

THE BRACKEN TRUST

NEWS UPDATE

SPRING 2023



Well, here we are, already into the third month of 2023!

Based on recent feedback from our members, it has become apparent, that not everyone is aware of our services or perhaps more to the point what services are available post Covid. This update is therefore aimed at raising awareness.

The Bracken Trust Cancer Support Centre is here to support anyone affected by cancer: patients, families/ carers or those who are bereaved. We also provide nurse support to anyone who has been referred for tests to determine whether or not they have cancer (Pre diagnosis support).

*'Just as cancer affects your physical health, it can bring up a wide range of emotions you're not used to dealing with. It can also make existing feelings seem more intense. They may change daily, hourly, or even minute to minute. This is true whether you're currently in treatment, done with treatment, or a friend or family member. **These feelings are all normal.***

Often the values you grew up with affect how you think about and cope with cancer. For example, some people:

- *Feel they have to be strong and protect their friends and families.*
- *Seek support and turn to loved ones or other cancer survivors.*
- *Ask for help from counsellors or other professionals.*
- *Turn to their faith to help them cope.*

*Whatever you decide, it's important to do what's right for you and not to compare yourself with others. Your friends and family members may share some of the same feelings. If you feel comfortable, share this information with them.'*¹

¹ National Cancer Institute

Bracken Trust Cancer Support Services include:

- Information, support and advice from qualified nursing staff.
- Complementary body therapies.
- Counselling services.
- A range of social and healthy living activities and information days.
- The opportunity to have a Holistic Needs Assessment (HNA) to identify your needs and tailor the care and support you need.
- A drop-in service to access support or a cup of tea/ coffee etc along with a friendly face to chat to.
- Signposting to other services, we work closely with other health care professionals, welfare rights team and third sector organisations
- Community hubs

All of our services are provided FREE of charge by qualified health professionals who are supported by a team of management and administrative staff and a great team of volunteers.

We constantly review our services and in order to meet the needs of our members, we would like your feedback to support us in that review.

On that basis, please share information about your experience of our services by completing and returning the enclosed survey form. Full details are provided on the form.

We endeavour to be as flexible as possible, so if you have any thoughts on services or activities which are not currently provided but you feel would be beneficial, please let us know by emailing Ann Williams, Chief Executive: manager@brackentrust.org.uk

Useful contact details/ reference material:

Website: <https://www.brackentrust.org.uk>

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