

Summer 2023



Registered Charity No: 1059668



The Bracken Trust



Summer Newsletter

OUR NEWSLETTER IS GOING DIGITAL!

Due to increasing postage and stationary costs, we have decided to change the way we distribute our newsletters. This is the last one that will be distributed to each and every member. In future, copies will be available at The Trust and in our Shop, and they will be published on our website and social media (<https://brackentrust.org.uk/>). Raffle ticket sales will also be held online and we will issue texts and emails to alert you to sales. We will also continue to hold raffles at some fundraising events.

CLINICAL NEWS

- Recently we held a Breast Cancer Now, Moving Forward course, for Ladies who have/had a breast cancer diagnosis and have completed their treatment. The course was very well received and we are hoping to hold another later in the year. If anyone is interested in attending or would like more information please get in touch.
- Our evening appointment times from 5-7pm are now being offered once a month following a very successful 3 month trial.
- Some of our staff and volunteers have attended local shows and Llanidloes Hospital Summer Fete. We will be attending other local shows throughout the summer.
- We have been attending team meetings etc with our local health partners to raise awareness of the services we provide. If anyone would like us to attend an event/ group, e.g. WI or work team meeting to share information about our services please contact us.

Spotting cancer early is so important as is attending cancer screening tests when you are invited to attend. If you experience any of the following new symptoms, it is important you speak to your GP to get it checked out.

- Change in bowel habit
- Cough, breathlessness or bloating that has lasted for 3 weeks or more
- Unexplained bleeding
- A lump in your breast
- A mole that has changed shape, looks darker or is uneven
- Unexplained weight loss or changes that you think are not right

Awards



Investing In Volunteers

In May we achieved our accreditation for the Investing in Volunteers Award. This is a quality standard that recognises the excellent work we undertake with our volunteers. A huge thanks to all our brilliant volunteers and to those who gave their time to speak to the assessor during the assessment period.

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

Macmillan Quality Environment Mark (MQEM)

Macmillan developed and launched the MQEM in January 2010, the first ever standard for assessing if cancer facilities meet the holistic needs of people living with cancer. It aims to set the highest possible standards for cancer care environments, driving forward the design and use of these facilities, based on a robust understanding of the needs of people affected by cancer. Organisations are reassessed every 3 years. Bracken Trust first achieved this award in 2011 and has continued to meet the requirements at every assessment since. We are delighted to announce that we have achieved this award yet again, exceeding the level required to retain the award. Congratulations to everyone involved, including staff, volunteers and patients who provided their personal feedback on their views/ thoughts of The Trust to the assessors.

High Sheriff

Congratulations to our Chair Reg Cawthorne who has been appointed as the new High Sheriff of Powys for 2023/24.



IOD WALES PUBLIC AND THIRD

Lisa Griffiths, our Vice Chair has been awarded the Institute of Directors Wales, Public and Third Sector Director of the Year, many congratulations to you Lisa!!



LOCAL CHARITY CHAMPION

Congratulations to our CEO Ann Williams, who attended a Local Charity Champions' Reception at No 10 Downing Street in April 2023. Ann was nominated for this award by Fay Jones, Member of Parliament for Brecon and Radnorshire for her excellent work at The Trust.



What's on at The Trust

We are currently reviewing our Group activities with a new programme scheduled for the Autumn. These are our current regular group activities:

- Singing Group
- Closer to Nature Group
- Chair Yoga
- Mindfulness
- Bereavement Group
- Relaxation Group

Please speak with a member of the Nursing team for further details or to book a place. You can also find more information on our website <https://brackentrust.org.uk/events-activities/>

Anyone who has cancer or has recently had treatment for cancer and is thinking about becoming more physically active should check with their GP or medical team BEFORE starting any exercise. Please chat to the nurse team, ask for a Macmillan booklet 'Physical activity and cancer' or see www.macmillan.org.uk for details.

HUB NEWS

• Our Hubs are continuing at Knighton, Llanidloes and Llanwrtyd Wells, please do feel free to use the Hub Drop-In services or call us to book an appointment on 01597 823646.

***Knighton:** Community Centre, 1st Monday of every month
12 - 4pm (2nd Monday if there is a bank holiday)

***Llanidloes:** Penrallt Centre, Llanidloes Hospital, 2nd Friday of every month. 10am - 4pm

***Llanwrtyd Wells:** GP Practice, 3rd Wednesday of every month
12 - 4pm

• We are currently conducting a consultation process to establish a new Hub in Newtown. If you would like to express your opinion, including what services you would wish to see, please do email or call us:
info@brackentrust.org.uk, 01597 823646



CANCER CHAMPIONS TRAINING SESSION

Talking is important because spotting cancer early saves lives. That's where a Cancer Champion comes in - someone who empowers and encourages people in their community to take up cancer screening, spot the early signs of cancer and seek help.

Wednesday, 13th September, 10am - 1pm
The Bracken Trust Cancer Support Centre, Llandrindod Wells

To book a place or for further information, please contact:

Helen Davies
Powys Cancer Champions
Coordinator
helen.davies@lingendavies.co.uk
Tel: 01686 449464



www.cancerchampions.co.uk

The Bracken Singers
Performance dates 2023:



26 August: Victorian Week, Llandrindod Wells
2 September: Royal British Legion, Llandrindod Wells 7pm
10 November: Crescent Chapel, Newtown 7pm

Thank you to our fabulous Bracken Singers who continue to entertain and raise valuable funds for the Trust.

Charity Shop

Our charity shop in Middleton Street, Llandrindod Wells continues to go from strength to strength. Our volunteers work hard updating the windows weekly with new stock hitting the



sales floor most days. 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

Our monthly Nurse drop-ins at the shop continue on the 3rd Friday of every month from 11am - 1pm.

RAISE MONEY WHILST YOU SHOP!



Scan me to donate



Join the Bracken Trust's

300 Club

New cash prizes to be announced in September 2023 - draw takes place 3 times a year!

Email: fundraiser@brackentrust.org.uk or contact a member of staff on 01597 823646 for more information or to ask for an application form to join.

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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