



Grayshott Spa hosts a Champagne Reception at London's Living Room, supporting Tackle Prostate Cancer and The Haven Breast Cancer Support Centres

Over 150 guests enjoyed champagne and canapés at the top floor of City Hall, Boris Johnson's offices. The spectacular views from London's Living Room and the sunny weather combined to make a fabulous evening. We were delighted to welcome our new Ambassador, David Gower, to his first Tackle event, also attended by fashion icon Zandra Rhodes and television presenter, Gaby Roslin. Tackle's Chairman, Sandy Tyndale-Biscoe spoke about Tackle's work and why we need support to help fund what we do.

On-line Auction to raise funds for Tackle

Grayshott held an on-line auction in aid of Tackle and Haven, with wonderful lots such as a two week stay in a luxury private villa in the West Indies, a Land Rover Driving Experience, Shooting at Petworth, and a Bass Fishing Trip on the Solent. For the ladies there was a Limited Edition Zandra Rhodes Silk Kaftan, Amanda Wakeley Shopping Experience with a Shopping Voucher, Jewellery and ESPA Limited Edition Beauty Collection. Over £5,000 was raised for each charity. We are extremely grateful to Simon Lowe, owner, of Grayshott Spa and all his staff, in particular Caroline Pile who did a marvellous job co-ordinating the various elements of the Anniversary Celebrations.

Grayshott Spa gives a donation of Nurture & Support stays

Grayshott Spa (www.grayshottspa.com) have marked their 50th Anniversary by supporting Tackle Prostate Cancer and The Haven Breast Cancer Support Centres. Simon Lowe, Grayshott's

CEO, has kindly donated £50,000 worth of the new 'Nurture & Support' stays at Grayshott for those post cancer treatment and living with cancer to be divided between Tackle and Haven. For further information on Grayshott Spa and their Nurture & Support programmes.

<http://www.grayshottspa.com/nurture/>

Tackle Men's Wash Bag

As part of Grayshott Spa's 50th Anniversary Celebrations, Zandra Rhodes has designed this men's wash bag exclusively for Tackle.

Navy blue leather with grey trim, inside zip pocket, Tackle zip pull and logo on the front.

Height 15cm
Length 22.5cm
Width 9.5cm
£31 including P&P

Delivery within 7-10 working days

All profits will go directly to support the Charity

Log on to our website and help raise funds for Tackle
www.tackleprostate.org/shop.php



See Photos on Page 2



Tackle Ambassador David Gower & Simon Lowe, CEO of Grayshott Spa



Trustee, Shaun Madle chats with Amanda and Edward Brown



Chief Executive of Tackle, Rowena Bartlett & George Reed, Director of Thorold Dewling



Jo Tyndale-Biscoe & Jonathan Mauel



Gaby Roslin together with Zandra Rhodes



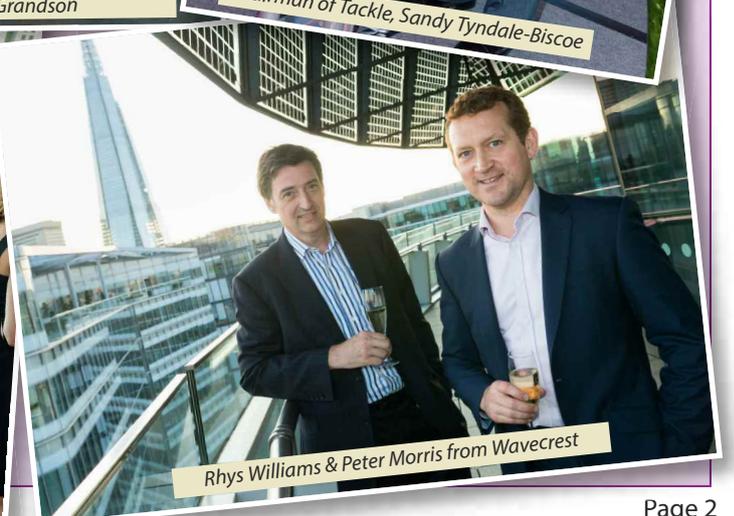
David Gower signs a cricket bat for Sandy's Grandson



