



**Giving hope
to those
affected by
secondary
breast cancer**

Make2ndsCount.co.uk

Make 2nds Counts is a UK wide charity which supports secondary breast cancer by putting patients and families first.

As a team of professional experts and patients with secondary breast cancer (SBC), we help to empower people with this treatable, but incurable disease. We are making a difference through support, education and research that contribute to advancing an increased quality of life.

We offer dedicated practical and emotional support guided by the needs of patients and families.

“I don’t know what I would have done without Make2ndscount help and support. Being able to talk to others who “get it” is so important.”

Support & Education

2nds Together - Facebook Private Group

2nds Together is a private group that connects people living with secondary breast cancer via Facebook or informal WhatsApp chats. This online community offers peer-to-peer support, information sharing about experiences, treatments, drugs and much more.

facebook.com/groups/2ndstogether

Tea & A Chat

Join with members of our 2nds Together Facebook group for a virtual chat (with tea of course) to catch up, support each other and get through this time together, or join for a guest speaker. 1:1 sessions are also available.

make2ndscount.co.uk/support/tea-and-a-chat/

2nds Support Hub

Our 2nds Support Hub is there to make it simpler to find what groups and services are available online and in a patient's region to help them navigate life with secondary breast cancer.

If you have a recommendation, get in touch at support@make2ndscount.co.uk

Littlelifts

We fund littlelifts chemotherapy and radiotherapy boxes specially designed for secondary breast cancer patients. They are full of mood-boosting gifts and practical products to support women undergoing treatment and let us help lift your spirits.

make2ndscount.co.uk/support/chemo-boxes/

Little C Club

The Little C Club flash cards are a creative, colourful tool designed with children aged between 2-10 in mind. They are designed to help parents talk to children about cancer and explain their diagnosis and treatment.

Get in touch for a pack.
make2ndscount.co.uk/support/the-little-c-club

Retreats

We are now funding retreats designed to support the health and wellbeing of secondary breast cancer patients.



**“You’ve made me feel
comfort, and took
away my fear and
loneliness.”**



Together we can Make 2nds Count

We are here to help if you are a patient with secondary breast cancer and please get in touch if you would like to support the vital work we do.

Find us at:



[Make2ndscount.co.uk](https://www.make2ndscount.co.uk)
hello@make2ndscount.co.uk

Registered charity SCO48268