



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

The Breast Health Masterclass is delivered in-person or online comprising of Future Dreams Breast Cancer Charity representatives, healthcare professionals and breast cancer patients.

Each session is bespoke and tailored to requirements and can include:

- Future Dreams Breast cancer resources
- Self-checking demo
- Guidance on what to do if you notice anything new
- How to support a family member, friend or colleague
- Signposting to Future Dreams House Breast Cancer Support Centre for online and in-person support
- Q&A

Follow up sessions can be arranged to cover a broader range of specialist speakers and subjects for example fertility, secondary breast cancer, menopause, mental health, nutrition & exercise and returning to work/HR.



Future Dreams Breast Cancer Charity

Future Dreams is a registered charity that provides practical and emotional support, promotes breast health awareness and funds secondary breast cancer research.

We raise awareness of the importance of self-checking, educate about breast cancer signs and symptoms promoting the importance of early detection whilst normalising conversations in the workplace that could potentially save lives.

We work with companies and community groups to empower employees to prioritise their staffs wellbeing and the Breast Health Masterclass will support your employee wellbeing programmes and CSR.

Future Dreams Breast Cancer Charity was founded by Danielle Leslie and her mother, Sylvie Henry in 2008 after both were diagnosed with breast cancer and they were determined that no one should face breast cancer alone, working tirelessly to raise vital funds for 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 support 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.

We do ask companies for a contribution starting from £2,000 to cover costs of each workshop and these contributions allow us to widen our program by offering free of charge awareness workshops to community groups.

Contact


To discuss further or book a Breast Health Masterclass please contact

Amanda Hanison, Patient Care Specialist & Awareness Ambassador - amanda@futuresdreams.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 has had her own breast cancer journey and is the Future Dreams Patient Care Specialist and Awareness Ambassador, supporting patients at Future Dreams House and delivering Breast Health Masterclasses. She is The Royal Free Hospital 'Show and Tell Breast Cancer Surgery Awareness Group' founder lead patient and also sits on NHS steering committees as a professional patient.



Jackie Wright is a qualified Breast Cancer Nurse specialist with more than 18 years experience and splits her time between running an NHS breast unit and at Future Dreams House. There is strong evidence to demonstrate that those who are well supported throughout treatment have more positive outcomes and improved psychological wellbeing.



Phil Alderson is a designer and illustrator and one of approximately 400 men in the UK diagnosed with breast cancer each year. '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. If one conversation can help save a man or woman's life, it's worth it.'



Suzanne Brennan is a marketing and fundraising specialist with more than 20 years experience with expertise in strategic development, project/sponsorship management, membership/donor engagement, corporate/trust development, copywriting, campaigns and events. Suzanne is the Future Dreams Director Of Fundraising.

