

prostate matters

The newsletter of The Prostate Cancer Support Federation

Free Help Line - 0800 035 5302

tackle

prostate cancer

Action for patients

Registered Charity No. 1123373

August 2015 issue 29

Inside:
AGM Report
Introducing our Clinical Advisory Board
News From Our Groups
Grayshott Spa Winner Report
Detection Dogs Report



Queen Elizabeth's Hospital Birmingham

Tackle AGM 2015 Winterbourne House Birmingham

Rowena Bartlett, Chief Executive of Tackle Prostate Cancer

Our annual AGM and Conference, held on 16th June at Winterbourne House at the University of Birmingham, was attended by just under 90 delegates representing 30 member groups.

This year, the AGM was chaired by Roger Wotton who was elected Chairman to replace Sandy Tyndale-Biscoe who was retiring. To recognise Sandy's enormous contribution and commitment to the Federation since its establishment, he was appointed Honorary President. For a full list of Trustees including those elected at the meeting, see the back page.

Roger summarised the mission, vision and aims and how these are driving our strategy and plans and noted particularly:

- **A stronger regional focus, eg local workshops**
- **Plans for a more accountable and democratic process by seeking incorporation (see below)**
- **A growing influence through presence on prostate-related committees and pressure groups**

Erik Friis-Scheel (the Trustee responsible for finance) reported on the figures for 2014: total income for 2014 was £144K and expenditure £133K leaving us with a surplus of £11K. Income had increased each year from £60K in 2010.

A number of changes were made to the

Constitution including:

- **All Trustees to be appointed for a term of three years.**
- **The Hon Treasurer position to be replaced by a Finance Director who can be selected from either Elected or Appointed Trustees.**
- **Allow for changes to the membership fee requirement**
- **Allowing for establishment of an Honorary President position.**
- **Requirement of Trustees to sign a Code of Conduct and, in particular, to abide by the collective responsibility of matters agreed by the Trustees.**
- **Trustees to be unpaid apart from reasonable expenses.**
- **Appointed Trustees able to be voted off the Board.**



Roger Wotton - Chairman of Tackle

A major change to the way the Federation is governed was approved. From 1st January 2016, we plan to become incorporated as a company limited by guarantee under the new name of The National Federation of Prostate Cancer Support Groups. This will give a more manageable degree of financial risk and enable all members to have a vote whether attending the AGM or not. There will be a progress report on this in the November issue.



Janssen sponsored the print production of this newsletter. Control of editorial content was retained by the Prostate Cancer Support Federation.

The final part of the AGM was dedicated to Early Detection.

CEO Rowena Bartlett reported that as part of our work on Early Detection she had recently visited the Medical Detection Dogs charity (MDDC) near Milton Keynes where they have had a 98% success rate in detecting prostate cancer. However, in order to train the dogs, they need a regular supply of urine samples which are difficult to obtain. Graham Fulford had agreed to incorporate this into his testing events much to the delight of the trainers at MDDC. If other support groups could help, it would very much be appreciated. Rowena said that MDDC would be very happy to come and give talks to Support Groups (full report on Page 6).

Gary Steele of Leighton Hospital PCSG urged members who weren't doing PSA testing to try to do so as only about 8% of men in the UK get tested which compares very badly against many other countries. He explained that it is now easier to do as both he and Graham Fulford were very willing to provide assistance. The cost was about £20 per man tested and he felt that this should be paid by the support groups themselves rather than the Federation.

The morning session ended with a rousing performance by Bob Arty of FOPS of his popular PSA song. Listen to it at: <http://tinyurl.com/odhau3>



Speakers, Dr. Jon Rees and Professor. Nick James

The first highlight of the afternoon session came from Professor Nick James. Tackle Prostate members were in the privileged position to hear the news before it went on general release to the public. Results from The Stampede Trial, the world's largest prostate cancer clinical trial, shows that giving docetaxel chemotherapy earlier and at the same time as hormone therapy to men whose prostate cancer has spread beyond the prostate and the surrounding area, can help men live significantly longer. What marvellous achievements have been made in recent years and what marvellous prospects are to come

Next was Dr Jon Rees, a GP from North Somerset who highlighted the problems from the doctor's surgery and also from the patient's perspective in the treatment of prostate cancer. Jon highlighted the fact that a GP will probably come across one patient a year who is newly diagnosed with prostate cancer. This can make it difficult for the GP to immediately suspect that a patient has prostate cancer. Such symptoms could be a number of other medical conditions. Jon also emphasised the fact that urology training took up a very small part of a doctor's initial training. So, much work needs to be done here by Tackle Prostate. He outlined how



experienced GP's acting as special advisors could assist GP's in surrounding practices to make correct and early diagnoses.

