

**WHATEVER  
BREAST CANCER  
BRINGS,  
WE'RE HERE**



**Our free primary  
breast cancer  
support services**

**BREAST  
CANCER  
NOW** The research &  
support charity

**We're here**

**Whoever you are, and whatever your experience of breast cancer, our free services are here for you.**

Whether you're worried about breast cancer, dealing with your diagnosis or trying to live your life with or beyond treatment – or if someone you love is. If you're affected by breast cancer, you can turn to us.

Our services are available in person, online, on the phone or in print – meaning you can get the support you need in the way you want. Because whatever breast cancer brings, we're here.

## INFORMATION AND SUPPORT

### Contact our nurses

Breast cancer and breast health can be hard to make sense of. Whether you're going through treatment, worried about signs and symptoms or supporting someone you love. If you've got a question, our nurses are here to help.

They're here to listen on our free and confidential helpline and Ask Our Nurses email. No question is too big or too small, and you can be confident you're getting information you can trust.

#### 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@breastcancernow.org](mailto:nurse@breastcancernow.org)

### Someone Like Me

You never have to face breast cancer alone. With Someone Like Me, you can find somebody who understands what you're going through.

We'll match you with a trained volunteer who's had a similar experience to you. They'll be a phone call or email away to answer your questions, offer support or simply listen to whatever you need to talk about. Because there's nothing like finding someone who really understands.

#### Find out more:

 **0345 077 1893**

 [someonelikeme@breastcancernow.org](mailto:someonelikeme@breastcancernow.org)

 [breastcancernow.org/support](http://breastcancernow.org/support)

### Becca, the breast cancer support app

Becca, the breast cancer support app, is your pocket companion to primary breast cancer.

Experiencing side effects, wondering how to live a healthier lifestyle, or finding it difficult to adapt to a "new normal"? Our free mobile app is here with trustworthy information for anyone living with or beyond primary breast cancer. And it has real-life stories from people who've been there too.

Download from  
the App Store  
or Google Play.

# GROUP SUPPORT SERVICES

## Forum

Through our online forum, we're here with you every day. Whatever you're going through.

Thousands of people affected by breast cancer use our forum. And they're always ready to share, listen and support each other. Day or night. So you can talk about what's on your mind in a safe, confidential space with people who understand.



Join us at  
[forum.breastcancernow.org](http://forum.breastcancernow.org)

## Moving Forward

You don't always feel "back to normal" when you finish hospital treatment for primary breast cancer. Coping with the shock of your diagnosis, treatment and side effects, as well as worries about your cancer coming back, can make it hard to readjust to everyday life.

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

The course takes place over 2 half days on consecutive weeks, either face-to-face course or online.



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

## Younger Women Together

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

If you're aged 20 to 45, Younger Women Together is for you. You'll have the chance to meet other women your age who understand the challenges you're facing. And you'll get tailored information and talks on topics like relationships, exercise and fertility.

Our events happen over 1 day at cities across the UK. Or you can sign up to take part online, with 4 group sessions over 4 weeks. And keep an eye out for our monthly live speaker sessions that you can join online wherever you are.

To find out more or to book a place,  
contact our services support team



0345 077 1893



[services@breastcancernow.org](mailto:services@breastcancernow.org)



[breastcancernow.org/services](http://breastcancernow.org/services)

We're Breast Cancer  
Now, the research  
and support charity.  
However you're  
experiencing breast  
cancer, we're here.

Our vision is that  
by 2050, everyone  
diagnosed with breast  
cancer will live, and be  
supported to live well.

For support and information:  
**0345 077 1893**  
**breastcancernow.org**

Fifth Floor,  
Ibex House,  
42–47 Minories,  
London EC3N 1DY

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

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