Chairman of Tackle, Sandy Tyndale-Biscoe



Trustee, Roger Wotton, Sandy Tyndale-Biscoe, & David Gower



Rhys Williams & Peter Morris from Wavecrest

Tackle have teamed up with Power Traveller to offer you a sleek, stylish and compact charger at a reduced price. Pay less and raise funds for Tackle.

Featuring a state-of-the-art 3500mAh lithium polymer battery, the sleek Powermonkey Discovery offers users real power on the move.

Housed in a stylish aluminium case with a rugby design, exclusive to Tackle. With 6 high bright pin point LED lights, the Powermonkey Discovery will recharge an iPhone twice, standard mobile phones 3-4 times, or give iPods / MP3 players up to an additional 120 hours playtime. It is also compatible with e-readers, Sat Navs, handheld games consoles, portable GPS systems and more! Please note, iPhones and iPads will require the USB sync/charge cable supplied by Apple. The Powermonkey Discovery portable power bank is supplied with a USB to micro USB charging cable only, but other adaptor tips are available from our website.

YOU CAN: CHARGE

iPADs i PHONES & SMARTPHONES

MOBILE PHONES

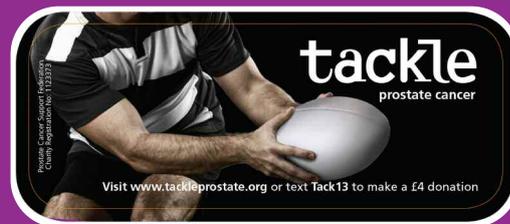
GPS SAT-NAVS

E-READERS IPODS

MP3 PLAYERS

& MORE

powertraveller
without boundaries™ **PORTABLE CHARGERS**



Tackle Powermonkey Discovery

Buy for £40 plus P&P. Profits go to support Tackle.

For further details and to buy log onto Tackle's on-line shop <http://www.tackleprostate.org/shop.php>

London to Paris Bike Ride

On 23rd July a team of 11 keen cyclists set off from London's Marble Arch for a gruelling cycle to L'Arc de Triomphe in Paris to raise money for Tackle. Chris Barrett, Andrew Ellins, Richard Johnson, Tim Bascombe, Phil Rotheram, Sean Fitzpatrick, Phil Housley, Richard Hampson, Toby Edwards, Ruth Rostron and Michael Johnson were supported by Bally Pooni and Pav Sharma.



Marble Arch



L'Arc de Triomphe

They fought their way through the London and Paris traffic and finally arrived on Saturday 26th July when they cycled the final 35 miles to the Arc de Triomphe. The cycle ride was followed by a few well-deserved beers and glasses of wine! The closing date for donations is 26th October so there's still a chance to support these brave souls. Log on to <https://mydonate.bt.com/fundraisers/archtoarc2014> to add your contribution to the fantastic amount already raised.



An enormous thank you to George Reed, Director of Thorold Dewling, who ran the Farnham Pilgrim Half-Marathon in Surrey on Sunday 21st September and raised over £500 for Tackle. Well done George and a big thank you to Thorold Dewling, who have helped us in many ways over the last year.

A Lay(wo)man's View

Sue Dewey OBE – Head of Fundraising, John van Geest Cancer Research Centre Nottingham Trent University

As a non-scientist, working with career scientists like Professor Bob Rees and the rest of the team at the John van Geest Cancer Research Centre is probably my favourite job of all time. I am constantly inspired by their energy, enthusiasm and expertise in a field that, until 18 months ago, I had no knowledge or understanding. I didn't even really know what cancer was.

