



BEDFORD BRANCH

Tittle Tattle Issue 2 - 2025

Hello Ladies

Welcome to the second edition of 2025

What a start we had of 2025, our first meeting was a fun night of Bingo which I missed as I had gone to New Zealand.

As my son decided that he was getting married on the 4th January, a lovely surprise but a bit of a rush to sort flights and of course the outfit .

I then missed the March meeting as I had a call to have a very welcome knee replacement, but did hear you had a good meeting.

Since then we have had some interesting, and funny speakers, one of which we hope we will definitely have back again at some point.

We have had trips out one of course was to Suzanne Charles, I will have to stop putting my name down for that as my purse gets a lot lighter,

After of course we have lunch which is always enjoyed by all.

We had our charity event this month not as many there as we hoped but we did make over £400 for our charity this year, thank you all.

I look forward to the second part of this year, I hope you all have a lovely summer and enjoy it with family and friends.

Love to 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.

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.



Our first outing of 2025 was for lunch in the café at W&H Peacock Auctioneers & Valuers. This took place on Wednesday 26th March 2025.

We were planning on going to the Prince of Wales in Bromham as we normally do but Eamon has left and it has been taken over where you can enjoy the tastes of Nepalese cuisine.

However we have since learnt that the new owners have decided to continue with some of the previous menu at lunch times if you prefer. So we may try this later in the year or other places were suggested at the lunch.

It was lovely to see so many of you and I think we all enjoyed catching up with each other with such lovely food.

Wednesday 23rd April Susan hosted the coffee morning at Gallones between 1030 and 1200.

As you can see Martin was there today and kindly posed for us on the spiral staircase and was as always so very supportive.

Such a lovely atmosphere there and he had quite a few customers there today.

Only 2 members were able to join the committee as below but we had a good catch up.

Martin is hoping to move to another premises that has downstairs toilets which will be most helpful to us all so fingers crossed that happens fairly soon.

