

## Hazelton, Laura

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**From:** Saskia Lichtenstern <[REDACTED]>  
**Sent:** 20 October 2018 16:11  
**To:** Hazelton, Laura  
**Cc:** Sam Moffat  
**Subject:** Reference - 2018/3956/P

My name is Saskia Lichtenstern, I am 44 years old and I am a breast cancer survivor.

I finished treatment 5 years ago, but it has become my life purpose to help other survivors adjust to their new life post cancer treatment.

I had a pretty aggressive oestrogen based cancer that was discovered when I was 39 years old, I had a single mastectomy with all my lymph nodes removed. I was living in South Africa at the time and so I had my treatment in hospitals in Cape Town.

The truth is I pretty much went through that hell on my own. Sure I was blessed to have family and friends around me, but there was no support system in place, there was nowhere for me to go where I could speak to someone and they would understand.

When I returned to the UK and found out about Breast Cancer Haven I was completely blown away!

I couldn't believe such a place existed, and only wished I had somewhere like that to seek refuge when I went through treatment. I'm still blown away that such a wonderful place exists and there should be breast cancer havens all over the world as far as I am concerned.

I have good friends who have just been through cancer treatment or are currently going through treatment that have benefited from the haven. I can see how they have benefitted by the various services that Breast Cancer Haven offers, and for free!

Now Breast Cancer Haven is closing, and this just cannot happen! We need to find a new home for the Haven so they can continue to transform lives, and I think moving it to the Future Dreams House in Kings Cross is a great idea.

Future Dreams House is one billion percent needed for women going through the hell of breast cancer, and for their family that is going through that hell with them.

Future Dreams House is so important, and the Breast Cancer Haven is so important...they are integral to the journey of any and every breast cancer survivor.

Whenever someone I know is diagnosed with breast cancer, Future Dreams and the haven are the first places I direct them too.

I totally support the new centre being relocated to Camden. Even though I live in South West London the transport links are excellent and it will not impinged on my journey. In fact I think it is a much better location because it is far more central so it is an easier journey for most.

Future Dreams House needs to be a sanctuary and a refuge, an oasis for women with breast cancer to get away from the world to get help and recharge. Support services like counselling, life coaching, yoga, pilates, and other spiritual and holistic treatments should be provided. Introducing women to these kinds of services and treatments helps them heal, and keeps cancer from coming back. We need to teach women about nutrition, self love, exercise, emotional well being...these are the things that can truly transform a breast cancer patient/survivors life and help them find happiness after cancer.

Future Dreams House and Breast Cancer Haven can provide such services and transform lives.

Help us make this possible, believe in this as much as we do.

Thank you.

Kindest regards,

Saskia Lichtenstern

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