



# Basingstoke Breast Cancer Self Help Group



Angela: 07939 641187



Renee: 07717 873090

## Editor's Bit



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

### Hello Ladies.

The AGM in January went well with lots of information to take in. We did such a lot last year and are looking forward to carrying on in the same vein this coming year. It is important to take note of the dates and events as they come up on the newsletter and at our meetings so that we can continue to be a cohesive group helping ourselves be social, healthy and happy.

**Please get/book your tickets with Renee for Carry On Entertaining on 6th April.** She works very hard putting this show together as our main fundraiser for the year so please make it work by buying tickets for yourself and your friends. Lets fill the hall at QMC and make some money for the group to enjoy in the future.



### CARRY on ENTERTAINING

**6th April at QMC. Cost. £13**

Doors open at 6:30 and the show starts at 7pm PROMPT. Although I cannot be there myself I have bought six tickets so that my friends can enjoy this well organised, highly entertaining event. Don't miss this extravaganza! **Don't miss out, book your tickets with Renee NOW!!!**

Note from Angela:  
As you all know, the group survives on donations which go towards its running costs and to top up the Cadbury Fund. Without donations the group would not to exist in its present form. Please come and support this event by telling your family and friends and buying tickets.

### OUR NEW WEBSITE

Is coming soon. We hope it will go live during in February. So watch out for the launch and let us know what you think.

### EVENT SUGGESTIONS

As usual all additional suggestions to go to Angela or Renee [angelabennett70@hotmail.co.uk](mailto:angelabennett70@hotmail.co.uk) [R\\_smith65@sky.com](mailto:R_smith65@sky.com) to plan them into our schedule.

### GROUP PHOTO

Come at **6:20pm** to be in the **new photo**. We are planning to take a new group photo for the website and the newsletter at the start of the February meeting.



## 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

26 February 2019

*Look Good Feel Better*

*Michelle Roberts*

26th March 2019

*General meeting*

No Guest

30th April 2019

*Alexander Technique*

Jackie Bond

## 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

**FUND RAISING FARM WALK** - on **Saturday 2nd February** and the **TASTER SESSION** on **1st FEBRUARY** at the Sports Centre were postponed because of the snow. New dates to follow.

### LIVING WITH AND BEYOND CANCER HEALTH AND WELL-BEING EVENT

For patients, careers and families of those who are finishing or have finished treatment for cancer. At The Ark Conference

Centre **MONDAY, 11th MARCH** 9am-12.30pm. If you want to attend please give your name to Angela by 6th March

Tickets are on sale NOW for **CARRY on ENTERTAINING** our show, on **6th April 2019**. Cost. **£13**.

**AFTERNOON TEA - WATERCRESS LINE.** Date to be agreed in May. A list will be available for ladies to add their names, We will travel to Alresford by coach this time due to limited parking.

Ann Knight have organised a visit and private guided afternoon tour for the

group of **Ashe Park garden, Overton** with tea or coffee and cake at a cost of **£9.00** per person **in aid of The Kingfisher Trust**. Ann now has a list of people who will attend on each date: **Friday 14<sup>th</sup> June OR Tuesday 18<sup>th</sup> June 2019. Make sure your name is on one of those lists!**

**CANAL TRIP** on the John Pinkerton Canal Boat. On **FRIDAY 19th JULY 2019 at 7pm** prompt from Odiham Wharf opposite the Waterwitch Pub

in Odiham.- All group members plus family and friends to a maximum of 40. The trip includes a fish/chicken/ sausage & chip supper to be ordered in advance. All you pay is the price of supper and a drink on board. Only 23 places left, so get booking!

We are also having, **MOTOWN** night. At the Kempshott Village Hall. **28th September 2019**. Please put this in your diaries. Cost **£12**.

Additional Dates for **LOOK GOOD FEEL BETTER** Workshops are March 27<sup>th</sup>, May 15<sup>th</sup>, July 31<sup>st</sup>, Sept 18<sup>th</sup>, 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

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 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 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 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)

### Future Meeting Dates 2019

26th FEBRUARY	Look Good Feel Better	Michelle Roberts Area Manager
26th MARCH	General meeting	
30th APRIL	Jackie Bond	Alexander Technique
28th MAY	Mr Kevin Harris	Consultant Surgeon
25th JUNE	General meeting	
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	Mrs Rosie Stanton	Consultant Surgeon TBC
17th DECEMBER	Christmas meeting	Group Christmas party

### STOP PRESS

**Look Good Feel Better** pamper evenings for ladies who have/had a cancer diagnosis. A group of volunteers come along to teach our ladies a 12 step skincare and make-up regime. The next event will be held on the **27<sup>th</sup> March** from **17:30-19:30**, at **Radiotherapy department in Basingstoke**. The ladies can be at ANY point through their treatment. It is **free**. You get a **bag full of goodies** including cosmetics from many different companies, for delicate skin to **take home**. There are only have **15 spaces** per session.

To book the ladies must call **01256315050**, in advance.—no booking—no place

**Proposed future dates:** March 27<sup>th</sup>, May 15<sup>th</sup>, July 31<sup>st</sup>, Sept 18<sup>th</sup>, Nov 20<sup>th</sup>