

NEWSLETTER

Published by the Norfolk & Waveney Prostate Cancer Support Group

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Norfolk & Waveney

Prostate Cancer
Support Group

Patron: Martin Bell OBE

www.prostatesupport.org.uk

Welcome to the second NEWSLETTER and the first in a new and hopefully regular series. There has been a staggering amount of progress in the activities of the group since the first meeting less than a year ago. Our application for charity status has been submitted. Our website is up and running and we have been holding open meetings every second month with a steadily increasing attendance. We have made contact with other groups both at regional and national level, sharing our aims and objectives and look forward to forming new links and partnerships for the benefit and support of our members.

We are still feeling our way a little as most of us are new to this. So bear with us. We have a dedicated committee who have all worked hard to get us to this point but we are always keen to welcome new volunteers willing to offer help. There are plenty of opportunities to assist and no special skills are required. Simply a willingness to give up some of your time to help raise awareness and support fellow patients and their families in the region.

We hope the newsletter will be a suitable method of communicating with our members. It is an opportunity to keep you up to date with the committee activities, share news and information and let you know about activities going on in our region that will be of interest to us all.

We welcome comment and feedback as your opinion matters. If you would like to make any comment or send news items or other information for publication please send your items by any of the means listed on the back under **Contact us** section. *Editor.*

A few words from your Chairman:

"Welcome to the first edition of our regular Newsletter. In the nine months since the Group has been formed, we have seen rapid growth in the need for our support, and in the attendance at our bi-monthly open meetings. The coming year will see an expansion in our activities, which we hope will help you as members, and those anxious for information.

We are striving to make the community aware of the problem of Prostate Cancer, and 2005 is recognised at Government level as the Time for Action. The ladies have achieved so much in their battle against breast cancer, and now is the time for men to follow suit.

We shall be playing our part with the Big C project to provide a Family Cancer Support Centre at the Norfolk & Norwich University Hospital site, due to open at the end

of the year, and are planning a number of fundraising events throughout the year. Other support initiatives are being developed by your Committee, all of whom have first hand experience of dealing with the disease, either as patients or carers.

Thank you all for your support, and remember that nobody needs to feel alone."

David Haines - Chairman

Martin Bell OBE accepts invitation to become our patron.

"Our patron Martin Bell O.B.E., the distinguished foreign correspondent, will be known to many from his reports from trouble spots for the BBC over 30 years. He is Suffolk born, and the son of Adrian Bell, who for many years was the countryman columnist for the EDP. He also is famed for his battle against political sleaze as an

independent M.P. He has covered action in Vietnam, the Middle East, Nigeria, Angola, Rwanda, and former Yugoslavia, where he was seriously wounded. After his one term in Parliament as an "accidental M.P.", Martin was appointed as UNICEF UK Ambassador for Humanitarian Emergencies, and has recently visited Tajikistan, Iraq, Sudan, and SE Asia. He will be visiting Norwich in June to support our fundraising." - *Chairman*

Charity status bid goes in.

The process of application for charity status is to be fast tracked subject to detail and take only 3 months. The benefits will be widespread and include benefits of Gift Aid, (tax refunds), which can increase donations by 22%. A minor alteration will be required to the constitution and this will be discussed at tonight's meeting.

In this issue:

- ***A letter from the Chairman.***
- ***Charity status bid goes in..***
- ***Martin Bell OBE accepts invitation to become our patron.***
- ***Proposed Cancer Support Centre***
- ***Contacts***
- ***Diary dates***
- ***A BIG thank you***
- ***Latest news, we want your views***

Visit our website :

You will find information about the group, our constitution, committee activities and useful links
If you have access to the internet go to

