



# Basingstoke Breast Cancer Self Help Group



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## Editor's Bit



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## Hello Ladies.

### JUNE MEETING

Our speaker in June 2025 was Dr Nadia Uraiqat a senior radiologist. She gave us a very informative talk on how CT and MRI scans and mammograms are interpreted using X-ray and ultrasound images. She also spent a good long time answering our many questions. It was lovely for her and for us to see her in a different light. She explained that her business head does not allow for chit chat in case she missed something important on her screen.

**CANAL TRIP** - Departure was at 7pm from Odiham Wharf last Friday **18th July**. Our members and guests brought Fish & Chips, Curry and their own picnics. Simon, the skipper of the John Pinkerton was over the moon that we spent so much at the bar that evening because all the money goes towards the upkeep and maintenance of this beautiful canal boat. The trip lasted a good 3 hours and we returned in the dark at about 10:30pm. We have so many lovely photos of the trip and these have been shared on the WhatsApp group. I have added my particular favourite to this newsletter. I'm not sure what was so funny but it seemed to be most amusing!



**AFTERNOON TEA** - I am organizing this at the Ark instead of at Milestones. The cost would be £12 and no entry fee!. I have had a count up and it looks like it will be a Friday either **8th or 22nd August**. I will confirm final arrangements at this coming Tuesday's meeting.

**SKITTLES EVENING** - This will be held on **Tuesday August 26th** at **Loddon Vale Indoor Bowling Club**. The cost is £10 for the buffet. Please bring raffle prizes along, as proceeds will go to our group funds. This evening will be **instead of** our monthly meeting at the Ark.

**GARDEN VISIT** - Angela has asked if anyone was willing to organise a garden visit. She mentioned Bere Mill near Whitchurch and Winchester Garden in Crawley, near Winchester. Bere Mill would be on 25th August from 1pm to 5pm at a cost of £8 per person with tea afterwards. Winchester Garden would be on 5th July, but this garden is further away.

### REGULAR MEETINGS

**26th July** is the **last Saturday** of this month and there will be **NO 5k** this month. However we will still continue

with our cuppa and chat at Gabardines at the top of town from 10:30. They are always ready for us to have our usual catch up meetings there. 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 **30th August**.

### OTHER MEETINGS AND ANNUAL EVENTS



The plans for the Loddon Vale Indoor Bowling Club fundraising dinner in favour of our group, are coming along quite well. The event is set to run on

**22nd November**. The tickets will be **£25.00 per head** to include a 3 course meal, a very entertaining band, a raffle and a charity auction.. The raffle prizes will be well worth having and will be supplemented with an auction for some interesting items. There will be a clip-board at each meeting for you to sign up to attend, sell tickets, provide a raffle or auction prize or simply buy raffle tickets. Raffle prizes will be collections of items in small packages made up very similar to the ones in the photograph. Our regular attendees will be Dr Remer (September), DTC nurses (October), and Mrs Stanton (November). Completing our speakers for 2025.

Angela is already finding interesting speakers for 2026. The manager at Metro Bank where the group has an account had offered to come and be a speaker at our July meeting this year. The topic would be scams. He is unavailable to come then so he will be placed on the list of next year's speakers Thank you Angela, you help deliver a good mixture of interesting topics.

### AND FINALLY

For next year, Geoff Sharpe, Secretary of the Basingstoke branch of the RSPB, will speak again for us. This time, he will talk about his time in Kenya and the birdlife he encountered there.

There will be a selection of clipboards at the meetings for various purposes at our meeting for volunteers and attendees of the **Fundraising Dinner in November**, for the **Skittles on 26th August** and for the **Ark Afternoon tea in August**

## Meetings in 2025

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

**The ARK**  
6pm-8pm

**22nd July**  
**General Meeting & Quiz**

**26th August**  
**Skittles**  
**Loddon Vale IBC**

**23rd September**  
**Dr Remer**  
**Oncologist**

**21st October**  
**DTC Nurses**

## Essential Contacts Breast Care Nurses

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

## 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](http://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](http://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](http://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](mailto:health.info@hhft.nhs.uk)

[www.hampshirehospitals.nhs.uk](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.lgfb.co.uk)

### North and Mid-Hants BSU

Breast Screening Unit. Telephone Number 01962 824841

[Hhft.breastscreening@nhs.net](mailto:Hhft.breastscreening@nhs.net)

### Dates and Speakers for 2025

21st January	AGM	Group Members
25th February	Jo Fields—Advance Nurse Practitioner in Breast Cancer	Group Members
25th March	Rachel Nelson—Reiki consultant	Group Members
22nd April	Lucinda Streeter—Point of Care Testing Pathology Manager (+Colleagues)	Group Members
20th May	Kevin Harris—Consultant Breast Surgeon	Group Members
24th June	Dr Nadia Uraiqat— Consultant Radiologist	Group Members
22nd July	General meeting	Group Members
26th August	Skittles Social Evening	Members & Guests
23rd September	Dr Remer — Oncologist	Group Members
21st October	DTC Nurses	Group Members
18th November	Mrs Rosie Stanton—Consultant Breast Surgeon	Group Members
16th December	Christmas Party	Group Members