

BIOGRAPHIES

Keynote Speaker



ABOUT

DAN ROWE

Project Development Champion at
Andy's Man Club



I first attended AMC in Oldham back in January 2018 only two days after attempting to take my own life. At the time, I was struggling with Post-Natal Depression after the birth of my son and AMC presented a place where I could go open up about this without fear of judgement. Fast forward to the present day and I'm in a much better position, AMC helped me realise that I was not alone, realise that there were and still are guys out there going through what I was going through, and realise that it is okay to talk about how I feel and be vulnerable. I'm now committed to spreading that message as far and wide as I can.

Andy's Man Club are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online. We want to end the stigma surrounding men's mental health and help men through the power of conversation. #ITSOKAYTALK

Andy's Man Club takes its name from Andrew Roberts, a man who sadly took his own life aged 23 in early 2016. Andy's family had no inkling that he was suffering or struggling to the extent that he would do this, and as a result looked deeper into male suicide and men's mental health. They soon discovered that male suicide is the biggest killer of men under 50, with male mental health surrounded by well-ingrained cultural stigma in the UK.

Elaine Roberts and Luke Ambler are Andy's Mum and Brother-in-Law, together they came up with the idea of Andy's Man Club, a group where men aged 18 and above can speak openly about their mental health in a judgment-free, non-clinical environment. Groups now operate nationwide and are completely volunteer-led, with the vast majority of group facilitators having first interacted with Andy's Man Club when they came through the door as a service user.

With a service used on a weekly basis by over 3000 men, and an army of 900+ facilitators, the movement is always continuing to grow on a week-by-week basis.

Panel Member



ABOUT

HENRY ANDREWS

Dr Henry Andrews is a gay, retired psychiatrist who had surgery in 2016 and radiotherapy in 2017 for prostate cancer. He started the West Suffolk Prostate Cancer Support Group - WhiSPer - last year, with support from Macmillan, and attends Metro Walnut online group for LGBTQ+ people with PC. He lives with his husband, David and their cat, Audrey.

Panel Member

ABOUT

ALISON HANSON

I joined the Worcestershire and Kidderminster Prostate Cancer Support Group (KWPCSG) over 12 months ago as a result of my husband Paul being diagnosed with prostate cancer in November 2022. The people I was introduced to gave me the support I needed at a particularly difficult time.

At the time of the diagnosis I was working in a busy job as a senior manager at an Insurance company in the West Midlands which I loved. The cancer diagnosis helped me take stock of what was important in life and I made the decision to resign a couple of years ahead of our plan.

As a consequence of having more time I decided to offer my support to the committee of the KWPCSG and set up a partner group (who have met twice so far!). I really wanted to support others in the way that I had been supported.

I have a son and two step sons plus three step grandsons and so having given up work, life has become busy spending time with them, as well as giving me more time to spend with my elderly parents. I also love playing tennis and generally trying to keep myself fit. Paul had a prostatectomy in February 2023 followed by 37 sessions of radiotherapy from October 2023. He is currently coming to terms with lymphoedema in his right leg as a result of the treatment he has endured. His next oncology appointment is in August 2024.



Panel Member



ABOUT

JEFF THOMPSON

Motivational Speaker

Cancer Don't Let It Win



Jeff Thompson, a self-defense practitioner for over 20 years, transitioned into running a security/bodyguard company in the 1990s before venturing into artist management. In 2018, a diagnosis of prostate cancer led him down a dark path, where he realised the heightened risk faced by black men.

Motivated to make a difference, he founded the support group Cancer Don't Let It Win C.I.C. to assist families affected by prostate cancer, starting with just five members and expanding to over 2,000 today

Jeff's support groups for black men have flourished, gaining strength and recognition. He has traveled internationally to share his journey and raise awareness about prostate cancer within the black community, connecting with influential figures and speaking at conferences worldwide. His impactful community work was acknowledged by BBCI's The One Show, and he even had the opportunity to present his ideas at 10 Downing Street.

