



## Are you looking for a way to move forward?

We understand breast cancer changes everything. If you've had treatment for breast cancer and are looking for support on how to adjust and cope we can help. Join us and meet other people like you on our Moving Forward course.

**Kingston Hospital**  
5-26 June 2017 & 6-27 November 2017

For more information call us on 0345 077 1893 or email [movingforward@breastcancercare.org.uk](mailto:movingforward@breastcancercare.org.uk)

breast  
cancer  
care

Kingston Hospital   
NHS Trust

The breast cancer support charity  
Call free on 0808 800 6000 or visit [breastcancercare.org.uk](http://breastcancercare.org.uk)

Registered charity: England and Wales 1017658, Scotland SC038104.

I am happy for my details to be passed on to Breast Cancer Care. Please note this does not automatically guarantee you a place on the next course. We will contact you and invite you to the next available dates.

Name: ..... Contact No. ....

Address:  
.....

Email Address: .....

Expected date for end of treatment.....

Signed ..... Date .....

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When you have breast cancer, everything changes. At Breast Cancer Care, we understand the emotions, challenges and decisions you face every day. That's why we offer vital support and information and campaign for better care.

Whether you want to speak to our nurses or trained staff, read reliable information or connect with someone who's faced what you are facing now, we'll help you feel more in control.

For breast cancer care, support and information, call free on 0800 800 6000 or visit [breastcancercare.org.uk](http://breastcancercare.org.uk)

**breast  
cancer  
Care**

In partnership with

Kingston Hospital  
NHS Trust



## Looking for a way to move forward?

**breast  
cancer  
Care**

A course to help you adjust to life after treatment for breast cancer



The breast cancer  
support charity

We understand breast cancer changes everything. If you've had treatment for breast cancer and are looking for support on how to adjust and cope, we can help. Join us and meet other people like you on our Moving Forward course.

People often tell us that although finishing hospital based treatment is a relief, they feel anxious about what's ahead. We understand your need for support doesn't end when treatment finishes, and you may need some time to come to terms with all the changes that have taken place.

So we're working with the NHS to provide a Moving Forward course – a programme of information sessions to help you adjust and adapt after a diagnosis.

The course is designed to help increase your knowledge, confidence and overall wellbeing. It provides information, support and professional guidance on a range of topics to help you know how to cope with changes, manage uncertainties and establish a 'new normal'. Expert speakers are happy to answer questions, and each course is attended by up to 16 people so it's also a chance to get to know others in a similar situation.

The course is designed for people that are approaching the end of their hospital based treatment for primary breast cancer, or those who have recently completed treatment. Please get in touch if you'd like to attend the course but aren't at this stage of treatment.

#### Course dates

The Moving Forward course takes place at Kingston Hospital and runs for half a day each week over four weeks. You'll need to be available for, and commit to attending, all four weeks of the course.

**5, 12, 19, 26 June 2017**

**6, 13, 20, 27 November 2017**

To find out more contact your breast care nurse or Breast Cancer Care on 0345 077 1893 or email [movingforward@breastcancer.org.uk](mailto:movingforward@breastcancer.org.uk)

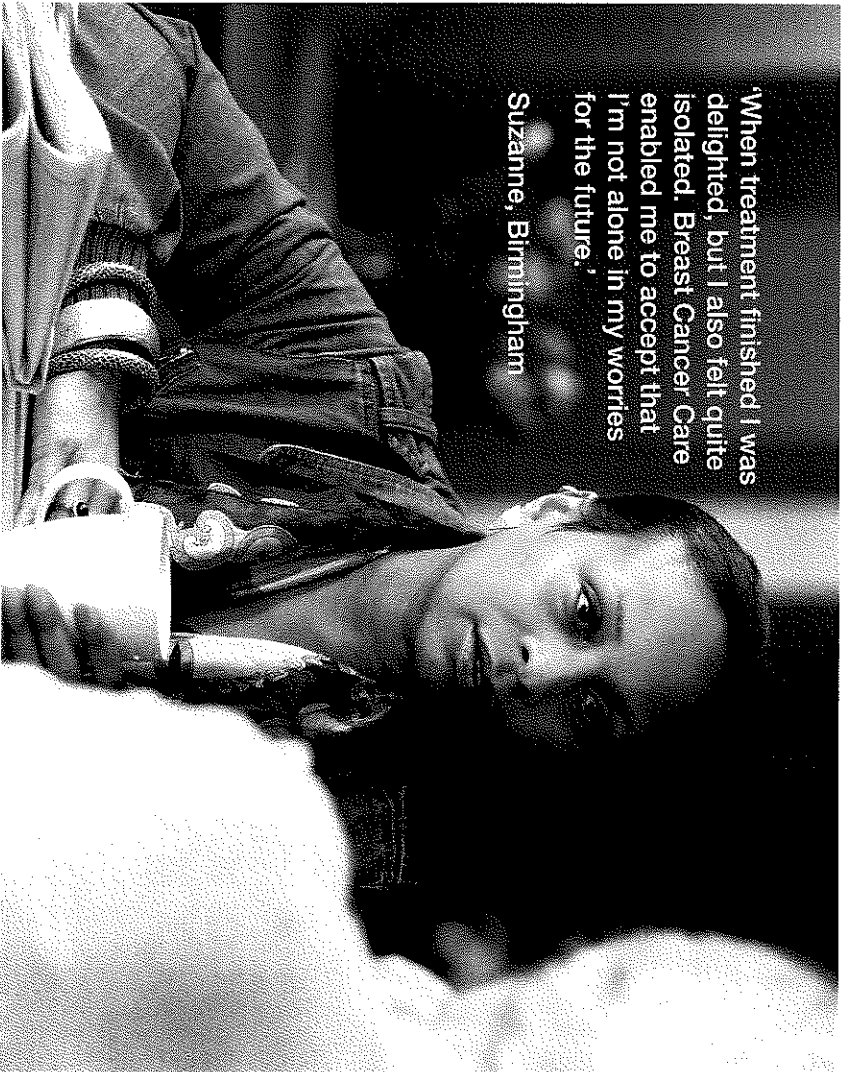
#### Topics the course may include:

- Introduction to Moving Forward
- Lymphoedema – reducing the risks and management
- Menopausal symptoms
- Activity and energy
- Cancer related fatigue
- Eating for health – dispelling the myths
- Breast and body awareness
- Relationships and communication
- Adjusting and adapting
- Complementary therapies.

#### Attending the course

Care and integrity are central to our work. We ask everyone taking part in the course to show each other consideration, respect and understanding, and respect the confidentiality of the group.

We also ask you to commit to the whole course and attend each session. Please tell us as soon as possible if you have any medical appointments during the course, or if you're no longer able to attend the course so we can offer the place to someone else.



'When treatment finished I was delighted, but I also felt quite isolated. Breast Cancer Care enabled me to accept that I'm not alone in my worries for the future.'

Suzanne, Birmingham