



**BEDFORD BRANCH**

# Tittle Tattle Issue 2 - 2022

Hello Ladies

Well we are already half way through the year but we have been able to get back to a bit of normality .

It has been lovely to see you all at our monthly meetings We were also able to hold our first big event in April.

We have a few events lined up for the rest of the year so please check out the pages inside and see what is going on. Our website is also regularly updated.

I am not sure if you are all aware but Helen Nellis the current Lord Lieutenant of Bedford will retire on the 6th September this year. We are hoping she will continue to be our Patron as she has given us so much support during her time in office and has attended many events. I am sure you will joining us in wishing her a happy retirement and thank her for her service.

Her replacement has been announced as Susan Lousada who had previously been the High Sheriff of Bedfordshire. We look forward to meeting her.

As the warmer weather is now here we will be holding a meet up in the park on 18th August as we did during lockdown. Don't forget your chair! Drinks and refreshments are available from the café or you can bring your own.

We have also welcomed a few new members to our group and I am sure you will all welcome them with open arms.

Take care

Love to you all

Denise xx

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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](mailto: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.



## MONTHLY MEETING 9TH MARCH 2022



What a great evening this was. So many members had made some lovely Easter Bonnets and a winner was voted for.

Well done Margaret.

As you can see from the photos it was very difficult to choose a winner as there were some great hats!!



We also had a bunny drive which created a lot of fun.

Chocolate bunnies were given out as prizes.

The raffle was also Easter themed.



The printing of "Tittle Tattle" was kindly sponsored by Anna Fildes

**Shop online and raise money for  
BOSOM PALS BEDFORD BRANCH**

**VISIT OUR WEBSITE "BOSOM PALS BEDFORD" AND  
CLICK ON THE LINK AND FOLLOW THE INSTRUCTIONS**

Raise funds with AmazonSmile



If you shop at Amazon, visit AmazonSmile instead, select Bosom Pals Bedford as your chosen charity, and shop as normal. Amazon will give 0.5% of the net purchase price to us at no extra cost to you!



Care and support  
through terminal illness

**BLISTER PACKS**

Don't forget we are collecting blister packs for Marie Curie.

You can either bring them to a meeting, coffee meet-up or take them to Superdrug in Allhallows in Bedford.

The box is on the left side of the counter against the wall.

Brenda is also saving these at work and with her friends and takes at least one large carrier bag a week.

Thank you to all those who are taking part

**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 time to trim excess paper, leaving approx. 0.5cm around the stamps that would be appreciated.

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](mailto:brendahart628@gmail.com)

Please note

We are now collecting them for

**CLIC Sargent, the children's cancer charity**

# Indian Summer

## Restaurant & Lounge

This event finally took place on Monday 11th April 2022 and was well worth the wait.

Thank you to all those who supported us. There were 90 altogether and we raised £1000 for the Primrose Unit.



We would also like to thank Jay and his staff once again for the wonderful food and great service.

We managed to get them altogether when everyone had left to take the picture on the right.

We also had a couple celebrate their engagement with their friends and family.

Congratulations to you both.





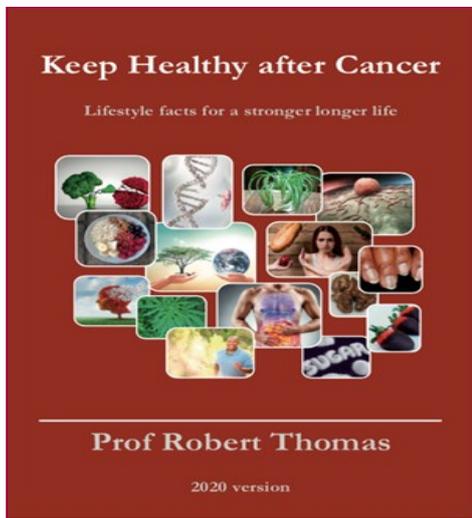
More photo's of  
The  
Indian Summer  
Charity Buffet  
evening



## MONTHLY MEETING WEDNESDAY 11TH MAY 2022



**Professor Robert J Thomas**  
**Mb ChB MRCP MD FRCR**



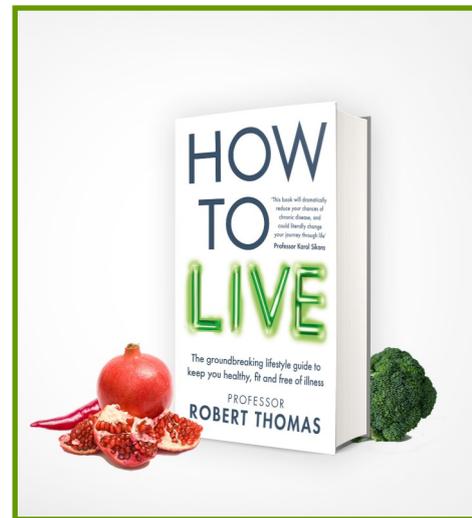
### **Keep Healthy after Cancer**

ISBN 9780955821257

Published January 2020

Health Education Publications

This book aims to empower individuals with reliable information to ensure they can make the right lifestyle choices after cancer. Foreword by [Paula Radcliffe](#)



### **How to Live**

ISBN 9781780724188

September 2020 by Short Books UK

This book describes the nutritional and lifestyle factors which influence the biological factors that effect immunity, chronic inflammation and risk of cancer, other chronic diseases and viral attack

We were very lucky to have Professor Thomas as a guest speaker at our meeting in May. We had opened the meeting to non members as well and were pleased that 46 attended to listen to a very informative talk covering many subjects regarding his books and his work. Questions then followed and I think everyone enjoyed the evening.

