



BEDFORD BRANCH

Tittle Tattle Issue 2 - 2021

Hi Ladies

Welcome to our 2nd Tittle Tattle of 2021 and once again what a different time it has been from normal as we knew it.

I am sure that you are possibly concerned as how to react now that we are getting back to normal, can start going out and enjoying life once again with family and friends. I must say it was a great moment for me to see and be able to hug all my family once again, I know this is the major thing we have all missed and needed and you all must have had the same feelings as I did at the time.

We as Bosom Pals have been so lucky to have Pauline to send us a monthly chit chat, cheering us up with what she has been up to and booking zoom meetings for us to enjoy. She has also been passing on all the emails of support we have received from our Patron Helen Nellis.

We have also been able to meet up in the park, and have been well supported by members enjoying a chat, cake and of course a laugh especially when we ended up with a shower and the umbrellas were up and down, and we were very glad of the shade last time under the tree that has been our chosen place to meet. I think we should have a Bosom Pals sign put there to reserve it for us, as we are going there for our August and September meetings, weather permitting.

The committee are hoping once again to start meeting in the hall but this does depend on you all, Pauline is doing her chit chat and giving you our ideas but we really do need your replies as to how you feel about them or if you would prefer delaying till next year, we cannot organise until Pauline has replies. It is understandable that we are all a bit wary but it is a lovely big hall and lots of windows to open if needed. It would be so nice to be able to meet again if only for chat ,tea, and of course cake, and then move onto having speakers once again next year.

Looking forward to seeing you all again

Love and hugs D x

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BREAST CARE NURSES

Below are the direct numbers to enable a member to speak or leave a message for one of the breast care nurses.

If you leave a message please ensure you clearly leave your name and telephone number so that they can return your call.

Don't forget there is usually a breast care nurse at each monthly meeting that you can also speak to. Just make sure you let a Committee member know and they will arrange it for you. This will be in total privacy.

Direct line for the office 01234 792057

Bleeps 01234 355122 ask operator to bleep 112/402

Email bhn-tr.bedfordbreastcarenurses@nhs.net



Look Good...Feel Better.

Bosom Pals arranges transport for our members to go to "Look Good...Feel Better" (LGFB) workshops at Luton & Dunstable Hospital. The LGFB programme is a great way for cancer patients to get back to the person they were—and be happy with the person they are now. During the workshop you meet women, of all ages, in similar situations, share your "war stories" and have fun trying new make-up looks. You can try colours and products you wouldn't normally use. Professional beauty therapists are on hand for advice on how to draw eyebrows and help arrange wigs. It is a very inspiring and positive workshop. If you haven't attended a workshop and would like to please contact our organiser Di Gonse or just let one of the Committee know.

There are over 4,100 stores from which to shop online and they give different percentages but all the small amounts added together help. There are also gift cards from a wide range of stores so when you are stuck for a present for a friend or family member, take a look at the site and see if there is something suitable for the recipient.

The price you pay for your goods is exactly the same as if you have ordered direct or gone into the actual store. The percentage received varies from store to store but pennies here and pounds there soon add up with no effort needed from you to raise the money for Bosom Pals.

It is very easy to register your details and select Bosom Pals Bedford as your chosen charity so please consider using the Give as you Live site when shopping online.



CHARITY COFFEE EVENING ZOOM MEETING



We were very lucky that Dr Rob Oakley who retired 8 years ago as a hospital consultant specialising in Radiology gave us a talk on what is happening with the hospital at the moment. He is the current the Vice-chairman of the Bedford Hospital Charity & Friends, a charity that has tremendous support within the community and is a real honour to be involved with.

Shortly after retiring he was honoured to receive an OBE in recognition of his contribution to Medicine, Sport and Charity in Bedford and also as a Deputy Lieutenant of the County.

Thank you to everyone who attended this very interesting zoom meeting

We raised over £600 towards the fund.

Thanks to you all and friends and family.



