



# 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.

I hope you all had a good Easter Break. It looks like I missed a fabulous show on 6th April. Many of you have told that it was a great show, a fabulous success and was very well attended. A variety of local artists gave their time and services free of charge. **Our heartfelt thanks to Renee** for organising this concert and for all her hard work that went into making it so successful.



I wish I'd been there to see this little lot!  
The show has raised a whopping **£2100** so far.

### TESCO BAGS OF HELP

As you know, Tesco charge 10p per plastic carrier bag and as a result Tesco have set up a community scheme called "Bags of Help". Local community groups are being encouraged to make an application for a grant. Earlier this month we were notified we have been selected as one of three local groups who will participate in this scheme.

Participating stores:

Tesco superstore - Chineham

Tesco Extra - Oakridge

Tesco Extra - Lychpit

Tesco Extra - Popley

Tesco Extra - Kempshott

The scheme will run from 1st May to 30th June. The organisation with the most tokens which have been put into the plastic boxes at the entrance and exit of all shops will get **the First Prize of £4000**. Please help by doing your shopping in one of the above Tesco stores and make sure you **ASK** for **TOKENS**. Ask family and friends to help too please.

### SPORTS CENTRE TASTER

The ladies who attended, had an enjoyable session with Stephanie at the Sports Centre, starting and ending with exercises in a large circle.

There was a circuit of exercises so they spent a few minutes on each activity. Each activity was tailored to their own pace and abilities. Some ladies said if it was a regular event they would like to attend.

### EVENT & FUNDRAISING

We have a few more people to join Pat and Joyce on the fundraising team. Ideas for events and fundraising should be given to :

#### EVENTS TEAM

Joyce, Pat, Ann, Liz, Lyn or Maureen at group meetings and we will follow them up at our regular events meetings. Between meetings, our email addresses and phone numbers are on the group list, just drop us a message or call one of us.

## Meeting Information 2019

All Meetings are held at The Ark Conference Centre behind BNHH

(Unless otherwise stated)

### Group Meetings:

One Tuesday Per Month:

1900 - 2100

30th April 2019

Alexander Technique

Jackie Bond

8th May 2019

Kevin Harris

Consultant

25th June 2019

General Meeting

No Speaker

## 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

### AFTERNOON TEA - WATER-CRESS LINE. 16th May at 3:30pm.

The list for this is now **closed**. We will travel to Alresford by coach this time due to limited parking. This event was opened up to family and friends and is **Full**.

Ann Knight has organised a visit and private guided afternoon tour for the group of **Ashe Park garden, Overton** with tea or coffee and cake at a cost of

**£9.00** per person in aid of **The Kingfisher Trust**. Please bring the £9 with you to the next meeting. Either exact cash in an envelope with your name on or a cheque made payable to Basingstoke Breast Cancer Self Help Group. Ann now has a list of people who will attend on each date: **Friday 14<sup>th</sup> June OR Tuesday 18<sup>th</sup> June 2019.**

**CANAL TRIP** on the John Pinkerton Canal Boat. On **FRIDAY 19th JULY 2019 at 7pm** prompt from Odiham Wharf opposite the Waterwitch Pub in

Odiham. - All group members plus family and friends to a maximum of 40. The trip includes a fish/chicken/veggie burger & chip supper to be ordered in advance. All you pay is the price of supper and a drink on board. Only **8 places** left, so get booking!

**MOTOWN** night. At the Kempshott Village Hall is coming up on **28th September 2019**. Please put this in your diaries. Cost **£12**.

**FUND RAISING FARM WALK** - on **Saturday 2nd February** was postponed because of the snow. A new date will follow.

Additional Dates for **LOOK GOOD FEEL BETTER** Workshops are:

May 15<sup>th</sup>  
July 31<sup>st</sup>  
Sept 18<sup>th</sup>  
Nov 20<sup>th</sup>

## 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

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 2019

30th APRIL	Jackie Bond	Alexander Technique
28th MAY	Mr Kevin Harris	Consultant Surgeon
25th JUNE	General meeting	
30th JULY	Jane Meakin	Self Development & Connections
27th AUGUST	Skittles	Social evening
24th SEPTEMBER	Speaker	Madeline Havis, Breast Care Screening Sister, Mary Bosier a Radiologist
22nd OCTOBER	DTC Unit	Sandy plus breast care nurses
19th NOVEMBER	No Speaker	General Meeting
17th DECEMBER	Christmas meeting	Group Christmas party