



Press Release
4 December 2008

Remember Friends in Need this Christmas

For most people, this time of year is full of happiness and good cheer as everyone prepares for the Christmas week. For many, however, the effort of putting on a brave face is a struggle because they, or a loved one, is suffering or has just heard devastating news.

We all know that it's important to remember the elderly and the lonely in these festive times, but it is equally important to remember those who are in need of some extra love and attention because they are going through rough times.

WWW.cancerbuddiesnetwork.org is a resource where anyone who has been affected by cancer can go and find some respite and friendly cheer from people who understand what they are going through, because they've been there.

"Christmas can be a very difficult time for people suffering with cancer," says Jan Rutter, the founder of the charitable website. "People who have been hit by cancer in some way, often go out of their way to cover up their suffering so it is these people who really need understanding and support. Frequently it is the spouse or close friends of the cancer sufferer who get overlooked, but they are the ones who need the support because the strain of looking after someone who has the disease should not be underestimated."

Jan explains that the website is free to join and open for anyone and everyone regardless of how they are being affected by cancer. "Christmas can seem like very dark days to people who are suffering, so the website is somewhere they can go on and talk about their darkest thoughts that they wouldn't dare utter to friends and families. The wonderful thing is that there will be lots of buddies who will come back to them with messages of support and cheer," says Jan.

The message to anyone who has ever been hit by cancer, is to go online and talk to someone. You could well make their Christmas or have someone make yours!

Ends

NOTES TO EDITORS:

- Cancer Buddies Network (CBN) is a registered charity no 1120207.
- Jan Rutter and others are available for interviews
- CBN has the support of Macmillan Cancer Support, Millennium Grants UnLtd, Google, and has links with other major cancer charities and hospitals up and down the country.
- The patron of the charity is the eminent cancer specialist Professor Ian Smith MD, FRCP, FRCPE, Professor of Cancer Medicine at The Royal Marsden Hospitals, Sutton and London.

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