

Basingstoke Breast Cancer Self-help Group

Minutes of the Monthly Meeting

Held on 19th September 2023

Chairman: Angela Bennett

Treasurer: Renee Smith

Newsletter: Liz Janes

Secretary: Heather Bounaouara

Attendees

17 ladies attended.

Welcome

Angela welcomed everyone. There were no new ladies this month.

Minutes

Heather read out the minutes of the monthly meeting held at the Ark on 25th July 2023. They were then signed by Angela.

Chairman's Report

Dr Remer, being unable to come this evening, will be our speaker next September. We are having a general meeting this evening.

There are some outings arranged by Hatch Warren Community Centre that Angela read out should any ladies be interested.

Cake Sale on 6th October

Shop-bought cakes have kindly been donated this evening, thank you. The sale will take place outside the Health Information Point in Basingstoke hospital, thanks to Paula for this location. The times are from 11am to 1pm. Lyn and Corrine are organising this event and please attach a list of ingredients to any cakes you make and bring along yourself.

Cakes can be taken to Lyn's house ahead of the morning. Please phone her to check she will be home. Alternatively, take them to the venue from 10am to be left in Paula's office opposite the Health Information Point.

Nearly New Sale on 14th October

To take place on Saturday from 10am to 4pm in Festival Place opposite Monsoon. We need good quality items to sell - clothing, jewellery, ornaments, etc. Cash only will be used on the day. Please bring clothing labelled as to size and price.

We need volunteers to help sell on the Saturday and/or to help set up on the Friday. A list was passed around for ladies to sign up.

If bringing items on the Friday from 10am, it's best to park in the Festival Place blue car park on level 4.

Line Dancing on 22nd October

For this Friday evening event, please bring your own drinks and snacks and arrive between 7pm and 7.30pm. Liz has arranged this and the list of names is now complete.

Quiz Evening 28th October

A Saturday evening quiz at Kempshott Village Hall to start at 7.30pm so please arrive between 7pm and this time. Teams are of 1-6 people and the cost is £5 per person. Please bring your own food and drink.

Research into Tamoxifen

If anybody would like to participate in a study as to how Tamoxifen affects sleep and whether CBT can help with insomnia, please ask Angela for Agnew Sommer's email address (a PhD student at Strathclyde University).

Emergency Contact and Medical Form

Liz has made a form for us members to fill out which states any medical conditions, medications we are currently taking and next of kin details should it be necessary to contact family during a meeting or an outing. Please complete the paper form at home and bring it along to the next meeting or get together.

Birthday Cards

It has been decided that to save group funds spent on stamps, birthday cards will be given out at the monthly meetings for all birthdays coming up that month.

November Meeting Craft Sale

At our November meeting, anyone who like to make handmade things can bring them along to sell.

Christmas Party

This will be on December 19th at The Ark. There will be a Secret Santa (value £5), and we will bring our own food as we did last year. Drinks can be bought at the Ark bar.

The meeting closed at 8pm.