This was a very full day indeed and the conference was very well attended by over eighty five people. The day left me feeling that The Federation has a very bright future and it needs more recognition as a charity that represents all men with prostate cancer.

A video of the talks given by Professor Nick James and Dr. Jon Rees can be found at:

<http://tinyurl.com/q2lnuj8> Prof. Nick James

<http://tinyurl.com/ne4dplt> Dr. Jon Rees.

Bob Arthy's PSA Song will be found at

<http://tinyurl.com/odhau3>

A Walk By The Canal Roger W Haworth SEHC



Canal seen from the overbridge in Pritchatts Road - Photo: Roger Haworth

In his Q&A session after is talk at the AGM, Dr. Jon Rees was non-committal when asked about diet for prostate cancer but he gave the unsurprising advice that exercise helps. Inspired by this, I spurned offers of a taxi at the end of the meeting and walked from Winterbourne House to New Street Station. It is only 4km (2½ miles) and I chose a route the greater part of which is along the towpath of the Worcester and Birmingham Canal - traffic-free and almost rural.

Introducing our Clinical Advisory Board...

Rowena Bartlett

We are very grateful to these doctors and nurses who give their time to help us. Without their knowledge and experience we would not be able to achieve what we do to support prostate cancer patients and their families.



Professor Frank Chinegwundoh MBE is a Consultant Urological Surgeon for Barts Health NHS Trust.

His main research interest is in prostate cancer and ethnicity and he was the first to demonstrate that black men in the UK have a three-fold risk of prostate cancer. Since 1998 he has been Executive Chairman of the charity Cancer Black Care.

He completed his medical degree at St George's University Hospital, London and after 12 years of training he was appointed as a Consultant Urological Surgeon in 1996 and along the way obtained a Master of Surgery degree by thesis. In 2008 he received a National award for clinical excellence, which was renewed in 2013, and he completed his Masters in Medical Law (MML) from Glasgow University in 2010.

Frank's other commitments include serving on various Department of Health (DH) committees including the prostate cancer advisory group, national cancer equalities initiative, bowel cancer screening advisory committee amongst others and he was a member of the cancer reform strategy board.

In 2013 his services to the NHS were recognized with an MBE and in 2015 he was confirmed as Honorary Visiting Professor at City University London, in the School of Health Sciences.



Chris Booth is the Clinical Director for the Men's Health Charity, CHAPS and a Director of Healthwatch Essex.

He qualified from St Bartholomew's Hospital in 1969 and trained in Urology at the Institute

of Urology, the Middlesex Hospital and Dublin, winning the BAUS Travelling Fellowship for clinical research.

From 1984-2006 he was lead urologist at Colchester General Hospital, achieving Regional Urology Cancer Centre accreditation in 2006.

Since then Chris has worked independently, providing urological consultancy in the East of England, for Tower Hamlets PCT and for the Greater Manchester Clinical Assessment & Treatment Service. He has just established the NHS Alliance's Specialist Urology Group,

He has, on occasion, been a Visiting Professor at Essex University, an Honorary Professor at City University and sometimes plays golf!

Heather Payne is a Consultant in Clinical Oncology at University College Hospital, London. She has a busy practice at this teaching hospital where she works within a multidisciplinary team.

She trained at St Mary's Hospital, London and after qualifying spent time working in general medicine both in London and in Haiti where conventional medicine was mixed with voodoo practices.



Heather returned to London to train as a Clinical Oncologist and during this time developed an interest in urological oncology. She has pioneered a programme of High Dose Rate Brachytherapy for prostate cancer.

Her current research interests also include hormone therapy, sensitization of hormones and radiotherapy, predictive indices for bowel toxicity with radiotherapy, chemotherapy and quality of life and decision making for men with prostate cancer.

She is a trustee of the Prostate Cancer Research Centre and chairs the British Uro-oncology Group (BUG). She is also the oncology lead for the National Prostate Cancer Audit.

Dr. Jon Rees is a partner at the Backwell & Nailsea Medical Group in North Somerset where he is a GP with a specialist interest in Men's Health and Urology.

