



Basingstoke Breast Cancer Self Help Group



Angela: 07939 641187



Renee: 07717 873090

Editor's Bit



Email add: ehjcrochet@gmail.com

Hello Ladies.

Editor's Bit

Hello everyone. It feels like we're living in the tropics these days. Someone told me the other day that they are praying for rain! I'm just praying for the water companies to fix the leaks!!

REGULAR MEETINGS

18 members attended our July general meeting and quiz on **21st**. The meeting was a great success with Doreen's fun quiz keeping us all on our toes. I'm pleased to say Angela's team won by miles (because they had a June birthday girl in their midst☺).

Angela welcomed everyone to our meeting and welcomed a new lady called Jenny.

She then apologized that last month's meeting had had to be cancelled due to the heat and the number of ladies who could not attend.

We need a new treasurer by November, to step into the post by the AGM in January 2027, and we are all pleased that Renee will still be coming to the meetings after she has ceased being treasurer - a role she has held for 15 years.

Angela handed out leaflets from a lady she had met called Zoe Hall. Zoe offers nipple tattooing and skin camouflage services. The nipple tattooing is free whereas the skin camouflage treatment for scars would involve a cost. The leaflets were of interest to many, and we are to contact Zoe directly if we are interested.



Our **annual canal trip** on the John Pinkerton was on **17th July** from Odiham Wharf. It appeared to be a great night from the photos. Sorry I couldn't be there as I was travelling to the Belgian Grand Prix (which was fabulous).



Our next meeting will be on **18th August** it will be our summer social skittles be **Loddon Vale Indoor Bowling Club** (Near Milestones). We will begin the skittles at 7pm and there will be a £10 buffet for which I will collect the money on the night. Also bring cash for the raffle.



We will meet for our regular cuppa and chat at Willis Museum Cafe at the top of town from **10:45** immediately after 5K. Please note you do **not** have to do the 5k in order to come for a cuppa later! You can just turn up at Willis museum. PLEASE NOTE THERE IS NO 5K IN AUGUST so the next one will be **26th September**.

OTHER MEETINGS AND ANNUAL EVENTS

The meeting dates are set for 2026 and can be found on the reverse of this newsletter. The usual suspects will be attending on their regular months.

Please check each newsletter for changes to the speakers during this coming few months.

Doreen is now organising a visit to Whitchurch Silk Mill, which will be in 2027 now due to us not putting forward 20 people to go as a group. We could still attend as a smaller group which cannot be prebooked. It will mean arranging the time and day you want to go, getting there and paying individually on arrival.

I have begun to organize our Fundraising Dinner & Dance, which will be on Saturday 21st November at Loddon Vale IBC. The dinner will cost £30 per head this year. I have booked the Music and spoken to Gary about the menu. **Please ask around businesses in your local area for raffle or auction prizes.** I already have an auction prize of a handbag sized hair straightening brush.

There are clipboards available for you to sign up to these events at each monthly meeting.

AND FINALLY

Please start thinking of alternative sites where we could have our annual cake sale fundraising event. It has to be somewhere that has a good footfall. Perhaps we could approach Festival Place for a couple of hours slot outside M&S. They do allow tin shaking there once in a while so why not our cake sale?

Isn't it about time we had a new photo on the stairs while we are still at the Ark?



Meetings in 2026

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

The ARK
6pm-8pm

18th August
Skittles Evening at
Loddon Vale Indoor Bowls Club

22nd September
Dr Veli
Consultant Oncologist

20th October
DTC Nurses
and Carolyn from Amoena

17th November
Mrs Rosie Stanton
Consultant Breast Surgeon

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

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

Macmillan Support Care Hub 0300 1000 200
contact@macmillan.co.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. You can book online at www.lgfb.co.uk

North and Mid-Hants BSU

Breast Screening Unit. Telephone Number 01962 824841

Hhft.breastscreening@nhs.net

Dates and Speakers for 2026

20th January	AGM	Group Members
17th February	Helena Maskell—Fundraising Manager—Ark Cancer Charity	Group Members
24th March	Geoff Sharpe—Secretary, RSPB Basingstoke (The Magic of Kenya)	Group Members
21st April	Posy Mudie—Facilitating a Himalayan sound bath	Group Members
19th May	Kevin Harris—Consultant Breast Surgeon	Group Members
23rd June	Cancelled due to Very hot weather and lots of apologies	Group Members
21st July	General Meeting & Quiz	Group Members
18th August	Skittles Social Evening	Members & Guests
22nd September	Dr Veli, Consultant Oncologist	Group Members
20th October	DTC Nurses and Carolyn from Amoena	Group Members
17th November	Mrs Rosie Stanton—Consultant Breast Surgeon	Group Members
15th December	Christmas Party	Group Members