



# Basingstoke Breast Cancer Self Help Group



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## Editor's Bit



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### Hello Ladies.

During this month some of our ladies went along to the Virtual Orchestra Exhibition in Basingstoke town centre. I also went along with Renee on a different day. Powered by the Philharmonia Orchestra, a group of us visited the Virtual Orchestra exhibition in Festival Place. Immersing ourselves in 360-degree virtual reality, we had a fascinating journey through a 10 room installation featuring Holst's The Planets. A great experience. It was also used to coach children and young people in the use of their instruments with the backing of professional musicians.

It looks like everyone had great fun in the virtual world.

**MOTOWN NIGHT.** At the Kempshott Village Hall is coming up on **28th September 2019.** Is in jeopardy if you don't buy some tickets **SOON.** Cost **£12 per person.** Angela has emailed us to say "I met Renee the other day and both she and I are a little concerned at the low rate of ticket sales for the above social evening. This is why I am writing to ask you to support this event. Just to remind you that if we have to cancel it will cost the group £400."

**FASHION EVENT**  
Doreen organised a fashion event for **30th September at 14:30 in Lasham Garden Centre.** This event must be **postponed,** as the lady she was liaising with will be on holiday on 30 Sept. Doreen is hoping to re-schedule for November when her contact will be available to liaise with her.

### TESCO BAGS OF HELP

The "Bags of Help". Initiative has finished and we are still waiting to hear how we did. The organisation with the most tokens in the plastic boxes at the entrance and exit of all shops will get the **First Prize of £4000.**

### Current Research

As you know I am part of a team who are researching what is useful information for the start of people's cancer journey and how this should be presented to them during the early stages of their consultations. I am asking you all to help me gather information that I can feed back to the consultation group. I have attached a questionnaire to this newsletter. I know I already asked some of you to do this at a recent meeting. Please can you take 10 minutes to fill out this new questionnaire as it has been re-designed to achieve more focused results. Can you also return it to me in the next couple of days please? Thank you

### EVENT & FUNDRAISING

No meeting this month. More in September.

## 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

27th AUGUST

Skittles

Social evening

24th SEPTEMBER

Speakers

Mary Bosier  
Radiologist  
and her colleague  
Hannah

22nd OCTOBER

Speakers from DTC Unit

Sandy plus breast care nurses

## 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

### SKITTLES EVENING

Our **August meeting** will be the **Skittles/buffet (no pudding) event at Conservative Club**—Starting at **7pm.** Food at 7:30. Group member price £5 Guests £10 plus £1 entry if you are not a Conservative Club member.

**MOTOWN NIGHT.** At the Kempshott Village Hall is coming up on **28th September 2019.** Please see Renee for tickets. Cost **£12 per person.**

### FASHION EVENT

**Postponed**

Doreen had organised a fashion event for **30th September at 14:30 in Lasham Garden Centre.**

**Barn Dance** The fundraising team is currently putting the finishing touches to the **BARN DANCE** fundraiser for **4th April 2020.** The music and calling will be provided courtesy of Barbara

Parry. At the moment the venue is confirmed at Viables. We will be having an American Supper—that is everyone who's coming bring a supper dish. Although there are facilities to heat food it would be better to bring something that can be eaten cold. Tickets £15 per head.

Additional Dates for **LOOK GOOD FEEL BETTER** Workshops are:  
July 31<sup>st</sup>, Sept 18<sup>th</sup> and 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

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;  
 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 integrat-

ed 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 in-

formed 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 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