

# SUPPORT FOR YOU

Our services for people living with secondary breast cancer



**BREAST  
CANCER  
NOW**

The research  
& care charity

# WE'RE HERE FOR YOU

Whether you're managing the ongoing side effects of treatment, want to improve your overall wellbeing or talk to others in a similar situation, our free services are here for anyone affected by breast cancer.



## INFORMATION AND SUPPORT

Breast care nurses and highly trained staff on our confidential **Helpline** are here for you. Giving clear information and the chance to talk openly in a safe and confidential space, we want you to feel more informed, more confident about making decisions, and more supported with what you're going through.

Opening hours: 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](mailto:nurse@breastcancer.org)

Our online **Forum** is also a great way to get support from a growing community of people affected by breast cancer and experts who understand what you're going through. There's also a private area just for people with secondary breast cancer. Join us at [forum.breastcancer.org](http://forum.breastcancer.org)



## LIVING WITH SECONDARY BREAST CANCER ONLINE

We understand the huge impact being diagnosed with secondary breast cancer can have.

**Living with Secondary Breast Cancer Online** is hosted in a private, confidential space on our website where you can find specialist information and share experiences, understanding and support with other people dealing with the uncertainty and challenges secondary breast cancer brings.

For women diagnosed with secondary breast cancer under 45, we run a younger women's online event and a regular monthly meet-up on Zoom.



## GROUP SUPPORT SERVICES

We also run regular **group meetings** on Zoom, open to anybody living with secondary breast cancer across the UK.

They're relaxed meetings which offer time for you to talk about what's on your mind with others who understand, in a safe, confidential group of around 6 to 14 people. Each meeting is facilitated by one of our experienced counsellors and if you're unfamiliar with Zoom we can help you set it up..

You could also attend our **live speaker** sessions online where you'll hear from expert guest speakers on relevant topics, such as physical activity, sleep, side effects, relaxation and mindfulness, wills and legal advice, relationships and communication, with plenty of opportunity for questions.

'I thought it was wonderful. I have felt slightly lost recently, so it was really nice to hear some great advice and to be with people in the same situation. I would very much like to be part of any future events.'

To find out more or to book, call our Services Support Team on **0345 077 1893**, email **services@breastcancer.org** or, go online at **breastcancer.org/services**



Scan the QR code  
to go directly to our  
services sign-up page.

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

We're here for anyone affected by breast cancer. And we always will be.

For breast cancer care, support and information, call us free on **0808 800 6000** or visit **[breastcancernow.org](https://breastcancernow.org)**

## **Breast Cancer Now**

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

[breastcancernow.org](https://breastcancernow.org)

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