

Thanks to our Guest Speaker - Martin Salt, Professional Photographer

**Update from Deborah Douglas, Breast Friends Chair**



Dear Friends,

It's been an extremely busy and diverse month. In February we attended an assessment carried out by the Deputy Lord Lieutenant Liz Forster, and her soon to be replacement Victoria Hines, in connection with an award nomination - Breast Friends are incredibly proud to be nominated for the Kings Award for Voluntary Service.

Thanks to Sue Walton and Chris Pile for supporting the assessment with me, and to Julie Bramble, Millicent Springer, Annette Farrington-Moore, Emma Hutchin and Noreen McCaughey for talking or writing to the Assessors as the voice of our members, which is the most important part of the assessment.

We won't know how we've fared until November of this year, but we have given it our best shot!

I would like to apologise for missing last month's meeting. I had been invited to appear live on This Morning to talk about my book "The Cost of Trust".



*This Morning*

I was interviewed by fellow Brummie Cat Deeley and Ben Shephard, who studied at Birmingham University, and they made me feel very much at home in the studio.

I was cheered on by the lovely message I received from everyone at our last monthly meeting - a big "Good luck" shout out video.



*BBC Local News*



Thank you to everyone who attended my book launch at Waterstones in Birmingham.

The event was completely sold out, and I really appreciated everyone who made the effort to come along and listen to my "in conversation" session with Tracy King on a wet, cold night.

Your support meant a great deal.

Continued overleaf ...

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The following day I travelled to London to be interviewed for Emma Barnett's *Talk to Me* podcast.

It has been something of a whirlwind month, with interviews on *Woman's Hour*, the *Today* programme, BBC Radio 5 Live with Naga Munchetty, Times Radio with Hugo Rifkind, and Sky News.

Emma Barnett Podcast "Time to Talk"

### WOMEN'S COMMUNITY DAY



On Saturday Barbara Grant, Sue Walton and I attended a Women's Community Day at Solihull Lodge, where we were delighted to share information about Breast Friends and connect with local women.



We made some great connections and in the summer we are arranging to join the Stride Out group in Solihull on their regular walk around Brueton Park, dressed in pink, to raise awareness of our charity.

### BREAST FRIENDS FUNDRAISER - 14TH MARCH 10AM TILL 1PM

Details overleaf - please come along and support this wonderful event in support of Breast Friends Solihull.

### FACEBOOK FUNDRAISER FOR BREAST FRIENDS

Val Kellaway did a Facebook fundraiser for her birthday on behalf of Breast Friends and raised £169! Thanks Val for thinking of Breast Friends - we send you our best wishes and look forward to seeing you at one of our meetings in the near future.



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We do hope you can join us at our next meeting on Tuesday 10th March 2026 when Martin Salt, a professional photographer who has spent more than 40 years specialising in portrait and wedding photography, will be joining us.

Here's some information about Martin:

*Retiring has enabled Martin to spend many happy hours using his talents with the lens to explore his passion for wildlife photography. His photos are truly inspirational and his videos amazing, it was just like watching an episode from BBC Countryfile, the way he captures the animals in their natural settings, from beautiful barn owls to colourful kingfishers and fighting stags to garden robins.*

We look forward to seeing you there.

With warm wishes

Deb

Tel: 07575 374307



# BREAST FRIENDS

## Coffee Morning

Sat 14th March 2026

10:00am - 1:00pm  
Coleshill Town Hall  
B46 3BG

A morning filled with good vibes, a variation of stalls and of course coffee, raising money for 'Breast Friends', a charity supporting the breast cancer community.

*Breast Friends*  
Solihull

WWW.BREASTFRIENDS-SOLIHULL.ORG.UK



### Joan Jennings writes...

Breast Friends Cancer Support Coffee Morning with some fantastic stalls, including preloved clothes mostly from Liliann in Coleshill and so much more.

These are pics of some of the fabulous raffle prizes including GHD tools from Heads of Coleshill. Loads of items, including alcohol of course, from Opmobility in Coleshill and now a fab offer from the Cricket club in Coleshill.

Don't miss out. Come and support a small very local charity called Breast Friends Solihull

## BREAST FRIENDS PROGRAMME 2026

**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

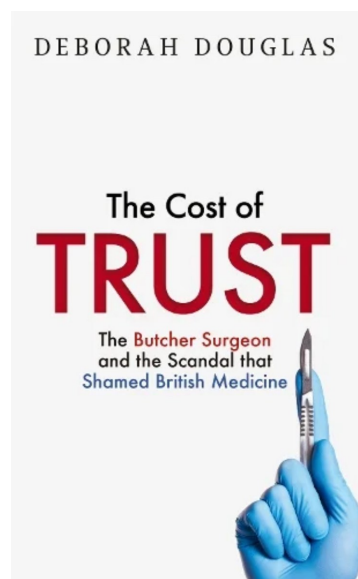
**Tuesday 14th July 2026**

Breast Friends Summer Supper

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

Deborah's book "The Cost of Trust" is now available to purchase.

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.

# MINDFUL MARCH CALENDAR

TAKEN FROM THE 'ACTION FOR HAPPINESS' WEBSITE

[www.actionforhappiness.org](http://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 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	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
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	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
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	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	21 Listen to a piece of music without doing anything else
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	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
29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life				

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 March 2026 at 7pm**

**We will be joined by Martin Salt, Professional Photographer**

## **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 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](mailto: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](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 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](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>