Moving Forward
Support for you after a diagnosis of breast cancer

The charity building strength through support
We understand your need for support doesn’t end when treatment finishes, and you may need some time to come to terms with all the changes that have taken place.

Whether you’re managing the ongoing side effects of treatment, thinking of going back to work or looking to improve your overall wellbeing, our Moving Forward services and information are here to support you.

Ask us

Call our Helpline
Our freephone Helpline is here for you and your family, now and at any point in the future. You may have a question about your diagnosis or treatment, be looking for support with managing long-term side effects or want to chat about adjusting to life with or beyond breast cancer. Our specialist nurses and trained Helpline staff are available to talk things through – six days a week.

You can call us free on 0808 800 6000 (free from all UK mobiles and landlines). We’re open Monday to Friday 9am–4pm and Saturday 9am–1pm.

Email our nurses
If you have questions and want to receive information in writing to read through in your own time, you can email our nurses instead.

You can ask any question, big or small, and one of our nurses will get back to you within three days.

breastcancercare.org.uk/aon

‘When treatment finished I was delighted, but I also felt quite isolated. Breast Cancer Care enabled me to accept that I’m not alone in my worries for the future, and helped me find a way to share how I feel with those close to me.’

Suzanne, Birmingham
Talk to someone who’s been there

Someone Like Me
Sometimes it can feel like no one really understands how you feel. Our Someone Like Me service matches you to a trained volunteer who has had breast cancer too and who has experience of the issues you’re facing – whether that’s going back to work, struggling with relationships old or new or any other concerns you have.

Chatting over the phone, where and when it suits you, means you can ask any questions you like and talk openly without worrying about the feelings of the person listening.

Call 0345 077 1893 or email someoneilikeme@breastcancercare.org.uk

Some of our volunteers can also chat via email, check our website to read more about them breastcancercare.org.uk.

Visit our online Forum
Exchange tips on coping with the side effects of treatment, ask questions and share experiences on our website’s discussion Forum. You’ll find this a welcoming community of understanding people who will offer you practical and emotional support at any time of day or night.
Moving Forward courses

People often tell us that although finishing hospital-based treatment is a relief, they feel anxious about what’s ahead. So we partner with the NHS to provide Moving Forward courses – a three or four-week programme to help you adjust and adapt to your life now that treatment has finished.

The course is designed to help increase your knowledge, confidence and overall wellbeing. It provides information, support and professional guidance on a range of topics to help you know how to cope with changes, manage uncertainties and establish a ‘new normal’ after treatment.

Expert speakers are happy to answer questions, and each course is attended by up to 16 people so it’s also a chance to get to know others in a similar situation.

Moving Forward resource pack

Our comprehensive resource pack is essential reading for anyone nearing the end of their treatment. It contains the latest information on:

- managing the ongoing side effects of treatment
- improving your physical and emotional wellbeing
- exercises after treatment
- body image and intimacy issues
- relationships and communication
- practical topics such as finance, insurance and work.

Younger Women Together

If you are 45 or under then our two-day residential events give you a unique opportunity to meet other younger women and hear from expert speakers on a wide range of topics to help you understand and live with your diagnosis. These cover issues such as menopausal symptoms, relationships, fertility, diet and exercise, and are held regularly across the UK.

BECCA App

When you finish treatment you may find it hard adjusting to your new life. Whether you’re experiencing side effects of treatment, wondering how to adopt a healthier lifestyle or finding it hard to make sense of your breast cancer experience, it can be difficult to adapt and find your ‘new normal’.

The BECCA App offers day-to-day strategies and information on everything from well-being and fashion to mindfulness and exercise after treatment. It also includes advice from other women who have had a diagnosis – letting you know you’re not alone in your experience.

You can find the App by searching for ‘BECCA’ in the App store and Google Play.

To find out more, call us on 0345 077 1893 or email movingforward@breastcancercare.org.uk
‘I do love the person that I am today because I’ve fought to become her and that’s also down to Breast Cancer Care and the services, support, guidance and help that they’ve given me’.

Cynthia, London
When you have breast cancer, everything changes.

At Breast Cancer Care, we understand the emotions, challenges and decisions you face every day, and we know that everyone’s experience is different. That’s why we offer support and information and campaign for better care.

We’re the only specialist UK-wide charity providing support for women, men, families and friends affected by breast cancer. Our free services include support over the phone with a nurse or someone who’s been there, our welcoming online forums, reliable information and local group support. We’ll help you feel more in control.

Call us free on 0808 800 6000 or visit our website breastcancercare.org.uk