



# Basingstoke Breast Cancer Self Help Group



## Meetings in 2024

Our face to face meetings will continue to take place on the following dates:

26th March  
General Meeting

23rd April  
Geoff Sharp -Secretary  
RSPB Basingstoke

21st May  
Kevin Harris  
Consultant Breast Surgeon

The ARK  
6pm-8pm



Angela: 07939 641187



Renee: 07717 873090

### Editor's Bit



Email add: [ehjanes@ntlworld.com](mailto:ehjanes@ntlworld.com)

### Hello Ladies.

#### FEBRUARY GROUP MEETING

Our speaker at the February group meeting was Tony Bamberger President of the Basingstoke Lions. His talk was very interesting and informative. I am pleased to say that the meeting was well attended and that he did a fantastic job whilst facing a couple of dozen women!

Ann K suggested an outing to one of the gardens in the National Garden Scheme. She has worked tirelessly to organize this for us and the details can be found under the heading "Other Meetings and Annual Events."

I'm still asking for suggestions for outings and trips or regular events you'd like to do. If there is anything in particular that anyone wants to do, please email, text, WhatsApp or phone one of the three of us (Myself, Maggie or Jane A) with your thoughts. We will do our best to get things organized. Alternatively if anyone would like to run an organized trip or event, just let us know so that we can support you.

I'm sure most of you wouldn't mind doing a "Quiz & Karaoke" night at another of our Group General Meetings later this year.

#### REGULAR MEETINGS

**30th March** Gabardine's are prepared for us to have our usual cuppa and catchup meetings on the **last Saturday** of each month to coincide with the **5k walks (Which meet at Simply Tennis by 8:30am)**. The snug area will be set up for us when we arrive at 10:30am.

**Our meeting on 26th March** will be a general meeting. This will give us time to relax and chat with others in the group as well as getting on with the usual meeting agenda items. Please arrive by **5:45 for a prompt 6PM start**.

#### OTHER MEETINGS AND ANNUAL EVENTS

Ann Knight has organized a garden visit for the group and has sent the following message.

"Sheila is expecting a group of us for a private garden visit at **2pm on Saturday 22 June** at a cost of **£10 each**. The handbook says she can take between 10 and 30 people but Sheila has said the more the merrier.

She also sell plants in aid of Children with Cancer UK and Save our Spaniels.

There's also home-made bee pottery for sale."

There will be a sign - up sheet ready for our next meeting on Tuesday 26 March. Don't miss it. Put your name down.

Our meeting speakers for 2024 can be found on the full list at the bottom of the second page of this newsletter. This will give you plenty of time to get these into your diary for the year.

**23rd April** Geoff Sharp Secretary of the Royal Society of Birds - Basingstoke local group

**25th June.** Lavinia Walsh - Ambassador for Yes Yes Yes. Intimate products.

**19th July 7pm from Odiham**  
Annual Canal Trip

**27th August 7pm Loddon Vale IBC**  
Annual Skittles Evening

These speakers along with our regular attendees, Mr Harris, Dr Remer, DTC nurses, and Mrs Stanton means we have all our speakers for next year and some of our regular events lined up. Only Dr Remer has yet to confirm owing to his very full work schedule.

The sign up boards for the canal trip and skittles will be available at group meeting from this month. Please be sure to put the dates in your diary straight away if you sign up to these events. If there are any unforeseen circumstance you can always cancel at a later date.

#### AND FINALLY:

I cannot be with you this month at the meeting as I shall be cruising the Adriatic. Have a good meeting and I may see you in April. (You know how I love to travel)



### Essential Contacts Breast Care Nurses

Clare Clayden-Lewis Alison Terry Sam Taylor Lianne Hankins	01256 313126
Tracy Gosden Tracy Murphy Zahra Talebian Cancer Support Workers	01256 313123
Carley Donovan - Senior Breast CNS Claire Lethaby Yolanda Kennedy - Secondary Breast CNS	07827 896883 (Yolanda)
Winchester CNS Team	01962 824592



## Information and support



### 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](http://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](http://www.lavendertrust.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](http://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](tel:01256313969);

email: [health.info@hhft.nhs.uk](mailto:health.info@hhft.nhs.uk)

[www.hampshirehospitals.nhs.uk](http://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](http://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](http://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](http://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 ap-

propriate for their needs. This is a free, confidential service that will hopefully encourage those in distress to seek help.  
[www.counselling-directory.org.uk](http://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](http://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](http://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](tel:01256315050), in advance.—no booking—no place

[www.lgfb.co.uk](http://www.lgfb.co.uk)

### North and Mid-Hants BSU

Breast Screening Unit. Telephone Number [01962 824841](tel:01962824841)

[Hhft.breastscreening@nhs.net](mailto:Hhft.breastscreening@nhs.net)

### Dates and Speakers for 2024

23rd January	AGM	Group Members
20th February	Tony Bamberg -President Basingstoke Lions	Group Members
26th March	General Meeting	Group Members
23rd April	Geoff Sharp -Secretary RSPB Basingstoke	Group Members
21st May	Kevin Harris—Consultant Breast Surgeon	Group Members
25th June	Lavinia Winch—Ambassador Yes, Yes, Yes! Intimate Products	Group Members
23rd July	General meeting	Group Members
27th August	Skittles Social Evening	Members & Guests
24th September	Dr Remer — Oncologist—to be confirmed	Group Members
22nd October	DTC Nurses	Group Members
19th November	Mrs Rosie Stanton—Consultant Breast Surgeon	Group Members
17th December	Christmas Party	Group Members