

LET'S TALK ABOUT IT: CANCER DOESN'T DISCRIMINATE

Cancer affects all of us — directly or indirectly. This summer, we're using our platform to raise awareness, break taboos, and encourage every woman to take charge of her health. Thank you to healthwatch Dudley & Macmillan Cancer Support for a life-saving workshop for our community.



WHY AWARENESS MATTERS

1 in 2 people will be diagnosed with cancer in their lifetime.

Early detection saves lives. Breast, cervical, and bowel cancer are treatable when caught early.

CHECK YOURSELF

Set a monthly reminder to check your breasts for lumps or changes.

Book your cervical screening if you're due.

Don't ignore unusual symptoms: fatigue, unexplained bleeding, changes in appetite, or pain.



Real Story: Zara's Journey "When I was diagnosed with breast cancer at 34, I thought life stopped. But finding it early gave me a second chance."

Get Support:

Macmillan Cancer Support: 0808 808 00 00

NHS Cancer Screening: www.nhs.uk/cancer-screening



Keep calm and laugh on



Let's be real — life can be A LOT. The group chat is silent, the kettle's empty, and your toddler just coloured on the fridge. Again. But fear not — your mental wellbeing can survive the chaos. Here's your hilarious-but-helpful wellbeing guide.

Survival Tips (With Extra Sass):

Say No Like a Pro: If you're not feeling it, just say: "I would love to, but I'm currently booked with a date... with my sofa."

Digital Detox Light™: Put your phone on silent. Then stare at it for 20 minutes trying not to check WhatsApp.

The Breath of a Drama Queen: Inhale deeply like someone just spilled chai on your carpet. Hold. Exhale like you just found out it was herbal and not real tea. Repeat.

Dance Like Nobody's Judging: Because your toddler, cat, or nosy neighbour probably is. But who cares?

Affirmation of the Month: "I am fierce, fabulous, and only slightly behind on laundry."

The Joy Jar Challenge: Every day, write down one tiny win (even "I didn't yell at the kettle" counts). Put them in a jar. Read them when you're about to lose it. Magic!

Need a Real Chat?

Samaritans (24/7): 116 123

Mind UK: www.mind.org.uk

Or your group chat auntie who always says, 'have you eaten?'

Your Agony Desi Aunt



LET ME FIX YOUR LIFE

Q: Auntie, my family treats honor like it's a religion. They control every move I make and say I'm ruining the family name if I don't obey. How do I survive this madness?

A: Listen, honor is just a fancy word your family uses to control your life and keep you in a damn cage. Tell them straight: "I'm not here to be your puppet or the family's 'good girl' trophy. If my happiness ruins your precious 'honor,' then maybe your honor needs a serious reality check." And if they try to guilt-trip you, remind them you're a grown-ass adult, not a character in their soap opera. Boundaries, baby. Draw them. Hard.

Q: Auntie, I just found out my family's biggest "perfect" image is a total lie—there's cheating, shady business, and gossip going on behind closed doors.

How do I deal with this family secret?

A: Welcome to the club, sweetheart! Every family's "perfect" image is as fake as a designer handbag from a street market. Spill the chai, but remember: sometimes knowing the dirt means you can stop pretending and start living for you. Just don't be the family gossip machine—use your new info wisely. And if anyone tries to act holy, remind them that everyone's skeletons aren't just in the closet, some are doing the cha-cha in the living room!

Q: Auntie, I keep getting pulled into family drama and everyone's bullshit, but honestly, I just want peace. How do I stop getting involved without becoming the "bad" one?

A: Listen, darling, life's too short to be everyone's emotional punching bag or walking therapist. Master the art of the fake smile and the nod and exit — learn to say, "That's your mess, not mine," and mean it. If anyone calls you cold, tell them you're just allergic to stupidity and drama. Remember, you're not obligated to fix their shit or carry their baggage. Your sanity is priceless—protect it like a diva guarding her designer bag.

