

## BASINGSTOKE BREAST CANCER SELF HELP GROUP

Minutes of the meeting held 15 February 2022

20 members attended (18 in person, two via Zoom)

Chairman: Angela Bennett

Treasurer: Renee Smith

Secretary: Heather Bounaouara

Newsletter: Liz Janes

Minutes of the last meeting verified as a true record

### **Chairman's report**

Last month, we had our AGM via Zoom due to some concerns about Covid.

Next year is the group's 20<sup>th</sup> anniversary, and how to celebrate this was discussed. A box is being placed on the table for suggestions to be put in by everyone, and towards the end of the year, it can be seen which idea is the most popular.

At our last meeting, we discussed summer outings and the following were to be looked into:

Canal trip by Angela

Lavender Fields by Angela

Diple Mill by Doreen

Alpaca Farm by Sharon

The canal trip has been booked for Friday 15 July with departure at 7pm from the Waterwitch at Odiham. There will be a fish and chip supper. The boat hire costs approximately £350 - more details to follow.

Due to Covid, the Lavender Fields trips have changed. Tickets can be bought in the shop, but cream teas are no longer being offered. However, two other cafés have been suggested by the

staff. Alternatively, picnics can be brought. July is the optimal time and Angela will make further enquiries.

Doreen and Sharon are to report on their respective trips at the next meeting.

Our speaker next month is David Close, who is an expert on decorating and judging celebration cakes.

Angela has been asked to give a talk to Overton Ladies' Club about our support group and will do this next month.

£160 were received in donations last month in memory of friends we have lost.

The Cancer Services Partnership have requested feedback on Covid testing from cancer patients who have attended or are attending either Basingstoke or Winchester hospitals. This information will help HHFT Infection Control decide on future testing given the drawbacks of self-isolation and/or delayed treatment that have been experienced with PCR testing.

### **Guest speaker**

The guest speaker was Gail Harbers, who specialises in lymphoedema care and massage, and has her own practice here in Basingstoke. She spoke about the benefits of Manual Lymphatic Drainage (MLD). She brought with her samples of sleeves and stockings, as well as example massage tools.

The meeting closed at 8pm.