



Breast Cancer Support Groups

If you've been affected by breast cancer, we're here for you. Join one of our support groups, led by our Breast Cancer Champion, where you'll receive advice, hear shared experiences and connect with others that understand.

Going through treatment – Group 1

This group will discuss topics such as wigs – dealing with hair loss, what to expect with Chemotherapy, Radiotherapy, advice and preparing for a Mastectomy, PICC lines and ports.

Post treatment – Group 2

This group will discuss topics such as anxiety and fear of recurrence, body image, lymphoedema, menopause and how to manage without HRT, and returning to work.

Secondary Breast Cancer – Group 3

This group will discuss topics such as what it means for their cancer to have metastasised, treatment for secondary breast cancer, and controlling symptoms of secondary breast cancer.

Breast Cancer Café

20-minute appointments will be available for women with breast cancer to ask for advice on practical issues that they need help with.

You can access this service either by referral from a health care professional or for existing Trust service users, please book through your current therapist.

For more information, please contact our team on **01424 456608** or services@saraleetrust.org

Where will the sessions take place?

At our Therapy Centre in Sidley, Bexhill-on-Sea. Our purpose designed hall provides a lovely calm, light and safe space.

How long is a session and when do they take place?

The sessions last 2 hours from 2pm – 4pm and take place on a Thursday – see dates below for which group:

Group 1 (Going through treatment) will meet on the **first** Thursday of each month.

Group 2 (Post treatment) will meet on the **second** Thursday of each month.

Group 3 (Secondary Breast Cancer) will meet on the **third** Thursday of each month.

Breast Cancer Café appointments are available on the **fourth** Thursday of the month.

For current days and times, please check our [Therapy Centre Timetable](#) on our website (saraleetrust.org).



Our therapies should not be regarded as an alternative to medical treatment prescribed by your doctor.