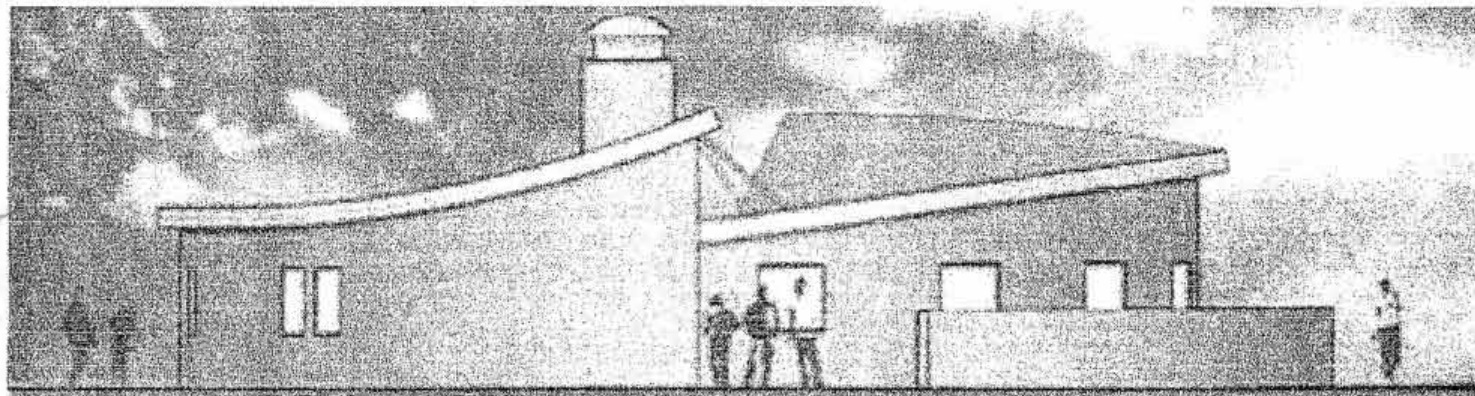
www.prostatesupport.org.uk



The NEW BIG C FAMILY CANCER INFORMATION AND SUPPORT CENTRE

Norfolk and Norwich University Hospital,
Norwich, Norfolk

The vision - a caring centre for those in need



This is an exciting new project initiated by our local cancer fundraising charity, **The BIG C**. We have been invited to participate in the activities of the New Cancer Support Centre which will be handed over to the NHS trust on completion and managed by a full time staff funded by the Big C. We will be meeting again with Big C in March to see how best we can contribute to the Family Cancer Support Centre Project. (e.g. volunteers, equipment, etc.)

The building has been designed by Norfolk architects Purcell Miller Triton, who have designed a building which will look distinctly different from the hospital buildings around it.

This is a deliberate move so that when families or individuals come to the centre, they do not feel as though they are in a clinical environment.

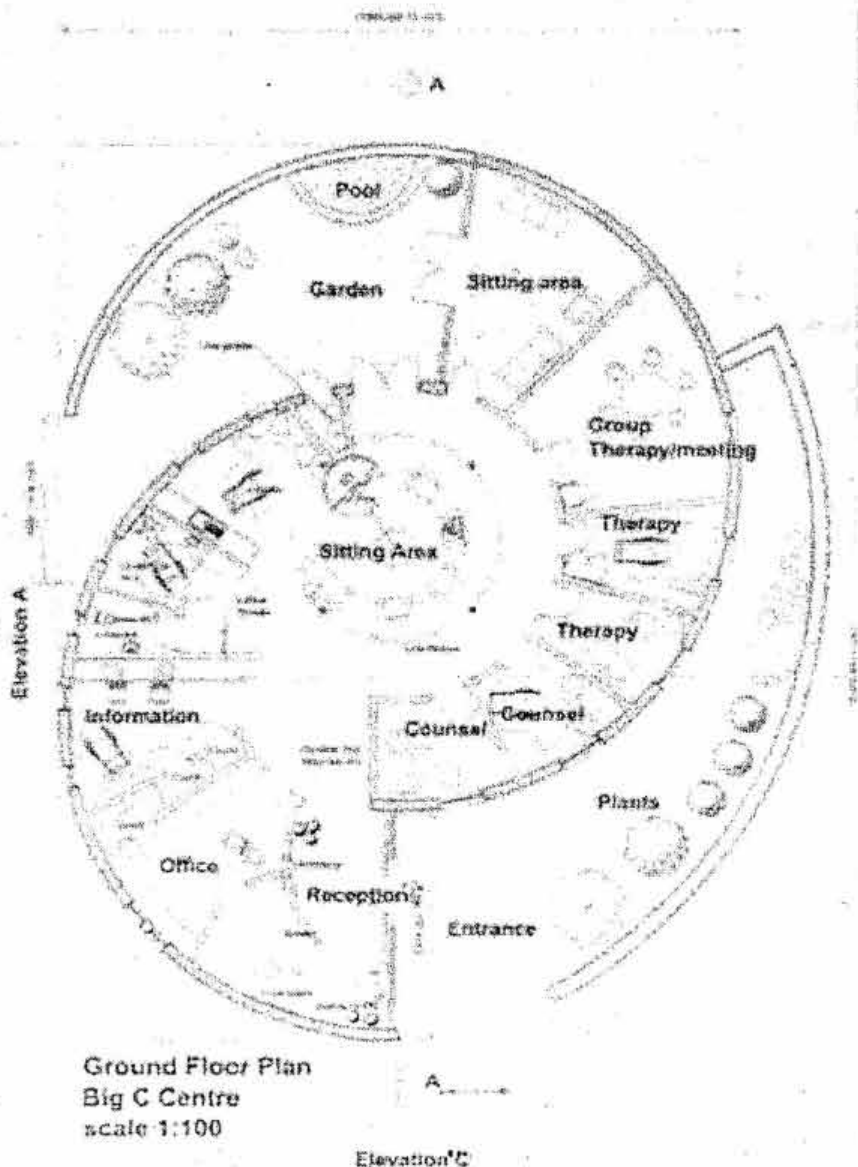
The shape is based on two intersecting semi-circles and there will be gardens around the building so there will always be a portion in the sunlight during the day.

