

Haven Introduction

10am-4pm

A day for you to learn what
Breast Cancer Haven can offer
and to meet others going
through a similar experience

This day is led by Tina Glynn, Haven Programme Manager. Before joining Breast Cancer Haven Tina had a long career in nursing and specialised in cancer and palliative medicine. She also has experience and specialist qualifications in complementary therapies.

10.00 Welcome and introduction

With Tina Glynn, Haven Programme Manager

10.45 Personal introductions

With Tina Glynn, Haven Programme Manager

11.30 Refreshment Break

11.45 Principles of Healthy Eating

With Alex Laird, Medical Herbalist.

13.15 Lunch

14.00 Helping Yourself Through Relaxation and Meditation

With Christopher Woodward

14.45 Refreshment break

15.00 Overview of the Haven Programme

With Tina Glynn, Haven Programme Manager

15.45 Closing discussion

With Tina Glynn, Haven Programme Manager

Please book at Reception on **020 7384 0099**

Tuesday 14th September

Breast Cancer Haven, Effie Road, London, SW6 1TB

Registered Charity Number 1061726

Oestrogen-Mimicking Chemicals and Breast Cancer

With Dr Philippa Darbre

Philippa Darbre is a Reader in Oncology at the University of Reading. She has been carrying out research into oestrogen action in breast cancer for the past 28 years and has published over 100 peer-reviewed research papers.

Although the underlying causes of breast cancer remain unknown, lifetime exposure to oestrogen is an established risk factor. Oestrogen is known to drive the growth of many breast cancers and stopping oestrogen action in the body remains the basis of endocrine therapy as a treatment for breast cancer.



This established role of oestrogen in the development and progression of breast cancer raises questions concerning a potential contribution from the many chemicals in the environment which can enter the human breast and which have oestrogen-mimicking properties. Such chemicals can accumulate in the breast from exposure through diet and from the domestic environment. However, it is emerging that the breast is also exposed to a range of oestrogenic chemicals applied as cosmetics directly to the underarm and breast area.

This lecture will review what is known about oestrogen action in breast cancer and evidence will be presented to explain current concern about a potential role of the combined actions of oestrogen-mimicking chemicals in the rising incidence of breast cancer.

Please book at Reception on **020 7384 0099**
Wednesday 22nd September 6.00pm-7.30pm
£15.00 (concessions available)

Payment is requested in advance
Breast Cancer Haven, Effie Road, London, SW6 1TB
Registered Charity Number 1061726

Healthy Steps – moving you to better health with the Lebed Method

With Julia Williams

The Lebed Method is a gentle therapeutic exercise and dance programme for people affected by cancer. It helps participants increase range of motion and flexibility, particularly after surgery. The movements are designed to gently work the lymphatic system and therefore help to reduce the risk of lymphoedema and also reduce and manage existing lymphoedema.



Additional benefits include: reduction in pain, increased energy, increase feeling of well-being, re-establish a sense of beauty and sexuality and increase positive self-image.

The emphasis is on having fun – what better way to start the weekend?

This course is designed to improve your confidence with regular gentle exercise and facilitate feedback time with the dance teacher.

The class is for any age and level of fitness.

Please wear loose comfortable clothes and comfortable flat shoes. If you have lymphoedema please wear your compression sleeve.

Please book at Reception on **020 7384 0099**

Friday 20th & 27th August, 3rd, 10th, 17th & 24th September,

1st & 8th October 2010 2.00pm – 3.15pm

Suggested Donation £5.00

Healthy Fast Food for Women

With Alex Laird, Medical Herbalist

Cookery tips and techniques for healthy fast food. Manage menopausal symptoms and cancer treatment side effects.

Discover how delicious beans and pulses are ultra-simple to cook – and wind-free too! Find out how they, along with salads, vegetables other foods can help reduce hot flushes, sweats and mood swings.



Learn and taste what foods and herbs can be used to support the body for real nourishment. We will make smoothies that are easy to digest and rich in nutrients for circulation/veins and energy. We will make delicious teas that help with nausea and colourful dishes that support immunity, energy and healing.

The workshop will cover the following:

- ☒ Simple delicious ways to cook beans and pulses
- ☒ How to keep vegetables and herbs fresh
- ☒ The gorgeous, healthy breakfast smoothie!
- ☒ Food to strengthen immunity and lose weight
- ☒ The all-in-a-bowl easy lunch!

Please book at Reception on **020 7384 0099**

Tuesday 19th October 2010

11.30am-1.00pm

£15.00 (concessions available)

Payment is requested in advance

Breast Cancer Haven, Effie Road, London, SW6 1TB

Registered Charity Number 1061726

Lingerie Open Day

Ansuya Padhiar

Nicola Jane is a company that specialises in lingerie, swimwear and prosthesis for women who have had breast surgery.



Ansuya from Nicola Jane* will be here in the library with a selection of their current seasons lines. Please feel free to drop by and meet her. She will be happy to answer any questions you may have on lingerie, mastectomy wear, swimwear and prosthesis and she will be able to help with personal bra fittings.

Please book at Reception on **020 7384 0099**

Tuesday 12th October 2010

10.00am—4.00pm

Free

Breast Cancer Haven, Effie Road, London, SW6 1TB
Registered Charity Number 1061726