



SUMMER 2018 NEWSLETTER

It's great to see our membership increase to 111 ladies, just amazing! Thank you, as always, for all your contributions at our monthly meetings and on our Facebook Group, it's much appreciated. Thank you also to all of you who have come to help promote our group at various events.

The following are a few highlights of what we've accomplished for the first half of 2018:-

- 5 support meetings have been organised for West Kent
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- M&S Bluewater organised a Post-Surgical Bra Fitting evening in March, which was a lovely evening and a great opportunity to network with other local charities
- A group of us went up John Lewis for a personal bra fitting evening in May
- Amy Pashler from BRCA Brighton came to give us a very interesting talk in March on the 'science of BRCA'
- Maureen Potter, Cancer Counsellor, came to the Canterbury meeting in January to give us a very interesting talk.
- Sent out 9 hospital 'goodie bags' to our members that have had surgery over the last 6 months
- Jo created two polls; to find out:
 1. which topics members wanted talks on (we have already secured the top 4 most requested speakers)
 2. to find out if our East Kent members wanted their meetings held in another location, as numbers have decreased. It was decided to keep our meetings at the ABode Hotel and Suzannah kindly arranged for their carpark to be made available to our members, as parking was an issue for some of our members
- Attended a Gynae GP Event at KIMS to promote our group in May
- Camilla Seton (permanent tattooist) came to our June meeting to talk about her work.

What we have planned for the rest of 2018

- We have arranged an extra meeting on 10 July for an HRT update by Anne Henderson, and have invited local GP's and healthcare workers to attend
- Confirmed dates for monthly support group meetings for both East and West Kent for the rest of the year (please see our Facebook Page for dates)
- Continue to encourage our BRCA Buddy system to grow – matching-up members
- Continue to send out our hospital goodie bags
- Organising our third BRCA Awareness Update Day for GP's – date to be confirmed
- Make drain bags to go with our hospital bags – volunteers needed please!
- Herbal Medicine Guest Speaker booked for October's meeting at KIMS
- Genetics Counsellor Guest Speaker booked for November's meeting at KIMS
- Christmas drinks – date to be confirmed.

Please do continue to give us suggestions on how we can improve our support network as we would love to hear from you.

Thank you again everyone and have a great summer!

Liz x

Next meetings - 12 September at KIMS and 18 September at The ABode Hotel

June 2018