

# **Basingstoke Breast Cancer Self-help Group**

## **Minutes of the Monthly Meeting**

Held on 21st February 2023

Chairman: Angela Bennett

Treasurer: Renee Smith

News letter: Liz Janes

Secretary: Heather Bounaouara

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### **Attendees**

16 ladies attended.

### **Welcome**

Angela welcomed everyone and five new ladies.

### **Minutes**

Heather read out the minutes of the monthly meeting held at the Ark on 17<sup>th</sup> January 2023. They were then signed by Angela.

### **Chairman's report**

Our speaker for this evening is Sarah Sharpe, who is the Oncology Dietitian/ Breast Team Dietitian here at our hospital and DTC unit. Welcome Sarah and thank you for coming. Sarah is happy to answer any questions during her talk.

### **Dates for your diaries**

Our social calendar is very busy this year with lots of new and exciting trips planned, which is really exciting. These four events below are firm dates:

1) Afternoon Tea at Milestones is on the 7th of March at 1.30pm. The price is £14, and the list is now closed. 18 people are going and there will be sandwiches and cakes.

2) 14th July 7pm - The Basingstoke canal trip is all booked and will depart 7pm from Waterwich wharf; you can invite family and friends if you wish. The hire of the boat is £380, but there is no charge to the group as the cost is met by tea/coffee money throughout the year. As with last year, please bring your own snacks or supper but no alcohol as this can be purchased on board along with tea or coffee. Please add your name to the list going around - only 40 people may come along. The boat returns at 10.15pm.

3) Renee: A fundraising event for our group will be a quiz evening on Saturday 28th October at Kempshott village hall from 7.30pm until 9.30pm. The hire of the hall is free of charge and it has been booked. Please bring your own food and drinks, and we will have a raffle. The cost of tickets is £5 per person.

4) Group skittles evening on Tuesday 22nd August at 7pm.

This social evening will be in place of our monthly meeting. The venue is yet to be decided.

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There are three planned visits as listed next.

1) Visit to Manor House Gardens at Upton Grey. I saw this on the web and contacted the lady. The gardens were designed by Gertrude Jekyll and from the photographs, they look lovely. The cost is usually £8, but because of the type of group we are, they are waiving the admission fee. Tea and coffee can be purchased at £2, but I didn't have the heart to ask if they have cakes as well!!

Dates: they have asked for three dates during May/June/July and a list will go around this and next month. Please mark one date each month that's good for you. This event is not open to family and friends. I will then forward the dates to the owner and let you know.

2) Nearly new sale for group funds - the date is still to be decided, but it will be a Sunday in May. Liz and Maggie are organising this event, which is being held in More of the Good Stuff coffee shop in Worting.

3) Chocolate craft visit at Alresford - Liz attended one of these and spoke about how enjoyable it was. She would like to know how many people would be interested in attending. Please add your name to the list if interested. The date is May 5th and the time is 10.30am. It will cost £10. Please pay Liz by 25th of April and car share if possible.

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### **Speakers**

Next month on the 21st of March at 6pm it will be David Close, Maggie's brother who is an expert on decoration of celebration cakes. I can promise you it will be a most interesting evening and I've seen photos of cakes that have been decorated by him and others, and they are unbelievable. I do urge as many of you to come as you won't be disappointed. We will even have a go at sugar craft ourselves!

April 25th - two nurses from the DTC have offered to come and speak to us about lymphoedema and how to manage it. They have requested questions specifically to do with lymphoedema to be sent to them before so they can answer these questions instead of giving us a general overview. Please send me your questions by text or email and I'll forward them into them.

May 23rd - Mr Kevin Harris, the consultant surgeon here at our hospital, comes every year and is always happy to answer questions and give us the latest information on surgery techniques among other things.

June 20th - Kelly Gibson is a fundraising manager for "Against Breast Cancer". She will be talking about what this organisation is doing. This request came from Joyce and Pat who both visited their laboratories last year.

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### **Extra**

A line dancing evening was proposed. There is no date or venue yet, but please put your name and a partner's name on the list if you are interested.

Angela mentioned a magazine called Vita Magazine that is on the back table for us to take away.

Basingstoke Lions Club Charity Trust Fund supports our group and is organising an evening of soul music of Lou Taylor on March 18th. There are 100 tickets available at a cost of £12.50 each. There is a bar there, and if you wish to go, please book on the Basingstoke Lions website.

Our 20th anniversary celebration will be a dinner here at the Ark on April 13th. Renee is organising the course choices. Please return your choice, that you'll receive in the post, to her

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The meeting closed at 8pm.