Being involved in the work makes me feel very humbled; to be part of something that is helping to save lives is extraordinary and the thought that the immunotherapies we are developing will one day make a difference to millions is the thing that gets me out of bed in a morning. Even on cold, wet rainy days like today, as I type this piece.

My role as Head of Fundraising for the centre involves me juggling a lot of different strands and no two days are the same. I am part of the Development and Alumni team at Nottingham Trent University and like all Higher Education institutions, there are multiple priorities when it comes to finding funding; but I am lucky enough to have one priority – to raise the core funding to run the centre, finding resources to cover the cost of clinical trials and ultimately help the centre to become sustainable, so that this vital work can continue for as long as it required.

What I have learned since I started the job has filled me with amazement. I could never do the job my colleagues do, that requires years of training, but with their patience and skill in explaining the science I now understand what it is we deliver and how the science really can make a difference. I find myself talking about the work in a way that surprises me, after all I was hopeless at science at school and never enthused by it in the way that I am now.

I confess that the loss of two good friends and my own father in the last year has piqued an even deeper desire to learn about this complex disease and be part of the worldwide push to conquer its mysteries.

The centre focuses on the two biggest killers – breast and prostate cancers – to improve their diagnosis and management, and to develop effective vaccines and immunotherapies that will significantly improve survival rates and quality of life for cancer sufferers. The research involves specialists in bioinformatics, genomics and proteomics and the immunology working together, not just under one roof but all in the same office. This cross platform approach was the inspiration of Bob Rees and is quite unusual for a centre like this. It has also contributed to the pace of my own understanding of the work and every time I show people around the centre, I pick up some extra nugget of information.

As well as a stellar group of scientists, the centre has cutting edge technology including, just recently, the delivery of a next generation AB SCIEX TripleTof® 6600 Mass Spectrometer – which is the first in the UK and only the second in Europe.

Mass Spec is used to weigh molecules, enabling scientists to identify proteins, or parts of proteins, which are important to cancer. These 'biomarkers' could then be used to help with early detection of cancer, or be used as potential targets for a new cancer vaccine.

This will take our cancer biomarker discovery ability to the next level and will be hugely beneficial in terms of the way we plan and carry out research and will be an invaluable tool in allowing us to quantify

large numbers of proteins simultaneously in clinical samples. We will be able to see each sample in much more detail than was previously possible. The instrument is worth over £450,000 and serves to illustrate the cost of the research we do – and that is before we even get to the clinical trials.

From a fundraising perspective, I work with my colleagues to raise both research grants and philanthropic monies from a variety of different sources. In addition to the traditional development routes, we have a growing programme of events and community based activities that are helping to raise the profile of our work locally. The centre and the scientists have some very impressive international collaborations, but it is also our ability to engage with clinical colleagues in other universities, regional hospitals and importantly

patient support groups across the East Midlands that makes us different in many ways from some of the larger research institutes.

One particular group that we have been engaged with since last year is BME Cancer Community and through them Friends And Bredrins (FAB) – looking at the increasingly high numbers of black African-Caribbean men developing aggressive prostate cancer. Working alongside Rose Thompson, the author of the powerful document 'Hear Me Now', colleagues from the university's computer science and psychology teams are developing a phone application/game which will help to raise awareness and understanding of prostate cancer and its symptoms with the African-Caribbean

community. Conducting focus groups with three locally run organisations, the aim is to gain their views about what actually works when trying to educate, support, and break down barriers to seeking treatment. A further goal is to learn about the most appropriate way to structure the game/app that is being designed

