



# Basingstoke Breast Cancer Self Help Group



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## Editor's Bit



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### Hello Ladies.

#### CAKE SALE

The annual cake sale took place in the main corridor at the Hospital Information Point on **25th October 2019 10am-12 noon**. This year's event took a whopping £294.23. Thank you all for your efforts and contributions.

#### FASHION EVENT

Doreen asked me to take her place to organise the fashion event at **Lasham Garden Centre**. This event will now go ahead on **Thursday 28th November**. Models (myself, Renee, Lyn, Janet Webster and Ann Parry), will visit the EWM at Lasham this week to choose two outfits each to model.

#### CHRISTMAS DINNER

Our **Christmas Dinner** this year is arranged for **Tuesday 3rd December**. The deadline for letting me know your choic-

es of food is **Tuesday 19th November** at our meeting. If I have not received your choices or payment by then I will assume you do not want to attend and will remove your name from the list. You can email, text or ring me with your selection at the very latest by 12 noon on **20th** when I shall be **ordering and paying** for the night. I can assure you we will have a great night at **Ain-gels Café Bistro**, being waited on hand and foot. There is something for everyone on the menu, carnivore, vegetarian, vegan, gluten free and dairy free and that's just the beginning. The menu can be found on the reverse of this news-letter.

#### AFTERNOON TEA AT THE ARK

I am thrilled to announce that we have managed to book The Ark for Afternoon Tea on 19th and 20th December at 3pm. So far there are eleven people attending on 19th and seven people attending on 20th. If you would like to go too just let me know by email, text or phone on or before noon on 20th November as I

shall be confirming the numbers and paying for the events on that afternoon.

#### CURRENT RESEARCH

Joanna has sent me a couple of interesting article and I will forward these on to you when I can make a clean copy of them.



### 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

### Events, Fundraisers and Outings For 2019

#### FASHION EVENT

I have now arranged the fashion event for **28th November** at **14:30** in **Lasham Garden Centre**. Male models required, so if you know any willing guinea pigs, you know what to do!

#### CHRISTMAS DINNER 3RD DECEMBER 7PM

Two courses will be £7.50 and three will be £12.50 as the group will pay £10.00 each towards the cost. The menu is on the reverse of this newslet-

ter. Copies will be distributed during the meeting and by email. So please hand me or email me your choices of either 1, 2 or 3 courses. Please add your name to the paper copies. Payment must be taken at the latest on Tuesday at the meeting! Also please ask to see the list and confirm your choices have been transposed correctly and that you'll get what you want to eat!

#### AFTERNOON TEA AT THE ARK

At 3pm on 19th & 20th December there will be Afternoon Tea at the Ark. The cost is £10 per head. The attendee list

#### EVENT & FUNDRAISING

There was no event team meeting this month. However, I shall confirm the Christmas dinner, Afternoon Tea and Fashion Show arrangements VERY soon. Last minute additions MAY be do-able. However don't miss out on any events by telling me right now, if you want to come too.

will close at the meeting on 19th Noveber. Make sure you let me know if you'd like to go on one of these two dates

#### BARN DANCE

The fundraising team is still putting the finishing touches to the **BARN DANCE** fundraiser for **4th April 2020**. The music and calling will be provided courtesy of Barbara Parry. The venue is confirmed at Viab-les. We will be having an American Supper—that is, everyone who's coming bring a supper dish with them. Tickets £15 per head.



**LOOK GOOD FEEL BETTER** Workshop here in Basingstoke **Nov 20th 2019**.

**2020 dates: 5 Feb, 15 Apr, 17th Jun, 19th Aug, 14th Oct and 25th Nov.**

As previously, you must ring up to book a place on the workshop. The phone number is on the back of this newsletter.

### Meeting Information 2019

All Meetings are held at The Ark Conference Centre behind BNHH (Unless otherwise stated)

#### Group Meetings:

One Tuesday Per Month:

1900 - 2100

19th November

#### General Meeting

17th December

Party Night

21st January

AGM

## 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](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;  
 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 integrat-

ed 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 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](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 in-

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

## Angels Christmas Menu

### Starters (choose one)

Cranberry, Brie & Prosciutto Crostini with Balsamic Glaze

Almond, Ginger & Rocket Stuffed Pears

Smoke Salmon, Dill & Kouseradiash Tarts

### Main Course (choose one)

Roast Turkey

Or

Roast Beef

Or

Mushroom, Lentil & Chestnut Wellington (vegan option)

### Desserts (choose one)

Mince Pie Sundae (vegan & GF options)

Baileys & Chocolate Cheesecake

Profiteroles & Chocolate Sauce

### Future Meeting Dates 2019

22nd OCTOBER	DTC Unit	Sandy plus breast care nurses
19th NOVEMBER	No Speaker	General Meeting
17th DECEMBER	Christmas meeting	Group Christmas party
21ST JANUARY	AGM	