



Support Nationwide

Introducing the OPA

The Oesophageal Patients Association (OPA) has been leading the fight against oesophageal and gastric cancers for over 30 years. Our purpose is to support patients, their families and carers and raise awareness of these cancers and their prevention. Whatever stage you're at, the OPA is here to help you.

Whatever be the stage of your illness - recently diagnosed or some years on, facing treatment through chemotherapy, radiotherapy or surgery we are there for you! The OPA is a charity, providing quality information to patients, their carers and families affected by oesophageal or gastric cancers.



Please visit the OPA website for more info:

www.opa.org.uk

Donations

Ways to Donate to the OPA

The OPA is a registered charity that was founded in 1985. The charity is solely funded by personal donations and grants from charitable trusts. All donations received go directly to offering support to patients and their families going through and recovering from oesophageal and gastric cancer.

There are many different ways to donate to the OPA!

You can donate directly to the OPA via:

- Text Donations
- Bank Transfer
- Postal Donations
- Fundraising
- Leave a Gift in your Will

Visit www.opa.org.uk/donations.html for more information.

You can also donate to the OPA via the below on-line donation platforms:

JustGiving™

PayPal

easyfundraising
feel good shopping



Caring for the cancer patient & their family



Living with Oesophageal or Gastric Cancer?



We're here to help

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

www.opa.org.uk/donations.html

One-to-one support

Someone to talk to

From personal experience, we know that the first few weeks and months before (and after) treatment can be challenging.

Most patients find it helpful and encouraging to talk to someone who has experienced similar symptoms and has undergone the same course(s) of treatment. Our volunteers (all of whom are current or former patients themselves) are on hand and willing to offer you support, encouragement and reassurance. Whilst we do not offer counselling or medical advice, we can offer general guidance and suggestions based on our own experiences... from questions to ask your GP, to tips on what to eat... plus a lot more.

We'd be happy to put you in touch with someone local to talk to, or if you prefer a **1-2-1 ZOOM** meeting, we can also arrange this for you. Contact the cancer support helpline on: **0121 704 9860** or email enquiries@opa.org.uk with your 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

By sharing experiences and discussing issues and problems, we are often able to help each other deal with areas of common concern.

The OPA hold virtual and physical meetings whenever possible for patients who have had major surgery for the removal of a part (or all) of their oesophagus and stomach. Local specialist surgeons, nurses, dietitians and physiotherapists are sometimes invited to answer your questions so that you can learn more about what has happened to you. The meeting will have a friendly format and you will be made very welcome. Please note that it is inevitable that most patients attending these meetings have had, or are going to have surgery. All oesophageal/gastric cancer patients are most welcome but this emphasis is to be expected. Carers, families and friends are also most welcome to attend.

Please take a look to find out where your nearest meetings are held. Check with your Upper GI Nurse Specialist who often holds her or his own support meeting at their own hospitals, or contact the Co-Ordinator.

<https://www.opa.org.uk/support-near-you.html>



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

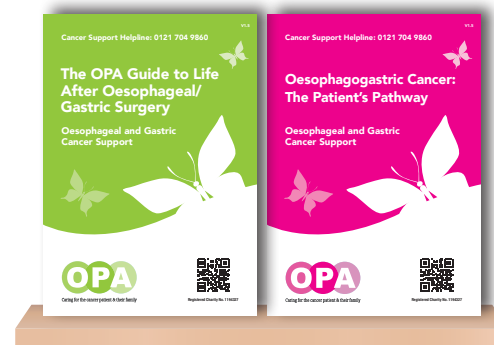
Richard - Current patient

Additional support

Information booklets and leaflets

The OPA supplies a range of free support materials for patients and carers, and their families:

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



"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