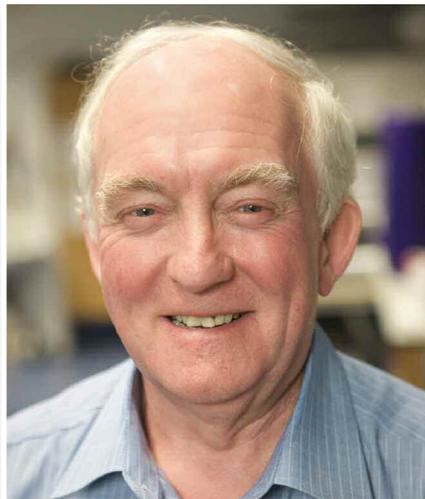
Interviews are being conducted with African-Caribbean and African men who have prostate cancer, to explore their experiences in order to understand how best to tackle the barriers to early diagnosis, treatment and support. These results will be compared to those from interviews with men who do not have prostate cancer - to learn how much they know about the disease and to consult with them about how to design health promotion materials and tackle the barriers to early diagnosis.

One of the important outcomes of this project will be the development of computational intelligence to predict risk based on patient profiles. It is hoped that this initial project will leverage funding to research more fully some of the factors behind the higher risk of contracting prostate cancer faced by this ethnic group.

Being involved, even a little bit, in this type of incredible work, is extremely rewarding. This is life changing research which will not only help to ensure patients at risk can be identified early and treated effectively, going on to not only live longer but with a better quality of life; it also has enormous benefits to the cost-effectiveness of health services.

Every day we are doing our bit to help Crack the Cancer Code.

For more information on the John van Geest Cancer Research Centre, please contact: Sue Dewey, Head of Fundraising, Email – sue.dewey@ntu.ac.uk Phone – 0115 848 2349



Professor Bob Rees

Tackle Appoints New Trustees

We are delighted that three new trustees have recently joined the Board, two of them appointed specifically for their professional expertise. **Shaun Madle** As Creative Director of The Think Think, an agency he founded in 1993, Shaun has special responsibility for our Marketing & Communications. He began his career as a designer/typographer and went on to lead creative teams in several large London advertising agencies. He has worked in the creative industry for over 30 years, across a diverse range of sectors. Leading The ThinkTank's creative team, Shaun has a hands-on role shaping and developing campaigns across a range of media, and relishes a challenge. Working alongside clients to ensure consistency and creativity in approach, Shaun is also instrumental in developing existing and new business opportunities for the agency. Shaun has created and delivered *pro bono* to the Prostate Cancer Support Federation a new and exciting charity profile that defines its role in this sector. Shaun lives in Hampshire with his sons.



Erik Friis-Scheel is a Chartered Accountant with over 25 years' experience. Previous positions held are Finance Director of the International Federation of Airline Pilots and Head of Finance for Chichester Festival Theatre. Prior to that, Erik was the Finance Director of Ecco Shoes UK. Experience includes International accounting principles and practices as well as principles for charity accounting, mergers, leasing, property management, strategic and commercial planning, budgeting, forecasting, IT implementation, and Excel, Word and Power Point. Now retired, Erik lives in West Sussex with his wife, Inge-Lise and his bulldog Bertie.