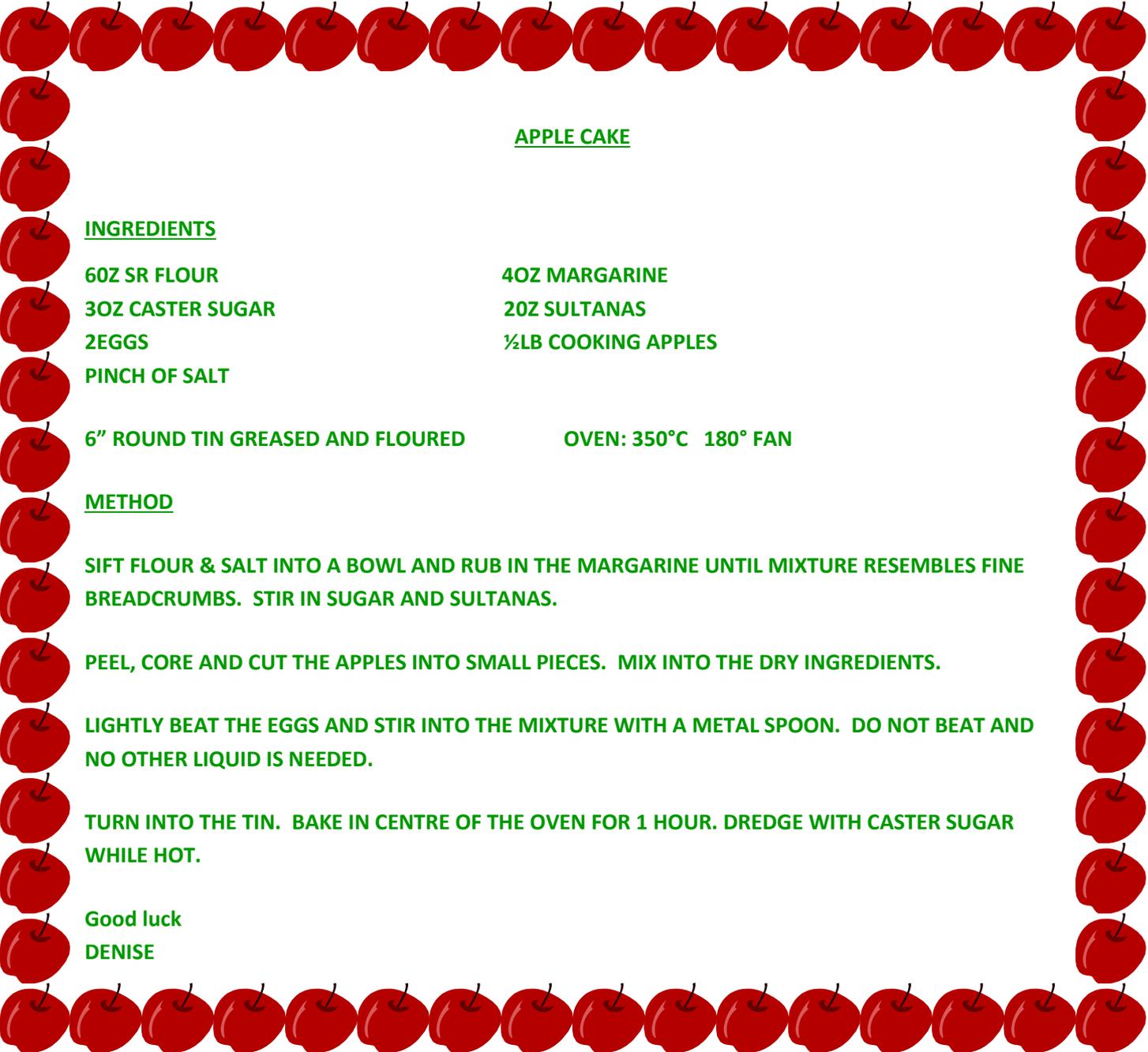


all



The list of future coffee meet-ups are listed in the back of this magazine.

We hope to see you there.



APPLE CAKE

INGREDIENTS

60Z SR FLOUR
30Z CASTER SUGAR
2EGGS
PINCH OF SALT

40Z MARGARINE
20Z SULTANAS
½LB COOKING APPLES

6" ROUND TIN GREASED AND FLOURED

OVEN: 350°C 180° FAN

METHOD

SIFT FLOUR & SALT INTO A BOWL AND RUB IN THE MARGARINE UNTIL MIXTURE RESEMBLES FINE BREADCRUMBS. STIR IN SUGAR AND SULTANAS.

PEEL, CORE AND CUT THE APPLES INTO SMALL PIECES. MIX INTO THE DRY INGREDIENTS.

LIGHTLY BEAT THE EGGS AND STIR INTO THE MIXTURE WITH A METAL SPOON. DO NOT BEAT AND NO OTHER LIQUID IS NEEDED.

TURN INTO THE TIN. BAKE IN CENTRE OF THE OVEN FOR 1 HOUR. DREDGE WITH CASTER SUGAR WHILE HOT.

Good luck
DENISE

WHY NOT BRING A FRIEND(S) TO A MEETING

As suggested and agreed at last years AGM {2024} that members could bring a female friend or friends to meetings with a speaker. This proved very successful and will therefore continue this year.

There is a charge of £4 per guest.

CANNON HALL FARM VISIT BY MARGARET CHURCH

On April 4th my friend Debbie and I set off on our journey to Barnsley for our visit to the farm.



After settling into our hotel we made our way to The Mill of the Black Monk a beautiful 1150AD former Water Mill. Originally it was attached to Monk Bretton Priory. The full history made fascinating reading. It was here we enjoyed a lovely meal.

On the Saturday morning we made our way to the farm for our VIP experience day. We started the visit with a lovely breakfast at the White Bull restaurant on the farm.

After this it was time to wander round admiring the animals. Magnificent Shire Horses, one with a foal. There were also Highland cattle with their calves, Shetland ponies, goats, sheep and many more.



