



BEDFORD BRANCH

Tittle Tattle Issue 1 - 2024

CHAIRMANS CHAT

Hello Ladies

The Committee would like to wish you all a very happy 2024 and hope we all have a great year at Bosom Pals.

What a lovely 2023 we had, trips and meals out enjoyed by many of us ,a great charity coffee evening, despite the terrible weather, and a wonderful evening at Indian Summer, where between them we raised a fantastic sum for our charity of the year, and all these were arranged by Brenda ,who we all thank very much for her hard work, which she continues to do for us in 2024.

We ended the year of course with our Christmas social, catered by the committee and enjoyed by many of us, and of course our visit by Father Christmas was great fun, really pleased he could fit us in in his busy schedule this time of the year.

This year is a very special year for Bosom Pals as we will be celebrating our 30th year and the committee are hoping with IDEAS from you all that we can celebrate in style in September, so thinking caps on so it can start being organised by the committee for you to enjoy.

Looking forward to some lovely meetings this year and great speakers, all arranged by Pauline for us to enjoy, and some great fun nights as well.

Lets have a great year together enjoying 2024

Love and best wishes to you all

Denise 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.



SUMMER PARTY

SATURDAY JULY 15th 2023

The weather wasn't that kind to us so we were not able to go outside this year but I don't think it spoilt the day.

Members and their guests enjoyed a cold meat salad with rice and pasta dishes followed by lots of cheesecakes, Margaret's fresh fruit salad and Pauline's chocolate toothpaste tart.

All the committee had cooked something and put everything together before everyone arrived.

We would like to thank Sam and Julie for allowing us to hold the party at The Happy Body Project and for all their hard work in putting the room together before we all got there.



THURSDAY 17TH AUGUST MEET UP AT MOWSBURY

Thank you to all those who attended.

The weather wasn't too bad and quite a few came which was lovely. So lots of chat and the Café was there for those of us who needed a drink and a bite to eat.

None of us were brave enough to try the little exercise things that are scattered where we sit. Maybe next time!!

OUR 30TH ANNIVERSARY 2024

IF YOU HAVE ANY SUGGESTIONS
ON HOW WE SHOULD CELEBRATE
PLEASE LET US KNOW



RECYCLING PAGE



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.

Used bras please

Bosom Pals are collecting used bras of all sizes & colours at our monthly meetings and these will be sent to Africa where they can potentially save women from rape and/or slavery.

It is an everyday commodity in the UK but to women in Africa a bra could be a critical lifeline. For many African women, underwear is an unattainable expense, while the technology to produce bras is simply not available. Women without bras are perceived to be vulnerable as lack of underwear plays a part in choosing which girls are forced into sex slavery and/or increases the likelihood of being raped.

Owning underwear is seen as a status symbol, indicating that the girl has someone who cares for her, whether that someone is her husband, brother or father. Girls wearing bras are perceived to be from a more privileged background.

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



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.

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

Thank you to all those who are taking part in this.

USED STAMPS

If you have any used postage stamps you don't want then please save them until we can either have them at our monthly meetings or coffee meet-ups but please keep them separate from the blister packs.

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

Please note we are now collecting them for

CLIC Sargent, the children's cancer charity

Sarah Higgins

Sarah Higgins, Oncology Nurse at Bedford Hospital, was nominated by a long-term patient who appreciated Sarah's kindness and ability to put others at ease.

"Sarah had appointments with me over 2021 and 2022. I had been referred to her by my doctor after discovering I have vaginismus. It is something I was very embarrassed over, and found a bit awkward to talk about.

"From the get-go, Sarah made me feel comfortable and made me realise I had nothing to be embarrassed about. She has a way about her that just makes you feel at ease! It was so nice to meet someone who had faith in me over something that I didn't have faith in myself.

"You can tell that she really has a passion in what she does and a passion for helping people. I think the fact that she runs the vaginismus clinic on her day off from her usual duties goes to show that!

"It may not seem like a big deal to some, but vaginismus is really something that can take over you. It makes you believe you'll never be able to have smear tests, never be able to have an adult relationship, or never be able to have babies. I will forever be grateful to Sarah for making all of this possible for me. Without her belief, her words, and her help, I really don't think I'd be where I am today. I get emotional to think about how far I have come in the time I was seeing Sarah. She has enabled me to find joy in something I used to be terrified of. I've managed to do things that I never thought in a million years I'd be able to do.

"She truly deserves recognition for what she does. I know I'm not the only person whose life she's changed and I am positive I won't be the last. Sarah is a credit to her department, a credit to Bedford hospital, and a credit to the NHS as a whole.

