



Basingstoke Breast Cancer Self Help Group



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Editor's Bit



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Hello Ladies.

Editor's Bit

Last year ended with a few exciting events.

Cake sale on 29th October



We had our annual cake sale in the hospital on 29th October. - Angela was joined by Maureen and Rowena for 2 hours of cake selling outside the Patient Information Point. They raised **£155.00** for our group

Fundraising Dinner on 22nd November.



Our Fundraising dinner dance was held in November and was an amazing success. Loddon Vale Indoor Bowls Club found very good raffle and auction prizes and together with our own efforts and attendance we raised a whopping **£1295.00** from Ticket sales, Raffle, Auction, Maureen's flower sales and random donations. Thank you to everyone who contributed to our club funds. Some of the people from Loddon Vale enjoyed the evening so much that they have asked for us to run one this year. Table eight in particular are very interested to do it again.

Christmas lunch at the Ark December 10th.



Those of us who could, went to the Ark for Christmas Lunch There were 11 of us who enjoyed the Ark Chef's amazing food. There was something for everyone and all was presented beautifully and served up by Karolina and Marissa. We thank the team at the Ark for putting on such an enjoyable experience.

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Group Christmas Party 16th December



We had a wonderful attendance at the group party in December and the food was delicious as usual. Also as usual I ate too much and so I managed to put on a few pounds in the run up to Christmas.

REGULAR MEETINGS

The January meeting on **20th** is the AGM and I hope most of you can make it. Please remember to bring cash for the raffle, I will have the clip board with me if you would like to put suggestions on for this year. We also need some volunteers to organize an event or trip for the group to enjoy in the spring or summer. So please get your thinking heads on the suggest some good exciting stuff for 2026

31st January is the **last Saturday** of this month and there will be **5K this month** starting outside the newly re-opened Simply Tennis in the Memorial Park. We will meet for our regular cuppa and chat at Gabardines at the top of town from 10:30 immediately after 5K. They are always ready for us to have our usual catch up meetings there. 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 following one will be **28th February**.

OTHER MEETINGS AND ANNUAL EVENTS

The meeting dates are set for 2026 and can be found on the reverse of this newsletter. The usual suspects will be attending on their regular months. The skittles will be in August as per usual and there may be a change for one or two of the general meeting dates in order to accommodate speakers not yet confirmed.

AND FINALLY

A HAPPY HEALTHY NEW YEAR TO YOU ALL

Here's hoping that 2026 will bring us all a little more Good Health and Happiness.



Meetings in 2026

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

The ARK
8pm-9pm

20th January
AGM

17th February
Helena Maskell

Ark Charity Fundraising Manager

24th March
Geoff Sharpe

Secretary RSPB Basingstoke
The Magic of Kenya

21st April
General Meeting

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

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

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 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. You can book online at www.lgfb.co.uk

North and Mid-Hants BSU

Breast Screening Unit. Telephone Number 01962 824841

Hhft.breastscreening@nhs.net

Dates and Speakers for 2026

20th January	AGM	Group Members
17th February	Helena Maskell—Fundraising Manager—Ark Cancer Charity	Group Members
24th March	Geoff Sharpe—Secretary, RSPB Basingstoke (The Magic of Kenya)	Group Members
21st April	General Meeting	Group Members
19th May	Kevin Harris—Consultant Breast Surgeon	Group Members
23rd June	Posy Maudi—Sound Healing	Group Members
21st July	General Meeting	Group Members
18th August	Skittles Social Evening	Members & Guests
22nd September	Dr Remer — Oncologist	Group Members
20th October	DTC Nurses	Group Members
17th November	Mrs Rosie Stanton—Consultant Breast Surgeon	Group Members
15th December	Christmas Party	Group Members