



Press Release
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It's Good to Talk

As every woman already knows, talking things over with your friends always helps get things into perspective. A problem shared may not always be a problem solved but it can certainly help calm jangled nerves and the constant internal chatter. This is even more important when you have just received the news that you or a loved one has cancer.

One person who went through the experience of being diagnosed with breast cancer and being terrified by her thoughts and worries was Jan Rutter. After finding another woman who was going through the same experience and appreciating the huge impact it had on her to have that buddy, Jan set up www.cancerbuddiesnetwork.org, a website that aims to join people together and help each other through mutual support.

“By bringing people together online everyone benefits,” says Jan. “Whether it’s the middle of the night or because you feel you can’t burden your family any more, Cancer Buddies Network is there for you so no-one ever need feel alone.”

Oncologist Professor Ian Smith of the Royal Marsden Hospital has first hand experience of seeing 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. *“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,”* says Professor Smith.

Someone else who knows first hand how cancer affects people is **Gloria Hunniford**, whose daughter Caron Keating died after a seven year battle with cancer. *“Showing love and support is very important to families who suffer disruption in their lives, and I believe that positive attitudes and friendship should be encouraged especially at such difficult times,”* says Gloria. *“We see how important it is for people to be in touch with others in the same situation and who can empathise so deeply.”*

Cancer Buddies Network continues to reach people all over world and help them in their hour of need. Anyone can sign up and it’s free so if you’ve been affected by cancer in any form whatsoever, take a visit and see for yourself how good it is to talk.

End

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.

For more information about Cancer Buddies Network, please contact:

Helen Vintner Eaton
Communications
Cancer Buddies Network
01444 457889
[*helen@vintner.eclipse.co.uk*](mailto:helen@vintner.eclipse.co.uk)

or:
Jan Rutter
CEO/Founder
Cancer Buddies Network
020 8651 4341
[*enquiry@cancerbuddiesnetwork.org*](mailto:enquiry@cancerbuddiesnetwork.org)

www.cancerbuddiesnetwork.org