

tackle
prostate cancer

Make Sense of It: Supporting People to Make Informed Treatment Decisions after a Prostate Cancer Diagnosis

A Movember-funded national pilot
delivered by Tackle Prostate Cancer



About Tackle Prostate Cancer

Tackle Prostate Cancer is the national federation of over 150 independent support groups across the UK. We provide training, guidance and safeguarding frameworks to help local group leaders run effective, inclusive peer-support networks for people living with and affected by prostate cancer.

From our central team, we:

- Strengthen local capacity through leadership training, safeguarding and governance support.
- Champion inclusivity, ensuring that partners, families and trans women affected by prostate cancer are represented.
- Share evidence and best practice across our network to improve the reach and quality of peer support.
- Ensure the voices of people living with and affected by prostate cancer have their voices heard

Alongside this national infrastructure, Tackle delivers targeted projects that address emerging needs and inequities, including Make Sense of It, a Movember-funded peer-coaching pilot.

Why This Matters Now

Every year, more than 52,000 people in the UK are diagnosed with prostate cancer. For many, diagnosis triggers a flood of life-changing information in a short space of time, often followed by rapid treatment decisions made after just one clinical consultation.

Research shows that:

- Up to one in three people later experience treatment regret, wishing they had known more before choosing.
- Around 39% report that side effects were not fully explained before treatment began.
- Over 60% experience unmet psychological needs.
- Inequalities persist, people from lower-income backgrounds, Black communities and LGBTQ+ communities are disproportionately affected yet least likely to feel understood or supported.

The National Prostate Cancer Audit (State of the Nation 2025) confirms that these inequalities remain a critical challenge. It reports over 58,000 new diagnoses in England in 2024 (a 9 % rise on 2023) and shows that people in more deprived areas, older individuals and Black men are less likely to receive guideline-recommended treatment for high-risk or locally advanced disease. Late diagnosis, variable information-giving and uneven access to treatment continue to shape outcomes (NPCA 2025).

These insights highlight the urgent need for structured, evidence-based interventions that help people slow down, process complex information and make confident, informed choices about their treatment and care.

About Make Sense of It

This three-year pilot will be delivered across the Midlands, Yorkshire, and nationally across LGBTQ+ communities, with the ambition to create a tested, scalable national model of peer-led decision support.

Make Sense of It trains volunteer Peer Coaches, people with lived experience of prostate cancer to provide confidential, non-directive coaching for those newly diagnosed.

Each participant receives 2–3 one-to-one sessions (in person, online or by phone) designed to:

- Clarify goals and priorities using the GROW coaching model.
- Improve understanding of treatment options and side-effects using validated tools such as Predict Prostate and The Infopool.
- Prepare for clinical consultations and strengthen shared decision-making.
- Reduce anxiety and treatment regret.

All coaches are DBS-checked, trained in safeguarding, unconscious bias and ethical coaching practice, and supported through ongoing supervision and action-learning sets.

Evidence and Evaluation

International and UK evidence (Adkins 2021; Wagland 2019; Denberg 2006) shows that structured peer or decision coaching can improve understanding, reduce anxiety and strengthen alignment between chosen treatments and personal values. Evaluation of Make Sense of It will use the Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS), qualitative interviews and case studies to build a robust, UK-specific evidence base and a replicable model for NHS pathways.

Where We're Working

The pilot is operating in:

- The Midlands
- The North East and Yorkshire

How Your Team Can Engage

We invite healthcare professionals, commissioners and NHS providers to:

- Refer patients who are newly diagnosed or facing treatment decisions.
- Host a short online briefing to introduce Make Sense of It to your MDT or support team.
- Collaborate on integration into local prostate-cancer pathways.
- Contribute to evaluation to help shape future best practice.
- LGBTQ+ communities nationwide

These regions have been prioritised for their high levels of unmet need and health inequality.

Together we can ensure that no one faces treatment decisions alone.



Together we tackle

"The greatest hurdles I found was accepting the diagnosis and then that the decision on my treatment was mine alone. The support group enabled me to listen and learn from others how they dealt with these two hurdles."



Through our national network of support groups we unite, guide & hero those living with or affected by Prostate Cancer. Find a local support group today at tackleprostate.org/supportgroups