

BREAST
CANCER
NOW

The research &
support charity



MOVING FORWARD

Giving you the tools to help you
adjust to life beyond primary
breast cancer treatment.

You don't always feel "back to normal" when you finish hospital treatment for primary breast cancer. Coping with the shock of a diagnosis, treatment and side effects, and worries about recurrence can be hard.

That's why Moving Forward™ is here. The course takes place over 2 half-days on consecutive weeks. 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. Ready to move forward with your life.

We keep groups small, up to 15 people. Each course has an expert facilitator, trained volunteers and a Q&A session with one of our healthcare professionals. You'll also be supported by our journal and online information hub. So you can find the answers to the questions that are important to you.

You can join Moving Forward at a face-to-face course or online.



"It was such a great experience to chat to similar people, ask questions and know you're not alone. It really brought out a lot of emotion and feelings I'd probably been holding in through treatment. It made me feel comfortable and confident about life post-breast cancer and generally getting used to normal life again."

Jo, Moving Forward attendee

Week 1: Looking back to move forward

Your chance to share anything you're worried about and explore what you need to start moving forward.

Week 2: What's important to you?

Q&A with a healthcare professional. And identify the tools and resources that are most useful for you and your life after primary breast cancer.

Information hub and journal

You can access our online information hub for expert information on a huge range of topics, like:

- Adjusting to life after a breast cancer diagnosis
- Lifestyle information about diet and activity
- Breast awareness
- Sex and intimacy

You'll also get a copy of our Moving Forward journal – yours to make notes in and explore different tools and resources.

Worried about the cost of travel?

Our services are free to use but we know that getting there might cost you money. Contact us about our access fund to find out how we can help with the cost of travel if you need it. Email us at accessfund@breastcancernow.org or call **0345 077 1893** to speak to someone.

**FIND A COURSE NEAR YOU OR REGISTER
FOR AN ONLINE COURSE TODAY**



breastcancernow.org/movingforward



0345 077 1893



movingforward@breastcancernow.org





We're Breast Cancer Now, the research and support charity. We're the place to turn to for anything and everything to do with breast cancer.

Worried about breast cancer, or got a question about breast health? Our nurses are here. Just call our free Helpline on **0808 800 6000**

Whatever you're going through. Whoever you are. We're here.