Buddy support

Our Buddy Support Service connects you with someone who has been through a similar experience of leukaemia, MPNs or MDS. A buddy understands what you are going through and can offer a listening ear when you need it most.

This service is currently closed for applications.

We are at current capacity for our buddy service and referrals are temporarily paused. To gain support in other ways, please contact us.

Helpline and WhatsApp →

About our Buddy support service

After a diagnosis, it can help to talk to someone who truly understands. Our Buddy Support Service matches you with a trained volunteer who has lived experience of blood cancer – either as a patient or as a carer.

Support is one-to-one and happens by phone or email.

What buddy support offers

- A listening ear to talk about how you are feeling.
- Understanding of the impact of living with blood cancer.
- The chance to hear parts of your buddy's story (if you want to).
- Signposting to services within Leukaemia Care or other organisations.
- Encouragement to seek medical advice when needed.
- Support with adapting to life after diagnosis.
- Suggestions for local or online communities.

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What buddy support doesn't offer

- Counselling, our buddies are not counsellors (see our counselling service).
- Medical or personal advice.
- Unlimited or on-demand contact, support is at agreed times.
- In-person meetings – buddies are usually not local.

How buddy support works

1. Contact us to request a buddy.
2. We will match you with someone with similar experience.
3. Your buddy will get in touch by phone or email.
4. You will normally chat every 1–2 weeks for 12 weeks.
5. At the end of 12 weeks, you can review and extend for another 12 weeks if you wish.

All buddies are vetted, trained volunteers. They are not medical experts, but they do understand what you're going through.

> I discovered that Leukaemia Care offered a buddy scheme, so I reached out and requested a buddy. I needed reassurance that it was okay to keep my hair, keep my job and continue to live my life, but still be part of the Cancer Club and terrified about what that meant.
>
> — *Jo, living with chronic myeloid leukaemia (CML)*

Is the buddy service free?

Yes, it's free to access.

Who can have a buddy?

Patients, carers, family members and friends affected by leukaemias, MPNs or MDS. We can also support with bereavement. See our bereavement page for wider information about our bereavement services.

How long does buddy support last?

12 weeks, with the option to extend for another 12 weeks.

How do I speak to my buddy?

By phone or email, whichever works best for you.

Can I meet my buddy in person?

The service that we offer is to match people up for telephone or email support. Some of our buddy users and volunteers have met up but this has been arranged between themselves. There is never an expectation that those who are matched should ever meet in person.

Contact us

To request a buddy, email **support@leukaemiacare.org.uk** or call **01905 755 977**.

If you'd like to volunteer as a buddy, email **volunteering@leukaemiacare.org.uk**.

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In 2025, 106 people were matched with a trained Buddy, connecting them with someone who truly understands life with leukaemia. We trained 30 new people to act as a buddy.

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