



Basingstoke Breast Cancer Self Help Group



Meetings in 2026

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

The ARK
6pm-8pm

17th February
Helena Maskell
Ark Charity Fundraising Manager

24th March
Geoff Sharpe
Secretary RSPB Basingstoke
The Magic of Kenya

21st April
Posy Mudie –Describing and demonstrating her adapted “sound bath”



Angela: 07939 641187



Renee: 07717 873090

Editor's Bit



Hello Ladies.

Editor's Bit

The great news for the coming year is that we can continue to have our meetings at the Ark. A few changes are taking place though. We will no longer be supplied with drinks and biscuits. On Tuesday 17th will you please bring a drink for yourselves and I plan to bring some biscuits. We should be able to find out then whether the drinks machines have been installed and whether we will have access to them for our meetings.

REGULAR MEETINGS

The February meeting on 17th will be a talk from Helena Maskell from the Ark Cancer Charity. Please remember to bring cash for the raffle, I will have the clip board with me. I will be putting a few more things on the list and you can also suggest some outings for the year ahead. We also need some volunteers to organize an event or trip for the group to enjoy in the spring or summer. So please get your thinking heads on the suggest some good exciting stuff for 2026



28th February is the last Saturday of this month and there will be **5K this month** starting outside Simply Tennis in the Memorial Park.

We will meet for our regular cuppa and chat at Willis Museum Cafe at the top of town from 10:30 immediately after 5K. They will be ready for us to have our usual catch up meetings there.as Gabardines is now permanently closed. Please note you do **not** have to do the 5k in order to come for a cuppa later! You can just turn up at 10:30 to Gabardine's. The following one will be **28th March**.

OTHER MEETINGS AND ANNUAL EVENTS

The meeting dates are set for 2026 and can be found on the reverse of this newsletter. The usual suspects will be attending on their regular months. The skittles will be in August as per usual. Please check each newsletter for changes to the speakers during this coming few months.

AND FINALLY

The following paragraphs are the email from The Ark Training. I am sure it will be of interest to you in terms of the future of Basingstoke Breast Cancer self Help Group:

Email add: ehjanes@ntworld.com

From: Ark Training <Ark.Training@hhft.nhs.uk>
Date: 5 February 2026 at 09:18:25 GMT
To: Angela Bennett <angelabennett70@hotmail.co.uk>, Ark Training <Ark.Training@hhft.nhs.uk>
Subject: RE: Basingstoke Breast Cancer Self Help Group meeting 17th February 2026

Dear Angela,

Thank you for reaching out regarding your meeting. I can confirm that Karolina did hand over your bookings and they have all been accommodated.

There will be movement to the rooms allocated due to an ongoing space utilisation review but the room allocations should be displayed upon arrive.

Your booking on the 17th February is however in your normally scheduled room.

I hope that helps

Kind Regards,

Ark Training

AND FINALLY FINAL

Angela has also ensured by her tenacity that we can still use the Ark car park for our meeting this time. We hope that this situation will continue for the rest of the year too.



Essential Contacts Breast Care Nurses

Senior Breast CNS – Clare Clayden-Lewis Carley Donovan	01256 313126
Breast CNS – Sam Taylor Claire Lethaby Lianne Hankins Leah Roblett	01256 313126
Cancer Support Workers – Tracy Gosden Tracy Murphy Zahra Talebian	01256 313123
Secondary Breast CNS Yolanda Kennedy	07827 896883
Winchester CNS Team	01962 824592

Information and support



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

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

Macmillan Support Care Hub 0300 1000 200
contact@macmillan.co.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 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

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. You can book online at 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 2026

20th January	AGM	Group Members
17th February	Helena Maskell—Fundraising Manager—Ark Cancer Charity	Group Members
24th March	Geoff Sharpe—Secretary, RSPB Basingstoke (The Magic of Kenya)	Group Members
21st April	Posy Mudie -Facilitating a Himalayan sound bath	Group Members
19th May	Kevin Harris—Consultant Breast Surgeon	Group Members
23rd June	Jane Devonshire- MasterChef Champion 2016	Group Members
21st July	General Meeting	Group Members
18th August	Skittles Social Evening	Members & Guests
22nd September	Dr Remer – Oncologist	Group Members
20th October	DTC Nurses and Carolyn from Amoena	Group Members
17th November	Mrs Rosie Stanton—Consultant Breast Surgeon	Group Members
15th December	Christmas Party	Group Members