

Would you like more information?

To find out more about Breast Cancer Care and the free services we offer in your area, please fill in your details and return this slip to:

Breast Cancer Care
FREEPOST RRKZ-ARZY-YCKG
5-13 Great Suffolk Street
London SE1 0NS

If you'd prefer, please contact our helpline team directly and we can talk through the services we have available in your area.

Free helpline 0808 800 6000
www.breastcancercare.org.uk

Your details

Name: _____

Address: _____

_____ Postcode: _____

Email: _____

Please tick if you are happy to receive emails from us

I am a (please tick)

- person who has/who has had breast cancer
 friend/relative of someone with breast cancer
 healthcare professional
 other (please state): _____

Breast Cancer Care will not pass your details to any other organisation or third party.

From time to time we may wish to send you further information on our services and activities.

Please tick here if you don't want to hear from us.

Breast Cancer Care centres

www.breastcancercare.org.uk

Free helpline 0808 800 6000

Typetalk prefix 18001

Scotland and Northern Ireland

Telephone 0845 077 1892

Email sco@breastcancercare.org.uk

Wales, South West and Central England

Telephone 0845 077 1894

Email cym@breastcancercare.org.uk

East Midlands and the North of England

Telephone 0845 077 1893

Email nrc@breastcancercare.org.uk

London and the South East of England

Telephone 0845 077 1895

Email src@breastcancercare.org.uk

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breast
cancer
care 

Here for you



'The support of Breast Cancer Care was always within my reach. Sometimes I needed to talk, sometimes I just needed information. Breast Cancer Care always had time to support me and was there for me like a good friend.'

Who we are

Breast Cancer Care is here for anyone affected by breast cancer. We bring people together, provide information and support, and campaign for improved standards of care.

We also provide support and information to anyone with breast health concerns.

We use our understanding of people's experience of breast cancer and our clinical expertise in everything we do.

All our services are free and are delivered across the UK.

Visit www.breastcancercare.org.uk or call our free helpline on 0808 800 6000.



Giving you the facts

Pick up the phone

When you want the facts, call our helpline for clear, accurate information. No matter how big or small your questions are - whether you have breast cancer, a breast health concern, or are a relative or friend of someone affected by breast cancer, our trained helpline team is a free phone call away.

Email a nurse

You might have a question which you find hard to ask over the phone, in which case you can email our specialist nurses for the latest accurate information.

Browse our publications and website

Having the latest information is important to help you make the right choice for you. Our award-winning range of publications can be ordered for free and read in your own time. If you want instant access to up-to-date information, our website is on hand 24 hours a day.

Come to an event

From knowing what to expect when you've just been diagnosed, to managing the side effects of treatment and finding out more about a healthier lifestyle, we can help you feel empowered and improve your overall wellbeing. Our events offer this information in a warm and reassuring environment.

Someone to talk to

Sometimes you don't want to talk face to face...

Any time you feel confused, worried or need to talk through your concerns, our helpline team is there to offer an expert ear and understanding in total confidence.

We also offer tailored one-to-one support over the phone with fully trained volunteers. We'll do our best to put you in touch with someone who has experience of the issue you need to talk about.

There's also the option to join our weekly telephone support groups. You can take part from anywhere - you just need some privacy to make the call. All groups run for

up to eight weeks and are facilitated by a therapist and a breast care nurse.

...sometimes you do

Being able to meet others in a similar situation in person will give you that face-to-face contact with people who understand.

Our support days and activities offer people affected by breast cancer exactly that, so you can meet other people in a similar situation and share experiences in a welcoming environment. We also provide specific support for younger women with breast cancer and people with secondary breast cancer.





Practical support when you need it

From managing the side effects of treatment to searching for suitable bras and lingerie after breast surgery, our practical support services provide advice to those adjusting to changes in their appearance.

Private appointments and relaxed group events offer practical tips and information from our fully-trained team – many of whom have had personal experience of the issues you may be facing. Whether it's learning scarf-tying techniques to help cope with hair loss or talking through concerns about

body image, we can help build your confidence and understanding through practical support.

Join us

Get involved and help us make a difference.

We are committed to campaigning for better treatment and support for people with breast cancer and their families, basing our campaigns on your opinions and concerns. We benefit from numerous fundraising activities, organised by us and our valued supporters. We rely entirely on voluntary donations to support our work.

To find out more about how you can help contact your nearest centre.

