



Autumn / Winter Newsletter

CHANGING OF THE GUARD! CHANGE OF CHAIR APPOINTMENTS

We would like to say a huge thank you to Reg who, after almost 20 years has stood down as Chair of The Bracken Trust. He joined The Trust shortly after its inception nearly 28 years ago, and was the unpaid manager of The Trust for 10 years. He says "It has been an honour and a privilege to serve as Chair and to have been deeply involved in its growth. With the new lottery bid in progress and the feasibility study on the proposed extension commencing, I feel that now is the right time to stand down to enable the new Chair and Vice Chair to become fully involved with the very early stages of these exciting projects. I would like to thank all the volunteers, staff and fellow Trustees for all their support throughout the years. I would also like to thank all of The Trust's supporters and donors without whose support The Trust would not have been able to provide support for so many people in our local communities as they undertook their cancer journeys". We are delighted that Reg will still be staying on as a Trustee and will continue volunteering in the shop.



Congratulations to Lisa Griffiths who is our new Chair, and Howard Russon our new Vice Chair. Lisa says "I am delighted and honoured to be elected as the next Chair for The Bracken Trust. I have been a Trustee for two years now and I have thoroughly enjoyed the journey I have been on with my colleagues on the board, Ann our CEO and our excellent team covering a wide range of admin and specialist roles at The Trust, and of course our amazing team of volunteers. The Board have been working on our five-year Strategic Business Plan and People Strategy and we are looking forward to sharing these documents shortly. But of course, documents just contain words, so we will all be focusing on transferring those words into actions to work towards achieving the outcomes we are hoping for".

The Trust complements and supports NHS medical care and aims to help people understand and manage their condition. As well as the physical impact on the individual, a cancer diagnosis and subsequent medical treatment can impact on the social, emotional, psychological and financial aspects of a person's life. The need for ongoing information and support throughout the cancer journey is therefore invaluable for the patient, their carer and family, and those who are bereaved. The Trust is open five days a week and provides Complementary Therapies and Counselling (all by appointments only).



Complementary therapies can help to deal with symptoms and the treatment side effects of cancer, such as pain; fatigue, hot flushes. We advise you to discuss the complementary therapies you

are considering, with your specialist cancer team before you undertake them. Our qualified and experienced therapists will then be happy to discuss how best to support you. Therapies include;

- Acupuncture
- Aromatherapy
- Bowen Technique
- Indian Head Massage
- M Technique
- Massage
- Reflexology
- Reiki
- Scar Work

For more information on our therapies provided please call or visit our website.

We continue to run Group Activities for our patients and are continuously looking to offer more of what our patients want. If anyone would like to see an activity that we do not currently offer please do get in touch with your ideas.

- HUBS: as well as scheduled appointments, our drop-in service will be running, so please feel free to pop in for a cuppa and a chat, or call us to book an appointment on 01597 823646.
 - ◇ Llanwrtyd Wells: 3rd Wednesday of every month: 12 - 4pm
 - ◇ Llanidloes: 2nd Friday of every month: 10am - 3pm
 - ◇ Knighton: 1st and 3rd Wednesday of every month: 10am - 3pm

Do you know we have a wig loan service? Our nurses are happy to chat about the practicalities of hair loss, its emotional effects and provide scarf tying tips.



If you are an adult in an at risk group, are pregnant, or are aged 65 or over, you can get your flu vaccine at your GP surgery or at some community pharmacies. Please visit this website for more information: <https://www.gov.wales/flu-vaccination-programme>

Please could we remind everyone not to come to The Trust or Hubs if you are feeling unwell

Fundraising and Awareness Raising at The Trust

Here is what we have planned between now and Christmas to help raise awareness and funds for The Trust:

- 16 Nov: Bingo at Llandrindod British Legion
- 22 Nov: Bingo at Llanidloes Rugby Club
- 26 Nov: Metropole Christmas Fayre stall
- 2 Dec: Visit from Santa at the Shop in Middleton Street
- 3 Dec: Llandrindod British Legion Craft Fayre
- 22 and 29 Nov and 13 Dec: Presence in Tesco
- 13 Dec: Presence in BuiltH Coop

RAISE MONEY WHILST YOU SHOP!



Scan me to donate



Christmas Opening Hours

The Trust will be open as usual apart from Christmas Day, Boxing Day and New Years Day when it will be closed. Please feel free to pop in for a cuppa and a mince pie during Christmas Week!

Christmas Cards

We have a lovely selection of Christmas Cards at The Trust and our shop, please do come along and browse!



Charity Shop

Santa is visiting! Come along and meet Santa who will be in our shop from 1pm on Saturday 2nd December. Browse our Christmas items and have a free mince pie or chocolate. No booking necessary.

The Shop will be closed from 23rd December until 2nd January 24.

If you would like to donate items then please bring them into the shop or The Trust.



Please note that we cannot accept the following items; Safety helmets, Push chairs, Prams, Car seats, Highchairs, Changing Mats, Cots, Baby bouncers, Booster seats, Video tapes, Cassette tapes, Disabled aids, Pillows, blankets & duvets, Mattresses

The Bracken Trust Singers



Bracken Trust Singers Events for 2023

- 25th November: Metropole Christmas Fayre, Llandrindod 1pm
- 26th November: Metropole Christmas Fayre, Llandrindod 1pm
- 6th December: Baptist Church, Newbridge 7pm
- 8th December: Holy Trinity Church, Llandrindod 7pm
- 16th December: Crossgates Church, 3pm

The Bracken Trust Singers started off as a singing therapy group in 2012, and its membership continues to grow and thrive. It is a happy and supportive group and is an opportunity to meet new people and develop new and long lasting friendships. They meet on Tuesday mornings from 10am-12 noon at Llanyre Village Hall where they participate in practice sessions, with tea/coffee and the opportunity to have a general catch up with friends. They also perform at local events to raise awareness of the Bracken Trust and its services, raising money along the way. The group is open to anyone who enjoys singing and members can do as much or as little singing as they wish. You can simply attend the Tuesday practice sessions or you can join the group at local events, helping to raise much needed funds for The Trust.

We are always on the look out for volunteers to work in our charity shop and/or The Bracken Trust. If you could spare a few hours a week and would like to help us then pop in or contact us for more information

If you would like any more information on anything in this newsletter, or to find out how The Bracken Trust can help you or someone you know affected by cancer, please do come in to see us, email or phone us:

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