

Further help and support for breast cancer patients

Information provided by the Breast Care Team

Although there is lots of information available about breast cancer, particularly on the internet, it can be misleading or confusing. A good place to start is a reliable website such as Breast Cancer Now or Macmillan.

Breast Cancer Now

Telephone: 0808 800 6000

Web: breastcancernow.org

Breast Cancer Now is a charity that is steered by world-class research and powered by life-changing care. They are here for anyone affected by breast cancer, the whole way through, providing support for today and hope for the future. Their website has forums and information, booklets to order or download, information in video or audio formats and other languages. They also provide the following:

- Helpline support
- Support from their Someone Like Me service and Partners service
- Organise and facilitate the Moving Forward Course
- Organise and facilitate a wide range of support, fundraising, and volunteer events
- BECCA App for information and support ideas

Local Breast Cancer Support Groups

- **Just Ours Breast Cancer Support Group:** Paula Carr Centre, William Harvey Hospital, Ashford. 2nd Wednesday of every month at 7pm. Contact Fiona or Louise: 01227 86 86 66.
- **Breast Friends Breast Cancer Support Group:** Cathedral Day Unit, Kent and Canterbury Hospital. 2nd Tuesday of every month at 7pm. Contact Nessy or Suzannah: 01227 86 86 66.
- **Thanet Bosom Pals:** Queens Road Baptist Church, Broadstairs CT10 1NU. 1st Thursday of every month at 7.30pm. Contact Sheila: 07792 25 26 75.
- **Breast Cancer Girls of Deal Support Group:** contact Chantele Louise Rashbrook on Facebook.



Macmillan Cancer Support

Helpline: 0808 808 0000 (7 days a week, 8am to 8pm)

Web: macmillan.org.uk

Macmillan Cancer Support offer emotional, physical, and financial support from the moment you are diagnosed, through your treatment and beyond. Macmillan offer information about all types of cancer, including diagnosis, treatments and drugs, as well as advice to help with the different ways cancer may impact your life.

- Online chat (7 days a week, 8am to 8pm)
- Email for advice and support (they aim to respond within two working days)
- Online Community/Forums
- Information/booklets to order or download
- Information in video and audio formats which are also available in other languages
- Where to find information and support groups in your area
- Details on fundraising events and campaigns
- Details of how you can be part of the Macmillan team.

Other organisations for information and support

BRCA Kent

Web: brcakent.org.uk

Email: info@brcakent.org.uk

A group that was set up by volunteers when it became apparent there was a need to support women in Kent with a BRCA mutation, on a regular and consistent basis. They offer information, support, and friendship in a very relaxed, safe, and welcoming environment for women with an inherited BRCA 1/2 gene mutation.

Cancer Research UK

Telephone: 0808 800 40 40

Web: cancerresearchuk.org/about-cancer

- General cancer information
- Coping with cancer
- Research and clinical trials
- Causes of cancer
- Advice for family and friends.

Cancer Black Care

Telephone: 0208 96 14 151 (Telephone information and support with face to face support available in London).

Web: cancerblackcare.org.uk

A national charity who aim to address the cultural and emotional needs of people affected by cancer, as well as their family, friends, and carers. While respecting an individual's dignity, beliefs, and culture, they encourage discussions which help to reach important decisions affecting a patient and their families.

Cancer Café Support Group, Macmillan

Telephone: 01233 66 55 35

Email: contact@ashfordvc.org.uk

Held on the 1st Friday morning of every month, Ashford.

Cancer Care Club

Telephone: Malcolm Hodgson 07760 30 11 16

Email: hodgson_m5@sky.com

Web: www.cancercareclub.org

A support group at Cathedral Day Unit, Kent and Canterbury Hospital, Canterbury, offering cancer patients, their carers, relatives, and friends an opportunity to meet and socialise with people. Held on the 3rd Thursday of each month, at lunchtime.

Citizen's Advice

Free, confidential information and advice for finances, housing, work, family, and legal issues.

- **Canterbury and District**
Telephone: 01227 45 27 62
Web: citizensadvice.org.uk/local/canterbury-district
- **Shepway**
Telephone: 01303 24 14 35
Web: citizensadviceshepway.org.uk/
- **Dover, Deal, and District**
Telephone: 01304 37 43 33
Web: doverdealadvice.co.uk
- **Thanet**
Telephone: 03444 111 444
Web: thanetcitizensadvice.org

Flat Friends UK

Web: flatfriends.org.uk/

Email: support@flatfriends.org.uk

Dedicated to supporting women who have had single or double mastectomy surgery without breast reconstruction, including those who may face such decisions now or in the future, due to either a breast cancer diagnosis or preventative surgery.

Health Hugs Cancer Support Groups (Ashford and Hythe)

Web: www.healthgiva.org

Email: wellbeing@healthgiva.org

Support groups to help anyone affected by any cancer. Offers cancer information materials and support from health professionals.

