

## How can a buddy help?

Prostate Buddies D&G can give support to other men by talking about their own cancer experience, issues they faced at work and in day-to-day life.....

Just diagnosed and wondering whether you should try a support group? A bit sceptical that they can help at all? Read how one man's mind was changed...  
(Courtesy of tackleprostate.org)

"I'm a firm advocate of support groups, but I wasn't always".

Before being diagnosed I had preconceived ideas about them up to when I sceptically tried one 5 years ago. I like the group for different reasons and I've got loads out of going to it, not least making new friends and finding out stuff I'd never have got to hear about otherwise.

Doctors and all the other health professionals are a massive part of the information equation with their years of training behind them but, usually, they haven't had any type of cancer nor any of the treatments. That leaves them without the insight that can only come from personal experience.

So, along with everything else that support groups provide, I've found it to be an invaluable forum of people with personal understanding of what I'm going through because they've been through similar themselves.



If you would like to speak privately about your diagnosis & concerns,

### Call our Support Line:

07856 899411 / 12 / 13 / 14 or 407

Or visit the websites below for more valuable information:

[www.prostatebuddiesdandg.org.uk](http://www.prostatebuddiesdandg.org.uk)

[www.prostatescotland.org.uk](http://www.prostatescotland.org.uk)

[www.macmillan.org.uk/information-and-support/prostate-cancer](http://www.macmillan.org.uk/information-and-support/prostate-cancer)



Patients Supporting Patients

Scottish Charity No. SC049385

## Our Goals / Aims / Mission Statement

- To bring men from Dumfries & Galloway who have been diagnosed with and have been treated for Prostate Cancer/Disease together, to support others with a similar diagnosis.
- To promote awareness in the wider community of the prevalence of Prostate Cancer/Disease and its impact on individuals and their loved ones.
- To provide opportunities for men with Prostate Cancer/Disease to discuss their experiences and feelings in a friendly, personal and if requested, confidential environment.
- To offer support, advice and guidance to men diagnosed with Prostate Cancer/Disease and their families, partners, friends and carers, to enable them to have a clearer understanding of the different treatment options.
- To promote and campaign where appropriate with other organizations on issues impacting on diagnosis, treatment and support for men with Prostate Cancer/Disease.
- To provide these aims without regard to religion, class, sexuality, gender or creed.

## What we do:-

We meet regularly, as a group, on a monthly basis in a relaxed and informal way, to talk listen and share with each other, issues that may be affecting our lives and also to exchange experiences and issues whilst undergoing diagnosis, treatment or post treatment.

We can also chat on the phone, or alternatively on a 1:1 basis or group sessions, at one of our open meetings held in the Dumfries Baptist Church Centre, Gillbrae Rd, Dumfries. DG1 4EA on the last Wednesday of every month from 7.00pm – 9.00pm

Every Buddy is qualified in a special way in that they have had, or have Prostate Cancer and been through the subsequent treatments.

So please talk to us, we are sure talking things through will help. All meetings are free and attendees may visit as often as they wish. Who knows, you may want to volunteer yourself!

## The Buddies:



Chairman – Roly



Treasurer – Andrew



Secretary – Scott



Founder Buddy – Keiran



Founder Buddy - Jim