Bedford Hospital Charity & Friends need to urgently raise £1million to help install:

- A new and dedicated A&E for children

A new state of the art CT Scanner within the A&E department

Our appeal is on top of Covid 19 funding of £3.1million provided by NHS England for Bedford Hospital that will also allow the hospital:

- To cope with the current Coronavirus pandemic creating safe Red and Green streams for potential infected and non-infected patients

Provide socially distanced waiting areas

A separate dedicated Paediatric A&E has long been the aim of BHC&F and now with your support, it is within our reach. The installation of a Computerised Tomography (CT) X-ray scanner within the A&E department will significantly improve the service. Currently between 10 to 20 patients attending A&E each day require an immediate CT scan. The nearest scanner is located in the main X-ray Department and patients have to be wheeled along long corridors accompanied by a doctor, nurse and porter to wait for an opportunity between patients booked for routine scans. Having a CT scanner within A&E will:

- Improve immediate care for Stroke and Head Injury patients, plus many other acute emergencies
- Release A&E staff to care for other patients

Provide additional CT capacity for inpatients from the wards

This new Paediatric A&E department, and indeed the entire A&E with its dedicated CT scanner, will give Bedford Hospital the ability to respond to all emergencies, and equally importantly, ensure the continued excellence of the provision of care at Bedford Hospital.

Thank you very much for your support.

GOOD to KNOW

Simple advice on money + home + family + shopping + trends



☛ **Wrap lettuce leaves in a damp tea towel and pop in the fridge**

☛ **Wrap fresh bread in cloth, or an old pillowcase and store in a wooden bread bin**



☛ **Use beeswax wraps to cover tins and bowls or wrap up sandwiches. These natural and reusable wraps act just like cling film and tin foil, but are far more environmentally friendly. Prices start from £10**

■ www.beeswaxwraps.co.uk
01453 706129



DITCH THE PLASTIC

It's easier than you think to store food completely plastic free!

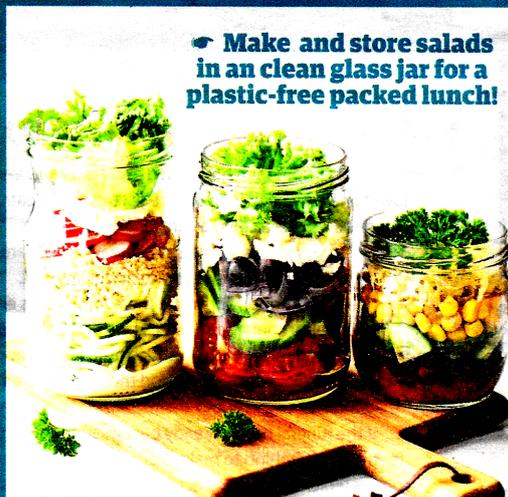
☛ **Use steel and tempered glass pots, as they freeze just as well as plastic ones**

☛ **Store onions and potatoes in a basket and place somewhere dark**



☛ **Stand celery sticks in a glass of water and float carrots in a large sealed glass jar filled with water**

☛ **Make and store salads in a clean glass jar for a plastic-free packed lunch!**



☛ **Wrap green beans and peas in a damp cloth and place in the fridge**

— Thank you Adriana for sharing this interesting information with us.

OUR FIRST MEETING AT MOWSBURY PARK 26TH MAY 2021



We decided to have our first open meeting in 2021 in Mowsbury Park at 2pm on the above date.

We choose this place again because of the easy parking, the little café and of course the toilets.



So was the weather kind to us. As you can see from the photo's not really. Did it stop us having a lovely catch up, no not really. We still managed to have coffee and cake, Jenny Carroll kindly brought some chocolates however a passing dog decided it would quite like to join us, including licking all the chocolates which I suppose saved us from ourselves and eating them.

It was such a lovely afternoon being able to meet up with everyone in person after what seems like such a long time. The sun did shine some of the time.



