



Basingstoke Breast Cancer Self Help Group



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Editor's Bit



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Hello Ladies.

2019

Here is the last newsletter for 2019. So Merry Christmas and a Happy Healthy New Year for our 17th year of this group. What a lovely year we have had again. Lots of days out and great social events where we made some memories. We are planning to put on some more experiences in the new year and would like to hear your suggestions for things you'd like to do.

FASHION EVENT

Postponed AGAIN. Sorry I did my best to get this together but the lady at Edinburgh Woolen Mill had other ideas! I shall try again after Christmas to get a spring collection event underway.

CHRISTMAS DINNER

Our Christmas Dinner at **Angels Café Bistro**, appeared

Merry Christmas and a Happy Healthy 2020

to be a grand success. The food, the service, the company and the atmosphere were all really wonderful. There were 29 of us in total and the raffle made us £95 towards group funds.

AFTERNOON TEA AT THE ARK

I am thrilled to announce that we have managed to book The Ark for Afternoon Tea on 19th and 20th December at 3pm. So far there are twelve people attending on 19th and eight people attending on 20th. The list is closed as I have confirmed the numbers and paid for the events this week. However if you REALLY don't want to miss out then call Angela and she will make the necessary arrangements. Also if you are going along and have any special dietary requirements, please call Sally at the Ark on 01256 360400 and let her know at least one week before you go.

CURRENT RESEARCH

Nothing to report this month

EVENT & FUNDRAISING

There was no event team meeting this month. However, The Fashion Show will be rearranged in the new year for a spring collection.



Meeting Information 2019

All Meetings are held at The Ark Conference Centre behind BNHH (Unless otherwise stated)

Group Meetings:

One Tuesday Per Month:

1900 - 2100

17th December

Party Night

21st January

AGM

Meeting Dates and speakers for 2020 will be published in the January Newsletter

Essential Contacts Breast Care Nurses

Sandy Lyford	07917 241479
Alison Terry	07827 896883
Lizzie Shrimpton	07917 241469
Sam Taylor	07917 241469
General Office	01256 313126

Events, Fundraisers and Outings For 2019

FASHION EVENT

The fashion event is now postponed until the spring **Lasham Garden Centre**. Male models are still required, so if you know any willing guinea pigs, you know what to do!

AFTERNOON TEA AT THE ARK

At 3pm on 19th & 20th December there will be Afternoon Tea at the Ark. The cost is £10 per head. The attendee list is

closed but last minute arrangements can be made through Angela until one week before the event ie. 12th November

BARN DANCE

The fundraising team is still putting the finishing touches to the **BARN DANCE** fundraiser for **4th April 2020**. The music and calling will be provided courtesy of Barbara Parry. The venue is confirmed at Viables. We will be having an American Supper—that is, everyone who's coming bring a supper

dish with them. Tickets will be available in the new year at a cost of £15 per head.

LOOK GOOD FEEL BETTER Workshop here in Basingstoke **Nov 20th 2019**.

2020 dates: 5 Feb, 15 Apr, 17th Jun, 19th Aug, 14th Oct and 25th Nov.

As previously, you must ring up to book a place on the workshop. The phone number is on the back of this newsletter.



Information and support

Breast Cancer Care

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 integrat-

ed 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 in-

formed 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

Future Meeting Dates 2019 Dates for 2020 will be published next month

22nd OCTOBER	DTC Unit	Sandy plus breast care nurses
19th NOVEMBER	No Speaker	General Meeting
17th DECEMBER	Christmas meeting	Group Christmas party
21ST JANUARY	AGM	