

2016



breast
reconstruction
awareness

Breast Reconstruction Awareness (BRA) Group
Department of Plastic & Reconstructive Surgery

“Delivering Compassionate Excellence” Award 2012

How can I join?

If you are currently under the care of the Plastic Surgery Department for previous or upcoming breast reconstruction surgery and would like to attend one of these meetings we would be delighted to hear from you. Please book a place at one of our meetings using the contact details below. If you are not under the care of our Department and would like further information, please don't hesitate to contact us.

How can I donate?

The BRA group is a fund within the Oxford Radcliffe Hospital Charitable Funds. Our aim is to raise awareness about Breast Reconstruction and to provide support for all those involved.



You can make a donation to the BRA Group by visiting
www.justgiving.com/oxfordradcliffe
Please make sure you state you are supporting the BRA Group in the
“leave a message to the charity” box. Thank you

Contact us:

✉ oxfordbreastreconstruction@gmail.com

☎ Sarah Jackson: 07796 155127 (Macmillan Nurse)



2016 Calendar

January							February							March							April										
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su				
			1	2	3		5	1	2	3	4	5	6	7	9	1	2	3	4	5	6	13	1	2	3	4	5	6			
31	4	5	6	7	8	9	12	13	14	15	16	17	18	10	7	8	9	10	11	12	13	14	4	5	6	7	8	9			
22	11	12	13	14	15	16	17	21	15	16	17	18	19	20	21	19	14	15	16	17	18	19	20	16	11	12	13	14	15	16	17
3	18	19	20	21	22	23	24	8	22	23	24	25	26	27	28	8	22	23	24	25	26	27	16	18	19	20	21	22	23	24	
4	25	26	27	28	29	30	31	9	29							15	28	29	30	31				17	25	26	27	28	29	30	

May							June							July							August										
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su				
17						1	22	1	2	3	4	5	26			1	2	3	31	1	2	3	4	5	6	7					
18	2	3	4	5	6	7	8	29	6	7	8	9	10	11	12	27	4	5	6	7	8	9	10	30	8	9	10	11	12	13	14
19	9	10	11	12	13	14	15	30	13	14	15	16	17	18	19	28	11	12	13	14	15	16	17	31	15	16	17	18	19	20	21
20	16	17	18	19	20	21	22	31	20	21	22	23	24	25	26	29	18	19	20	21	22	23	24	34	22	23	24	25	26	27	28
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22	30	31																													

September							October							November							December										
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su				
3						1	1	1	2	3	4	5	1	1	2	3	4	5	6	1	1	2	3	4	5	6					
4	5	6	7	8	9	10	11	2	3	4	5	6	7	8	9	2	3	4	5	6	7	8	9	2	3	4	5	6	7	8	9
5	12	13	14	15	16	17	18	3	10	11	12	13	14	15	16	3	10	11	12	13	14	15	16	3	10	11	12	13	14	15	16
6	19	20	21	22	23	24	25	4	17	18	19	20	21	22	23	4	17	18	19	20	21	22	23	4	17	18	19	20	21	22	23
7	26	27	28	29	30			5	24	25	26	27	28	29	30	5	24	25	26	27	28	29	30	5	24	25	26	27	28	29	30
							6	31							6	28	29	30					6	28	29	30					

BRA Group dates for 2016:

January 21 st 2016	May 26 th 2016	September 29 th 2016
February 25 th 2016	July 7 th 2016	November 3 rd 2016
April 14 th 2016	August 25 th 2016	December 15 th 2016

A support group to help women through
cancer related Breast Reconstruction
Surgery

Who are we?

The Oxford BRA group is a support group set up by the Plastic & Reconstructive Surgery Department of the Oxford University Hospitals NHS Trust. It is here for women who have either previously undergone or are currently awaiting / considering breast reconstruction. This may be following cancer treatment (which may be imminent or have been many years ago), or in combination with surgery to reduce the risk of cancer in high-risk patients (eg BRCA gene carriers). Our team consists of medical and non-medical staff and patient volunteers who share a common goal of delivering clinical and compassionate excellence and an enhanced patient experience.

What do we do?

New Patient? -- we will talk you through what's involved in your procedure and introduce you to patients who have previously been through a similar procedure.

Previous Patient? -- we will serve as a patient support group. The group will provide a forum to meet other people who have gone through a similar experience, it is a chance to make new friends, discuss any further surgery you may be considering, observe the technique of nipple tattooing, get involved in fundraising for the group and help guide new patients through the process.

What will my new breast look like?

What will happen the night before my surgery?

Where will my scars be?

How much time off work will I need?

When and where do we meet?

When? Thursday evenings (every 5-6 weeks)
19:30 -- 21:30
(See calendar for 2016 on reverse)

Where? Maggie's Centre
Churchill Hospital
Old Road
OXFORD OX3 7LE



What happens at the meetings?

For women awaiting surgery, the meetings provide a relaxed atmosphere to talk about what to expect in and around the time of your admission. You will meet other women embarking on similar surgery in addition to those who have previously been through the experience. The bringing together of the two groups enables the ladies who have undergone surgery to support, educate and counsel those awaiting surgery in a way that only they can. Our aim is that you go home, knowing everything you ever wanted to know about breast reconstruction. The evenings are fun & relaxed and provide an opportunity to make friends and ask questions – no matter how trivial!



At present, due to the format of the meetings, we regret that they are for **women only**. We recognise the important contribution that partners/friends provide and patients are encouraged to come along with a female relative or friend. Our charity is currently raising money to fund the production of an informative DVD for male partners.

Testimonials:

"This has been extremely helpful. A lovely, friendly atmosphere. The speakers were very informative and welcoming"

"Excellent and very informative. Wonderful team. Thanks!"

"Thank you. This was very helpful to me as well as giving my daughter some helpful advice."

"I found meeting someone who had gone through the op really helped me make up my mind and be prepared."

"You're doing a wonderful job to make us look and feel like whole women again -- Thank you."