



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



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Editor's Bit



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Hello Ladies.

PICNIC IN THE PARK

Although our need for lockdown and self isolation seem to have become a little less well defined, please remember that there are those of us in the group who still feel insecure about going out. I think that general public has changed its attitude to social distancing since the "wear a face covering" rules came in. People now seem to think that social distancing is a thing of the past! Having said that we ran a very successful socially distanced picnic at the memorial park in Basingstoke. I am pleased to say that the event went ahead last Saturday 1st August. There were 11 of us all together keeping our 2 meter social distance. We each brought a chair, a drink, own food and a hearty line in chat.



We even had a visit from a dogwalker's puppy who used her Labrador as a decoy whilst the puppy pinched my sandwich right out from my bag. (Photos are just stock images, not the actual dogs).

All who came along have asked if we could to do another picnic. Although people asked that we repeat the event in a month, I and some others believe we should try to fit another one in August, as the weather will be getting cooler and perhaps less clement by September. So lets try another one on Saturday 15th August at the same time 12:30 weather permitting. Just email, text or WhatsApp me if you'd like to come along.

Angela also organized a similar picnic event for the Tadley ladies. This too was a great success and Pam took some photos (which I forgot to do on Saturday) for us all to share. There were

9 people at the Silchester picnic.



Pam has had some success with her photos in the Basingstoke Gazette again recently in an article headed "Celebrating Humans" with a picture of Angela and also a dinosaur cheering for the NHS outside the hospital too. I for one am looking forward to her Harvest Moon photos (if she got any) in the near future



Renee and I have checked out the Dome café near Asda for future events if the weather is bad and they can accommodate up to 10 of us inside under the current rules. They cannot move any tables and chairs, but if there were more of us we could sit in smaller groups and play musical chairs if necessary!

NEWS FROM ANGELA B

Angela's husband Vince, has finally got a date for his hip op. SO Angela will be self isolating with him for two weeks before the 25th August. I'm sure she will still ring people from time to time to alleviate her boredom during this quarantine period!

OUR REGULAR ZOOM MEETINGS

Available to the whole Basingstoke Breast Cancer Self Help Group: Each **Saturday at 12:30** there is a Zoom meeting. If you would like to be included please send me an email or your smart phone/ iPhone number and I can add you to the group. For newer members, or those who prefer a more "quiet" chat, there is a much smaller group on **Wednesdays at 2pm**. If you would rather join the smaller group to begin with please let me know and I will include you. These meetings seem to be well attended and most people who take part tell me how much they enjoy the interaction.



TELEPHONE BUDDY SCHEME

Our telephone buddy scheme seems to be working quite 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 day. 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 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.



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

MACMILLAN SUPPORT LINE

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.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.

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.

Here is a link to the coronavirus folders on the Hampshire Hospitals website -

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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 them by 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 on the back page may be closed during this trying time and may have alternative contact details while we are all in lockdown. I will publish any known changes in the next newsletter.**