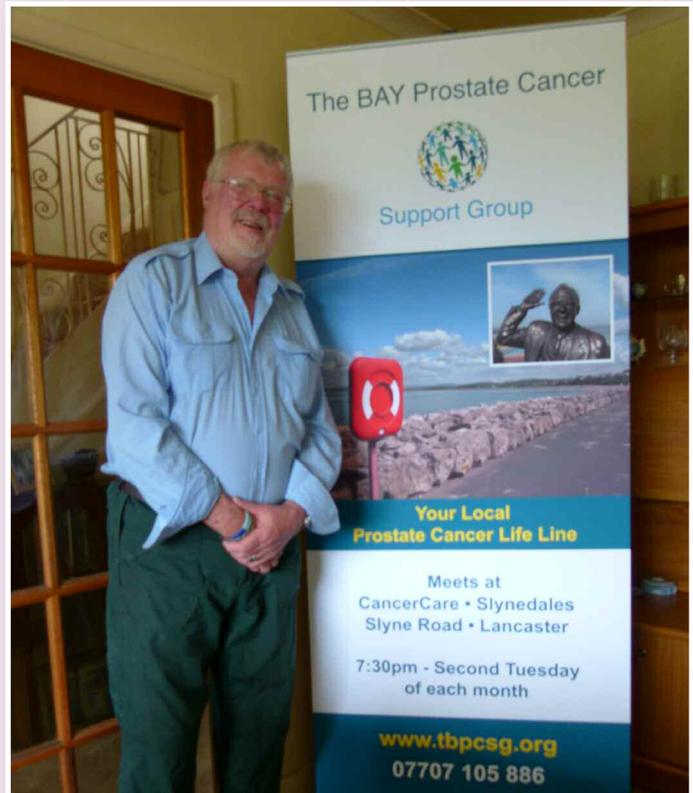


Roger Wotton. Roger was elected as a trustee at the 2014 AGM. After 35 years in the oil industry travelling the world he decided to say farewell to corporate life and worked for himself for 9 years as a management consultant. When prostate cancer arrived he decided he needed a better lifestyle and started taking an interest in helping others. As secretary of the Aylesbury Vale PCSG, he found how rewarding this can be. The only problem now being - how to say no! As a trustee of Tackle he also looks after the Midshires region, and is a member of the FOPS support group in West Herts. In what spare time he has he enjoys wood working, country pursuits and travelling.



The Bay Prostate Cancer Support Group

Den Bray



Den Bray, is pictured with the group's new eye catching banner

For those out there who have never heard of the Bay Prostate Cancer support group; we are just starting the eighth year of operation in the Morecambe bay area and are one of the oldest established groups in the North West, as well as spreading the word via our information events for the general population. Our aim is to maintain our membership base at a good level through our contacts in the oncology & urology departments at the Lancaster Royal Infirmary.

We have had an interesting year of speaker events and included a visit to Heysham 2 Nuclear Power Station with a meal at the Hurley Flyer afterwards; about 23 members, friends and supporters attended.

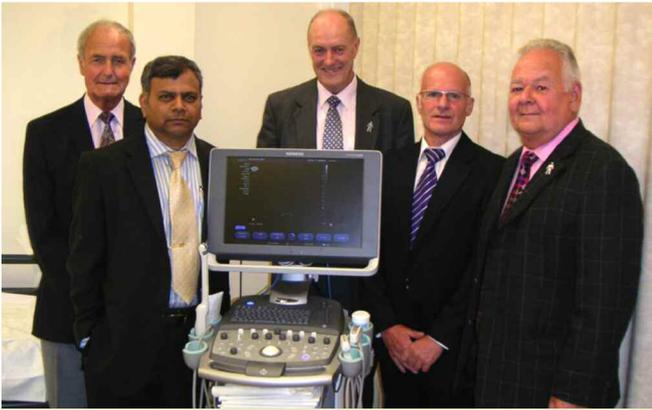
We had our AGM in September and now we are looking forward to our new programme. The speakers are all organised but there are other items to be added as organisation progresses. For instance in the Autumn we are planning a whisky tasting evening with hot pot supper and in the Spring, we are organising a 70th Anniversary VE Day commemoration dinner with a WW2 historian and battlefield guide as our speaker.

As with most support groups we try to spread the message about prostate cancer. We have posters and leaflets at doctor's surgeries, supermarkets and a number of other places around the area. In October we are having a display at the Prostate Awareness event organised by our local NHS in the Victoria Hall, Grange over Sands. Our chairman, Den Bray, is pictured with our new eye catching sign for this and other occasions.

There is more information on our website www.tbpcsg.org.

If you would like any information about our events we can be contacted on our group pay as you go mobile phone: 07707105886 or use our treasurers contact email – gecs4@btinternet.com or via the website. We welcome visitors to our meetings so we are happy to hear from you.

News From The East Lancashire



From Left to Right Mr Colin Stott, Mr Mohan Pillai (Consultant Urologist) Mr Gordon Birtwistle (MP for Burnley and Pendle) Mr Stuart Marshall (Secretary ELPCSG) Mr David Riley (Chairman ELPCSG)

A life-saving scanner which could help early detection of cancer for thousands of East Lancashire patients, has been unveiled at Burnley General Hospital.

