

Basingstoke Breast Cancer Self-help Group

Minutes of the meeting held on 18th October 2022

Chairman: Angela Bennett

Treasurer: Renee Smith

Newsletter: Liz Janes

Secretary: Heather Bounaouara

Attendees

27 ladies attended.

Welcome

Angela thanked the DTC nurses for coming to our meeting and talking about the services offered by the unit. All five nurses were given a gift bag containing a bottle of wine and some chocolates.

Minutes

Heather read out the minutes of the monthly meeting held at the Ark on 20th September 2022. They were then signed by Angela.

Chairman's Report

Renee is unwell today, so Angela read out the accounts information.

Dame Maria Miller MP holds community chats - this month it will focus on women's health. The event will hopefully bring attention to the issues of women's health in the borough. It will be held on Thursday 27th October from 7.00pm to 8.30pm at Hatch Warren Community Centre. Bookings are to be done online at mariamillerwomenshealth.eventbrite.co.uk

Cancer Services Partnership (CSP) has asked if our group has seen an increase in ladies being diagnosed with lymphoedema after breast surgery. It would appear that numbers are rising both here and in Winchester. One theory is that ladies are undergoing a five-day radiotherapy regime instead of the five weeks, as before.

Four ladies in our group have contacted Angela, information which she will forward to CSP.

Angela recently met Julie Walsh, a Lead Complementary Therapist for the Ark Centre Charity Wellbeing and Support Care Services. Julie is an experienced and highly skilled practitioner who specialises in a variety of treatments: aromatherapy, reflexology, massage, plus specialised therapies, such as reiki. Julie would like to come to the group and has been invited to be a speaker during 2024.

Sarah Plaskett, Advanced Clinical Breast Care Practitioner at the John Radcliffe Hospital in Oxford, has requested leaflets for possible patients from this area should they want to know about a support group locally.

Pam and Pat have agreed to represent the group at the Tadley Annual CAB lunch next month.

Group Christmas dinner: Chris brought in a menu of a 3-course Christmas dinner from the Spruce Goose restaurant; the cost is £22.95. She also mentioned that the Dragonfly pub is offering a Christmas dinner for £19.95, and the menus are online.

The group decided to forgo a Christmas meal this year, and instead, to hold our annual Christmas meeting on Tuesday 13th December in the form of a Christmas buffet with our usual secret Santa. Sharon and Debbie have offered to draw up a document for each dish being brought to be listed so as to avoid duplication. The group will supply the wine and soft drinks.

The group's birthday list is now complete and is for birthday cards.

A former member called Francis has sadly died and Angela invited anyone who knew her to come to her funeral. It will be held at St Thomas of Canterbury at Worting on the 16th November. The family have asked people to wear something red if they want to attend (if no red clothing, then a bright colour please).

Heart-shaped cushions - the DTC nurses said that they would like some more cushions and Jane can supply some made by her friend.

Rosie Stanton cannot be our speaker next month as she is unwell. She will not be returning to work until maybe January 2023.

The Milestones afternoon tea will be on 7th March 2023 (afternoon time is to be determined but maybe around 2pm). The cost is probably going to be £14.

Speakers next year:

January is an AGM

February there will be a breast-specialist dietitian coming to talk to us

March will be a judge for ceremonial cakes

April is the group birthday dinner on the 25th

May will bring Mr Kevin Harris, consultant surgeon

June or July - a lady from the Breast Care Group will come

September will be Mr Reema an oncologist together with his nurse

October - the DTC nurses will come again

November - we have no one as yet

There will be a craft sale next month at the meeting for anyone who has craft skills.

The meeting closed at 8pm.