



# Basingstoke Breast Cancer Self Help Group



## Meetings in 2025

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

**The ARK**  
6pm - 8pm

**25th February 2025**

**Jo Fields**  
Nurse Practitioner in Breast Cancer

**25th March**

**Special Guest Speaker**  
**Rachel Nelson**  
Talking about Raiki

## Essential Contacts Breast Care Nurses

Senior Breast CNS – Clare Clayden-Lewis Carley Donovan	01256 313126
Breast CNS – Sam Taylor Claire Lethaby Lianne Hankins Leah Roblett	01256 313126
Cancer Support Workers – Tracy Gosden Tracy Murphy Zahra Talebian	01256 313123
Secondary Breast CNS	07827 896883
Winchester CNS Team	01962 824592



**Angela: 07939 641187**



**Renee: 07717 873090**

### Editor's Bit

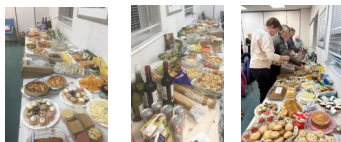


Email address: [ehjanes@ntlworld.com](mailto:ehjanes@ntlworld.com)

### Hello Ladies.

#### DECEMBER GROUP MEETING

Our meeting in December was held at **The Ark** as usual and was our **Christmas Party**. We had no speaker but did have Eileen's grandsons who delivered our traditional Secret Santa gifts once again. The ladies who attended brought with them some really delicious party food. Everyone really enjoyed the evening especially Renee's quiz and her attempts to buff us up into an awesome choir!



**18th December 12:30pm at the Ark** was our Christmas Lunch. Thirteen of us went along for a really good feed and some great company. I think we shall be doing that again this year!



#### REGULAR MEETINGS

**25th January**, was the **last Saturday** of this month and once again some of our members ran/walked/struggled around the **5K Your Way course**. When you do this you can either walk, run or mix the two. **We meet at Simply Tennis by 8:30am**. Some of the group come to Gabardine's afterwards. They are always ready for us to have our usual cuppa and catchup meetings afterwards in the snug area at 10:30 on the same day. Please note you do **not** have to do the **5k** in order to come for a cuppa later! You can just turn up at 10:30 to Gabardine's. The next one will be **22nd February**.

#### OTHER MEETINGS AND ANNUAL EVENTS

I am thrilled to announce that Loddon Vale Indoor Bowling Club have offered to run a charity fundraising dinner for us on 22nd November 2025. The tickets will be £25.00 per head to include a 3 course meal, a very entertaining magician, a raffle and a charity auction.. The raffle prizes will be well worth having and will be supplemented with an auction for some interesting items. There will be a clip-board at the next meeting for you to sign up to attend, sell tickets, provide a raffle or auction prize or simply buy raffle tickets.

Another highlight for next year will be a pathologist from the hospital, called Lucinda Streeter, and she will be our guest speaker in April. She is the manager of Point of Care Testing in Pathology. She comes highly recommended and will be joined by colleagues from Hematology and Histology. The talk will inform us of how blood, urine and/or tissue samples are analysed.

Another new speaker is senior breast cancer nurse practitioner, Jo Fields who will be our guest speaker in February.

Our guest speaker for March will be Rachel Nelson who is coming to talk to us about her specialism which is **Raiki**.

Our speaker in June 2025 will be Dr Nadia Uraiqat a senior radiologist. We will hear how CT and MRI scans and mammograms are interpreted using X-ray and ultrasound images.

Our regular attendees, Mr Harris, Dr Remer, DTC nurses, and Mrs Stanton means we have all our speakers for 2025 confirmed.

#### AND FINALLY:

I will bring the **suggestions** clipboard for outings and trips or regular events you'd like to do. From that List I will create a clipboard list for afternoon tea at milestones which many of you have asked for.

I shall also be bringing boards for the John Pinkerton Canal trip on **18th July** and Skittles on **26th August**.



A great start to 2025!

## 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 2025

21st January	AGM	Group Members
25th February	Jo Fields—Advance Nurse Practitioner in Breast Cancer	Group Members
25th March	General Meeting	Group Members
22nd April	Lucinda Streeter—Point of Care Testing Pathology Manager (+Colleagues)	Group Members
20th May	Kevin Harris—Consultant Breast Surgeon	Group Members
24th June	Dr Nadia Uraiqat— Consultant Radiologist	Group Members
22nd July	General meeting	Group Members
26th August	Skittles Social Evening	Members & Guests
23rd September	Dr Remer – Oncologist	Group Members
21st October	DTC Nurses	Group Members
18th November	Mrs Rosie Stanton—Consultant Breast Surgeon	Group Members
16th December	Christmas Party	Group Members