



breast
cancer
haven

Free Breast Cancer Support

Your help through the toughest times



When breast cancer tries to rob a woman of her individuality, confidence or strength, we provide a tailored package of emotional, physical and practical support that helps her hold on to them.

We support women and their families via a network of 6 welcoming centres around the UK and through an expanding network of other services. We're here to provide women with breast cancer with the support that treatment alone can't.

breastcancerhaven.org.uk



Breast Cancer Haven

We know that the experience of breast cancer can be tough and uncertain. At Breast Cancer Haven our team of experienced healthcare professionals, counsellors and therapists will support you every step of the way.

How we can help you

Your support programme includes 12 **free** hours of one-to-one appointment time. This time is made up of two hours with a healthcare professional and up to 10 hours of supportive therapy time. We offer assessments, counselling, therapies to help with symptoms and side effects as well as help with healthy eating, exercise and stress reduction.

We also liaise with your medical team and tell them what we are providing to make sure that together we can help you in the best possible way.

Who can come?

Anyone affected by breast cancer is welcome. This includes people who carry genes like BRCA 1 or 2. It doesn't matter where you live and you don't need a referral from a doctor. And if people close to you need some emotional support, they can talk to our counsellors too, free of charge.

When can I come?

You can come whenever you need us. This could be before, during or after your medical treatment for breast cancer. Our centres are listed on the back page of this leaflet.

What we offer

Time with a healthcare professional

to discuss your concerns and develop a support programme best suited to you.

Emotional support including support groups and one-to-one counselling for you and your family.

Healthy eating advice from our nutritional therapists, tailored to you.

Therapies including massage, acupuncture and reflexology to help with physical and emotional symptoms and side effects of your medical treatment.

Lymphoedema awareness including information and exercises to reduce your risk of getting lymphoedema.

Exercise and stress reduction classes including yoga, Tai Chi and mindfulness.

Courses, seminars and telephone support

Our in-house Macmillan Specialists

provide information and support on living with cancer including welfare benefits and money advice. Based at our London and Wessex centres you can talk to them in person or by phone.

Available services vary at each centre but all are committed to providing the best possible support.

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“The support I received at Breast Cancer Haven played an enormous part in getting me through a really tough time in my life”

Anne

“Anyone affected by breast cancer is welcome. It doesn’t matter where you live and you don’t need a referral.”

Contact us

Our centres are open Monday to Friday, 9.00am to 5.00pm unless indicated below. Please call or check our website for more information on our opening times and locations.

London (Fulham)	020 7384 0099 (Offers extended opening)
Yorkshire (Leeds)	0113 284 7829
Hereford	01432 361 061
Wessex (Titchfield)	01329 559 290
Worcester	01905 677 862 (Appointments available on Thursdays only)
West Midlands (Solihull)	0121 726 9570
The Whittington Hospital (Archway, London)	020 7384 0099 (Appointments available on Fridays only)
King George’s Hospital (Ilford, London)	020 7384 0099 (Appointments available on Thursdays only)
Head Office	020 7384 0000



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Future Dreams



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