



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.

BARN DANCE CANCELLATION UPDATE

I have finally been eased out of lockdown enough to see Lyn and get the Barn Dance paperwork back. Lyn spoke to most of you and found out what you'd like to do about getting the cash back for the tickets. For the one or two people who paid cash and haven't heard from Lyn or myself, please call or email me to let me know what you'd like me to do with your money? I do not want to trust cash to the postal service. Those who paid by cheque, the cheques have been returned to you unrepresented and you should receive them in the next few days.

CANCER CARE MAP

I have been given permission to replicate this email from Cancer Services Partnership for you. I think there is a lot of wonderful information in here so please feel free to follow the links or call the numbers for additional help and support.

"Hello Everyone, Tracy from Macmillan sent us an update last week about a new UK based "Cancer Support and Services Map / Directory" <https://www.cancercaremap.org/> that is being developed independently by Dimbleby Cancer Care, and CSP were also invited by Fran Williams from the Wessex Cancer Alliance to attend a Webinar (online presentation) with them on 12th May, which I attended. It was a brilliant opportunity for CSP to be involved in the early stages of what I personally think will provide real benefits to all cancer patients, their families and carers. If it is set up and managed correctly, I think it will cover all of the things that we cancer patients have been "banging on about" for a number of years. A "one stop shop" where cancer patients, their families and carers - and indeed NHS staff - can access ALL of the available support and services in their area - not just for Cancer Care, but for practical help and support

as well.

There is a short video that you can watch to learn more about the site. Click on the link below and press the ">" (play) button.

"Cancer Care Map is the only independent, not for profit and comprehensive directory of cancer care services in the UK which offers a clear choice of what is available to anyone - patients, carers and their families - living with cancer. For more information, please view this short video clip":- <https://vimeo.com/286204157>

I have attached the notes to this email that I took at the Webinar, for you to read, and if anyone wanted to ask Robin and Paula from Cancer Care Map to do a Webinar with your organisation or group, I am sure they would be happy to do so. The attached notes also advise how you might add your organisation or group's details to the site, should you wish to do so.

You can probably tell from my language that from what I have seen so far, I am very enthusiastic about this venture. We at Cancer Services Partnership need to stress however, that you will need to do your own due diligence and form an opinion yourselves before you commit to using the site or adding your details. It is gradually being rolled out to all of the NHS England Cancer Alliances. They tell us that no personal data is being captured, only the searches that are being done in each area so that this can better inform the Cancer Alliances of the needs in each area."

NEWS FROM ANGELA B

Angela sent an email recently to the ladies of the group about mindful singing. If any of you tried it out can you please email me or phone me to let me know what you thought of it please. There may be a few more sessions during lockdown. Angela will keep you posted on the when and how, as and when the information comes in. This is how the sessions run. "Each session starts with a few minutes of mindfulness, before the teacher goes over the first song with the participants. We usually do three songs within a 45 minute session, which is on a 'pay what you can afford' basis. You can't hear anyone but yourself and the teacher throughout, and it's entirely up to you whether you leave your camera on or not. As well as the lyrics for each of the songs, the teacher sends out a video with vocal warm-ups prior to each

session. The group is really friendly and the sessions are a good laugh. It doesn't matter if you can sing or not, the sessions are about having fun.

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 or Issey Pound an email or your smart phone/iPhone number and one of us will add you to the group.

For newer members 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.



TELEPHONE BUDDY SCHEME

Our telephone buddy scheme seems to be working quite well. 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. 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. Kathryn sent me a link to some interesting light reading in the form of an online magazine: Kathryn says "www.happiful.com - you have to subscribe by email but it says free - not forever I'm sure but I have had two copies.

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

There is still a free Macmillan support line [0808 808 00 00](tel:08088080000) 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.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 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.**