



**BEDFORD BRANCH**

# Tittle Tattle Issue 1 - 2026

**CHAIRMANS CHAT**

**WELCOME LADIES TO 2026**

Bosom Pals committee wish you all a Very Happy and Healthy New Year.

How does it seem possible that we have already reached another year when it seems 2025 had only just started.

Once again what a year we have had. We had some amazing and sometimes funny speakers, we have been entertained

In various ways and I am sure one of the favourites were the Turf Tappers in November, they had our feet tapping and we enjoyed a Singalong as well. All these are booked by Pauline and I am sure she has some great ones booked for us this year,

We have enjoyed lunches at Bromham and Roxton Garden Centre, organised by Brenda and she has some great ideas for trips this year.

We all enjoyed a lovely warm summer and had some lovely holidays with families and friends I know that I did as spent two weeks in Northumberland

Touring around and realising that we do have some beautiful scenery and remote place to enjoy in this country, I hope that you all have or get the chance to enjoy some of this beautiful scenery this year.

Our 2025 year of course finished with our Christmas Social where we had an amazing buffet , fun quiz and a visit from Father Christmas, enjoyed by all, I think he enjoys it too.

Our year did end on a sad note when we were informed that Gloria had passed away.

Gloria was involved with Bosom Pals at the start, but I knew her as my breast care nurse the first time I had breast cancer and I am sure she held man hands as she did mine at the time, she will be missed.

I wish you all a wonderful 2026. Have a great healthy year, see you at our monthly meetings.

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.

**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.



It was so lovely to see so many people on the 20th August at Mowsbury Park.

The weather wasn't overly kind to us as it was a bit windy which made a mug of hot chocolate all the more welcoming.

We all sat by the café and it was great to catch up with everyone. There was a lot of chat and laughter and it was especially great to see Gloria who had come along but has very sadly since died.



### **KEMPSTON FETE**

**12TH JULY 2025**

We were asked if we would like a stall at this event and as it had been agreed that we would try and promote Bosom Pals so 3 of us attended. Luckily we were placed under a lovely tree which kept us shaded on a very hot day.

Next to us was a stall run by the man who had kindly donated



the lovely pink house we had for a prize at our charity evening a couple of years ago.

A few people came to speak to us and we gave out leaflets.

One of our visitors was the Mayor of Kempston Ali Akbor as pictured above. We also had a visit from the MP for Bedford, Mohammad Yasin. It was a very interesting day.

# 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.

**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**

## **Good condition 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.

## **BLISTER PACKS**

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

Boots are now collecting them in a box near the pharmacy but you can only post a few at a time.

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

It is very much appreciated.

## **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. 0.75cm 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**

## **ARE YOU PROTECTED?**

**By Christine Hearn**

Recently at 1020 in the evening my carbon monoxide alarm started beeping and flashing a yellow light. The internet suggested a low battery. I knew it wasn't as I had bought a new device 2 months before after dropping my alarm in a bowl of water.

I rang the gas emergency (0800 111 999) and they said "open the doors and windows and we will send an engineer". He arrived within half an hour and tested everything and said it was definitely a gas leak in my boiler and turned the main gas off immediately.

The engineer went to his van and brought me two boxed electric fan heaters, one for downstairs and one for upstairs which he said were mine to keep.

He also went next door to make sure no gas had got in there. He said it was a fault with my boiler and I must call an engineer. He confirmed with me that I was now completely safe but to call an engineer next morning.

This I did and he came that day. He told me it was a bad leak and without that warning I could have gone to sleep and never woken up!!

That alarm saved my life.

So PLEASE make sure you have a carbon monoxide alarm and test it regularly.

I have since told other people and have come across two people who have immediately gone out and brought one. Mine is called a "Fire Angel". It certainly was an angel looking after me.

*Christine Hearn*

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We are very glad that Christine acted so quickly and received the help she needed from the professionals. The seriousness of this cannot be underestimated and we thank her for sharing her story with us.

Are you aware that people over 65 can request a visit from your local fire service who offer free installation of both fire alarms and carbon monoxide alarms.

They will visit your house to provide essential fire detection and safety advice, with specialized alarms available for hearing loss.

To apply please ring this number 0800 0435042 or visit their website:-

[homefiresafetyvisit@bedsfire.gov.uk](mailto:homefiresafetyvisit@bedsfire.gov.uk).

A couple of Committee members have recently done this and were very happy with their visit and equipment that was installed.

