

**Macmillan Cancer Information and Support Centre at
Wexham Park Hospital - Tel: 0300 615 4886**

E-mail: fhft.macmillan.information@nhs.net

Macmillan Cancer Navigators at

Frimley Park Hospital - Tel: 0300 613 3535

E-mail: fhft.macmillan.cancernavigators@nhs.net

A drop-in centre at Wexham Park Hospital providing a wide range of free information to help people with cancer, their friends, families, and carers. We offer cancer patients general support, practical advice and referrals to wellbeing and benefit services.

(Due to COVID-19 services may change - please check with providers directly for latest information)

Breast Cancer Support Information Sheet

Agency	Contact Details
Macmillan Cancer Support Offering free confidential advice, support, and information with access to appropriate up-to-date resources and online communities.	Tel: 0808 808 0000 www.macmillan.org.uk
Bucks/Berks/Middlesex	
Berkshire Breast Cancer Support Group For anyone in Berkshire who has or has had breast cancer	www.facebook.com/groups/BerkshireBreastCancerSupportGroup Private Facebook group
Newbury Breast Cancer Support Group Provide support and information to help with the process of "moving on".	Tel: 07795 003040 Email: annpocock53@btinternet.com www.nbcsq.com
Ashford Breast Cancer Support Group Meetings on the 2 nd Monday of every month at Ashford Hospital, 7:30-9pm. Meetings currently on Zoom	Email: info@abcsupportgroup.org www.abcsupportgroup.org Contact via website form
Trojans Breast Cancer Support Group (temporarily suspended) Mount Vernon Hospital.	Tel: 01923 266728 / 0208 386 0571 Email: info@trojansupport.me.uk www.trojansupport.me.uk

<p>Uplifted @ Butterfly House A friendly support group offering practical and emotional support</p>	<p>Tel: 01494 552755 Email: nurses@sbhospice.org.uk carolhildreth@sbhospice.org.uk</p>
<p>Pink Ribbon - Breast Cancer Rehab Exercise course for patients to get back into exercise – Maidenhead</p>	<p>Tel: 07938 588029 – Sarah Email: Gofigure.sarah@gmail.com Contact directly for dates in 2021</p>
<p>Breast Friends Aylesbury Monthly informal support meetings on 1st Tuesday of every month 7-9pm for ladies with a breast cancer diagnosis. Currently on Zoom</p>	<p>Tel: The group mobile: 07743 350833 (Monday-Friday 8am-8pm) Email: info@breastfriends-aylesbury.org.uk www.breastfriends-aylesbury.org.uk</p>
<p>Sakoon Through Cancer A monthly support group specifically for People of South Asian Origins (POSAO's) in Maidenhead, Slough, and Windsor.</p>	<p>Tel: Samina 07904 864448 or Lyna 07401 429611 Email: www.sakoonthroughcancer.org</p>
<p>Bucks Breast Reconstruction Awareness group (BBRA) Support group for women who have either previously undergone or are currently awaiting or considering breast reconstruction. Based at Wycombe Hospital</p>	<p>Tel: 01494 425003 (ask for Fiona Rabson) Email: Fiona.rabson@buckshealthcare.nhs.uk</p>
<p>Cura Supporting breast cancer patients, in Hillingdon and Home Counties, who are struggling financially. Grants available</p>	<p>Tel: 01462 814409 E-mail: cura.info@cura-uk.com www.cura-uk.com</p>
<p>Chemogiftbags For those living in Thames Valley who have Breast Cancer and are about to undergo chemotherapy. Gift bags available upon request – delivery to your treatment centre</p>	<p>Lyn Shipton Tel: 01189 628635 www.chemogiftbags.org</p>
<p>Surrey/Hampshire/Oxfordshire</p>	
<p>Three Counties Breast Cancer Support Group Informal support and friendship for ladies affected by breast cancer - Hampshire, Berkshire, Surrey, and surrounding areas. Meetings 7.30pm to 10pm – 1st Wednesday of the month at Frimley Baptist Church.</p>	<p>Tel: Jackie Wetherell 01344 774149 Email: jackiew@btinternet.com groups currently suspended</p>

