



# Basingstoke Breast Cancer Self Help Group



## Meetings in 2023

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

- 19th September  
Dr Remer  
Oncologist
- 24th October  
DTC Nurses
- 22nd November  
Mrs Stanton

The ARK  
6pm-8pm



Angela: 07939 641187



Renee: 07717 873090

### Editor's Bit



Email add: [ehjanes@ntlworld.com](mailto:ehjanes@ntlworld.com)

### Hello Ladies.

Our skittles evening was a brilliant success with Eileen winning the prize for the best score and Ann P getting the chocolates for best sport, trying hard. What good sports. The raffle made a whopping £120! Thank you Sheila for coaxing people to buy tickets and Renee for buying one of the items outright before the raffle started. We will be busy for the next few months if everything goes to plan. Also information about 2024 speakers is on the back page. We will receive the actual meeting dates from the Ark sometime in October

### WINTER NEW AND NEARLY NEW ITEM SALE FUNDRAISER



I am so *excited* to announce that we will be holding the sale in the premises that used to be Zara, opposite Monsoon/Accessorise and diagonally opposite M&S.

Sian, our contact at Festival Place is a star, she is working hard to get us publicity and has provided us with an awesome venue for our **Nearly New sale on Saturday 14th October**. Maggie, Angela and myself met Sian Fisher, and she is very much on the ball on our behalf. We need more items to sell, clothing, men's and women's jewellery, bric-a-brac, craft sets. Anything you want really so long as its in good condition.



Maggie and I, are still looking for volunteers to help with the Winter Sale fundraising event. We will be setting up on Friday 13th and selling on Saturday 14th.

### REGULAR MEETINGS

**30th September** Gabardine's are prepared for us to have our cuppa and catchup meetings on the **last Saturday** of each month to coincide with the **5k walks (Which meet at Simply Tennis by 8:30am)**. The snug area will be set up for us when we arrive at 10:30am.

**19th September** Will be a general meeting as our proposed guest speaker, Dr Remer the oncologist is unable to come due to work commitments at the hospital. We still have lots to discuss so please try to arrive at 5:45 for a prompt 6pm start.

### OTHER MEETINGS AND ANNUAL EVENTS

**8th September** - Once again I had to cancel the chocolate craft event due to lack of numbers. Perhaps Friday morn-

ings are a bit busy for everyone. I have decided that I will not be organizing another of these events as it is too embarrassing to ring up and cancel. If anyone else would like to give it a go I will be happy to send on the details of my contact at **Chocolate Craft Alresford**.

### CAKE SALE AT THE HOSPITAL

We have been given permission to hold a cake sale outside of the Health Information Point situated inside of the hospital on **6th October** from **11am until 1pm**.

Please help us make this fundraiser a success during Breast Cancer Awareness Month. You can do this by providing home made (with ingredient labels) or shop bought cakes of all shapes and sizes.

### Line Dancing

My Line Dancing Club - **Booted Out** have offered us **20th October 7:30-10pm** for a fundraiser. I am excited to announce that it shall be held at **Newnham Clubroom, Newnham Rd, Newnham RG27 9AE**. Please invite your friends and family to come along and enjoy a new experience or practice a familiar one! It is very much like the quiz night and will require you to bring your own snacks and drinks please. Tickets for £10 per head will be on sale at this coming meeting.

### Quiz Night

Renee has arranged a fundraising another event for our group. It will be a quiz evening on Saturday **28th October** at Kempshott village hall from **7.30pm until 9.30pm**. A list is circulating for people to **book a table** with Renee. Alternatively please call Renee direct to book a table. We don't actually need a team name yet but **we do need to know how many are coming**. Please bring your own picnic and drinks, and we will have a raffle. The cost of tickets for the quiz will be £5 per person.



### Essential Contacts Breast Care Nurses

Clare Clayden-Lewis Alison Terry Sam Taylor Lianne Hankins	01256 313126
Tracy Gosden Tracy Murphy Zahra Talebian Cancer Support Workers	01256 313123
Claire Lethaby Richa Tyagi Yolanda Kennedy Breast CNS	07827 896883
Winchester CNS Team	01962 824592



continued

## Information and support

### Useful Contacts



#### 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](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

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](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](tel:01256313969);

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 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](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](tel: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](tel:01962824841)

[Hhft.breastscreening@nhs.net](mailto:Hhft.breastscreening@nhs.net)

### Dates and Speakers for 2023

22nd August	Social	Group Members And Guests
19th September	Dr Remer Oncologist and the team	Group Members
24th October	DTC Nurses	Group Members
21st November	Mrs Stanton	Group Members
19th December	Christmas Party	Group Members

### Speakers for 2024

**February.** Tony Bambrugger- President of The Lions - Basingstoke branch

**April** Geoff Sharp Secretary of the Royal Society of Birds - Basingstoke local group

**June.** Lavinia Walsh - Ambassador for Yes Yes Yes. Intimate products

These speakers along with our regular attendees, Mr Harris, Dr Remer, DTC nurses, and Mrs Stanton means we have all our speakers for next year.