Health and wellbeing

Prosthesis fitting
Our breast prosthesis fitting service is for women who need practical advice and help after breast surgery. Skilled and experienced fitters also give advice and information on bra fitting, swimwear, accessories and where to buy what you need. We offer prosthesis fitting in London, Glasgow and Edinburgh.
Telephone
• 020 7384 4605 for an appointment in London
• 0141 221 2244 for an appointment in Glasgow or Edinburgh.

Healthy living days
These days give women the opportunity to meet other local women and offer workshops looking at different aspects of keeping well and healthy. For more information, contact your nearest regional centre.

‘Living with breast cancer’ courses
This eight-session programme addresses the practical and emotional aspects of living with breast cancer. The course aims to empower women, enable them to share their experiences and support each other. For more information, contact your nearest regional centre.

CENTRAL OFFICE
Breast Cancer Care
Klin House 210 New Kings Road
London SW6 4NZ (registered office)
Telephone 020 7384 2984 (administration)
Fax 020 7384 3387
Email info@breastcancercare.org.uk

REGIONAL CENTRES
BREAST CANCER CARE SCOTLAND
Breast Cancer Care
46 Gordon Street
Glasgow G1 3PU
Telephone 0141 221 2244
Fax 0141 221 9499
Email sco@breastcancercare.org.uk

BREAST CANCER CARE NORTH
Breast Cancer Care
19 Paradise Square
Sheffield S1 1JG
Telephone 0114 276 0296
Fax 0114 276 0293
Email nrc@breastcancercare.org.uk

BREAST CANCER CARE SOUTH
Breast Cancer Care
Klin House
210 New Kings Road
London SW6 4NZ
Telephone 020 7384 4603
Fax 020 7384 3387
Email src@breastcancercare.org.uk

Breast Cancer Care relies on donations from the public to provide its services free to clients.

If you would like to make a donation, please send your cheque to:
Breast Cancer Care,
Freepost Lon 644,
London SW6 4BR.

Or donate online via our secure site at:
https://www.breastcancercare.org.uk/secure.
Breast Cancer Care is the leading provider of breast cancer information and support across the UK. We are committed to providing accessible, high-quality services for everyone affected by breast cancer. All our services are free and include a helpline, website, publications, and practical and emotional support.

Someone to talk to

Helpline
0808 800 6000 (textphone 0808 800 6001)
- up-to-date medical information
- emotional support and practical help
- confidence to make your own choices
- details about local self-help groups and other organisations

A diagnosis of breast cancer may leave you feeling frightened and isolated, and with many unanswered questions. Or you may have general questions about your breast health. The helpline is a free, confidential telephone service offering information and support. Calls are answered by specialist nurses and trained volunteers. Many of our volunteers have had personal experience of breast cancer. Our interpreting service means that calls can be answered in any language.

Someone who's been there

Many people who have breast cancer find it helps to talk to someone who has faced a similar diagnosis. All our volunteers have personal experience of breast cancer and are trained to offer emotional support and practical advice, face to face or by telephone. They come from a variety of age groups, cultures and backgrounds. We do our best to put you in touch with someone who lives near you and has been through a similar experience.

Telephone support groups

We run telephone support groups for younger women and women living with secondary breast cancer. Linked together in their own homes, participants can express their feelings and discuss the practical and emotional impact of living with breast cancer. The groups 'meet' once a week for eight weeks, supported by professional facilitators.

Gathering information

- We have a wide range of booklets and factsheets to help and guide you at every stage from diagnosis to living well after treatment.
- Our quarterly newsletter includes articles on current breast cancer issues, information about other breast cancer services, reviews and letters.
- Visit our website at www.breastcancercare.org.uk to find out more about breast cancer, to join in on-line discussion forums, to order publications or simply to learn more about Breast Cancer Care.

You can ask to be put in touch with a volunteer by calling the helpline on 0808 800 6000 (textphone 0808 800 6001) or contacting your nearest regional centre.

To find out more, call the helpline on 0808 800 6000.