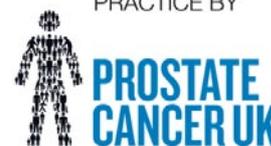


Newsletter | May 2019



Registered Charity 1173916

AWARDED GOOD PRACTICE BY



PSA Training Day 11th May

A training morning for the PSA event was held at the Mason's Lodge in Cowes, the venue of the PSA event on Saturday 11th May. 14 Support Group members and trustees, 18 Masons and one of the phlebotomists, turned out and a well spent 2 hours was used to allocate jobs, practise on 12 trial candidates, together with layout arrangements and the use of road

direction signs. A number of teething problems were sorted out and our thanks go to Brian Charlesworth of the Masons for making the venue available and to all the volunteers who turned up and applied themselves to the tasks set them. A very worthwhile exercise that will help the smooth running of the main event on 18th May.



AGM Report

On 25th April, 50 people attended the AGM and we were fortunate to have two new Trustees join us, Tony Wheatley and Angela Taylor. Once the reports from the Chairman and Treasurer had been made and the formal elections completed, refreshments were served, a raffle was run by Irene and Roy whilst Victoria set up the equipment for the Horse Race evening. By the end of an enjoyable evening Roy had raised over £500, the raffle over £70 and donations towards the refreshments giving a total fund raise of over £600. Well done to all who put in the effort to make this such a positive event.



Fundraising

Christmas Tree Brighstone £71

Thanks to Roz and Mick Dennison

Collection Box £105

Thanks to Roger and Vic

Collection Box/St Helens Walk £24

Thanks to Chairman

Donations towards AGM

Refreshments £31

Thanks to members and friends.

Quote – Unquote

Some people look for a beautiful place, others make a place beautiful. If opportunity does not knock, build a door.

The road to success is always under construction.

It takes hands to build a house, but only hearts can build a home.

The first step is, you have to say that you can.

Chairman's Chat

We were asked to bring in our MAN together with our promotional stall at St Mary's Hospital Cancer Awareness Day. Thanks to Vic and Roger for supporting the event.

The next day we set up bright and early at Tesco's with a full day talking to customers, who were very interested in the PSA test event. With Irene and Tony Sallabanks helping me, over 100 flyers were given out and a number of appointments were made.

Having finished at 4 pm we quickly packed up and then moved to the Cricket Club and set up again ready for the AGM.

We must thank Roy and Victoria for the Race evening they worked so hard to organise. Also Irene sold raffle tickets for the raffle and there was little left of the refreshments.

I attended the Cowes Masons presentation evening and also sorted out the locations of the road signs for the testing day on 11th May.

I also attended both the training day on the 11th and the Hullabaloo on the 12th.

Alan Taylor

Future Events

Monday 27th May

Bembridge Street Fair at Bembridge 10am – 4pm. Volunteers please.

Wednesday 29th May

Promotional Stall, St Mary's Hospital 2– 4pm.

Wednesday 19th June

Promotional Stall, St Mary's Hospital 2– 4pm.

Sunday 23rd June

Vectis Car Club, Arreton Manor 10– 4pm. Promotional Stall and MAN. Volunteers please.

Thursday 27th June

Members' meeting at the Cricket Club Pavilion – Amey, How best to Recycle.

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.



Tony Wheatley (Part 1) (Trustee)

10th February 2018 marked my 60th birthday and was a lovely family day. I don't know if it was this landmark occasion that made me listen to my body but I decided that although I could easily go through the night without visiting the bathroom the early morning trip to the loo was just not right. Uncomfortable and slow to reach 'mid-stream', something was amiss.

I made an appointment with my GP at Medina Healthcare (Dr Iwona Magier) on 27th February 2018 and a blood test was arranged for the following day and the Doctor conducted the usual Digital Rectal Examination (DRE).

I was telephoned within two days with the result to advise that my

PSA was 4.7, not unusually high but cause enough for concern. A visit to St Mary's on 12th March, another DRE was inconclusive and I was recommended for an MRI scan which took place on 22nd March. The follow up visit on the 19th April highlighted a potential problem and the next stage was for a "Transperineal Ultrasound Guided Biopsy of the Prostate Gland". I had my pre-op assessment at QA Portsmouth on 11th May and the procedure took place on the 16th May (Dr Hodgson) again at QA.

I saw Dr Ochai at St Mary's on 31st May who delivered the diagnosis, a Gleason score of 7 (4+3) with a T2A N0 MX rated cancer in my left posterior lobe, 14 samples had been taken and a 22% mass estimated.

The hardest part of the diagnosis was informing our four children, everything else was relatively straight forward. I devoured all literature available from Prostate Cancer UK having spoken to a very helpful lady called Lara and also took the opportunity to talk with Katie Mabey, a Macmillan nurse at St Mary's.

Having looked at all options which discounted a few including brachytherapy (prostate too large) it came down to three options: Active Surveillance/External Beam Radiotherapy or Radical Prostatectomy. Along with my wife Kim we decided that surgery was the best option for me which we confirmed at a consultation at QA on the 18th June.



Tesco Publicity awareness day 25th April

With Tony Sallabanks and Irene Dolby helping, we spent 6 hrs talking to customers. There was a lot of interest in the testing day with over 100 flyers being given out. There were also numerous questions about prostate cancer in general and leaflets were taken from the stall and donations placed in the collecting tin. Our thanks to Tesco's for allowing us to be present and a number of their staff sought us out for details of the test.

Hospital Cancer awareness day 24th April

Roger received the invitation for us to be present at this event. Vic and I joined him and we were busy for most of the time with enquiries for information about prostate cancer and also the opportunity for attending the testing day. What surprised me most was the lack of knowledge that the hospital staff had about prostate cancer. Again leaflets were given out and donations given.

Hullabaloo – Sandown 12th May



We were invited to Sandown front for the Annual Hullabaloo event on Sunday 12th May.

Our MAN and promotional stall was set up and run by Sharon, Tony Sallabanks, Tony Wheatley, Alan and Roger. There was a lot of interest in the PSA testing and the support that the Group offers men with prostate problems, plus information via the Newsletter and flyers.

The Guess the number of little men was also very popular as were the small stickers for the children.

Another successful awareness, support, fund raising and educational event. Our thanks to Sharon for organising this entry on behalf of the IWPCSG.