

# Basingstoke Breast Cancer Self-help Group

## Minutes of the Monthly Meeting

Held on 21<sup>st</sup> March 2023

Chairman: Angela Bennet

Treasurer: Renee Smith

Newsletter: Liz Janes

Secretary: Heather Bounaouara

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### Attendees

18 ladies attended.

### Welcome

Angela welcomed everyone, including the new members Valerie and Samantha.

### Minutes

Heather read out the minutes of the monthly meeting held at the Ark on 21<sup>st</sup> February 2023. They were then signed by Angela.

### Chairman's Report

The speaker this evening is David Close, who is an expert on Sugar Craft and a judge of celebration cakes. We have all been looking forward to this meeting as he had to cancel last year due to having Covid.

Afternoon tea at Milestones - 16 ladies attended and all had the most delicious afternoon tea. There were vast amounts of fresh sandwiches and scones. It was well worth the £14, which included admission into the museum. Thanks to Renee for organising it, and we would like to do this again sometime.

Outings - For the ladies who weren't here last month, here are some details of upcoming social events.

1. A visit to Chocolate Craft at Alsford on Friday May 5<sup>th</sup> at a cost of £10 per person. Please pay Liz by April 25<sup>th</sup>. The visit starts at 10.30am.
2. Manor House Garden at Upton Grey is on May 11<sup>th</sup> at 2pm. The list is now closed due to high numbers.
3. Canal Trip is on Friday July 14<sup>th</sup> at 7pm prompt. Ladies may bring one extra person only. We have 31 names so far, and the maximum capacity is 40. There is no charge for this evening. Please bring your own food, and drinks can be purchased on board.
4. Line dancing evening is still to be arranged by Liz, and the date and venue are to be decided.
5. Nearly New Sale is on Sunday 14<sup>th</sup> May at More of the Good Stuff. Liz and Maggie will have more information, but there is cake and tea or coffee available to buy in the cafe.
6. Social Evening on August 22<sup>nd</sup> is, as normal, instead of a meeting here. Details will follow.

Speakers next month - two nurses from the DTC will come to answer questions on lymphoedema. They have asked to have questions in advance, so please email me any questions you may have.

Our speaker for May will be Mr Harris and for June Kelly Gibson from the research establishment Against Breast Cancer.

Anniversary Dinner - on April 13<sup>th</sup>, please arrive from 7pm as dinner is served at 7.30pm. The dress code is smart casual.

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Renee spoke of a keep fit talk by Aaron at Basingstoke Aquadrome gym cafe after Easter sometime. It will take place at 2pm, and Aaron, who specialises in exercise during and post cancer treatment and/or surgery, will talk to us about how best to keep fit. Please give definite names to Renee for this event.

The meeting closed at 8pm.