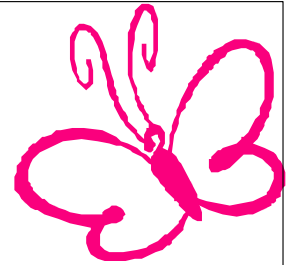


HER Breast Friends

Registered Charity No. 1114143



Welcome to this special edition of our newsletter created to give you just a small taste of some of the things we do. For information about future meetings and events please get in touch with us via email at: generalenquiries@herbreastfriends.org or you can call us on 07982 016002.

HER Breast Friends Swishing Party

HER Breast Friends held its first ever Swishing Party in November was enthusiastically attended by over seventy very keen 'swishers' who brought along with them a wide selection of clothing, shoes, handbags, jewellery and other accessories ranging from designer labels to high street goodies! It was both a fun and friendly event enjoyed by all who attended and ending with several pleas of "when are you holding the next one" so watch out for details coming soon!

SANTAS GROTTTO

The first weekend in December saw us all dressed up and ready to go to work in Santa's Grotto in The Outlet Garden Centre. It was a wonderful fun filled weekend as always and we raised a grand total of £1,146 for HER Breast Friends over the two days. Our best year ever! Many thanks to all who donated prizes, presents, cakes, crafts, help and support.



PATIENT PACKS

The first of the HER Breast Friends' Patient Packs containing a varied selection of cosmetics and information about the group have now been distributed to the Breast Surgery Unit at Castle Hill Hospital and were very well received by the in-patients there recovering from surgery for breast cancer. selection of toiletries and cosmetics, as well as information about the group.



Alexander Rose Day Collection

Alexandra Rose Day was founded in 1912 when Queen Alexandra started the first national Flag Day to mark the fiftieth anniversary of her arrival in the UK from Denmark as wife of King Edward VII. Today the charity continues the tradition by helping people-caring charities to help themselves. They do this by asking groups such as HER Breast Friends to take part in their national flag day held in June. By providing volunteer collectors HER Breast Friends gets to keep 90% of all that our volunteers collect and qualify to apply for a grant of up to £1,000. If you think you can help for just an hour or two it would be very much appreciated. Alternatively volunteers are needed to distribute door to door collection envelopes. It's worth doing as we get to keep 90% of the funds collected. Please help us if you can!

Breast Cancer Awareness Month

Along with the NHS Breast Screening Unit, HER Breast Friends took part in a Breast Cancer Awareness Event held over a weekend in October in St Stephens Shopping Centre. The whole centre had really got into the spirit of things it was pink, pink, pink, everywhere, including the entertainers and freebies! (We particularly liked the pink smoothies!) Many thanks to all who helped over the two days.

Macmillan Cancer Voices Conference

Three members represented HER Breast Friends at the Macmillan Cancer Support's National Conference held in London.

Members Meetings

Tooty Fruity Juicing, Cup Cakes, Skincare and Makeovers, Complementary Therapies, Knitting with Carrier Bags, Laughter Workshops, you name it we've done it!

It's not always about money

We were contacted by the daughter of a lady who was terrified about going for her first chemo and was even contemplating not having it. We were asked if there was anything at all we could do to help and after referring her to The Oncology Health Centre for professional help, we actually found that the best help we could give was by providing a volunteer to go with her for her first treatment. It was touch and go whether she would even turn up, but she did and it all went smoothly. Three weeks later when she attended clinic for her second treatment she was spotted gently reassuring another very nervous lady who was there for her first chemo!

Thank you to HER Breast Friends

The Lymphoedema Service would like to thank HER Breast Friends for purchasing the new Intermittent Pneumatic Compression machine with lymphassist mode. The machine duly arrived a few weeks ago and has been used on a daily basis, on patients with complex lymphoedema following treatment/surgery for cancer. The results using the lymphassist mode which mimics Leduc medical lymphatic drainage have been excellent. Quality of life and body image has also improved in these patients. This machine has enabled many more patients to receive intensive treatment than was possible before, as I had to manually carry out the Leduc medical lymphatic drainage and could only offer one session per day but with the machine this can be increased to 2-3 per day.

Once again thank you on behalf of the patients who are benefiting from this machine.

Queens Centre for Oncology and Haematology

Hull New Theatre Calendar Girls

No, it's not us making another naked calendar you'll probably be very glad to hear. HER Breast Friends are organising a trip to Hull New Theatre to see a performance of what is said to have been the fastest selling tour ever. Would you like to join us? Phone us on 07982 016002

Member's Shopping Trip

Twenty six members enjoyed a full day's shopping trip to Leeds city centre and market with HER Breast Friends in November. A great day was had by all, and we all agreed that it was something we should do again in the not too distant future.

Where would you like to go?

The **Pink** Pamper Day

The fifth annual HER Breast Friends Pink Pamper Day will be held at The Village Hotel and Leisure Club in Hull on Saturday 24th April.

Last year eighty five ladies who were having or had received treatment for breast cancer attended the free event.

This inspiring day includes complementary and beauty therapies, lunch, and various workshops focusing on 'well-being' including mind, body and spirit, health, beauty and style. The event is paid for by donations and fundraising events held throughout the year and aims to provide a day of relaxation, encouragement, and rejuvenation to help promote a sense of well being for local people affected by breast cancer in a very practical way.



Why did you join HER Breast Friends?

Ask our members and you will find the answers are as varied as they are.





Meetings and Events Diary

Saturday 6th March 10am

Members Meeting

Newland Christian Centre,
Beverley Road, Hull

Guest Speaker: Maggie Graham MIFR
*Tips and techniques on looking after your
face very gentle, very safe, non-invasive and
the ultimate aim is the feel-good factor.
Come and enjoy!*

Sorry no meeting in April because of Easter and The Pink Pamper Day

Friday 16th April

**An Evening With Carl Wilde
Celebrity Florist**

Alexandra Hall, Hedon
in aid of HER Breast Friends

Please contact us for ticket information

Saturday 24th April

The Pink Pamper Day

The Village Hotel

Please remember that members places *must*
be pre-booked and as always are allocated
on a first come basis.

Thursday 6th May 2.30 pm

Calendar Girls

Hull New Theatre

Please contact us for ticket information

Thursday 13th May 7.30 pm

Hull Ladies Choir's Annual Concert

The Guildhall, Hull

in aid of HER Breast Friends
and Holderness House Trust

Please contact us for ticket information

Saturday 15th May 10am

Members Meeting

Saturday 5th June 10am

Members Meeting

Saturday 19th June

Alexandra Rose Day Collection

Hull City Centre

in aid of HER Breast Friends

Saturday 3rd July 10am

Members Meeting

**Please note that meetings and events from July onwards
will be added to the diary as dates are confirmed**

**For further details of our meetings and events please contact our
general enquiries phonenumber on: 07982 016002
or email: generalenquiries@herbreastfriends.org**