WHAT WE DO

SUPPORT

- Workshops, classes, and community meet-ups plus one-to-one appointments with breast care nurse specialists, counsellors and therapists for those touched by breast cancer.
- The Future Dreams podcast, ***And Then Came Breast Cancer,*** hosted by award-winning journalist and breast cancer survivor, Victoria Derbyshire, tackles the key issues impacting the breast cancer community. The podcast is available to download via our website.

tackling BREAST CANCER

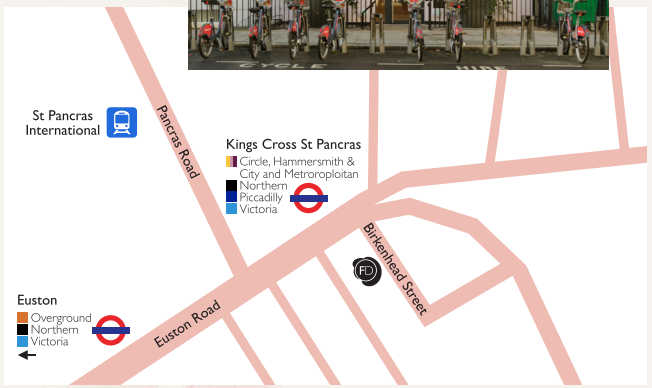
INFORMATION HUB

Our website hosts an Information Hub of medically-approved, expert written articles plus first-person stories from those with lived experience offering help and advice on all aspects of breast cancer and treatment. The Hub also includes useful checklists you can reference and download.

AWARENESS

We deliver Breast Health Masterclasses in the workplace and communities in person and online to raise breast health awareness and promote early detection. Details available on request.





GET IN TOUCH

FUTURE DREAMS HOUSE

61 Birkenhead Street
London, WC1H 8BB

Nearest station: Kings Cross St Pancras - 3 minute walk

Opening times: Monday-Friday 10am-4pm with some evening events and Saturday meet-ups.

T 020 4558 2950
E info@futuredreams.org.uk
FUTUREDREAMS.ORG.UK

FUTUREDREAMSCHARITY

Registered charity number in England and Wales: 1123526

Photos: Wendy Carrig and Richard Oxford

FUTUREDREAMS
FOR THOSE TOUCHED BY BREAST CANCER

NOBODY SHOULD FACE BREAST CANCER ALONE OR WITHOUT HOPE

Future Dreams offers in-person and online support for those diagnosed with breast cancer.

WE ARE HERE FOR YOU





FUTURE DREAMS BREAST CANCER CHARITY

Future Dreams manages Future Dreams House in Kings Cross, London, the only dedicated breast cancer support centre in the UK. The house is a safe space for those touched by breast cancer to find solace and support from professionals and the wider breast cancer community. The charity also runs a diverse range of online services to enable you to access support from the comfort of your own home.

Individuals attending our workshops, classes, community groups and one-to-one appointments report:

- Reduced feelings of loneliness and isolation
- Relief from side effects of diagnosis and treatment
- Increased self confidence and self-esteem
- New friendships
- Encouragement, empowerment, and hope

For details on all our in-person and online services please visit **futuredreams.org.uk**

You do not need a referral from your GP or treatment team and are welcome to drop-in Monday to Friday (10am-4pm) or book on the weekly house tour.



OUR SUPPORT SERVICES*

Our online and in-person workshops, classes, community group meet-ups and one-to-one appointments provide emotional, practical and psychological support for those touched by breast cancer. This includes help with:

- Chemotherapy, radiotherapy and breast surgery
- Stress, anxiety and loneliness
- Nutrition, exercise and movement
- Hair loss (including brows and lashes), wig-fittings, headscarf wrapping, scalp-cooling treatment
- Skin and nail care after breast cancer treatments
- Life coaching including life after cancer
- Working with cancer and going back to work after treatment
- Lymphoedema and mobility issues
- Finding the right bra, prostheses and nipples in our dedicated Bra Lounge
- Sleeplessness and fatigue
- Menopause side-effects
- Secondary Breast Cancer Support

One-to-one therapies include physiotherapy, scar massage, reflexology, oncology massage, acupuncture and EFT ***plus*** appointments with our dedicated breast cancer nurse specialist and professional therapists and counsellors.

*Charges may apply. Please speak with us if you are on low income. All conversations are in the strictest confidence.



A MEETING PLACE TO FIND STRENGTH AND SUPPORT

Research shows that being part of a supportive community, whether it is a regular movement class or coffee morning, can make a significant difference in helping you manage the emotional and physical effects of a breast cancer diagnosis and treatment.

We host a range of community group meet-ups, each providing vital support, connection, companionship, and a sense of belonging. Groups include: Young Cancer Community, South Asian Community, Black Women Rising, Primary Recurrence, LGBTQIA+, BRCA, Make 2nds Count, and Secondary Sisters as well as a regular Coffee Morning and online coffee and connect.

New meet-ups are being added all the time. Please visit our website to find out more and how to book your place.

"We all spend so much time in hospitals and clinical places - to have somewhere that is so homely to come to is really special."