



# Basingstoke Breast Cancer Self Help Group



**Angela: 07939 641187**



**Renee: 07717 873090**

## Editor's Bit



Email add: [ehjanes@ntlworld.com](mailto:ehjanes@ntlworld.com)

## Hello Ladies.

### MARCH GROUP MEETING

Our meeting in March was held at **The Ark** as usual and was well attended. The speaker was Rachel Nelson who went above and beyond her allotted time as people were very interested in Reiki. She did several demonstrations and I'm sure all who were at the meeting enjoyed hearing her speak.

I just want to remind people about the Sport and Health Course organised by Stephanie Willis, which will be available at the sports centre gym in the town centre. The 12-week course costs £25 a month and ladies can attend on a Wednesday at 11am. Individual assessments of strength and energy levels, among other things, will be conducted and use of all gym equipment is included. Call Stephanie if you are interested on 07789 967762.

This is just a very brief newsletter this month as I am off to Turkey this week. So I will not be at the meeting on Tuesday evening 22nd April. Angela will be taking up the reins again so I'm sure she will cover everything in detail.

### REGULAR MEETINGS

**26th April** is the **last Saturday** of this month and once again you are all invited to take part and walk/run/both around the **5K Your Way course**. We meet at **Simply Tennis by 8:30am**. Some of the group come to Gabardine's afterwards. They are always ready for us to have our usual cuppa and catchup meetings afterwards in the snug area at 10:30 on the same day. Please note you do **not** have to do the **5k** in order to come for a cuppa later! You can just turn up at 10:30 to Gabardine's. The following one will **31st May**.

### OTHER MEETINGS AND ANNUAL EVENTS

The plans for the Loddon Vale Indoor Bowling Club fundraising dinner in favour of our group, are coming along quite well. The event is set to run on 22nd November 2025. The tickets will be £25.00 per head to include a 3 course meal, a very entertaining band, a raffle and a charity auction.. The raffle prizes will be well worth having and will be supplemented with an auction for some interesting items. There will be a clip-board at each meeting for you to sign up to attend, sell tickets, provide a raffle or auction prize or simply buy raffle tickets.



Raffle prizes will be collections of items in small packages made up very similar to the ones in the photograph.

Our guests at the April meeting will be Lucinda Streeter from pathology plus two colleagues from histology and haematology at our hospital will be our guest speakers at our next meeting. They will explain how results are obtained from blood and tissue samples taken when initially diagnosed with BC and subsequent tests.

Our speaker for the May meeting will be Kevin Harris Consultant Breast Surgeon who will be answering some of our questions again.

Our speaker in June 2025 will be Dr Nadia Uraiqat a senior radiologist. We will hear how CT and MRI scans and mammograms are interpreted using X-ray and ultrasound images.

Our regular attendees will be Dr Remer (September), DTC nurses (October), and Mrs Stanton (November). Completing our speakers for 2025.

Angela is already finding interesting speakers for 2026. Thank you Angela, you help deliver a good mixture of interesting topics.

### AND FINALLY

Lyn Nelson will bring the clipboard for volunteers and attendees of the fundraising dinner in November, for the John Pinkerton Canal trip on **18th July** and Skittles on **26th August**.



## Meetings in 2025

Our face to face meetings will continue to take place on the following dates:

**The ARK**  
6pm-8pm

**22nd April**  
Lucinda Streeter  
Point of Care  
Testing Pathology Manager  
(+ Colleagues)

**20th May**  
Kevin Harris  
Consultant Breast Surgeon

## Essential Contacts Breast Care Nurses

Senior Breast CNS – Clare Clayden-Lewis Carley Donovan	01256 313126
Breast CNS – Sam Taylor Claire Lethaby Lianne Hankins Leah Roblett	01256 313126
Cancer Support Workers – Tracy Gosden Tracy Murphy Zahra Talebian	01256 313123
Secondary Breast CNS	07827 896883
Winchester CNS Team	01962 824592

## Information and support



### Breast Cancer Now

Breast Cancer Care's vision is that everyone affected by breast cancer will receive the highest standards of treatment, support and care.

