

Newsletter

March
2019



Registered Charity 1173916

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Annual General Meeting

This year's AGM will be held on 24th April at the County Cricket Ground, Blackwater Road, Newport, PO30 3BD. The plan is to run the official part of the AGM, reports and elections from 6.15 – 7pm. At 7pm the refreshments will be served while the Race Meeting is set up and raffle tickets are sold. Then the Race evening will be run by Roy and Victoria. On conclusion there will be a draw for the raffle, with the evening finishing around 9pm.

Please bring along family, guests and

interested parties as there will be a stall for our Support Group plus other charity groups that are able to attend. If you are interested in becoming involved with the Group, or wish to become a trustee, or be re-elected, the nomination forms are available at the members' meeting, on the website or attached to this newsletter. These need to be sent to Sharon 10 days before the AGM. Your support is essential for this to be a successful evening.

Alan Taylor

Chairman's Chat

This month has been dominated with preparations for forthcoming major events for the Support Group: The AGM on 24th April at our new venue at the Cricket Club and the PSA testing day on 18th May; more of which later.

I was invited to the Mason's Lodge at Cowes to be presented with a cheque to finance the PSA test. The weather in March has not only damaged a number of our banners around the Island, but also cancelled our first Walk for Health. We are replacing the banners and the next walk is on 14th April. The speaker at the last members' meeting certainly inspired questions and comments on the night and the Patient Support Group at GP clinics around the Island have all been stirred by the speaker. Please enquire at your local clinic to make sure the Group is active. As you would have heard at our Members' meeting, we have been invited to sell programmes at the Savoyard's latest presentation at Shanklin Theatre. Thanks to Sharon for sorting out the rota.

And finally, although not yet officially approved, all the indications are that the Cross Solent Repayment Scheme has been saved for another year. Well done all who filled in forms, emails and made phone calls to speak out to retain this payment.

Alan Taylor



Masons' Cheque Presentation

I was invited to the Masons' Lodge at Cowes on Sunday 17th March, to receive a cheque to finance our latest PSA testing day. To my surprise I was given a cheque for £4000, which will fully finance our May event and so enable us to concentrate our fund raising on the October event. I gave an off-the-cuff talk about the need for PSA testing and the group's awareness and support to Prostate Cancer sufferers on the Island. Although there were 80 people present, this was an informal event and the official event with media coverage will be on 2nd May. Again our overwhelming thanks to the Medina Lodge No. 35 for their generous support.

Walk for Health

The weather may have beaten us in March, but I'm sure it will be better for the April Walk. Paul has organised a walk in conjunction with Roy's fund-raising football match at Seaview, Seagrove Manor Road, on Sunday 14th April. The walk will start at 11am at the Pavilion on Upper Green Road, St Helen's and will arrive at Seaview football pitch for the 12.30 pm KO Match. Then the walkers will return to St Helen's with a projected arrival of 3pm. This is a great opportunity to inform the general public of our Group, and to get some fresh air and exercise at the same time. All welcome.

Quote – Unquote

Nothing you wear is more important than your smile.

If you see someone without a smile give them one of yours.

Life is short, smile while you still have teeth.

Life is like a mirror, smile at it and it smiles back at you.

Here we are giving details of Trustee's experiences in the treatment of Prostate Cancer so that members of the Group can speak to them if they think that their own case has some relevance.



Marcus Scott (Trustee)

In 2008 I was having trouble with my asthma and so went to the doctor's. I also asked for a PSA blood test and when this gave a result of 12.3 I was put on hormone pills and a watch and wait treatment plan. The pills gave me a rash, but I continued with them, and due to a number of cancelled appointments with the Urology consultant, it was

not until 2013 that a PSA of 17.6 resulted in a MRI and pelvic scan. Radiotherapy was recommended and I had 21 treatments from 20 August to 17 September 2013. This was followed up with Zoladex stomach injections. I became very friendly with two men who were also attending the treatment and made contact with the Support Group at the Ryde Hovercraft waiting room. Unfortunately both these men died within 2 years of being treated. I was diagnosed with Diabetes in 2014 and have to have daily insulin injections. I'm convinced that the hormone treatment brought this on, and I decided to stop the hormone treatment. I am due for my next PSA shortly.

Having attended a Support Group meeting and being unable to eat the biscuits provided, I decided to cook some bread pudding, which is now very popular with the membership. I work full-time at B&Q and cannot always make the members' meeting, but support our events whenever I have the time.

Marcus Scott

Constitutional Changes

We have been advised that if we are to continue making donations to non-Isle of Wight based charities such as Prostate Cancer UK, the Daisy Bus and The Robot Arm, we will need to make some subtle changes to our Constitution and present them at the AGM for you to vote on. I must thank Roz for the work she has put into sorting this out.

Alan Taylor

Tumblers

Our latest Banner design was placed this month outside Tumblers Café in Shanklin by the Railway Station. We wait to see the effect this design has on the general public. There is another one on the by-pass near the commercial estate exit.



Prostate Health

Drinking certain types of coffee could reduce the spread of prostate cancer, Japanese scientists have claimed. Researchers have studied the effects of two coffee compounds, Kahweol acetate and cafestol, on prostate cancer cells. Both are found in Arabica coffee. An animal study showed that tumours treated with both compounds increased by one-and-a-half times against those not treated increased by three-and-a-half times. The study was published in The Prostate Journal.



Future Events

Sunday 14th April. Walk for Health. Start at St Helen's at 11am. Walk to Seaview for 12.30. Attend fund-raising Football Match. Then return to St Helen's 3pm completion. All welcome.

Monday 15th April. Bookings for PSA Test will open with texts to phone number and an email address to contact. More details on website.

Thursday 18th April. Jewson Day 9.30am – 2pm. Stall at the store advertising PSA test and AGM.

Friday 19th – Monday 22nd April My Fair Lady performance at Shanklin Theatre: Rota to sell programmes towards fund raising for the Group. Contact Sharon for details if you are available to help.

Thursday 25th April Tesco Event 9.30am – 3pm stall at Ryde Store, advertising AGM and PSA Test. Help needed, contact Alan.

Thursday 25th April Annual General Meeting at County Cricket Club, Newport. 6.15 – 7pm AGM, Reports and Elections; 7– 9pm Race meeting, raffle and refreshments.

Please bring along any interested general public, there will be stalls to collect information as well as the fund raising activities.

Thursday 2nd May. Hampshire and Isle of Wight Masons' cheque presentation at Cowes, with short presentation from our Chairman.

Members Meeting

Joanna Smith for Health Watch organisation gave a presentation to almost 40 members at our last members' meeting at the County Cricket Club. Her talk on the Patient Support Group at GP Clinics around the Island, was well received.