

Basingstoke Breast Cancer Self-help Group

Minutes of the Monthly Meeting

Held on 21st July 2026

Chairman: Angela Bennett

Treasurer: Renee Smith

Newsletter: Liz Janes

Secretary: Heather Bounaouara

Attendees

18 ladies attended.

Welcome

Angela welcomed everyone to our meeting and welcomed a new lady called Jenny. She then apologized that last month's meeting had had to be cancelled due to the heat and the number of ladies who could not attend.

It was explained that we will need a new treasurer by November, and we are all pleased that Renee will still be coming to the meetings after she has ceased being treasurer - a role she has held for 15 years.

Angela handed out leaflets from a lady she had met called Zoe Hall. Zoe offers nipple tattooing and skin camouflage services. The nipple tattooing is free whereas the skin camouflage treatment for scars would involve a cost. The leaflets were of interest to many, and we are to contact Zoe directly if we are interested.

We were told that we are still waiting to hear confirmation from the insurers for our group.

A lady called Shannon from Healthcare Options has contacted our group to see if anyone is interested in participating in online research about nutrition and cancer. This two-hour meeting would be paid and there was some interest. Jane Bishop expressed concerns about how this research is being carried out.

Speakers

Our speaker, Jane Devonshire, was unable to be with us this evening due to illness. Doreen kindly hosted our quiz and it was thoroughly enjoyed by all. Thank you Doreen.

Liz mentioned that we might have a Yoga Nidra speaker next year. We now have enough speakers for 2027.

Dr Veli will be our speaker at our next meeting to be held at the Ark. This will be September 22nd. Dr Veli is our oncologist here at Basingstoke and North Hampshire Hospital, and she works with Dr Remer.

Upcoming events

Whitchurch Silk Mill outing has been postponed until next year.

November's Dinner & Dance fundraiser will once again be organised by Liz. The cost will be £30 per person as we must pay for the hall and the DJ this year. Raffle and auction prizes are needed please.

We were asked to sign our name on the list if we wish to go to the Winchester Cathedral trip.

Our next meeting in August will take place at Loddon Vale Bowls Club at 7pm as it is our annual skittles evening. Please bring £10 cash on the night for the buffet and write your name on the list if you are coming. This event is open to friends and family.

Angela has received an email from BATS, a local amateur dramatics society, offering free tickets to a performance of Calendar Girls at the Haymarket in Basingstoke on Tuesday 17 November at 7.30pm. As this would be straight after our meeting, at which Rosie Stanton will be speaking, we proposed we still hold our meeting and we go to the production afterwards. We will invite Mrs Stanton also. At present we have 25 tickets being provided.

Jane spoke about the Japanese Gardens in Fleet. We decided to go there rather than have the owner come to us as a speaker. For £8 per person we can visit the garden, listen to a talk by the owner and enjoy tea and cake.

Other business

Maggie was thanked for organising the canal trip after we gave feedback on the evening. It was a great occasion and the photos Maggie put on the group chat were lovely.

Angela read out a thank you note from St Micheal's Hospice for our donation to the Summertime Memories appeal.

The meeting closed at 8pm.