[www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

### Lavender Trust

The Lavender Trust at Breast Cancer Care raises money specifically to fund information and support for younger women with breast cancer

[www.lavendertrust.org.uk](http://www.lavendertrust.org.uk)

### Macmillan Cancer Support

Call our free support line – 0808 808 00 00 open 7 days a week 8am to 8pm  
Improves the lives of people affected by cancer. Practical, medical, emotional and financial support and campaign for better cancer care.

[www.macmillan.org.uk](http://www.macmillan.org.uk)

### Health Information Point, Basingstoke and North Hampshire Hospital

Open Monday to Friday, 10am to 4pm, for help and information on all aspects of cancer, as well as other conditions, treatments, support groups and healthy lifestyles. Leaflet stock available 24/7.

Telephone: 01256 313969;

email: [health.info@hhft.nhs.uk](mailto:health.info@hhft.nhs.uk)

[www.hampshirehospitals.nhs.uk](http://www.hampshirehospitals.nhs.uk)

### Penny Brohn Cancer Care (formerly Bristol Cancer Centre)

We support and empower people affected by cancer through a client centred and integrated approach. As the UK's leading charity in complementary cancer care, the vision of Penny Brohn Cancer Care formerly Bristol Cancer Help Centre) is to enable world-wide access to complementary care and support through the Bristol Approach.

[www.pennybrohn.org.uk](http://www.pennybrohn.org.uk)

### Against Breast Cancer

Against Breast Cancer is a registered charity which funds unique research into breast cancer. Our aim is to find vital information to increase survival after diagnosis and ultimately to discover a vaccine against breast cancer.

[www.againstbreastcancer.org.uk](http://www.againstbreastcancer.org.uk)

### Hypnotherapy Directory

An online directory of UK Hypnotherapists with information listed on the areas of Hypnotherapy covered fees, training and qualifications. The service is free, confidential and easy to use.

[www.hypnotherapy-directory.org.uk](http://www.hypnotherapy-directory.org.uk)

### Counselling Directory

Provides the UK with a huge counselling support network, enabling those in distress to find a counsellor close to them and appropriate for their needs.

This is a free, confidential service that will hopefully encourage those in distress to seek help.

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

### Therapy Directory

Promotes the benefits of complementary therapy and aims to give visitors all the information they need to help them make an informed decision about whether therapy would be right for them. All the therapists listed are registered with a recognised professional body.

[www.therapy-directory.org.uk](http://www.therapy-directory.org.uk)

### Headcovers Unlimited

An American company specialising in hats, turbans and other headwear for hair loss and cancer patients. They ship to the UK.

[www.headcovers.com](http://www.headcovers.com)

### Look Good Feel Better

Pamper evenings for ladies who have/had a cancer diagnosis. A group of volunteers come along to teach people a 12 step skincare and make-up regime. To book you must call 01256315050, in advance.—no booking—no place

[www.lgfb.co.uk](http://www.lgfb.co.uk)

### North and Mid-Hants BSU

Breast Screening Unit. Telephone Number 01962 824841

[Hhft.breastscreening@nhs.net](mailto:Hhft.breastscreening@nhs.net)

### Dates and Speakers for 2025

21st January	AGM	Group Members
25th February	Jo Fields—Advance Nurse Practitioner in Breast Cancer	Group Members
25th March	Rachel Nelson—Reiki consultant	Group Members
22nd April	Lucinda Streeter—Point of Care Testing Pathology Manager (+Colleagues)	Group Members
20th May	Kevin Harris—Consultant Breast Surgeon	Group Members
24th June	Dr Nadia Uraiqat— Consultant Radiologist	Group Members
22nd July	General meeting	Group Members
26th August	Skittles Social Evening	Members & Guests
23rd September	Dr Remer — Oncologist	Group Members
21st October	DTC Nurses	Group Members
18th November	Mrs Rosie Stanton—Consultant Breast Surgeon	Group Members
16th December	Christmas Party	Group Members