

Breast Friends Aylesbury



www.breastfriends-aylesbury.org.uk

NewsLetter 5

8th MAY 2022

CONTACTS

If you know someone **outside** the group - who may be interested in contacting **Breast Friends** the contact address is:

✉ info@breastfriends-aylesbury.org.uk

Breast Friends MEMBERS

✉ Main point of contact.
admin@breastfriends-aylesbury.org.uk

Just put the **name** of the person you would like to contact in the subject line/box at the start of your message

📞
07743 350 833

Admin:
Jane Bowley

IT support & Accounts
Karma Almosawi

Publicity:
Yvonne Lacey

NewsLetter & JOURNAL:
Yanina Royko-Stevens
Tracey Mallet
Jane Bowley

Relay For Life:
Team Captain
Lisa Slater



GROUP MEETINGS

19.00hrs to 21.00hrs on the second Tuesday of the month - £2.00 donation please

🇬🇧 **May 10th**
🇬🇧 **June 14th**
🇬🇧 **July 12th**

If we can't meet in person we'll be on 'Zoom' 😊

V E N U E

The Church of the Holy Spirit at Bedgrove

Access and car parking are excellent, the chairs are comfy, and there are WC facilities.

Please remember to bring your own cup/tea bag/milk etc.
(Don't fret if you forget! Everyone is always so generous we usually have spares xx)

There is a hot water boiler we can use, together with lovely kitchen facilities – sink/fridge etc.

DIARY REMINDERS



24th June – Yoga @ the Nuffield Gym – Fairford Leys – please see 'Briefing' (page 4) for more details. REMEMBER to book your place!

'The Relay For Life' - 2022 dates are 16th/17th July.

If you would like to help, please get in touch with our **Team Captain Lisa** via: admin@breastfriends-aylesbury.org.uk

'Summer Breeze' – Meeting and Event dates for your diary (page 5)

MEMBERS' NEWS



To all the WONDERFUL teams, organisers and helpers who made our first post lockdown QUIZ NIGHT (6th May) such a huge success – enabling us to raise over **£1,200** for **Breast Friends & Cancer Research UK–Relay for Life.**



A special, big, Thank You to **Rivets Sports & Social Club** who donated the use of their premises – we could not have done this without you.

And to all those who, open heartedly, generously donated our Raffle prizes, I have only 2 words to say

MORE PLEASE 😊

Gentle reminder: **We now have a Facebook closed (members only) group.**

It is a work in progress but on Facebook, go to 'groups' put Breastfriends Aylesbury into the search area and you will find a place where you can make a request to join. Karma will then give you access.

If Facebook is not for you, you can join us on our day – to – day chats on the private WhatsApp group.

Just contact Jane at admin@breastfriends-aylesbury.org.uk and ask to be included.

BRIEFING



If you would like to join the fun, come join us on the admin team/committee



Even if you are not sure what the roles are, or what you can offer - but would like to know more – please contact Jane at admin@breastfriends-aylesbury.org.uk

For example you may like to help with –

- Encouraging other women, experiencing breast cancer, to join Breast Friends
- Event planning – coffe meetings/quiz night/yoga etc !
- The NewsLetter
- Book keeping / accounting
- Organising 'Relay for Life' as part of the national CRUK fund raising effort

You know you are xx Welcome xx



OUR 'FAB' EVENT

We have another fun evening for you – 24th June 2022

Thanks to Christina 🙌 working at the Nuffield Gym at Fairford Leys we have organised an evening starting with:



- a **Yoga** session; no previous experience required and you can just do what you feel like.
- Followed by the use of the swimming pool, sauna and the rest of the gym - if you want to 'pump some iron' - or just relax with a coffee.



Then we may well head to a local pub to finish the evening off.

Jesse, the yoga teacher, is highly recommended by members of the gym and we have asked him to run a 'fun' session for us.

Anyone who is a member of the Nuffield gym will get the session **free** !

