



Basingstoke Breast Cancer Self Help Group



Meetings in 2024

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

25th June

Lavinia Winch—Ambassador
Yes, Yes, Yes! Intimate Products

The ARK

6pm-8pm

23rd July

Summer Event

Canal Trip

**on the John Pinkerton
(from Odiham Wharf)**

27th August

Summer Social

Skittles Evening

(At Loddon Vale Bowls Club)



Angela: 07939 641187



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Editor's Bit



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Hello Ladies.

MAY GROUP MEETING

21st May Our speaker was Mr Kevin Harris, Consultant Breast Surgeon. His talk was well received by all and many questions were answered. He continues to provide us with news of the many innovations around the current thinking on Breast cancer and its treatment.

The proposed visit to Vyne, costing £15 each for non-National Trust Members, will be on either 6th or 13th September as the original agreed date was booked up before we finalized it with The Vyne House. They can cater for groups of 8 to 12 people. National Trust members go free, of course. There are also musical and theatrical productions being held in the grounds as part of their summer events. Tickets are £15.50, and you would need to go independently of this group.

Mandy, a member of this group, has set up a **weekly women's walking football**. It is every **Monday at 7pm at Basingstoke Football Club, Brighton Hill**.

We are still asking for suggestions for outings and trips or regular events you'd like to do. If there is anything in particular that anyone wants to do, please email, text, WhatsApp or phone one of the three of us (Myself, Maggie or Jane A) with your thoughts. We will do our best to get things organized. Alternatively if anyone would like to run an organized trip or event, just let us know so that we can support you.

Ann Knight's organized garden visit was held at **2pm on Saturday 22 June** for the group. From the votes of thanks on our WhatsApp group, it would appear that the visit was a great success and I await a full report for our next newsletter.

REGULAR MEETINGS

29th June Gabardine's are prepared for us to have our usual 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.

Our meeting on 25th June will be addressed by Lavinia Winch, Ambassador of the YES, YES, YES Intimate Products company. Please arrive by **5:45 for a prompt 6PM start**.

OTHER MEETINGS AND ANNUAL EVENTS

Our meeting speakers for 2024 can be found on the full list at the bottom of the second page of this newsletter. This will give you plenty of time to get these into your diary for the year. 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 and some of our regular events lined up. Dr Remer has now confirmed that he will be coming to speak to us in September.

25th June. Lavinia Walsh - Ambassador for Yes Yes Yes. Intimate products.

19th July 7pm from Odiham

Annual Canal Trip

27th August 7pm Loddon Vale IBC

Annual Skittles Evening

The sign up boards for the canal trip and skittles will be available at group meeting from now on. Please be sure to put the dates in your diary straight away if you sign up to these events. If there are any unforeseen circumstance you can always cancel at a later date.

AND FINALLY:

Dr. Remer, an oncologist at Basingstoke Hospital, will indeed be our speaker at the September meeting. Hopefully this could be an annual occurrence. He will be talking about chemotherapy in general, as well as the side effects of new treatments specifically.

In October, we will have the DTC nurses, and Mrs Rosie Stanton will be here in November.

Our annual Christmas party will take place, as usual, at our December meeting.

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
Carley Donovan - Senior Breast CNS Claire Lethaby Yolanda Kennedy - Secondary Breast CNS	07827 896883 (Yolanda)
Winchester CNS Team	01962 824592



Continued overleaf:

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

Dates and Speakers for 2024

23rd January	AGM	Group Members
20th February	Tony Bamberg -President Basingstoke Lions	Group Members
26th March	General Meeting	Group Members
23rd April	Geoff Sharp -Secretary RSPB Basingstoke	Group Members
21st May	Kevin Harris—Consultant Breast Surgeon	Group Members
25th June	Lavinia Winch—Ambassador Yes, Yes, Yes! Intimate Products	Group Members
23rd July	General meeting	Group Members
27th August	Skittles Social Evening	Members & Guests
24th September	Dr Remer – Oncologist—to be confirmed	Group Members
22nd October	DTC Nurses	Group Members
19th November	Mrs Rosie Stanton—Consultant Breast Surgeon	Group Members
17th December	Christmas Party	Group Members