

# WHAT WE DO

## SUPPORT

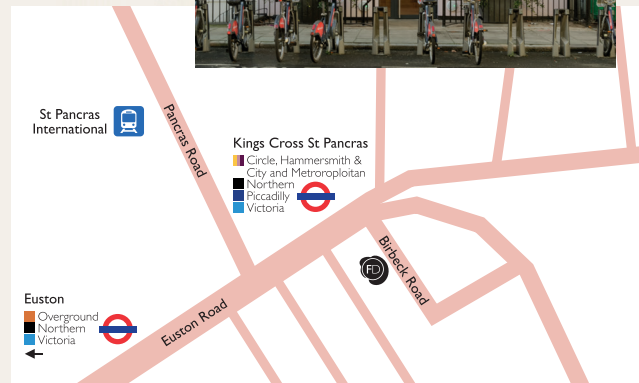
- Provide an extensive range of in-person and virtual services, workshops and classes for all those touched by breast cancer
- Host an online Support Hub for those impacted by breast cancer by bestselling author, Sara Liyanage and the Ticking Off Breast Cancer Team, sharing practical tips, expert advice, personal stories and signposting to further information
- Host an online library of pre-recorded content including yoga sessions and wellbeing advice on subjects such as stress relief, calming techniques and nutrition
- The Future Dreams podcast, *& Then Came Breast Cancer*, hosted by award-winning journalist and breast cancer thriver, Victoria Derbyshire, tackling the important issues impacting the breast care community (available for download via our website)
- The Future Dreams magazine containing features, advice and interviews. (available to read/order via our website)

## AWARENESS

Partner with other charities and organisations to promote breast cancer awareness, promoting breast care, early detection and treatment.

## RESEARCH

Fund vital research into secondary breast cancer.



## GET IN TOUCH

### FUTURE DREAMS HOUSE

61 Birkenhead Street  
London, WC1H 8BB

Nearest station: Kings Cross St Pancras - 3 minute walk

T 020 4558 2950

E [info@futuresdreams.org.uk](mailto:info@futuresdreams.org.uk)

[FUTUREDREAMS.ORG.UK](http://FUTUREDREAMS.ORG.UK)

[f](#) [@](#) [v](#) FUTUREDREAMSCHARTY

Registered charity number in England and Wales: 1123526

Photos: Wendy Carrig  
and Richard Oxford



## NOBODY SHOULD FACE BREAST CANCER ALONE

Future Dreams Breast Cancer Charity provides practical and emotional support for those diagnosed with breast cancer, promotes breast health awareness and funds vital secondary breast cancer research.







## FUTURE DREAMS HOUSE

At Future Dreams House you will discover an open, inclusive and safe space where you can be yourself, access the practical support you need and benefit from peer support from the point of diagnosis, throughout your treatment and beyond.

To support your wellbeing, we offer an extensive range of workshops, classes and professional services by certified therapists and qualified practitioners.

We also provide a relaxed space for quiet reflection or to meet and chat with others from the breast cancer community. Please do feel free to drop in Monday to Thursday between 9am and 5pm (no booking required).

Every effort is made to ensure our services are accessible to all.

For details on all our in-person and virtual services please go to [www.futuredreams.org.uk](http://www.futuredreams.org.uk)



## OUR SERVICES\*

- Workshops and classes to assist you in managing the emotional and physical symptoms and issues when faced with a breast cancer diagnosis include:
  - Chemotherapy, radiotherapy and breast surgery
  - Stress, anxiety and loneliness
  - Nutrition and exercise
  - Advice on hair loss, wig fittings and cold caps, headscarf tutorials and masterclasses on brows, skin and nail care
  - Breast Care Nurse support
  - Life coaching and going back to the workplace
  - Talking with your children
  - Body confidence
  - Lymphoedema and mobility issues
- Themed weekend retreats that support the physical and emotional needs of you and your loved ones
- The Blue Skies Bra Lounge for specialist fitting advice
- Therapy rooms offering 1-2-1 treatments such as physio and scar massage, reflexology, oncology massage, acupuncture, microblading and nipple tattooing



## A MEETING PLACE

Future Dreams House hosts meetings for independent support groups and other charitable organisations within the breast cancer community.

These include the Younger Women Breast Cancer Group, The BRCA Project, Black Women Rising, Secondary Sisters and Make 2nds Count as well as regular meeting for partners, book clubs and coffee mornings.

**For further details on finding the right support group for you, please go to our website or follow us on our socials.**



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

*“I have come away from the house uplifted and with a feeling of joy.”*

\*Charges may apply. Please speak with us if you are on low income and a Macmillan grant. All conversations are in strictest confidence.