At the heart of the building there will be a fireplace with comfortable seating around it. This again is to try and emphasise the friendly, homely nature of the centre.

Radiating out from the fireplace will be areas for accessing information and rooms in which a varied programme of support activities will take place.

Patients themselves are playing an important role in determining the range of services to be offered and the project team have visited a similar centre in Edinburgh to learn from their programme.

But overall it is designed to be a haven for cancer patients and their families at a time when their whole world has been turned upside down.



This is what The Big C has to say :

In a major development of the information and support available to local cancer patients, **THE BIG C APPEAL** is building an innovative facility designed to benefit the whole family. Building work will start in early 2005 and the Centre will open its doors during the latter part of 2005.

- Purpose built with relaxed and informal atmosphere
- Each portion of the centre to benefit from sunlight throughout the day
- Surrounded by gardens
- Central feature fireplace with comfortable seating
- Coffee/tea making facilities and seating areas
- Call in when you wish and take advantage of programmes on offer
- Disabled facilities

Available to benefit the 3000 new cancer patients the hospital will see each year.

In three years it is envisaged over 10,000 visits will be made by patients and their families.

Services will be free at the

point of delivery and will include:-

- Support for Family and Friends, Groups and Individuals
- Support Groups for Individual Cancers
- Breast Cancer care
- Information library and internet access
- Nutrition Advice
- Relaxation/visualisation/ Look Good...feel better sessions
- Expressive Art Group
- Benefits advice
- Counselling service
- Wide variety of courses including stress management

The Big C Appeal needs to raise £700,000 and through the generosity of local people, we have already raised £200,000 just another £500,000 to go!

The Norwich Evening News has made this their charity campaign for the year, so keep a look out for the "Cancer Support Centre Appeal - Opening the door."

To contact the Big C direct visit their website at www.thebigcappeal.co.uk or telephone **01603 619900**.

Alternatively you can visit the Evening News website and check out their campaign and advice about doing your own fundraising events; www.en24.co.uk and go to *Big C campaign in Features*.

Latest News, we want your views !

• Your committee is researching the possibilities of realising a **mobile Prostate Cancer Screening/Assessment unit**. A pilot scheme is currently underway in North Essex. We feel that being in a predominantly rural area we would benefit greatly from such a programme. We welcome your views. Similar screening units for Breast cancer have proved immensely useful and help to take some of the load away from the hospital by taking this service to the community.

In recent discussions *the Big C* have expressed an interest in a partnership with us to fund such a venture. There is some way to go before this becomes a realistic goal - targets for fundraising would be in six figures so this will be a major project for us. Do you think this a good idea ? - Let us know !!

• If you have any ideas for fundraising and want to share this with us, we would be delighted to hear from you.

You can see there is a lot going on. We are always keen to welcome volunteers prepared to help in these vital projects which are for all our benefit.

Some useful Contacts and sources of information.

The Big C Appeal

Norfolk and Waveney's independent local cancer charity funding research, treatment, equipment, care and support.
10a Castle Meadow, Norwich NR1 3DE
Telephone 01603 619900
www.thebigcappeal.co.uk

The Evening News

www.en24.co.uk

The Prostate Cancer Charity

National organisation with information and helpline.
3 Angel Walk
London W6 9HX
Tel: 020 8222 7622
Fax: 0208222 7639
e-mail: info@prostate-cancer.org.uk
website: www.prostate-cancer.org.uk

Prostate Help Association

Support network, newsletter and a book on prostate cancer.
PhilipDunn,
PHA,
Langworth,
Lincoln LN3 5DF

CancerBACUP

Cancer nurses provide information, support and advice by telephone or letter. Newsletters, booklets, factsheets website and CD-ROM.
3 Bath Place, Rivington Street
London EC2A 3JR
Freephone 0808 800 1234
Fax 020 7696 9002

If you've finished with the newsletter and do not need it anymore, why don't you pass it on to someone who may not know of our activities.

