



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

Hello Ladies.

COVID 19 HELP AND ADVICE

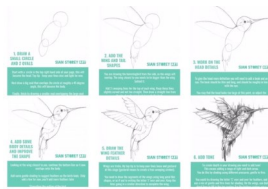
New information, please read all the way through! You are probably aware by now that the group will not meet in person for some time to come. In place of the regular meetings at the Arc, for those of you with smart phones, ipad tablet or computer we have started using an application called Zoom. This is a form of videoconferencing which allows us to see and speak to other group members from our homes. There have been two meetings so far and both have had a measure of success. It is a fun way to chat and a great way of finding out what the others can provide by way of tips and tricks to help during lockdown. We are now looking forward to a futher 3 weeks of lockdown so Zoom could be a way of alleviating some of the boredom. I have had some interesting tips from group members already: Renee has advised me that Cobbs Farm Manydown, shop are doing a click and collect box service.

<https://www.cobbsfarmshops.co.uk/cobbs-manydown>



When you order online they will tell you when you can collect the box and when you arrive at the farm you can stay in your car and they will bring the box out and put it on a table for you to pick up.

On a completely different note Jane Aggrey has sent me a link to a simple drawing techniques class. I must say I'm impressed. It is so easy even I can produce a passable drawing in six easy steps!



Please do go on the website and check this out. I'm having fun learning another new skill. Here is the link:
Drawing in 6 steps from Sian Storey: Choose - kai carp, turtle or humming bird! (If I can do this anyone can!) All you need is paper and pencil (or pen).

<https://www.sianstoreyart.com/isolation-inspiration>

NEWS FROM ANGELA B AND ANN K

Ann says, "Hello Angela and everyone, Hope you are all keeping safe and well. I saw this appeal on the local Nextdoor website and thought I'd share it. A lady called Ruth Nelson-White has put out an appeal for polycotton duvet covers and sheets, plain or patterned, which can be washed at 60 degrees. These are needed for making scrubs. They can be dropped off at 16 Denham Drive, Berg estate. She mentions that there is a FB page called For the scrubs Basingstoke."

There was a mindfulness singing online event yesterday and I am sure there will be more to follow. We will keep you posted on the when and how, as and when the information comes in. Another local initiative which has come to Angela is the **BasLight Community Interest Company**

Helen Noonan says "Hi Angela I am excited to share with you the launch of an initiative supporting those isolating and most at risk, BasLight Community Interest Company. My partner Steve Gargett and I along with a team of awesome volunteers have worked over the past month to build this invaluable desperately needed service for the community during this crisis. The results of our efforts is a safe order tool, available online and via the telephone to acquire and receive delivery of 'not for profit' Stay at Home food boxes at Wholesale prices!

Please can you spread the word amongst your network.

How to find out more and place an order
We've two options - online at cov19bas.org.uk or by calling us at 01256 263210."

TELEPHONE BUDDY SCHEME

Our telephone buddy scheme seems to be working quite well. I have had calls from people and made clls 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 know just pting a smile on someone eses face could be enough to help them cope better.

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>

Macmillan's Online Community: https://community.macmillan.org/?_ga=2.262204556.1005417077.1584443318-1429638338.1580739434

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

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.

Keeping yourself well

It is extra important to keep yourself well during this period. We know that you will have your own health issues, worries about friends and family, and that often running the support group is part of how you keep yourself well. There are some great resources circulating at the moment, and we'd encourage you to have a look, and use and share whatever you find helpful. These include: <https://www.mind.org.uk/information-support/>

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

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

Breast Cancer Haven

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

[coronavirus-and-your-wellbeing/
https://www.macmillan.org.uk/cancer-information-and-support/get-help/physical-help/cancer-and-coronavirus](https://www.macmillan.org.uk/cancer-information-and-support/get-help/physical-help/cancer-and-coronavirus)

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

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 us via leaving a message on the landline ([01256 313969](tel:01256313969)) or via email at health.info@hhft.nhs.uk

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