So please don't delay and make that call if you do not already have the equipment, as Christine has said it could save your life!!

## Macmillan Coffee Morning – 26 September 2025



Bosom Pals were invited to have a table at the Macmillan Coffee Morning organised by the DeParys Group at their Enhanced Services site on Kimbolton Road.

Denise, Susan and Pauline went along with some current Tittle Tattles, and various other leaflets associated with BP.

Unfortunately, all the tables from the designated room had been taken out and put along the corridor for the vast assortment of cakes and samosas that the attendees were able to enjoy.

However there was a wide ledge above some cupboards so we shared this with Sue Ryder, Bedfordshire Fire & Rescue Service, Bedfordshire Rural Communities Charity and Healthwatch Bedford Borough.

The event was mostly attended by members of the staff with a few patients from the practice including one of our members, Christine Brightman who was there with her daughter.

We all enjoyed a drink and some cake which had been made or bought by members of staff. Each plate had a number by it and we were asked to judge them with there being a prize of a potted plant plus wooden spoon saying “Star Baker 2025 Macmillan Coffee Morning”.

The medical staff all seemed keen to learn about Bosom Pals and one who has recently had breast cancer thought she might join.

We did a lot of networking with the other organisations present including the booking of fire safety checks.

The event raised £1099 for Macmillan.



Dr Qasim with Denise, Susan and Pauline



So how did I become involved with the article published in "Yours" magazine on 14 October? An email from Pauline Hooper popped up in my in box at the end of July stating that they had received a request, via the BP website, from the Feature Editor of "asked whether one of BP ladies would be interested in speaking tYours" magazine explaining that they feature a volunteer in very issue and o them about the volunteering work we do. The Committee had wondered if I might be interested in pursuing this request.

"Yours," a bi-monthly publication targeting those over 40—well, I definitely fit into that category! So, I agreed to find out a bit more about what was involved. I spoke to a lovely lady called Moira who said everything would be done over the phone, I didn't need to do anything except talk about my volunteering experience with Bosom Pals. Well! that wasn't difficult, was it! We set a date, just a few days ahead, when the conversation would take place. I must admit I was feeling a little nervous and concerned that I wouldn't have enough to talk about, as I was told the call would last about 20 minutes. The big day dawned and once I started I couldn't stop, the time went very quickly, and Moira helped by asking questions which steered the conversation and put me at ease.

Moira phoned me about 4 weeks later and read out the draft which I was very happy with. It was quite exciting waiting for the publication date.

I hope you enjoyed reading it and felt it was a true reflection of Bosom Pals Breast cancer support group. There have been many volunteers over the years including the breast care nurses, Rob who keeps our website up-to-date, tea ladies, husbands, partners and fund raisers who have all helped the group grow from its early days in 1994 through to the current day and current Committee. Without these volunteers the Group would not have survived 30+ years, so thanks to everyone who been part of the Bosom Pals journey.

Jean Davies

If you haven't already read the article which was in issue 491 as pictured above Brenda will bring the magazine to the next meeting. Well worth a read.

### WHY NOT BRING A FRIEND(S) TO A MEETING

As suggested and agreed at the 2024 AGM members could bring a female friend or friends to meetings apart from the AGM or specified.

This proved very successful and will therefore continue this year.

**There is a charge of £4 per guest.**

Can we please remind everyone to turn off their phone at the meeting. It is both distracting and not fair for the speakers to be interrupted.

If you are waiting for an important call then please put on vibrate and keep the phone in your hand so you get the message. Thank you for your co-operation.

## **NOVEMBER MEETING**

What a lively meeting we had this month when Pauline had organised the Turf Tappers to entertain us.

It was so lovely to see so many members who also brought along a friend.

So many tunes we all knew and were able to sing a long to.

Such a great evening we may have to do it again!!



## CHRISTMAS TREE FESTIVAL 2025

### Christmas past, present and future spreads enchantment at this year's 25th Tree Festival

#### A record £31K was raised, how amazing, Well done everyone involved

Bosom Pals have been involved with Bedford Christmas Tree Festival for the past 10+ years, by selling raffle tickets during the 5-day event and running the café on two days. The Festival has become such a firm favourite in the run up to Bedford's Christmas with something for everyone. This year 70 glittering trees were decorated by local community groups, schools and firms in the majestic setting of St Paul's historic church. Against this backdrop, throughout each day, a total of 46 choirs and other performers entertained guests and visitors

On Friday evening 5th December 'Amici Music' made up of 25 musicians celebrated the 25 years by performing pieces by Bach, Mozart, Vivaldi, seasonal favourites and other fabulous music at the annual Festival Concert.

