



Basingstoke Breast Cancer Self Help Group



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Editor's Bit



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Hello Ladies.

Our October meeting was with The Breast Care Nursing Team held on 18th October at the Ark. There were 27 attendees. We started promptly at 6pm so that the nurses could return home at a reasonable hour. The Team had prepared an all encompassing slide show to explain their current structure and what's new for them and us. All who attended were enthusiastic and asked questions of the Breast Care Nursing Team.

EVENTS AND REGULAR MEETINGS



There has been a decision to have an anniversary dinner at the Ark to celebrate our 20th year. This will be on **25th April 2023 at 7pm at the Ark**



Our regular monthly Saturday meetings at **Gabardine's** are now back but will now take place on the **last Saturday** of the month to coincide with the 5k walks. The snug area will be set up for us when we arrive at 10:30am. The next one will be on **26th November**.

The **Macmillan Coffee Morning at Loddon Vale Indoor Bowls Club** from 11am on **24th September** was a great success and the venue raised £180 from their cake sales alone.



I went along, together with Renee and Angela to Maria Miller's community chat on 27th October. This was quite a useful meeting where we heard about the Strategy document intended to make a difference to women's health. Their speakers discussed forums for women at different stages of life. There is much support for women with gynae issues, menopausal issues and neo-natal issues. I did not get a chance to ask my burning question as the meeting ran out of time. I will let you know in the next newsletter what if any response I have had.

Angela recently met Julie Walsh, a Lead Complementary Therapist for the Ark Centre Charity Wellbeing and Support Care Services. Julie is an experienced and highly skilled practitioner who specialises in a variety of treatments: aromatherapy, reflexology, massage, plus specialised therapies, such as reiki. Julie would like to come to the group and has been invited to be a speaker during

2024.

OUR REGULAR MEETINGS



OUR MEETING ON **15th NOVEMBER**, was intended to be **MRS R STANTON, CONSULTANT SURGEON** Mrs Rosie Stanton has had to cancel due to personal circumstances. It has been decided that we would have a show and tel & raffle evening instead. **13th DECEMBER, GROUP CHRISTMAS PARTY**

To end the year the usual group Christmas party with a Secret Santa and a Raffle.

Renee has organised an **Afternoon Tea at Milestones Museum** it will be a Tuesday afternoon **7th March 2023 at 1:30pm** £14 per head—If you have not done so already please let one of us know if you would be interested in coming along. A list will be circulated at the coming meeting. Renee will need the money by the February meeting to secure our places.

MEETINGS IN 2023

There is a comprehensive list at the bottom of the following page of meeting topics and guests for 2023

IN OTHER NEWS



Heart-shaped cushions - the DTC nurses said that they would like some more cushions and Jane A will supply some made by her friend. If anyone else would like to make some please do and you can bring them along to group meetings or deliver them to the DTC directly. Please take a photo of your cushions so that I can include a little piece in the newsletter.

Meetings in 2022

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

The ARK
15th November
General Meeting &
Craft sale

13th December
Christmas Party &
Raffle

6pm-8pm



Essential Contacts Breast Care Nurses

Clare Clayden-Lewis	
Marian Parfitt	
Alison Terry	01256 313126
Sam Taylor	
Lianne Hankins	
Tracy Gosden	01256 313123
Healthcare support Worker	01962 828345
Yolanda Kennedy	07827 896883
Oncology Breast CNS	
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

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](tel:01256313969);

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 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

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. To book you must call [01256315050](tel:01256315050). in advance.—no booking—no place

www.lgfb.co.uk

North and Mid-Hants BSU

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

Hhft.breastscreening@nhs.net

Meetings 2022

15th November	General Meeting and Craft Sale and Raffle	Group Members
13th December	Group Christmas Party, Raffle and Secret Santa	Group Members

Dates for 2023

17th January	AGM	Group Members
21st February	Sarah Sharp.	Oncology Dietitian/Breast Care Team Dietitian
21st March	David Close	Celebration Cake Judge
25th April	20th Anniversary	Dinner
23rd May.	Mr Kevin Harris	Consultant Surgeon
20th June.	Kelly	Against Breast Cancer
25th July.	General meeting.	Group Members
22nd August.	Social evening	Usually Skittles
19th September	Dr Remer.	Oncologist
24th October	DTC	Breast Care Nurses
21st November	Mrs Rosie Stanton	Consultant Surgeon
19th December	Christmas Party	With Secret Santa and Raffle