Jeff Thompson's remarkable journey from self-defense expert to community advocate showcases his resilience and dedication to supporting and empowering those affected by prostate cancer, particularly among black men.

Panel Member



ABOUT

RHYS RATCLIFFE

**Health & Wellbeing Manager
Arsenal Football Club**



Arsenal in the Community in partnership with UCLH & the UCLH Cancer Fund are now running Stride On. Stride On is a hybrid Walking Football session with a bolt on social support group, to provide low impact, inclusive and friendly Walking football sessions played to WFA rules, with the purpose of increasing physical activity levels & social engagement for Men living with Prostate Cancer. The social support group element is also open to an immediate family member or a 'supporting person' that is directly associated with the service user themselves.

The purpose of the support group element is to provide a safe space in which Men in similar life circumstances can discuss complications, difficulties and learnings associated with their diagnoses and subsequent experiences. Most weeks, the support group is an open session with no set topic, where participants can socialise freely, whilst on other weeks a topic will be set and a 'speaker' or 'educator' with relevant knowledge can lead the session, to evoke a more specific/meaningful conversation. So far we have had a great variety of speakers from robotic surgeons, to Prostate Cancer UK information leads and nurses. We have even had Arsenal Legend Charlie George come in to visit the group and talk about his career.

EXHIBITORS

ABOUT PROSTATE CANCER RESEARCH



Prostate Cancer Research (PCR) have developed an interactive online resource called The infopool. The site contains hundreds of stories of those affected by Prostate Cancer from those diagnosed as well as their wives, partners and families. As it is easy to navigate, those wanting to know more about testing, diagnosis, treatment and clinical trials can find it all in one place and at any time.

PCR's Communities & Communications Executive, Harriet Lee RGN, has filmed over 250 individual stories since the site launched in April 2023. She also attends Tackle's own support groups, as well as others across the country to demonstrate how The infopool can benefit all those affected by prostate cancer.

ABOUT UK MEN'S SHED



Men's Sheds are spaces to pursue practical interests at leisure, to practice skills and enjoy making and mending. Men's Sheds are also about social connections, friendship-building, sharing skills, knowledge and enjoying a cup of tea and a chat. Men's Sheds were developed primarily to support the health and wellbeing of older men but many Sheds now welcome members of any age and gender.

The UK Men's Sheds Association provide support and information to individuals and groups across the UK in starting and managing Men's Sheds. The UKMSA raise awareness of the social and health benefits of Men's Sheds in reducing isolation, loneliness and in empowering local communities through craft, making and mending.

www.menssheds.org.uk

EXHIBITORS

ABOUT PROSTATE CANCER UK



PROSTATE CANCER UK

Prostate Cancer UK's top priority is funding research to stop prostate cancer killing men. We're investing millions to find better treatments and better tests that can spot fast-growing cancers early, and could be used in a screening programme to save thousands of lives.

Nick Ridgeman is Head of Health Information and Clinical Support at Prostate Cancer UK. In his role, he oversees the charity's information and support services for men with prostate cancer and their loved ones: our Specialist Nurse service, printed and online health information, and one-to-one peer support. He is also accountable for the charity's patient and community involvement activity.

ABOUT 5K YOUR WAY



5K YOUR WAY MOVE AGAINST CANCER

5K Your Way is a supportive community that inspires and empowers people impacted by cancer to live an active & fulfilling lifestyle.

It is linked to parkrun and takes place on the last Saturday of the month at over 100 parkruns across the UK. We encourage participants to do the 5k their way, whether that be walking (most of us walk), jogging, running or simply cheering others on. Then we go for coffee and put the world to rights.

It's a superb form of peer to peer support! Contact Tony Collier for more information tony.collier@tackleprostate.org

5K Your Way is also part of The Move Charity that helps teenagers and young adults living with cancer to get moving again.