



Basingstoke Breast Cancer Self Help Group



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Editor's Bit



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Hello Ladies.

Editor's Bit

This month and next are quite exciting as we have the Fundraiser Dinner and dance at Loddon Vale indoor Bowls club on Saturday 22nd November. We have sold 0 9 or 10 tables of 8 people. Which should bring us a great return for the group. As of yesterday we will have 20 excellent raffle prizes and 9 auction lots. Sheila will run the raffle for us on the night and James from Loddon Vale will conduct the auction.

REGULAR MEETINGS

Group Meeting 21st October

25 ladies attended the meeting with the DTC nurses which was very interesting. The new techniques and innovations are really showing how far breast cancer treatments have developed in the last few years. Even since my experience in 2016/17 they have really made inroads into personalizing treatments with associated great results.

Cake sale on 29th October



We had a cake sale in the hospital on 29th October. - Angela was joined by Maureen and Rowena for 2 hours of cake selling outside the Patient Information Point. They raised £155.00 for our group.

Group meeting 18th November

This month's meeting will be held at the Ark at 6pm with Mrs Rosie Stanton coming along to chat with us followed by a craft sale and the usual raffle. Please remember to bring cash for the raffle, crafts and to pay for **Christmas lunch at the Ark. 12:30 for 1pm on Wednesday December 10th.** I will have the clip board with me if you would like to get on the list. Payment tonight please in cash in an envelope clearly marked with your name and amount enclosed.

29th November is the **last Saturday** of this month and there will be **5K this month** starting outside the newly re-opened Simply Tennis in the Memorial Park. We will meet for our regular cuppa and chat at Gabardines at the top of town from 10:30 immediately after 5K. They are always ready for us to have our usual catch up meetings there. 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 be **27th December**.

OTHER MEETINGS AND ANNUAL EVENTS

Our regular attendees will be Mrs Stanton (November). Completing our speakers for 2025. Angela has already found interesting speakers for 2026. The list and schedule will be added to next month's newsletter when Angela has finalized the speaker's dates.

AND FINALLY

CHRISTMAS LUNCH

I am arranging a Christmas lunch at the ark again this year to be held on either **10th December at 12:30 for 1pm.** I will be finalizing the list with Karolina at the Ark in the next few days so please make sure you have signed up and paid in good time.

CHRISTMAS PARTY

Please note that our usual Christmas Party will be on Tuesday **16th December at 6pm onwards.** Sharon G and Debbie have already started a list of who's bringing which dish, so please tell them what you plan to bring. Thank you

NOVEMBER FUNDRAISER DINNER

The Clipboard coming around the group on Tuesday 21st October is for attendees of the **Fundraising Dinner in November**, to make and record their payment in advance for the dinner. As well as making your payment please also make your food choices so that I can create a list for Gary the chef. Please note there will also be low level music throughout dinner and a disco later for those who'd like to dance. Alan the club coach will be on hand for anyone who wants to have a little go at bowls! Please come and join me for that as I have a side bet with Alan who has promised to dance.



Meetings in 2025

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

**The ARK
6pm-8pm**

**18th November
Mrs Rosie Stanton
Consultant Breast Surgeon**

16th December

Christmas Party

Essential Contacts Breast Care Nurses

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

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