

ANNUAL GENERAL MEETING

REPORT 2019

Welcome everyone to the Basingstoke Breast Cancer Self Help Group Annual General Meeting. As you know we are not a registered charity, but I feel it is very important we continue to hold an annual general meeting at the start of the year as the funding for running the group comes solely from public donations.

REFERRALS:

The number of referrals increased slightly from 21 the previous year to 23 last year.

The breakdown is as follows:

DTC Nurses/Leaflets.	10.	Increase of 3 from last year
Ref by ladies of the group.	6.	Decrease of 1 from last year
Group website.	2.	Increase of 1 from last year
Facebook/other agencies.	5.	Increase of 3 from last year

I am encouraged to see referrals have increased from the DTC recently. This appears to be as the result of a support worker now employed in the DTC unit and she has been passing on the group's details to new ladies.

Ladies from the group are very good at promoting the group to friends by giving out our date cards and encouraging them to come to the group meetings. Thank you for your support.

FUNDING: CURRENT AND CADBURY ACCOUNTS.

CURRENT ACCOUNT:

This is used for the running costs of the group which include:

- Annual group insurance
- Donations made to the Ark and St Michael's Hospice for the Sunflower and Light up a Life Appeals.
- Stationery (envelopes, paper, etc).
- Purchase of birthday and get well cards, postage, flowers, printing of date cards and contacts sheets, ink cartridges, refreshments when meeting new ladies or potential speakers.

THE CADBURY ACCOUNT

For ladies not familiar with the Cadbury fund it was set up in 2009 when Jenny Cadbury of the Cadbury family donated £1000 to the group. This account is used solely for the ladies of the group who have been unwell or maybe had to spend time in hospital. A cheque for £50 is given to them to use in whatever way they choose which can be travel expenses, parking, toiletries or just going out for a meal with family and friends. We do not ask for a receipt - this is a gift from the group. Last year we donated £750 to 15 ladies of the group.

DONATIONS MADE TO THE GROUP:

The group was awarded £4000 from the Tesco 'Bags of Help' scheme in September and a certificate was presented to us by Julie Shepherd who suggested we apply for the award. This award was as a result of customers nominating the group via the blue tokens given by cashiers when paying for goods. This award will be divided equally between the Ark Conference Centre and ourselves, as it will go towards paying for the group meetings for two years.

Other donations were made by the public at various times during the year for which we are most grateful.

DONATIONS MADE BY THE GROUP:

As in previous years, we continue to make annual donations to the Ark and St Michael's Hospice. We donated £1000 to the Ark as gratitude for letting us hold our monthly meeting on their premises. We also made two donations to St Michael's Hospice - one to the Sunflower Appeal and the other to the Christmas Light up a Life Appeal. These totalled £480. These donations were in memory of friends we have lost.

FUNDRAISING EVENTS:

In April as in previous years, the group held a fundraising concert at Queen Mary's College and was a great success. All the acts gave their time free of charge which resulted in £2101.34 being raised for the group. This will be the last concert Renee will organise and the group are indebted to her for all the hard work and commitment she has shown to the group. Thank you, Renee.

CAKE SALE:

This is an annual event which takes place in October (breast cancer awareness month) and is held outside the Health Information Point (HiP) at the hospital. Many thanks to Paula the manager of the HiP for letting us hold our cake sale there and to ladies who made and donated cakes, plus Bramley Bakery for the delicious cake they donated. Special thanks to Lyn for organising this event and for Liz, Maureen and Pam for helping. The group raised £271.23 which was fantastic.

MOTOWN EVENING AT KEMPSHOTT VILLAGE HALL:

Ladies from the group along with family and friends enjoyed a fabulous evening of music and songs entitled Lou Taylor Soul Train - 'The Voice, The Music, The Party' at Kempshott Village Hall. Lou performed songs by people such as Lionel Richie, Sam Cook and Marvin Gaye and had everyone dancing to music which took many of us back to our youth!! Many thanks to Kempshott Village Hall who let us bring our own drink and snacks which were enjoyed through the evening. It is hoped we can organise another evening with Lou but he is very popular so watch our website for details.

SOCIAL OUTINGS:

In MAY 30 ladies and friends enjoyed an afternoon cream tea and a nostalgic trip on the WATERCRESS LINE departing from Alresford to Alton. Unfortunately, due to a bridge being demolished in Alton the train was not able to complete its journey in full, however, this did not stop everyone enjoying the afternoon. The staff looked after us very well and it is something we could consider doing it again.

In JUNE Ann Knight very kindly organised a tour and afternoon tea at ASHE PARK GARDENS in Overton. The grounds are fantastic, made all the more enjoyable as Ann had kindly organised a guided tour for us as well. After the tour we all enjoyed a delicious afternoon tea with home-made cakes. The group donated £162 to the Kingfisher Day Centre which the owners of Ashe Park Gardens support. Thank you Ann for organising this most enjoyable event.

