

Support services for
people living with and
beyond breast cancer

breast
cancer
care



The charity building
strength through support

Breast cancer, let's get through it together

Whether you're managing the ongoing side effects of treatment, wanting to improve your overall wellbeing or meet others in a similar situation, Breast Cancer Care's unique range of services are completely free and here to support you to live better with and beyond breast cancer.

'Going to the Moving Forward course and meeting other women who were going through the same journey as me, it made things easier to cope with. I could make sense of what was going on and understand why I was going through what I was going through. It made it easier for me to move on from breast cancer'

Stella, London



TALK TO SOMEONE WHO UNDERSTANDS

Sometimes the only person who can really understand how you are feeling is someone who has been there. We can match you to one of our 200 **Someone Like Me** support volunteers who can share their experience of the issues you're facing. You can talk over the phone or via email whenever it suits you. Or you can look through our online profiles to find the person who best meets your needs.



MOVING FORWARD supports you to adjust to life after treatment for primary breast cancer. Our courses cover a range of topics, from managing physical and emotional changes, to improving your general wellbeing. You'll hear from a variety of experts, get tips from other people in a similar situation, and have the opportunity to share your experiences in a supportive environment. Or why not order one of our handy Moving Forward resources or subscribe to our breast cancer lifestyle magazine, **Vita**



The **BECCA app** is your constant companion, offering you daily inspiration straight to your mobile phone. Covering wellbeing, lifestyle and personal experiences, our app can help you feel supported when hospital-based treatment ends. Download from the App Store or Google Play.



HELPLINE AND FORUM If you have unanswered questions or just want to talk things through and get support, our Helpline experts are available on **0808 800 6000** or by email. Or to get in touch with other people affected by breast cancer, try our popular online **Forum** which is available 24 hours a day and covers a huge range of topics.



At a **YOUNGER WOMEN TOGETHER** two-day residential event you will meet other women under 45 diagnosed with primary breast cancer and hear the latest about relevant topics such as treatments, relationships, diet, exercise and fertility, whilst relaxing away from home.



If your cancer has spread our **LIVING WITH SECONDARY BREAST CANCER** meet-ups are held across the UK and cover issues to help you live better with the disease. You can also get in touch with others through our online **LIVE CHAT** which runs every Tuesday evening. If you are under the age of 45 with secondary breast cancer, ask for details of our annual residential event.

For more information or to book on any of these services please speak to our friendly support services team on **0345 077 1893** or email **services@breastcancercare.org.uk**. You can also find more details on our website **breastcancercare.org.uk**



Help us be there

Every year 62,000 people in the UK are told they have breast cancer, but we don't see them as just a number. We're here from day one to provide them with the support they deserve, enabling them to live their best life with and beyond breast cancer.

We support people through all aspects of breast cancer.

We inform through our award-winning breast cancer information.

We campaign for better care.

We empower people to make the best decisions for them.

But we know we're not reaching nearly enough of the people who need us, because we simply don't have the resources to be there for everyone. Together, we can do more.

Donate now to help us be there for people through one of the most difficult challenges they will ever face.

breastcancercare.org.uk/donate-support

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