



What else do we offer?

Lingerie evenings are 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.

Lingerie evenings

Practical information and advice on choosing a bra after breast surgery

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



Lingerie evenings provide free, practical support and advice on bras and lingerie following breast surgery. Led by Breast Cancer Care staff with trained fitters, they take place in a variety of places from high street department stores to small boutiques.

How can they help?

We understand that searching for suitable bras and lingerie after breast surgery can be a frustrating and difficult experience. Our Lingerie evenings help take the stress out of shopping for such items, providing you with tips and guidance on what works well for you, all in a welcoming and friendly environment.

Breast Cancer Care staff are also available to chat through concerns and feelings about body image following surgery, which can help increase self-esteem and build confidence.

Who are they for?

Lingerie evenings are for women who have had, or will be having, breast surgery and are looking for support and advice to find bras and lingerie that are right for them.

What should I expect on the evening?

Lingerie evenings last around two and a half hours and you will usually be in a group of around 20 women. There will be time for bra fittings from trained store staff and to gather information on suitable products. The evening will include mini therapy sessions such as hand massage, reflexology and beauty treatments, and you will also be able to buy lingerie if you wish.

There is also time to ask questions, share experiences and talk to others who are in a similar situation to you.

Where can I attend a Lingerie evening?

Lingerie evenings take place across the UK.

To book or find out more, please contact your nearest Breast Cancer Care centre using the details on the back of this leaflet.

Please note, due to limited places those interested in attending must register.

'I met women in similar circumstances to me and was fitted with bras by staff who knew the needs of women who have experienced breast cancer.'