



# Basingstoke Breast Cancer Self Help Group



## Meetings in 2023

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

**25th April**

CNS Lymphoedema Team

**23rd May**

Mr Kevin Harris

**20th June**

Kelly Gibson

Head of Fundraising

Against Breast Cancer

The ARK

6pm-8pm



**Angela: 07939 641187**



**Renee: 07717 873090**

### Editor's Bit



Email add: [ehjanes@ntlworld.com](mailto:ehjanes@ntlworld.com)

### Hello Ladies.

Our recent meetings were well received and well attended! On 21st February- Sarah Sharp was our guest speaker. She works as Oncology Dietitian/Breast Care Team Dietitian.



Then on 21st March - David Close—Celebration Cake Judge gave a thrilling talk about the ins and outs of cake judging. There's more to it than meets the eye..

### REGULAR MEETINGS

**25th APRIL.** We will hear from the members of the CNS/lymphoedema specialist team.

These nurses have requested your questions before the meeting. Please send Angela any question you would like them to address.

**29th APRIL** Gabardine's are still 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)**. The snug area will be set up for us when we arrive at 10:30am.

**23rd MAY** Our guest speaker will be Mr Kevin Harris

**20th JUNE.** We will hear from Kelly Gibson who is Head of Fundraising- Against Breast Cancer.

She will be talking about the research being undertaken by this charity.

**22nd AUGUST at 7pm** Group skittles evening. This social evening will be in place of our monthly meeting. The venue is yet to be decided.

### OTHER MEETINGS AND ANNUAL EVENTS

Renee organised an **Afternoon Tea at Milestones Museum** on **7th March 2023** which was a great success with a final total of 18 members attending. Thanks Renee for all your hard work.

**5th MAY-** There will be a chocolate tasting event at Chocolate Craft in Alresford. I currently have 10 people including myself who will be going. If you would like to be included please let me know. There are still 2 places available. I shall be collecting your £10 at the April meeting. Please try to organise car sharing to go there if you can. I will send out detailed directions to all the people on my list in good time. I thought we might go round to the garden centre in Alresford for lunch afterwards if anyone would be interested.

### New and Nearly New Item Sale Fundraiser Sunday 14th May at More of the Good Stuff

Maggie and I have been discussing our spring fundraiser, a new and nearly new sale for the Group. We have spoken to Sasha at More of the Good Stuff (Worting House) and she has confirmed that we can have the café as our base for the sale on Sunday 14th May from 10:30 til 3pm. Sasha will provide one of the girls to make us teas, coffees and serve cakes. (Which must be paid for to More of the Good Stuff). If anyone would like to bring things to sell please make sure they are labelled with the value you'd like to get for the group from the sale of your items. We plan to break the tables down into categories and so if you would like to volunteer to run a table on the day please let one of us know. I shall be putting an advert in the Rabbiter and the Winklebury & Rooksdown Record. If you know of other local newspapers who would run our ad please let us know this too. Perhaps we can get the Gazzette to run a story on the day or afterwards to raise the profile of the group locally.

Suggestions on how to gain more publicity for the fundraiser would be greatly appreciated. Contact Maggie or me with any suggestions or questions.

### Annual Canal Trip

Our Annual Canal trip this year will be on **14th July at 6:30 for 7pm**. As it will be a Friday again this year and Oliver's will not deliver to us, you must bring your own picnic or takeaway. There is a bar on board for teas, coffees, soft drinks and alcohol.

### Quiz Night

Renee has arranged fundraising event for our group. It will be a quiz evening on Saturday **28th October** at Kempshott village hall from **7.30pm until 9.30pm**. The hire of the hall is free of charge and it has been booked. Please bring your own food and drinks, and we will have a raffle. The cost of tickets is £5 per person.

### Line Dancing

My Line Dancing Club—Booted Out are still on standby for a fundraiser in September this Year. Unfortunately they already run two classes on a Tuesday evening so it cannot be on one of our regular club nights at the Ark. I thought perhaps a Wednesday or Friday Evening. I am stating to look at venues. If anyone knows where we could get cheap/free hall suitable for dancing, please let me know.

Thanks



### Essential Contacts Breast Care Nurses

Clare Clayden-Lewis	
Marian Parfitt	
Alison Terry	01256 313126
Sam Taylor	
Lianne Hankins	
Tracy Gosden	01256 313123
Healthcare support Worker	01962 828345
Yolanda Kennedy	07827 896883
Oncology Breast CNS	
Winchester CNS Team	01962 824592



continued

## Information and support

### Useful Contacts



#### 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](http://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](http://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](http://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](mailto:health.info@hhft.nhs.uk)

[www.hampshirehospitals.nhs.uk](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.lgfb.co.uk)

#### North and Mid-Hants BSU

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

[Hhft.breastscreening@nhs.net](mailto:Hhft.breastscreening@nhs.net)

### Dates and Speakers for 2023

25th April	CNS lymphoedema Team	Group Members
23rd May	Mr Kevin Harris	Group Members
20th June	Kelly Gibson. Head of Fundraising - Against Breast Cancer	Group Members
25th July	General Meeting	Group Members
22nd August	Social	Group Members
24th September	Dr Remer Oncologist and the team	Group Members