Our VIP tour started at 2pm with meeting Hannah one of the farm hands who gave us a tour of all the different breeds of sheep and lambs. During this time one of the sheep decided to lamb so Hannah called on farmer Dave to give her a hand as it was the first time she had done a delivery.



After this we went to bottle feed the pet lambs, then we were lucky enough to also feed the lovely little pigmy goats. They were so cute and full of energy.



We finished the day looking at more animals like llamas, miniture horses from America, pigs with their litters one having 17 piglets. We also saw meerikats, porcupines and many more.

Returning on Sunday for breakfast absolutely deliciously cooked. Then time to visit the farm shop selling all home grown beef, lamb and pork some of which we brought home.



We certainly hope to go back for another visit.



SUZANNE CHARLES SPRING VISIT

WEDNESDAY 30TH APRIL 2025

FOLLOWED BY LUNCH AT ROXTON GARDEN CENTRE



We had decided to visit here in the Spring this year for a change.

Once again we were met by Diane and her team with tea and biscuits which is always a good start for our shopping morning out with the ladies.

It was so lovely that quite a few of you could make it and the sunshine certainly helped when browsing their Spring collection.

Well I say browse, I landed up in the changing rooms with quite a few tops and a pair of trousers. Very much welcomed people gathering to give their opinions on what was suitable. Only put 2 of the tops back and brought the rest!

It is so lovely to be able to go into a shop, especially with friends, look round and actually try things on.

There is always so much variety and the staff are always on hand to help out with anything. If you have never been there then we highly recommend it.

Thank you Diane and your team for all your support throughout the year as I know members visit you and take friends and family.

Also thank you for collecting bra's for our appeal. We have already sent 2 full suitcases and thanks for the box I took away on Wednesday which should complete suitcase number 3.

We then went onto Roxton Garden Centre for lunch and a good old natter. A bit more browsing there. Lunch and the company was great. The food wasn't bad either!!!

A great day out was had by all.

Thank you to everyone who was able to join us.



Christmas Tree Festival (CTF)

About 2 months ago we were delighted to learn that the Bedford Christmas Tree Festival had been nominated for an award being run by The Bedford Independent in partnership with The Harpur Trust, called "Everyday Heroes Awards".

The award is split into various categories and CTF were included in the **Fundraising Hero Award (Team)**.

On Thursday 1st May, along with Margaret Oakley (Chair of the CTF) and 2 other Committee members we attended the Awards Ceremony in the inspiring surrounds of the Quarry Theatre, on a beautiful spring evening on the hottest day of the year so far.

Before the ceremony began we enjoyed the pleasant weather in the Quarry Theatre garden which was helped along with cold drinks and nibbles served by Bedford School, the Award hosts. Once in the theatre the atmosphere was electric with anticipation and excitement. Music was provided by Bedford School's Jazz Band adding that special touch of energy that kept the ceremony buzzing. What a fantastic group of musicians and so talented.



There were 5 other teams in our category and we held our breath as we waited the result, they announced the 2 teams who were high commended, and then with bated breath we heard the words "winners are The Christmas Tree Festival" Organised by Margaret Oakley and her team, who have raised a quarter of a million pounds over 25 years, split between St Pauls Church and Bedford Hospital Charity & Friends.

It was a fantastic evening and being among so many worthy nominations was humbling in itself but as a winner it has given us a huge boost to know that our volunteering is much appreciated. Thanks to all Bosom Pals members and friends who volunteer at this wonderful community event each year, especially at such a busy time of the year, to all those who sell raffle tickets, man the café 2 days

a week and all the wonderful cake makers, we couldn't do it without you.

The theme for this year is "Christmas past, present and future" and it runs from Wednesday 3 December - Sunday 7 December. If you would like to volunteer to sell raffle tickets, help in the café or bake a cake please contact Jean Davies on 01234 823496 or 07868016967.

Jean Davies

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**

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.

