January 2025

The Bracken Trust
Powys Cancer Support Centre

Registered Charity No: 1059668

The Bracken Trust January 2025 Newsletter

WHY THE BRACKEN TRUST DESPERATELY NEEDS MORE FUNDING

Lisa Griffiths, CEO

I've been in post as Chief Executive at the Trust for almost a year now. During that time, I have seen the positive impact that the care and support given by our dedicated staff and volunteers has on people with a potentially life-limiting cancer illness.

People I have met are often surprised to learn that we do not qualify for government funding and are entirely dependent on our own fundraising initiatives, grants, donations, legacies and the income from our shop.

During 2024 there have been significant financial impacts for the charity sector. Most notably are the rise in inflation and the impact on the cost of living, and changes to employers NI contributions and the living wage increase. During 2024, most of the large grant organisations closed their offers to reassess their approach and are not opening again until April 2025. This has put pressure on the smaller grants and their capacity to support. This has had a severe impact on our ability to secure further grant funding.

We can't afford to lose the Bracken Trust. The knock-on effect on an already overstretched NHS service and the gap left, would rob people of their ability to have the care and support they need as they go through their journey managing their cancer diagnosis and treatment.

We want to be able to grow our services to meet the increasing demand that we know is there across Powys. However, right now, and for the immediate future, we urgently need funds to maintain our current service delivery. This is why it's so hard for me to say that The Bracken Trust is under threat and in urgent need of a lifeline.

Please Help us to raise £200,000 by the 31st of March 2025, so we can continue supporting people and their families affected by cancer in Powys.

- **Set up a monthly standing order.**
- **Make a one-off donation.**
- **Make a legacy donation.**

Visit our website to find out more:

https://brackentrust.org.uk/supporting-our-cause/

Alternatively, call us on 01597 823464

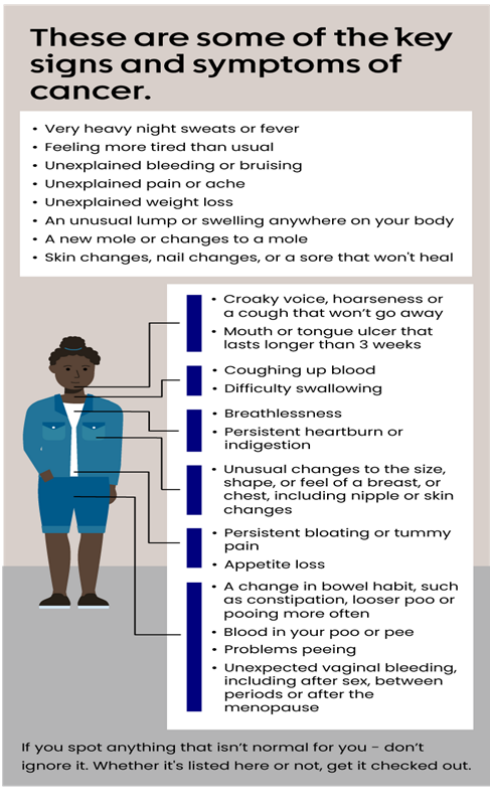
Thank you very much for your support.

World Cancer Day 4th February 2025

February 4th marks World Cancer Day, this day is chosen to raise awareness of the disease and the impacts it has on all those who are affected by it.

It's important to be aware of new symptoms and speak to your GP if you have had these symptoms for 3 weeks or more:

Finding cancer early means it's likely to be easier to treat. if you have a cancer diagnosis or have been referred to hospital with a suspected cancer diagnosis and would like to come and speak to one of our Nurses, please do contact us and make an appointment or just drop in.



Cancer Research UK

Patient Programs

We hold 3 different sessions held on a rolling program and facilitated by one of our Nurses. Please get in touch to book your free place:

1. Fatigue
2. Worry and Anxiety
3. Sleeplessness

Patient Groups

- Breast Cancer Peer Group 28th February 2-3pm
- Mindfulness with Mathew 20th February 11.30-12.30pm
- Understanding and Managing Your Sleepless-ness with Gwyn 11th February 12.30-2pm
- Relaxation Class with Gwyn 5th February 2.30-3.30pm
- Chair Yoga Every Thursday 2-3pm

Our monthly Hubs remain in our 3 outlying locations, where we offer Nurse and Therapist appointments:

- **Knighton**
- **Llanidloes**
- **Llanwrtyd Wells**

Please get in touch for more information or to book an appointment

Drop in Service and Quiet Room

As a reminder, we have a 'drop in' service, so please do just pop in for a cup of tea and chat with one of our nurses, or just to sit in our lounge, take a walk in our grounds etc. We also have a Quiet Room which is the perfect place to relax, to reflect and to have some quiet time. Please feel free to come in and use it with no booking required.

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.

The Bracken Trust Singers

1st March: St David's Day Concert at Crossgates Community Hall, 2-3pm

25th February: Crosfield House, 11am-midday

4th March: Spa Nursing Home, Llandrindod Wells, 2-3pm

Fundraising Events

Here are some of our confirmed events taking place this year, please keep an eye out on our website and social media for updates and more events to be added!!!

- **Wednesday 12th February:** Coffee Morning at Lakeside Café, Llandrindod Wells, 10-11.30am
- **Thursday 17th April:** Pie & Pudding Night at the Waggon & Horses, Newtown
- **Friday 30th May—Monday 1st June:** Heart of Wales Challenge Big Sleepover Family Sport & Entertainment Weekend, Llanidloes
- **Friday 27th June:** Bracken Trust Summer Fete & Garden Party with Summer Spectacular Raffle Draw

Charity Shop

Now open on Wednesdays as well from 10am-4pm.

We would like to say a huge thank you to all our volunteers who are working tirelessly to bring us some magical window displays and who devote so much of their own time to helping our shop customers.

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

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

The Bracken Trust
Powys Cancer Support Centre

Create a free will and help support us!

We have partnered with Free Wills

Completely 100% free
Straightforward questions
No legal jargon
Step by step guidance
Easy to complete
Will available instantly
Update anytime for free
No hidden costs

FREE WILLS
Wills For Free - Always Free

Visit our website for more information on how to create your free will and support us at the same time! https://brackentrust.org.uk/supporting-our-cause/

Rooms Available to Hire

Our Multi-Purpose Room, Lounge and Therapy Room are available to hire - for more information please get in touch or visit our

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:

The Bracken Trust
Cefnllys Lane
Llandrindod Wells
Powys
LD1 5LJ
Email: info@brackentrust.org.uk
Phone: (01597) 823646