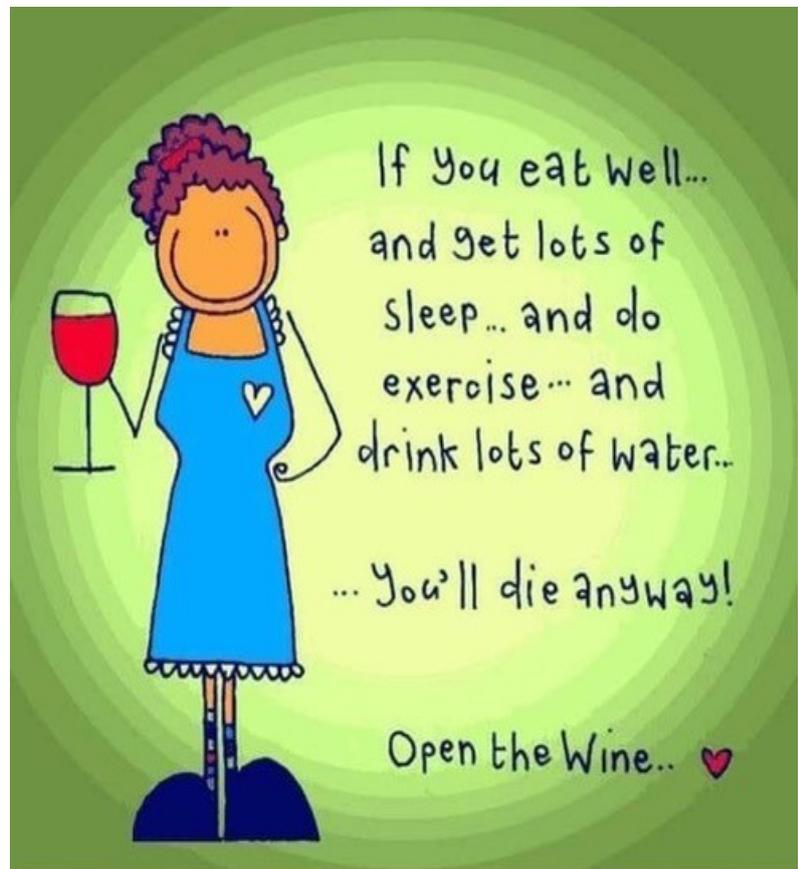
We would just to say a big thank you to all who supported this event.

It was lovely to see you all.





JULY MEETING IN THE PARK
Well what a difference from May's meeting where it was coats on and coats off.
This time we all enjoyed the sunshine.
Thank you to everyone who attended.



ZUCCHINI (COURGETTE) CAKE

2 EGGS — whisked together
2 LARGE OR 3 SMALL ZUCCHINIS - grated (no need to peel)
HALF A CUP OF COCONUT OIL — melted
HALF A CUP OF HONEY
3 TABLESPOONS OF MAPLE SYRUP
1 TEASPOON VANILLA ESSENCE
QUARTER OF A CUP COCOA POWDER
1 CUP OF WHOLEMEAL FLOUR
PINCH OF SALT
1 TEASPOON OF BAKING POWDER
2 TEASPOONS OF BICARBONATE OF SODA
7 TABLESPOONS OF DARK CHOCOLATE DROPS

Heat oven to 175c. Grease and line a loaf tin

Put eggs, vanilla essence, coconut oil and maple syrup in a bowl and mix together. Add the zucchini.

In a separate bowl put flour, salt, baking powder, cocoa and bicarbonate of soda and mix well.

Combine the two bowls of ingredients and add the chocolate drops and mix well.
The ingredients will be quite wet.

Put into the loaf tin and bake for approx. 40 to mins minutes or until when tested with a skewer it comes out clean.

Cool in the tin for at least 15 mins. The cake will be quite moist. Freezes well.

Margaret Church



BOSOM PALS are always grateful to receive raffle prizes so if you anything suitable then please either save it until we can meet, deliver to a committee member or email Brenda to arrange collection if you are local to Bedford.

Let's talk about Recycling Pill packaging ...



The UK's first medicine packet recycling programme is being rolled out across Superdrug branches nationwide and Marie Curie Cancer care can also benefit!

The 'Little Packs, Big Impact' initiative, is a partnership with recycling innovators TerraCycle which allows customers to recycle any empty prescription and over-the-counter medicine blister packets, simply and freely. What's more, not only are Superdrug helping the environment, but the waste they recycle raises money for Marie Curie as part of the 'Little Packs, Big Impact' scheme. Each empty blister pack earns points which is translated into donations. It's easy - it's free and it's a double whammy - recycling and supporting a fantastic charity too.

This includes all Paracetamol and other over the counter pain killers. Researchers found that 65% of us use medicines in blister packs at least once a week, with headaches/migraines (85%) hay fever (50%) and digestive health (43%)

Accepted items:



Any brand of empty medicine blister-packs

The empty blister packaging will then be converted into reusable raw materials using a unique recycling process – preventing blister packs spending a lifetime in landfill.

Brand manufacturer Sanofi UK Consumer Healthcare is the first to market this sustainability initiative.

“Working together with pharmacy teams and the public, our ambition is to help reduce plastic waste from landfill by letting little packs live again as reusable products”

Silvina Vilas, UK Marketing Director at Sanofi Consumer Healthcare, makers of Buscopan and Dulcolax, says: “The Little Packs, Big Impact recycling initiative with TerraCycle is a significant move forward for the healthcare industry.

