



Basingstoke Breast Cancer Self Help Group



Meetings in 2024

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

23rd January
AGM

20th February
Tony Bambergh President of The Lions - Basingstoke

26th March
General Meeting

The ARK
6pm-8pm



Angela: 07939 641187



Renee: 07717 873090

Editor's Bit



Email add: ehjanes@ntlworld.com

Hello Ladies.

NEW YEAR

Happy New Year One and all. Here's hoping 2024 brings us Good Health and Happiness. Oh and we need a few events and outings along the way to make us smile and to bring us together in support of each other.

We are now in our 21st year thanks to Angela who had the foresight to start the group in the first place. Also thanks to everyone who is a member and comes along to meetings and events to support the others in the group. We had a particularly great fundraising year in 2023 which leaves us in a good position to maintain the group in 2024.

I am hoping that along with Maggie and Jane we can organize some good outings and events for this year too.

If there is anything in particular that anyone wants to do, please email, text, WhatsApp or phone one of the three of us with your thoughts. We will do our best to get things organized. Alternatively if anyone would like to organize a trip or event, just let us know so that we can help.

Personally I am looking forward to the canal trip in the summer and another of Renee's marvelous quizzes!

Although Renee is happy to organize quizzes at group meeting level, she no longer wishes to organize one on the scale of the last one. So we need volunteers to organize the next fundraising one.

REGULAR MEETINGS

27th January Gabardine's are prepared for us to have our cuppa and catchup meetings on the **last Saturday** of each month to coincide with the **5k walks (Which meet at Simply Tennis by 8:30am)**. The snug area will be set up for us when we arrive at 10:30am.

"The cancer rehab service is very bespoke and will meet the needs of patients where they are. The Health Program Manager will have a 1:1 clinic session to discuss all relevant aspects before writing a tailored program which could include attending cancer specific classes or exercising with other people with Cardiac conditions at the Centre."

OTHER MEETINGS AND ANNUAL EVENTS

Our meeting speakers for 2024 have now been organized. A full list can be found at the bottom of the second page of this newsletter. This will give you plenty of time to get these into your diary for the year.

February. Tony Bambergh- President of The Lions - Basingstoke branch

April Geoff Sharp Secretary of the Royal Society of Birds - Basingstoke local group

June. Lavinia Walsh - Ambassador for Yes Yes Yes. Intimate products.

These speakers along with our regular attendees, Mr Harris, Dr Remer, DTC nurses, and Mrs Stanton means we have all our speakers for next year

AND FINALLY:

I cannot find the December newsletter that I felt sure I sent out. My sincere apologies for this omission. All I can say was it must have been a very vivid dream in which I covered the banner headlines with holly and wished you all a very happy Christmas!



Essential Contacts Breast Care Nurses

Clare Clayden-Lewis Alison Terry Sam Taylor Lianne Hankins	01256 313126
Tracy Gosden Tracy Murphy Zahra Talebian Cancer Support Workers	01256 313123
Claire Lethaby Richa Tyagi Yolanda Kennedy Breast CNS	07827 896883
Winchester CNS Team	01962 824592



On 23rd January We will have our AGM where we will elect/re-elect our committee members. If you would like to join the committee please let Angela know before the meeting. Please arrive by **5:45 for a prompt 6PM start.**

IN OTHER NEWS

Pauline Rafferty who is the Business Development Support officer for the Charity **Basingstoke and Alton Cardiac Rehabilitation Charity Ltd** has been in touch with Angela to promote their services involving Cancer Rehab.

A quote from Pauline:



Continued overleaf:

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

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

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

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

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 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

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](tel:01256315050), in advance. –no booking – no place

www.lgfb.co.uk

North and Mid-Hants BSU

Breast Screening Unit. Telephone Number [01962 824841](tel:01962824841)

Hhft.breastscreening@nhs.net

Dates and Speakers for 2024

23rd January	AGM	Group Members
20th February	Tony Bamberg -President Basingstoke Lions	Group Members
26th March	General Meeting	Group Members
23rd April	Geoff Sharp -Secretary RSPB Basingstoke	Group Members
21st May	Kevin Harris—Consultant Breast Surgeon	Group Members
25th June	Lavinia Winch—Ambassador Yes, Yes, Yes! Intimate Products	Group Members
23rd July	General meeting	Group Members
27th August	Skittles Social Evening	Members & Guests
24th September	Dr Remer – Oncologist	Group Members
22nd October	DTC Nurses	Group Members
19th November	Mrs Rosie Stanton—Consultant Breast Surgeon	Group Members
17th December	Christmas Party	Group Members