Editor.....*stefan ganther*

Travel Insurance Update

Courtesy of the Torbay Prostate Support Association, Reg. Ch. No. 1095731

It is often very difficult for patients who have had cancer treatments to obtain travel insurance. Many companies refuse it or if they do cover you will charge excessive amounts. Below is a list of some companies who have helped and are recommended by Torbay patients.

- J&M Insurance : 020 7446 7654 restrictions unknown
- ABC Insurance : 0800 171 000 doctor says your fit to travel
- Worldwide Travel Ins. : 01892 833338 as long as treatment was not within 6 months
- RIAS Travel : 0800 552 100 exclusively for those over 50.

It is always worth shopping around and let the editor know of your experiences.

What do you want to read about ?

This newsletter is not just about keeping you informed of what the committee is up to. It is an opportunity to respond to specific questions you may have, items of interest that you want to share.

It is the intention to run a regular section of *letters*. This will be your opportunity to discuss topics, inform members of activities or issues in your area or that affect you.

In the margin on the right of this page is a list of different ways you can contact us. We don't mind how you do it but we do want to hear from you! The group is here to support you and respond to your direction.

So please contact *The editor - Newsletter*.

Do you need help with transport to and from our meetings ?

If you are unable to get to our meetings because of transport difficulties then **contact : 01603 289845**. The nurses will pass on your details to the nearest member and driver volunteer. We will try to pick you up and return you home following the meeting.

How to Contact us :

write to :

Norfolk and Waveney Prostate Cancer Support Group.
Urology Dept.
Norfolk and Norwich University Hospital.
Colney Lane
Norwich
Norfolk
NR4 7FP

telephone :

Urology nurses on:
01603 289845

e-mail :

stef.g@care4free.net

for letters to

the editor write to :
Newsletter

at the address above.

Visit our website :

www.prostatesupport.org.uk

We need your help.

As part of our commitment to support each other, we are compiling a database of members willing to pick up and collect those who are unable to make it because of transport difficulties. All the committee are already volunteers but in order to reach a wider audience we are keen to recruit regular members who will be willing to bring a fellow patient and / or partner / carer to the meetings. Our group covers a wide area so the more volunteers we have the more likely we are able to get everyone to the meetings that wants to be there.

"An evening with Martin Bell OBE"

We are holding a fundraising event open to the general public, at the Noverre Suite Assembly Rooms, Norwich.
4th June 2005
from 7-10pm.

Our patron, who is a distinguished journalist and the UK Ambassador to UNICEF, will be talking about his career and experiences.

Tickets will be available in March. **£10** each from, Secretary; Stan Thompson on 01603 713463 and committee members. Tickets from the venue or agent will attract a 10% commission.

April Lecture meeting and AGM will be on:

Monday 4th April
7-8:30 pm

in the **East Atrium** of the
Norfolk & Norwich University Hospital

This meeting will also be the first **Annual General Meeting** of the group. This is expected to take no more than 30 minutes and will follow the usual lecture. This time on **Continence Issues**, followed by tea and coffee and an opportunity for informal chat.

Free Parking when you register with the committee on arrival, at the meeting.

A BIG thank you

£150 Raised by **ET Hair Fashions of Harleston**; proceeds of Halloween Party.
£260 Raised by committee members **Ray and Vera Allen** at a December car boot sale.

At our last Xmas open meeting the raffle raised **£85** with a further **£28** donations. A big thanks to all those who contributed to making the night our most successful so far.

Local group **Project 2001** have chosen us as their nominated charity for 2005 and will be fundraising on our behalf.

Dates for your Diary:

- **7th Feb Mon. eve.**
Next open lecture meeting. see separate poster.
- **7th Mar**
committee meeting
- **4th Apr. Mon eve.**
Open lecture meeting and AGM.
- **4th June - 7-10pm**
Assembly Rooms, Norwich.
"An evening with Martin Bell OBE" - Fundraising event see separate notice

If you want to publicise any fundraising or social events please advise the editor for inclusion in the newsletter.