



# Basingstoke Breast Cancer Self Help Group



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**Renee: 07717 873090**

## Editor's Bit



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### Hello Ladies.

Our Christmas Party was a great success with many of our members coming along to celebrate the festive season in style. Each person brought a dish with them, which prompted a request for recipes to be printed regularly in our future newsletters. We began at 6pm with a move towards the buffet and the lovely dishes produced or brought along by our members. As is usual Eileen's grandsons came along to play secret Santas. I'm sure everyone was pleased with their gift and Renee was ecstatic not to receive a scented candle! 😊

Those who attended the afternoon tea at the Ark had a lovely afternoon and said they enjoyed the experience.



### EVENTS AND REGULAR MEETINGS

Angela has asked that we move the **20th (China)** year celebration so that it is not on a normal meeting date. This is so that potential new members do not just turn up on spec and there wouldn't be food for them. We have been offered three other Tuesday evenings in April and this will be finalized in the coming week.

The event will still take place on another date in **April 2023 at 7pm at the Ark**. I would really like to create a theme for the event. Anyone with any simple ideas can send me an email, personal message or phone me soon to chat about decorating the room.

Our regular monthly Saturday meetings at **Gabardine's** are back but will now take place on the **last Saturday** of the 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. The next one will be on **28th January**.

As you may remember I am a member of my practice PPG. I would just like to confirm that I am still looking forward to hearing the shared results of the ICB review.

### OUR REGULAR MEETINGS

Renee has organised an **Afternoon Tea at Milestones Museum** it will be a Tuesday afternoon **7th March 2023 at 1:30pm** £14 per head—Renee needs the final numbers and payments at the February meeting. You can pay at the coming meeting in January if you'd like to be sure of your place. Please also let Renee know if you had put your names down and can no longer attend. Thanks

### MEETINGS IN 2023

There is a comprehensive list at the bottom of the following page of meeting topics and guests for 2023

As you know this meeting is the AGM to be held at the Ark for 6pm –8pm on January 17th

On 21st February our meeting will be with Sarah Sharp Oncology Dietitian/Breast Care Team Dietitian. Please think about what you'd like to ask her so that we can make good use of her time.

### IN OTHER NEWS

#### Suggested Event

Maggie and I have been thinking about a new and nearly new sale in the spring to raise funds for the Group. I have spoken to Sasha at More of the Good Stuff (Worting House) and she has offered to hand me the keys any Sunday we want to use it for free! Unless of course we would like her there to make us teas, coffees and light snacks, in which case she will come along to help out.

A firm date for this will be set as soon as we can. Also you may want to start looking out those unwanted items that you'd normally take to the charity shops to help the event raise funds for the club. Suggestions on how to gain publicity for the fundraiser would be greatly appreciated. Contact me with any suggestions or questions.

#### Chocolate Tasting

Would anyone like to take part in a chocolate tasting event before Easter? I have details of a company called Chocolate Craft in Alresford. I can get in touch and organize a trip for 12 of us. (their limitation not mine) at a time.

## Meetings in 2023

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

The ARK

17th January 2023

AGM

21st February

Sarah Sharp

Oncology Dietitian/Breast Care

Team Dietitian

6pm-8pm



## Essential Contacts Breast Care Nurses

Clare Clayden-Lewis	
Marian Parfitt	
Alison Terry	01256 313126
Sam Taylor	
Lianne Hankins	
Tracy Gosden	01256 313123
Healthcare support Worker	01962 828345
Yolanda Kennedy	07827 896883
Oncology Breast CNS	
Winchester CNS Team	01962 824592

continued

## Information and support

### Useful Contacts



#### 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 2023

21st February	Sarah Sharp Oncology Dietitian/Breast Care	Group Members
21st March	David Close Celebration Cake Judge	Group Members
25th April	20th Anniversary Dinner	Group Members
23rd May	Mr Kevin Harris	Group Members
20th June	Kelly Against Breast Cancer	Group Members
25th July	General Meeting	Group Members