



# Basingstoke Breast Cancer Self Help Group

## Meeting Information 2020

No face to face meetings until further notice

**ZOOM Meetings**

**Regular ZOOM meetings**

**at 10:30pm each**

**Saturday Morning**



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## Editor's Bit



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### Hello Ladies.

#### CANCER SERVICES PARTNERSHIP

Angela, Jane and I attended a zoom CSP event last month. We all found it interesting and informative. I have added some brief information about the topics discussed so that you can follow up any that are of particular interest to you.

**Alex Conboy** explained that vitality that can be gained by all of us through regular exercise and movement.



Her details can be found on the attached precis—

#### “Exercise, The power of Movement”

Our second speaker was the fascinating **TJ Power** who spoke beautifully on the subject of emotional empowerment. His contact details

and some links to his area of expertise can be found on the attached file

#### “Emotionally Empowered”

Our next speaker introduced us to **“The Benefits of Talking Therapy”** **Lorraine Healy** - Counsellor at

Wessex Cancer Trust A look at what counselling is and how it can help to talk about thoughts and feelings.

Last but not least we heard about Empowering patients to manage their nutrition before, during and after their cancer treatment by

**Sarah Sharp** - HHFT Oncology and GP clinics Dietician. During the Covid-19 pandemic, face to face consultations have reduced so weight loss and nutritional problems have at times gone unnoticed. We want to empower patients to know when to highlight concerns and where to go for first line information

#### NEWS FROM ANGELA B

Angela's had the following message from Michele at the NHFT Basingstoke:

I have now heard that we have received the final grant payment from Tesco. As soon as I can I will organise a cheque to the Cancer Group for £500.

**Cancer Matters Wessex**, are looking for volunteers to participate in reviewing and testing new website which will contain contact information for patients on what to expect from a diagnosis of bowel, breast, lung and prostate cancer. If interested please go online to:- [cancermatterswessex.nhs.uk](http://cancermatterswessex.nhs.uk)

**Marion Parfitt** manager of **Breast Cancer Haven** which has now closed down, has asked us to let you know that they are still offering some services via online. This includes group classes, 1:1 on zoom and telephone calls Please contact them for further information at:- [wessex@breastcancerhaven.org.uk](mailto:wessex@breastcancerhaven.org.uk)

#### The Ark Cancer Charity

**Are you sorting out your wardrobe or home prior to Christmas?**

Did you know that you can help to raise funds for the Ark Cancer Centre Charity's £5million campaign to help and support cancer patients and their loved ones, by recycling your clothes and shoes. It's free, simple, and there are **50 Ark-branded recycling banks in and around Basingstoke and Deane and Winchester** – you can find your nearest bank by clicking on [this link](#).

#### OUR REGULAR ZOOM MEETINGS

Available to the whole Basingstoke Breast Cancer Self Help 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 group.

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 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!!!

For newer members, or those who prefer a more “quiet” chat, there is a much smaller group on

**Wednesdays from 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 is still working 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. Please keep on calling, texting and sending those cute, hilarious and sometimes poignant video clips and emails as well. 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.

#### FIT FOR LIFE

Alex Conboy also offers One-to One and Group sessions of fitness training. She specializes in Cancer recovery. Her website can be found at <https://www.fitforlifept.co.uk/> an outline of her offering and her contact information is attached with this newsletter.

## Information and support



### 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 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](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)

### STEPPING STONES

If you are interested in Stepping Stones Stephanie Wallis is running regular zoom classes. Please contact her for further details and to fill out the medical and consent forms. Info leaflet below. Ideally she wants to run these classes face-to-face in a hall. However, what with COVID people are a little unsure. Her prostate cancer exercise class face-2-face in a hall went very well with all the COVID restrictions in place.

If you ladies would like to carry on a class over Zoom she will do the class every week on Monday's at 1pm. The cost would be £5 per a class.

Her Leaflet with contact details is attached with this newsletter

**\*\*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.\*\***