



2018 XMAS NEWSLETTER

It's great to see our membership increase to 120 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 helped promote our group at various events this year. A very special thank you to BRCA Brighton for kindly donating £100 to our group. This donation has paid for the purchase of 6 BRCA Kent tee-shirts to be worn at various events (please feel free to borrow one if you are planning on organising any fund-raising events on behalf of BRCA Kent – thank you)!

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

- 6 support group meetings have been organised (West Kent: 4 meetings & East Kent: 1 in Canterbury and 1 in Margate)
- Suzannah and I were invited to Guy's for their annual Hereditary Breast & Ovarian Cancer Service Update Meeting in October (previously known as BRCA Family Service). This was a great opportunity to represent BRCA Kent and to introduce ourselves to new patients in Kent
- We were invited to attend a Genetics meeting at Maidstone Hospital with the Gynae-Onc and Breast Consultant Surgeons in October, to hand out leaflets and increase our awareness in the local healthcare community
- Anita Ralph, a wonderful local Herbalist, came to our October Maidstone meeting to give us a very insightful and fascinating talk on the benefits of herbs.
- Anaar Sajoo, Genetic Counsellor, kindly came along to the November Maidstone meeting to answer our questions
- Sent out 2 hospital bags to ladies going in for surgery.

What we have planned for 2019

- Confirmed dates for support group meetings for both East and West Kent for the first half of 2019 (please see our Facebook Page for dates – under 'Events')
- Arranged a support group meeting in April for our members based in the Thanet area (meetings at QEQM)
- Confirmed guest speaker for Maidstone meeting in March (Wellbeing and Relaxation Consultant)
- 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 with Anne Henderson – date to be confirmed by Anne
- Make drain bags to go with our hospital bags – volunteers needed please!

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 Christmas and a very happy and healthy New Year!

Liz x

*Next meeting – 14 January at KIMS – 7.15 pm – 9.15 pm

December 2018