In JULY our annual evening trip on the BASINGSTOKE CANAL took place but unfortunately the weather wasn't kind to us this year, however, this didn't seem dampen people's enjoyment. As usual fish and chips etc were delivered at the start of the trip which everyone enjoyed. Many thanks to Renee for organising this outing which is now a regular event in the group's social calendar.

A social skittles evening took place instead of the group meeting in AUGUST and was held at the Conservative Club. This was very well attended by ladies with family and friends. The food was excellent and trophies were presented to the winner and runner up. This event is always enjoyed by the group as it's an excellent way to socialise

DECEMBER the group celebrated Christmas with three festive social events. A Christmas dinner, the group Christmas party and a festive afternoon tea at the Ark. This is always a nice way to end another successful year of our group.

You may be interested to know the group contributed £1267.87 towards the cost of meals enjoyed by ladies of the group during the year.

GROUP WEBSITE/PHOTOGRAPHS

In MAY Paula the manager of the Health Information Point at the hospital updated our website. I hope like me you are delighted with the result and I think it looks very professional and up to date. I am conscious that our website is our 'shop window' and therefore reflects exactly what the group does.

Our excellent newsletter and photographs are sent to Paula who uploads them on our website. Thank you Paula for producing and designing a website we are all really proud of.

NEWSLETTER:

Last year Liz produced a monthly group newsletter which is excellent and very informative. Liz sends this out to ladies who have access to a computer and for those who don't, she prints off a copy which she gives out at the next meeting. This newsletter helps to keep ladies informed as to the group's forthcoming speakers and activities and is much appreciated by everyone. Our newsletter appears on our website along with new photographs usually taken by Liz of various events and outings the group have enjoyed. Thank you Liz for our excellent newsletter and help with forwarding information to our website.

TASTER SESSION ORGANISED BY BASINGSTOKE SPORTS CENTRE:

In NOVEMBER Gary Burrow, fitness and wellbeing development manager at the Sports Centre, organised a taster session for ladies who had undergone breast cancer surgery to try equipment in the gym. A number of ladies from the group along with those from the Pink Place attended and were supervised by Steph who was excellent. The feedback from ladies in the group was very positive and passed onto Gary. Many thanks to Gary and the Basingstoke Sports Centre for organising this.

SPEAKERS FOR THE YEAR:

As in previous years we continued to have guest speakers who talk on a variety of subjects, some medical - others not. These included:-

- Michelle Rogers, area manager from Look Good Feel Better, discussed makeup after treatment
- Jackie Bond spoke about the benefits of the Alexander Technique.
- Mr Kevin Harris, consultant surgeon, gave us an update on latest breast cancer treatment and answered our questions.
- Jane Meakin spoke about self-development and connections.
- Mary Boiser, a radiographer from the mobile breast screening unit at the hospital.
- Sandy Lyford and nurses from the DTC unit answered our questions.

We will again be having a variety of speakers throughout 2020

SUMMARY:

Throughout 2019 the number of ladies attending meetings ranged from 21 to 29 which is roughly in line with previous years. I think this is quite remarkable considering we have just ended our 16th year and the numbers of ladies attending continue to be high.

Renee and I continue to meet new ladies throughout the year who contact us either via the phone or more recently the website. As a result, ladies often join the group either at the next or subsequent meetings.

A group such as ours is only as successful as you ladies who keep supporting us throughout the year for which I am most grateful. There are, of course individuals who help me in other ways which I would like to thank publicly.

OUR TREASURER: Renee has been the group treasurer for a number of years and continues to do an excellent job which involves many aspects of the group finances. These include looking after both our Current and Cadbury accounts, banking all cash and cheques; monitoring the group's expenses and producing a printed balance sheet for me at each meeting; producing an end of year report for our AGM plus other aspects of looking after the groups finances.

Renee has in the past year been involved in organising social events for the group previously outlined in my report. Over the last four years Renee has raised in excess of £9000 for the group which is quite remarkable and a tremendous achievement. Thank you Renee for all your support you give me and everything you do for the group - it's very much appreciated.

LYN OUR SECRETARY:

Lyn has been our secretary for many years and continues to produce excellent and very accurate minutes of our group meetings. Lyn passes these onto Paula for her to update on our website.

Lyn as previously mentioned organised our very successful cake sale and fingers crossed, she will do so again next year. Lyn also makes delicious cakes for the group at no cost to the group. Lyn tells me it's her way of 'giving something back' to the group which is really appreciated. Thank you Lyn for everything you do for the group and the support you give me - it's much appreciated.

LIZ: Thank you Liz for all the very informative and interesting newsletters you have produced over the year. They really are most professional and along with our website really enhance the group profile. I along with all the other ladies thank you.

FUNDRAISING COMMITTEE: Members of this group are organising our major fundraising event on 4th April which is a barn dance at Viabes.

Last but not least I want to thank all you ladies of the group for your continued support for without you there would be no group. We all know that being diagnosed with breast cancer is a life changing experience and at the start it can be a long and lonely journey. However, with the help of ladies like yourselves, this need not be the case.

The special bond of friendship which exists in this group continues into our 17th year and for this I thank you all. This ends my AGM report