



Basingstoke Breast Cancer Self Help Group



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Editor's Bit



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Hello Ladies.

On **25th June** we held the first of our summer Strawberries and Cream with Pimms evenings. While it was a success we raised very little on the first time out. We raised £52.22 in total. I think we will be able to make this a regular feature in the summer calendar.

The Kingfisher Day Centre sent us a lovely letter of thanks for the money we raised on the Ashe Park trip. They let us know how much of difference the money we raised will make to their organisation. As it was such a large amount (£162) they will be putting it towards the fund for a new mini-bus. Spectacular news, well done!

Final paragraph *"Thank you once again for your donation; it is really appreciated by us. I would also like to send my best*

wishes to the members in your group. Tough times are always easier if you have supportive people around you."

CANAL TRIP on the John Pinkerton Canal Boat went ahead On **FRIDAY 19th JULY 2019**. We left at **7pm** prompt from Odiham Wharf. About 29 of us braved the rain and had a wonderful evening heading up the canal to Winchfield. Food was good, drinks were cheap and everyone seemed to enjoy themselves.

TESCO BAGS OF HELP



The "Bags of Help". Initiative has finished and we are just waiting to hear how we did. The organisation with the most tokens in the plastic boxes at the entrance and exit of all shops will get the **First Prize of £4000**.

Current Research

This part of the newsletter highlighting current innovations and research could be very interesting and informative. Please can you send our interesting snippets by email to me so that I can share them with the group, through the newsletter.

EVENT & FUNDRAISING

The events & fundraising committee, **Joyce, Pat, Ann, Kirsten, Issy, Liz, Lyn and Maureen**, will be given space at each meeting to update the group on fundraising ideas.

We can then help to plan them into our schedule and make sure the group continues to be viable. Our current event in planning is the **Barn Dance** on **Saturday 4th April 2020**, at **Viables** main hall. We are asking people to bring a supper dish as we would like to have an American Supper rather than cater the event. This will keep the ticket price down to £15 per head and will raise more funds for the group. It promises to be an evening of fun, laughter and dancing.

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

30th JULY

Speaker

Jane Meakin

Self Development and Connections

27th AUGUST

Skittles

Social evening

24th SEPTEMBER

Speakers

Mary Bosler
Radiologist
and her colleague
Hannah

22nd OCTOBER

Speakers from DTC Unit

Sandy plus breast care nurses

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

SKITTLES EVENING

Our **August meeting** will be the **Skittles/buffet (no pudding) event at Conservative Club—** Starting at **7pm**. Food at **7:30**. Group member price **£5** Guests **£10** plus **£1** entry if you are not a **Conservative Club member**.

MOTOWN NIGHT. At the Kempshott Village Hall is coming up on **28th September 2019**. Please put this in your diaries. Cost **£12 per person**.

FASHION EVENT

Doreen has organised a fashion event for **30th September** at **14:30** in **Lasham Garden Centre**. 2 Male & 4-5 female volunteers needed to model clothes. Anyone interested in taking part please speak to Doreen.

Barn Dance The fundraising team is currently putting the finishing touches to the **BARN DANCE** fundraiser for **4th April 2020**. The music and calling will be provided courtesy of Barbara

Parry. At the moment the venue is confirmed at Viables. We will be having an American Supper—that is everyone who's coming bring a supper dish. Although there are facilities to heat food it would be better to bring something that can be eaten cold.

Additional Dates for **LOOK GOOD FEEL BETTER** Workshops are:

July 31st, Sept 18th and Nov 20th



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

30th JULY	Jane Meakin	Self Development & Connections
27th AUGUST	Skittles	Social evening
24th SEPTEMBER	Speaker	Madeline Havis, Breast Care Screening Sister, Mary Bosier a Radiologist
22nd OCTOBER	DTC Unit	Sandy plus breast care nurses
19th NOVEMBER	No Speaker	General Meeting
17th DECEMBER	Christmas meeting	Group Christmas party