



# Basingstoke Breast Cancer Self Help Group



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## Editor's Bit



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### Hello Ladies.

This month we are happy to announce that we will resume our monthly meetings over Zoom until we are allowed to meet up in person once more. I have put a provisional timetable together on the reverse of this newsletter.



Angela has done a sterling job finding speakers and organizing them into a schedule for us. Please bear in mind that the detail and dates may change slightly in the coming months. Our guest speakers last month were Sandy Lyford and her team of breast care nurses and professionals. The group provided 23 members who took part in a lively and informative meeting. Sandy and her team made the evening fun and as well as answering questions, they took questions away to reply to after research.

The next meeting will be held on **20th April 2021 at 7:30pm.**

Renee has spent much time and energy compiling a quiz for us and we look forward to seeing you to take part in the fun and laughter.

We are still thinking about picnics in the park for when the warmer weather comes in and we can all meet up again in person. I will be having my second vaccination on 19th April and I am looking forward to opening more doors because of it. 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.

### GEMMA - 07915 083231

During our recent zoom chats, Maggie has been talking about the dance fitness classes she does on a regular basis. Her trainer Gemma has sent me her itinerary for the rest of lockdown. Her number is above and her schedule is attached with this newsletter. She is fully qualified and will take health details from you if you'd like to join her zoom classes. She will continue some zoom sessions post lockdown.

### NEWS FROM ANGELA B

Angela and I have been busy finding new things for you to get involved with during the last few weeks of lockdown.

We hope you find these items of interesting

### 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 land-line:

**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!!!

### ACTION FOR HAPPINESS

Some of you have benefitted from the Action for Happiness zoom meetings recently so here are two more for your diary.



**Tues 20 Apr: [Gretchen Rubin](#) - Happier Than Before**

## Meeting Information 2021

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

### Next Group Meeting:

Quiznight

April 20th

All other zoom meetings are detailed on the reverse



## 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



**Thurs 29 Apr: [Helen Russell](#) - Why Sadness Matters**

### CSP EVENT

There is a CSP open event on **4th April 2pm** The invitation is attached to this newsletter. It is your chance to become involved in how Health services will evolve in this area. If you are interested the zoom link is on the poster. Or contact me for the link.

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

20th April 7:30pm	Quizzing with Renee—Zoom	Group members
18th May 7:30pm	Sarah—Touch Therapist_Helping with troublesome scars—Zoom	Group members
15th June 7:30pm	Sean—Emotional freedom	Group members
13th July 7:30	Liz—My travels around the world	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