

What members say

“I found it really helpful to discuss my forthcoming surgery with someone who had already been through a similar experience... it is reassuring to find out that you are not the only one.”

“I am normally a stiff-upper lip person but to my surprise after my diagnosis I felt that I wanted to talk to everyone about it whether they wanted to know or not! I wanted sympathy and I found it with the OBBG.”

“How you recover afterwards is the biggest thing. After family and friends see you looking well without realising it they no longer provide the same level of support and we all need someone to talk to...”

“Health is something which is different for everyone. You don't really know in advance what you will need in the way of support...”

Useful contacts

Group contact

For further information about the group please email our group organiser **Elizabeth**

obbg@oxfordbreastbuddygroup.co.uk

Maggie's Centre

The Patricia Thompson Building
Churchill Hospital
Old Road
Oxford OX3 7LE

01865 751 882

oxford@maggiescentres.org

www.maggiescentres.org/ourscentres/maggies-oxford

Macmillian

www.macmillian.org.uk



OBBG

www.oxfordbreastbuddygroup.co.uk
obbg@oxfordbreastbuddygroup.co.uk

Charity number:1166891

Who can benefit?

We are a local group supporting anyone affected by breast cancer. Group members have personal experience of breast cancer. The group formed at the beginning of 2015 and registered charity status in May 2016. We offer support and practical help to those who have had or are undergoing treatment for breast cancer.

Buddy Support

Going through breast cancer-related surgery can be daunting, and being able to talk to someone who has experienced it already can be extremely beneficial. We appreciate that not everyone will be comfortable with a group setting and that some people may want a more personalised support than a group can offer.

Our Buddy Support Service offers confidential, one-to-one, experience-matched peer support to compliment the other support networks available to patients.

Our buddies are volunteers from within the group and the level of support will depend on what patients and buddies feel comfortable with.

*Email us for more details at
obbg@oxfordbreastbuddygroup.co.uk*

Monthly meetings

We hold monthly meetings with guest speakers and cover a wide range of topics. In the last year talks included nutrition and supporting your immune system, the psychological impact of cancer and a question and answer session with specialist support nurse.

Some months are an informal coffee and chat with group members who have personal experience of breast cancer.

Our meetings are held on a Saturday from 11:00 am to 12:00 noon in the conference room at the Manor Hospital and there is free onsite parking.

Social Events

A number of events are organised during the year for both family and friends.

Fundraising

All funds we raise go into providing additional support not normally provided by the statutory authorities.



Meeting Dates

All meetings currently held from 11:00 am to 12:00 noon

Conference Room (by reception)
The Manor Hospital
Beech Road, Headington
Oxford, OX3 7RP

January 21 2017

February 18 2017

March 18 2017

April 22 2017

May 20 2017

June 17 2017

July 15 2017

August – NO MEETING

September 16 2017

October 21 2017

November 18 2016

December – NO MEETING