"Thank you for doing what you do"



"Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow."

— Mary Anne Radmacher

SUZANNE CHARLES
AND ROXTON GARDEN CENTRE LUNCH
WEDNESDAY 27TH SEPTEMBER

After last time's visit we decided to do another one last year and once again it proved to be very popular.

We were greeted at the door by the owner and her staff with a lovely cup of tea and biscuits. After a bit of socialising we all got on with the task at hand, finding something to buy. Well it didn't take us long. There was so much to choose from so we were in and out of the changing rooms, with a bit of "what does this look like" and "yes I will take it".

I know some of us landed up with 2 bags as after buying we went round again and found something else! I did buy a couple of Christmas presents which was a result however one of them I cannot find..... Had the whole house upside down and it is nowhere to be seen!!

So once we had spent some money it was off to Roxton Garden Centre for lunch. We had chosen Wednesday again as they have a lovely carvery there although the main menu is still available.

We all enjoyed a great lunch and a good old natter. Then off round the shop to spend more money.

In October we were invited to an afternoon tea by Blakelands Lodge Care Home in Marston. They were having a pink Breast Care Awareness week and some of the funds they were raising they wanted to donate to us. As you can see some of us went along to a lovely afternoon with lots of pink food, the Chef did them proud. Some of us returned in November to collect the cheque of £250 from them. It was great to hear that Kerry's Mum won the raffle prize as well.

This was also a lovely afternoon and we met more residents for tea and cake,

They often have a drop in coffee afternoon so it is well worth googling their webpage and having a look.



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

Well October was a very busy month.....

At the AGM it was decided that we would raise month for Bedford Day Care Centre this year. Both events for this worthy cause were held in October.

Maybe we need to re-think our planning! Our first event was

WEDNESDAY 11TH OCTOBER CHARITY COFFEE EVENING

We think the weather put a few people off as it was not nice out there that evening. However those who did come had a lovely cup of tea/coffee and a slice of cake, plenty to choose from.

We had the usual jigsaw tombola which is very popular, book stall kindly manned by Jenny Sudworth and friends from Oakley on behalf of Eve. Sue had put together a jar of sweets which you had to guess how many were in the jar. We also had some crafty bits and Sylvia with her lovely home made cards and of course the cake stall which Adrianna kindly helped on.

Plus we had been given a little hand made pink house to enable us to raise funds, and you had to guess the name of the house. Sue kindly had that as well and it was won by a member who had just become a Grandmother to a little girl. How lovely!!

The Committee would like to thank all those who came and brought family and friends and those who helped with the stall and tidying up etc.



Our second event was

TUESDAY 17TH OCTOBER CHARITY BUFFET EVENING

Another great evening, well supported. Jay and his staff always do us proud with the lovely hot food and great service. They had a different curry this time which went down very well on our table. Not sure if anyone spotted but Father Christmas did actually join us this year bringing Mrs Christmas along with him.

We are also thankful to all the people from Oakley who make the numbers up so that we always have around about 100 people, which is brilliant!! Thanks to Jean and Jenny who arranged collection of payments etc. It is much appreciated.

Pauline organised another great raffle with lots of lovely prizes. All winners were very pleased with their choices.

On behalf of the Committee we wish to thank everyone who brought friends and family to this event.

OUR MONTHLY MEETING ON WEDNESDAY 8TH NOVEMBER



This was a lovely evening made more special by the representative of Bedford Day Care Hospice, Sarah Phillips joining us to collect the cheque for the money raised by the events in October.

Altogether from both events we raised £1360

We also had the Kempston Hammers choir singing various songs and carols. We were allowed to sing along which made it so much more Christmassy. I think everyone who attended will agree it was a lovely evening.





Ho ho ho and welcome to the Christmas
Social evening on Wednesday 13th
December.

As usual this was held in the Centenary
Hall just down the road from the one we
normally meet in.

The food was prepared by the Committee
and was enjoyed by everyone.

A guest could be brought along to this
evening and it was so nice to see so many
there.

Father Christmas made his usual
entrance and gave all the members a little
present of chocolates and then led the
singing of the 12 days of Christmas.
We hope you all enjoyed the evening.



CHRISTMAS TREE FESTIVAL 2023

Fantastic news the total raised was £23,523. Thanks to all the amazing volunteers. Bosom Pals sold 2,310 raffle tickets and manned the café on two days and with the help of some bakers in Oakley, provided some delicious homemade cakes. The money will be divided equally between St Pauls Church and Bedford Hospital Charity and Friends. This year Bedford Hospital Charity & Friends are directing their efforts to raise £600,000 for a new Cardiac CT scanner upgrade.

