



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



Angela: 07939 641187



Renee: 07717 873090

Editor's Bit



Email add: ehjanes@ntlworld.com

Hello Ladies.

PICNICING IN THE PARK

As picnic weather has almost gone and the "Rule of Six" was imposed upon us, it seemed logical to stop inviting pneumonia and start more zoom sessions instead.

Most who came along to the few picnics we did have, asked if we could do some more.

Owing to the cold and sometimes very wet weather, we will be picnicking again in the spring of 2021.

The Dome café (no booking required) near Asda and More of the Good Stuff at Worthing House (needs to be booked in advance), both look good for future events when the weather is bad and they can accommodate up to 6 of us inside under the current rules. They cannot move any tables and chairs, but if there were more of us we could sit and remain in groups of 6 until current restrictions are lifted.

NEWS FROM ANGELA B

Angela's husband Vince, has had his op and is back to walking and normal service has resumed. Well done Vince!

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 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.

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. 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.

WHATS APP 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.

SKY YOUR WAY

Angela and I were invited to do the SKAnyWay Anniversary walk through Basingstoke Memorial Park On 26th September. There were 6 runners and 6 walkers. Some who decided to do the course in reverse missed their turning and ended up doing more mileage than the others. Alex Conboy organised the event for us and all went really smoothly. There was even a 5K birthday cake for us to celebrate at the end of our walk/run.

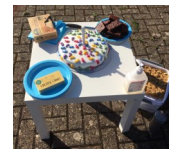
The Walkers



The Runners



The Cake



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.

STEPPING STONES

Stephanie Wallis is running a free taster zoom class on Monday 12th October at 1pm-2pm. If anyone would like to join her, you should contact her so she can send over some medical and consent forms. Info leaflet below. Ideally she wanted 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.****

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