

## How can a buddy help?

Prostate Buddies D&G can give support to other men by talking about their own Prostate 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 an advocate of support groups, but 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.

**This man's experience of support groups is exactly what you can expect from Prostate Buddies D&G.**



## Our Goals, Aims & Mission Statement

- To bring men from Dumfries & Galloway who have been diagnosed with and have been treated for Prostate Cancer or 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 or Disease to discuss their experiences and feelings in a friendly, personal, non-judgemental and if requested, confidential environment.
- To offer support, advice and guidance to men diagnosed with Prostate Cancer or 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 organisations on issues impacting on diagnosis, treatment and support for men with Prostate Cancer or Disease.
- To provide all of the above without regard to religion, class, sexuality, gender or creed.

P.B.D&G Revised 12<sup>th</sup> March 2020

## 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 whilst undergoing diagnosis, treatment or post treatment.

We can also chat on the phone, or alternatively on a 1:1 basis or in 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 have already proven that talking things through helps immensely, according to many endorsements from those who have attended our meetings to date.

All meetings are free and attendees may visit as often as they wish. Who knows, you may eventually want to offer yourself as a volunteer & become a "Buddy".

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)