



## Support Nationwide Introducing the OPA

The OPA Cancer Charity has been at the forefront of combating oesophageal and gastric cancers for more than 30 years. Our mission is to offer support to patients, caregivers and their families, while promoting awareness and prevention of these cancers. No matter where you are in your journey, the OPA is dedicated to assisting you.

Whether you've recently received a diagnosis or are several years into your illness, facing treatment options such as chemotherapy, radiotherapy, or surgery, the OPA, as a charitable organisation, provides valuable information for patients, their caregivers, and families affected by oesophageal or gastric cancers.

Please visit the OPA website for more info:

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

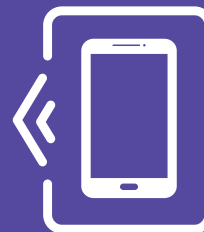
## Donations



### Ways to Donate to the OPA

Founded in 1985, the OPA operates as a registered charity, relying exclusively on individual contributions and grants from charitable trusts for its funding. Every donation received is dedicated to providing assistance to patients, caregivers and their families navigating and recovering from oesophageal and gastric cancer.

### Scan the QR code below



Visit our donations page on  
the OPA website for more info:

[www.opa.org.uk/donations.html](http://www.opa.org.uk/donations.html)

Additionally, you have the option to  
contribute to the OPA through various  
online donation platforms:

**JustGiving**<sup>®</sup>

**PayPal**

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Registered Charity No. 1194327

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## Living with Oesophageal or Gastric Cancer?



We're here to help





## One-to-one support

### Patient Buddies to talk to

Drawing from personal experiences, we understand that the initial weeks and months surrounding treatment can pose significant challenges. Many patients find solace and inspiration in conversing with someone who has encountered similar symptoms and undergone comparable treatment courses. Our dedicated volunteers, all of whom are current or former patients, are available to provide support, encouragement, and reassurance.

While we don't offer counselling or medical advice, we can extend general guidance and suggestions based on our own journeys – from enquiries to pose to your GP to tips on dietary choices and beyond.

If you would like to connect with someone local for a conversation or prefer a one-on-one Zoom meeting, we're more than happy to arrange it for you. Reach out to the cancer support helpline at **0121 704 9860** or email **enquiries@opa.org.uk** with your specific request.

*" It has been very reassuring to talk to patients who had the same operation as me many years ago... and to see them leading a normal life"*

**John - Former patient**

## Group support Cancer Support Groups



Through the exchange of experiences and open discussions on various issues and challenges, we frequently find support and assistance in coping with shared concerns. The OPA organises both virtual and in-person meetings whenever feasible, specifically tailored for patients who have undergone significant surgery involving the removal of a portion (or the entirety) of their oesophagus and stomach.

During these gatherings, local specialised surgeons, nurses, dietitians, and physiotherapists may be present to address your queries and provide insights into your unique situation. The meetings are designed to be welcoming and friendly, ensuring that attendees feel comfortable and valued. It's important to note that the majority of participants have undergone or are scheduled for surgery, given the nature of the discussions.

All individuals affected by oesophageal or gastric cancer, including patients, caregivers, families, and friends, are warmly invited to attend. To find the location of the nearest independent support group meetings, visit - <https://opa.org.uk/group-locations>

*"My partner and I are finding the group meetings both informative and enjoyable. The advice and support we have received are incredibly helpful."*

**Richard - Current patient**



## Additional support Information booklets and leaflets

The OPA provides a variety of complimentary support resources for patients, caregivers, and their families:

<https://opa.org.uk/product-category/opa-literature/>



Scan QR code to order the OPA guides online

*"I found the support materials supplied by the OPA very useful. From tips on improving appetite to simple recipes, they have everything covered"*

**Kath - Carer**