



Basingstoke Breast Cancer Self Help Group

HELLO LADIES

Hello everyone. Almost into October eh? Still feels like summer to me.

REGULAR MEETINGS

We had 33 people booked in for the skittles and only 29 on the night. When we are paying the chef for food I really need a few days' notice if you're not coming. I know that's not always possible through illness etc.. Please try your best to inform me in advance.



We will be having a new treasurer in January when Renee steps down after 15 years of stalwart service. Maggie has offered to take Renee's place and will be in post by the AGM in January 2027, and we are all pleased that Renee will still be coming to the meetings after she has ceased being treasurer. Thank you for such sterling service.

Our next meeting will be on **22nd September** and our speaker will be Dr Veli, consultant oncologist. Please arrange to get to the Ark by 5:54pm to begin promptly at 6pm. Also bring cash for the raffle and a raffle item if you have anything to spare..

5K your way will meet in front of Simply Tennis in the memorial park from **about 8:30 am on Saturday 26th September**. If you'd like to walk/run or do a combination, please meet us there. Some of our group will meet for our regular cuppa and chat at Willis Museum Cafe at the top of town from 10:45 immediately after 5K. Please note you **do not have to** run/walk 5K in order to join us at the museum. Just turn up. The next one will be 31st October.

OTHER MEETINGS AND ANNUAL EVENTS

The meeting dates are set for 2026 and can be found on the next page of this newsletter. The usual suspects will be attending on their regular months.

Please check each newsletter for changes to the speakers during the coming few months.

Doreen is now organising a visit to Whitchurch Silk Mill, which will be in 2027 now due to us not putting forward 20

people to go as a group. We could still attend as a smaller group which cannot be prebooked. It will mean arranging the time and day you want to go, getting there and paying individually on arrival.

BATS have given us tickets for their rendition of Calendar Girls on **17th November**- Please note this is our regular meeting date and so we invited Mrs. Stanton to join us for which she thanked us but has declined. There will be a sign up sheet at the September meeting. Those of you who'd like to be on the list and not attending our September or October meetings, please email me and I will add your name.

I am still organising our Fundraising Dinner & Dance, which will be on **Saturday 21st November at Loddon Vale IBC**. The dinner will cost **£30 per head** this year for three courses. I have booked the Music and spoken to Gary about the menu. Please ask around at businesses in your local area for raffle or auction prizes. I already have an auction prize of a handbag sized hair straightening brush and a few raffle prizes lined up. There will be a sign up sheet available at our September and October meetings. If you will not be at either meeting please email me to get on the list. Payment in full will become due at the time of booking. You can pay by cash or cheque at the meeting or bank transfer to me as per last year.

AND FINALLY

We had a cake sale at **The Loddon Vale Indoor Bowling Club** on **12th September** on behalf of our Basingstoke Breast Cancer Self Help Group. Many of you supported us by bringing homemade and shop bought cakes for us to sell. Many thanks to all of you who helped on the day and we raised £108.60 on the day. Gary sold the remaining cake for a few days afterwards and our final total was £119.40.



Essential Contacts Breast Care Nurses

Lead Breast CNS – Clare Clayden-Lewis Senior Breast CNS- Carley Donovan	01256 313126
Breast CNS – Sam Taylor Claire Lethaby Lianne Hankins Leah Roblett	01256 313126
Cancer Support Workers – Tracy Gosden Tracy Murphy Sarah Sopp	01256 313123
Secondary Breast CNS Dianne Misango	07827 896883
Winchester CNS Team	01962 824592

Meetings in 2026

6pm-8pm

22nd September

Dr Veli

Consultant Oncologist

20th October

DTC Nurses

and Carolyn from

Amoena

17th November

Calendar Girls

at Haymarket Theatre

15th December

Christmas Party

Dates and Speakers for 2026/27

22nd September	Dr Veli, Consultant Oncologist	Group Members
20th October	DTC Nurses and Carolyn from Amoena	Group Members
17th November	Calendar Girls @ Haymarket Theatre	Group Members
15th December	Christmas Party	Group Members
19 th Jan 2027	AGM	Group Members
23 rd Feb 2027	David Close – Sugarcraft	Group Members
23 rd March 2027	Posy Mudie - Himalayan Sound Bath	Group Members
27 th April 2027	Siobhan (pronounced Shivonne) Ray – from Nicola Jane Post Op fitters	Group Members
25 th May 2027	Mr Kevin Harris – Consultant Breast Surgeon (21 st Appearance)	Group Members
22 nd June 2027	Bee Ahmed – Cards and Crafts (TBC)	Group Members
July onwards	To be confirmed	

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

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**

Hhft.breastscreening@nhs.net