The new, **Siemens Ultrasound Scanner**, which can greatly improve the diagnose of cancers was officially opened in the hospital's new Urology Investigation Unit.

The state-of-the-art machine was unveiled after a massive fund-raising campaign which saw kind-hearted people across the town help raise £50,000.

MP Gordon Birtwistle, who launched the campaign after his father died from prostate cancer, believes the scanner will help save the lives of prostate cancer patients in the town.

He said: "The whole town got behind it and everyone has been chipping in. It is a proud day for everyone involved.

We smashed our fund-raising target and made more than £50,000."

The new scanner will help detect kidney, prostate and testicular cancers and could significantly reduce the amount of time patients have to wait for diagnosis.

It has already been up and running in the urology department in Burnley General Hospital since the start of June and plans are already being made to buy a new bladder cancer scanner with the extra money raised.

Mohan Pillai, consultant urologist at Burnley General Hospital, said: "The urology department and the hospital would like to express sincere thanks for the tireless fund-raising for the state-of-the-art new prostate scanner which is already in use.

"This will not only help diagnose prostate cancer but also kidney cancers which will be a great asset to the hospital.

We are also going to be buying a new endoscope which is used for fast-track diagnosis on suspected bladder cancers.

They will undoubtedly save thousands of lives over the coming years.

This would not have been possible without the goodwill of people in Burnley."

The campaign was only launched 12 months ago but it won the backing of the whole town with thousands being raised with the help of Burnley Football Club, 110 Club, Burnley Miners Club and dozens of shops with fund-raising buckets.

Cancer patient Michael Willett, of Nelson, is one patient who will benefit from the new machine.

Stuart Marshall, secretary of East Lancashire Prostate Cancer

Support Group which meets at the hospital every month to support patients, said: "We are really pleased about the new scanner. It has been quite a journey.

It will help patients in East Lancashire. When people are diagnosed they are often worried, upset or need help and advice and that is what we are all about."

Dorothy Sugden, Macmillan Urology Clinical Nurse Specialist

John Coleman – Helpline Co-ordinator

Following her recent retirement from her post as Macmillan Urology Clinical Nurse Specialist at Bolton General Hospital in the North West, Dorothy has offered to be the Urology Specialist Nurse for our helpline, an offer that we have gratefully accepted and she will be available from now on to take calls that cannot be answered by the helpliners.

Dorothy had a nursing career of 30 years, 25 of which were spent in the speciality of Urology. She has Diplomas in both Urological Nursing and Urological Cancer Nursing.

During her career her role changed, focussing solely on Uro-Oncology, the post of Clinical Nurse Specialist evolved and she was adopted by Macmillan, - a badge she was always proud to wear.



Dorothy Sugden & John Coleman – Helpline Co-ordinator

Dorothy has been involved with the Bolton and District Prostate Cancer support group since its inception more than 10 years ago when she was approached by 3 patients who had recently been diagnosed and treated for Prostate Cancer. Dorothy, her manager and the 3 men founded the group which continues to meet on a monthly basis to support men with the disease. In 2013 she was elected vice-president of the support group.

Please Check Your Details

Unless otherwise requested, your details will appear on the list of groups on our website.

