

All kinds of support

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.



“ Wherever you're located, we are 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 breast reconstruction 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 to help others. Face-to-face Support Group meetings take place in many areas of the UK, while our team of volunteers is there to support you by phone, email, WhatsApp and more.

Visit [keepingabreast.org.uk](https://www.keepingabreast.org.uk) for more information on the face-to-face Support Groups or contact us at info@keepingabreast.org.uk or on **01603 819113** if you'd like us to put you in touch with a KA Volunteer. They are there to share their own experiences of breast reconstruction, to provide a listening ear and to help with queries but cannot give medical advice. Simply get in touch and we'll be happy to help you.

In addition, we often hold Zoom Speaker Sessions on breast reconstruction-related subjects; everything from the different methods of breast reconstruction surgery to Accepting Your Body After Breast Cancer, meditation, and mindfulness. Many of these presentations can also be found on our website.

The new website is a wealth of information and includes real-life accounts of breast reconstruction and videos of surgery results, plus patient stories, video chats, FAQs and more.

Visit [keepingabreast.org.uk](https://www.keepingabreast.org.uk) or use the camera on your phone to scan the QR code below:



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Keeping Abreast

Breast Cancer Reconstruction Support

Support is available face-to-face and by phone, email, WhatsApp and more

Our face-to-face Support Groups meet regularly and are there to support you in person, along with your significant others, friends and family members; visit keepingabreast.org.uk to find your nearest Support Group.

Meanwhile, for those who don't have a Support Group near them or who would rather be helped at home, we also offer support in a number of different ways, from telephone calls and emails to WhatsApp groups and a closed Facebook community, the Keeping Abreast Online Support Group UK.

So, if you have any queries or would like some help, please just get in touch; everyone is welcome! And 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.

Follow us:

 Keeping Abreast

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Contact us:

 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