



# Basingstoke Breast Cancer Self Help Group



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**Editor's Bit**



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**Hello Ladies.**

**HAPPY NEW YEAR FOR 2020 DECEMBER**

December was a busy month for all of us and I am pleased to report that Christmas Dinner at Aingels Bistro, the two days of Afternoon tea at the Ark and the Christmas Party were all successful. The events team and I look forward to planning many more exciting days and evenings out for you in the coming year. Don't miss a thing. Check out the new list of all the meeting dates and guests on the back of this newsletter.

**FASHION EVENT**

Postponed AGAIN. I shall be ringing up this month to make new arrangements for a spring collection event

**BERE MILL GARDEN WHITCHURCH**

Ann is planning another afternoon tea and cake event at Bere Mill Garden at Whitchurch. Please make sure you put your name down on the "interested" list at the January meeting so that Ann can make the arrangements for us.

**MURDER MYSTERY EVENING**

There were two dates left for the murder mystery event. Maybe if we act quickly we can book the April one. Otherwise we can try for November. The dates are 17th April 2020 or 13th November 2020. Please make sure you put your name down on the "interested" list at the January meeting so that Joyce can follow this up for us.

**EVENT & FUNDRAISING**

There was no event team meeting this month. However, The Fashion Show will be rearranged in this year for a spring collection. In the meantime here are some of the 2019 highlights.



**Meeting Information 2020**

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

**Group Meetings:**

**One Tuesday Per Month:**

**1900 - 2100**

21st January

AGM

25th February

Marian

Manager of Breast Cancer "Haven"

25th March

General Meeting

**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

**Events, Fundraisers and Outings For 2019**

**FASHION EVENT**

The fashion event is now postponed until the spring **Lasham Garden Centre**. Male models are still required, so if you know any willing guinea pigs, you know what to do!

**BARN DANCE**

The tickets are being printed for the barn dance and will be available at the next meeting so you can sell on as many as

you'd like to. As the **BARN DANCE** is a fundraiser it is important that you enlist as many of your friends and family as you can. It will be going ahead on **4th April 2020**. The music and calling will be provided courtesy of Barbara Parry. The venue is confirmed at Viabes. We will be having an American Supper—that is, everyone who's coming bring their own food. A bar is available for refreshments. Tickets will be available at a cost of £15 per head.

**LOOK GOOD FEEL BETTER** Workshop here in Basingstoke **2020 dates: 5 Feb, 15 Apr, 17th Jun, 19th Aug, 14th Oct and 25th Nov.**

As previously, you must ring up to book a place on the workshop. The phone number is on the back of this newsletter.

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

### Future Meeting Dates 2020

21st JANUARY	AGM and Alex Conboy	5K Your Way
25th FEBRUARY	Marian	The Haven—Breast Cancer Service
24th MARCH	General Meeting	
28th APRIL	Lavinia Winch	Yes, Yes, Yes
26th MAY	Mr Kevin Harris	Consultant Surgeon
23th JUNE	Amanda	Move it or Lose it
21st JULY	General Meeting	
25th AUGUST	Social Evening	Skittles
22nd SEPTEMBER	Frankie Webb	Cancer Services Group
20th OCTOBER	Sandy Lyford	Breast care nurses
17th NOVEMBER	Mrs Rosie Stanton	Consultant Surgeon TBC
15th DECEMBER	Christmas meeting	Group Christmas party