

Basingstoke Breast Cancer Self-help Group

Minutes of the monthly meeting held 18 November 2025

Chairman: Angela Bennett

Treasurer: Renee Smith

Newsletter: Liz Janes

Secretary: Heather Bounaouara

Attendees

There were apologies from 10 ladies.

Welcome

Angela welcomed everyone to our meeting

Speakers

We had Mrs Rosie Stanton, consultant surgeon, and Mr Goerge Rizkallah, a trainee consultant, to speak to us this evening.

Our speaker in June next year will be Posy Maudie who offers relaxation sessions using Himalayan gongs, singling bowls and chimes. She will provide a day's retreat on 8 March at Easthampstead Park Hotel in Wokingham, Berkshire. If you would like to attend, Angela has flyers to give out.

Upcoming events

Our fundraising dinner is this coming Saturday evening. There will be bowling mini lessons if anyone is interested in this.

The Ark Christmas lunch will be on December 10 at 1pm. Liz's dedication and commitment were praised as she has organised both these events for us all.

St Michael's Hospice 'Light up a Life' appeal on Sunday 7 December will be at St Joseph's Church in South Ham. There are going to be two services at 3.30pm and 7pm. We make two donations a year to the hospice, one in May for the Spring appeal and one each December for this appeal. Both donations are in memory of friends we have lost. This year we will send a cheque for £180.

The group Christmas party is on 16 December. Please write what food you'll bring on Sharon and Debby's list. The Secret Santa amount is now £7. As previously, our group will provide the wine, soft drinks, cups, plates and napkins; please bring cutlery. Angela asked for suggested activities for this party evening.

Other business

Angela has copies of subscription forms for a breast cancer magazine called Vita should anyone be interested in receiving it three times a year. These publications are free.

As it's November, we have craft items on sale made by our talented ladies.

Angela mentioned that this meeting is the last formal one in 2025 and thanked us all for our continued support and for making the group so special.

The meeting closed at 8pm.