



Basingstoke Breast Cancer Self Help Group



Angela: 07939 641187



Renee: 07717 873090

Editor's Bit



Email add: ehjanes@ntlworld.com

Hello Ladies.

Happy New Year to you all! On 14th JANUARY we celebrated the start of our 16th year and Angela has asked Lyn to make a special cake for us which she has very kindly agreed to do to celebrate this tremendous achievement

This year, as usual, will be full of treats and outings, shows and speakers. I for one am looking forward to joining in with as much as I possibly can. Thank you Angela and Renee for your continuing efforts to get people like us together and put on marvelous events to entertain and delight. We all benefit from the sociability of the group, from the trips, events and cakes that come our way. Keep up the good work everyone because what we put in is a fraction of what we get out of this group. Don't you agree?



CARRY on ENTERTAINING

6th April at QMC. Cost. £13

Our show this year promises to be even more of an extravaganza than previous years. Details in next month's newsletter. Don't miss out, book your tickets with Renee NOW!!!

OUR NEW WEBSITE

Angela Renee and Lyn met with Paula to discuss our new website which hopefully will become live sometime in February. They were very impressed with it and think it's a big improvement on our existing one. So watch out for the launch and let us know what you think.

GROUP CHRISTMAS PARTY 18TH DECEMBER

The group Christmas party just finished off our year in fine form. People

brought lots of lovely food and a Secret Santa present. There were some lovely things and everyone left with a little extra gift for Christmas. Thanks for the wine and refreshments Angela. During the party the group presented Angela with an orchid to say thanks for everything she does for us.

EVENT SUGGESTIONS

As usual all additional suggestions to go to Angela or Renee angelabennett70@hotmail.co.uk R_smith65@sky.com to plan them into our schedule.

New We are planning to take a new group photo for the website and the newsletter at the start of the February meeting if you would like to be in it please turn up prompt at 7pm.



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

22 January 2019

AGM

26 February 2019

Look Good Feel Better

Michelle Roberts

26th March 2019

General meeting

Guest TBA

30th April 2019

Alexander Technique

Jackie Bond

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

attend on each date: **Friday 14th June OR Tuesday 18th June 2019. Make sure your name is on one of those lists!**

New **AFTERNOON TEA - WATERCRESS LINE.** Currently the dates and cost for afternoon tea on the Watercress line are not available on their website. Angela will be asking for suggestions regarding dates so she can book. A list will be available for ladies to add their names. We will travel to Alresford by coach this time due to limited parking.

Events, Fundraisers and Outings

For 2019

FUND RAISING FARM WALK - weather permitting **Saturday 2nd February** 10.30am From Turgis Court Farm, Stratfield Turgis. Hot drink and cake at the end of the walk. Voluntary contributions of **£3 adult & £1 per child.** Dogs to be kept on leads please. Numbers needed nearer the time for catering purposes

Contact: joyce-mark@hotmail.co.uk

Tickets will soon be on sale for

CARRY on ENTERTAINING our show, on **6th April 2019.** Cost **£13.**

New **CANAL TRIP** on the John Pinkerton Canal Boat. On **FRIDAY 19th JULY 2019 at 7pm** prompt from Odiham Wharf opposite the Waterwitch Pub in Odiham. - All group members plus family and friends to a maximum of 40. The trip includes a fish/chicken/sausage & chip supper to be ordered in advance **COST:-** £0 canal trip. All you pay for is the price of supper and a drink on

board. A list will be available from the February meeting.

We are also having. **MOTOWN** night. At the Kempshott Village Hall. **28th September 2019.** Please put this in your diaries. Cost **£12.**

Ann Knight is planning a visit and private guided afternoon tour for the group of **Ashe Park garden, Overton** with tea or coffee and cake at a cost of **£9.00** per person **in aid of The Kingfisher Trust.** Ann now has a list of people who will

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

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 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 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 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

Future Meeting Dates 2019

22nd JANUARY	AGM	Group Members
26th FEBRUARY	Look Good Feel Better	Michelle Roberts Area Manager
26th MARCH	General meeting	
30th APRIL	Jackie Bond	Alexander Technique
28th MAY	Mr Kevin Harris	Consultant Surgeon
25th JUNE	General meeting	
30th JULY	Speaker	Yet to be confirmed
27th AUGUST	Skittles	Social evening
24th SEPTEMBER	Speaker	Yet to be confirmed
22nd OCTOBER	DTC Unit	Sandy plus breast care nurses
19th NOVEMBER	Mrs Rosie Stanton	Consultant Surgeon TBC
17th DECEMBER	Christmas meeting	Group Christmas party