Members of Breast Friends will have their 'day pass' for the event/gym **paid for by Macmillan** under their engagement programme.

PLEASE REMEMBER TO BOOK YOUR PLACE



SUMMER BREEZE – EVENTS PLANNER

DATE	EVENT	VENUE	More Information
MAY 10 th	Meeting Group discussion	Church coffee lounge	<ul style="list-style-type: none"> ❖ Effects of treatment/s and medications. <p>If you have an experience to share about what has helped you cope with the effects / side effects of treatment or medication – please pass it on in the meeting this month.</p> <p>If it helped you – it will help someone else xx</p> <p>There will be Goody Bags !</p>
JUNE 14 th	Meeting Group discussion / demonstration	Church coffee lounge	<ul style="list-style-type: none"> ❖ Swim wear. <p>May be able to get a rep from Amoena or Nichola Jane to come along to talk about swim suits for our various shapes ☺ - and demonstrate those FABULOUS adjustable blow up 'boobs' !</p> <p>If you have a favourite (post surgery) swim suit we can look at - for style and suitability ideas – please bring it along 🙌 plus any ideas on what to use to fill the cups !</p>
JUNE 24 th	Yoga Chill out Time	Nuffield Health 1 – 2 Trenchard Street Fairford Leys Aylesbury HP19 7AA	<ul style="list-style-type: none"> ❖ Please book your place with Jane. <p>Time to be confirmed.</p>
JULY 12 th	Meeting Group discussion	Church coffee lounge	<ul style="list-style-type: none"> ❖ Enjoying the sun and tanning healthily <p>Quite often – due to meds and treatments – our skin goes through massive changes in a very short time.</p> <p>Happy to share 'safe sun' hints and tips – and we will try to 'acquire' some samples to try !!</p>
JULY 16 th /17 th	Relay for Life For details – please contact Team Captain Lisa Slater	Halton	<ul style="list-style-type: none"> ❖ A fun weekend of Relay – yes, you can walk it! ❖ Stalls of all kinds ❖ Refreshments

			<ul style="list-style-type: none"> ❖ Entertainments <p>And</p> <p>A very special Dinner in honour of those who are winning against cancer.</p>
AUGUST 9th	Meeting 'Picnic in the Park' Alternative if weather is bad –	Bedgrove Park – the quiet end ! House Party	<ul style="list-style-type: none"> ❖ Bring something to sit on and some nibbles to share – always a lovely, relaxing evening.
SEPTEMBER 13 th	GUEST SPEAKER Ruth (Nutritionist)	Church coffee lounge	<ul style="list-style-type: none"> ❖ Ruth is happy to answer any questions re: general health and nutrition, and advise us on how to maintain a healthy approach to eating whilst having treatments and taking medications.
SEPTEMBER 30 th	Curry Night Excellent nutrition ;))	Mela – Aston Clinton	<ul style="list-style-type: none"> ❖ A 'post summer' get together xx
OCTOBER 11 th	GUEST SPEAKER Demonstration	Either 'Colour Analysis' Or 'Look Good Feel Better'	<ul style="list-style-type: none"> ❖ The Colour Analysis presenter helps us to feel FAB - wearing colours and styles of clothing that suit us best - based on skin tone and body shape. ❖ 'Look Good. Feel Better' is a specialist organisation that helps those experiencing the effects, and after effects, of treatment to look their best. There will be Goody Bags!
NOVEMBER 8 th	GUEST SPEAKER Ruth (Pilates Instructor) Tracey (Scar Therapist)	Church coffee lounge	<ul style="list-style-type: none"> ❖ Ruth plans to show us some gentle exercises to stretch, and ease, such conditions as scar tissue, a tight chest, problems with intercostal muscles and ribs, and oedema.
DECEMBER 13 th	Meeting Group Hug	Church coffee lounge	<p>Drinks and nibbles, and a little Good Cheer</p> <p>Please bring nibbles to share xx</p>

