



Basingstoke Breast Cancer Self Help Group



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Editor's Bit



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Hello Ladies.

ASHE PARK GARDEN, OVERTON
Thanks to Ann Knight for organising this lovely event and 16 of us enjoyed a rain free walk around the gardens led by the head gardener followed by afternoon tea in the conservatory. Although quite hard to find for some of us, it was well worth the effort. Some of the home made cake was served to us by, Laura Hazell, the lady of the house and all proceeds went to **The Kingfisher Trust.**

TESCO BAGS OF HELP

The "Bags of Help". Initiative is still ongoing. We seem well ahead of the competition at Tesco Chineham store when I went there a few days ago. Keep up the good work and keep on **ASKING** for **TOKENS**. Ask family and friends to help too please Only 2 more weeks til the end of the scheme on 30th June. **Remember** organisation with the most tokens in the plastic boxes at the entrance and exit of all shops will get the **First Prize of £4000.**

JOANNA'S BIT (Current Research)

I think this part of the newsletter highlighting current innovations and research is very interesting and informative. Although we shall be renaming it "Current Research" so that anyone who finds anything interesting can let me have it to put in 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.

In between meetings you can contact any of us with new ideas. Just call one of us or drop us an email. We will follow up ideas at our regular events meetings.

We can then help to plan them into our schedule and make sure the group continues to be viable. Our first event is the Strawberries and Cream evening at the June meeting. Let's hope it's a roaring success!



Events, Fundraisers and Outings For 2019

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/veggie burger & chip supper to be ordered in advance. All you pay is the price of supper £7 per person and a drink on board. Or you can bring your own picnic if you'd

rather.

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 to be confirmed. I'll post more information as it becomes available. **Additional Dates for LOOK GOOD FEEL BETTER Workshops** are:

July 31st, Sept 18th and Nov 20th

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

25th June 2019

Strawberries and Cream

Quiz

30th JULY

Speaker

Jane Meakin

Self Development and Connections

27th AUGUST

Skittles

Social evening

24th SEPTEMBER

Speakers

Mary Bosier
 Radiologist
 and her colleague
 Hannah

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



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 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 infor-

mation 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, 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