



Basingstoke Breast Cancer Self Help Group



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Editor's Bit



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Hello Ladies.

Here we are at the end of another fun packed and exciting year for the group. Two years ago last week I had the first of six chemotherapy sessions which were to prove lifesaving. Christmas that year was passable and Hogmanay was spent in a post chemo haze. Last year was a very different story and I spent Christmas and New Year in Brisbane via Dubai, Myanmar and Bali. Some of you started your breast cancer journey many years before I did. Some of you are just beginning the process. I would just like to say that friends I made in this group have been active in aiding my physical and mental return to good health. Thank you Angela for your tireless efforts to get people like us together. We all benefit from the sociability of the

group, from the trips and events that are organized by Renee, Lyn and many others in the group.

Merry Christmas and a Happy Healthy 2019

Wessex Social Capital Workshop

This initiative is on hold til the New Year, when our group champions will be meeting regularly so that we can move forward with the initiative in Basingstoke and surrounding area.

CHRISTMAS DINNER

11th December at the Conservative Club
Members enjoyed wonderful food and the odd glass of something to wash it down. Not to mention the glorious desserts. There were 34 of us and I think I can speak for all when I say, it was a roaring success with raffle prizes and some unexpected gifts!. The only drawback was the seating arrangement. It left us in small groups all evening. Just saying!

contributions of **£3** adult & **£1** per child. Dogs to be kept on leads please. Numbers needed nearer the time for catering purposes
Contact: joyce-mark@hotmail.co.uk

Tickets will soon be on sale for **CARRY on ENTERTAINING** our show, on **6th April 2019**. Cost **£13**.

We are also having. **MOTOWN** night. At the Kempshott Village Hall. **28th September 2019**. Please put this in your diaries. Cost **£12**.

AFTERNOON TEA AT THE ARK

Angela arranged for afternoon tea at the Ark on 13th and 14th December. The conference centre did us proud with lovely ambient surroundings in which to have sandwiches, cakes and scones washed down with copious amounts of tea and coffee, a little wine/prosecco for those who were walking and mulled apple juice and virgin mulled wine for those who were driving.



EVENT SUGGESTIONS

As usual all additional suggestions to go to Angela or Renee
angelabennett70@hotmail.co.uk
R_smith65@sky.com
to plan them into our schedule.



Ann Knight is planning a visit and private guided afternoon tour for the group of **Ashe Park garden, Overton** with tea or coffee and cake at a cost of **£9.00** per person in aid of **The Kingfisher Trust**. Two possible dates: **Friday 14th June OR Tuesday 18th June 2019**. Please let Ann know which date you'd prefer

Meeting Information 2018

All Meetings are held at The Ark Conference Centre

(Unless otherwise stated)

behind BNHH

Group Meetings:

One Tuesday Per Month:

1900 - 2100

18th December

Group Christmas Party

22 January 2019

AGM

26 February 2019

Look Good Feel Better

Michelle Roberts

26th March 2019

General meeting

Guest TBA

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

Upcoming Events, Fundraisers and Outings

GROUP CHRISTMAS PARTY

18th December. Please remember to bring a plate of food and one £5 gift wrapped Secret Santa the group will provide the wine and soft drinks at the party.

For the coming Year 2019 FUND RAISING FARM WALK - weather permitting **Saturday 2nd February 10.30am** From Turgis Court Farm, Stratfield Turgis. Hot drink and cake at the end of the walk. Voluntary



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

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

Macmillan Cancer Support

Improves the lives of people affected by cancer. Practical, medical, emotional and financial support and campaign for better cancer care. .

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

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

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

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

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

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

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

Future Meeting Dates 2019

22nd JANUARY	AGM	Group Members
26th FEBRUARY	Look Good Feel Better	Michelle Roberts Area Manager
26th MARCH	General meeting	
30th APRIL	Jackie Bond	Alexander Technique
28th MAY	Mr Kevin Harris	Consultant Surgeon
25th JUNE	General meeting	
30th JULY	Speaker	Yet to be confirmed
27th AUGUST	Skittles	Social evening
24th SEPTEMBER	Speaker	Yet to be confirmed
22nd OCTOBER	DTC Unit	Sandy plus breast care nurses
19th NOVEMBER	Mrs Rosie Stanton	Consultant Surgeon TBC
17th DECEMBER	Christmas meeting	Group Christmas party