



# Basingstoke Breast Cancer Self Help Group



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## Editor's Bit



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### Hello Ladies.

First things first. Top of the List today are two dates for your diary

Following on from the success of the Zoom AGM comes our second zoom Group evening meeting. Our



guest speakers will be Sandy Lyford and her team of breast care nurses and professionals.

The meeting will be held on **16th March 2021 at 7:30pm**. If you have any questions you'd like answered by the team then please email them to me by 10th March so that Sandy and her team may research anything out of the ordinary.

The second date for your diary is **20th April** for a zoom quiz lovingly prepared and organized by Renee. We are now starting to plan picnics in the park for when the warmer weather comes in and we can all meet up again in person. I had my vaccine on 1st February, so now looking forward to the second dose. I'm sure many of you have had yours too by now and are feeling like me, that there is light

at the end of this long dark tunnel. We can also begin to plan outings at the end of lockdown. I am optimistic that this 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.

### CANCER SERVICES PARTNERSHIP

Angela, and I attended another zoom CSP event this month. Once more it was interesting and informative. We have already forwarded the summary emails with the events and suggestions they have made.

### NEWS FROM ANGELA B

Angela and I have been getting involved with a working party formed by Tracey Street, to find out how we can improve communications and cohesiveness of groups like ours, while we are going through the pandemic. The first meeting was on 4th February and we achieved quite a lot by sharing ideas with other support groups.

### OUR REGULAR ZOOM MEETINGS

Available to the whole group: Each **Saturday at 10:30** there is a Zoom meeting. If you would like to be included and are not getting regular invitations, please send me an email or your smart phone/iPhone number and I can add you to the list.

To Join our Zoom Meeting from your **landline:**

**Meeting ID: 815 4988 3224**

**Passcode: 766515**

Dial any of the following UK numbers

0203 051 2874

0203 481 5237

0203 481 5240

0203 901 7895

0131 460 1196

Meeting ID: 815 4988 3224

Passcode: 766515

You will be asked to put in:

- 1) the meeting ID followed by the hash symbol (#)
- 2) your ID (This is Optional) Just press # again to move on
- 3) the meeting passcode

Once complete it may sound like a busy tone until I let you in from the waiting room. So please **don't** hang up straight away. You will get in to the meeting with sound only. Please let me know in advance if you'd like to join by phone so that I can start the correct meeting code!!!

### WHATSAPP GROUP

The WhatsApp group is being populated with lots of interesting information, topical questions and answers as well as the funny and cute pictures. Keep them coming. We have several new members who rely on us for support and re-assurance during the final weeks of lockdown. WhatsApp really is a great way to share experiences, baking tips, eating out venues, jokes and much more!

## Meeting Information 2021

All meetings will continue to be held Over Zoom during the current pandemic

### Group Meetings:

**16th February 7:30pm**

**Sandy Lyford and her Team**

All other zoom meetings are detailed on the reverse



## Essential Contacts Breast Care Nurses

<b>Sandy Lyford</b>	<b>07917 241479</b>
<b>Alison Terry</b>	<b>07827 896883</b>
<b>Lizzie Shrimpton</b>	<b>07917 241469</b>
<b>Sam Taylor</b>	<b>07917 241469</b>
<b>General Office</b>	<b>01256 313126</b>

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)

### Future Meetings

16th March 7:30 pm	Chat with the DTC Nursing Team Zoom	Sandy Lyford and her team
20th April 7:30 pm	Quizzing with Renee Zoom	Group members
Each Saturday 10:30am During Lockdown	Cuppa and chat Zoom	Group members
Alternate Saturdays 10:30am after lockdown	Cuppa and chat Zoom	Group members
Each Wednesday at 2pm	Cuppa and chat Zoom	Newer Group members
Face to face and group meetings outdoors	To be advised as and when we can	Group members