



Basingstoke Breast Cancer Self Help Group



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Editor's Bit



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Hello Ladies.

This month we are exstastic to announce that we are back!

Face to Face meetings will be happening from October 2021. Details of the first three meetings are on page 2 of the newsletter. Angela has put provisional timetable together for us and apart from a change to our previous meeting times we will be looking at running events as normal from January 2022 once we get the speakers lined up.

WHAT EXCITING NEWS - FACE TO FACE GROUP MEETINGS STARTING AGAIN AT THE ARKO

The dates for the rest of 2021 are:
TUESDAY 26th OCTOBER
TUESDAY 23rd NOVEMBER
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

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

OUR REGULAR ZOOM MEETINGS

For now, we have discontinued the Saturday and Wednesday zoom meetings and the picnic in the park option in favour of a once-a-month meeting at Conkers Garden Centre Café. We will need to book ahead in case there are lots of us who'd like to go. They will take place on the first Saturday of each 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.

NEW MEMBERS

During the eighteen months+ we have been in lockdown and isolating there have been several additions to our membership. Please join me in welcoming : Mandy Kettle, Nicola Morrison, Sharon Hall, Heather Boundouana, Allison Saunders, Jan Knott, Jo Blackford, Jo Knott, Sarah Carter, Cindy Shawley and Bridget Sullivan. We would also like to take this opportunity to wish Sarah Williams the very best of

luck in her new home (not too far removed from her old one).

CHRISTMAS DINNER



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 shortly 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. Thanks.

RENAMING THE CHEMO UNITS

Angela got a request via GSP from Emily Arbuthnot, Head of Cancer Services at HHFT, requesting feedback, comments, views and ideas from patients, which will be passed on to her for the next Cancer Services Partnership meeting later in October..

During the pandemic all chemotherapy treatment both for Basingstoke and Winchester patients was transferred to Sarum Road Clinic in Winchester - this unit was called THE RAINBOW UNIT.

At the moment the unit here in Basingstoke is called the Firs, and the one at Winchester is called the Nick Jonas unit. The proposed name for both units is **THE RAINBOW UNIT**. Your views are important so please let Angela know what you think about the new name for both units before the end of October.

Meeting Information 2021

TUESDAY 26th OCTOBER
TUESDAY 23rd NOVEMBER
 From 6pm-8pm

2022

To be arranged



Essential Contacts Breast Care Nurses

Sandy Lyford Marian Parfitt Alison Terry Sam Taylor	01256 313126 Mobile 07917 241469
Tracy Gosden 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

All Meetings

5th October 7:30	David Close: Expert & Judge Sugarcraft	Group members
26th October—6pm	General Meeting	Group members
2nd November 7:30 ZOOM Meeting	Denise Banks: Exploring mindfulness Techniques	Group Members
23rd November 6pm At the Ark	General Meeting	Group Members
7th December 7:30pm Zoom	Madeline Hussey USA	Group members
14th DECEMBER 6pm for 6:30pm At the Ark	Christmas Dinner	Group members