Herne Bay Cancer Support Club

Telephone: Graeme Sergeant 07506 59 25 69

A support group for anyone undergoing chemotherapy in Herne Bay. Also offer support for friends and family, practical support and benefit issues. Meets on the 3rd Friday of the month at 10am.

Hythe and District Cancer Support Group

Telephone: Sheila 01303 23 73 78 or Claire 07730 43 54 01

Email: hytheanddistrict.cs@gmail.com

A support group for people affected by cancer in Hythe and surrounding areas. Meets every other Friday for three hours in the afternoon.

KIMS Hospital, Maidstone, Macmillan Cancer Support Group

Telephone: 01622 53 81 50

Email: lesley.boast@kims.org.uk

Meetings are held the first Friday of each month from 10am to 12pm offering support and advice.

Thanet Cancer Support Club

Telephone: Graeme Sergeant 07506 59 25 69

A support group for anyone undergoing chemotherapy in Margate. Offers support for friends and family, practical support and benefit issues. Meets on the 3rd Friday of the month at 10am.

Lymphoedema Service and Support Groups

Kent Community Health Lymphoedema Service

Telephone: 0300 123 31 67

Web: kentcht.nhs.uk/service/lymphoedema-service

Provides advice, treatment, and education for people with lymphoedema across Kent and Medway. To access this service you must be referred by your GP or another healthcare professional.

Lymphoedema Support Group (Thanet and East Kent)

Telephone: 01227 86 11 21

Email: sj.haydon04@gmail.com

A patient led lymphoedema support group, based in Herne Bay, offering friendship, group support and information for people living with lymphoedema.

The Lymphoedema Support Network

Web: lymphoedema.org

A registered charity and the UK's national support organisation for lymphoedema.

Support groups for younger patients and children with parents undergoing cancer treatment

Breast Cancer Now: breast cancer in younger women

Telephone: 0808 800 6000

Web: breastcancernow.org/information-support/facing-breast-cancer/breast-cancer-in-younger-women

Breast Cancer Now: younger women and families forum

Web: forum.breastcancernow.org/t5/Younger-women-and-families/bd-p/4449

Mummy's Star

Web: mummysstar.org

Supporting women and their families where the mother is diagnosed with cancer during pregnancy or within 12 months after giving birth.

Riprap

Web: riprap.org.uk

A support service developed especially for teenagers who have a parent with cancer.

Trekstock Young Adult Cancer Support

Helps to get young adults with cancer in their 20s and 30s moving again physically, socially, and psychologically after cancer has stopped them in their tracks.

Support for older patients and carers

Age UK

Telephone: 0800 05 56 112 or 0800 67 81 602

Web: ageuk.org.uk/services/in-your-area

Befriending service, information and advice, day centre, exercise and physical activity, handy-person services, IT training, and social activities.

Carers' Support East Kent

Telephone: 0300 30 20 061

Email: support@carersek.org.uk

Web: carersek.org.uk/

A charity that provides carers with the information and support they need.

Kent Active Retirement Association

Telephone: 01233 50 13 72 (Ashford); 01227 27 50 35 (Canterbury); 01843 86 71 23 (Thanet)

Web: kentara.weebly.com

Social activities for retired or semi-retired people living in Kent.

Kent Carers Emergency Card (Carers First)

Telephone: 0300 30 31 555

Email: hello@carersfirst.org.uk

Web: carersfirst.org.uk/kent/kent-carers-emergency-card

A free service to help carers create an emergency plan in case of an accident or sudden illness.

Macmillan/Crossroads Care Kent and Medway Volunteer Service

Telephone: 03450 95 67 01 (option 3)

Email: enquiries.macmillan@crossroadskent.org

Web: crossroadskent.org/macmillan-service

Offers someone to talk to in a confidential and companionable way, help with light housework or gardening, help with shopping or getting to healthcare appointments, information and guidance to get help from other support services.

Breast cancer in men

Men diagnosed with breast cancer are treated in exactly the same way as women and experience many of the same side effects or issues with treatment. While a lot of the information applies to men as well, you might find it useful to have specific information for men if you are a male breast cancer patient. Please ask your Breast Care Nurse for this if you do not already have it.

There are also forum pages for men on the Breast Cancer Now website breastcancernow.org/information-support

Feelings and emotions, mental health

Counselling through your GP – contact your GP surgery.

East Kent Hospitals Counsellors for Cancer Patients

A counselling service available through East Kent Hospitals Trust, specifically for cancer patients, at any point in your cancer pathway or afterwards. To be referred, please speak to your Breast Care Team via the Cancer Care Line 01227 86 86 66

East Kent MIND

Telephone: 07950 60 88 27

Email: info@eastkentmind.org.uk

Web: eastkentmind.org.uk

A mental health charity whose aim it is to make sure that anyone with a mental health problem has somewhere to turn to for advice and support.

