

We're here for anyone affected by breast cancer. We bring people together, provide information and support, and campaign for improved standards of care. All our services are free and we're arranging more events all the time. Look inside to find out what's coming up over the next few months.

Contact us to find out more and to order free leaflets about our services for people affected by breast cancer. Find the contact details for your local centre inside.



www.breastcancercare.org.uk/services

Free Helpline **0808 800 6000**

Text Relay **18001**

Are you online? Follow **@BCCare** on [twitter](#) or find us at www.facebook.com/breastcancercare

If you'd like to make a donation to help us continue to offer our free services to anyone who needs them, please send a cheque/PO/CAF voucher to **Breast Cancer Care, FREEPOST RRRKZ-ARZYYCKG, 5-13 Great Suffolk Street, London SE1 0NS.** Or to make a donation online, visit www.breastcancercare.org.uk/donate

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Please note that dates, venues and topics may be subject to change
Registered charity in England and Wales 1017658
Registered charity in Scotland SC038104
Registered company in England 2447182

Photos posed by volunteers

SM18 Support for you



Support for you

Free services for people affected by breast cancer



Autumn 2013

Look inside for details of courses, events and meet-ups near you

personal experience professional support

Personal experience, professional support

Breast Cancer Care offers a range of free services for people affected by breast cancer. From diagnosis, through treatment and beyond, we're here for you every step of the way.

Whether you're newly diagnosed, having treatment or living with and beyond breast cancer, our free services are here to help.

Helpline

Our free, confidential Helpline is here for questions about breast cancer or breast health. All calls are answered by someone with personal or professional experience of breast cancer. We can also answer your questions by email.

Website

Access information whenever you need it on our website. You can also talk to people affected by breast cancer on our online Discussion Forum or in a Live Chat session.

Information Resources

As well as leaflets and booklets, our free information resources include short films and audio clips to download.

One-to-One Support

Talking to someone who's been there can be a great source of information and support. We can put you in touch with a trained peer support volunteer who will share their experiences and understanding over the phone. We also have some volunteers who you can contact by email.

Contact your local centre to find out more about any of our events. We're arranging more all the time, so please phone for the latest dates and information.

Scotland and Northern Ireland

Telephone **0845 077 1892**

Email sco@breastcancercare.org.uk

Wales, South West and Central England

Telephone **0845 077 1894**

Email cym@breastcancercare.org.uk

www.breastcancercare.org.uk/services

Free Helpline **0808 800 6000**

Text Relay **18001**

East Midlands and the North of England

Telephone **0845 077 1893**

Email nrc@breastcancercare.org.uk

London and the South East of England

Telephone **0845 077 1895**

Email src@breastcancercare.org.uk

Diagnosis and treatment

If you've had a diagnosis of breast cancer, we can help provide accurate information and emotional support. Look out for our leaflet with details of all our services to help while you're considering treatment options, dealing with side effects or coping with changes to your appearance.



HeadStrong

We can help you prepare for the possibility of losing your hair due to cancer treatment. At a free private appointment, our trained volunteer will show you how to make the most of scarves, hats and other headwear as an alternative to wigs. We'll also talk you through how to look after your hair and scalp.

East Midlands and the North of England

Bradford, Chester, Chesterfield, Clatterbridge, Doncaster, Halifax, Huddersfield, Leicester, Liverpool, Mexborough, Middlesbrough, Newcastle, Preston, Salford, Stockport, Worksop

Scotland

Airdrie, Blantyre, East Kilbride, Edinburgh, Glasgow, Kilmarnock, Livingston, Wishaw

Wales, South West and Central England

Bangor, Cardiff, Rhyl, Wrexham

London and South East England

Birmingham, Bournemouth, London, Peterborough, Southend, Wolverhampton



Moving Forward

We understand your need for support doesn't end when treatment finishes. Our Moving Forward services and information help you approach life after treatment for breast cancer with confidence. Look out for our Moving Forward leaflet with details of all our services for people living with and beyond breast cancer.



Lingerie Evenings

For more confidence when choosing a bra after surgery, join other women who have had breast cancer at one of our Lingerie Evenings.

Ayr 3 October
Barnsley 28 October
Bluewater 10 October
Cardiff 24 October
East Kilbride 17 October
Edinburgh 8 October
Glasgow 3 October and 24 October
Hamilton 31 October
Liverpool 15 October
Llandudno 16 October
London 24 October and 13 November
Solihul 17 October

Best Foot Forward

Our new local walking groups are for people of all fitness levels who have had a diagnosis of breast cancer.

We have walks in: **Barnsley**, **Calderdale** and **Manchester**.

Call our East Midlands and the North of England centre for details on 0845 077 1893.



