



What else do we offer?

HeadStrong is just one of the many services we offer to people affected by breast cancer. From diagnosis, throughout treatment to aftercare, our support days, online and telephone services are there for you every step of the way.

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.

HeadStrong

Practical support and information on hair loss due to cancer treatment

Please get in touch

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



HeadStrong is a free service run by specially trained volunteer advisors, offering practical information and support around hair loss due to cancer treatment, on an individual appointment basis.

How does it help?

Losing your hair as a side effect of treatment can affect your confidence. It causes many people to feel insecure about the way they look. **HeadStrong** can help increase your self-esteem and gives you the practical techniques and information you need to know when coping with hair loss. You will learn how to make the most of alternatives to wigs using scarves, hats and hairpieces.

‘The care and contact have made me feel that I am still feminine and that there were other ways to look attractive.’

Who is it for?

HeadStrong is for anyone who is likely to lose, or has lost, their hair as a result of cancer treatment.

What can I expect from my appointment?

A **HeadStrong** appointment can last up to an hour and takes place in a welcoming and private environment.

You will:

- receive a free headscarf at your first appointment
- learn how to look after your hair and scalp before, during and after treatment
- learn scarf-tying ideas and techniques
- try on and find out which hats, scarves, fringes and hairpieces suit you best
- talk through any concerns you may have about your hair loss
- have the opportunity to buy selected items of stock where available, or be given information on stockists.

We recommend you book an appointment before you start to lose your hair so you are prepared and know what is available in advance. You can attend as many times as you like and you are welcome to bring along a companion for support.

How do I book?

HeadStrong is available at various locations throughout the UK.

Please contact your nearest Breast Cancer Care centre using the details on the back of this leaflet.