



# Charity Newsletter

Autumn/Winter 2016 /17

Registered charity no. 1054459

## Contact Us:

[www.breastcancerkent.org.uk](http://www.breastcancerkent.org.uk)

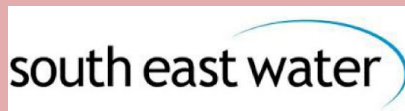
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Thank you to those who give in memory of loved ones.

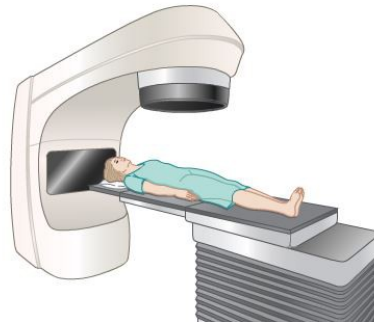
Breast Cancer Kent funds projects both large and small to improve the lives of those with a breast cancer diagnosis in Kent.



Thank you to South East Water who started a 'parcel donation scheme'. Staff donated 50p for personal parcels delivered to work when they were not at home to receive them. This raised £190 in only 3 months! Could your workplace set up a fundraising idea for our charity too?



## Breath Hold Technique receives funding



Radiotherapy to the left breast could potentially be associated with risk of future heart problems, if care is not taken to exclude the heart from the radiation beam.

The Kent Oncology Centre has introduced the voluntary breath-hold technique, where the radiotherapy beam is only switched on while the patient takes a deep breath and holds it for approximately 15 seconds. This has been shown to significantly reduce the dose to the heart by pushing the heart away from the radiation field.

This technique is of direct benefit to patients in whom radiation dose to the heart cannot be avoided by other means. The breath-hold technique, although very cost-effective, does need specialised equipment - such as more efficient cameras in the radiotherapy treatment room - for which funding was gratefully received from Breast Cancer Kent.

## Laura's Ball raises £19,000 for the charity



The annual Breast Cancer Kent charity ball was a great success! Held at Leeds Castle Fairfax Hall it was a grand affair.

Guests were welcomed with songs from 'X Factor' contestant Lizzie Duggan before enjoying a 3 course dinner. The evening was packed with entertainment which included a magician, a live band, 'The Blues Brothers' Little Brother', and a disco DJ'd by James Heming from Heart Radio. James was also our auctioneer and coaxed the assembled audience to place bids for unique items such as a Celtic football shirt personally signed by their biggest fan, Mr Rod Stewart! (Yes, THE Rod Stewart!) What with a raffle, silent on-line auction and professional souvenir photographs, the event raised an amazing £19,000. The Ball's namesake, Laura Clarke, would have been very proud.

The charity very kindly thanks the generous sponsorship from The Big Plan Group, Genesis Care & Evolve Clarity Ltd and the equally generous donations from Global Radio, The William Brake Charitable Trust, The Ladham Charitable Trust, Ian & Tina Taylor & many other local organizations and individuals without whose help the event could not have been possible. Special thanks to Bill Murray, whose late wife Susan was the inspiration for his tremendous help with the ball. The Murray family have funded the establishment of the Susan Murray Ear Acupuncture Clinic at Maidstone Oncology Centre. This aims to help those with secondary breast cancer in the relief of uncomfortable & debilitating side effects from cancer drug therapy.

[www.breastcancerkent.org.uk](http://www.breastcancerkent.org.uk)



Christmas cards, jute bags & pin badges are available to purchase in support of the charity.



The Kent Executive Club Annual Golf Day raised £5,000 for the charity!

### How to give.....

Would you like to make a donation or do you have a great fundraising idea?

Find us on **Virgin Money Giving** and search 'Breast Cancer Kent' to set up a fundraising page.

**Text 'BREA27 £(amount)' to 70070.** For example, to donate £5, text 'BREA27 £5' to 70070.

By cheque, payable to 'Breast Cancer Kent' and sent to the address on page 1.

Or via our website at [www.breastcancerkent.org.uk](http://www.breastcancerkent.org.uk) where you can download a Gift Aid form too.

We will try to acknowledge donations where possible, but please be patient as this is done by our volunteer committee members!

**Thank you.**

## Living With Secondary Breast Cancer Workshops



Thanks to your generous donations, Breast Cancer Kent has been able to team up with the national charity Breast Cancer Care to provide workshops for those with a life limiting diagnosis of secondary breast cancer.

45 ladies have been able to attend the Maidstone & Tunbridge Wells workshops which have been held regularly throughout the year. Sessions

allow those attending to share their experiences with others who know what they are going through. A professional therapist facilitates the sessions and expert speakers give advice on physical activity, clinical trials, side effects, pain management, coping with relationships and planning for end of life.

These sessions are invaluable for those attending and provide a safe environment where difficult subjects can be discussed without fear, and attendees can gain support from both peers and professionals.

Your donations **do** make a **significant difference** to the lives of those with a breast cancer diagnosis in Kent. Thank you.

If you know anyone who may benefit from these workshops please contact [secondaryservices@breastcancer.org.uk](mailto:secondaryservices@breastcancer.org.uk)

## Breast Cancer Kent's latest funding targets



The charity has put together a wish list of projects and equipment that are needed for the coming year. Due to generous donations, fundraising and bequests, we have been able to consider a diverse range of items that we can now look to fund. **Can you or your company help us raise further funds for the growing wish list?**

Some of these items include:

- An MRI software upgrade to allow a guided biopsy under MRI for abnormal areas in the breast that can't be seen on mammogram or ultrasound.
- An audio-visual upgrade of the multi-disciplinary team seminar room at Maidstone hospital, to allow clearer imaging to be viewed amongst the professionals planning individual patient care.
- Purchase of a high tech lipo-filling machine to allow efficient fat transfer for revision surgery, thus avoiding the use of implants and lessening risk to patients.
- Funding a library of books to assist patients living with secondary breast cancer to be able to discuss their diagnosis with their children & families.
- Funding of vital equipment for research scientists at the University of Kent School of Biosciences for cancer therapeutics work in the form of a bursary. The Unit works closely with this team.
- Improved counselling room at Tunbridge Wells and funds to help the running of Maidstone's Patient Support Group.

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