



Basingstoke Breast Cancer Self Help Group



Meetings in 2023

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

24th October
DTC Team

22nd November
Mrs Stanton

19th December
Christmas Party

The ARK
6pm-8pm



Angela: 07939 641187



Renee: 07717 873090

Editor's Bit



Email add: ehjanes@ntlworld.com

Hello Ladies.

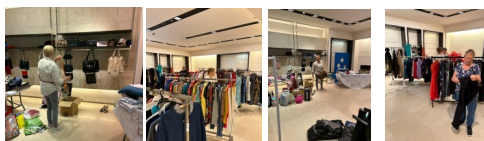
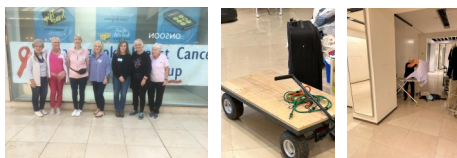
ANNUAL CAKE SALE AT THE HOSPITAL



There were four of us selling your home made and shop bought cakes for 2 hours at the **Health Information Point** situated inside of the hospital on **6th October**. We raised **£301.31**

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

NEW AND NEARLY NEW ITEM SALE FUNDRAISER



We had a prime location in Festival Place, for our **Nearly New sale on Saturday 14th October**. On Friday with the help of vince's trolley we got all our wonderful contributions into the shop opposite Monsoon. Maggie, Angela and myself directed a number of our group into turning the above "Jumble Sale" into a beautiful display of clothes, bags, shoes, jewellery, bric-a-brac, craft sets. Angela manned the ironing board and the rest of us set to work displaying and hanging things in a logical order for people to browse. We finished most of the set-up by 5pm Friday and arrived by 9:30 Saturday ready to open at 10am. During the day some of the helpers did a sterling job of unpacking, hanging and replenishing the rails. All our hard work and extreme effort resulted in an amazing **£2304.00** being banked on the day!

Maggie and I, are so grateful to all the ladies who helped with the set-up, the sale day and the take down of the shop. We'd also like to thank the few ladies in the group who turned up on Saturday and spent some money too!



Line Dancing

Booted Out (Sue and John) did a fantastic job of keeping everyone entertained at our event on **20th October**. We raised the roof at **Newnham Clubroom**. We had 24 people taking part on the night. Some of us learned some new skills, some of us just danced all night. There was a great raffle, with prizes from Costa, Ryman's, M&S, Milestones and from many other sources. Most people won something. All together from ticket sales and the raffle we raise another **£503.00** for the ladies of the group.



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

REGULAR MEETINGS

28th October 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 and are celebrating their 4th anniversary this month)**. The snug area will be set up for us when we arrive at 10:30am.

24th October Our speakers will be members of the **DTC Breast Care Team**. Please arrive by **5:45 for a prompt 6PM start**, so that the speakers can make their presentation first and get off home to spend a little of their evening with their families.

OTHER MEETINGS AND ANNUAL EVENTS Quiz Night

The last of our Breast Cancer Awareness Month fundraisers is Renee's quiz night this coming Saturday **28th October** at Kempshott village hall from **7.30pm until 9.30pm**. A list is still circulating for your last chance to **book a table**. 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.



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](tel:01256313969);

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 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

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](tel:01256315050), in advance.—no booking—no place

www.lgfb.co.uk

North and Mid-Hants BSU

Breast Screening Unit. Telephone Number [01962 824841](tel:01962824841)

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 Bamburger- 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.