mental health for various reasons including the housing situations they find themselves in.

I am a Brummie who is disabled myself, living from a young age with Polio and having developed other long term health conditions as I have got older, including arthritis in the hip and knee.

Having lived experience myself of the lack of acceptance of disabled people growing up in the 80s and 90s I wanted to make sure that I could show how my disabilities were not going to hold me back. I know how difficult it was for me in this city as a child and some of the accessibility for me in the city has gotten worse as I have gotten older.

We started our organisation to show anyone struggling with their mental health or the different factors that drive us to have poor mental health that there are ways for us all to feel valued, be seen, do things differently and work towards changing and managing their lives.

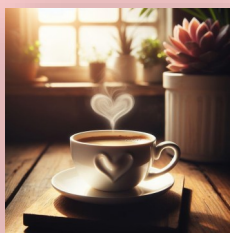
Having been through similar experiences myself in the past, where I was treated differently when raising concerns about housing, work or landlords and want to do more to support those in similar situations here in Birmingham to champion equitable provision of services to those most in need.

We look forward to seeing you there.

With warm wishes

Deb

Tel: 07575 374307



COFFEE MORNING

IN AID OF

BREAST FRIENDS SOLIHULL

EVERYBODY WELCOME

SATURDAY 14TH MARCH 2026

10AM TO 1PM

COLESHILL TOWN HALL

High Street, Coleshill, Warwickshire. B46 3BG



BREAST FRIENDS PROGRAMME 2026

Tuesday 10th March 2026

Martin Salt - Professional Wildlife Photographer

Tuesday 14th April 2026

Rachel Leigh-Janney

Tropic Make-up Demonstration

Tuesday 12th May 2026

Jules Morgan - Red Berry Nutrition

Tuesday 9th June 2026

Nawaz Walji - Consultant Clinical Oncologist

University Hospitals Coventry and Warwickshire

Tuesday 14th July 2026

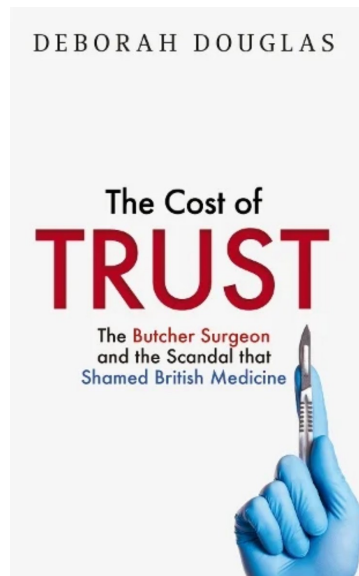
Breast Friends Summer Supper

DEBORAH DOUGLAS, BREAST FRIENDS CHAIR, AND NOW AUTHOR OF "THE COST OF TRUST"

I'm excited to say my book "The Cost of Trust" is due to be launched on **February 12th 2026** at **Waterstones Birmingham**. I'll be interviewed by Tracy King and signing copies of my book.

I would love to see you there. Waterstones have ticketed the event so I'll add the link to our closed Facebook group or if you're not on Facebook please contact events.birmingham@waterstones.com

It's published by Harper non fiction and available to order through all main booksellers



In 2003, Deborah Douglas was diagnosed with breast cancer by Ian Paterson, a surgeon based in the Midlands. Over the next eight years, Deborah placed her trust in Paterson, undergoing a mastectomy, reconstructive surgery, and extensive chemotherapy under his care - only to discover that her cancer diagnosis had been exaggerated and her treatment was totally unnecessary. Deborah was not alone; in 2017, Paterson, infamously dubbed the 'Butcher Surgeon,' by the media, was convicted of 17 counts of wounding with intent and three counts of unlawful wounding and sentenced to 20 years in prison. These were just a fraction of his victims. He deceived thousands of patients during his tenure as both an NHS and private surgeon.

The Cost of Trust is a shocking work of investigative journalism that unveils the true extent of this medical atrocity. Authored by Deborah Douglas the book provides an in-depth look at the devastating impact of Paterson's actions and the work it took to bring him to justice. Deborah Douglas led the campaign to expose Paterson's misconduct and the failures of the medical authorities that allowed him to operate unchecked. In the wake of Paterson's conviction, the Chief Coroner has opened inquests into the deaths of 65 patients treated by Paterson with more deaths being investigated. The NHS and private healthcare systems will answer accusations of systemic failures that enabled such a grievous breach of trust.

The Cost of Trust is a compelling David vs. Goliath narrative and a crucial work of non-fiction.

FRIENDLY FEBRUARY CALENDAR

TAKEN FROM THE 'ACTION FOR HAPPINESS' WEBSITE

www.actionforhappiness.org

This month's theme: **Friendly February**

Be friendly to others and give your relationships a boost.

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

Friendly February 2026

MONDAY



2 Ask a friend how they have been feeling recently

TUESDAY



3 Do an act of kindness to make life easier for someone

WEDNESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

THURSDAY



5 Make time to have a friendly chat with a neighbour

FRIDAY



6 Get back in touch with an old friend you've not seen for a while

SATURDAY



7 Show an active interest by asking questions when talking to others

SUNDAY



8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today



23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible 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 10th February 2026 at 7pm

We will be joined by Nabila Gardener from 'Ways for Wellbeing'

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 ALSO OFFER REFLEXOLOGY LYMPHATIC DRAINAGE (RLD)

PLEASE CONTACT ME FOR MORE INFORMATION.

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



REIKI THERAPY

A reminder that Neeta Solanki can provide Reiki treatments for Breast Friends members.

Reiki enhances your body's healing process and relaxes your mind and body. It is suitable for all and at any stage during your breast cancer journey. Breast Friends will pay 50% towards the first 3 sessions via our voucher scheme which are priced at £20 for members only.

Neeta carries out the treatment on a therapy bed at her home on the last Wednesday of each month, bookable via the link below or by contacting Neeta on **07971 653125**.

<https://calendly.com/solneeta/reiki>

Neeta posts regular reminders on our [Facebook Group](#) page also.

McTIMONEY CHIROPRACTIC (treatment for musculoskeletal pain)

The McTimoney Trust have contacted Breast Friends to let us know that they have opened a new clinic in Moseley which offers McTimoney treatment to Breast Friends members on a donation basis.

For those who are in financial difficulty, treatment can be accessed free of charge via a simple referral form.

Appointments are available with Dr Isha Kausar, Chiropractor, on Thursdays between 10am and 5pm.

The Mews Clinic is at **42b St Marys Row, Moseley, Birmingham B13 8JG**.

For more information
call: **0121 492 0320** or email info@mctimoneytrust.org.

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 FOR MEMBERS

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

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

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>