



A cancer diagnosis can cruelly interrupt a pregnancy or the recent birth of a baby.

Instead of planning for a new arrival, you might find yourself facing fear and uncertainties; overwhelmed with appointments and medical jargon; forced to make sudden changes to your daily and family life.

**You are
not alone.**



We are the only charity in the UK and Ireland dedicated to supporting women and birthing people diagnosed with cancer and around pregnancy.

**mummy's
star**

**CANCER SUPPORT IN & AROUND
PREGNANCY | BIRTH | LOSS | BEYOND**

To be eligible for our support you will have:

received a cancer diagnosis during pregnancy, or

received a cancer diagnosis up to 12 months after giving birth, or

received a cancer diagnosis while pregnant or in the 12 months prior to a loss

Find out more

www.mummysstar.org



Registered Charity: England & Wales (1152808), Scotland (SC046449) & Ireland (20106812). Registered Company (8548961).

we can help you...



and your family

We can connect you with a dedicated **Information and Support Worker** who can provide you with access to...

Emotional support via regular check-ins by telephone call, video call, email or text so you can talk about your fears, concerns and challenges in a safe and confidential space.

Financial support including guidance on benefits, access to a small grant of up to £350 from Mummy's Star, referrals to other grant giving organisations and charities who can offer you practical support.

Online Forums offering you peer support by connecting you with other families who have experienced cancer around their pregnancy.

Library of **online resources** including blogs, real life stories and Ask The Expert sessions on topics such as 'medical menopause' and 'talking to children about cancer'.

Meaningful signposting to **local and national support services** including milk banks, cancer support services, food banks, memory making charities and more..

Pre-bereavement and bereavement support for you and your family if facing an incurable diagnosis, with a focus on memory making.



A cancer diagnosis can also have an impact on your partner and children, so we can also provide support for partners and resources to support your children.

how to reach us

- ☆ Email us: info@mummysstar.org
- ☆ Complete the referral form on our website
- ☆ Direct message on social media
- ☆ Ask a Healthcare Professional to refer you to us

It is estimated that
1 in 1000 pregnancies
are affected by a
cancer diagnosis



"When I got diagnosed I felt so, so alone and no-one really understood how robbed I felt of my first year with my first child. Seeing everyone else's stories has made me realise how I wasn't alone... Thank you everyone at Mummy's Star, your support and the forum have helped me get through the toughest year of my life."

We also have a collection of helpful articles and real life stories on our website...