Q: AUNTIE, LIVING WITH MY IN-LAWS IS LIKE BEING IN A REALITY SHOW WHERE EVERY EPISODE IS ABOUT MY COOKING, CLEANING, AND HOW MUCH NOISE I MAKE. I'M LOSING MY MIND! HOW DO I SURVIVE WITHOUT PACKING MY BAGS TOMORROW?

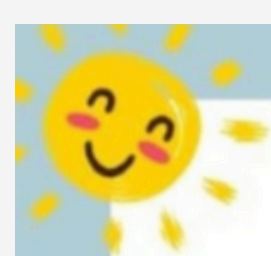
A: GIRL, YOU'RE BASICALLY LIVING IN A PRESSURE COOKER THAT'S READY TO EXPLODE! START BY MASTERING THE IN-LAW NINJA MOVE: SMILE, NOD, AND DISAPPEAR. CLAIM YOUR "ME TIME" LIKE IT'S SACRED—LOCK YOUR BEDROOM DOOR, BINGE-WATCH YOUR FAVOURITE SHOWS, AND PRETEND THE FAMILY WIFI IS MYSTERIOUSLY DOWN WHEN THEY WANT TO CHAT. AND IF ALL ELSE FAILS, START RESEARCHING RENTAL PLACES AND DROP CASUAL "I MIGHT JUST MOVE OUT" HINTS. PLANT THE SEED EARLY, SO IT'S LESS OF A BOMBSHELL LATER.

Q: AUNTIE, MY PARTNER SAYS MOVING OUT IS TOO EXPENSIVE, BUT LIVING HERE FEELS LIKE I'M ON TRIAL 24/7. HOW DO I CONVINCE THEM WE NEED OUR OWN SPACE?

A: HONEY, LIVING LIKE A COUPLE IN A GOLDFISH BOWL IS A RECIPE FOR MELTDOWN. TELL THEM, "WE'RE NOT TEENAGERS HIDING SNACKS UNDER THE BED—WE NEED A SANCTUARY, NOT A COURTROOM." REMIND THEM THAT INVESTING IN YOUR OWN SPACE MEANS INVESTING IN YOUR SANITY (AND YOUR RELATIONSHIP). IF MONEY'S TIGHT, PROPOSE STARTING SMALL—MAYBE A STUDIO, A ROOM-SHARE, OR EVEN COUCH-SURFING AT A FRIEND'S UNTIL YOU SAVE UP. THE LONGER YOU WAIT, THE LOUDER THE IN-LAW COMMENTARY GETS—TRUST AUNTIE ON THIS ONE.

Q: AUNTIE, I LOVE MY FAMILY, BUT I SWEAR LIVING WITH THEM IS TESTING EVERY RELATIONSHIP SKILL I HAVE. HOW DO I KEEP MY PARTNER SANE WHILE I DEAL WITH THE WHOLE HOUSEHOLD?

A: BABE, YOU'RE BASICALLY THE LEAD ACTOR IN FAMILY DRAMA: THE NEVER-ENDING SEASON. KEEP YOUR PARTNER'S SPIRITS UP BY REMINDING THEM THEY'RE YOUR TEAMMATE, NOT YOUR JUDGE. SET SECRET "COUPLE TIME" RULES—NO IN-LAW TALK ALLOWED. VENT TO YOUR PARTNER, YES, BUT DON'T LET THE STRESS TURN INTO A DAILY SOAP OPERA. AND REMEMBER, PATIENCE IS KEY, BUT SO IS PLANNING YOUR GREAT ESCAPE—BECAUSE EVERY 'FAMILY VACATION' SHOULDN'T FEEL LIKE A HOSTAGE SITUATION.



SUMMER HOLIDAY SPORTS CAMP FOR CHILDREN



FOOTBALL AND GAMES
FITNESS
TEAMBUILDING SKILLS
MAKE A FRIEND
LAST SESSION: SPORTS DAY WITH MEDALS



FITNESS FOR LADIES BY A QUALIFIED PERSONAL TRAINER

Starting Saturday 26th July 2025 - Saturday 23rd August 2025
2pm onwards

Free: Women and children under 12 only.

Message to book: Mehvish Support@womenn.online

Location: Roseland House and Green Park, Dudley

