



# Basingstoke Breast Cancer Self Help Group

Meeting Information  
2020

No face to face meetings  
until further notice

**ZOOM Meetings**

**Regular ZOOM meetings**

**at 12:30pm each**

**Saturday Morning**



**Angela: 07939 641187**



**Renee: 07717 873090**

## Editor's Bit



Email add: [ehjanes@ntlworld.com](mailto:ehjanes@ntlworld.com)

### Hello Ladies.

#### BARN DANCE CANCELLATION UPDATE

Those of you who paid by cash please call or email me to let me know what you'd like me to do with your money? I do not want to trust cash to the postal service. All cheques have now been re-united with their owners.

#### JOANNA AND VIRTUAL BIG WHEEL EVENT FOR ST MICHAEL'S HOSPICE



Our very own Joanna is attempting the Big Wheel event on behalf of St Michael's Hospice on 18th July 2020. If you would like to sponsor her for this event please do so by contacting Joanna directly by email or phone. Her contact details are on your latest contact list. If you do not have a list then please call me (Liz) on 07710 804657 or email me (address above) and I can pass them on to you.

#### OUR REGULAR ZOOM MEETINGS



Available to the whole Basingstoke Breast Cancer Self Help Group: Each **Saturday at 12:30** there is a Zoom meeting. If you would like to be included please send me your correct email address or your smart phone/iPhone number and I will add you to the Group List. Each Saturday at around 11:30 I will send you the link to join in the chat. That makes it easier for you to join and there is no confusion or searching for links.

For newer members there is a much smaller group on **Wednesdays at 2pm**. If you would rather join the smaller group to begin with please let me know.

Last Night I participated in the first Zoom meeting (replacing the face to face meetings) for a group whose regular monthly meetings are held on a Thursday in the month. **22** people attended. It all went off very well and I wondered if you would like to replace our face to face meeting like this until we can meet at the Ark again. We could ask our guest speakers to join us on Zoom and I could record the meetings for those who cannot attend. Let me know what you think of the idea please. Email, text or call me, thanks.

#### WHATSAPP GROUPS

I plan to start up a WhatsApp Group so that we can keep in touch using the mobile phone app. This will be open to anyone in the group and could contain: news messages to other members, photos of: gardens, cooking/baking, jigsaws, crafts etc. All designed so that you can share your lockdown life with others and find out how members are coping with shielding and such. To make this group a success I need you to send me your current mobile phone number and a request to join the WhatsApp group. Please send requests by text to 07710 804675, thank you.



NB I can only do this for phones which are WhatsApp compatible so if you don't have a Smartphone/iPhone, I'm sorry you won't be able to take part and we shall have to stick to the straightforward telephone buddy calls.

#### TELEPHONE BUDDY SCHEME

Our telephone buddy scheme seems to be working quite well. I have had calls from people and made calls to others in the group just to keep up to date with how we are all coping with the lockdown. Many people seem to be using ZOOM for their usual meetings and craft classes. Keep on calling, texting and sending those cute, hilarious and sometimes poignant video clips and emails as well please. They brighten my day no end and who knows just putting a smile on someone else's face could be enough to help them cope better.



Angela has already requested that some of you join in with the telephone buddy system to ensure our more isolated members are kept in touch. A contact list has been provided to you for this purpose.

#### CANCER CARE MAP

I have repeated the useful links sent by Cancer Services Partnership for you. I think there is a lot of wonderful information in here so please feel free to follow the links or call the numbers for additional help and support.

UK based "Cancer Support and Services Map / Directory" <https://www.cancercaremap.org/>

A "one stop shop" where cancer patients, their families and carers - and indeed NHS staff - can access ALL of the available support and services in their area - not just for Cancer Care, but for practical help and support as well. There is a short video that you can watch to learn more about the site. Click on the link below and press the ">" (play) button.

"Cancer Care Map is the only independent, not for profit and comprehensive directory of cancer care services in the UK which offers a clear choice of what is available to anyone - patients, carers and their families - living with cancer. For more information, please view this short video clip":- <https://vimeo.com/286204157>

#### NEWS FROM ANGELA B

Angela has been forwarding lots of information to you as she receives it so there is very little for me to say here.

There is still a free **Macmillan support line 0808 808 00 00** currently open Mon to Fri 9 to 5pm. People newly diagnosed can sign up to the Macmillan online or offline offer via:

<https://www.macmillan.org.uk/diagnosed-with-cancer.html>

Continued overleaf .....

## 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](tel:01256313969);  
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 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](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 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](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](tel: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](tel:01962824841)  
[Hhft.breastscreening@nhs.net](mailto:Hhft.breastscreening@nhs.net)

### Breast Cancer Haven

35 The Square, Titchfield PO14 4RT  
[01329 559290](tel:01329559290)  
[breastcancerhaven.org.uk](http://breastcancerhaven.org.uk)

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#### Macmillan's Online Community:

<https://community.macmillan.org.uk/?ga=2.262204556.1005417077.1584443318-1429638338.1580739434>

Age UK: <https://www.ageuk.org.uk/>

#### COMMUNITY SUPPORT – HAMPSHIRE

There are a number of volunteer schemes to support people during the Covid-19 Coronavirus restrictions, see: Community First: <https://www.cf1st.org.uk/> phone and email support will continue as long as possible.

Here is a link to the coronavirus folders on the Hampshire Hospitals website - [www.hampshirehospitals.nhs.uk/patients-visitors/health-information-point-hip/useful-links](http://www.hampshirehospitals.nhs.uk/patients-visitors/health-information-point-hip/useful-links)

You may find some useful additional tips and

information in there too.

The Health Information Point is currently closed to the public but people can still get in touch with them by leaving a message on the landline ([01256 313969](tel:01256313969)) or via email at [health.info@hhft.nhs.uk](mailto:health.info@hhft.nhs.uk)

**\*\*And finally please bear in mind that some of the Useful Contacts on the back page may be closed during this trying time and may have alternative contact details while we are all in lockdown. I will publish any known changes in the next newsletter.\*\***