

What our Visitors say about the day

"I did find the day very useful - it provided me with some very useful tools Thank you"

"Informative, most enjoyable fun day, feel better now than before."

"I am leaving with a great sense of peace & tranquillity. Thank you."

"I found the whole day very interesting. It gave me lots of useful information to take forward. I learned a lot about nutrition, relaxation and meditation."

"This was a professional helpful experience. Thank you all your information & support."

"I think the whole thing is very well thought out & immensely valuable - it has been a positive experience & the time has gone so quickly."

"I just wish more women had access to this. I feel very privileged to be able to come here. Thank you."

"Alison's nutritional advice was clear and helpful. I am very pleased to have discovered the Haven and hope to access some of the therapies and support. If I lived nearer I would certainly attend more frequent seminars. Thank you very much for an enjoyable and informative day."

Janice Dell - Specialist Breast Care Nurse



Jan began her nursing career in the Royal Navy. After leaving the services she worked in general surgery in Scotland and Devon, followed by a number of years as a community nurse, during which she completed various courses. After moving to South Shropshire, she was a Breast Care Nurse at the Oncology Centre in Hereford Hospital for seven years, completing a Diploma in Cancer Care and gaining experience in areas such as lymphoedema. Jan has been leading the team of nurses and therapists at The Haven in Hereford since 2006 and provides information and support for each new Visitor coming to the centre.

How to get to The Future Inn



Breast Cancer Support Day

at the

**Future Inn,
Hemmingway Road
Cardiff Bay,
CF10 4AU**

Tuesday 7th February 2012

10am to 4.30pm

free of charge.

This day is a way of bringing what we provide at The Haven to you.



How The Haven can help

Our Havens offer a free programme of in-depth support to improve the quality of life for anyone affected by breast cancer.



Our support day introduces this programme to you.

We understand that breast cancer can leave you feeling shocked and traumatised. We want to give you the support and information to help your needs. Our individually tailored programmes provide in-depth emotional support and physical treatment, as well as counselling for families. We also offer a range of complementary therapies designed to aid relaxation, help with the symptoms and side-effects of treatment and to promote wellbeing.

We welcome anyone who can get to one of our centres, no matter how far they have had to travel. If travelling to us is difficult, we can provide assessments and offer information and support by phone to help minimise the time that you need to spend travelling. We also provide telephone counselling.

We also offer support via our outreach CD and DVD pack, Haven at Home, our website and on the phone.

If you would like to find out more about what we can do for you, please come to our Haven Breast Cancer Support day at the **Future Inn, Cardiff** on 7th February 2012.

During the day, there will be a chance to talk with others in a similar position and to learn about approaches that may be helpful to your overall wellbeing and coping with breast cancer. We aim to offer some individual support during the day as well.

You could be in a group of up to 20 people affected by breast cancer and you are welcome to bring a family member or friend with you – just please let us know in advance.

There is no charge for this day.

These support days are very popular so please book your place in advance, using the contact details below:

The Hereford Haven

Breast Cancer Support Centre

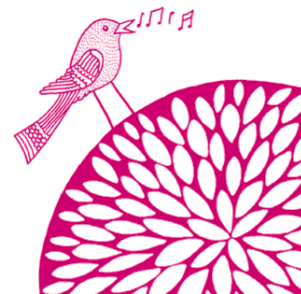
37 Saint Owen Street

Hereford

HR1 2JB

Phone: 01432 361061

E-mail: info@thehaven.org.uk



Timetable

- 10.00 Welcome & Overview of the Haven Programme.
With Janice Dell, Breast Care Nurse
- 11.00 Getting emotional support
With Carol Morgan, Haven Counsellor.
- 11.45 Coffee break.
- 12.00 Eating well
With Alison Benbow, Haven Nutritional Therapist.
- 13.00 Lunch provided
- 14.00 Meal planning, Q & A
With Alison Benbow.
- 14.30 Exploring gentle movement and relaxation to reduce stress