Tea/coffee and biscuits were served and a raffle was also held.

We raised £134 for the Primrose Unit.

Both his books can be purchased from Amazon and other leading booksellers.



### I'M FINE THANK YOU

There is nothing whatever the matter with me  
I'm just as healthy as can be,  
I have arthritis in both knees,  
And when I talk, I talk with a wheeze,  
My pulse is weak and my blood is thin,  
But I'm awfully well for the shape I'm in.  
I think my liver is out of whack,  
And I have a terrible pain in my back,  
My hearing's poor and my eyes are dim,  
Most everything seems to be out of trim.  
The way I stagger is sure a crime,  
I'm likely to fall at any time,  
But, all things considered, I'm feeling fine.  
Arch supports I have on both feet,  
Or I wouldn't be able to walk down the street,  
My fingers are ugly, stiff in the joints,  
My nails are impossible to keep in points.  
My complexion is bad due to dry skin,  
But I'm awfully well for the shape I'm in.  
The moral of this as the tale I unfold-  
That for you and me who are growing old,  
It's better to say "I'm fine" with a grin,  
Than to tell everyone of the shape we are in.  
(Dawn Maisey)

**BOSOM PALS**  
**SUMMER PARTY**  
**SATURDAY 2<sup>ND</sup> JULY 2022**  
**1300 TO 1700**  
**HAPPY BODY PROJECT**  
**WEST PARK FARM**  
**WILSTEAD**  
**MK45 3QS**

All members and 1 guest are invited to our summer party.  
Cold meat and salad and desserts  
Tea, Coffee and soft drinks  
Members are free, guests to pay £2.

There will be therapists available for a chat during the day to explain what is on offer at the centre.

Come along and enjoy the wonderful views and calming atmosphere for the alternative to our Christmas Dinner we did not have last year.

## Sausage Rolls

**Makes 18**

9 Richmond Pork Skinless Sausages  
9 Slices Medium sliced white bread  
4oz Butter  
5oz Cheese finely grated  
Little ready made mustard

Mix together the butter, cheese and mustard into a paste.  
Cut the crust off the bread and then roll the bread very thinly, up and down and across.  
Spread some mixture over the bread then place a sausage at end and roll up tightly like you would a swiss roll.  
Then spread a little of the mixture across the top of the roll, cut into two and place on baking tray.

Cook for 20 minutes 180 deg or until crisp and brown and sausage looks cooked; may need moving about during cooking and removal of any excess fat.

## **ELOISE LINGERIE**

**Eloise has been providing women who have had various forms of breast surgery, with beautiful lingerie and swimwear since 1994. Our styles cover a wide range of price points to suit all pockets and needs and includes the latest fashions from brands Anita, Royce and more. We also offer a selection of breast forms, and partial forms, including special swim forms for ladies who want to return to swimming or sporting activities post-surgery.**

**Initially established by a Breast Care Nurse, Eloise understand your needs and prides themselves in offering a personal service to every one of our customers whether that be over the phone or by appointment at our special purpose fitting suite in Milton Keynes.**

**It can be overwhelming post-surgery wondering what bras you should be looking for and indeed where you can go to find them. As well as suggesting a few starter styles for you, our specialist Bra Fitters, Lisa and Hazel, look forward to welcoming you for a free of charge bra and swimwear fitting at your convenience.**



**Why not call us today on 01908 340 094 to book your appointment**

**or to browse our products please visit  
[www.eloise.co.uk](http://www.eloise.co.uk)**

**There is a selection of our bra's on the following page.**

**We look forward to seeing you**

**Lisa and Hazel.**

## SELECTION OF ELIOSE BRA'S



Gentle sports and exercise are the perfect recommendations for faster recovery after surgery and for overall health and well being. With carefully designed sports bras, breast forms and swimwear for your sports and leisure pursuits following breast surgery you can relax knowing that Eliose has you covered.

Our super sports bras are pocketed to hold a breast form, are lined with moisture managing terry towelling, have ergonomically shaped non slip straps and the highest level of control. These combine to keep you comfortable throughout your workout whether you choose to run a marathon, join a Pilates class or go for a gentle walk in the park.

The award winning Anita air control DeltaPad sports bra is now available pocketed for post surgery.

AN5744x Air control DeltaPad care bra £60.

