



BREAST CANCER  CARE

services
for younger
women



services tailored for
younger women
with breast cancer

'I think it really helps to speak to someone who knows what you are going through. Breast Cancer Care has been an enormous help to me. Peer Support, Younger Women's Forums, Telephone Support Groups – all amazing and helped me a lot. Breast Cancer Care really made a difficult time a lot easier to cope with.'



BREAST CANCER  CARE

From the time of your diagnosis, throughout treatment to aftercare, we provide support and information through what we know can be an isolating time.

Our support events, online and telephone services and information leaflets are there for you every step of the way; offering the opportunity to share your experiences with others who really understand, as well as get the facts and support when you need them.

All our services are free.

For more information, please call our free helpline on **0808 800 6000**, visit our website at www.breastcancercare.org.uk, or call your nearest Breast Cancer Care centre (details shown on the back page).

making a difference to people affected by breast cancer

Do you need to talk?

Free and confidential telephone services

One-to-one support

Our peer support telephone service aims to quickly put you in touch with one of our fully trained peer supporters, who has had a personal experience of breast cancer.

Many younger women with breast cancer find it helpful to talk to a woman of a similar age who has also faced a breast cancer diagnosis. Sometimes it helps to have the space to talk freely about how you're feeling to someone who's been there, without feeling the need to protect the feelings of others. Our peer supporters are ready to listen, offer skilled emotional support and share their experiences and understanding.

We also have a service that offers support for partners and a peer support service for people living with secondary breast cancer.

Telephone Support Groups

Our telephone support groups enable up to eight women to privately meet together each week on the phone, in the comfort of their own homes. Groups are open to women aged between 20-39 years old, who have been diagnosed with breast cancer within the last year.

Facilitated by a professional therapist and a Breast Cancer Care nurse, over eight weeks you'll have the chance to explore issues that matter to younger women with breast cancer.

Free helpline 0808 800 6000

You can also contact our team of helpline staff, who are there to listen and respond to your questions – no matter how big or small. They can help ensure you have clear, accurate information based on the latest research evidence and talk through your concerns in total confidence.

Calls may be monitored for training purposes. Confidentiality is maintained between callers and Breast Cancer Care.

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Prefer to do things online? Round-the-clock support

Online chat forums

Exchanging information with others who you know have been there can often help if you're feeling anxious. With a dedicated area for younger women with breast cancer, our friendly chat forums are there to provide you with support and to help you connect with people who share similar experiences. They provide a free, secure and easy to use discussion space 24 hours a day.

Live Chat

Our live chat sessions are virtual support groups that take place weekly on our website. As well as general chat sessions, from time to time we run specialist sessions for younger women with breast cancer. Hosted by a professional moderator and a Breast Cancer Care nurse, these hour-long sessions offer a private and safe place where younger women affected by breast cancer can talk in depth about issues that are important to them.

making a difference to people affected by breast cancer

'It was incredibly comforting to spend time talking and listening to other women about what they had been through and I left the weekend feeling very positive.'

Taking time to meet up... Residential forums

Held across the UK, Younger Women's Forums are two-day residential events for up to 40 women aged between 20-45 years, who have been diagnosed with breast cancer in the past three years.

We've designed forum sessions to relate specifically to the needs of younger women, recognising issues that are particular to them. Guiding you through information on essentials such as treatment, fertility, sexuality and intimacy, lymphoedema, exercise and more, the forums are also a great opportunity to share thoughts and feelings with other younger women in similar situations.

Each event offers a safe, supportive environment, with time to socialise and relax.

Looking for information? Up-to-date publications and website

Accessing information is important to help you make informed choices about your future.

Our extensive range of publications cover particular issues of concern for younger women with breast cancer. As well as our *Younger women with breast cancer* booklet, publications cover issues such as diagnosis during pregnancy, talking with your children about breast cancer, fertility and more.

All our publications are also available to download from our website, accessible 24 hours a day.

Please get in touch

Free helpline **0808 800 6000**
(for Typetalk prefix **18001**)
www.breastcancercare.org.uk

Breast Cancer Care Scotland
Tel **0845 077 1892** Email **sco@breastcancercare.org.uk**

Breast Cancer Care Cymru/Wales
Tel **0845 077 1894** Email **cym@breastcancercare.org.uk**

Breast Cancer Care North and Midlands
Tel **0845 077 1893** Email **nrc@breastcancercare.org.uk**

Breast Cancer Care London and South
Tel **0845 077 1895** Email **src@breastcancercare.org.uk**

Breast Cancer Care is proud to have a specialist nurse who is dedicated to improving support and information for younger women with breast cancer. This role and the other services featured in this booklet are paid for by the Lavender Trust at Breast Cancer Care. This is the only fund in the UK dedicated to addressing the particular needs of younger women with breast cancer. If you would like any further information about how you can help, please see www.lavendertrust.org.uk



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