Trained in Urology, he became a Member of the Royal College of Surgeons in 1999 and

then spent three years completing research into the impact of prostate cancer on the quality of life of men and their partners. He was awarded his MD thesis in 2003.

In 2004 he switched to General Practice and continues to work in Urology, providing a primary care diagnostic urology service to three CCG's, including a community based LUTS, Haematuria and raised PSA one-stop service.



Jon was a member of the Guideline Development Group for the NICE 'Lower Urinary Tract Symptoms in Men' Clinical Guideline, published in 2010. He is deputy editor of 'Trends in Urology and Men's Health'. He is involved in educating GP's about Urology and chairs the educational advisory group for Prostate Cancer UK. Somehow he finds time to be a trustee of a charity which runs two district hospitals on the island of Zanzibar.

Bruce Turner is a Nurse Practitioner at The Homerton Hospital and Barts.

He graduated from the University of Wales, Swansea in 2001 and was awarded an MSc from City University London in 2009.



He now works with patients through all stages of the prostate cancer pathway; running nurse-led clinics in prostate biopsy, post treatment and in metastatic disease. He has a special interest in advanced prostate cancer and bone health.

Bruce is the Professional Development / Education Lead for the British Association of Urological Nurses (BAUN) and he is the Specialist Nurse Representative on the London Cancer Urology Pathway Board. He is also the Education Adviser for Prostate Cancer UK and an adviser for the Urology Nurse Association, Hong Kong.

Stockport Bowls Competition generously donates to Tackle

Kate Stewart - Media Relations

The wonderful organisers and sponsors of the UK's largest bowling tournament, which took place in Stockport on Sunday 12th July, have donated a generous **£1,290 to Tackle**. Thanks to the very generous David Mee, The Navigation and Railway, Zipp Design and PannTrans Haulage who helped support the event and donated to us.

The Open Crown Green tournament's donation will further enable us to support patients and families affected by prostate cancer with support groups, testing days and campaigning. The organisers kindly decided to raise money for Tackle to help people, like their friends, who are suffering with cancer.



The Robinsons Brewery team brought their award-winning shire horses along for the day of family fun and presented a cheque to Tackle following the final.

The Open Crown Green Bowls Club has been established for over 30 years catering for children, women and men. They currently have 12 teams competing in various leagues and the competition prize for this tournament was £5,000! The tournament took place every week for five weeks and attracted many viewers and sportspeople. As soon as last year's tournament finished they had already filled up with applicants for this year's with a long waiting list!

The tournament unfortunately had cooler weather and drizzle after what had been a glorious week of weather. There were 16 men in the final who played an afternoon of great bowls. Congratulations to Gary Ellis, the winner of the whole competition.

Thanks to the team for their great donation and for giving us a half page advert in their programme! If you can think of any upcoming events that would like to support Tackle do get in touch so we can continue our campaigning and supporting testing days, support groups and events.

**Don't forget, the National
Help Line is Now
Free Of Charge
0800 035 5302**

Tackle Campaigning

2014/15 has been a very busy time for Tackle. We have had some disappointments and one crowning glory. Both abiraterone and enzalutamide for pre-chemotherapy use have had ACD decisions go against them and Tackle, together with others, is challenging these rulings. On the other hand, **Tackle was the only prostate cancer charity to challenge NHSE on their decision to delist cabazitaxel from the CDF**. We are delighted to say, the decision was reversed. I would like to emphasise the importance of all of the hard work that was done by our Trustees and Clinical Advisory Board on helping to overturn this decision, which included appearances on 'BBC East and West Midlands News', 'Radio Leicester', an article in the 'Guardian Newspaper' and many letters to NHSE and local MPs.

On a personal front, I made a video for the 'Every Moment Matters' campaign which can be seen at: <http://tinyurl.com/pjxofjr>

Hugh Gunn Trustee/Editor Prostate Matters



In commemoration of the 70th anniversary of the victory in Europe, VE Day, The Bay Prostate Cancer Support Group organised a fundraising dinner at the Strathmore Hotel, Morecambe, in aid of Rosemere Cancer Foundation and CancerCare, Slynedales.

The speaker was David McCormack, historian, author and battlefield guide who gave an interesting talk on 'Why the allies won' which was warmly received by the 50+ diners.

Four hundred pounds was raised for sharing between the two charities.