Find a therapist

Web: bacp.co.uk

A directory of therapists providing counselling in your area, visit bacp.co.uk

Harmony Therapy Trust Counsellors

Telephone: 01795 66 30 50

Email: thtt2010@gmail.com

Web: theharmonytherapytrust.org.uk

Offers six free counselling sessions. Speak to your Breast Care Team to be referred.

Macmillan Cancer Support

Telephone: 0808 808 0000

Web: macmillan.org.uk

Relate

Telephone: 0300 100 12 34

Web: relate.org.uk

Advice, counselling, and therapy for relationships.

Talking Therapy Providers

- **Insight Healthcare East Kent**

Telephone: 0300 55 55 555

Email: insight.kent@nhs.net

Web: insighthealthcare.org/our-services/talking-therapies

- **Live Well Kent**

Telephone: 0800 56 77 699

Email: info@livewellkent.org.uk

Web: livewellkent.org.uk

- **We Are With You** (previously thinkaction)

Web: wearewithyou.org.uk

- **University Medical Centre Psychological Therapies**

Email: ccccg.umcpt@nhs.net

Web: umcpt.co.uk

Appearance, skin, and hair care

Boots Macmillan Beauty Advisors

Beauty advisors available to offer support and free beauty advice to help you feel more like you again. Visit your local Boots store or go to boots.com/health-pharmacy-advice/macmillan/feelmorelikeyou

East Kent Prostheses Clinic

A breast prosthesis is an artificial breast shape that sits inside your bra to replace all or part of your breast. Our prostheses clinic is held on every Monday at Kent and Canterbury Hospital by an experienced breast prostheses fitter. Please contact the Cancer Care Line 01227 868666 to arrange an appointment via your Breast Care Team.

Elegance Lingerie

Telephone: 01303 48 77 60

Email: dawn@elegancelingeriekent.co.uk

Web: elegancelingeriekent.co.uk

A fully qualified bra fitter based in Hythe who specialises in dealing with sensitive cases such as the effects of breast cancer. A wide range of pocketed mastectomy and post-surgery bras and breast prostheses available.

Gardenia

Telephone: 07971 76 16 85

Email: contact@gardeniamastectomy.co.uk

Web: gardeniamastectomy.co.uk

Helping women rediscover their confidence following breast surgery. A bra and mastectomy bra fitter fully trained in the provision of breast prostheses lingerie, post-mastectomy bras, and swimwear. Based in Herne Bay.

Look Good Feel Better

Web: lookgoodfeelbetter.co.uk

A cancer support charity helping boost the physical and emotional wellbeing of people undergoing cancer treatment. Offering free confidence boosting workshops across the UK for women, men, and young adults undergoing treatment for any type of cancer by learning useful skills and techniques to manage the side-effects of cancer treatment.

Keeping Abreast: Breast Cancer Reconstruction Support

Telephone: 01603 81 91 13

Email: info@keepingabreast.org.uk

Web: keepingabreast.org.uk

Support for women who are considering reconstructive surgery. A chance to meet and talk to other women who have been through similar experiences which allows women make an informed choice about whether or not to proceed with breast reconstruction.

Physical activity and diet

NHS free fitness ideas

Web: nhs.uk/live-well/exercise/free-fitness-ideas

Odyssey

Telephone: 0345 36 32 207

Web: odyssey.org.uk/

Using the stimulation of surprise and the outdoors, Odyssey takes people on a five day residential journey aimed at combating the psychological and emotional devastation caused by their illness. Programmes are tailored so everyone can participate to a level with which they are comfortable.

One You Kent

Web: kent.gov.uk/social-care-and-health/health/one-you-kent

Helps you get healthier and feel better, for example through exercise, maintaining a healthy weight, quitting smoking, and drinking less. Further information is available on the web site or ask your Breast Care Team or GP to be referred.

Pink Ribbon Pilates

Telephone: 07342 95 66 78

Web: pinkribbonpilates.info

Free pilates classes in East Kent for women with breast cancer, based in Ashford. Also offer a walking group.

Yoga for cancer

Email: jan2bb@yahoo.com

Free yoga class for those living with cancer. Classes every Tuesday at 3pm in Ashford.

Useful Apps

The following free apps are available through the Google Play Store or the Apple App Store.

- **BECCA: the Breast Cancer Support app**
- **Breast Cancer Kent** is an app developed by consultants and nurses at Maidstone and Tunbridge Wells NHS Trust and funded by Breast Cancer Kent. The East Kent Hospitals aspect of this app is currently being developed, however, it is up and running and available to use for all breast cancer patients across Kent and Medway.
- **Active10** is an app for helping you track and gradually increase your levels of brisk walking over time.
- **Calm** is an app for meditation and sleep.
- **Headspace** is an app for meditation and mindfulness.

**If you have any questions, concerns about your health or
need advice, please contact us via the
Cancer Care Line: 01227 868666**

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This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhufft.nhs.uk/patientinformation