WRITTEN INFORMATION

Breast Cancer Care’s wide range of booklets and factsheets are free to everyone. Some cover issues that are of particular concern for younger women, including:

- coping with menopausal symptoms
- ovarian ablution
- Zoladex
- fertility
- a diagnosis during pregnancy
- childcare
- talking with your children about breast cancer.

ACCESSING OUR SERVICES

If you are a younger woman with breast cancer and you have any concerns, do get in touch by calling our free helpline on 0808 800 6000 (textphone 0808 800 6001). Call the same number to find out more about being put in contact with a volunteer or about joining a telephone support group.

CENTRAL OFFICE

Breast Cancer Care
Kils 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
Telephone 0141 221 2244
Email sco@breastcancercare.org.uk

Breast Cancer Care North
Telephone 0114 276 0296
Email nrc@breastcancercare.org.uk

Breast Cancer Care South
Telephone 020 7384 4605
Email src@breastcancercare.org.uk

For all breast cancer or breast health concerns, call our free, national helpline on 0800 800 6000 (textphone 0808 800 6001) or visit www.breastcancercare.org.uk.

Breast Cancer Care is committed to equal opportunities and access for all.

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Design: Sue Macdonald

LAVENDER TRUST

The Lavender Trust raises money specifically to fund Breast Cancer Care’s services for younger women.

If you would like to make a donation please send a cheque payable to ‘Lavender Trust’ to The Lavender Trust, Freeport Lon 644, London SW6 4RR. Or donate online via our secure site at https://www.breastcancercare.org.uk/secure.

If you would like a fundraising pack please call 020 7387 4617 or email ltf@breastcancercare.org.uk.

Finding out that you have breast cancer can come as a huge shock at any time of your life. If you have not yet reached the menopause, it can be even more unexpected because breast cancer is less common in younger women. This can be a very isolating experience. You may feel different from both older women with breast cancer and from your friends and other women your own age. This is why Breast Cancer Care provides services specifically for younger women with breast cancer throughout the UK. These include:

* trained younger women volunteers with personal experience of breast cancer to offer one-to-one support
* telephone support groups for younger women
* a specialist younger women's breast care nurse
* a helpline open on Saturdays as well as weekdays
* an Internet chat room
* accurate and up-to-date written information.

**YOUNGER WOMEN VOLUNTEERS**

Many younger women with breast cancer find it helpful to talk to a woman of their own age who has also faced a breast cancer diagnosis. All our volunteers are at least two years on from their experience and are specially selected and trained to listen and offer support.

If you are at least 18 months on from your diagnosis and would like more details about volunteering, please contact your nearest Breast Cancer Care regional centre listed on the back of this leaflet.

**TELEPHONE SUPPORT GROUPS**

Breast Cancer Care's telephone support groups are a unique free service. They enable eight women in their 20s and 30s from anywhere in the UK to ‘meet’ together each week by telephone from their own homes. A counsellor or psychotherapist and a specialist nurse act as facilitators to enable group members to explore the issues that matter most. Each group lasts for one hour and runs for eight weeks. Group places are available throughout the year.

**SPECIALIST YOUNGER WOMEN’S BREAST CARE NURSE**

This specialist nurse focuses on the support and information needs of younger women with breast cancer and promotes awareness of these needs throughout the UK.

**HELPLINE**

The helpline is a free, confidential telephone service offering information and support. Calls are answered by specially trained nurses, or volunteers who have had personal experience of breast cancer. Our helpline is open Monday to Friday from 10am-5pm. To make it easier for younger women who may have work or childcare commitments during the week the helpline also opens from 10am-2pm on Saturdays.

**INTERNET CHAT ROOM**

Many women are finding out about and accessing our services through the Internet. Our website includes a chat room where women can share their experiences of breast cancer, and includes a dedicated forum for younger women with breast cancer.