Please help us to help the environment and help Marie Curie support people through terminal illness

You can either give them to Brenda or any other committee member at a meeting or drop them off at your local branch of Superdrug in Allhallows, Bedford town centre. There is a box inside the shop against the wall by the counter.

OTHER RECYCLING OPPORTUNITIES

Not sure if any of you are aware but there are several opportunities to recycle the following items that local shops are involved with and the money goes to charities.

The Co-op collect empty bread bags

Dunelm collect empty Walkers crisp packets

Every Monday and Thursday from 9am to 12pm you can drop off any new or used bra's at Bedford railway station for Against Breast Cancer on the following dates only:-

Monday 16th August to Thursday 2nd September

PLEASE NOTE IT IS ONLY FOR THE DATES ABOVE

USED STAMPS

If you have any used postage stamps you don't want then please save them until we can either have our monthly meetings or the meetings in the park.

If you have a lot and you live locally to Bedford let me know and I will collect them from you on the way home from work. Just email me brendahart628@gmail.com

Please note

We are now collecting them for

CLIC Sargent , the children's cancer charity

as the Knitted Knockers Charity no longer want them

Ever wondered what to do with your empty ink cartridges.

Well Something to Look Forward To are collecting them to raise money for their charity through Recycle4Charity.

This is the address to send them to:

84 Coleridge Road, Cambridge, CB1 3PJ.

www.recycleforcharity.co.uk



Events in 2021

At this moment in time we do not know what the rest of 2021 will hold however Pauline has recently sent out her monthly chit chat and asked you all what you think about holding the following. I do hope if you have not already let her know that you will do so.

In October we will hold an indoor meeting playing bingo, with coffee and cake. We can do this with social distancing so we feel it would be safe. No money for the bingo will be needed and the winner of the games will receive a small prize.

November we would hold our AGM and be able to chat with each other at a safe distance.

December we are trying to organise a Christmas dinner at the Millhouse Restaurant in Sharnbrook, where we held our 25th Anniversary afternoon tea. We are just waiting for the details from them to see what the menu and price is.

Unfortunately the place we had previously held the dinner has closed down and there are not many places that have a good car park. This will be held either the late November/early December depending on dates available.

We also hope to hold the social evening in December as well. This will be held in the usual place which is a big enough room to allow for distancing. Buffet will be held as usual.

We hope you can join us for these.



CHRISTMAS TREE FESTIVAL 2021

ST PAULS CHURCH BEDFORD

29 NOVEMBER – 6 DECEMBER 2021



The Annual Christmas Tree Festival 2020, held at the historic St Paul's Church Bedford, was cancelled due to Covid 19. The proposed date for this years festival is 29 November – 6 December 2021 and the Theme will be PANTOMIME TIME.

This annual festival, which raises money for the Bedford Hospital Charity & Friends and St Paul's Church, will celebrate its 21st year this December. Running since 2000 the event has raised around £120,000 and attracts 4,500 visitors each year.

In 2019 Jayne Beard Associates sponsored the Festival in memory of Jayne who was a staunch supporter of Bedford as a local successful businesswoman and as Chairman of the Bedford Hospital Charity. The overall proceeds for 2019 came to £15,278.22. A wonderful result.

The Festival features approx. 70 Christmas trees beautifully decorated by local schools, firms, charity groups and other Bedfordshire organisations and choirs. There is also a raffle and Children's Competition.

Choirs and Concerts perform throughout the week adding Christmas atmosphere to the Festival and is well worth a visit.

Refreshments are also available every day serving hot soup and lovely home made cakes at very reasonable prices.

Since 2015 Bosom Pals volunteers have assisted at the Festival selling raffle tickets and helping serve refreshments.

I am responsible for organising the rota for both and are grateful to all Bosom Pals members and their friends who volunteered to help. Although we are there to sell tickets and help out it is a most enjoyable experience and we look forward to continuing to be part of this wonderful Festival.

We are hoping that this years Festival will go ahead and I will again be looking for volunteers.

Bosom Pals will be needed from Wednesday 1st December to Sunday 5th December. Anyone interested in helping either with the Raffle or in the Cafe can contact me by Email at eve.hirst@btinternet.com

Eve
Bosom Pals Committee Member



2022

Well let us hope that next year we can get back to a bit of normality and start going out and about on days out. Last year we had a lot of things planned so next year we would like to re-organise these events. All dates to be confirmed.

So starting at the end of March beginning of April we want to hold the Indian Summer charity evening and then during the year the following events.

