

2019 SUMMER NEWSLETTER

I hope everyone is well and looking forward to the summer break. Firstly, thank you for all your contributions at our monthly meetings and on our Facebook Group, it's much appreciated. Secondly, thank you to those ladies who have helped promote our group at various events this year.

I'm delighted to say that we have been successful in a grant application from The Whitehead Monckton Charitable Foundation for £1,000 – this will help us continue to run our wonderful support group; paying for refreshments at meetings, guest speakers, hospital bags, leaflets and business cards and our website fee.

Please take note that our meetings in Canterbury have changed location – these will now take place at **The Kent and Canterbury Hospital**, not the ABode Hotel.

The following are a few highlights of what we've accomplished during the first half of 2019:-

- We have organised 7 support group meetings
- We were very lucky to have Miss Delilah Hassanally, Consultant Breast Surgeon, come to talk to the group back in January
- We had Jane Pantony, Wellbeing Consultant from Penny Brohn, as a guest speaker at our March meeting. Following our talk, Jane and I discussed further the possibility of Penny Brohn opening up their courses to our group members and any other patients affected by a genetic mutation (an area that hasn't been considered before)
- We attended a Menopause Day at KIMS in April, organised by Miss Anne Henderson
- We took our BRCA Kent stand to KIMS once again in April to promote our group at a Women's Cancer Genetics Day for GP's
- We organised a Breast Awareness/Examination Techniques evening with GenesisCare, West Malling in May – many thanks to Miss Deepika Akolekar, Consultant Breast & Oncoplastic Surgeon for all her help, it was a very informative and interesting evening
- Grant application success – thank you to The Whitehead Monckton Charitable Foundation
- Sent out 7 hospital bags to ladies going in for surgery.

What we have planned for 2019

- We have arranged a joint picnic with BRCA Brighton on 20 July at Bewl Water!
- Confirmed dates for 4 support group meetings to take place for the second half of 2019 (please see our Facebook Page for dates – under 'Events')
- I will be talking at a meeting on 11 September – British Menopause Society's Regional Menopause Day – thank you Miss Anne Henderson for the invitation to highlight the impact of a surgically-induced menopause from a patient's perspective
- Organising our third BRCA Awareness Update Day for GP's with Miss Anne Henderson – 12 October at KIMS
- We have been invited to attend a Breast Cancer Care Evening at John Lewis on 24 October
- Make drain bags to go with our hospital packs – volunteers needed please!
- Continue to encourage our BRCA Buddy system to grow
- Continue sending out our hospital bags to our ladies having risk-reducing surgery.

Please do continue to give us suggestions on how we can improve our support network. In addition, we would appreciate you organising any fund-raising activities in your area, as we rely totally on donations to keep us going!

Thank you again everyone, keep well and have a great summer!

Elizabeth x

KIMS: 16 Sept/13 Nov

Canterbury Mtg: 8 Oct

Margate Mtg: 4 Dec