



## **'TEAM HAVEN' TAKE ON THE LEEDS 10K**

Local charity, Breast Cancer Haven, has announced that it has 'Team Haven' places available in this year's Jane Tomlinson Leeds 10K. There are 50 places available in this year's event which takes place on Sunday 04 July.

Breast Cancer Haven provides anyone affected by breast cancer across Yorkshire and beyond, a **free** programme of counselling, complementary therapies, support and information to meet the physical and emotional needs of breast cancer, regardless of what stage you are at in your cancer journey. In Yorkshire alone, 4,000 women are diagnosed with breast cancer every year.

There are currently 3 Havens; in London, Hereford and now Leeds, which opened in October 2008. During this time, the Leeds Haven has cared for 524 Visitors from across Yorkshire.

Soraya, from Leeds, was diagnosed with breast cancer in June 2008. "I first heard about the Haven through my breast care nurse Trish. After my treatment I was going through an emotional roller coaster just trying to find a way to feel normal again" says Soraya. "My Haven programme involved Shiatsu, Aromatherapy massage and sessions with the Nutritionist and the Medical Herbalist. In particular I found the nutritional sessions of great help to me. I have struggled to control my blood sugar levels all my life, so to discover a way to do this has made a massive difference."

"The therapies offered were for me a revelation, teaching me and helping me so much. I felt I was embarking on a different stage of my recovery from cancer. The Haven programme helped to feel normal again – my anxiety levels decreased and I felt a lot calmer and balanced."

"The turning point for me was the time I spent on the Introduction Day. Before, I felt very wobbly but this grounded me. I met other women, all of whom had a different story to tell. As we shared our emotions and experiences, crying and laughing together, we came away knowing although the way forward may not be easy, there was a way forward. Everyone I met made a difference to me and helped me get to where I am now, which is much more like me than when I first walked through the doors."

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. Team Haven are hoping to raise over £5,000 in this year's event which means more women with breast cancer can be supported by our expert therapists and counsellors.

"I want everyone to know about the special support available for women and men with breast cancer in Yorkshire. " continues Soraya. "Having the Leeds Breast Cancer Haven there to support me when I most needed it was amazing. From the moment I arrived, I felt I was surrounded by people who cared. Thank you, Haven: you are amazing. If you want to take part in this year's Leeds 10K join Team Haven, which would enable more women, like me, to receive the help and support they need."

Breast Cancer Haven receives no government funding and relies entirely on charitable donations and fundraising events to meet all our costs. "We've had fantastic support from the communities of Yorkshire in our first year in the region" comments Jane King, Yorkshire Fundraising Executive. "Having a presence in this year's Leeds 10K will enable us to increase awareness of the service we provide and ensure that anyone who might need our support, just like Soraya, knows we are here for them"

If you would like to join Team Haven for this year's Leeds 10K, please contact Jane King on 0113 284 7800 or email [jk@breastcancerhaven.org.uk](mailto:jk@breastcancerhaven.org.uk). Places are also available for the York 10K. Entry fee and minimum sponsorship apply.

If you have been affected breast cancer and would like further information about Breast Cancer Haven, please call 0113 284 7829.

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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.
- Our Haven Programme Managers are all experienced breast and cancer care nurses who have excellent links with their local medical communities. All our therapists are highly qualified and experienced in working with people with breast cancer.
- 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](mailto:jk@breastcancerhaven.org.uk)

[www.breastcancerhaven.org.uk](http://www.breastcancerhaven.org.uk)