



Basingstoke Breast Cancer Self Help Group



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Editor's Bit



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Hello Ladies.

Great News, the group will be holding its meetings at The Ark again in 2019. It is only by their generosity that we are allowed to use the meeting rooms for our group. So lets say a big thank you to them for their continued support. At the October meeting our guest speakers were Lizzie Shrimpton, Senior Breast Care Nurse at the DTC and Francesca, team leader at the Trials Unit, Winchester Hospital. The question/answer session was helpful and Francesca's description of trails completed and what was in the pipeline was very interesting. How far treatment has come in the last few years! I for one am glad to be living in these times when diagnosis and treatment comes swiftly and to great effect.

Wessex Social Capital Workshop

Following our visit to the Wessex Social Capital Workshop, I am please to announce that we have a small working group who want to be involved in taking this initiative further. We had our first meeting on Monday 12th November. We looked at where to start our involvement in this wonderful initiative and look forward to keeping you apprised of our progress. This is an excellent new initiative, set up by Wessex Social Capital Movement to promote Cancer Awareness across Hampshire, Isle of Wight, Dorset, Portsmouth and Bournemouth. Our group champions will be meeting regularly so that we can move forward with the initiative in Basingstoke and surrounding area. Knowing that funds are available to us will help get the message out there.

BREAST CANCER AWARENESS MONTH

Annual Cake Sale

We had great fun at the annual cake sale



at the hospital on October 19th. Lyn lead the small team which included Liz, Maureen and for a short while, Angela. We spent the two hours from 10am to 12 noon, setting up and generally encouraging people to buy our cakes and not so cakey shortbread! Not that they needed much encouragement. There were people buying while we were still setting up! We raised £364.31 so far.

Sausage Sizzle

We had wonderful weather for the sausage sizzle on 20th-21st October (10am-4pm each day), at Homebase Basingstoke. The event took £394.24 (of which £171.84 was from the bucket). Thanks to all the hardworking volunteers for their valiant efforts.



EVENT SUGGESTIONS

As usual all additional suggestions to go to Angela or Renee angelabennett70@hotmail.co.uk R_smith65@sky.com to plan them into our schedule.

Upcoming Events, Fundraisers and Outings



RADCAN QUIZ

RadCan (Radiotherapy for Cancer) of which I am a trustee is holding a quiz evening on **24th November** at BROOKVALE VILLAGE HALL. Tickets are **£10** each which includes a glass of wine and starts at 7pm

CHRISTMAS DINNER

11th December at the Conservative Club Bounty Road, Basingstoke
Members will enjoy a sit-down

buffet meal, so you can choose what you'd like to eat on the night. However you must let us know that you want to attend by **10th November** as places are **limited to 40**. Cost **£17.00** The Group will Pay **£10** & Members: **£7** +£1 if you are not a **Con Club Member**

GROUP CHRISTMAS PARTY

18th December. . Please remember to bring a plate of food and one £5 gift wrapped Secret Santa the group will provide the wine and soft drinks at the party.

For the coming Year 2019



FUND RAISING FARM WALK -

weather permitting **Saturday 2nd February 10.30am** From Turgis Court Farm, Stratfield Turgis. Hot drink and cake at the end of the walk. Voluntary contributions of **£3** adult & **£1** per child. Dogs to be kept on leads please. Numbers needed nearer the time for catering purposes

Contact: joyce-mark@hotmail.co.uk

Tickets will soon be on sale for **CARRY on ENTERTAINING** our show, on **6th**

Meeting Information 2018

All Meetings are held at The Ark Conference Centre

(Unless otherwise stated)

behind BNHH

Group Meetings:

One Tuesday Per Month:

1900 - 2100

20th November

Speakers from Sports Centre

Subject Basingstoke Sports Trust

18th December

Group Christmas Party

22 January 2019

AGM

26 February 2019

Look Good Feel Better

Michelle Roberts

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

April 2019. Cost £13.

We are also having, **MOTOWN** night At the Kempshott Village Hall. **28th September 2019**. Please put this in your diaries. Cost **£12**.



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

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 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 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

Future Meeting Dates 2019

22nd JANUARY	AGM	Group Members
26th FEBRUARY	Look Good Feel Better	Michelle Roberts Area Manager
26th MARCH	General meeting	
30th APRIL	Jackie Bond	Alexander Technique
28th MAY	Mr Kevin Harris	Consultant Surgeon
25th JUNE	General meeting	
30th JULY	Speaker	Yet to be confirmed
27th AUGUST	Skittles	Social evening
24th SEPTEMBER	Speaker	Yet to be confirmed
22nd OCTOBER	DTC Unit	Sandy plus breast care nurses
19th NOVEMBER	Mrs Rosie Stanton	Consultant Surgeon TBC
17th DECEMBER	Christmas meeting	Group Christmas party