

## Hazelton, Laura

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**From:** Amanda Turofsky [REDACTED]  
**Sent:** 22 October 2018 08:44  
**To:** Hazelton, Laura  
**Subject:** Planning Ref 2018/3956/P .Future Dreams House

Dear Ms Hazelton

Re Planning ref 2018/3956/P

My name is Amanda Turofsky and I am delighted to add my support for the proposed Future Dreams House in Birkenhead Street, Kings Cross.

I am a breast cancer survivor. I was diagnosed 5 years ago and underwent chemotherapy, lumpectomy and radiation. I was extremely ill at the beginning of my treatment and nearly lost my life as well as losing the movement in my left arm which meant I could not drive. I am happy to tell you I am now clear.

I was extremely lucky as our family had private health insurance which meant I was treated at St Johns and Elizabeth hospital.

I had chemotherapy at The Platinum Centre at the Wellington and radiation in Harley street.

As I had my treatment privately my hand was held all the way unlike a lot of women I have met who have been compelled to use the services of the NHS. When I was so ill in hospital, I was really struggling and one of the nurses suggested I went to The Haven of which I had never heard. They felt I would greatly benefit from it. Unfortunately due to where it was located and not having the energy I did not get there for a few months. I was very lucky as I had a friend who chauffeured me there but it was a long way and it was too far for me to keep going back. The first time I went I could not believe it - here was a sanctuary open to everyone to those undergoing and those who have completed treatment for Breast cancer. I saw a doctor who explained how everything worked and the services I could have. I had lunch in their kitchen and met volunteers who cooked amazing subsidised cost meals. I just wished it was nearer to my home so I could have taken advantage of it more often. I have promoted its services and helped by being an extra for Martin Clunes when he made a documentary for them which was televised.

This is why I was so excited when I heard about Future dreams charity and their dream house which they were looking to open - a Breast Cancer Haven in Kings Cross as, for me and others more geographically suited, it was a much better location and would give more people access to the wonderful services offered.

Having experienced the services of the Haven I am confident that The Future Dreams House can replicate what the Haven have achieved and I believe so for the following reasons:

1. it is so important to have a space where all breast cancer patients can go and talk with others who have undergone or are going through their treatment. So many people don't have anyone to talk to or from whom to seek support. Every sufferer have common concerns but also have their own individual anxieties and concerns both in relation to their ailment and in relation to their lives whilst undergoing and recovering from treatment. It gives one so much positivity when you can see and speak to people who really understand what you are going through and give you advice often from personal experience. Assistance and advice is not only for the patient but also for members of their family many of whom may struggle with their loved one being ill so counselling plays an important roll.
2. Since my diagnosis I have learnt how important nutrition is and it would be so wonderful to be able to have a nutritionalist to show you what you need to eat and how to cook interesting and tasty

recipes especially when you go through chemo when you tend to lose all your tastebuds and how to move forward with a healthier lifestyle.

3. Another benefit I would love to see is people being able to get services like reflexology , acupuncture and healing which many cannot afford or to whom such service are not easily accessible. Such things are an important aid towards recovery .
4. Also as a woman there is nothing more daunting than loosing your hair. I wish I had access to a beauty room where women can be taught about wigs and how to wear them. To have people who can show you how to draw eyebrows and put on false lashes can give you back the confidence and self esteem you so desperately need . I remember having to troll around London trying to find the best places for wigs and it is no fun at all when you are feeling poorly.
5. I believe in exercise such as restorative yoga. Pilates is also so important and so it would be wonderful to have a gym to offer such therapy where you can exercise without feeling subconscious about your body especially if you have not had reconstruction or you have a port.
6. Also so many women suffer from lymphodemia so it would be amazing if they had physiotherapists to help them .I have so many friends who now suffer with this and so many women need help with this
7. When I lost the use of my arm I would have loved a service where a volunteer could pick me up and drive me to a place like future dreams house or even drop me at the station for a short journey. .Kings Cross is so central for so many areas having a great network
8. A place where women who have secondary cancer could have a group and help each other.

I could go on and on. Thank goodness more and more people are surviving Breast Cancer but it doesn't matter what age you are when you get that diagnosis and you hear those words You have Breast Cancer your world is turned upside down so to know there is a haven like The Future dreams house will be so essential to so many both now and in the future.

I look forward to hearing that this planning application has been succesful.

Yours sincerely

Amanda Turofsky