Having already raised £250K over the past 25 years, the Festival won the Fundraiser of the Year (Team) Category in Bedford Independent's Everyday Heroes Awards 2024. This year a record breaking **£31K** was raised, shared between the two charities, St Paul's Church Bedford and Bedford Hospital Charity & Friends.

The Festival requires immense dedication from some 330 volunteers and office staff to ensure that everything runs smoothly. The Committee is grateful to the Festival's main sponsor, Jayne Beard Associates and to many other sponsors, businesses and individuals.

Thanks to all Bosom Pals members and friends who give of their time, selling raffle tickets, manning the café on two days and baking wonderfully delicious home-made cakes. Bosom Pals, the Christmas Tree Committee and the two charities who benefit from its proceeds are truly grateful for your help during this busy Christmas season. We couldn't have done it without you.

Jean Davies



Once again we were given a hamper and it was suggested that Bosom Pals might like to refill it for use as a raffle prize at the 2025 Christmas Tree Festival.

Members attending the monthly meetings kindly donated money which was then used to purchase the items.

Margaret kindly took the job on this year from Pauline and as you can see from the picture it was another success.

**Thank you to everyone who kindly donated. The hamper looked great on the raffle table behind where we sat selling the tickets.**

## EVENTS 2026

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

- MARCH 19TH – Pub Lunch. The Park Pub, Kimbolton Road, Bedford MK40 2PF.
- APRIL 22ND – Suzanne Charles visit with lunch at Roxton Garden Centre
- 10TH JUNE – Charity Coffee Evening. Local charity to be voted at AGM.

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 2026

#### Gallones

Old Arcade Bedford



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



**Tuesday 20th January - 1030 to 1200 Pauline will be in attendance**  
**Thursday 26th February - 1030 to 1200 Susan will be in attendance**  
**Wednesday 18th March - 1030 to 1200 Diana will be in attendance**  
**Thursday 23rd April - 1400 to 1530 Brenda will be in attendance**  
**Thursday 21st May - 1030 to 1200 Margaret will be in attendance**  
**Wednesday 17th June - 1400 to 1530 Denise will be in attendance**  
**Thursday 16th July - 1030 to 1200 Susan will be in attendance**

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

*Gallones is now not moving and will be staying at the current premises for the next 5 years.*



# CHRISTMAS SOCIAL EVENING

## 10TH DECEMBER 2025

What a great evening with so many members and guests enjoying an evening of chat, laughter, singing and of course a visit from Father Christmas who brought members a little present of chocolates.

The Committee had put together the buffet and there was a help yourself bar for wine, beer and soft drinks.

Everyone seemed to enjoy themselves and most won a raffle prize.



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

**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](mailto: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
Pauline Hooper	Treasurer	01234 350079	dphlely@btinternet.com
Brenda Hart	Social Secretary		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 and Secretary	01525 403172	
Susan 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 7.45pm UNTIL 9.45pm prompt

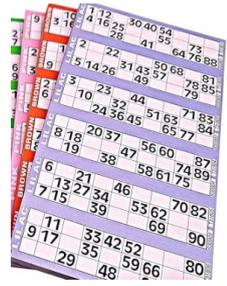
*Hope to see you there*

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 2026

**14 January** - we will start the year off with a social evening playing bingo and catching up with other BP members. There will be cake to enjoy with your tea/coffee.



**11 February** - Paul Barnes will be talking about some of Bedford's "Famous Folk" but not necessarily those shown here

**11 March** - Liz Houghton, a local published poet will be our speaker



**8 April** - AGM - this is the night for members to come and hear about the past year and the plans for the future one. It is a chance to make suggestions which will then be considered by the committee. Cake will be provided with your drink.



**13 May** - Steve Dimmer will be giving a talk on the lovely Victoria Wood

**10 June** - this is going to be our Charity Evening for 2026 when members plus friends are invited to come to have a piece of cake with a cuppa in order to raise funds for a local charity which will be decided by members at the April AGM. There will be cakes and books for sale plus the usual jigsaw tombola.



**8 July** - Archivist Pamela Birch's talk "Great Estates" looks at the upstairs and downstairs of Bedfordshire country houses