Please would all affiliated members check on the PCSF website, that their details are correct on both the map: **(Please note, this information has been updated to include meeting places and times of meetings)**

<http://tinyurl.com/429ee7f>

and the contact web page:

www.tackleprostate.org/member-organisations.php

If there are any alterations, please contact:

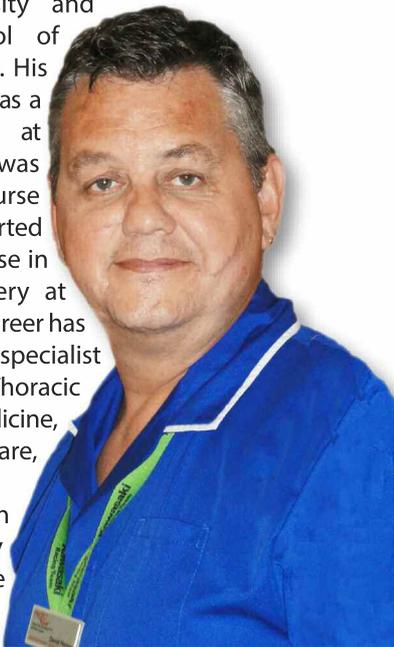
Simon Lanyon

Email simon.lanyon@tackleprostate.org.

PROSTaid Funds Their New Oncology Prostate Cancer Nurse

David Hames is the Advanced Prostate Cancer Nurse Specialist at University Hospitals of Leicester. His post is fully funded by the local Charity, for Leicestershire, Rutland and Northamptonshire, PROSTaid. His role enables the access to information about available treatments, helps provide support to the patient and their families and gives specialist knowledge to patients that have advanced (metastatic) prostate cancer, within Leicester, Leicestershire and Rutland.

David qualified as a registered general nurse in 2004 from De Montfort University and Charles Frears School of Nursing and Midwifery. His career started in 1996 as a healthcare assistant at Glenfield hospital, he was seconded to do his nurse training in 2001 and started his career as a staff nurse in 2004 in Cardiac surgery at Glenfield hospital. His career has taken him into many specialist areas, including Thoracic surgery, respiratory medicine, cardiac intensive care, gastroenterology, respiratory high dependency, maternity cover for specialist nurse for sarcoma, and Day Therapy Manager at a local hospice. His most senior nursing post was deputy ward manager for a busy respiratory ward and high dependency unit at Glenfield hospital.



David, currently has a nursing diploma and is working towards completing a degree in nursing studies.

He has cared for patients with varying types of cancer throughout his career and has always had an interest in palliative care. This has enabled him to gain a diverse knowledge base and very valuable professional experience in caring for patients with cancer and their families.

He has excellent communication skills and his knowledge and experience will enable him to help support patients and their families during this difficult stage in their disease. Providing specialist knowledge and support will enable patients to make some difficult choices and decisions regarding their treatment and future planning.

David states that his role as an Advanced Prostate Cancer Nurse Specialist is extremely rewarding. He feels privileged to be able to help his patients at this critical point in their treatment journey.

Feedback shows that specialist support during all areas of the disease is vitally important, but especially so at the advanced stage. Patients also really value the time given to discuss their fears, concerns and questions in a relaxed comfortable environment with a Specialist Nurse.

It costs you nothing to raise money for Tackle - sign up to Easy Fundraising now!

Turn your online shopping into donations for Tackle Prostate Cancer



Do you shop online? Did you know that every time you buy something you could be raising money for Tackle Prostate Cancer?

That's right, over 2,700 well known retailers, including Amazon, John Lewis, eBay and Tesco will donate a small percentage of what you spend to Tackle Prostate Cancer to say thank you for shopping with them.

Just visit: <http://tinyurl.com/qaxl9ny> and follow the simple steps to sign up.

Easyfundraising has already raised over £7 million for over 55,000 good causes across the UK. So what are you waiting for? Head to <http://tinyurl.com/qaxl9ny> now.

Already registered? Spread the word to family and friends to let them know just how easy it is!

Gift Aid

Did you know, if your group is a registered charity, you can claim GiftAid from HMRC on personal donations given to the charity. This will increase their value by 25% at no cost to the charity or the donor. To register or to find out more, go to:

www.hmrc.gov.uk/charities/gift-aid-toolkit.htm

Follow us on Social Media



www.facebook.com/tackleprostate



Tackle @TackleProstate



Text Giving - Text: TACK13 £

Prostate Cancer Support Federation

Registered Charity No. 1123373

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London EC1N 8TS

www.tackleprostate.org

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To view other roles carried out by volunteers, please visit

<http://tinyurl.com/lzmkfwc>:

Prostate Matters is published four times a year, providing news, information, personal memoir and opinion about prostate cancer. It also reports, quotes and cites published medical views and research findings about prostate problems.

