



Basingstoke Breast Cancer Self Help Group



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Editor's Bit



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Hello Ladies.

Happy New Year to you all! On 14th JANUARY the group came of age! Angela celebrated the start of our 18th year for which we can thank her as one of the founder members.



This coming year, is a year full of hope and anticipation. We hope that we can all look forward to happier times and getting to spend time with our loved ones, friends and relatives in the coming months. We hope we can start to plan outings at the end of lockdown and the distribution of the vaccine is a key to our future health and happiness. We have been through a

tough year and have survived it. Things can only improve from now on. Angela and Renee thank you for your continuing efforts to get people like us together even if it is only by email newsletter and zoom for now. We all benefit from the sociability of the group. Keep up the good work everyone because what we put in is what we will get out.

CANCER SERVICES PARTNERSHIP

Angela, and I attended another zoom CSP event this month. Once more it was interesting and informative. We have already forwarded the summary emails with the events and suggestions they have made.

NEWS FROM ANGELA B

Angela's had the following message from Michele at the NHFT Basingstoke: I have now heard that we have received the final grant payment from Tesco. As soon as I can I will organise a cheque to the Cancer Group for

£500.

Angela and I have been invited to join a working party formed by Tracey Street, to find out how we can improve communications and cohesiveness of groups like ours, while we are going through the pandemic. The first meeting will be on 4th February and I should be able to report afterwards what has come out of the study.

OUR REGULAR ZOOM MEETINGS

Available to the whole group: Each **Saturday at 10:30** there is a Zoom meeting. If you would like to be included and are not getting regular invitations, please send me an email or your smart phone/iPhone number and I can add you to the list. To Join our Zoom Meeting from your **land-line:**

Meeting ID: 815 4988 3224

Passcode: 766515

Dial any of the following UK numbers

0203 051 2874

0203 481 5237

0203 481 5240

0203 901 7895

0131 460 1196

Meeting ID: 815 4988 3224

Passcode: 766515

You will be asked to put in:

- 1) the meeting ID followed by the hash symbol (#)
- 2) your ID (This is Optional) Just press # again to move on
- 3) the meeting passcode

Meeting Information 2021

All meetings will continue to be held Over Zoom during the current pandemic

Group Meetings:

26 January 2021

AGM 7PM

All other zoom meetings are detailed on the reverse



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 |

Once complete it may sound like a busy tone until I let you in from the waiting room. So please **don't** hang up straight away. You will get in to the meeting with sound only. Please let me know in advance if you'd like to join by phone so that I can start the correct meeting code!!!

TELEPHONE BUDDY SCHEME

Our telephone buddy scheme is still working well too. 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. Please continue to call each other to brighten someone's

EPIC FIREWORKS

SOCIAL DISTANCING GUIDELINES
PLEASE HELP US TO STOP THE SPREAD OF COVID-19 BY FOLLOWING THESE SIMPLE RULES

- Protect Each Other By Shopping Apart
- Only 1 Customer Per Transaction
- Keep a Distance of At Least 2 Metres
- Follow the Floor Signs
- Observe Any Instructions
- Pay With Card or Contactless

THANK YOU FOR YOUR CO-OPERATION



Information and support

continued

day. Many people seem to be using ZOOM for their usual meetings and craft classes. Please keep on calling, texting and sending those cute, hilarious and sometimes poignant video clips and emails as well. 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.

WHATSAPP GROUP

The WhatsApp group is being populated with lots of interesting information and is a great way to share experiences, baking tips, eating out venues, jokes and much much more! Keep on sharing please.

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 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

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

| Future Zoom Meetings | | |
|--|----------------------------------|-------------------|
| 26th January 2021 7pm | AGM Zoom | Group members |
| Each Saturday 10:30am During Lockdown | Cuppa and chat Zoom | Group members |
| Alternate Saturdays 10:30am after lockdown | Cuppa and chat Zoom | Group members |
| Each Wednesday at 2pm | Cuppa and chat Zoom | New Group members |
| Face to face and group meetings outdoors | To be advised as and when we can | Group members |