

Moving forward: Living well with and beyond breast cancer

Natasha Johnston &
Claire Douglass



Breast Cancer Care

Breast Cancer Care is the only UK support charity helping the thousands of people facing breast cancer every day.



Our specialist nurses, local services and emotional support network means there's always someone to turn to.

Moving Forward Programmes

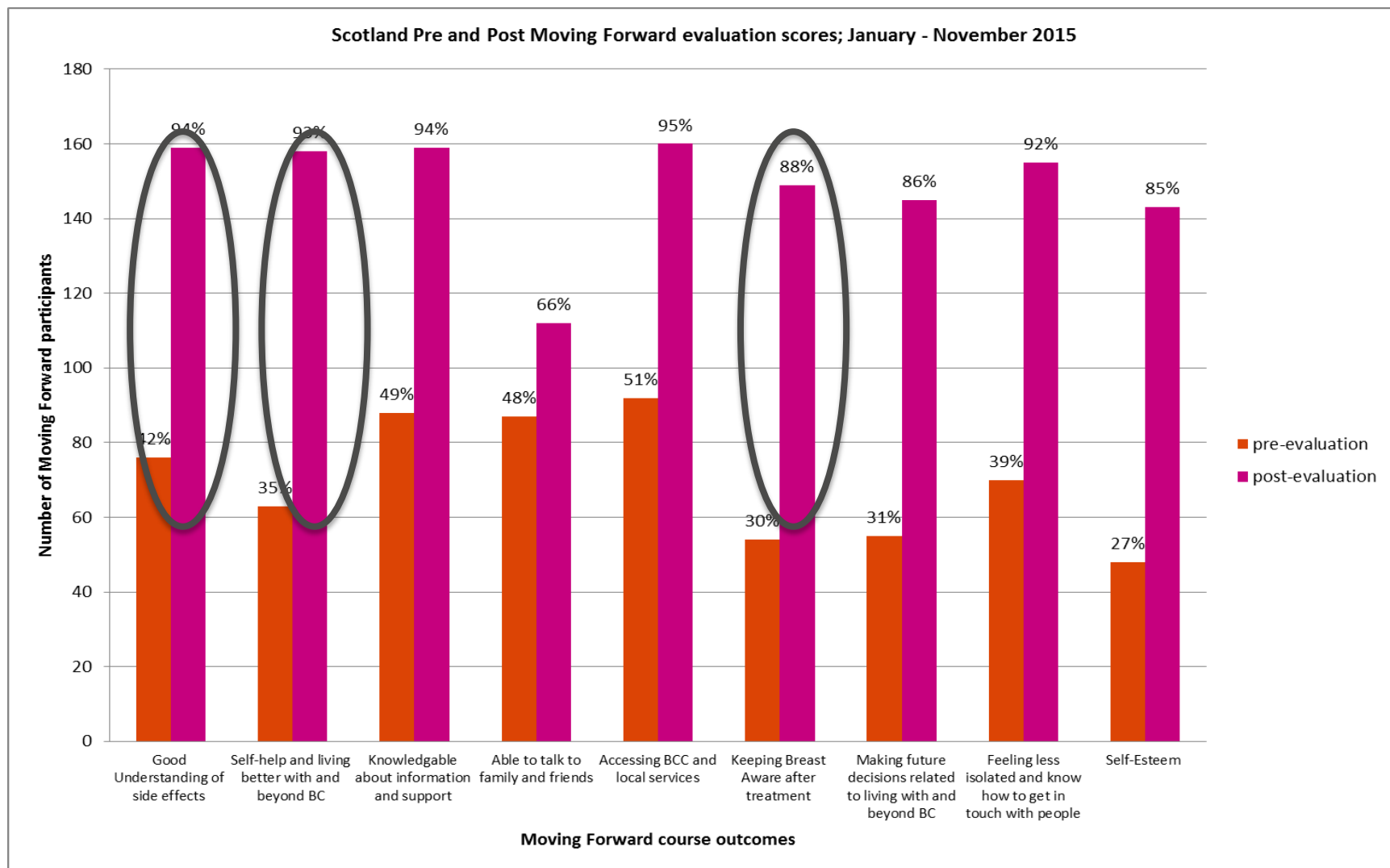
Four week programme run in partnership with the NHS.

Objective is to support patients to transition from regular contact with a healthcare team to self-management post-treatment.

The goals are to:

- **Empower patients** to manage ongoing side effects (both emotional and physical) by providing information and support on topics of interest and benefit to breast cancer patients
- **Improve patient wellbeing** by increasing awareness of the benefits of a healthy lifestyle
- **Bring people with breast cancer together**, reduce feelings of isolation and gain mutual support from others in a similar situation

Scottish participant outcome scores before and after the programme



How to find out more

Visit website www.breastcancercare.org.uk

Call helpline: 0808 800 6000

Call Scotland centre: 0141 353 8330

Email us: sco@breastcancercare.org.uk