

"I saw a counsellor which was very important because I didn't have much support at the time. I had lots of questions – what about the children? What about my work? She helped me make sense of things." Karen



"Getting out of a medical setting helped me to relax. Acupuncture helped with my chemo – I didn't feel so sick; I felt more in control and full of energy." Debbie



"I felt a bit lost after the treatment. I couldn't help thinking "What next?" For me, The Haven was a lifeline. They helped me get my life back on track." Sara



Please get in touch

To find out more about how we can help you, to make an appointment or just to chat to one of our team, please contact your nearest Haven.

The Haven in London
Effie Road
London SW6 1TB
020 7384 0099
Londonreception@thehaven.org.uk

The Haven in Hereford
37 St Owen Street
Hereford HR1 2JB
01432 361061
Herefordreception@thehaven.org.uk

The Haven in Leeds
4-5 The Gateway West
East Street, Leeds LS9 8DA
0113 284 7829
Leedsreception@thehaven.org.uk

What if I can't get to a Haven?

Our specialist cancer nurses, counsellors, nutritional therapists, benefits advisor and information manager can give you support over the phone and we can also send you our DVD and Audio CDs. There is also information and films on our website:

www.thehaven.org.uk

The Haven is the working name of Breast Cancer Haven.
Registered Charity No. 1061726

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All quotations and photographs used in this leaflet are from real Haven Visitors.



This organisation has been certified as a producer of reliable health and social care information.
www.theinformationstandard.org



Breast Cancer Support Centres

How we can help you



"No one should have to face breast cancer alone"

Sara Davenport, Haven Founder



About The Haven

The Haven is a unique charity that supports anyone affected by breast cancer, either from our three Haven centres in London, Hereford and Leeds, over the phone or via our website. **Our services are free of charge.**

How we can help you

We provide a wide range of therapies and approaches to help you cope with the physical and emotional effects of breast cancer and its treatment. Our specialist cancer nurses and experts in emotional support, complementary therapies, nutrition, exercise and stress-reduction provide a tailor-made programme of supportive care to help you feel better.

Who can come to a Haven?

Anyone affected by breast cancer is welcome. It doesn't matter where you live and you don't need a referral from your doctor. You can come before, during or after your medical treatment for cancer and if your family, and those close to you need some emotional support, they can also come to see our Haven counsellors.



We offer:

Emotional support for you and the people close to you, including one-to-one and group counselling, support groups and stress-reduction programmes.

Complementary therapies to help relieve the physical and emotional side-effects of your medical treatment. We offer over 30 therapies including acupuncture, hypnotherapy, herbal medicine and shiatsu (Japanese massage).*

Advice on healthy eating from our nutritional therapists, tailored to your individual needs.

Exercise, relaxation and meditation classes including yoga, mindfulness and qi gong, to help you develop a healthier lifestyle.

Image workshops for advice on hair, make-up and clothing to help you to feel good about your appearance.

Seminars and workshops on a wide range of subjects from body image and fertility through to journal writing and self expression.

Our in-house Haven Macmillan information manager and our welfare, benefits and money advisor will help you find useful information and secure any financial support you might need.

*Our A-Z guide to therapies gives more information on all the therapies we offer. See our website or call us for a copy.



Our clinical credentials and how we work with the NHS

Each Haven centre is led by a specialist cancer nurse who manages a team of professional, complementary therapists. They are highly trained and experienced in treating people with breast cancer, so they know how to use the therapies we offer safely alongside your medical treatment. We also correspond with your medical consultant and GP to ensure that we provide care that is both safe and appropriate for you. We are recommended by many breast care nurses and medical teams.

Our Clinical and Research Director has a PhD in complementary cancer medicine and has many years of experience in the NHS. She leads our professional team of specialist nurses, therapists and researchers who constantly evaluate the effectiveness of our services for people with breast cancer. Our Clinical and Scientific Advisory Board comprises of 17 consultant breast surgeons, oncologists and other specialists who advise us on our clinical and research agendas.

"The patient experience can be a whirlwind of facts and treatment but at The Haven, the patients' holistic needs are carefully and sensitively restored. Having time to spend with each individual, the Haven picks up where the NHS lets go." Mr Rick Linforth, Consultant Oncoplastic Breast Surgeon, Bradford Hospitals



www.thehaven.org.uk
info@thehaven.org.uk