

SUPPORT FOR YOU

For people living with
secondary breast cancer



**BREAST
CANCER
NOW** The research
& care charity

WE'RE HERE FOR YOU

Anyone affected by breast cancer can turn to us for support. Whoever you are, and whatever your experience of breast cancer, our free services are always here for you. The whole way through.



INFORMATION AND SUPPORT

CONTACT OUR NURSES

No question is too big or too small for our Helpline or Ask Our Nurses email.

All calls and emails are answered by breast care nurses and trained staff, so you know that you're getting information you can rely on. Whatever you're going through right now, we're here to help you feel more confident, informed and supported.

We're open:

- Monday to Friday 9am–4pm
- Saturdays 9am–1pm

If you leave a message out of hours, we'll call you back.

Call 0808 800 6000 or email nurse@breastcancer.org

FORUM

Through our online discussion Forum, we're with you every day. For every experience. Every step of the way.

Thousands of people affected by breast cancer use the Forum, and they're always ready to listen, share and support each other. Day or night. There's a private area just for people with secondary breast cancer, so you can talk about what's on your mind in a safe, confidential space, with people who understand.



Join us at forum.breastcancer.org



FACE-TO-FACE AND ONLINE SERVICES

LIVING WITH SECONDARY BREAST CANCER

Secondary breast cancer is full of uncertainties. But you can count on Living with Secondary Breast Cancer to be there for you, no matter what.

We have face-to-face and online options, all facilitated by trained counsellors, to help you find the support you need. Whether you want to explore wellbeing, side effects, exercise – or just share what's on your mind.

Groups run each month in various locations across the UK or online, and you can join as often as you like.

Whatever you choose, you'll be able to talk, listen and learn with people who understand the challenges that secondary breast cancer brings.

YOUNGER WOMEN WITH SECONDARIES TOGETHER

If you're a younger woman living with secondary breast cancer, we're here for you.

Younger Women with Secondaries Together connects you with other women under 45 with secondary breast cancer. Giving you the chance to talk about what's on your mind in a safe, welcoming space.

There's tailored information from expert speakers on treatment, living with secondary breast cancer and more at our four-week Younger Women with Secondaries Together online events. Or keep an eye out for details of our face-to-face event.

**SCAN THE QR CODE TO
GO DIRECTLY TO OUR
SERVICES SIGN-UP PAGE**



**TO FIND OUT MORE OR TO BOOK
A PLACE, CONTACT OUR SERVICES
SUPPORT TEAM:**

 **0345 077 1893**

 **services@breastcancer.org**

 **breastcancer.org/services**



At Breast Cancer Now we're powered by our life-changing support. Our breast care nurses, expertly trained staff and volunteers, and award-winning information make sure anyone with breast cancer can get the support they need to help them to live well.

“WE'RE HERE FOR ANYONE AFFECTED BY BREAST CANCER. AND WE ALWAYS WILL BE.”



For support and information:

CALL US FREE 0808 800 6000

VISIT BREASTCANCERNOW.ORG

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Fifth Floor,
Ibex House,
42-47 Minorities,
London EC3N 1DY

Breast Cancer Now is a charity registered in England and Wales (1160558), Scotland (SC045584) and the Isle of Man (1200).

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