

Thank you



CONTACT US

Breast cancer changes everything. Breast Cancer Care understands the emotions, challenges and decisions people face every day. They know that everyone's experience is different. That's why they are there to offer support and information and campaign for better care.

They are the only specialist UK-wide charity providing support to people with breast cancer. Their free services include support over the phone with a nurse or someone who's been there, welcoming online forums, reliable information and local group support. From the moment someone notices something isn't right, through their treatment and beyond, Breast Cancer Care will be there.

For breast cancer support, information and care, call us free on **0808 800 6000** or visit **[breastcancercare.org.uk](https://www.breastcancercare.org.uk)**

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Welcome from the Chair of the Care Collective



We are now two years on from the launch of the Care Collective and I take great pleasure in sharing that we have raised £330,000 of our 2020 £1.5 million goal. This means we have provided 620 women across the UK with access to our vital face-to-face services, giving them essential information and support to help them through their diagnosis.

On behalf of the Breast Cancer Care staff and the millions of people they support, I would like to thank you for your generosity.

We still have a long way to go to be able to reach every woman who needs our help. As Chair of the Care Collective Development Board I am always looking to engage new members with our cause. With that in mind I am delighted to welcome our newest members – Frank Runge, Harold Joanknecht, Stephanie Kogels, Louise Tait and Emma Burns, Chair of the Charity Board of Trustees.

I look forward to working with you in the coming months and welcoming more new members to our Care Collective in 2018.

A handwritten signature in black ink, appearing to read 'Paul Pester'.

Dr Paul Pester

Chair of the Care Collective

Chief Executive of TSB Banking Group plc

Introducing Steve Lucas, Director of Fundraising and Marketing



I was delighted to join Breast Cancer Care at the end of 2017 to take on the important role of Director of Fundraising and Marketing. Having worked in the private sector for over 30 years for organisations such as the UK National Lottery, Walt Disney and Haagen-Dazs, as well as volunteering as a Trustee at the Rieves Foundation, I am honoured to join Breast Cancer Care and apply my skills and insight to driving funds to help increase our support services, brand recognition, and ultimately help hundreds of thousands of people live life well with breast cancer.

We would not be able to reach our goal to be there for every person affected by breast cancer without the support of generous donors like yourself. The Care Collective is an exciting initiative with the potential to have an immensely positive impact on the lives of women through our face-to-face services, and we are very grateful to have so many committed members.

I look forward to meeting each of you over the coming months to thank you personally for your ongoing commitment.



Steve Lucas

Director of Fundraising and Marketing

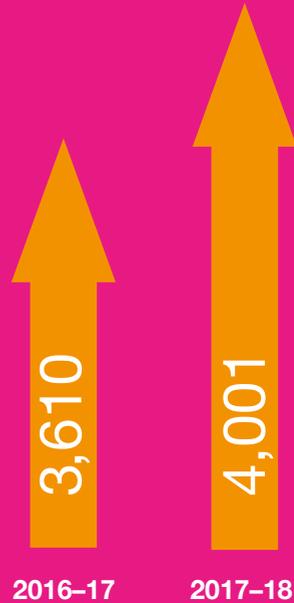
How your support helps

Thank you for supporting Breast Cancer Care through the Care Collective. With the generosity of you and our other members we have already achieved so much:



You have given **620 women** direct access to our crucial face-to-face services

This year we supported even more women through our face-to-face-services



You have enabled an increase of **6,000 hours** of support. That's an extra **250 days!**

Increase in breast cancer support contacts fulfilled

5.5m (2016–17)

5.8m (2017–18)



2,142 women attended our Moving Forward four-week courses



734 women attended our Living with Secondary Breast Cancer monthly services



290 women attended our Younger Women Together weekend residential services

All figures for 2017–18 are draft pending Breast Cancer Care's annual verification process

Services you helped provide

Moving Forward

Often difficulties living with the ongoing physical and emotional side effects of treatment, such as coming to terms with an altered body image, can make day-to-day life feel impossible. On top of that the fear their cancer might return increases feelings of anxiety and loneliness.



Research undertaken by Breast Cancer Care in 2017 found that only one in 10 people asked felt positive and ready to move on when discharged from hospital treatment for primary breast cancer.

Moving Forward courses address the multifaceted issues women face as they look to life beyond breast cancer.

Our four-week Moving Forward courses offer emotional support and practical guidance on managing side effects, spotting signs and symptoms of a possible recurrence as well as tips on diet and healthy living, equipping women to self-manage their recovery after treatment.

‘Meeting other women who have been through what you’ve been through creates this amazing feeling of union. It just makes you feel like you are so much less alone, and that is an incredible feeling when you’re going through something like breast cancer.’

Hannah, Moving Forward course attendee

Services you helped provide

Living with Secondary Breast Cancer

Secondary breast cancer occurs when breast cancer cells spread to other parts of the body, commonly to the bones, liver, lungs or brain, and while it can be treated, it can't be cured.



The aim of treatment is to control the spread of the disease, and to relieve symptoms for the best possible quality of life, but the uncertainty of knowing how much time they have left and the distressing side

effects of treatment mean that people living with secondary breast cancer need additional professional support.

Our Living with Secondary Breast Cancer service offers monthly sessions providing medical information and a chance to speak openly with others facing similar experiences without the fear of distressing loved ones. We want any person living with the devastating impact of this life-limiting disease to know that when all else seems uncertain, our specialist support is something they can be certain of.

'These sessions are joyful. They make us forget about the negative things and feel much more positive about what we can do with our lives.'

Ione, Living with Secondary Breast Cancer service attendee

Services you helped provide

Younger Women Together

Being told you have breast cancer is devastating at any age. But for the 5,600 women under 45 who will hear this shattering news in the UK each year it brings even more challenges – such as early menopause, compromised fertility and how to tell young children about the disease.



Our Younger Women Together services are designed to help younger women with breast cancer feel less alone and more in control of decisions about their treatment, lifestyle and future.

With thanks to the support of the Care Collective we have expanded our services to include a specialist Younger Women Living with Secondary Breast Cancer event to help an isolated and vulnerable group of young women living with an incurable disease.

'I got a huge amount out of it. On a practical level I got a lot of guidance on relationships and communication, brilliant tips on exercise and diet, but above all that it was the emotional connections, I've made friends I'll have for life. It was a real game changer for me.'

Christine, Younger Women Together attendee

Thank you

Thank you to all of our Care Collective members. Without your generosity we would not be able to provide support, information and care to millions of women and men every year.

Special thanks to our Care Collective Patrons who have committed to giving £50,000 per annum to this cause.

Care Collective Patrons

Paul Pester, Chair
The Saracens Sport Foundation

Care Collective Members

Mark Astaire	Caroline Marsh
Emma Burns	Mary Mayall
Keith Carby	Lori Meakin
Siobhan Greene	Anne O'Neill
Tracy De Groose	Angela Quinn
Simon Fox	Frank Runge
Chris Harrison	Louise Tait
Jacqueline Ingham	The Scarborough Group Foundation
Harold and Stephanie Joanknecht-Kogels	

and all our anonymous members and contributors

The future

691,000 people in the UK are currently living with a breast cancer diagnosis. Right now, Breast Cancer Care can't reach everyone who needs them.

With your support, we can build on the work of the Care Collective and ensure we are there for even more people, with care, support and information.

For more information on the Care Collective contact Catriona in our Philanthropy team by calling **020 7690 3430** or at **catriona.sinclair@breastcancercare.org.uk**