



Basingstoke Breast Cancer Self Help Group



Meetings in 2023

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

25th July
General Meeting

22nd August
Skittles at
Loddon Vale IBC

19th September
Dr Remer
Oncologist

The ARK
6pm-8pm



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Renee: 07717 873090

Editor's Bit



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Hello Ladies.

I am so sorry ladies. I have been away a lot again this year and as a result have not attended many meetings. Heather has been keeping me up to date with everything by sending me the minutes of the meetings I have not attended. I'm sorry if I any vital information for the upcoming events planned.

NEW AND NEARLY NEW ITEM SALE FUNDRAISER



Maggie and I, with the help of many of you set up and ran this event. Overall we made £549.60. It was so successful without any passing footfall that we thought we'd do another on in October for the winter.

For our proposed sale in October, Angela has written to our local MP, Maria Miller. Maria who will forward our request for a shop space on to the Festival Place Management Committee. Michele, the company secretary of the Ark, has also forwarded our request to eight committee members. Hopefully, next meeting, Angela will have some news on this.



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.

REGULAR MEETINGS

25th July Meeting will be a general meeting held at the Ark we can use this time to discuss what things will be happening in our future events.
29th July 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.
22nd August at 7PM Our regular meeting will be the skittles event, held at **Loddon Vale Indoor Bowls Club**. Same as last year. There is plenty of parking and the buffet will cost us £8 per head. Friends and family welcome as usual. There will be prizes for best and worst

bowler of the night and a raffle will take place partway through the evening.

19th September Our guest speaker will be Dr Remer the oncologist and his team who will be happy to answer questions you may have about current practices and innovations. Please arrive at 5:45 for a prompt 6pm start.

OTHER MEETINGS AND ANNUAL EVENTS

8th September— There will be a chocolate tasting event at Chocolate Craft in Alresford. In time for Halloween and Christmas I shall start a new list and you should only put your name on it if you are sure you will be coming. It is a Friday morning and is limited to 12 people. I shall be collecting your £10 at the August 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.

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**. 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 have offered us 20th October for a fundraiser. I am still looking for a venue. 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 Alison Terry Sam Taylor Lianne Hankins	01256 313126
Tracy Gosden Healthcare Support Worker	01256 313123
Yolanda Kennedy Oncology Breast CNS	07827 896883
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

25th July	General Meeting	Group Members
22nd August	Social	Group Members And Guests
19th September	Dr Remer Oncologist and the team	Group Members
24th October	DTC Nurses	Group Members
21st November	Mrs Stanton	Group Members
19th December	Christmas Party	Group Members