Considering the awful wet weather it didn't deter the crowds coming to support this important Community Celebration, which is in its 23rd year. There were more performance groups than ever and a more varied schedule of performances from Schools to Children Musical Drama groups; Acapella choirs to Period Costume performances as well as the Handbell Ringers and the Festival was opened by the magnificent Bagpipes.

The two worthy winners of the People Choice competition who received trophies donated by Lane Holmes were the 1st Brickhill Brownies and Lemon & Ginger Knitting group who now meet in the Albergo Lounge on Monday & Wednesday's. The four children who won the Book Tokens donated by Time Table Rockstars were all thrilled to have won.

Finally, the theme for the Festival next year is "The Magic of Christmas" and it will be open to the public from Wednesday 4th December to Sunday 8th December if you have got your 2024 diary! If you would like to volunteer to help with the raffle or man the coffee shop or bake a cake or all three, please let me know.

Well done to all the volunteers, we couldn't have done it without you.

Wishing you a peaceful and healthy New Year.

Jean Davies

01234 823496

07868 016967

jeannedave@sky.com

The Committee would like to thank Jean for all her hard work and commitment with representing Bosom Pals at the Christmas Tree Festival these last few years and will continue this year as well.

It is very much appreciated.



Lemon & Ginger winner above
1st Brickhill Brownies below



EVENTS 2024

We are yet to finalise any dates for the next few months however these are some of the things we are looking in to. More details to follow.

- March – pub lunch
- 7th April wellness sessions at The Happy Body Project
- May – visit to the John Bunyan Museum

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 2024

Gallones

Old Arcade Bedford



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

Thursday 15th February — 1400 to 1530 Brenda will be in attendance

Thursday 21st March — 1030 to 1200 Di will be in attendance

Wednesday 17th April — 1400 to 1530 Margaret will be in attendance

Wednesday 15th May — 1030 to 1200 Susan will be in attendance

Friday 21st June — 1400 to 1530 Denise will be in attendance

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

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
Pauline Hooper	Programme Organiser	01234 350079	dphlely@btinternet.com
Margaret Church	Members Secretary	01234 305822	margaret.church46@hotmail.com
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.

WHERE AND WHEN DO WE MEET UP?

TRANSFIGURATION CHURCH HALL

BEDFORD ROAD

KEMPSTON

BEDFORD

MK42 8BQ

COMMENCING AT 7.45pm UNTIL 9.45pm prompt

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 JANUARY - JULY 2024

12	21	32	60	83
4	29	47	68	77
1	38	51	65	73
14	22	44	54	80
9	15	25	49	69
2	18	41	52	61
3	19	20	36	67
6	16	24	43	50
8	17	35	59	79
5	11	23	31	55
7	13	30	53	63
28	33	58	76	88

10 January

Social evening playing bingo - a chance to catch up with your Bosom Pal friends after the festive season and have a bit of fun. Homemade cake will be served with your tea/coffee

14 February - Colin Osborne MBE who was High Sheriff of Bedfordshire 2014/15 will be giving his talk "A Year in the Life of a High Sheriff" telling us all about the various events he attended in that capacity.

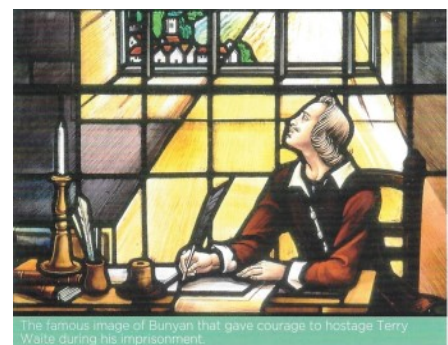


13 March - Riverside Dairy Farm will be giving an illustrated talk about the changes they have made to become a nature friendly farm. They will also talk about the ice cream side of their business and bring samples!



10 April - AGM - this is the night for members to come and hear about the previous year and the plans for the future one. It is a chance to air your views and make suggestions which will then be considered by the committee. Homemade cake will be provided with your drink.

8 May - Alison King will be giving us a talk on John Bunyan: His Life and Times.



12 June - A fun evening playing Crazy Bag Whist. Members need to bring 3 unwrapped items in a bag, 1 each to the value of £1, £1.50 and £2. While playing an easy game of whist, members will be exchanging these items depending on whether they win (choose) or lose (given) but everyone will go home with 3 items.