



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

17th December

Christmas Party

21st January 2025

AGM

25th February 2025

Jo Fields

Advance Nurse Practitioner in Breast Cancer



Angela: 07939 641187



Renee: 07717 873090

Editor's Bit



Email add: ehjanes@ntlworld.com

Hello Ladies.

NOVEMBER GROUP MEETING

Our meeting in November was held at **The Ark**. Our speaker was Mrs Rosie Stantoon who spent her time with us answering many and varied questions from the floor. It was another well attended meeting with many of our members interested in what information she gave us. She has agreed to return next year at the same time.

REGULAR MEETINGS

28th December, 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 the group 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

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. She is the manager of Point of Care Testing in Pathology. She comes highly recommended and will be joined by colleagues from Hematology 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.

17th December 6:00pm at the Arc

Christmas Party



Sharon has done a sterling job of organizing us to bring the food. The list look awesome. Don't forget a plate and cutlery (and a glass if would like to). Also please

bring your wrapped Secret Santa gift and place it on the table with the others when you arrive.



18th December 12:30pm at the Arc

I have booked and paid in full for 13 of us for either a 2 (£27.00) or 3 (£30.00)

course lunch at the Ark this year as per your choices. So please, those of you who haven't paid online, bring the balance owing in an envelope with your name on. I have emailed each of you individually to let you know how much is outstanding.

AND FINALLY:

I will bring the **suggestions** clipboard for outings and trips or regular events you'd like to do. This idea has really taken off and there have been some super suggestions which I am looking forward to organizing in the new year.

Merry Christmas and a Happy 2025 to you all. Think of me lying in the sunshine when you sit down to your Christmas dinner. See you in January!



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

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