



CANCER BUDDIES NETWORK

Proving that cancer need never be a lonely experience

PRESS RELEASE

ONE IN THREE OF US WILL GET CANCER AT SOME TIME IN OUR LIVES – CBN MAKES SURE YOU NEED NEVER FEEL ALONE

‘SOMEWHERE OUT THERE, SOMEONE IS FEELING EXACTLY LIKE YOU’

July 2008

Cancer Buddies Network (CBN) is an online charity support network for anyone affected by cancer. It has been designed specifically to link individuals with each other for support and friendship on a one-to-one basis in complete safety and privacy, and on the lively forum.

Everyone needs someone to talk to who has been through a similar experience, someone who understands because they've been there themselves. Through CBN, members can search for a buddy by type of cancer, where they live, age, gender and interests, etc.

“When I first heard those heart-stopping words, ‘You have cancer,’ my comfortable little world changed for ever. Through the haze of voices going on around me, I was aware of another woman who was receiving the same devastating news. I resolved to find out who she was so we could help each other through this,” says CBN Founder Jan Rutter. “We became the best of buddies and discussed all the things happening to us that nobody else understood because we were the ones experiencing it, feeling it and living through it.”

Support from families and friends provides a vital boost at turbulent times in our lives. But there's nothing to compare with sharing experiences with those who know exactly how you feel. One of CBN's 1,000+ members explains: “Though having a wonderful and caring family, they could not be here 24 hours a day and I felt they should not see me falling apart too often. The CBN site was the one place I could come to and not have to try to be brave or put a smile on my face. I also didn't have to be mum and support the family. It didn't matter if I cried or ranted and raved, everyone just listened and cared. Now I still need support but am able to offer that support to others as well. Unless I am away, I come on here every day. I don't know how I would have got through the last 20 months if I hadn't had CBN. It's the long nights when on your own the pain is unbearable, being able to pour out your feelings here was cathartic and enabled me to carry on for another day, then another and another, and guess what, I'm still here. My CBN friends mean the world to me and with them the future isn't quite so bleak.”

Please help us publicise Cancer Buddies Network so that more people affected by cancer can find help and support. Visit our website www.cancerbuddiesnetwork.org

Note to editors: We have many members' stories and those who are happy to be interviewed about their experiences (though for some names may have to be changed).

NOTES TO EDITORS:

1) Cancer Buddies Network (CBN) is a registered charity no 1120207. It was started in August 2006 by social entrepreneur, Jan Rutter, who experienced cancer seven years ago. She says: "One of the things I found more helpful than anything else was being able to talk to other people who were going through the same thing as me. My family and friends were great and I couldn't have done it without them, but there is nothing like having someone to talk to who knows how you feel because they've been there."

When Jan looked into finding a website of this kind where she could meet others in her position, she was surprised to find that there wasn't anything like this already in existence on the internet, and so the idea of Cancer Buddies Network was formulated.

2) CBN is now supported by Macmillan Cancer Support, Millenium Grants UnLtd, Google, Streets Ahead and has links with other major cancer charities and hospitals up and down the country.

3) It also has the support of some of the UK's most eminent cancer specialists. Professor Ian Smith MD, FRCP, FRCPE, Professor of Cancer Medicine at the Royal Marsden Hospital, says: "As an oncologist I see patients and their families who are frightened and worried about the impact that cancer will have on their lives and how it will affect them. From my personal experience I have learnt that patients cope better when they are able to talk about what they are going through and share their experiences with someone who understands. I wholeheartedly support CBN, an exciting new concept in online Cancer Websites."

Professor Jane Plant CBE, DSc, FRSM, FRSE, Professor of Geochemistry at Imperial College London and author of The Plant Programme, says: "We are delighted that Jan has set up Cancer Buddies to help other sufferers and their families. We are even more delighted that she is linking to Cancer Support International to help people find science-based advice on diet and lifestyle to help them complement orthodox treatments for cancer."

4) CBN is as helpful for the families and carers of cancer sufferers as it is for the patients themselves. The lively forum is a centrepiece for many people, giving love and support to those all who need it. Or people can simply discuss their problems on a one-to-one basis with another member if they prefer.

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