



Basingstoke Breast Cancer Self Help Group



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Editor's Bit

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Hello Ladies.

APRIL GROUP MEETING

Our meeting in April was held at **The Ark** as usual and was well attended. Lucinda Streeter, who is the Point of Care Manager at Basingstoke Hospital, and her colleague were our speakers. They explained how blood tests and tumour biopsies are carried out at the very start of cancer diagnosis.

During that meeting volunteers were requested for the Cancer Awareness Day being held on 29th May 10am-3pm.



Jane B, Heather and Angela attended the Chineham and Clift & Whitewater surgeries community event in Hook titled **CANCER AWARENESS DAY**. This event was very well attended and covered topics such as warning signs, screening, diagnosis and support

available. Patients were able to ask questions which were answered by a panel which included a local GP. It was also a good opportunity to network as other relevant community partners were invited to have a stand. Many thanks to Jane and Heather for helping Angela to promote our group at this event.

Our May meeting was with Kevin Harris, consultant breast surgeon. 15 ladies attended and asked questions. The evening was a successful one.

REGULAR MEETINGS

28th June is the **last Saturday** of this month and once again you are all invited to take part and walk/run/both around the **5K Your Way course**. 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 following one will **26th July**.

OTHER MEETINGS AND ANNUAL EVENTS

The plans for the Loddon Vale Indoor Bowling Club fund-raising dinner in favour of our group, are coming along quite well. The event is set to run 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



auction prize or simply buy raffle tickets.

Raffle prizes will be collections of items in small packages made up very similar to the ones in the photograph.

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 will be Dr Remer (September), DTC nurses (October), and Mrs Stanton (November). Completing our speakers for 2025.

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

AND FINALLY



There is a very lively and supportive group run by **Kathy French** called **Mug and Biscuit** and they meet during the day for those ladies who would like ongoing support on their cancer journeys. Both Angela and myself have been along to the group and find it to be extremely well run,

welcoming and supportive to all who go. I have also attended one of their Craft Days where you can take your own lunch and try out new craft skills whilst getting to know the group members. I would highly recommend giving it a go.

For next year, Geoff Sharpe, Secretary of the Basingstoke branch of the RSPB, will speak again for us. This time, he will talk about his time in Kenya and the birdlife he encountered there.

There will be a selection of clipboards at the meetings for various purposes at our meeting for volunteers and attendees of the fundraising dinner in November, for the John Pinkerton Canal trip on **18th July** and Skittles on **26th August**.

Meetings in 2025

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

The Ark
6pm-8pm

24th June
Dr Nadia Uraiqat
Consultant Radiologist

18th July
General Meeting

26th August
Skittles
Loddon Vale IBC

23rd September
Dr Remer
Oncologist

Essential Contacts Breast Care Nurses

Senior Breast CNS – Clare Clayden-Lewis Carley Donovan	01256 313126
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Breast CNS – Sam Taylor Claire Lethaby Lianne Hankins Leah Roblett	01256 313126
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Cancer Support Workers – Tracy Gosden Tracy Murphy Zahra Talebian	01256 313123
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Secondary Breast CNS Yolanda Kennedy	07827 896883
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Winchester CNS Team	01962 824592
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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;

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 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

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, in advance.—no booking—no place

www.lgfb.co.uk

North and Mid-Hants BSU

Breast Screening Unit. Telephone Number 01962 824841

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