

## Support Continues During Covid!

Keeping Abreast offers support to all those facing or considering breast reconstruction following a breast cancer diagnosis or the discovery of a hereditary breast cancer gene, as well as to their partners, families and friends.



“As the lockdown restrictions begin to lift, remember that we’re still here to support you.”

**Keeping Abreast**  
Breast Cancer Reconstruction Support

### Who are we?

Keeping Abreast is a registered charity which was founded in 2007 by two Norwich-based patients and their local Breast Reconstruction Nurse Specialist.

They recognised a need for women, both newly diagnosed with breast cancer and facing the possibility of a mastectomy, and also those further down the line considering reconstructive surgery, to be able to meet and talk to others who have been through similar experiences.

### Peer Support

Our network of registered volunteers is based across the country and they are happy to share their own real-life experiences of breast reconstruction in order to help others. Due to the Coronavirus pandemic and the ever-changing restrictions, face-to-face Support Group meetings may not currently be taking place; please check our website for up-to-date information.

However, our volunteers are still available by phone, email, WhatsApp and more to provide a listening ear and to help with queries (they cannot give medical advice). Different Support Groups across the country are doing different things, so simply get in touch and we'll put you in contact with the best people to support you.

In addition, we hold regular Zoom Speaker Sessions; virtual meetings with presentations on breast reconstruction-related subjects; everything from the different methods of breast reconstruction surgery and FAQs to Accepting Your Body After Breast Cancer, meditation and mindfulness. These are being held during Covid and look likely to continue into the future. What's more, on our website, we also have patient stories, video chats, radio interviews and more, together with some very useful hints and tips; you'll find these all on our website or by holding your camera on your phone to the QR code below:



Continues on reverse...



# Keeping Abreast

Breast Cancer Reconstruction Support

## Support continues by phone, email, WhatsApp, social media, virtually and online

Naturally, we are also looking forward to being able to support you in person again in due course.

So, if you have any queries or would like some peer support - whether you're a breast reconstruction patient, significant other, family member or friend - please just get in touch; everyone is welcome!

So, don't let Covid-19 stop us from supporting you; simply get in touch! If you'd like more information or if you'd like to support Keeping Abreast, in a fundraising capacity or as a volunteer, please contact us.

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Keepingabreast.org.uk



01603 819113



info@keepingabreast.org.uk

## Keeping Abreast Ltd

Oak Lodge Business Centre  
129 School Lane  
Little Melton  
Norwich  
NR9 3LB

Registered Charity Number: 1129522 Registered Office:  
M&A Partners, 7 The Close, Norwich NR1 4DJ