Graham Marsh (Secretary, The Bay Prostate Cancer Support Group)

tackle Welcomes New Members

It with great pleasure we welcome the following groups to Tackle:

Stockport - Beechwood Prostate Cancer Support Group:

Contact: Neil Ashton, Email: n.ashton375@btinternet.com
Web: <http://tinyurl.com/o645xqx>

Haywards Heath Prostate Cancer Support Group

Contact: Arthur Millard, Email: info@haywardsheathprostate.org.uk
Web: <http://tinyurl.com/pemnhaz>

Solihull Prostate Cancer Support Group:

Contact: Mike Ince, Email: mike@ince.me.uk

The Olive Tree Prostate Cancer Support Group:

Contact: Marilyn Drury, Email: admin@olivetrecancersupport.org.uk
Web: <http://tinyurl.com/pas2lte>

Prostate Cancer – Age is a Symptom – beware if you are 60 years or older!

Ken George The Bay PCSG

I had regular Prostate Cancer PSA tests after 50 years of age through my company health scheme and at age 65 my PSA was a good 2 ng/ml. After retirement I had other minor health issues and I took my eye off the ball as regards PSA testing. At 68 & 69 years I asked my GP for a PSA test and was put off by my GP as I had no PC symptoms and he said the PSA test was not accurate. Many GP's seem reluctant to let men have a PSA test "without symptoms."

In January 2014 age 70 I asked my GP for a PSA test at my annual health assessment and was mortified to be informed the day later that my PSA was 188 ng/ml!!

This result fast tracked me to York Hospital 3 days later for a full examination and I was immediately put on hormone therapy LHRH injections to reduce my testosterone level, as testosterone enables the cancer to spread.

York Hospital staff were excellent and all tests were completed very quickly. I had a bone & CT scan first to see if I had Stage T4 metastatic cancer in my bones. Results were negative apart from old man's arthritis in some joints!

Subsequent MRI scan, & biopsy (Gleason Score 8) confirmed Locally Advanced Prostate Cancer - Stage T3a (cancer spread from prostate) and MRI shows some cancer cells nearby in lymph nodes, known as N1 Staging of PC.

I was also surprised at the accuracy of my DRE examination at York Hospital as the Doc was only one stage away - T2c from my confirmed T3a confirmed diagnosis, so men its best "To Love the Glove!"

I then received 7 weeks (37 treatments) of prostate and pelvic radiotherapy at the excellent Leeds St James-Bexley Wing and I continue to receive a 3 monthly Zoladex LHRH hormone therapy injection, which stops my pituitary gland stimulating testes producing testosterone. I also take a daily anti-androgen Bicalutamide 50mg tablet to ambush the rogue cancer cells in my body!

My latest PSA is now only <0.05 ng/ml and I have had no significant side effects to all the treatments I have received, so I am very pleased with my present situation. I will be taken off the hormone therapy injections in 1-2 years time.

After initial diagnosis I stopped taking all the vitamin & mineral daily tablets I've taken for many years as there is some info out there which says these supplements can aid cancer development? I also stopped the daily fish oil omega-3 pills I had taken for over 10 years because in some USA National Cancer Institute work in 2013 stated they increased the risk of aggressive PC? I had worked in Animal Management & Nutrition, mainly chicken breeding & animal feed supplement companies travelling the world for many years and thought all these supplements were a good idea for the human body as well!

I sent an email to all my old pals of a certain age to go to their GP for regular PSA tests.

"When your GP does a DRE (finger up the rectum!) prostate gland should feel soft! If it's hard and lumpy that's an indicator of PC, or if it's enlarged firm & smooth it may be benign prostate enlargement.

The prostate gland increases in size with age so when you were a 16 year old choir boy; your prostate was the size of a walnut. Unfortunately by 80 years age it's the size of an orange - Tangerine or a large Jaffa possibility! - so this larger size of prostate gland can result in more pressure on the urethra with subsequent "poor waterworks problems" and most men are diagnosed with a non cancerous enlarged prostate gland.

PSA testing can be said to be inaccurate but from all the info I have noted from a number of friends who have emailed me the PSA is a good first indicator of possible PC problems, so more tests can then be done to confirm PC or not.

I advise you to have a PSA Test annually from 60 years of age - or 50 years if your father had cancer. Always get a printout of your PSA reading from your GP for future reference & don't rely on GP's verbal "It's an OK PSA level!"