<p>Breast Cancer Friends Hampshire For anyone who lives in THE HAMPSHIRE AREA ONLY & has been diagnosed with Breast Cancer either recently or in the past</p>	<p>On-line registration via website www.winchesterbreastcancer.uk/join-breast-cancer-friends-hampshire-online-support</p>
<p>Basingstoke Breast Cancer Self Help Group Monthly meetings in informal surroundings. Offering help, friendship, support, and monthly newsletter. Meetings on Zoom</p>	<p>Tel: 07939 641187 Angela Bennett Email: Angelabennett70@hotmail.co.uk Email: basingstokebreastcancer@gmail.com www.basingstokebreastcancer.org.uk</p>
<p>The Pink space Cancer support Wellbeing services, counselling, support and social events for women “pink” affected by cancer, and living with late stage. virtual zoom sessions</p>	<p>Tel : 07899 970 847 Email: info@thepinkplace.org.uk Or submit and enquiry form via the website Website: www.thepinkplace.org.uk</p>
<p>Bosom Friends, Oxfordshire Breast Cancer Support Group A friendly and informal breast cancer support group meeting monthly on the first Monday of each month Please telephone to check the venue. Meetings currently on Zoom</p>	<p>Tel: Jan Backhouse: 01844 290362 or Alison Ball 07833527725 E-mail: jan@bosomfriends.org.uk www.bosomfriends.org.uk</p>
<p>Breast Reconstruction Awareness (BRA), Maggie’s Centre Oxford Online and telephone support groups</p>	<p>Tel: Claire Griggs 01865 234193 breastconstructionnurses@ouh.nhs.org www.ouh.nhs.uk and search “bra” Email: maggies.oxford@maggiescentres.org</p>
National	
<p>Breast Cancer Haven Emotional, practical support and complementary therapies for people affected by breast cancer. Online/virtual sessions</p>	<p>Tel: 0300 012 0112 Email: support@breastcancerhaven.org www.breastcancerhaven.org Check charity website for latest update on support available</p>
<p>Breast Cancer Now Research and awareness campaigns as well as online information. Speak to nurses or join a support group or connect with volunteers with similar experience.</p>	<p>Tel: 0808 800 6000 Email: info@breastcancernow.org www.breastcancernow.org</p>
<p>Breast Cancer Care Offers online and telephone support and provides information for anyone affected by breast cancer.</p>	<p>Helpline (Mon-Fri 9am-5pm Wednesday 5pm-7pm and Saturday 9am–1pm) www.breastcancercare.org.uk</p>

Breast Cancer Care – Living with Secondary Breast Cancer Online programme and virtual meetings	Tel: 0345 0771893 E-mail: secondaryservices@breastcancercare.org.uk www.breastcancernow.org/lwsbc-online
International Breast Cancer Paddlers’ Commission. Encouraging breast cancer survivors to improve their physical health through dragon boating.	Email: committee@ibcpc.com www.ibcpc.com
Amoena Lingerie and other products of the highest quality that enhance women’s wellbeing and support.	Tel: 0345 434 7334 www.amoena.com
Post-Surgery Bra fitting and lingerie ranges	www.nicolajane.com www.marksandspencer.com www.missmary.co.uk or www.daniels.co.uk
Ticking off Breast Cancer – providing practical advice for all facing or in the middle of a breast cancer diagnosis and treatment	www.tickingoffbreastcancer.com/ Email contact via website. Presence on Twitter, Facebook and Instagram

Author		Macmillan Cancer Information and Support Centre	
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For a translation of this leaflet or for accessing this information in another format:



Please contact (PALS) the Patient Advice and Liaison Service on:

Frimley Park Hospital

Telephone: 0300 613 6530

Email: fhft.palsfrimleypark@nhs.net

Wexham Park & Heatherwood Hospitals

Telephone: 0300 615 3365

Email: fhft.palswexhampark@nhs.net

Frimley Park Hospital Portsmouth Road Frimley Surrey, GU16 7UJ	Heatherwood Hospital London Road Ascot SL5 8AA	Wexham Park Hospital Wexham Slough Berkshire, SL2 4HL
Hospital switchboard: 0300 614 5000		Website: www.fhft.nhs.uk

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.