



JOIN 'TEAM HAVEN' - PLACES AVAILABLE IN YORK 10K RUN

Local charity, Breast Cancer Haven, has announced that it has places available in this year's Jane Tomlinson York 10K. There are 20 'Team Haven' places available for the event which takes place on Sunday 01 August – Yorkshire Day.

Breast Cancer Haven 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 people affected by breast cancer. 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 500 Visitors, over 40 of who live in the York area.

Victoria Frazer, a mother of two from York, was diagnosed with breast cancer in July 2008 (age 38) and needed surgery, chemotherapy and radiotherapy. "The side effects of some treatment for breast cancer can strip you of your femininity – losing your hair, eyebrows, eyelashes and for some people having breasts removed, all can knock your confidence and your personal identity. It's heartbreaking, but the treatments are crucial to your recovery" says Victoria.

It was her breast care nurse who suggested she should try the new Breast Cancer Haven in Leeds. She has benefited from ear acupuncture to alleviate her hot flushes (a side effect of chemotherapy) as well as reflexology, counselling, nutrition and Reiki sessions. Victoria feels that counselling can be misunderstood. She herself was unsure about it, but discovered "I really benefitted from it. It gave me clarity, acceptance and 'tools' to cope with life and its stresses".

"The Haven programme is what you need it to be – bespoke and tailor-made. It makes you feel like an individual, even though you know you are just one of many thousands of women going through breast cancer. The drugs and medical treatment are the physical cure, but Breast Cancer Haven gives you the the emotional and mental support" adds Victoria. "It basically does what it 'says on the tin' - a haven for Visitors to feel at ease, build up their confidence and feel well again".

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. Our specialist services are known to make a huge difference to people's lives at what is often the most difficult time. Team Haven are hoping to raise over £2,000 in this year's race which means more women with breast cancer can be supported by our expert therapists and counsellors.

"I had such a fantastic experience with The Haven" continues Victoria "I want everyone to know about the amazing support available for women and men with breast cancer in Yorkshire. I would urge anyone wanting to take part in this year's York 10K to 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 York 10K will enable us to increase raise awareness of the service we provide and ensure that anyone who might need our support, just like Victoria, knows we are here for them"

If you would like to join Team Haven for this year's York 10K, or if you already have a place and would like to raise money for the charity, please contact Jane King on 0113 2847800 or email jk@breastcancerhaven.org.uk or visit our website at www.breastcancerhaven.org.uk Places are also available for the Leeds 10K. Entry fee and minimum sponsorship apply.

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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:

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Out of hours please call 07961 417837

www.breastcancerhaven.org.uk