



# Basingstoke Breast Cancer Self Help Group



## Meetings in 2023

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

**22nd August**  
Skittles at  
Loddon Vale IBC

**19th September**  
Dr Remer  
Oncologist  
**24th October**  
DTC Nurses

**The ARK**  
6pm-8pm



**Angela: 07939 641187**



**Renee: 07717 873090**

### Editor's Bit



Email add: [ehjanes@ntlworld.com](mailto:ehjanes@ntlworld.com)

### Hello Ladies.

Please read your newsletter carefully this month as there are lots of interesting tidbits and events coming up in the near future. We will be busy for the next few months if everything goes to plan. Also information about 2024 speakers is on the back page. We will receive the actual meeting dates from the Ark in October

### WINTER NEW AND NEARLY NEW ITEM SALE FUNDRAISER



Maggie and I, are looking for volunteers to help with the Winter Sale fundraising event. This time we have a pop-up shop at Festival

Place in Basingstoke. Our summer one was very successful without any passing footfall so just imagine what we can do on a weekend in October inside Festival Place.

For our proposed sale in October, we have been put in touch with the right people, due to Angela's hard work and persistence. Maggie, Angela and myself will be meeting with Sian Fisher, our contact in the near future to get information about the location and layout of the shop-space we will be using.



### ANNUAL CANAL TRIP

Our Annual Canal trip this year was a great success as usual and people enjoyed a somewhat wet start to the journey. The rain stopped quite quickly and some guests made use of the outside space for a while.

### REGULAR MEETINGS

**26th August** Gabardine's are prepared for us to have our cuppa and catchup meetings on the **last Saturday** of each month to coincide with the **5k walks (Which meet at Simply Tennis by 8:30am)**. The snug area will be set up for us when we arrive at 10:30am.

**22nd August at 7PM** Our regular meeting will be the **skittles event**, held at **Loddon Vale Indoor Bowls Club**. Same as last year. There is plenty of parking and the evening will cost us £8 per head. Friends and family welcome as usual. There will be prizes for best and worst bowler of the night and a raffle will take place partway through the evening. There are still a few places left so do let Angela know if you'd like to come and who will be coming with you.

**19th September** Our guest speaker will be Dr Remer the oncologist and perhaps some of his team who will be happy to answer questions you may have about current practices and innovations. Please arrive at 5:45 for a prompt 6pm start.

### OTHER MEETINGS AND ANNUAL EVENTS

**8th September** - There will be a chocolate tasting event at Chocolate Craft in Alresford. In time for Halloween and Christmas. A new list is circulating and you should only put your name on it if you are sure you will be coming. It is a Friday morning and is limited to 12 people. I shall be collecting your £10 at the August meeting. Please try to organise car sharing to go there if you can. I will send out detailed directions to all the people on my list in good time. I thought we might go round to the garden centre in Alresford for lunch afterwards if anyone would be interested.

### CAKE SALE AT THE HOSPITAL

We have been given permission to hold a cake sale outside of the Patient Information Point situated inside of the hospital on **6th October** from **11am until 1pm**.

### Line Dancing

My Line Dancing Club - **Booted Out** have offered us **20th October 7:30-10pm** for a fundraiser. I am excited to announce that it shall be held at **Newnham Clubroom, Newnham Rd, Newnham RG27 9AE**. Please invite your friends and family to come along and enjoy a new experience or practice a familiar one! It is very much like the quiz night and will require you to bring your own food and drink please. Thanks

### Quiz Night

Renee has arranged a fundraising event for our group. It will be a quiz evening on Saturday **28th October** at Kempshott village hall from **7.30pm until 9.30pm**. A list is circulating for people to **book a table** with Renee. Alternatively please call Renee direct to book a table. We don't actually need a team name yet but **we do need to know how many are coming**. Please bring your own food and drinks, and we will have a raffle. The cost of tickets is £5 per person.



### Essential Contacts Breast Care Nurses

Clare Clayden-Lewis Alison Terry Sam Taylor Lianne Hankins	01256 313126
Tracy Gosden Tracy Murphy Zahra Talebian Cancer Support Workers	01256 313123
Claire Lethaby Richa Tyagi Yolanda Kennedy Breast CNS	07827 896883
Winchester CNS Team	01962 824592



continued

## Information and support

### Useful Contacts



#### 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](http://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](http://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](http://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](mailto:health.info@hhft.nhs.uk)

[www.hampshirehospitals.nhs.uk](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.lgfb.co.uk)

#### North and Mid-Hants BSU

Breast Screening Unit. Telephone Number [01962 824841](tel:01962824841)

[Hhft.breastscreening@nhs.net](mailto:Hhft.breastscreening@nhs.net)

### Dates and Speakers for 2023

22nd August	Social	Group Members And Guests
19th September	Dr Remer Oncologist and the team	Group Members
24th October	DTC Nurses	Group Members
21st November	Mrs Stanton	Group Members
19th December	Christmas Party	Group Members

### Speakers for 2024

**February.** Tony Bambrugger- President of The Lions - Basingstoke branch

**April** Geoff Sharp Secretary of the Royal Society of Birds - Basingstoke local group

**June.** Lavinia Walsh - Ambassador for Yes Yes Yes. Intimate products

These speakers along with our regular attendees, Mr Harris, Dr Remer, DTC nurses, and Mrs Stanton means we have all our speakers for next year.