Lucia is a new style from Anita Care. A beautiful bra with stretchy, floral, graphic embroidery and a pretty bow in the centre front to complete the look.

Available in Black and Crystal it is pocketed on both sides to hold a breast form and a four section cut including a side panel for shaping. This bra will make you feel feminine and confident as it restores shape and creates beautiful silhouette under clothes.

Lucia fits up to an F cup and is priced at £52 ex VAT. Matching briefs are also available.



Lynn is suitable for use immediately after a partial mastectomy or a reconstruction and since it is pocketed you can remove the foam pad and replace with a softie or partial breast form if you are using one.

Featuring gentle compression it is super easy to wear post-surgery thanks to its front fastening zip, no awkward or painful reaching behind you to try and do up fiddly fasteners.

There is a hook and eye fastener to make the zip easier to do up.

Lynn comes in Desert, Lotus, Hot Pink and Black in sizes S-XL priced £32 ex vat.

## EVENTS 2022

Some dates are still to be finalised. These will be confirmed at a meeting and by email from Pauline.

- 2nd July—Summer Party 1300 to 1700. The Wellness Centre, West Park Farm, Wilstead MK45 3QS
- 18th August—Get together in Mowsbury park at 2pm. Remember to bring a chair.
- 28th September—A visit to Suzanne Charles shop and lunch at Roxton Garden Centre.
- October—Pub lunch at The Prince of Wales in Bromham. Date to be confirmed.
- 2nd November—Tour of Peacocks Auction Centre with lunch. Meet at 1115, tour is from 1130 to approx. 1430.
- 12th December—Christmas Social

We were thinking of an event on The John Bunyan boat but due to the increase in prices this year we decided not to.

There will be no Christmas dinner this year but we will be holding another summer party next year instead.

If anyone has any ideas then please let us know either by emailing [brendahart628@gmail.com](mailto:brendahart628@gmail.com) or speaking to her at a meeting.

All ideas will be discussed by the committee



### COFFEE MEET-UPS 2022

At Gallone's

Old Arcade Bedford



We will also be holding the coffee meet ups again and have organised the following dates:-

19th July— 1030 to 1200 Pauline will be in attendance

24th August—1030 to 1200 Di will be in attendance

21st September—1400 to 1530 Sue will be in attendance

18th October—1030 to 1200 Denise will be in attendance

18th November—1400 to 1530 Margaret will be in attendance

December—there will be no coffee meet-up

Further dates will be given out at our monthly meetings and will also be shown under “events” on our website.

We hope you can join us for a chat, and maybe an ice cream as well.



## CHRISTMAS TREE FESTIVAL 2022

### ST PAULS CHURCH BEDFORD

30TH NOVEMBER – 4TH DECEMBER 2022

Yes it is that time again already.

Jean Davies is kindly helping me with the organisation and meetings are already being held in regards to this year’s event. It will be decided at the July meeting if they will have refreshments this year.

Our Committee have agreed that we would like to take part again with helping with the raffle.

The theme this year will be Musicals.

The money will be split between the Bedford Hospital Charity and St Paul’s Church.

I know many of you have already volunteered to help and I thank you.

If anyone else would like to put their name forward as a helper then please let me or another committee member know either at a meeting or emailing one of us.

Once again many thanks for all your hard work.

Eve  
Bosom Pals Committee Member

taking a break  
is not lazy

slowing things down  
is not procrastination

taking time to think  
is not indecisive

taking care of yourself  
is not selfish

taking time to heal  
is not a waste of time

it is necessary

@mindfulofdreamss

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.  
Thank you.



**S**uggestions 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
Pauline Hooper	Programme Organiser	01234 350079	dphlely@btinternet.com
Margaret Church	Members Secretary	01234 305822	margaret.church46@hotmail.com
Eve Hirst	Secretary		
Di Gonse	LGFB Organiser	01525 403172	
Sue Tomkins	Raffle		

**W**hilst 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.

### WHERE AND WHEN DO WE MEET UP?

TRANSFIGURATION CHURCH HALL

BEDFORD ROAD

KEMPSTON

BEDFORD

MK42 8BQ

COMMENCING AT 0745 UNTIL 0945 PROMT

*Hope to see you there*

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 JULY - DECEMBER 2022

2 July - Summer Party at Happy Body Project, Wilstead, MK45 3QS from 1300 to 1700.



13 July - Sue Keane, a vintage stylist/enthusiast, is coming with a selection of vintage clothes to give her talk "A Century of Change".

10 August - a welcome return from the Biddenham Handbell ringers who will be giving us a mini concert.



14 September - Bill Davies will be giving an account of his working years on the railways.

12 October - this will be our charity night raising money for Sue Ryder St John's Hospice at Moggerhanger.



9 November - Bill Hamilton, former BBC news broadcaster will be talk about his lifetime in journalism in his talk "Man on the Spot"

14 December - Christmas social at the Centenary Hall, 104 Bedford Road, Kempston, Bedford MK42 8BG

