



# Basingstoke Breast Cancer Self Help Group



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## Editor's Bit



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### Hello Ladies.

#### EXCITING YEAR TO COME

January's AGM was well attended considering the time of year and the awful weather. We are reaching the end of February already and have only around 5 weeks before our fundraiser THE BARN DANCE on 4th April. Ticket sales are progressing but we really need more sales to make this a rip roaring success. If you have not already done so, ask your friends to come along too. Please bring cash/cheques to the meeting on 25th February to secure your place for what promises to be a fabulous evening of fun, laughter and dancing. Come and join us!

Our guest at the February meeting will be Marion from the Haven, Breast Cancer Service and she will be providing us with information about how we

can get additional help and support when we need it.

#### FASHION EVENT

Postponed AGAIN. I shall be ringing up this month to make new arrangements for a spring collection event

#### BERE MILL GARDEN WHITCHURCH

Ann is planning another afternoon tea and cake event possibly at Bere Mill Garden at Whitchurch. Please make sure you put your name down on the "interested" list at the January meeting so that Ann can make the arrangements for us.

#### MURDER MYSTERY EVENING

Joyce has booked 30 places on the murder mystery event on 13th November 2020. This event will be free to members as it forms part of the Tesco funding spend. For those of you **not** on this list (either because its not your cup of tea or you missed out when we were preparing the list), please approach me at the meeting, by email, by text, or by phone to suggest what type of thing you would like to do instead. We cannot book any more places for this

particular event as the venue has no more spaces left but we will be organising a different event so that no group members miss out

#### EVENT & FUNDRAISING

The Events and Fundraising committee met at the end of January and put some finishing touches to the Barn Dance Plans, ironed out some questions about what will happen on the night and discussed the upcoming events for 2020.

#### MEMBERS CORNER

Here is a little poem for the Breast Cancer Nurses from one of our members who would like to remain anonymous:

Thank you for saving our lives when we were ill

We were so blessed to be tended by your phenomenal skill

Thank you all, such a remarkable team  
You gave us comfort when chemotherapy was mean

Thank you for keeping us positive and reassuring us with a smile

Thank you for going the extra mile  
From THE SURVIVERS

## Meeting Information 2020

All Meetings are held at The Ark Conference Centre behind BNHH (Unless otherwise stated)

### Group Meetings:

One Tuesday Per Month:

1900 - 2100

25th February

Marion

Manager of Breast Cancer "Haven"

25th March

General Meeting

28th April

Lavinia Winch from "Yes, Yes, Yes"

## Essential Contacts Breast Care Nurses

Sandy Lyford	07917 241479
Alison Terry	07827 896883
Lizzie Shrimpton	07917 241469
Sam Taylor	07917 241469
General Office	01256 313126

## Events, Fundraisers and Outings For 2019

### BARN DANCE

The tickets are available for the barn dance and you can sell on as many as you'd like to. As the **BARN DANCE is a fundraiser** it is important that you enlist as many of your friends and family as you can. It will be going ahead on **4th April 2020**. The music and calling will be provided courtesy of Barbara Parry. The venue is confirmed at Viables. We will be having an

American Supper—that is, everyone who's coming bring their own food. A bar is available for drinks. Tickets will be £15 per head.

There will be a raffle with some great prizes and a picture board and donations tin for anyone who wants to give without joining in the raffle.

### CHILLI CONTEST

Joyce needs a couple of Judges for the chilli contest at her local, The White Hart, in September. I for one am up for

judging! Well it is food after all! She has persuaded the organisers to make our group their preferred charity. Well done Joyce.

**LOOK GOOD FEEL BETTER** Workshop here in Basingstoke  
**2020 dates: 15 Apr, 17th Jun, 19th Aug, 14th Oct and 25th Nov.**

As previously, you must ring up to book a place on the workshop. The phone number is on the back of this newsletter.



## Information and support



### Breast Cancer Care

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)

### Future Meeting Dates 2020

21st JANUARY	AGM and Alex Conboy	5K Your Way
25th FEBRUARY	Marian	The Haven—Breast Cancer Service
24th MARCH	General Meeting	
28th APRIL	Lavinia Winch	Yes, Yes, Yes
26th MAY	Mr Kevin Harris	Consultant Surgeon
23th JUNE	Amanda	Move it or Lose it
21st JULY	General Meeting	
25th AUGUST	Social Evening	Skittles
22nd SEPTEMBER	Frankie Webb	Cancer Services Group
20th OCTOBER	Sandy Lyford	Breast care nurses
17th NOVEMBER	Mrs Rosie Stanton	Consultant Surgeon TBC
15th DECEMBER	Christmas meeting	Group Christmas party