



Basingstoke Breast Cancer Self Help Group



Meetings in 2024

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

27th August
Summer Social
Skittles Evening
 (At Loddon Vale Bowls Club)

The ARK
 6pm-8pm

24th September
 Dr Remer—Oncologist

22nd October
 DTC Nurses

19th November
 Mrs Rosie Stanton
 Consultant Surgeon

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	07827 896883
Winchester CNS Team	01962 824592



Angela: 07939 641187



Renee: 07717 873090

Editor's Bit



Email add: ehjanes@ntlworld.com

Hello Ladies.

JULY GROUP MEETING

Our July meeting was a fun event with Jane, Hazel and Heather teaching us how to do English country dancing, the Merry Reaper. As an afterthought I also joined in by teaching the Gay Gordons Scottish country dance.

AUGUST MEETING

Our meeting on **27th August at 7pm** will be held at **Loddon Vale IBC**. It is our **Annual Skittles Evening** which should prove to be enormous fun as usual. May I please remind you that you should put the £8.00 per head in an envelope with your name {and your guests name(s)} on containing the correct money for you and the people in your party. This will help me greatly. Can you please liberate those unwanted gifts and quality items for the raffle in order to raise some funds for the group.

FUTURE VISITS

Our visit to Vyne House, costing £15 each for non-National Trust Members, will be on **13th September**. They can cater for groups of 8 to 12 people. National Trust members go free, of course. There are also musical and theatrical productions being held in the grounds as part of their summer events. Tickets are £15.50, and you would need to go independently of this group.

On **September 14th and 15th** I will be back at Loddon Vale Indoor Bowls Club to run their **Macmillan Coffee morning**. I would really appreciate some help from our group to raise funds for Macmillan. You can help by doing a bit of baking, perhaps some cupcakes or your favourite lemon drizzle or fruit cakes. Alternatively you could bring me some shop bought cake to sell if you would like to. Just popping in for a coffee, cake and a catchup with me would also help. And you can try out bowls for free as it is the LVIB Club open weekend.

REGULAR MEETINGS

31st August, is the **last Saturday** of the month and once again time for **5K Your Way**, our 5k walk/run/mixture (**who meet at Simply Tennis by 8:30am**). Some of us will be at Gabardine's afterwards. They are prepared 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.

OTHER MEETINGS AND ANNUAL EVENTS

Angela recently met with a pathologist from the hospital, called Lucinda Streeter, and will be our guest speaker in April next year. She is the manager of Point of Care Testing in Pathology. She comes highly recommended and will be joined by colleagues from Haematology and Histology. The talk will inform us of how blood, urine and/or tissue samples are analysed. Mr Harris has recommended a senior breast cancer nurse practitioner called Jo Fields to be a guest speaker next February. Angela is trying to find a radiologist as our guest speaker at some future date. We will hear how radiologists interpret CT and MRI scans, as well as mammogram, X-ray and ultrasound images. Our regular attendees, Mr Harris, Dr Remer, DTC nurses, and Mrs Stanton means we have all our speakers for 2025 already.

27th August 7pm Loddon Vale IBC

Annual Skittles Evening

24th September 6:30pm at the Arc

Guest speaker: Dr Remer- Oncologist at BNHH,

He will be talking about chemotherapy in general, as well as the side effects of new treatments specifically

AND FINALLY:

The sign up board for the Vyne House trip will be available at our group meeting this month. Please be sure to put the dates in your diary straight away if you sign up to the event. If there are any unforeseen circumstance you can always cancel at a later date but not too late please.

We are always open to for **suggestions** for outings and trips or regular events you'd like to do. If there is anything in particular that anyone would like to do, please email, text, WhatsApp or phone one of the three of us (Myself, Maggie or Jane A) with your thoughts. Alternatively if anyone would like to run an organized trip or event, just let us know so that we can give you help and support to put it together.



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—to be confirmed	Group Members
22nd October	DTC Nurses	Group Members
19th November	Mrs Rosie Stanton—Consultant Breast Surgeon	Group Members
17th December	Christmas Party	Group Members