

BASINGSTOKE BREAST CANCER SELF HELP GROUP

Minutes of the meeting held 30th April 2019

Chairman: Angela Bennett

Treasurer: Renee Smith

Minutes: Lyn Nelson

Newsletter: Liz Janes

Fundraising Committee: Kirsten, Joyce, Isobel, Pat, Liz, Ann,

Maureen and Lyn

Minutes of the last meeting verified as a true record

24 members attended

The concert at Queen Mary's College which had been organised by Renee was a great success for another year. The acts were excellent and varied and the show was well attended. To date the show raised £2100 which is great achievement - thank you, Renee.

Tesco has set up a scheme "Bags of Help" as they charge 10p per plastic bag. The scheme encourages local community groups to make an application for a grant. When shopping at Tesco stores you will receive tokens which can be put into collection boxes. The group with the most tokens will receive £4000.

The group presented Sandra Fell with a cheque donation of £1000 to The Ark.

There is a fashion show by The Edinburgh Woollen Mill being held at Lasham Garden Centre on Friday 10th May at 2.30pm.

The trip to Ashe Park garden in Overton is on Friday 14th June from 2pm to 5pm. There will be a guided tour with tea/coffee and cake. The cost will be £9 per person in aid of The Kingfisher Trust. This trip has been kindly organised by Ann Knight.

The trip to The Watercress Line for afternoon tea on the train is on 16th May. The coach leaves The Leisure Park at 2pm to Arlesford to board the train at 3.30pm when tea will be served. The cost is £25 per person.

The Basingstoke Canal trip on The John Pinkerton canal boat is booked for 19th July.

Our guest speaker was Jackie Bond who teaches Alexander Technique. The aim of this technique is to regain control of your body to alleviate pain, improve posture and performance. The Alexander Technique helps many people to overcome muscle tension and stiffness, back neck and joint pain, poor posture, breathing and vocal problems, along with anxiety and stress-related conditions

The guest speaker at the next meeting will be Mr Kevin Harris, consultant surgeon in the Breast Care Unit.