



Basingstoke Breast Cancer Self Help Group



Angela: 07939 641187



Renee: 07717 873090

Editor's Bit



Email add: ehjanes@ntlworld.com

Hello Ladies.

Let me begin this newsletter with some changes to the programme this year.

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.

20th JUNE. Kelly Gibson who is Head of Fundraising - Against Breast Cancer.

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

EVENTS AND REGULAR MEETINGS

Although I shall be away for February and most of March there will still be an opportunity for a catch up at **Gabar-dine's** on the **last Saturday** of the 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. The next one will be on **25th February**.

OUR REGULAR MEETINGS

As you know Renee has organised an **Afternoon Tea at Milestones Museum** it will be a Tuesday afternoon **7th March 2023 at 1:30pm** £14 per head—**Renee needs the final numbers and payments (Cheque or exact money) at the February meeting**. Please also let Renee know if you had put your names down and can no longer attend. Thanks.

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.

MEETINGS IN 2023

There is a comprehensive list at the bottom of the following page of meeting topics and guests for 2023 On 21st February our meeting will be with Sarah Sharp Oncology Dietitian/Breast Care Team Dietitian. Please think about what you'd like to ask her so that we can make good use of her time.

IN OTHER NEWS

New and Nearly New Item Sale Fundraiser

Maggie and I have been thinking about a new and nearly new sale in the spring to raise funds for the Group. I have spoken to Sasha at More of the Good Stuff (Worting House) and she has offered to hand me the keys any Sunday we want to use it for free! Unless of course we would like her there to make us teas, coffees and light snacks, in which case she will come along to help out.

A firm date for this will be set as soon as we can. At the moment its looking like a Sunday in May or June. Maggie will be at the February meeting to tell you more about the what, where, when and how of it. Also you may want to start looking out those unwanted items that you'd normally take to the charity shops to help the event raise funds for the club. Suggestions on how to gain publicity for the fundraiser would be greatly appreciated. Contact me with any suggestions or questions.

Chocolate Tasting

I have arranged the chocolate demonstration for **Friday 5th May at 10:30**. Details including a map of the location will be sent out very soon. You can pay £10 to secure your place at this event as soon as you like. As there are only 18 places available the list will be on a first come first served basis. I already have 10 people on my list who are interested and will keep a wait list if necessary in case anyone has to drop out at the last minute.

Manor House Visit

There will be a list which will be passed around at the next couple of meetings regarding our visit to the **Manor House Gardens** later this year. Put your name down if you'd like to go.



Meetings in 2023

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

The ARK

21st February

Sarah Sharp

Oncology Dietitian/Breast Care

Team Dietitian

21st March

David Close

Celebration Cake Judge

6pm-8pm



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

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](tel:01256313969);

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 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

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 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

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

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](tel:01256315050) in advance.—no booking—no place

www.lgfb.co.uk

North and Mid-Hants BSU

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

Hhft.breastscreening@nhs.net

Dates and Speakers for 2023

21st February	Sarah Sharp Oncology Dietitian/Breast Care	Group Members
21st March	David Close Celebration Cake Judge	Group Members
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