



# Basingstoke Breast Cancer Self Help Group



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## Editor's Bit



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**Hello Ladies.**  
I cannot say how excited I am to be meeting up again on 26th October 6PM-8PM at the Ark!

Lyn will be providing cakes for us and will be along to the meeting if she can! I for one am really looking forward to it. Its been a long time coming. The dates for the rest of 2021 face to face are:-  
**TUESDAY 26th OCTOBER**  
**TUESDAY 23rd NOVEMBER**  
**TUESDAY 14th DECEMBER (for Christmas Dinner at the ARK)**  
From 6pm-8pm

### NEXT MEETING

The next meeting on 26th October from 6pm-8pm will be an informal affair for us all to get together and chat over refreshments. 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. If you have any concerns whatsoever about meeting up again indoors then please let Angela know and we will address them with the Ark. We can also begin to plan outings soon too. I am optimistic that this coming spring and summer will be full of joy as we catch-up with friends and family alike. We have all benefited from the sociability of the group in one way or another over the last year. Keep up the good

work everyone because what we put in is what we will get out.

### OUR REGULAR ZOOM MEETINGS

For now, we have discontinued the Saturday zoom meetings and the picnic in the park option in favour of a once-a-month meeting at Café Nero or Gabardine. I plan on trying out Café Nero (By the doors to Festival Place) on **Saturday November 6th**. I spoke with the manager there and he is enthusiastic to hand over the huge back area of the café from **10:15 on 6th**. We will need to book ahead in case there are lots of us who'd like to go. Each Coffee Morning will take place on the first Saturday of the month. The idea will only work if you advise Angela during the week before whether you will be coming along or not. The group fund will not be contributing to your refreshments at these meetings as they are simply designed to bring people together like the park meetings did throughout the summer.

### CHRISTMAS DINNER AT THE ARK

The Ark will open specially for us on **14th December at 6pm for 6:30pm** for Christmas Dinner. The menu will be sent out to you with this newsletter and it is imperative that you make your food choices and let me know by email text or phone as soon as you can so that I can keep up with who's coming and what you will be eating. The small



size menu is above and the readable size one is attached. There are some lovely choices to be made.

### SUPPORT GROUPS' SUPPORT GROUP

Angela has been asked by our Support Groups' support group to provide a few photos from our archive as a fill in during the breaks on their Zoom meetings—I have sent Angela some of the photos I intend to use for this purpose. They do include some members past and present so if you do not want me to use any with yourself in them please text (07710804675) or email ([ehjanes@ntlworld.com](mailto:ehjanes@ntlworld.com)) to let me know if I can use your photo. They are mainly ones like this one with Mr Harris and the older one with Miss Stebbing or they have come from the newsletters. My short presentation has to be in by 1st November so please tell me quickly if you have any objections. Thank you in advance.

## Meeting Information 2021

The ARK  
TUESDAY 26th OCTOBER  
TUESDAY 23rd NOVEMBER  
TUESDAY 14th DECEMBER

From 6pm-8pm

ZOOM  
TUESDAY 2ND NOVEMBER  
TUESDAY 16TH NOVEMBER  
TUESDAY 7TH DECEMBER

7:30 pm onwards

2022

To be arranged



## 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](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 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](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)

### All Meetings

26th October—6pm At the Ark	General Meeting	Group members
2nd November 7:30 ZOOM Meeting	Denise Banks: Exploring mindfulness Techniques	Group Members
16th November 7:30pm ZOOM Meeting	Rosie Stanton	Group Members
23rd November 6pm At the Ark	General Meeting	Group Members
7th December 7:30pm Zoom	Postponed in favour of meeting at the Ark in 2022 Made-line Hussey U3A	Group members
14th DECEMBER 6pm for 6:30pm At the Ark	Christmas Dinner	Group members
Zoom for Newer Members Alternate Wednesdays 2pm	Onwards from 29th September	Group members