



**FUTURE DREAMS**

FOR THOSE TOUCHED BY BREAST CANCER

# Breast Health Masterclass

*Empowering your employees to prioritise their health*

## *The Facts*

- **Breast cancer is the most common cancer in the UK and the second leading cause of cancer-related deaths**
- **Everyday 150 people are diagnosed with breast cancer**
- **One in seven women will be affected by breast cancer in their lifetime**
- **Around 1 in 100 (or 1%) of breast cancer cases in the UK are in males**
- **EARLY DETECTION SAVES LIVES**

## *Breast Health Masterclass*

On average, we will spend more than one third of our lives at work. The importance of creating a positive working environments that support the physical, mental and emotional health of all employees is therefore paramount. Healthy and supportive workplaces boost morale, increase motivation and productivity, reduce burnout and improve recruitment and retention.

The Breast Health Masterclass can be delivered in-person or virtually by our experienced team comprising of healthcare professionals and those who have been personally affected by breast cancer.

Every session is bespoke, tailored to your requirements and includes:

- Know Your Normal, a talk/demonstration on self-checking
- Guidance on what to do if you have any concerns
- Advice on how to support a family member, friend or colleague through breast cancer
- What support is available for breast cancer patients?
- Q&A
- Post meeting one-to-ones (by appointment)

Further workshops cover a broader range of specialist speakers and subjects such as secondary breast cancer, clinically induced menopause, HR support, hormone therapies, mental health, nutrition & exercise and genetics and understanding. For more information please contact us.



## *Future Dreams Breast Cancer Charity*

Future Dreams is a registered charity that provides practical and emotional support for those diagnosed with breast cancer, promotes breast awareness and funds vital secondary breast cancer research.

We raise awareness of the importance of self-checking, educate on the signs and symptoms of breast cancer and normalise the conversations that will ultimately save lives. We work with businesses, community groups and support services to develop initiatives that empower employees and members to prioritise their own wellbeing. We believe that one such initiative, our Breast Health Masterclass, can support your employee wellbeing programme and we hope will be of interest.

Future Dreams Breast Cancer Charity was founded by Danielle Leslie and her mother, Sylvie Henry in 2008 after both were diagnosed with breast cancer. They were determined that no one should face breast cancer alone and worked tirelessly to fund support, awareness and research. Tragically, both lost their lives to the disease within a year of each other in 2009 but their legacy lives on in all those who access our services and promote our cause. In 2021 the charity opened Future Dreams House in Kings Cross, London, the only dedicated breast cancer support centre in the UK.

## *Other Information*

Masterclasses are available in-person or online and are free to charge to community groups supporting individuals with specific needs or experiencing economic or social difficulties. Please call us to discuss.


We do ask companies for a charitable contribution for each one hour workshop. Corporate contributions allow us to widen awareness of breast care by offering free of charge workshops to community groups.

## *Contact*

To discuss or book a Breast Health Masterclass please contact 020 4558 2950  
Amanda Hanison, Support & Awareness Ambassador - [amanda@futuredreams.org.uk](mailto:amanda@futuredreams.org.uk)

**"What seemed like a good idea, turned out to be a life saver. Making the time to join your masterclass was one of the most important decisions I have ever made, probably the most important as it turned out. Watching the highly interesting, informative and well-delivered session meant I caught my breast cancer early. I've now had surgery to remove the cancer and I'm about to start radiotherapy, all within weeks of making that decision to take a lunchbreak and learn properly about regularly checking your breasts."**  
**Jane, Metropolitan Police**

**"The guidance you offered on how to 'Know Your Normal' and check monthly for changes was fantastic and something I am going to adopt. If one person can be spared the ordeal of breast cancer because of this awareness session that that will be an achievement."** **Charlotte, Sky Media**



## *Our Team*



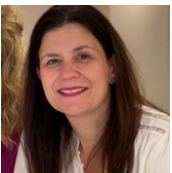
Amanda Hanison is the charity's Support and Awareness Ambassador. She was diagnosed with breast cancer aged 42 and post surgery and treatment, has turned her experience into something positive by raising awareness of breast cancer and supporting breast cancer patients. She was instrumental in founding the 'Show and Tell Breast Cancer Surgery Awareness Group' at The Royal Free Hospital and sits on several NHS steering committees. Through our awareness programmes, Amanda shares her story, informs on the signs and symptoms of breast cancer and, with the knowledge she wishes she had prior to her own diagnosis, inspires, reassures and supports others facing a similar journey.



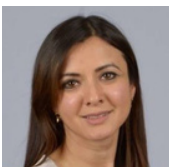
Dr Laura David MBChB BSc MRCS MRCGP is a NHS GP, mother of two young children and the founder of Smart About Health – a clinician-led health awareness and prevention programme for corporates. Smart About Health enables companies to meet the health and wellbeing needs of their employees and create a culture where health is prioritised, accepted, and embraced. Smart About Health brings clinicians to the workplace to discuss the health topics affecting people in work and in life in general, helping them to feel empowered to take better care of their health and wellbeing.



Phil Alderson is a designer, illustrator and father. He is one of approximately 400 men in the UK to be diagnosed with breast cancer each year. Phil discovered he had breast cancer after his young daughter accidentally elbowed him in the chest leading to a hospital scan revealing his condition. 'The fact I had an early diagnosis changed everything for me. The biggest reaction I get when people hear I've had breast cancer is...I didn't realise men could get it. I speak out to raise awareness and help others. If having just one conversation can help save a man or woman's life, it's worth it.'



Joanna Franks is a Consultant Breast & Oncoplastic Surgeon at NHS University College Hospital and the Wellington Hospital. Her area of expertise is the assessment and management of all conditions relating to the breast. This includes both benign and malignant disease including both breast carcinoma and sarcoma. Her particular interests are: detection of early breast cancers, oncoplastic breast conservation, neo-adjuvant strategies, mastectomy with immediate reconstruction, symmetrisation, family history, risk reduction and breast screening.



Dr Fharat Raja is a consultant medical oncologist who specialises in breast cancer. She is active in running clinical trials and regularly lectures on breast cancer. She undertook post-graduate training in London and undergraduate training at Oxford University. In addition, she spent four years in research at the MRC Clinical Trials unit and UCL Cancer Trials Centre



Sara Liyanage oversees the Future Dreams Support Hub and brings a wealth of experience from both having had breast cancer and from running the Ticking Off Breast Cancer community and website. Sara has written two books about her experiences: Ticking Off Breast Cancer (a 2020 finalist in the People's Book Prize) and After Breast Cancer (due out 2022). She has also written articles from the patient perspective for, amongst others, the UK Oncology Nursing Society (UKONS), Huff Post, NCT and Muggies. She was recently invited to join an NHS advisory board involving patient engagement to influence service redesign and delivery and improve cancer services at a cancer alliance level.