



Basingstoke Breast Cancer Self Help Group



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Editor's Bit



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Hello Ladies.

This Month I'd just like to draw your attention to some of the talents held within the group. Here is a photo which bagged Pam Denton a prize in the Basingstoke Gazette photo competition recently.



If you'd like to see more of Pam's lovely work, you can follow this link: <https://www.basingstokegazette.co.uk/news/17402131.snowy-shots-from-across-basingstoke-and-beyond/>

One of our group members, Joanna Bell, is an avid reader of articles on Breast Cancer prevention, diagnosis and innovations. She found an great article in the Times on 15th Jan Headed "New test will reveal risk of getting breast cancer"

Please let Joanna know if you would like to read the whole article as she has copies available. It made very interesting

BREAST CANCER SCREENING

- * Ladies who have had breast cancer and are no longer followed up yearly at the hospital:
- * Those aged over 70 who haven't had a mammogram in the last year should call the screening unit on **01962 824841**
- * Those who have discharged from care at BNHH and remain of screening age, can call **BSU** who will be able to advise their next screening date.
- * Those under screening age should be having regular mammograms arranged by the hospital until they reach screening age.
- * Anyone with new symptoms but no longer under care should see their GP as they need to be assessed fully under the 2 week wait rule.

- * Ladies who are still being followed up at the hospital and have new symptoms should seek advice from their breast care nurse

OUR NEW WEBSITE

Our New Website is now live and is just awaiting the new group photo that was taken before the February meeting. It looks so modern and is very easy to use.. Have a look and tell us what you think of it

EVENT & FUNDRAISING

We have a few more people to join Pat and Joyce on the fundraising team. Ideas for events and fundraising should be given to :

Joyce, Pat, Ann, Liz, Lyn or Maureen at group meetings and we will follow them up at our regular meetings. If you think of something between meetings, our email addresses and phone numbers are on the group list, just send a message or call one of us. We can then help to plan them into

Meeting Information 2019

All Meetings are held at The Ark Conference Centre behind BNHH (Unless otherwise stated)

Group Meetings:

One Tuesday Per Month:

1900 - 2100

26th March 2019

General meeting

No Guest

30th April 2019

Alexander Technique

Jackie Bond

8th May 2019

Kevin Harris

Consultant

Essential Contacts Breast Care Nurses

Sandy Lyford	07917 241479
Alison Terry	07827 896883
Lizzie Shrimpton	07917 241469
Sam Taylor	07917 241469
General Office	01256 313126

We are also having, **MOTOWN** night. At the Kempshott Village Hall. **28th September 2019**. Please put this in your diaries. Cost **£12**.

Additional Dates for **LOOK GOOD FEEL BETTER** Workshops are March 27th, May 15th, July 31st, Sept 18th, Nov 20th

Events, Fundraisers and Outings For 2019

FUND RAISING FARM WALK - on **Saturday 2nd February** and the **TASTER SESSION** on **1st FEBRUARY** at the Sports Centre were postponed because of the snow. New dates to follow.

Tickets are **STILL** on sale for **CARRY ON ENTERTAINING** our show, on **6th April 2019**. Cost **£13**.

AFTERNOON TEA - WATER-CRESS LINE. **16th May at 3:30pm**. A list will be available for ladies to add their names,

We will travel to Alresford by coach this time due to limited parking. This event has now been opened up to family and friends. Please let us know if you will be bringing anyone with you.

Ann Knight has organised a visit and private guided afternoon tour for the group of **Ashe Park garden, Overton** with tea or coffee and cake at a cost of **£9.00** per person in aid of **The Kingfisher Trust**. Ann now has a list of people who will attend on each date: **Friday 14th June OR Tuesday 18th June 2019**.

CANAL TRIP on the John Pinkerton Canal Boat. On **FRIDAY 19th JULY 2019 at 7pm** prompt from Odiham Wharf opposite the Waterwitch Pub in Odiham.- All group members plus family and friends to a maximum of 40. The trip includes a fish/chicken/sausage & chip supper to be ordered in advance. All you pay is the price of supper and a drink on board. Only 23 places left, so get booking!

Information and support



Breast Cancer Care

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

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

Macmillan Cancer Support

Improves the lives of people affected by cancer. Practical, medical, emotional and financial support and campaign for better cancer care.

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

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

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. To book you must call 01256315050, in advance.—no booking—no place

www.lgfb.co.uk

North and Mid-Hants BSU

Breast Screening Unit. Telephone Number 01962 824841

Hhft.breastscreening@nhs.net

Future Meeting Dates 2019

26th MARCH	General meeting	
30th APRIL	Jackie Bond	Alexander Technique
28th MAY	Mr Kevin Harris	Consultant Surgeon
25th JUNE	General meeting	
30th JULY	Jane Meakin	Self Development & Connections
27th AUGUST	Skittles	Social evening
24th SEPTEMBER	Speaker	Madeline Havis, Breast Care Screening Sister, Mary Bosier a Radiologist
22nd OCTOBER	DTC Unit	Sandy plus breast care nurses
19th NOVEMBER	No Speaker	General Meeting
17th DECEMBER	Christmas meeting	Group Christmas party