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

Please note we are now collecting them for

CLIC Sargent, the children's cancer charity

On Thursday 15th July a small group of us visited the Panacea Society Museum in Bedford. What a fascinating place and a most informative and enjoyable tour.

I think we sometimes forget how much history has to offer in Bedford. The gardens were fabulous, that comes from someone who isn't particularly bothered about flowers. I didn't know that anyone can go and sit in the gardens, and take a picnic. Such a lovely tranquil place.

If you haven't been then it is well worth a visit.

Some of us stayed to have a toasted tea cake, although the coffee shop is very small we managed to share it with other people. Carol O'Brien the CEO from Bedford Sight Concern and Simon Hart (we don't think we are related) took the photo. It was lovely to meet them.



BOSOM PALS CHARITY EVENING was held on Wednesday 11th June. This was in aid of the refurbishment of the PICC insertion room at the Primrose Unit.

As usual entry included tea/coffee and cake. We had various stalls and we raised £416.50. Although this year we did not have as many people attend that is still a good amount for a couple of hours work.

Just wish to say a huge thank you to everyone that helped us out, with setting up the hall, and packing away at the end. All those that helped man the stalls for us. Without you we could not do it, so a huge thank you!!

Recently members of the Committee have been as suggested trying to publicise our group. We sent out invitations via the Breast Care nurses as suggested by them. To newly diagnosed people.

On 21st May, Denise, Margaret and Brenda attended the lounge in the Swan Hotel but nobody had replied to the invitations or turned up on the day. We will try this again and see what happens next time.

On the 12th June we had been invited to Wixams Retirement Village to a wellbeing day. As you can see 4 of the committee attended and were kept busy chatting to everyone. Lots of other groups were there so it was very interesting to see what was on offer. We are also attending another event like this on the 12th July at the Transfiguration Church where we hold our meetings.



MELIA TAYLOR

30TH NOVEMBER 1970 TO 18TH MAY 2025

It was so sad to announce the passing of Melia who had been our treasurer since 2017 and had passed away from a stroke. Melia had joined Bosom Pals in April 2013 and had become a valued member of the team. We asked her friend Helen, who Melia had recommended for our first aid training to say a few words about her. Below is her touching tribute.

Melia will be missed by everyone who knew her.

Melia was an amazing person to know. Anyone who met her would say she shone—always with a smile, and a glint of that wicked humour bubbling just beneath the surface.

She was kind and thoughtful, the sort of person who would be there for you in a flash if you needed her. Even in the face of adversity, Melia met life with grace and grit—always with that same smile, unwavering and bright.

She had a way of making everyone feel seen and heard. Whether it was a quiet cup of coffee and a chat on a bad day, or a sarcastic joke that cracked through your gloom, Melia just *got it*.

She knew when to listen and when to make you laugh—often both at once.

She was fiercely loyal too. Once you were in her circle, you were *in*. She would back you up, fight for you, and make you feel like you mattered. That kind of loyalty and love doesn't come around often.

Melia lit up rooms with her laughter and her energy. She made life a little warmer, a little weirder (in the best way), and a whole lot brighter. We were lucky to know her. And while she's no longer here in person, her warmth, humour, and strength live on in the memories we carry—and in every beautifully imperfect, swear-filled crochet blanket she ever made

Melia lived in Elstow as a child and as an adult lived Kempston way until meeting Tim and moving to Bromham, she had various jobs like we all do when young but realised she had a talent with numbers so put herself through her accountancy qualifications, you all know Melia enough so know that during that time there was a lot of tears, cursing and happiness as she passed each assessment and finally became someone who could put letters after her name...but never did. As friends we always giggled about being grown up and doing big girl jobs!

When Melia met Tim, she told me she had started to see this bloke that wore lycra and cycled a lot...yes, we chuckled when Tim popped the question, we celebrated with coffee and cake of course!

