

I was diagnosed with breast cancer in 2014 when I was 53. I required a mastectomy and removal of my lymph nodes. I opted to have breast reconstruction, all the surgery being done in Raigmore Hospital, Inverness. After the operation I required a course of chemotherapy and radiotherapy followed by 10 years on the drug Tamoxifen.

All of this was very stressful and the prospect of losing my hair was like losing my personality. At that time, you had to go to an Inverness based hairdresser to acquire a wig. I am pleased to say that for the past few years a local hairdresser works from the Centre supplying and fitting wigs for cancer patients making it much less of an ordeal.

I started going to the Centre soon after my operation and have never looked back. The committee and volunteers were so kind and helpful, and provided me with the opportunity to speak to other users with the same type of cancer as me in a relaxed and friendly atmosphere.

Since joining the Centre, and as my health improved, I progressed to become a volunteer and last year I joined the committee. I am now in a position to hopefully help other users of the Centre.