

Lauren Mahon - letter of support for Future Dreams House

Dear Ms Hazelton

My name is Lauren Mahon, founder of GIRLvsCANCER, co-host of BBC podcast You, Me & The Big C and keen supporter of the proposed Future Dreams House in Kings Cross.

Diagnosed with Breast Cancer in August 2016 at the age of 31 it was difficult to know exactly where to go and who to turn to. I felt isolated and completely at the mercy of the chemotherapy side effects ravaging my body.

Alongside my traditional medicines I was advised by my CNS to get in touch with Breast Cancer Haven, that they could provide some psychological support as well as alternative treatments to ease my symptoms.

The day I entered the building it was like walking into a huge hug. I was treated with care and patience and prescribed services that were tailored to me- for free!

Anything from financial support to counseling was covered. I took on some sessions of aromatherapy massage to help me sleep and saw a nutritionist to ensure my body was getting exactly what it needed and allowed me to feel a little more in control.

Now two years on since diagnosis the Breast Cancer Haven services are a lifeline in helping alleviate the severe side effects of a medically induced menopause. Having access to free acupuncture sessions whilst I await a referral from my oncology team has been crucial in coping. However as I am based in East London travelling to Fulham is not always possible and I often miss out on appointments that I so desperately need due to work.

Having a space in Kings Cross will be so much more geographically suited to not only myself but so many of the woman I have met on this journey and to those about to embark on it. Everyone should have access to this incredible place and the services they offer.

It really will make all the difference.

Yours faithfully,

Lauren Mahon