**Breast Cancer Now: Overview of Scope and Support**

Breast Cancer Now is a charity committed to improve the lives for those affected by breast cancer. It has a research arm with over 80 projects across UK and Ireland. It also provides a range of services and support for all people affected by breast cancer.

More information can be found via the [website](https://breastcancernow.org/about-us)

**Overview of Services and Support**

****Breast Cancer Now provides free support to those with breast cancer. Their services include:

* Support for those with primary breast cancer
* Support for those with secondary breast cancer
* Health information
* Access to advice from specially trained breast cancer nurses:
	+ Free helpline
	+ Online confidential messaging
	+ Online forum

**For those with Primary breast cancer**

**Someone Like Me**

Breast Cancer Now will match patients up with a volunteer who has had a similar experience. It is about not facing breast cancer alone and having someone to speak to and who can offer support (via telephone or email). Click [here](https://breastcancernow.org/support-for-you/someone-like-me) for more information.

**Younger Women Together**

For women aged 18-45: tailored support and chance to meet women of a similar age. Click [here](https://breastcancernow.org/support-for-you/younger-women-together) for more information.

**Speakers Live**

Online information webinars on a number of topics relevant to breast cancer. Click [here](https://breastcancernow.org/support-for-you/speakers-live) for more information.

**Moving Forward Course**

This course provides the tools to adjust to life beyond primary breast cancer treatment. It is for women who have completed their active treatment (chemo/radiotherapy) - i.e. those we see at a similar time to the 12-month Cancer Care Review. Click [here](https://breastcancernow.org/support-for-you/moving-forward) for more information.

The course is described for patients as follows:

*“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.”*

It runs over two weeks and involves:

* 2 x half day sessions (in person or online) one week apart exploring concerns, providing support signposting and helping to get active. The second half day includes a session by a local breast cancer nurse who can answer some of the clinical concerns.
* Access to lots of resources for support, education, lifestyle advice, etc. These are available to patients throughout and after the two-week course.

The course runs in different localities. The nearest for Calderdale patients is in Elland. It covers a wide range of topics, covering the bespoke needs of the group.

The Moving Forward course is free. Anyone who may struggle with transport costs can apply for an access grant.

**How to refer to Moving Forward**

There are two ways people can enrol onto the course:

→ They can self-refer by following the online links on the website

→ They can be referred by healthcare staff using the [Moving Forward patient referral](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbreastcancernow.org%2Fsupport-for-you%2Fmoving-forward-patient-referral-form&data=05%7C02%7Ceilidh.gunson2%40nhs.net%7C0d04cef0ffc74816983008dd71e3db47%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638791945668161682%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=Gs3GXbKds%2Fxvp8YbzLKGrVLMDRS79kYaqoudsj0CNRM%3D&reserved=0) form

(only complete with patient’s knowledge and consent).

**For those with secondary breast cancer**

**Living with secondary breast cancer**

Provides an opportunity to talk, listen and learn with people who understand the challenges of secondary breast cancer. Click [here](https://breastcancernow.org/support-for-you/living-with-secondary-breast-cancer) for more information.

**Younger women with secondaries together**

Offers a similar opportunity for support with a particular emphasis towards the younger (18-45) age range. Click [here](https://breastcancernow.org/support-for-you/younger-women-with-secondaries-together) for more information.

**Ask Our Nurses**

Breast Cancer Now offers free and confidential advice from specially trained breast care nurses. There are different options for patients.

[Free helpline](https://breastcancernow.org/support-for-you/call-our-helpline)

0808 800 6000

Monday to Friday 9am-4pm and Saturday 9am-1pm

Interpreting service is available in a good range of languages.

[Online messaging](https://breastcancernow.org/support-for-you/ask-our-nurses/ask-our-nurses-for-information-and-support)

An online safe space for people to contact a specialist nurse for confidential advice and to ask questions.

[Online forum](https://forum.breastcancernow.org/c/ask-our-nurses-your-questions/6?_gl=1*nr9ea8*_gcl_au*MTQyNzg5ODMxLjE3NDM1OTg3MjE.*_ga*MTQ1OTkzMTYwOS4xNzQzNTk4NzE1*_ga_F5D6D6WGJR*MTc0MzYwOTI3Ny4yLjEuMTc0MzYxMTM3My41OC4wLjA.)

For people to ask questions and support each other (specialist nurses oversee and contribute to the chat)

**Leaflets**

Breast Cancer Now provides a number of leaflets. Up to 200 copies of these can be ordered (free of charge) via the website, or they can be downloaded. Click on the links below to access the leaflets.

* [Support for you: Primary breast cancer](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbreastcancernow.org%2Fdownload-and-order-publications%2Fsupport-for-you-primary-breast-cancer-bcn400&data=05%7C02%7Ceilidh.gunson2%40nhs.net%7C0d04cef0ffc74816983008dd71e3db47%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638791945668189731%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=uqKrsiA6KYvR9hzpd3w6qsegUC1D6cI3igEHWzAaD0s%3D&reserved=0)
* [Support for you: Secondary breast cancer](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbreastcancernow.org%2Fdownload-and-order-publications%2Fsupport-for-you-secondary-breast-cancer-bcn401&data=05%7C02%7Ceilidh.gunson2%40nhs.net%7C0d04cef0ffc74816983008dd71e3db47%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638791945668212902%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=7kCHRui0yPdZWI28eTmfZNAjdljS4M7oeanClJ67nLk%3D&reserved=0)
* [Moving Forward Information](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbreastcancernow.org%2Fdownload-and-order-publications%2Fmoving-forward-information-leaflet-bcn408%2F&data=05%7C02%7Ceilidh.gunson2%40nhs.net%7C0d04cef0ffc74816983008dd71e3db47%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638791945668124827%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=LhzKqvn6g2sxBLLCXhjXo%2FuERHAZ02pdWyeDWN5QbPE%3D&reserved=0)