

23 October 2009

POSTMEN GET ON THEIR BIKES AGAIN TO RAISE AWARENESS AND FUNDS FOR BREAST CANCER HAVEN



Mike Chandler and Glyn Jones, two postmen from Herefordshire, are cycling around the complete triangle of Breast Cancer Havens, Hereford to Leeds to London and then returning back to Hereford to raise awareness and funds for Breast Cancer Haven. The postmen are starting their 485 mile cycle ride early on Saturday 24 October and hope to arrive back in Hereford the following Saturday! Mike and Glyn are expected to arrive at the Leeds Haven on the afternoon of Monday 26 October.

Last year Mike and Glyn raised over £20,000 when they cycled on Post Office bikes to hand deliver a welcome message to the new Haven in Leeds, a journey of 335 miles lasting 6 days. So, this year's cycle ride is even more gruelling!

Mike Chandler said; "Supporting Breast Cancer Haven is particularly personal to us, having both lost our mums to cancer, we both realise the value of the support and expert care that the charity offers.

To raise funds Mike and Glyn have hand delivered 20,000 letters in the Herefordshire area asking for support. If you would like to sponsor them please visit www.justgiving.com/chainmail

-Ends-

For further information please contact:

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www.breastcancerhaven.org.uk

Notes to Editors:

Breast Cancer Haven

Being diagnosed with breast cancer and undergoing treatment can have a huge emotional and physical effect. In addition to the side-effects of treatment such as pain, hot-flushes, sleeplessness and hair loss, people often experience psychological symptoms including shock, anxiety and depression.

Breast Cancer Haven provides support, information, counselling and complementary therapies to help anyone affected by breast cancer to cope with the psychological impact of diagnosis as well as to help relieve the uncomfortable side effects of some medical treatments such as chemotherapy and radiotherapy. Our Haven programme is free of charge to anyone affected by

breast cancer. We have Havens in Hereford, London and Leeds and plan to open more. A range of outreach materials is also available for those who can't reach us. Breast Cancer Haven in Leeds opened in October 2008 and this month celebrates it's first year in Yorkshire.. To date it has provided over 3,000 appointments to over 440 people affected by breast cancer. For further information about Breast Cancer Haven please visit www.breastcancerhaven.org.uk