



Basingstoke Breast Cancer Self Help Group



Meetings in 2024

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

The ARK
6pm-8pm

19th November
Mrs Rosie Stanton
Consultant Surgeon

17th December
Christmas Party

21st January 2025
AGM



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Editor's Bit



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Hello Ladies.

OCTOBER GROUP MEETING

Our meeting in October was held at **The Ark**. Our speakers were the DTC Nurses. We had another well attended meeting with 28 of our members who were all interested in what the nurses were talking about. As you know, on **September 28th**, I did the 10k moonlight walk for the hospice. I would just like to thank you for your very generous contributions and I would also like to let you know I raised £265.00. As I had no real intentions of fundraising, I am blown away by the generosity of my good friends and family.

REGULAR MEETINGS

30th November, is the **last Saturday** of the month and once again time for **5K Your Way**, our 5k walk/run/mixture (**who meet at Simply Tennis by 8:30am**). Some of us will be at Gabardine's afterwards. They are prepared for us to have our usual cuppa and catchup meetings afterwards in the snug area at 10:30 on the same day. Please note you do not have to do the 5k in order to come for a cuppa later! You can just turn up at 10:30 to Gabardine's Good news! All our speakers for next year (2025) are in place and confirmed. A full list of dates and speakers can be found on page two of this newsletter. Please note I have replaced the 2024 dates and our last few dates for October November and December can be found at the top right of this page!

OTHER MEETINGS AND ANNUAL EVENTS

One of the highlights for next year will be a pathologist from the hospital, called Lucinda Streeter, and she will be our guest speaker in April next year. She is the manager of Point of Care Testing in Pathology. She comes highly recommended and will be joined by colleagues from Haematology and Histology. The talk will inform us of how blood, urine and/or tissue samples are analysed.

Another new speaker is senior breast cancer nurse practitioner, Jo Fields who will be our guest speaker in February.

The radiologist who will be our speaker in June 2025 will be Dr Nadia Uraiqat. We will hear how radiologists interpret CT and MRI scans, as well as mammogram, X-ray and ultrasound images.

Our regular attendees, Mr Harris, Dr Remer, DTC nurses, and Mrs Stanton means we have all our speakers for 2025 confirmed already.

19th November 6:00pm at the Arc

Guest speaker: Mrs Stanton, Consultant Breast surgeon She will speak to us about the latest techniques and innovations in breast surgery.

17th December 6:00pm at the Arc

Christmas Party time! If you will be coming along, please let Sharon know what "dish" you will bring so that we don't get too many duplications.

18th December 12:30pm at the Arc

I have booked and paid a £10.00 deposit for 20 of us for either a 2 (£27.00) or 3 (£30.00) course lunch at the Arc this year. I have 17 people on the current list and so if you would like to come too OR if your name is already on the list, please see me at our November meeting with your £10.00 deposit in an envelope with your name on it.

The Menu is on the back page of the list so that you can make your choices.

AND FINALLY:

At our Bake Sale on 25th October at the hospital we made a whopping **£236.02** (one lady just tipped the contents of her purse into our box) in just 2 hours!

I will bring the **suggestions** clipboard for outings and trips or regular events you'd like to do. If there is anything in particular that anyone would like to do, please email, text, WhatsApp or phone one of the three of us (Myself, Maggie or Jane A) with your thoughts. Alternatively if anyone would like to run an organized trip or event, just let us know so that we can give you help and support to put it together.

There will also be a clipboard on which you can add your name to the Christmas lunch list. Please bear in mind that I will need your £10 deposit at the November meeting

Essential Contacts Breast Care Nurses

Senior Breast CNS – Clare Clayden-Lewis Carley Donovan	01256 313126
Breast CNS – Sam Taylor Claire Lethaby Lianne Hankins Leah Roblett	01256 313126
Cancer Support Workers – Tracy Gosden Tracy Murphy Zahra Talebian	01256 313123
Secondary Breast CNS Yolanda Kennedy	07827 896883
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 2025

21st January	AGM	Group Members
25th February	Jo Fields—Advance Nurse Practitioner in Breast Cancer	Group Members
25th March	General Meeting	Group Members
22nd April	Lucinda Streeter—Point of Care Testing Pathology Manager (+Colleagues)	Group Members
20th May	Kevin Harris—Consultant Breast Surgeon	Group Members
24th June	Dr Nadia Uraiqat— Consultant Radiologist	Group Members
22nd July	General meeting	Group Members
26th August	Skittles Social Evening	Members & Guests
23rd September	Dr Remer – Oncologist	Group Members
21st October	DTC Nurses	Group Members
18th November	Mrs Rosie Stanton—Consultant Breast Surgeon	Group Members
16th December	Christmas Party	Group Members