



Basingstoke Breast Cancer Self Help Group



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Editor's Bit



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Hello Ladies.

JANUARY GROUP MEETING

Our meeting in January was held at **The Ark** as usual and was attended rather well for a cold January AGM! Twenty one ladies came along including a new member called Josephine M. Welcome Josephine. During the AGM one of our members suggested that, as the cost of the canal trip (which we use our £2 per month tea money to pay for in part) has risen this year, we might increase our contribution to £3 per month. With this in mind I have taken a poll on our WhatsApp group to discover what you would be agreeable to doing. Can you please register your preferences if you are connected to the group through WhatsApp?

REGULAR MEETINGS

22nd February, was the **last Saturday** of this month and once again one of our members ran/walked/struggled around the **5K Your Way course**. Well done Angela. When you do this you can either walk, run or mix the two. **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 next one will be **29th March**.

OTHER MEETINGS AND ANNUAL EVENTS

I am thrilled to announce that Loddon Vale Indoor Bowling Club have offered to run a charity fundraising dinner for us 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 the next meeting for you to sign up to attend, sell tickets, provide a raffle or auction prize or simply buy raffle tickets.

Our speaker for February is senior breast cancer nurse practitioner, Jo Fields.. I feel sure that you will be interested in what she has to say. Therefore please ensure you arrive before she begins her talk at 6pm.

Our guest speaker for March will be Rachel Nelson who is coming to talk to us about her specialism which is **Raiki**.

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, Mr Harris, Dr Remer, DTC nurses, and Mrs Stanton means we have all our speakers for 2025 confirmed.

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

AND FINALLY

A physical trainer, called Stephanie, from the Aquadrome Gym has emailed Angela to let us know that there is a 12-week fitness course being offered for those who are recovering from breast cancer. More information will follow.

I will bring the **suggestions** clipboard for outings and trips or regular events you'd like to do. From that List I will create a clipboard list for afternoon tea at milestones which many of you have asked for.

I shall also be bringing boards for the John Pinkerton Canal trip on **18th July** and Skittles on **26th August**.

A great start to 2025!



Meetings in 2025

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

The ARK
6pm - 8pm

25th February 2025

Jo Fields
Senior Nurse Practitioner in Breast Cancer

25th March

Special Guest Speaker
Rachel Nelson
Talking about Reiki

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 Yolanda Kennedy	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

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

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

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](tel:01256313969);

email: health.info@hhft.nhs.uk

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

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

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

Counselling Directory

Provides the UK with a huge counselling support network, enabling those in distress to find a counsellor close to them and ap-

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

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

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](tel:01256315050), in advance.—no booking—no place

www.lgfb.co.uk

North and Mid-Hants BSU

Breast Screening Unit. Telephone Number [01962 824841](tel:01962824841)

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