

Support for people living with secondary breast cancer

breast
cancer
care



The breast cancer
support charity

There can be many uncertainties when you have secondary breast cancer.

A diagnosis may feel overwhelming and isolating, and information on your particular concerns may be difficult to find. But we can help.

From connecting you with others in similar situations online and face to face to providing emotional support and the latest information, we're here for you. We can help you feel less alone and more in control of decisions about your treatment, lifestyle and care.



Vicki, 34, diagnosed with secondary breast cancer in 2015

Connect with others

Meet other women like you

Living with Secondary Breast Cancer sessions

Come along to a Living with Secondary Breast Cancer session and meet other women in a similar situation. You'll be able to speak freely and share experiences with people who understand what you're going through.

The monthly sessions are facilitated by a counsellor and every other month you'll hear from a guest speaker who is an expert in their field, for example, a Clinical Nurse Specialist or a Benefits Adviser.

Meet-ups take place across the UK and you can attend as few or as many as you like. Check the website for upcoming dates and locations and if you don't see an event that works for you, get in touch.

[breastcancercare.org.uk/lwsbc](https://www.breastcancercare.org.uk/lwsbc)

Call **0345 077 1893** or email secondaryservices@breastcancercare.org.uk

Talk to someone who understands

Online Forum

For support day or night, meet other people with a secondary breast cancer diagnosis who understand what you're going through in our friendly community.

forum.breastcancercare.org.uk

Secondary Live Chat

Join our weekly Live Chat sessions exclusively for people living with secondary breast cancer. In a private chat room, you'll have the opportunity to talk about whatever's on your mind. Each session is facilitated by an experienced moderator who can point you to sources of help and information.

There are also monthly themed sessions with a clinical nurse specialist on topics that you may find relevant to your diagnosis.

To find out how to register and to check session times, visit our website.

[breastcancercare.org.uk/talk-together](https://www.breastcancercare.org.uk/talk-together)

More ways to get support

Helpline

Our free 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 secondary breast cancer. Our specialist nurses and trained staff are available to talk things through – six days a week.

You can call us on **0808 800 6000** (free from all UK mobiles and landlines). We're open Monday to Friday 9am–5pm (extended hours on Wednesday 9am–7pm) 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

Information

Find trustworthy and easy to understand information written by specialist nurses and reviewed by people with breast cancer. Download or order free booklets from our website.

breastcancercare.org.uk

‘Breast Cancer Care has been fantastic in helping support me and enabling me to meet other people in the same situation. They help with tips about side effects for all sorts of things. And it’s just knowing that these people are going through the same and they understand what you’re going through.’

Claire, 43,
diagnosed with secondary breast cancer in 2013



'I attended the meetings and the people there were great – it was very welcoming and it was fantastic because they were all there with the same problem. It just gives you a feeling that you're not alone. And that you're not the only one.'

**Dawn, 54,
diagnosed with secondary breast cancer in 2016**

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