The Federation does not promote any treatments or dietary, drug, exercise or lifestyle change intended to prevent or treat a specific disease or condition. Anyone who wishes to embark on any such treatments should first consult with and seek clearance from a qualified health care professional on any treatment or lifestyle changes

The Cockroach Analogy

Dave Riley, East Lancs Prostate Support Group

Prostate cancer is similar to finding a cockroach in the middle of your kitchen table. You panic, knowing that where there is one there are probably more and they do multiply. You call several exterminators.

The surgeon recommends removal. He'll use a chain saw and remove the kitchen from the rest of the house and repair the plumbing as best he can with what remains.

The external beam radiation exterminator wants to stand outside the kitchen and blast away with a twelve gauge shot gun hoping he will miss the plumbing.

The seed implant exterminator is really slick. He just wants to drill holes in the wall and toss in grenades.

The cryosurgery exterminator wants to drill holes in the walls and pump in liquid nitrogen, hoping he doesn't freeze the plumbing.

The hormone guys.. well they just want to pump in sleeping gas. Knowing all too well that in a couple of years the cockroaches will wake up pissed off and hungry.

Chemotherapy boys will offer to poison everything in the kitchen and will promise you that if you eat the poison they will give you an antidote which may or may not work.

The alternative medicine people will give you a bit of eye of newt and toe of frog plus a couple of other exotic ingredients and hope to hell that chases the cockroaches away.

And then there are the watchful waiting folks, some of whom are not real sure that there was a cockroach and some of whom think it may have been just an old bachelor 'roach with no kids that they saw.

The active surveillance men are a little different - they set up their equipment color dopplers, infra-red cameras - ready to pounce on those pesky cockroaches if they ever show themselves again.

Now if there is only the one cockroach the odds are good - you can get rid of the infestation. However if the little buggers laid eggs elsewhere or more of his buddies are lurking about in other places... well you get the picture. In any case, life in the kitchen will never be the same. One of these days an exterminator will come along who just swats the cockroach and puts out poison bait for the others!! You'll never know he was there. Until then good luck on your choice of exterminators, and low or non-existent PSA's to you all.



**And remember - Don't take life too seriously.
You won't get out of it alive**



Aylesbury Vale PCSG, manning their Gazebo at The Thame & Oxfordshire Agricultural show.

Ooh-aars! - Aylesbury Vale goes agricultural

The sun shone on a glorious show. And the breeze blew our banners all day. With horses and flurries and heifers and scurries, Aylesbury Vale was a-making the hay!

Here we were at the prestigious Thame and Oxfordshire Agricultural show, reverting to its traditional date to coincide with the farming calendar. The crowds came in and our Aylesbury Vale support group volunteers were at the ready. We were lucky enough to have our stand well positioned near the country events ring and we attracted a lot of enquiries.

It is worth mentioning one visitor specifically came over to thank us saying that he had spoken to one of our members last year and was advised to see his GP and have a PSA test, which

turned out to be raised. He had since been treated and was now clear and wished to pass on his sincere thanks. This is what makes the event so worthwhile, even if we end up helping just one person who would otherwise not have been diagnosed. Each one of our helpers on the stand had good conversations with men and their partners. It really is surprising how many wives and partners take even more interest in what we have to say than the man himself! Hundreds of our credit-card sized leaflets were distributed and we had some donations, although that isn't the main reason we attend these shows. All in all, a very worthwhile event to help spread awareness across the county (and by the way the locally sourced huge pork burgers were absolutely delicious!).

Brian Cole, Chair, Aylesbury Vale PCSG