



**A little gift  
just for you**

little lifts

**Hello, we're Little Lifts – a small but mighty charity, here to offer you a little gift to help you through your radiotherapy 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

We've packed your Little Lifts Box full of carefully selected items to help provide the little boosts you might appreciate (and need) as you go through your radiotherapy treatment.



### Water bottle

It is important to drink plenty of fluids throughout your radiotherapy treatment.



### Cordial

A tasty way to keep your fluid intake up. Simply add to still or sparkling water.



### Moisturiser

To keep your skin hydrated, apply before and after your treatment.



### Munchy Seeds

Nutritious nibbles to snack on or sprinkle over other foods.



### Teabags

Herbal teas to keep you hydrated. They can also soothe and help you sleep.



### Hot chocolate

A hug in a mug for warmth and comfort.



### Chocolate

A little luxury, because you deserve it.



### Deodorant

Your radiotherapy team will advise you to use a metal-free deodorant.



### Natural soap

Using unperfumed shower gel or soap helps keep the area clean during your treatment.



### Eye mask

A heated eye mask for when you need a little nap.



### Candle

A gentle light to aid relaxation.



### Tote bag

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

Your box was packed  
with  by \_\_\_\_\_

## Support from our Little Lifts Community

We wanted to share with you some useful tips to help you through your radiotherapy treatment. You can find more information and useful links to support you on our website, [www.littlelifts.org.uk](http://www.littlelifts.org.uk)

**1** Try some gentle exercise.  
Fresh air will help with fatigue.

**2** Be sure to drink plenty of fluids during your treatment.

**3** Avoid using soaps and shower gels that are perfumed. Shower or bathe in warm water.

**4** Wear loose-fitting clothes to prevent friction on the targeted area.

**5** Be kind to yourself. Take a rest when you need it.

**6** Always wear sunblock and do not have long periods exposed to the sun. After radiation treatment your skin is likely to be more sensitive.

## 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](mailto: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](http://www.littlelifts.org.uk/got-a-box)

You can also say hello over on socials.



Little Lifts is a registered charity in England and Wales (no.1170737).  
Registered address: 4 Bawburgh Mill, Harts Lane, Norwich, NR9 3LS

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