

# **Basingstoke Breast Cancer Self-help Group**

Minutes of the monthly meeting held on 23 July 2024

Chairman: Angela Bennett

Treasurer: Renee Smith

Newsletter: Liz Janes

Secretary: Heather Bounaouara

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## **Attendees**

20 ladies attended.

Apologies from Maggie Shukla, Corrine Thomas, Ann Knight, Pat Hunt, Joanna Bell, Yvonne Huston, Bridget Sullivan, Maureen Brailey, and Chris Aston

## **Welcome**

Angela welcomed everyone and thanked Jane, Heather, and Hazel for organising the English folk dancing. After the demonstration, many ladies thoroughly enjoyed the dance, the Merry Reaper; and after this, Liz showed us the Scottish Gay Gordons dance.

## **Minutes**

Lyn read out the minutes of the monthly meeting held at the Ark on 25th of June 2024. They were then signed by Angela.

## **Chairman's report**

Lavinia Winch from "Yes, Yes, Yes Intimate Products" was our speaker at last month's meeting. It was extremely interesting and there is information from this talk on our website. Lavinia is happy to talk to any ladies individually about intimacy following chemotherapy and other medical treatments, the menopause and/or general health.

Angela recently met with a pathologist from the hospital, called Lucinda Streeter, who will be our guest speaker in April next year. She is the manager of Point of Care Testing in Pathology. She comes highly recommended and will be joined by

colleagues from Haematology and Histology. The talk will inform us of how blood, urine and/or tissue samples are analysed.

Liz has uploaded information onto our website of a fundraising event organised by the DTC nurses. It is called the "5K Colour Run" and will take place on 3rd August at Harewood Forest near Wherwell, Andover. They are raising funds for staff training and education not funded by the NHS or by professional development. If you would like to donate, please go to our website, and look for the Just Giving page.

St Michael's Hospice has thanked us for the £150 donation we made to the Sunflower Appeal, in memory of lost friends.

A former, active member of our group for many years, Pam Monger, has passed away. Her funeral will be on 31 July at Basingstoke Crematorium. A sympathy card has been sent to the family, and some of us will attend the funeral on behalf of our group.

Our annual canal trip took place again this month. There were thirty-eight people and we had wonderfully warm weather. For over ten years, this outing has been a firm favourite, and we will do it again next year.

Our trip to the Vyne will be on Friday 13th September at 11am, and we will look around the house and gardens without a guide. Lunch afterwards can be booked separately. Angela will text more details to those going nearer the time.

Our monthly meeting is being replaced by the skittles evening 27th August at Loddon Vale Bowling Club. Please arrive at 7pm and, if having the buffet, £7 is payable to Liz on the night. The raffle proceeds will go to group funds, so please bring a really good prize.

Our next meeting at the Ark will be September 24th, and we shall have Dr Remer, an oncologist from the hospital, as our speaker.

### **Speakers**

For next year, we have our regulars, Mr Harris, Dr Remer, the DTC nurses, and Mrs Stanton.

Mr Harris has recommended a senior breast cancer nurse practitioner called Jo Fields to be a guest speaker next year. Angela will arrange this for the February meeting.

Following a request from one of our ladies, we will welcome a radiologist as our guest speaker at some future date. We will hear how radiologists interpret CT and MRI scans, as well as mammogram, x-ray, and ultrasound images. The ladies expressed much interest in this topic.

The meeting closed at 8pm.