



# Basingstoke Breast Cancer Self Help Group



**Angela: 07939 641187**



**Renee: 07717 873090**

## Editor's Bit



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

### Hello Ladies.

In the last month some of our ladies enjoyed a skittles evening at the Conservative Club in Basingstoke. It is reported that the food was even better than we had at Christmas (in spite of there being no dessert at the skittles). Eileen's friend Les won first prize, Gavin Bunce came second and Ann Parry won the wooden spoon! Everyone who attended seemed to get in the spirit of the event and had a great evening of fun and laughter.

### LOU TAYLOR SOUL TRAIN

**Last chance to buy tickets for what promises to be a wonderful social evening of Motown sounds at the Kempshott Village Hall on 28th September 2019. Cost £12 per person.**

### FASHION EVENT

Doreen organised a fashion event for **30<sup>th</sup> September at 14:30 in Lasham Garden Centre.** This event must be **postponed**, as the lady she was liaising with will be on holiday on 30 Sept. Doreen is hoping to re-schedule for November when her contact will be available to liaise with her.

### TESCO BAGS OF HELP

Jane from Tesco is coming to present the certificate for "Bags of Help" on Tuesday at our regular meeting. Angela would like to have a photograph with as many of the group as possible. If you'd like to be in the photo please arrive by 6:50.

### Current Research

Pat has sent me a great article regarding Alcohol and cancer. I have attached it with the newsletter for your interest.

### EVENT & FUNDRAISING

No meeting this month. However Renee has asked me to test the water on a new venue for Christmas Dinner. I propose Aingels Bistro. Sharon who owns it is willing to open for us for us exclusively on a Tuesday evening in December and provide us with a varied menu of our choice. She can seat up to 40 people and provide full table service. Please let me know if you'd like to do this and also let me know if want traditional Christmas Dinner of something a bit different.



## 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

24th SEPTEMBER

### Speakers

Mary Bosier  
Radiologist  
and her colleague  
Hannah

22nd OCTOBER

### Speakers from DTC Unit

Sandy plus breast care nurses

19th November

### 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

**MOTOWN NIGHT.** At the Kempshott Village Hall is coming up on **28th September 2019.** Please see Renee for tickets. **Cost £12 per person.**

### FASHION EVENT

Doreen had organised a fashion event for **30<sup>th</sup> September at 14:30 in Lasham Garden Centre.** This is postponed and further details will follow.

**Barn Dance** The fundraising team is putting the finishing touches to the **BARN DANCE** fundraiser for **4th April 2020.** The music and calling will be provided courtesy of Barbara Parry. At the moment the venue is confirmed at Viables. We will be having an American Supper—that is, everyone who's coming bring a supper dish. Although there are facilities to heat food it would be better to bring something that can be eaten cold. Tickets £15 per head.

Last date for **LOOK GOOD FEEL BETTER** Workshop here in Basingstoke is Nov 20<sup>th</sup>

### CHRISTMAS DINNER CHOICES

Please let me know your views on whether you'd like a change of venue and style for Christmas Dinner this year. A form will circulate at the meeting for you to let me know.



Pam's Harvest Moon photo—too good to miss

## 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 integrat-

ed 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 in-

formed 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 2019

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