



18 June 2009

## **CANCER BUDDIES MEET UP BECAUSE THEY KNOW IT'S GOOD TO TALK**

Cancer Buddies Network, the global online Support Network that puts cancer patients, their families, friends and carers in touch with each other, has just enjoyed a wonderful meeting at a venue in Waterloo, London. Having spent so much time getting to know each other through the airwaves of CBN, sharing the ups and downs of their cancer journeys with each other and becoming the very closest of buddies, they were able to meet up in person to put names to faces and make 'real' all those virtual hugs and support they had shared on line.

Members came from as far away as Spain, Sussex, Hampshire and Oxfordshire as well as London to spend some quality time with buddies who have become like family to them through Cancer Buddies Network.

Their Founder, Jan Rutter who herself survived breast cancer back in 2001, gave a speech of thanks to everyone that attended and a special toast to all those who weren't able to come. Afterwards Jan said, "the main thing I noticed as I watched and took in the atmosphere, was how wonderfully everyone got on, just like long lost friends who had known each other forever. I was so proud to be a part of it and know that they had all met because of CBN!"

Member, Hazi Tester enjoyed the day and believes they should meet more often. "I had the greatest of times, meeting old and new faces," she said. "CBN seems to have been a part of my life forever but it's not even three years yet. I am thankful every day for the friendship, love and support I receive, they will never know how much it means to me. CBN has helped me through the toughest times of my life and never complained when I have cried for weeks on end when they all have your own problems too. Mind you we also have some laughs at times so it's not all serious!"

Another member, Rich Castle wanted to thank Jan Rutter for creating CBN. He said: "It's brilliant and it's given so many people hope and a place to go when we need to speak to someone throughout and after our journey through cancer. CBN has definitely proved that cancer need never be a lonely experience. It has certainly helped me and I'm sure countless others on there. Thank you."

The website, [www.cancerbuddiesnetwork.org](http://www.cancerbuddiesnetwork.org), is free to join and available to anyone, whatever their experience with cancer. Anyone can join up and find their own buddies from among the membership of thousands by either private messaging or through the lively forum.

*“From 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.”*

Professor Ian Smith MD FRCP FRCPE, Professor of Cancer Medicine at the Royal Marsden Hospital, Patron of Cancer Buddies Network.

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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