



Basingstoke Breast Cancer Self Help Group



Meetings in 2024

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

23rd July
General Meeting
with country dancing

27th August
Summer Social
Skittles Evening
(At Loddon Vale Bowls Club)

The ARK
6pm-8pm

24th September
Dr Remer—Oncologist

22nd October
DTC Nurses



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Editor's Bit



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Hello Ladies.

JUNE GROUP MEETING

Our speaker in **May** was Lavinia Winch—Ambassador Yes! Intimate Products. Lavinia's talk was based around her personal experiences and her search for female intimate products that worked well and did not cause any skin irritation etc. She spoke tastefully, factually and very well.

I have attached her resource list and a copy of her presentation with this newsletter so that if you missed the evening or want further information it is now available to you.

Our visit to Vyne House, costing £15 each for non-National Trust Members, will be on **13th September**. 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, is still running her **weekly** women's walking football, every **Monday at 7pm at Basingstoke Football Club, Brighton Hill**.

We are always open to for suggestions 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. 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 give you help and support to put it together..

Last Friday **19th July**, we had a lovely trip on **Basingstoke Canal on the John Pinkerton**. This annual event is always well attended and was a great opportunity for some of us to have a much needed catchup. As you might see from the photos below and opposite, the weather was very kind to us this year,



REGULAR MEETINGS

27th July, is the **last Saturday** of the month and once again time for **5K Your Way**, our 5k walk/run/mixture (**Which meet at Simply Tennis by 8:30am**). Some of us will be at Gabardine's who are prepared for us to have our usual cuppa and catchup meetings afterwards in the snug area at 10:30 on the same day.

Our meeting on 23rd July will be a general meeting with a country dancing demo courtesy of Jane, Heather and Hazel. 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 this 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.

23rd July 6:30pm at The Arc

General meeting—with country dance demo and try out.

27th August 7pm Loddon Vale IBC

Annual Skittles Evening

24th September 6:30pm at the Arc

Dr Remer—Oncologist at Basingstoke and North Hants Hospital

The sign up boards for the skittles and Vyne House trip will be available at our group meeting this month. 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 but not too late please.

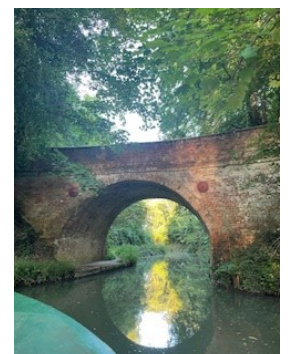
AND FINALLY:

Dr. Remer, an oncologist at Basingstoke Hospital, will 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	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