

Basingstoke Breast Cancer Self-help Group

Minutes of the Annual General Meeting

Held on 20th January 2026

Chairman: Angela Bennett

Treasurer: Renee Smith

Newsletter: Liz Janes

Secretary: Heather Bounaouara

Attendees

15 ladies attended.

Angela's report

On 14 January this year we celebrated our 23rd anniversary, which is a huge milestone for any organisation, especially for us as we are all survivors of breast cancer. As many of you know we are not a registered charity and exist solely on donations from the public and from our fundraising efforts. It is for this reason we hold an AGM every January so you can see where the money that has been donated or generated is spent. It also gives you the opportunity to ask questions about the group's finances and to make suggestions regarding the running of our meetings.

Referrals

This year I received 23 referrals and enquiries. Thank you, ladies in the group for telling your friends about us and, as a result, three new ladies are joining the group.

DTC	6
Website.	6
Group members.	5
Wellbeing centre.	2
Leaflets.	3
Rainbow unit.	1

As with all enquiries made via our website, I email each lady offering a phone call or a coffee up. Most ladies prefer to meet for coffee which is good as I can tell them more about the group and answer any of their questions.

Guest speakers

We are most fortunate that Mr Harris and Mrs Stanton, our two consultant breast cancer surgeons, along with Dr Remer, our oncologist, and nurses from the DTC come to our meetings throughout the year as guest speakers. This they have done for many years; this year it will be Mr Harris's 19th visit. At these meetings, they tell us what new medications are being offered to newly-diagnosed ladies, and what new treatments, both in breast cancer surgery and chemotherapy, are available. The DTC nurses continue helping and supporting ladies throughout their cancer treatment.

Other speakers last year included Lucinda Streeter, point of care manager at the hospital's pathology department; Jo Fields, advanced nurse practitioner for breast cancer and Dr Nadia Uraiqat, consultant radiologist. It was most interesting to hear how their involvement and expertise are vital to ladies undergoing treatment for breast cancer.

Social events

We were once again blessed with glorious weather in July when family and friends enjoyed an evening cruise on the Basingstoke Canal. This is a very popular event in our social calendar. Another favourite, to which family and friends are invited, is our annual skittles evening at the Loddon Vale Indoor Bowling Club in August. This is instead of our monthly meeting at the Ark.

In November, Loddon Vale Indoor Bowling Club hosted a fundraising dinner for the group, which was a great success. The evening started with a delicious three-course dinner, after which we all thoroughly enjoyed dancing to Flava Disco. A raffle and an auction were held with prizes kindly donated by local companies and our members. We are grateful to the bowling club committee for offering the facilities and for co-organising and holding this event. It was enjoyed so much that ladies have asked if it could become an annual event.

Fundraising - cake sale

In October, the group held its annual cake sale positioned outside the Health Information Point at the hospital. Unfortunately, funds raised this year were lower than in previous years because it clashed with the school half-term holiday and many of the medical staff were on leave. We will ensure that the date for this year's cake sale is more suitable. Many thanks to everyone who made and/or donated cakes, and to Maureen and Rowena for helping to sell the cakes.

Donations made/received

Grateful thanks to anyone who has made a donation to the group over the past year; this is very much appreciated.

Newsletter

Liz continues to produce an excellent monthly newsletter which is always most interesting and informative. These newsletters keep ladies up to date with information on forthcoming social events, speakers and group activities. Liz forwards these newsletters to ladies in the group, and I post them to ladies who do not have access to the internet. I also provide a copy to several departments in the hospital for information.

Coffee after 5KYW

A small group of ladies from the group continue to be members of the 5KYW walk or run. They join the Park Run gatherings on the last Saturday of the month, which is good fun especially if the weather is warm and sunny! Liz arranges a coffee meet up with the owner of Gaberdines at the top of town; all ladies in the group are welcome whether you participate in the walk or not.

Group website

This is our 'shop window' and the aim is to inform the public of who we are and what we do. Our website was designed by Paula a few years ago making it modern and relevant to people making enquiries. Paula uploads the dates of all our meeting plus minutes from our monthly meetings, our newsletters and photographs from our social events. Paula also forwards enquiries made via our website to me to follow up.

I am extremely proud of our website as it is an integral part of the group which allows information to be viewed locally and nationally. Thank you, Paula for all your help and suggestions which keep our website relevant and up to date. I and all the ladies really appreciate it.