



Basingstoke Breast Cancer Self Help Group



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Editor's Bit

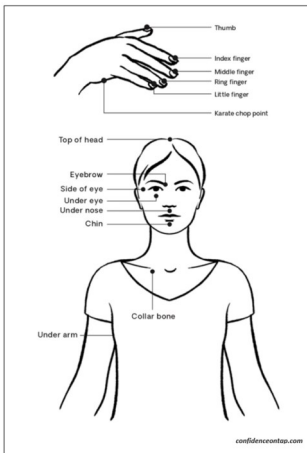


Email address: ehjanes@ntlworld.com

Hello Ladies.

This month we are happy to announce that we will continue our successful monthly meetings over Zoom until we are allowed to meet up in person once more. I have put a provisional timetable together on the reverse of this newsletter.

Angela's choice of speaker for the June meeting was Sean who spoke to us and demonstrated EFT Techniques.



The meeting was recorded with the consent of the participants and is available on request. Although the file is very large and will probably have to be passed around on a memory stick.

Alternatively you can access Sean's links and website as follows.

<http://www.confidenceontap.com/>

and my cancer care page including videos/information on how EFT can people deal with the emotional/physical challenge of having breast cancer:

<http://www.confidenceontap.com/business-performance/>

NEXT MEETING

The next meeting will be held on **13th July 2021 at 7:30pm**. I'm sure Lavinia from Yes!Yes!Yes! Will be highly entertaining and informative.. We are still meeting for picnics in the park while the weather is good!! This is not really a group offering but simply groups of friends who'd like to meet in the park for a catch up during the summer months. By now most of us will have been vaccinated twice and with the new relaxation of the covid rules we can look forward to meeting up in person in the very near future. However I for one will continue to use the hands, face, space routine as I feel more comfortable at face to face meetings indoors knowing that I am still staying safe. I am really looking forward to opening more doors and getting to see everyone again. We can also begin to plan outings at the end of lockdown. I am optimistic that this summer will be full of joy as we catch-up with friends and family alike. We have all benefitted from the sociability of the group in one way or another over the last year. Keep up the good work everyone be-

cause what we put in is what we will get out.

GEMMA - 07915 083231

Maggie's trainer Gemma has sent me her itinerary for the rest of lockdown. Her number is above and her schedule is attached with this newsletter. She is fully qualified and will take health details from you if you'd like to join her zoom classes. She will continue some zoom sessions post lockdown.

NEWS FROM ANGELA B

Angela and I did the Not 5K your way last Saturday as an introduction to getting back to these 5K walks with Alex Conboy on a regular basis. If you are interested in doing ParkRun as part of the 5K your way group please contact me and I can give you Alex's contact details to find out more about it.



Also we donated several more heart shaped cushions to the DTC. (Picture above) Heartfelt thanks to all who were involved this time. No pun intended!

OUR REGULAR ZOOM MEETINGS

For now, we have discontinued the Saturday zoom meetings in favour of the picnic in the park option. No need for invitations just turn up at 11am Saturday morning with your chair nibbles and cuppa of choice.

Meeting Information 2021

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

Next Group Meeting:

Lavinia: Yes Yes Yes !
13th July at 7:30pm

All other zoom meetings are detailed on the reverse



Essential Contacts Breast Care Nurses

Sandy Lyford Marian Parfitt Alison Terry Sam Taylor	01256 313126 Mobile 07917 241469
Tracy Gasden Healthcare support worker	01256 313123 01962 828345
Yolanda Kennedy Oncology breast CNS	07827 896883
Winchester CNS team	01962 824592



continued

Information and support

Useful Contacts



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

Future Meetings

13th July 7:30	Lavinia from Yes Yes Yes!	Group members
7th September 7:30	Liz—My travels around the world	Group members
5th October 7:30	David Close: Expert & Judge Sugarcraft	Group Members
2nd November 7:30	Denise Banks: Exploring mindfulness Techniques	Group Members
Each Saturday 11:00am During Fine Weather	Cuppa and chat in Memorial Park Bring your own chair, cuppa and nibbles	Group members
Each Wednesday at 2pm	Cuppa and chat Zoom	Newer Group members
Face to face and group meetings outdoors	To be advised as and when we can	Group members

Zoom Link for Monthly Meetings:

Time 7:30p

[https://us02web.zoom.us/j/81549883224?](https://us02web.zoom.us/j/81549883224?pwd=UzVkUjRkc3dVUTJYb0lZVmplNHVBdz09)

[pwd=UzVkUjRkc3dVUTJYb0lZVmplNHVBdz09](https://us02web.zoom.us/j/81549883224?pwd=UzVkUjRkc3dVUTJYb0lZVmplNHVBdz09)

Meeting ID: 815 4988 3224

Passcode: 766515