Summer 2024

The Bracken Trust
Powys Cancer Support Centre

Registered Charity No: 1059668

The Bracken Trust

Summer Newsletter

New Appointments!

We would like to say a huge thank you to Ann Williams, who has stepped down as CEO, for all her hard work and dedication to the Bracken Trust over the years. Our previous Chair of Trustees, Lisa Griffiths has been appointed as our new CEO and we are delighted to welcome her to this role. Lisa says:

"The Bracken Trust is a wonderful place to work, and I feel it is a privilege to have this role. As a nurse led charity, we are lucky to have a professional team of staff with oncology experience to look after our patients and their family members and carers. We have our skilled and experienced therapists and counsellors and of course our team at the office who keep the whole operation ticking over. We also have a brilliant team of volunteers who do so much to support us throughout the year and work hard to keep our shop running . Like all charities we are self-funded and therefore we have a business strategy that is focused on achieving grant funding and a whole range of fundraising initiatives, however it is also very important to us to continue building and maintaining partnerships with other charities and third sector stakeholders. We have a lot to do going forward but a lot of exciting opportunities and I am looking forward to the future we can build together at the Trust."

We are delighted to announce that Howard Russon has taken over as Chair of our Trustees. Howard says:

"After only two years as a trustee and the last nine months as the Vice Chair, I am very surprised but delighted to be appointed our Chair after Lisa stepped down to take up the Chief Executive Officer position at the Trust. I have a lot experience in management and technology, but little knowledge of cancer from a clinical perspective, or healthcare in general. However, I experienced first-hand what it means to suffer from this terrible disease, as my wife had Stage 4 Breast Cancer, and sadly died in March 2020. So, I think I appreciate the importance of the work carried by the Trust for patients, carers and family members. I hope that during my time as Chair, I can continue the excellent efforts of recent years to make the Trust financially

New Wellbeing Coordinator

We welcome Pam Morris to the Trust who is now our newly created 'Wellbeing Coordinator'. Pam will be looking after all our Group activities and we hope to introduce more activities in the coming months. If you would like to see an activity take place at the Trust that we do not currently offer, please do get in touch.

Group Activities

We currently offer the following Group Activities at The Trust, please get in touch if you would like further information:

- Chair Yoga
- Closer To Nature
- Mindfulness
- Relaxation
- Singing Group

We also have Hubs taking place in Knighton, Llanidloes and Llanwrtyd Wells. Please get in touch for more information.

Sun safety guidelines

Too much ultraviolet (UV) radiation from the sun can damage skin cells and cause skin cancer. In the UK almost 9 in 10 cases of melanoma skin cancer could be prevented by staying safe in the sun and avoiding sunbeds. No matter where you are, whether at home or on holiday, it's important to protect yourself from the sun. The sun is often strong enough to cause damage in the UK between mid-March and mid-October, even when it's cold or cloudy.

By using these three steps together, you can protect your skin and enjoy the sun safely: **Seek shade, Cover up and Apply sunscreen**

Fundraising Events at The Trust

Due to a change in criteria requirements we were unfortunately unsuccessful in applying for a National Lottery Grant. We have lots of events planned though to help raise funds, and there are many other ways that we are hoping to help us continue our support to those affected by cancer:

- 17th August: Llyswen and Boughrood Show
- 25th August: Speed Shear, Penybont
- 23rd & 24th November: Metropole Christmas Fayre, Llandrindod Wells
- 29th November: Bracken Trust Christmas Fayre, Holy Trinity Church, Llandrindod Wells

Raise money whilst you Shop!

Scan me to donate

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.

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

The Bracken Trust Singers

Bracken Trust Singers Events for 2024

23rd November: Metropole Christmas Fayre, Llandrindod 1pm
24th November: Metropole Christmas Fayre, Llandrindod 1pm
6th December: Baptist Church, Newbridge 7pm
8th December: Holy Trinity Church, Llandrindod 7pm
16th December: Crossgates Church, 3pm

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.

Rooms Available to Hire

Our Multi-Purpose and Therapy Rooms are also available to hire - for more information please get in touch or visit our website.

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:

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