



# MEMBERS NEWSLETTER

## DON'T SAY GOODBYE, LET'S KEEP IN TOUCH...

We're sure you've heard of GDPR, but do you know that it affects us & how we keep in touch with members & supporters?

For us to continue sending anyone on our mailing list newsletters and occasional information either by email or post we need everyone to actively request to stay in contact with us.

If you haven't already filled out a consent form, please ask for one at the next meeting or contact our GDPR

compliance Officer Jackie at  
[bust@bustbristol.co.uk](mailto:bust@bustbristol.co.uk) or  
07712 114774

## THANK YOU JENNY



If you were at our last members meeting, you'll know that Simon Cawthorn & the BUST committee surprised our wonderful Chairwoman Jenny with a cake & flowers. A very small token of our appreciation & thanks to mark 15 years of tireless service to the charity.

Spring 2019 – New Members are always welcome!

## SOME WELL DESERVED R&R IS ON THE HORIZON

With a little bit of mixed emotion, we share the news that Simon Cawthorn, Breast Surgeon has decided to retire. We know that so many will be sad to see him leave and that he will be missed by everyone, but his retirement rest and relaxation is very much deserved. So, our wish is for a retirement full of new adventures, meaningful moments, memories to treasure and much happiness and he begins the next chapter in his life's journey, we would like to say, "thank you Mr Cawthorn for being such an important part in our life journeys"...



But for now, at BUST we don't have to say "Goodbye" as he's decided to remain actively involved with the charity he started 28 years ago with three patients and will continue to support fundraising efforts for the Breast Centre MRI.

## TIME TO DUST OFF THOSE RUNNING SHOES...

We're still looking for people to join Simon Cawthorn as he dusts off his running shoes again this year to lead the BUST group entry in the Great Bristol 10k on Sunday 5<sup>th</sup> May. The Bristol Pipe and Drum Band will be joining us to give the BUST runners a wonderful send off from Millennium Square.

**Are you tempted?** It's open for runners of all ages over 16 and all capabilities, run or walk, it's the taking part that counts.

**If you fancy joining in,** please contact Jenny Wookey 07966 422486 or email [bust@bustbristol.co.uk](mailto:bust@bustbristol.co.uk). All funds raised will go towards much needed MRI for the Breast Centre.

If you've already signed up, thank you.



## Contact Us

Breast-cancer Unit Support Trust  
Supporting Bristol's Only Breast Care Centre at Southmead Hospital  
Tel: 07712 114774  
Email: bust@bustbristol.co.uk  
Website: www.bustbristol.co.uk

Find us on <https://www.facebook.com/bustbristol>

## Your Bust Committee:



Fancy joining BUST and fundraising for the Breast Centre? Or perhaps you already have an event planned? If so, we'd love to hear from you and are always happy to help promote via our Facebook page.



Newsletter kindly designed by [wrapped-to-perfection.co.uk](http://wrapped-to-perfection.co.uk)

## RAISING AWARENESS

Did you know that our committee members are passionate about spreading the word? They've recently visited Asda, Longwell Green and John Lewis, Cribbs Causeway to talk to staff about the importance of checking our breasts every month. Let us know if you think your workplace, or social club would be interested to find out more.

## WHAT YOU'VE BEEN UP TO ...

Our lovely committee member Emma and her husband Rich raised a fantastic £2,500 at the **Masonic Ladies Weekend**. Thanks to all at Staplehill Lodge who attended the event in Tenby.

Well done to Sarah Welch and her committee who organized a **Rose Tinted Ball** and raised over £8,000, Ladies you look FAB U LOUS !



Great job by employees at **Matthew Clark**, who chose BUST for their recent charity day and raised over £1,500

*Thank you everyone. Events take time & effort to arrange & we are grateful you took the time ...*

## DATES FOR YOUR DIARY

**London Marathon – 28<sup>th</sup> April 2019**

David Smith will be running in this year's London Marathon. His target is to raise £2,000 for the charity and to take at least 30 minutes of his 2015 time. Good luck David...

**Denim & Diamonds Social fundraiser – Saturday 9<sup>th</sup> November**, Hanham Community Centre. More details to follow but keep the date free, there will be live music from Simon Cawthorn & The Diagnostics

**2019 Members meeting dates: 16<sup>th</sup> July & 15<sup>th</sup> October**  
Usual place and time, Breast Care Centre, Southmead Hospital, 7pm. Please feel free to bring along family and friends.

Thank you for your continued support and for taking the time to read our Spring newsletter and don't forget to complete a GDPR form.

Breast-cancer Unit Support Trust  
supporting

**Bristol's only Breast Care Centre**