



Basingstoke Breast Cancer Self Help Group



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Editor's Bit



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Hello Ladies.

Afternoon Tea on the Watercross line on 16th May was lovely. The scones were light and fresh and the volunteers who served us tea/coffee and a bit of banter, were exceptional. They joined in the fun and laughter. The weather was kind to us too. One or two even got to ride on the footplate with the driver!

TESCO BAGS OF HELP

The "Bags of Help". Initiative is still ongoing. Participating stores: Tesco superstore - Chineham Tesco Extra - Oakridge Tesco Extra - Lychpit Tesco Extra - Popley Tesco Extra - Kempshott The scheme will continue until 30th June. Remember organisation with the most tokens in the plastic boxes at the entrance and exit of all shops will get the

First Prize of £4000. Please carry on helping by doing your shopping in one of the named Tesco stores and make sure you **ASK for TOKENS**. Ask family and friends to help too please.

JOANNE'S BIT

Joanne found us another interesting article in the **Times on 30th April**. Apparently there is a correlation between afternoon radiotherapy and fewer long term side effects in breast cancer patients. I have attached a photo of the article to the newsletter for you to read, if you're interested.

EVENT & FUNDRAISING

The events & fundraising committee, **Joyce, Pat, Ann, Kirsten, Issy, Liz, Lyn and Maureen**, will be given space at each meeting to update the group on fundraising ideas. In between meetings you can contact any of us with new ideas. Just call one of us or drop us an email. We will follow up ideas at our regular events meetings.



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

8th May 2019

Kevin Harris

Consultant

25th June 2019

General Meeting

No Speaker

30th JULY

Jane Meakin

Self Development and Connections

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

FASHION EVENT

Doreen has organised a fashion event for **30th September** at **14:30** in **Lasham Garden Centre**. 2 Male & 4-5 female volunteers needed to model clothes. Anyone interested in taking part please speak to Doreen.

Additional Dates for **LOOK GOOD FEEL BETTER** Workshops are:

July 31st, Sept 18th and Nov 20th

Events, Fundraisers and Outings For 2019

ASHE PARK GARDEN, OVERTON
Ann Knight has asked that anyone who still has to pay should bring the £9 with you to the next meeting. Either exact cash in an envelope with your name on or a cheque made payable to Basingstoke Breast Cancer Self Help Group. with tea or coffee and cake at a cost of **£9.00** per person **in aid of The Kingfisher Trust**. Please Ann now has a list of people who will attend on : **Friday 14th June 2019.**

CANAL TRIP on the John Pinkerton Canal Boat. On **FRIDAY 19th JULY 2019 at 7pm** prompt from Odiham Wharf opposite the Waterwitch Pub in Odiham.- All group members plus family and friends to a maximum of 40. The trip includes a fish/chicken/veggie burger & chip supper to be ordered in advance. All you pay is the price of supper £7 per person and a drink on board. Or you can bring your own picnic if you'd rather.

MOTOWN NIGHT. At the Kempshott Village Hall is coming up on **28th September 2019**. Please put this in your diaries. Cost **£12 per person**.

Barn Dance The fundraising team had a meeting whilst I was away and have begun work on a fundraiser for **4th April 2020**. We will be having a **barn dance** courtesy of Barbara Parry. At the moment the venue is to be confirmed. I'll post more information as it becomes available.

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

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

North and Mid-Hants BSU

Breast Screening Unit. Telephone Number 01962 824841

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