

Hello, we're littlelifts!



In the UK, 1 in 8 women will be affected by breast cancer in their life-time*. Our mission is to support those women who face chemotherapy as part of their treatment plan by giving them a Comfort Box at the beginning of their treatment.

*statistics taken from breastcancer.org

OUR FOUNDER'S STORY

In 2014, at the age of 28, Oa, was diagnosed with primary breast cancer. Leading up to and during her chemotherapy treatment, Oa was fortunate to have a support network of friends and family to help her along the way – lifting those down days with a few little treats to relieve some of the side effects she experienced. The impact these small tokens had on Oa's wellbeing was huge, and so the concept of 'littlelifts' was born.



Meet Oa



little lifts

for women with primary breast cancer

"Having a breast cancer diagnosis and preparing for chemotherapy treatment is an extremely difficult time for our patients. Receiving one of these Comfort Boxes provides a much-appreciated boost and makes a significant difference."

Professor Erika Denton, Breast Radiologist and Associate Medical Director at Norfolk and Norwich University Hospital.

HOW WE WORK

We work with hospitals in **Norfolk and Suffolk** so that women undergoing chemotherapy treatment for primary breast cancer receive a Comfort Box at the start or during their treatment.



"I found listening to the long list of side-effects chemotherapy could cause very difficult. The littlelifts Box helped me to get ready for action and gave me a feeling of solidarity knowing that other women had trodden the same path before me and managed it."

-Liz-

WHAT IS A COMFORT BOX?

Comfort Boxes are full of specially selected items to help alleviate some of the side effects that women may experience during chemotherapy treatment. Our hope is that they have a positive impact on emotional wellbeing during what can often be a difficult time.

Think you can help?

Whether you are a business or an individual, there are a variety of ways you can get involved. From fundraising and sponsorship to giving up some time or even donating a product, you could make all the difference. We'd love to hear from you.

FIND OUT MORE
at [littlelifts.org.uk](https://www.littlelifts.org.uk)
or email us at
hello@littlelifts.org.uk

 [littlelifts.uk](https://www.facebook.com/littlelifts.uk)

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