Their wedding was an amazing day; to see them both look so happy and have all their friends about them made it an honour to be a part of. The wedding reception was a barn dance, to share that most people left about 2am tells you what a blast it was to celebrate their day.

When James arrived M was so joyous and slightly terrified in having a small person to be in charge of, as you all know James was a great small person and grew into such a great young man who Melia is so proud of and what he has achieved in life so far. What's great is he also has the wicked sense of humour Melia and Tim have .



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



I'd like to share this with you all from when we were Young Leaders

Celebrating 75 years of Girl Guiding (1985) at Shuttleworth, camping in the estate garden, Guides from all over Bedfordshire converge with their A-frame tents and set up small camps in divisions.

As Young Leaders Melia and I were role models (stop laughing) and obviously setting a great example to the younger Girl Guides who were camping at Shuttleworth, there were over a thousand from Bedfordshire Guiding and we were excited to share a tent with each other, we were so happy.

The first morning when the alarm went off, we only realised what had happened as we tried to get out the tent to realise, our Guides had sewn us in, but the fly sheet round too.

IT WAS HILARIOUS and apparently you could hear us cursing and laughing from a distance.

We finally emerged and ran to get into campfire circle with our heads down, slowly we realised that the girls were trying hard not to laugh and there was a lot of giggling...we looked up and it was at this point we realised that my bra and your knickers (boxery things) were flying high on our camp flagpole, mortifying but so bloody funny too...a moment that perfectly captured our mischievous spirit... but there's more...

That night, we declared silent war, armed with a torch, a spade, stifling our giggles, we collected a vast amount of sheep shit (Shuttleworth have a LOT of sheep!)

Filling all our little camp's washing-up bowls, laughter echoed, and tears ran down our legs as we made our way back to our tent and tried to sleep...next morning was chaos and we managed to look sweet and innocent – not an easy task I'll grant you and we eventually faced the inevitable disapproval of our matriarchal leader.

But it was sooooo worth it!

In recent years, she took up crocheting, and like everything she did, she threw herself into it wholeheartedly. Her blankets were gorgeous—intricate, warm, and made with love. Of course, anyone within earshot could also confirm they were stitched together with more than a few swear words. You'd hear the click-clack of her crochet hook... punctuated by the occasional "bloody hell" when the yarn misbehaved. It was so very Melia—creative, determined, and just a little bit fierce.



Photo taken from last years 30th Anniversary party.

When Melia found Bosom Pals, it was a true turning point in her journey. As many of you know, receiving her diagnosis brought not only the expected fear and uncertainty, but also a flood of emotions tied to the loss of her dad. It was an incredibly difficult and overwhelming time.

But Bosom Pals made a *huge* difference. They weren't just a support group; they were a lifeline. Their care, understanding, and presence helped lift some of the weight she was carrying.

They were there not just for Melia, but also for the boys, and that meant the world to her.

I know how much she valued the friendships and strength she found in the group. It helped her feel less alone, gave her comfort, and reminded her, on even the toughest days, that she was surrounded by people who truly understood, stood with her and became extended family.

Melia experienced a lot of tragedy in her young life with losing her parents and grandparents too young, but with the friends she had round her she was a strong determined person, know what she liked in life and lived to the fullest of her potential, even when her nerves hit on occasions, she'd mutter 'come on girl you can do this' and give it her all.



Melia had currently been working at Cranfield University which is where she went after the Fire service job she was in. If I'm honest we didn't work much when we got together.

This pic above is from February when we met up for a walk, coffee and of course cake!

Helen Bell-Day

CHRISTMAS TREE FESTIVAL 2024/2025

Dear Bosom Pals and friends

Thank you once again for your fantastic support for our Bedford Christmas Tree Festival. Our raffle this year raised £2,714, a 17.5% increase on last year. The Cafe raised £1,962, a 14% increase on last year. Overall an amazing total of £23,000 was raised which will be shared evenly again between St Paul's Church and Bedford Hospital Charity & Friends.

