



Basingstoke Breast Cancer Self Help Group



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Editor's Bit



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Hello Ladies. Lou Taylor Soul Train.



Well what can I say? A truly magnificent evening of soul music laughter and dancing. This man is genius! The dance-floor was covered and there were around 60 of us enjoying the atmosphere and the wonderful music.

Our **Annual Cake Sale** is taking place on **Friday 25th October** at the hospital. All contributions welcome. You can drop them off at our stand in the morning of 25th or pop them in to Lyn or myself beforehand, if you'd rather.

FASHION EVENT

Doreen asked me to take her

place to organise the fashion event at **Lasham Garden Centre**. This event will now go ahead on **Thursday 28th November**. Models (myself, Renee, Lyn, Janet Webster, Ann Parry and Chris W), will need to visit the EWM at Lasham in the week before to choose two outfits each to model.

Our **Christmas Dinner** this year is arranged for **Tuesday 3rd December**. I have menus and can assure you we will have a great night at **Aingels Café Bistro**, being waited on hand and foot. There is something for everyone on the menu, carnivore, vegetarian, vegan, gluten free and dairy free and that's just the beginning. The menu can be found on the reverse of this newsletter.

TESCO BAGS OF HELP

Julie from Tesco came to present the certificate for "Bags of Help" at our last regular meeting.

Current Research

No new articles this

month. Please keep sending your interesting articles.

EVENT & FUNDRAISING

There was no event team meeting this month. However, I have been asked to take over the organization of the Christmas dinner and Doreen has asked us to continue with the plans for the Fashion show while she is on holiday. As you can see from the editorial these are well underway now I am relying on you to let me know if you will be coming and (in the case of Christmas Dinner) what your food choices will be.



Meeting Information 2019

All Meetings are held at The Ark Conference Centre behind BNHH (Unless otherwise stated)

Group Meetings:

One Tuesday Per Month:

1900 - 2100

22nd OCTOBER

Speakers from DTC Unit

Sandy plus breast care nurses

19th November

General Meeting

17th December

Party Night



Essential Contacts Breast Care Nurses

Sandy Lyford	07917 241479
Alison Terry	07827 896883
Lizzie Shrimpton	07917 241469
Sam Taylor	07917 241469
General Office	01256 313126

Events, Fundraisers and Outings For 2019

CAKE SALE

The annual cake sale will be taking place in the main corridor at the Hospital Information Point on **25th October 2019 10am-12 noon**. Cake contributions can be brought to myself or Lyn anytime before the date or dropped off at the hospital between 10am-11:30am on 25th October.



FASHION EVENT

I have now re-arranged the fashion event for **28th November at 14:30** in **Lasham Garden Centre**. Male models required, so if you know any willing guinea pigs, you know what to do!

CHRISTMAS DINNER 3RD DECEMBER 7PM

Two courses will be £17.50 and three will be £22.50 of which the group will pay £10.00. The menu is on the reverse of this newsletter. Copies will be distributed during the meeting and by email. So please hand me or email me



your choices of either 1, 2 or 3 courses. Please add your name to the paper copies

BARN DANCE

The fundraising team is still putting the finishing touches to the **BARN DANCE** fundraiser for **4th April 2020**. The music and calling will be provided courtesy of Barbara Parry. The venue is confirmed at Viablies. We will be having an American Supper—that is, everyone who's coming bring a supper dish with them. Tickets £15 per head.

LOOK GOOD FEEL BETTER Workshop here in Basingstoke **Nov 20th 2019**.

2020 dates: 5 Feb, 15 Apr, 17th Jun, 19th Aug, 14th Oct and 25th Nov.



As previously, you must ring up to book a place on the workshop. The phone number is on the back of this newsletter.

Information and support



Breast Cancer Care

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;
 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 integrat-

ed 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 appropriate 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 in-

formed 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, in advance.—no booking—no place
www.lgfb.co.uk

North and Mid-Hants BSU

Breast Screening Unit. Telephone Number 01962 824841
Hhft.breastscreening@nhs.net

Angels Christmas Menu

Starters (choose one)

Cranberry, Brie & Prosciutto Crostini with Balsamic Glaze

Almond, Ginger & Rocket Stuffed Pears

Smoke Salmon, Dill & Kouseradih Tarts

Main Course (choose one)

Roast Turkey

Or

Roast Beef

Or

Mushroom, Lentil & Chestnut Wellington (vegan option)

Desserts (choose one)

Mince Pie Sundae (vegan & GF options)

Baileys & Chocolate Cheesecake

Profiteroles & Chocolate Sauce

Future Meeting Dates 2019

22nd OCTOBER	DTC Unit	Sandy plus breast care nurses
19th NOVEMBER	No Speaker	General Meeting
17th DECEMBER	Christmas meeting	Group Christmas party