



SARA'S TERRIFIC TANGO TEA DANCE

Sara El-Hassani, from Leeds, has raised £878 for local charity Breast Cancer Haven by organising an Afternoon Tango Tea Dance at Woodkirk Valley Country Club in Dewsbury.

Breast Cancer Haven in Leeds - which celebrated its first birthday in October - provides the Haven programme free of charge to anyone affected by breast cancer. The programme includes counselling, complementary therapies, support and information to meet the physical and emotional needs of breast cancer. In Yorkshire alone, 4,000 women are diagnosed with breast cancer every year.

Sara, a programme leader with the Carnegie Leaders in Learning Partnership, has been having tango lessons for two and a half years and loves it so much that she now dances up to five times a week. "Tango is my passion" says Sara. "In dancing tango, I can be transported to a completely different level of existence where I am beyond the troubles and cares of my daily life. There are so many things I love about the dance. There is the hypnotically beautiful music, the close embrace with your partner and the improvisory nature of the dance. I have long referred to tango as my tango therapy."

Sara decided to organise her Tango Tea Dance in aid of Breast Cancer Haven as the charity has been such a huge help to her during her cancer journey. "When I was diagnosed with secondary breast cancer, I felt an overwhelming need to be treated holistically. I was pointed in the direction of Breast Cancer Haven and it has literally been a haven for me ever since. In the confusing world of cancer, it has provided me with invaluable information, comfort and support. The staff are both wonderfully warm and very professional. I still access the Haven on a weekly basis for their fantastic 'drop-in' sessions."

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. The £878.05 that Sara has raised will mean that more women and men dealing with the effects of breast cancer can be seen 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. "Sara put her heart and soul in to organising her event and I'm so glad it was such a success" comments Julie Harrington, Yorkshire Fundraising Manager at Breast Cancer Haven. "Sara's passion for Tango was evident for all to see, as those who saw her dance described it as "a thing of beauty".

For further information about Breast Cancer Haven and other fundraising opportunities, please contact Jane King on 0113 284 7800 or email jk@breastcancerhaven.org.uk

-Ends-

Notes to Editors:

- Breast Cancer Haven supports the physical and emotional needs of anyone affected by breast cancer and its associated treatment by providing the Haven programme free of charge to anyone affected by breast cancer. The programme includes counselling, complementary therapies, support and information to meet the physical and emotional needs of breast cancer 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

www.breastcancerhaven.org.uk