This year monies raised for our local hospital will be spent on refurbishing two dedicated cancer care side rooms on the children's Riverbank Ward at South Wing. These rooms will allow patients to receive rapid specialist treatment to combat infection without needing to travel to London or Cambridge and will have a special air conditioning supply that prevents infection from entering. The Charity will also pay for the first year's salary for a dedicated Cancer Care Nurse Specialist who will work alongside Bedford Hospital's specialised Paediatric doctors to deliver this care. These new facilities and care will allow a family member to stay with their child while they undergo treatment. This will be a huge step forward in the provision of urgent treatment availability for Bedford children who very sadly are undergoing cancer treatment.

68 schools, charities & firms decorated trees this year and 42 groups took part which amounted to over 1,000 children and adults singing and performing over the five days. An amazing Community showcase of talent for Bedford.

Thank you once again, we couldn't have done it without your support. May I wish you and your families a peaceful 2025.

Plans are already underway for next year's Christmas Tree Festival and the dates are Wednesday 3rd to Sunday. 7th December. The theme is "Christmas Past, Present & Future" celebrating 25 years and a guesstimate of £250,000 raised over that period. I know that many of you enjoy volunteering at this community event and love hearing the beautiful sounds of the children's voices and seeing the glittering trees. It makes a wonderful start to the Christmas Season.

If you would like to volunteer again this year please let me know. It's good to get it in your diaries early.

Again thank you for your support and for the part you played in the success of this event.

Jean Davies

01234 823496

07868016967



Jean Davies offered us this lovely Marks & Spencer wicker hamper which Dave had been sent last Christmas and suggested that Bosom Pals might like to refill it for use as a raffle prize at the 2024 Christmas Tree Festival.

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

A friend of Brenda's actually won the hamper and said how lovely it was!!!

So we have decided to do it again for 2025 and the collection pot will be available to donate to at each meeting.

EVENTS 2025

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.

- 20TH AUGUST - get together at Mowsbury Park 1400 – 1530. Remember to bring your chair. There is a café to enable you to purchase drinks/food and also a toilet is next to the café.
- SEPTEMBER – Hunger Hill vineyard at Marston. Date to be arranged.
- 3RD TO 7TH DECEMBER – Christmas Tree Festival
- 10TH DECEMBER – Christmas Social

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 2025

Gallones

Old Arcade Bedford



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



Thursday 18th September - 1400 to 1530 Margaret will be in attendance

Wednesday 15th October - 1030 to 1200 Denise will be in attendance

Thursday 20th November - 1030 to 1200 Susan will be in attendance

There is no coffee meet up in December

Tuesday 20th January 2026 - 1030 to 1200 Pauline 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
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		

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 - JULY to DECEMBER 2025

9 July - Samantha Johnson will be giving members information on the support and therapies available at the Living Well Centre/Keech Hospice (formerly Bedford DayCare Centre) who were our charity in 2023.

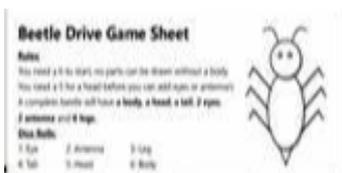


13 August - Crazy Bag Whist night when members need to bring 3 unwrapped items



in a bag - 1 x £1, 1 x £1.50, 1 x £2. All members will go home with 3 items but not usually any of the ones they came with. We will provide "filled bags" for any members who forget to bring theirs. Cake will be served with your tea or coffee.

10 September - Katharine Tate, registered Nutritional Therapist with postgraduate training to support clients with cancer will help us to understand key food and lifestyle factors that are beneficial to focus. We intend to invite other interested people to attend but places at £4 each need to be booked including any members' guests.



8 October - this is going to be a social evening playing Beetle. Cake will be served with your tea or coffee.

12 November - The Turf Tappers who are a fun and engaging group will be entertaining us with a mixture of sing along and foot-tapping songs.



10 December - Christmas social at the Centenary Hall, Kempston, MK42 8BG to which members can bring a guest.