

2019 XMAS NEWSLETTER

I hope all of you lovely ladies are keeping well and are looking forward to the Christmas festivities. This is a great opportunity to thank you as always for being there for each other; you always show much kindness and compassion. Can I also thank you for all your contributions at our monthly meetings and on our Facebook Group, it's much appreciated by Jo, Suzannah, Natalie and myself.

I'm delighted to say that we have had some drain bags made very kindly by our wonderful member Sam Schwemm. Thank you so much Sam for taking the time to source the material, make the bags and to liaise with the embroidery company. The material and embroidering are going to be paid out of part the grant that we have received from Macmillan this month (see below). These bags will double up as a hospital bag to contain a BRCA Kent flannel, a hospital list and one of our pens.

We have been chosen by The Rotary Dawn Patrol based in Maidstone as one of their support groups they are raising funds for in 2020 – a huge thank you to our member, Elke Lovett (President of Rotary Dawn Patrol) for putting us forward for this grant, it is much appreciated.

I am also thrilled to say that we have been successful with our third Macmillan grant application. This will make sure that our group continues to flourish and support our current and any future members, and continues to increase awareness amongst our local Healthcare Practitioners.

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

- We have organised 4 support group meetings in 3 locations
- I was invited by Miss Henderson to speak at the British Menopause Society's Women's Update Meeting in September on the 'impact of a surgically-induced early menopause' – the audience being made up of GPs and Clinical Nurse Specialists
- John Lewis kindly invited us to their Pampering Evening in October, where Christine Burnett and Jeanette Turrell were their fantastic models on the night (another date tbc in 2020)
- Aishling Burke, Women's Health Physio, came along to our November meeting
- Sent out 6 hospital bags to ladies going in for surgery.

What we have planned for 2020 so far

- Confirmed dates for 7 support group meetings to take place for the first half of 2020 (please see our Facebook Page for dates – under 'Events')
- Jo and I will be meeting up with The Rotary Dawn Patrol in January to personally thank them for making us one of their support groups they are raising funds for in 2020
- Sylvia Lane from Knitted Knockers will be popping into our Canterbury meeting in February to talk about the fantastic work that she does for this charity
- Vickie Gadd, Gynae-Onc Clinical Nurse Specialist from Maidstone Hospital, will be coming along to talk at our KIMS meeting in March. This will be a great opportunity for any new members to ask lots of questions about having a risk-reducing hysterectomy/oophorectomy
- An 'anniversary meal' to celebrate our group being established for 4 years
- A much-needed HRT update from Miss Anne Henderson – date to be confirmed for a KIMS meeting in the summer – she's a very busy lady!

Please do continue to give your wonderful support to each other over the coming months, especially to any ladies who have surgery planned for 2020. I know how much this helps our members at a time where they are feeling very anxious and vulnerable.

Wishing you all a wonderful Christmas and a very happy and healthy New Year! Elizabeth x