

SUPPORT FOR YOU

For people living with
and beyond primary
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

Worried about breast cancer, or have a question about breast health?

Our specialist team are ready to listen on our free and confidential Helpline and Ask Our Nurses email. 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

SOMEONE LIKE ME

You never have to face breast cancer alone. We'll match you with a trained volunteer who's had a similar diagnosis or experience of breast cancer to you.

They'll be a phone call or email away to answer your questions, offer support or simply listen. Whatever you need to talk about. Because there's nothing like finding someone who really understands what you're going through.

Find out more:

- 📞 **0345 077 1893**
- ✉️ someonelikeme@breastcancer.org
- 🌐 breastcancer.org/support

BECCA, THE BREAST CANCER SUPPORT APP

With Becca, we're with you even when your treatment has finished.

Experiencing side effects, wondering how to live a healthier lifestyle, or finding it difficult to adapt to a 'new normal'? Our free mobile app offers strategies and bite-sized tips to help you move forward after treatment.



Download from the App Store or Google Play.



GROUP SUPPORT SERVICES

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 are hundreds of topics to explore in a safe, confidential space, with people who understand.



Join us at forum.breastcancer.org

YOUNGER WOMEN TOGETHER

You might feel like you're the only younger woman with breast cancer. But we'll make sure you're not alone.

Younger Women Together gives tailored support and the chance to meet people who understand what you're going through, in a space that's just for women aged 20-45.

Our face-to-face events happen over one day, at locations across the UK. Or sign up to take part online, with four group sessions over four weeks. And keep an eye out for our monthly live speaker sessions, that you can join online wherever you are.

MOVING FORWARD

We know it's not always 'back to normal' when you finish hospital treatment for primary breast cancer. Coping with the shock of a diagnosis, treatment and side effects, and worries about recurrence can make it difficult to readjust to the everyday.

That's why Moving Forward is here. Through supportive, open conversations in a safe, confidential space, you'll connect with people in a similar situation to you. And you'll find the tools you need to feel more empowered, confident and in control. Ready to move forward with your life.

You can attend Moving Forward either at a face-to-face course, or by joining online.

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](https://www.breastcancer.org)

**BREAST
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& care charity

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

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