



Basingstoke Breast Cancer Self Help Group



Meetings in 2025

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

The ARK
6pm-8pm

25th March
Special Guest Speaker
Rachel Nelson
Talking about Reiki

22nd April
Lucinda Streeter
Point of Care
Testing Pathology Manager
(+ Colleagues)



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Editor's Bit



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Hello Ladies.

FEBRUARY GROUP MEETING

Our meeting in February was held at **The Ark** as usual and was well attended. The speaker was Jo Fields—Advance Nurse Practitioner in Breast Cancer who gave a very interesting talk. Two new ladies were welcomed to the group. Welcome Janet who came to the meeting and Chippi who could not be there on the night.

Also discussed was a Sport and Health Course organised by Stephanie Willis and will be available at the sports centre gym in the town centre. The 12-week course costs £25 a month and ladies can attend on a Wednesday at 11am. Individual assessments of strength and energy levels, among other things, will be conducted and use of all gym equipment is included. Call Stephanie if you are interested on 07789 967762.

During the AGM in January one of our members suggested that, as the cost of the canal trip (which we use our £2 per month tea money to pay for in part) has risen this year, we might increase our contribution to £3 per month. This was further discussed at the February meeting and it was decided that the tea money should remain the same. However if anyone would like to contribute more (Pound coins only) they are free to do so at their own discretion.

REGULAR MEETINGS

29th March is the **last Saturday** of this month and once again you are all invited to take part and walk/run/both around the **5K Your Way course**. **A correction from last month's 5K**, Angela was not the only member of our group to complete the course. Corrine and her family also ran in the most appalling muddy conditions.. **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 **26th April**.

OTHER MEETINGS AND ANNUAL EVENTS

The plans for the Loddon Vale Indoor Bowling Club fundraising dinner in favour of our group, are coming along quite well. The event is set to run on 22nd November 2025. The tickets will be £25.00 per head to include a 3

course meal, a very entertaining band, 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 each meeting for you to sign up to attend, sell tickets, provide a raffle or auction prize or simply buy raffle tickets.



Raffle prizes will be collections of items in small packages made up very similar to the ones in the photograph.

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

Our guests at the April meeting will be Lucinda Streeter from pathology plus two colleagues from histology and haematology at our hospital will be our guest speakers at our next meeting. They will explain how results are obtained from blood and tissue samples taken when initially diagnosed with BC and subsequent tests.

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 will be Mr Harris (May), Dr Remer (September), DTC nurses (October), and Mrs Stanton (November). Completing our speakers for 2025.

Angela is already finding interesting speakers for 2026. Thank you Angela, you help deliver a good mixture of interesting topics.

AND FINALLY

In Angela's absence I will chair the meeting this month.

I will bring the clipboard for volunteers and attendees of the fundraising dinner in November.

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

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 Yolanda Kennedy	07827 896883
Winchester CNS Team	01962 824592



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 2025

21st January	AGM	Group Members
25th February	Jo Fields—Advance Nurse Practitioner in Breast Cancer	Group Members
25th March	Rachel Nelson—Reiki consultant	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