The normal PSA level for age 50, is 3 ng/ml, 60 years, 4 ng/ml & 70 years, 5 ng/ml. PSA results over this level, or a 50-100% increase of PSA level in a short period like one year should result in more investigation to confirm whether you're PC positive or have just a enlarged benign prostate. An enlarged prostate gland or urine infection can also raise the PSA level"

If PC could be present, a biopsy is taken from the gland and samples accessed to see if cancerous cells found. They are graded on a "Gleason score" to see if it is likely the cancer will spread, then a treatment program path agreed. Gleason score of 6 means that the cancer is unlikely to spread. Score of 7 moderate chance of spread, with Gleason score of 8 to 10, significant chance of cancer spread.

The average age for diagnosis for PC is over 65 years of age and early stage PC diagnosis is vital at the T1 or T2 stage when the cancer cells are still inside the

prostate gland and treatment is very successful whether "watchful waiting or active surveillance" with no treatment required, or eventual prostate gland removal or local treatment by ultrasound or brachytherapy where radioactive seeds placed in the prostate gland, are all very successful treatments.

My wife Sarah, looked up loads on cancer progression prevention and healthy diets too, so we changed to no dairy & red meat products - just chicken and soya based products, plant based foods, fruit & fish.

We studied Prof Robert Thomas "Lifestyle & Cancer" and Prof Jane Plant book "Prostate Cancer - Understand prevent & overcome prostate cancer" and many other books gave useful info such as "Invasion of the Prostate Snatchers" by Ralph Blum, which offers very amusing USA "warts an'all advice.

The Yanks say it as it is! Like "the prostate gland is located in a part of a man's body that should not be operated on"... Dead right so get diagnosed early!!

So the good news is PC is the cancer of choice for us old men and as the cancer progression is fairly slow I look forward to a number of years of good life ahead.



Ken George

One Lucky Winner

David Sherwill Midshires Region of Tackle Prostate Cancer

"I was fortunate to win a complementary stay allocated to the Midshires Region of Tackle Prostate Cancer, by Grayshott Spa near Hindhead and which would have cost us close on £2000. This was our first introduction to a spa, Alice and I arrived on the 18th. May and we had a very enjoyable 5 days. The staff were very attentive, the room was perfect and I personally feel I benefited from the various massages I received, the advice from the nutritionist was very helpful giving me guidance on my future diet.



The facilities were first rate but due to my health I was not able to undertake much that was available such as tennis in the 2 court covered building. We did however make use of the indoor pool heated to 69 degrees, the same as the outdoor pool. Meals were of a high standard, worthy of a 5 star hotel and prepared by Alan Palmer, Executive Chef.



The Spa is set within 47 acres of landscaped gardens and a 9 hole par 3 golf course. As a retired professional photographer there were many opportunities to shoot colourful pictures as well as visit the Devils Punchbowl some 3 miles distant. I have not included one of myself being massaged by one of the tall, blonde Polish girls that might be a step too far!

In the evening you could visit the Spa's own cinema to watch a recent film or borrow a DVD from their library to view in your bedroom suite.

If such an offer comes available again, put your name forward, you won't be disappointed".

Working together.....

Rowena Bartlett, Chief Executive of Tackle Prostate Cancer

As part of our work on early detection, I recently visited the Medical Detection Dogs who are based near Milton Keynes and was fascinated to learn all about the work they do training bio-detection dogs. They have been working on the detection of prostate cancer and the charity is now entering into a two year study in collaboration with Milton Keynes University Hospital and eminent consultant Iqbal Anjum. This study is to determine the accuracy and reliability of the detection and will involve a number of dogs trained to detect prostate cancer from a very large number of urine samples from a large group of donors.



Sniffer Dog Ollie

CEO, Claire Guest, explained to me that the problem she had was finding sufficient supplies of urine samples for training the dogs. I said that I felt sure that with all our gentlemen members there must be some way we could help! I contacted The Graham Fulford Charitable Trust who hold events to raise awareness of Prostate Cancer and early detection, who have carried out over 46,000 PSA blood tests countrywide. I asked Graham whether he might be able to ask the attendees to contribute a urine sample for use in training dogs and without hesitation his reply was : "Yes, of course".

Graham says "Whilst we need to ask for £10 donation, the £15 cost of the PSA test and all other costs of the training initiative are covered by medical detection dogs. We've had 30 to 35 men at our last couple of sessions and whilst we were delighted that 27 out of 29 men asked to give a urine sample at our May event willingly did so, we'd love to get this figure up to 50 a month".

What a lovely example of the three charities all working together to help men with prostate cancer. Our thanks to Graham and to all the men who donate those precious samples.