Live Chat

Join our online session for anyone with a diagnosis of breast cancer and talk with others in a private area of our website. Live Chat is easy to use – just type in your comment or question and everyone can see it and respond. Check our website for full instructions. Thursdays 8.30–9.30pm. Visit www.breastcancercare.org.uk/livechat

Information Sessions and Short Courses

These free sessions cover a range of topics to help you move forward after treatment. They're open to anyone affected by breast cancer, including friends and family. Come along to an individual session or attend a Moving Forward or Passport to breast cancer rehabilitation course.

Barnet
Relationships and communication
 8 November

Barnsley
Moving Forward course
 11–25 October and 6–20 December

Basingstoke
Moving Forward course
 9–30 October

Bournemouth
Moving Forward course
 28 October–18 November

Bridgend
Passport to breast cancer rehabilitation
 4–25 October

Doncaster
Moving Forward course
 11–25 October

Dunfermline
Moving Forward course
 25 October–15 November

East Kilbride
Breast reconstruction
 4 December

Edinburgh
Lymphoedema
 16 October
Moving Forward course
 6–28 November

Glasgow
Relationships and communication
 24 October
Moving Forward course
 7–28 November

Hamilton
Moving Forward course
 6–28 November

Holywell
Moving Forward course
 31 October–21 November

Huddersfield
Moving Forward course
 6–27 November

Liverpool
Lymphoedema and exercise
 29 October
Cancer-related fatigue
 29 October
Breast reconstruction
 3 December

Llandudno
Breast reconstruction
 30 October

London
Cancer-related fatigue
 10 October
Moving Forward course
 19 November–10 December
Signs and symptoms of a possible recurrence
 5 December

Manchester
Breast reconstruction
 31 October

Middlesbrough
Breast reconstruction
 24 October

Newport
Passport to breast cancer rehabilitation
 5–26 November

Newton Aycliffe
Signs and symptoms
 14 November

Oxford
Moving Forward course
 22 October–12 November

Salford
Moving Forward course
 26 November–17 December

Solihull
Signs and symptoms of a possible recurrence
 22 November

Sutton Coldfield
Moving Forward course
 18 November–9 December

Welwyn Garden City
Physical activity after treatment
 15 October

Younger women with breast cancer

We understand the different issues you may face, the importance of information specific to your needs and how much meeting others in a similar situation can help. Look out for our leaflet with details of all our services for younger women with breast cancer.



Younger Women's Forums

This two-day event provides support and information for women aged up to 45 who have been diagnosed with breast cancer in the last three years. Sessions relate specifically to the needs of younger women, recognising issues that are important to you.

Edinburgh 7 and 8 March 2014

London 22 and 23 November 2013

Manchester 24 and 25 January 2014

Call 0845 077 1893 or email youngerwomen@breastcancercare.org.uk

Discussion Forum

Exchange tips, ask questions and talk through concerns on our online Discussion Forum. There's no topic too big or small to be discussed and with a dedicated area for younger women with breast cancer, it's easy to find the information you're looking for. Visit www.breastcancercare.org.uk/forum

Living with secondary breast cancer

It's not always easy to find information specific to secondary breast cancer, or to meet others in a similar situation. Yet both are important to guide you through what can feel like an overwhelming and isolating diagnosis. Look out for our leaflet with details of all our services for people living with secondary breast cancer.



Living with Secondary Breast Cancer

Come along to our free meet-ups for a chance to chat and share experiences with others who've had a diagnosis of secondary breast cancer. You'll be able to talk openly with people who understand what it means to live with secondary breast cancer. It's also a unique opportunity to increase your knowledge as we run longer sessions with guest expert speakers every other month. Topics include pain management, fatigue, benefits, and an 'Ask the nurse' session with a clinical nurse specialist.

Birmingham first Monday of each month
Bristol second Wednesday of each month
Cardiff third Thursday of each month
Edinburgh first Monday of each month
Glasgow third Wednesday of each month
Leeds first Friday of each month
Liverpool fourth Tuesday of each month
Llandudno first Thursday of each month
London fourth Thursday of each month
Manchester third Wednesday of each month
Motherwell fourth Wednesday of each month
Sheffield first Thursday of each month

Call 0845 077 1893 or email secondaryservices@breastcancercare.org.uk



Discussion Forum

Exchange tips online, ask questions and talk through your concerns on our dedicated forum for secondary breast cancer. www.breastcancercare.org.uk/forum



Live Chat

Join our online session for anyone with secondary breast cancer and talk with others in a private area of our website. Live Chat is easy to use – just type in your comment or question and everyone can see it and respond. Check our website for full instructions. Tuesdays 8.30–9.30pm www.breastcancercare.org.uk/livechat