- Chilli farm
- A tour of Peacocks with lunch
- A trip on the John Bunyan boat with either a cream tea or fish and chip supper
- A visit to Suzanne Charles shop and lunch at Roxton Garden Centre.
- Pub lunch

We may look at holding a BBQ but that is yet to be decided.

We are aware that quite a few people have already paid for either the Indian Summer charity evening and the Peacock tour so you will be notified once the date has been arranged to confirm that you will be able to attend and if not your money will be reimbursed.

If anyone has any ideas then please let us know either by emailing brendahart628@gmail.com or speaking to her at a meeting. All ideas will be discussed by the committee

COFFEE MEET-UPS



We will also be holding the coffee meet ups again and will notify everyone once we have arranged the dates. These will be held at Gallone's as before, one month it will be in the morning and then the afternoon the next month as before.

There will be at least one member of the committee attending.

These are a great way to meet up and have a chat, maybe an ice cream as well.



QUIZ

By Margaret Church

Answers will given in the next Chit Chat so good luck

- Q1 On what subject does Monty Don write and broadcast?
- Q2 What can be an island, a sweater or a potato?
- Q3 What was wrestler Big Daddy's real name?
- Q4 Where are Waverley and Haymarket stations?
- Q5 Which Politician wrote a "Woman's Place"?
- Q6 Which actor has appeared in Coronation Street since the first episode in 1960?
- Q7 How many finger holes are there in a tenpin bowling ball?
- Q8 Cirrus and Cumulus are examples of what?
- Q9 According to the song how many trombones in the big parade?
- Q10 Who wrote the novel War of the World's?

BABY HATS

I would just like to say a huge thank you to the members, their family and friends who are very kindly knitting the baby hats.

I sent 250 this month which were immediately sent out to all the hospitals that had urgently requested them.

These hats are needed for every baby born so as you can imagine they are always needed so if you are able to do anymore that would be great.

if there is anyone else who would like to knit some please let me know.

We still need amber/yellow hats as a priority but green and red are also needed. Please let me know if you want the pattern or more information regarding the traffic light system used by the hospitals.

Once again a huge thank you.

Brenda

Suggestions and ideas are always welcome. Usually we ask you to drop them in the box at the meetings but at the moment please email Brenda.

brendahart628@gmail.com

All suggestions will be discussed with the committee.

If writing a cheque please make it payable to

Bosom Pals

Or you can pay into our account

Bosom Pals

Sort code 20—05—74

Bank account number 33505308

COMMITTEE CONTACTS

Name	Position	Phone No	Email
Denise Thorne	Chairperson	01234 771746	deniseandgeoffrey@gmail.com
Melia Taylor	Treasurer		
Brenda Hart	Social Secretary	01234 771797	brendahart628@gmail.com Please note change of email address
Pauline Hooper	Programme Organiser	01234 350079	dphlely@btinternet.com
Margaret Church	Members Secretary	01234 305822	margaret.church46@hotmail.com
Eve Hirst	Secretary	01234 824592	
Di Gonse	LGFB Organiser	01525 403172	
Sue Tomkins	Raffle		

Whilst Bosom Pals encourages the free exchange of ideas and information, the views expressed by individual speakers are the personal opinions of the speaker, and not necessarily the view of the Group or Bedford Hospital NHS Trust. You are advised to consult your normal health care professional before changing any current treatment regimes.

So where and when do we meet?

At the moment we are meeting in the park

Our first indoor meeting will be the 2nd

Wednesday in October then every 2nd Wednesday of each month.

We hope you can join us.

Your details are kept on our membership database for Bosom Pals Purposes only and are not passed onto any other organisation. Please remember to let us know if you change your contact details. If you wish your details to be removed from our database and if you no longer wish to receive "Tittle Tattle" please contact Denise Thorne, details above.

Data Protection—Articles submitted for inclusion in "Tittle Tattle" will appear on the Bosom Pals Website and may appear in other media sites.

BOSOM PALS MEETINGS JANUARY - JUNE 2022

At the moment, the speakers for our forthcoming meetings at the Transfiguration Church hall have yet to be finalised but the dates will be as follows

12 January

9 February

9 March

13 April

11 May

8 June

13 July

Maybe one of the meetings we will hold a fun evening instead of having a speaker.

The Committee wish to thank all the members for attending both zoom and park meetings and their continued support during what has been a very challenging time for all of us.

We look forward to seeing you all soon.

Our main concern on returning to the hall is to keep you all safe and well.

Let us hope 2022 is a better year.

Thank you

Bosom Pals Committee