



**A little gift
just for you**

little lifts

Hello, we're Little Lifts!

We're a small but mighty charity, here to offer you a little gift to help you through your chemotherapy treatment. We started after our founder, Oa, went through breast cancer treatment in 2014. Since then, we have pledged to offer Little Lifts Boxes to every person who goes through breast cancer treatment.

About your Little Lifts Box

Our Little Lifts Boxes are packed full of carefully selected products to help provide the 'little lifts' you might appreciate (and need) as you go through your treatment.

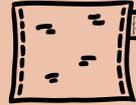
We understand that everyone's experience of cancer treatment is different, but this Little Lifts Box is here to help you through.

With love from us all at Little Lifts x



Herbal tea

Herbal teas can aid sleep and help to calm and hydrate.



Heat pack

You may get cold during treatment or experience joint or muscle pain – a heat pack can help.



Face and body lotion

You may experience dry and sensitive skin – keeping moisturised can really help.



Eye mask

There may be times when you need to get a little sleep. Our heated eye masks help to aid relaxation.



Notebook & pen

For notes, reminders or to express your thoughts and feelings as you go through treatment.



Water bottle

It's important to drink plenty of fluids throughout your treatment.



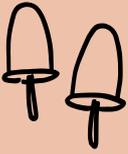
Chocolate

For a little moment of luxury, because you deserve it.



Lip balm

Helps to avoid chapped and dry lips.



Lolly recipes

Ice-lollies can help to soothe a sore mouth and are a nice treat if your taste buds change. We recommend buying some lolly moulds so you can make these tasty recipes!



Seeds

Give them some TLC and watch them grow.



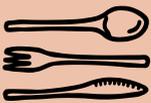
Toothpaste and a soft toothbrush

A soft toothbrush helps to avoid any discomfort you may experience from harder brushes.



Hot chocolate

A warming hug in a mug!



Plastic cutlery

You may find eating with metal cutlery a bit unpleasant – plastic cutlery will help.



Crosswords and puzzles

To help pass the time during treatment.



Munchy Seeds

Nutritious nibbles to snack on or sprinkle.



Cordial

Adding some to still or sparkling water can help to relieve change in taste and helps to keep your body hydrated.



Sweets

To provide relief from the metallic taste you may get from treatment.



Pocket tissues

You may become a bit more prone to a runny nose.



Chewing gum

For help with a dry mouth or loss of taste. It is advised to not chew gum if you have a sensitive stomach.



Chilli oil and mixed herbs

Food can taste a bit different – chilli oil will add a little heat and herbs will add flavour. Please be aware that eating spicy food is not recommended if you have a very sore mouth.



Tote bag

To easily carry the essentials to your treatment. Plus, always useful for shopping!

But that's not all... You may find some extra treats in your Box from our friends and community here at Little Lifts.

Your Box was packed with  by _____

Top tips from our Little Lifts Community

All of our tips have come from people who have personal experience of chemotherapy treatment. They wanted to share their suggestions with you. For more support and info to help you through your treatment visit www.littlelifts.org.uk

Top tips

1

Try to plan just a small amount of time each day doing something 'normal' for you. Even if it's just 10 minutes, it makes a big difference. – Claire

2

Sucking on frozen grapes during chemotherapy treatment helps to prevent a sore mouth and ice lollies are a nice treat when you're feeling sick. – Sam

3

Get some fresh air daily, but rest up when your body needs to. Set goals to get you through harder days and to give you something to look forward. – Sarah

4

Drink plenty of fluids and invest in some chemical free skin care. – Becky

5

Gentle exercise helps with energy levels. Plus planning some nice activities for the days when you have more energy gives you something nice to look forward. – Charlie

6

Journaling and writing down your feelings, thoughts and any questions for your medical team can help to process what you are going through. – Elina



Would you like to give feedback?

If you'd like to tell us about your Little Lifts Box experience or have any suggestions to make it even better, then please let us know.

Email us at feedback@littlelifts.org.uk, write to us using the enclosed feedback form or submit your form online at www.littlelifts.org.uk/got-a-box

You can also say hello over on socials.

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