The Medical Detection Dogs are at:
www.medicaldetectiondogs.org.uk

For more information about the work of the Graham Fulford Charitable Trust, visit
<http://psatests.org.uk/>

Waitrose Delivers!

Roger Wotton

Secretary Aylesbury Vale PCSG



Dee Stone from Waitrose, presents a cheque to Roger Wotton

The Aylesbury Vale Prostate Cancer Support Group recently featured as one of the "Community Matters" beneficiaries in Waitrose Berkhamsted. You will be familiar with the little green tokens that shoppers place in one of three good causes every time they shop. The picture shows our secretary, Roger Wotton, collecting a cheque for £516 from Dee Stone of Waitrose. We were the most popular good cause for the month, and the comment was made that men's health does not feature too often in this scheme. So there is the invitation for other support groups to contact their local Waitrose store and see if you can benefit from the "Community Matters" scheme, as a number of support groups like Aylesbury Vale have already done.

Get The App

The Leicestershire PCSG, PROSTaid has written a Smart Phone App called "Its a Man Thing"

It contains all of the information you need about prostate cancer, including diagnosis, treatments and patient interviews. It is available for download, free of charge, for Iphone and Andriod, from:
<http://itsamanthing.org.uk>

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 Tackle 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:

<http://tinyurl.com/omp6y5e>

If there are any alterations, please contact: Simon Lanyon

Email simon.lanyon@tackleprostate.org.

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



We need you!

Raise vital funds for free when you shop online with **easyfundraising**.org.uk

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!

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Allan Higgin South East

Our staff:

Rowena Bartlett, Chief Executive

rowena.bartlett@tackleprostate.org

Simon Lanyon, Operations Director

simon.lanyon@tackleprostate.org

The Editor would like to thank everybody who has contributed to Prostate Matters.

Without you, we would not exist.

Please keep the contributions coming.

Oxford Prostate Go Down Under

OPCSG is proud to announce that it is now twinned with the Mornington Peninsula Prostate Support Group in Victoria, Australia.

Pictured, John and Janet on the left Roy and Helen Francis on the right



When our Treasurer, John Goldsmith was on holiday in Australia earlier this year, he happened to meet Roy Francis, Convenor of the Mornington group and they discovered their mutual interest. It is fascinating to read how their concerns (awareness among men, access to treatment, follow-up options) are so similar to ours.



The twelve apostles, Great Ocean Road, Victoria.

Mornington is a popular retirement area and therefore has a large number of 'likely PCa lads'. The group (180 members) is well supported by local companies – the baker provides refreshments, the bank pays the postage etc.

We have sent them samples of our literature, newsletters etc. and have received information from them. We shall continue to exchange news and views.

Our Committee thinks that a sponsored visit to Australia would be a positive move! See the Prostate Cancer Foundation of Australia website - pcfa.org.au – and read where they are with PSA testing.

Brachytherapy

George Goldsmith, Oxfordshire PCSG presented a very strong case for the procedure, particularly regarding after effects. The irony is that David was himself diagnosed with PCa, has received Brachytherapy treatment and was therefore able to give us his own 'story'. We filmed the whole of David's talk, together with a revealing Q & A session. To view click on: <http://tinyurl.com/pvhdyse>. If you, or any of your members are considering treatment options, viewing the video is a must.

East Lancs PCSG's Gangster Evening Raises £4,000

Stuart Marshall East Lancs PCSG

John Goulding and myself attended a private event last night at Burnley FC - (Fri 26th June)

The event was organised by Lauren Fallows and her Father - John, the event titled Burnley v Cancer was the second year that they have held the event following the loss of Lauren's Grandad to Prostate Cancer and they are really very passionate about raising awareness of the disease. Having seen the promotional article in our local Burnley newspaper back in May I contacted Lauren to offer her the use of our Display Stand and she really thought it was an excellent idea!



Pictured, Lauren/Father John - Centre, John Goulding left, Stuart Marshall right

Just over 350 people were present at the event - and what an event it was! The whole evening was themed with a 1920s Gangster twist and 12 casino tables, a soul/ blues style band, raffle & food. Both events they have held each raised over £4000 for Cancer Research UK and local PC causes. At the end of the evening we were given quite a surprise when John and Lauren offered us a £250 donation for our support group!

We all offer them our sincere thanks for their efforts in raising awareness and supporting the needs of Prostate Cancer.

Errors and Omissions

In the May issue of Prostate Matters, We said that the Metro Walnut Group was from Manchester. It is from Greenwich, London