

Breastfriends

Breastfriends Cardiff and Vale
Breast Cancer Support Group

Breastfriends Strawberry Tea



The Breastfriend's Committee are excited to be able to invite you to our popular **Strawberry Tea on Tuesday 28th June 2022, 7-9pm, in Canolfan Beulah, Rhiwbina**. At the Tea, you will hear about the recent advances in the management of breast cancer, from Dr Annabel Borley, as well as being able to enjoy tea and a selection of delicious cakes. We will also have a wonderful raffle with lots of prizes. Our brief AGM will update you of what has been happening, since our last actual meeting.

Our **Barry Group** have already been holding face to face meetings in the new Mary Lennox Room, Barry Hospital. We are delighted to inform you that we are going to relaunch our **Cardiff meetings** in September with a series of informative talks, as well as to find time for a coffee/tea and chat.

The Tuesday walks, around Roath Park, for our Cardiff ladies and either around the Knap or Barry Island, for our Barry ladies are proving to be really popular and you are very welcome to join us for these. See below for details.

Please put the date of the Strawberry Tea in your diaries and invite a friend to attend the event with you. Be reassured it will be held in Covid safe environment and we hope to see you then. **It would greatly assist us with arrangements if you could let us know if you will be attending by emailing is at info@breastfriendscandv.org.uk.**

Also, we appreciate that **you may no longer wish to receive information from us**. If so could you let us know by emailing us at info@breastfriendscandv.org.uk so we can remove your details from our database.

With very best wishes

Maggie (Chair, Breastfriends) and the Breastfriends Committee

Walk and talk with Breastfriends

We meet **every Tuesday (weather permitting)** for short leisurely walks.

Barry walks alternate between Barry Island and the Knap and start at 10.30am. Please contact Linda on 01446 710516/07967 806073 or Jenny on 07855 020905 for more info

Cardiff Walks meet **by the lighthouse in Roath Park at 10.30 am** for a walk around the lake. Please contact Sue on 07773 500525 for more info.