

BREAST FRIENDS BULLETIN

Breast Friends welcome tonight's speaker Miss Irani - Consultant Gynaecologist

Shhhhh!!

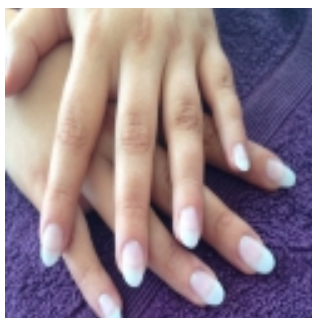
A note from the Chair..

Please excuse us if you think we are moaning but.....it has come to our attention, via the Breast Friends FaceBook page, that we have been experiencing a noise issue, caused by excessive talking, at some of our meetings of late, which some of our members have objected to. This problem occurs during lulls in our speakers' presentations, when they are answering questions at the end of their presentations and, sometimes, during the announcements.

Of course, we value your contributions but feel, as a committee, that if noise levels rise to such an extent that our speakers lose concentration, or our members find it difficult to hear the answers to their questions, then we must ask you to refrain from talking audibly unless you are contributing, directly, to the discussion or are asking a question.

So, please, hold your thoughts, spare a thought for those at the front, and wait until the appropriate moment to comment / resume your social conversations.

Moan over...now enjoy the rest of tonight's meeting.



Kirsty of Pinkies is our new manicurist.

Breast Friends will pay for 4 manicure or Shellac treatments with Kirsty.

This is available to any new ladies who are having breast cancer treatment.

Some ladies nails can be adversely affected by chemotherapy drugs, so Breast Friends offer this service to make them feel better.

Vouchers are available from our Treasurer Diane Webb.

www.pinkiesgelnails.co.uk

Kirsty will also travel to your house

Our Trip To Bath Thermae Spa - Soooo relaxing!



Our trip to Bath Thermae Spa was such a relaxing and sociable experience, enjoyed by all. Here's a few pics of the day

BREAST FRIENDS SOCIAL CALENDAR 2015.

14th MAY - Carib Grill - Caribbean Meal. / Rum punch on arrival, Caribbean music/karaoke. £20 pp person.

Book your place at tonight's meeting with £5 deposit.

16th MAY health and well being programme by aspire Parkway. Hogarth's Hotel Solihull 10am - 1pm. Includes bespoke exercise programmes and healthy nutrition programmes to help prepare the body for cancer treatment, help maintain physical health and condition during cancer treatment and enhance the physical recovery from cancer treatments. It will also look at mental wellbeing & self confidence

20th JUNE - Chantilly Rose Bra Sale - Debbie Douglas's house 81, School Rd. Hall Green from 11.00 am till 3pm
The sale will include beautiful mastectomy bras as well as unpocketed bras and lounge wear.

14th JULY - BF Summer Supper.

Join us at Chris Piles' Caribbean Restaurant, The Carib Grill for a "Caribbean Night"

14th May (Thursday) at 7.30pm -£20 p.p.

Rum Punch on arrival

Starters - Spicy Chicken Wings, Banana fish cakes, or Ackee, Callaloo & Plantain pinwheels.

Mains - Jerk Chicken, Curried Mutton or Escovitch Fish.

Book your place at tonight's meeting with a £5 deposit. -
Call Chris Pile on 07828 728020.

Marian Deacon

We announce with great sadness the recent passing on 21st April 2015 of Marian Deacon who has lost her 5-year battle with breast cancer at the age of 64.

Marian and her family have always been keen supporters & fundraisers for Breast Friends Solihull with Marian until relatively recently being a regular attendee at our monthly meetings, often accompanied by her daughters Gaynor & Laura. She was a local lady, having lived in Olton for a great number of years and is survived by her husband Clive, children Spencer, Gaynor & Laura and grandchildren Bethany, Thomas, Harrison & Freya. Marian was so delighted and proud to learn just a few days before she passed away that Thomas has been selected to join Coventry City FC's footballing academy at the tender age of 9 years old. Just a few days ago our little footballing superstar scored a hat trick in Coventry's match against Nottingham Forest. His Nan would have been so very proud.

She was passionate about her lovely family and friends and had a smile to brighten the darkest of rooms. Our sincere condolences and thoughts are with Marian's family at this very difficult time.

Obituary - Angela Profit.

We are very sorry to announce Angela's passing after a long and fulfilling life, having been diagnosed with ovarian cancer 14 years ago. During those years she accomplished most of items on the wish list she told us about when she was our very entertaining speaker in August 2014. After hearing the inspirational story of her life, our members gave her a standing ovation.

Angela Profit's funeral took place on 8th May at Knowle Church. Breast Friends sends our sincere condolences to her family.

Donations.

-Our Sincere Thanks To:

Robert from Element Solutions



Introducing "Black Beauty", A Breast Friends Allotmenteer's New Best Friend!

The Breast Friends allotmentees are saying goodbye to digging and hello to a fast, efficient, sweat-free method of preparing the soil for this year's planting. Meet "Black Beauty", the newly acquired allotment rotavator and Breast Friends' new best friend!!! Also known as the "Black Beast", this sleek, shiny piece of black machinery has 4 horsepower of capability, carving up the top-soil as easily as a knife through hot butter. What a dream-machine; In just minutes, the area between the shed and the veggie plots became ready to prepare for the planting of fruit bushes and strawberries.

With the speed and labour-savings the "Beast" offers, the Breast Friends allotmentees are looking forward to a bumper season of produce, ranging from sprouts to spinach, raspberries to rhubarb, with more time for a social flask of tea and a bun with a fellow allotmenteer and even the odd gardener's mate, or two

If you are interested in growing your own, fresh, organic, produce and would like more information about becoming a Breast Friends allotmenteer, please speak to Claire or Sandy at one of our monthly meetings, or contact Claire (01212471558) or Sandy (01217778714) directly.

DO YOU NEED PRACTICAL HELP?

For newly diagnosed ladies, or those currently undergoing treatment;
Breast Friends can help with some of the following:

*Cleaning / Gardening up to 20 hours. *6 Holistic Treatments (eg, Reiki)
OR if preferred,

3 Beauty Treatments –this is especially to help ladies who are on the chemotherapy drug Taxotere, which can discolour nails, and which sends them black.

We also have an Electric Armchair, which we can loan to any lady in need.

Please contact a member of the committee for details...

Carole
Keyte's
Corner.



