



JENNA AND CONOR CLIMB KILIMANJARO

Jenna Killmister and Conor Neeson are climbing Mount Kilimanjaro in Tanzania to raise vital funds for local charity Breast Cancer Haven. The 12 day long challenge, which will follow the Lemosho route, starts on the 3rd February and finishes on the 14th, Valentines Day.

Breast Cancer Haven provides a free programme of counselling, complementary therapies, support and information to meet the physical and emotional needs of anyone affected by breast cancer. There are currently 3 Havens; in London, Hereford and Leeds.

Mount Kilimanjaro (5,895m) lies just 3 degrees south of the equator and is one of the highest volcanoes in the world. Lemosho is the longest of the outfield routes and is perfect for anyone with wanting a quieter trail and a more remote atmosphere. It also allows a longer period for acclimatisation.

Jenna and Conor decided to support the Haven because two of Jenna's aunties have had breast cancer. Until recently they lived opposite the charity's third centre, in Leeds, but relocated to Jersey last July. "After witnessing first hand the impact breast cancer has on individuals and those close to them and the great work the Haven does to support them, this was the only charity we wanted to raise money for" say Jenna and Conor "After months of training we can finally put it to some use and start the challenge. We are both very excited now!"

It costs the charity £1,400 to provide the Haven Programme for every Visitor who comes to a Haven and we know our specialist services make such a huge difference to their lives at this difficult time. Jenna and Conor are aiming to raise £5,000 which means more women with breast cancer can be supported by our expert therapists and counsellors.

Breast Cancer Haven receives no government funding and relies entirely on charitable donations and fundraising events to meet all our costs. "Jenna and Conor have taken on a huge challenge to raise money for the charity and we'll be willing them on every step of the way" comments Jane King, Yorkshire Fundraising Executive. "You'll note that it hasn't

escaped our attention that the challenge finishes on Valentine's Day. What a perfect ending to an amazing experience this would be for them...we've all got our fingers and toes crossed!"

If you would like to sponsor Jenna and Conor, please visit their fundraising page at

www.justgiving.com/jennaandconor

To find out about fundraising and volunteering opportunities, please contact Jane King on 0113 2847800 or email jk@breastcancerhaven.org.uk

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Notes to Editors:

- Breast Cancer Haven supports the physical and emotional needs of anyone affected by breast cancer and its associated treatment by providing a free programme of complementary therapies, support, counselling and information at its Havens before, during and after conventional medical care.
- Working alongside the NHS and other healthcare professionals Havens promote integrated breast cancer care where conventional and complementary medicine work together to heal the body and mind.
- The charity was founded in 1997 and we currently have Havens in London, Hereford and Leeds.

For further information or to arrange an interview please contact:

Jane King at Breast Cancer Haven on 0113 284 7806 or email jk@breastcancerhaven.org.uk

Out of hours please call 07961 417837

www.breastcancerhaven.org.uk