



Basingstoke Breast Cancer Self Help Group

Meeting Information
2020
No face to face
meetings until further
notice



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Editor's Bit



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Hello Ladies.

COVID 19 HELP AND ADVICE

You are probably aware by now that the group will not meet in person for some time to come, I thought I would try to maintain a little "normality" by producing the newsletter. This will now be designed to help you by providing information and other support mechanisms you can make use of. With that in mind here is some of the support and advice we have been offered:

NEWS FROM TRACEY STREET

We just wanted to let you know that Macmillan are thinking of your group members at this uncertain and difficult time. Face to face meetings should already have been cancelled in line with government advice.

Thank goodness we have access to so many different media to keep in touch. For those still working out how to support members and stay in touch I (Tracey) have pulled together some thoughts below.

RUNNING VIRTUAL SUPPORT GROUPS

*You might consider using a free video app that can be loaded on to a **smart phone, iPad or tablet** to have group or 1-2-1 conversations, there are a number of free apps including:*

- Google Duo
- Skype
- WhatsApp
- Zoom

This would mean that some group members can enjoy face to face contact from the comfort of home.

Can you please let me (Liz) know if you have a **smart phone, iPad or tablet** so that we can download Zoom and use this application to begin talking. I will ask Angela to set up the group and send an invite with the date & time so that you can join. A number of

virtual meetings can be set up in this way and numbers will be limited so that it is not too chaotic. Also we can limit the meetings to 30 minutes so that everyone gets the opportunity to chat. These will be run throughout the coming weeks at various times to suit group members.

You could run virtual arts & crafts, reading, exercise, etc., sessions if it would help to support people and give that feeling of the group providing a near normal service. There is also teleconference calling, this allows for group phone calls, again there are a number of different options.

TELEPHONE BUDDY SCHEMES

With my Volunteer Services Manager we are looking at producing a "top tips" sheet for telephone buddies and please remember to signpost on to other services:

*The 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.uk/?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.

Our Offer to help you and keep in touch

Macmillan would like to offer any support that we can including the opportunity to check in with your group leader regularly, if it would be helpful, with information and guidance to help to support your members.

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/coronavirus-and-your-wellbeing/>

<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.cfirst.org.uk/>

phone and email support will continue as long as possible.

For other support in your area:

<https://www.macmillan.org.uk/in-your-area/index.html?type=Information%20and%20support%20centres&latitude=51.0576948&longitude=-1.3080629&location=Hampshire%20%20UK&radius=30&tridionpromocount=0&nation=alorganisationcount=0&nationalresultcount=0&page=1>

For benefits advice & financial support, phone Hampshire Macmillan CAB on 0344 847 7727 who are offering extended phone support between 9am-4pm Mondays to Fridays (not bank holidays). Patients can also email macmillan.cahampshire@cabnet.org.uk. Clients will be able to speak to a case worker or referred / called back if the service is busy.

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From the Cancer Services Partnership - covering Hampshire Hospitals

We wanted to let you know that all Cancer Services Partnership face to face meetings are cancelled until further notice, both at Basingstoke Hospital and at The Ark in Basingstoke.



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.breastcancer.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

We are experimenting with small virtual meetings using Zoom which is a video conferencing software that can be downloaded free of charge and we will email you should these go ahead.

Also, we will continue to stay in contact with you all by email, passing on useful information as we receive it. And please do let us know if you have any questions or suggestions.

Hampshire Hospitals Information and Support Lead has compiled a short directory of patient/public resources on the coronavirus, including current government guidance and disease-specific information for people with underlying conditions, such as lung disease. Please go to <https://www.hampshirehospitals.nhs.uk/patients-visitors/health-information-point-hip/useful-links> and open the dedicated Corona-

navirus folder to access these resources.

Please look after yourselves. Sending you our very best wishes, Frankie Webb, Jackie Evans, Peter Humphreys.

Macmillan

You might like to share this link to the Macmillan information around Covid 19 Coronavirus and cancer: <https://www.macmillan.org.uk/coronavirus>

Please note that currently our Support Line is only open 9am to 5pm Monday to Friday, we are working hard to be able to open for longer hours, please see our website for updates.

Barbara Parry

Some of you may remember Barbara Parry and Penny Erickson came to one of our meeting as guest speakers bringing with them some delicious samples from their Chemo Cookery Book which they wrote together. Barbara is the Senior Research Dietician in the Breast Unit based at Win-

chester Hospital and Research Advisor in the research department at the Hampshire Hospital NHS Foundation Trust. Barbara was due to return to the UK last week from holiday in Australia where she originally comes from - unfortunately she has been unable to return due to coronavirus lockdown.

Barbara emailed to offer her services to ladies in the group as she knows you are unable to visit the breast care nurses or the hospital during lockdown. She is very happy to support ladies and arrange phone contact despite the time differences - she said she 'works nights' so to speak and wants to offer help and advice to ladies at this particularly anxious time. Her email addresses are: barbara.parry@hhft.nhs.uk Or barbara.parry@nhs.net