



Basingstoke Breast Cancer Self Help Group



Meetings in 2023

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

22nd November
Mrs Stanton

19th December
Christmas Party

The ARK
6pm-8pm



Angela: 07939 641187



Renee: 07717 873090

Editor's Bit



Email add: ehjanes@ntlworld.com

Hello Ladies.

OCTOBER BREAST CANCER AWARENESS MONTH



Our **Cake Sale** in front of the Health Information Point at the hospital raised **£301.31**



I visited **Alan at Squirrels** in Basingstoke with the remainder of the costume jewellery. After I told him our story he kindly made a £50 donation to the group. He also said that if we needed any more help with any other fundraisers, he would be happy to help. He made it clear that his donation was because we are a local charity and not a national one. So the **Nearly New Sale** resulted in an amazing **£2354.00** being banked.



The **Line Dancing** raised a total of **£523.00** for the ladies of the group.

Quiz Night Renee's quiz night raised another **£589**



Overall, including the £50 from Alan at Squirrels we have raised a stunning **£3,767.31** minus expenses. Renee will report on the group finances at our next meeting on 21st November.

REGULAR MEETINGS

25th November 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.

On 21st November Our speaker for her first time in person will be **Mrs Rosie Stanton**. She is one of the consultant surgeons at Basingstoke Hospital and last spoke to the group during lockdown over a zoom meeting. Please arrive by **5:45 for a prompt 6PM start**, so that the speaker can make her presentation first and get off home to spend a little of her evening with her family.

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:

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

OTHER MEETINGS AND ANNUAL EVENTS

Christmas Afternoon Tea at the Ark

No-One has yet offered to organize an afternoon tea around Christmas time at the Ark. Therefore I shall bring a clip board to the meeting on Tuesday. Please sign up and give me a deposit of £10 if you are interested in this event.

Our meeting speakers for 2024 have now been organized. I have still to receive the exact dates from Angela. In the meantime here are some of the highlights:

February. Tony Bamburger- 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



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



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 2023

22nd August	Social	Group Members And Guests
19th September	Dr Remer Oncologist and the team	Group Members
24th October	DTC Nurses	Group Members
21st November	Mrs Stanton	Group Members
19th December	Christmas Party	Group Members

Speakers for 2024

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