

# Norfolk & Waveney Prostate Cancer Support Group

## NEWSLETTER

Issue No 21

April 2008

### Our Chairman's Valedictory Report

The Group has had another successful year, and in spite of reduced active members, your Committee has worked hard to expand our aims and activities. A summary of the year's activity is given below:

#### AWARENESS

This is ongoing, and we have played our part in attending a number of events across the county, (including two in the Forum in Norwich, and seven major charity fundraising events), supported by regular poster distribution and press reports. Along with other Eastern Region Support Groups, we have repeated our call to Health Authorities for an early introduction of a wider Prostate Cancer Awareness and Screening programme, which still falls on deaf ears. It is a matter which we will continue to pursue, given the recent publicity from the Government on the success of the Breast and Cervical Cancer screening programmes, and the announcement this week by the Secretary of State for Health of a massive screening programme for coronary disease, diabetes, kidney disease – **but not for Prostate Cancer** – costing £250m per year. New PCa diagnostic tests announced during the past year should bring a reliable screening programme closer, if a sense of urgency and funding is applied. Patient pressure from all PCa Support Groups will be needed to make this happen, and a new Prostate Cancer Federation is being formed in London this month to give a louder voice from patients and their carers.

#### INFORMATION

Our information leaflet has been reprinted again to meet demand, and some 3,000 copies of our bi-monthly Newsletter were distributed during the year. Our six open meetings at the Norfolk & Norwich and James Paget Hospitals continue to be popular, with total attendance over the year of some 900 people. To meet ongoing demand from new patients we are repeating some of our earlier talks by invited consultants on all aspects of the disease. Our membership list of patients and carers has grown to over 300, and our website has now received over 3,250 enquiries, (an increase of 1,400 on last year). Our website is to be further developed in the coming year. A large selection of information booklets is available from our Display Stand, together with DVDs and hardback books on loan.



*David Haines, Founding Chairman*

#### SUPPORT

We continue to offer telephone support from committee members, but were not able to develop the buddy scheme we had envisaged due to lack of active volunteers. However, our new Welfare Officer will be looking at how we can set up a local contact network across the county from people who have offered to be a source of information, encouragement and help. We have donated wheelchairs to the Norfolk Red Cross, and worked with them to supply patients in urgent need who were experiencing delays from the NHS. We have been instrumental in raising the £50,000 support costs for the Cryo-Ablation treatment trial at the Norfolk and Norwich University Hospital, which is now well under way with some encouraging results. Some eight men with recurring Prostate Cancer have been treated to date giving improvements to their quality of life, and the prospect of holding the disease in check for lengthening periods.

*Continued on Page 2*

We will continue to monitor this project with a view to repeating our call to NHS Norfolk (formerly the Norfolk Primary Care Trust), to introduce this treatment on a successful completion of the trial. Those in need of practical help or advice (other than medical), are urged to contact us, when we will continue to do our best to respond. Medical concerns can be referred to one of our Specialist Urology Nurses for advice. On the Social side, we organised two events, a midsummer river cruise, and a Christmas lunch, both of which were well supported and enjoyed by those who came along, and we plan to have similar events this year.

Thanks to the diligence of our Treasurer, Stan Thompson, our financial affairs are in good order, and we remain in a strong position at the year's end. We thank all those organisations and private individuals who have so generously made donations during the year, particularly those who have sent the proceeds of funeral collections in memory of their husbands or fathers, to whom we have sent our sympathy and thanks.

Finally, I would like to extend my personal thanks to all members of the Committee, our nurses, speakers, and volunteer tea ladies, who have given much of their time and experience in supporting the Group during the year, and offer my best wishes to those who are retiring from the Committee this year. My own term of office ends at the AGM, although I shall remain as a Trustee of the Charity, and hope to continue to give my support to the Group in other ways. We now have a strong local Support Group to offer help, voice our concerns, and give greater visibility to this disease, where much more can and should be done to reduce its effects. I extend my very best wishes for its continuing success. Thank you.

David Haines – Chairman 2004-2008

## And a word from our Patron

*It has been and remains a great honour for me to be associated with the Norfolk & Waveney Prostate Cancer Support Group as its Patron. Apart from anything else, it has enabled me to know a lot more than I did before about this stealthy and relatively unpublicised disease; and to meet some of those who suffer from it and go to heroic lengths to help each other in this life-saving enterprise. Prominent among these people is David Haines, who has been the Group's Chairman and inspiration from the start. I know that the Group will continue to go from strength to strength under a new Chairman; I also know that it would not have accomplished so much in so short a time – and done so much for its members and the wider community – but for his leadership.*

Martin Bell

## Big C Cuppa 12th-18th May



### Have your Tea for Big C!

Invite your friends, family and colleagues over for a special cuppa and raise funds for research into cancer, medical equipment, advice and support for people affected by cancer in Norfolk & Waveney.



Join in with Big C's first ever 'Big C Cuppa', we will provide you with all the advertising materials and support you need to make your event a success.

Contact Lesley or Rachel at Big C for more details and to register on : 01603 751699/619900 or visit:

<http://www.big-c.co.uk/bigcuppa.php>



## Our Day at The Forum

Our Group had another successful day at The Forum in Norwich on 14<sup>th</sup> March, as our contribution to Prostate Cancer Awareness Week. We had a team of volunteers for the day, with at least three manning the stand at any one time. We were there from 9am to 5pm.

We had a large stock of different leaflets, and took advantage of the publicity generated by the Bob Monkhouse campaign. In return, we sold Bob Monkhouse badges to raise funds for the Prostate Cancer Research Foundation.

Some 70 people stopped by to chat about prostate cancer and take away literature – including some wives on a mission to nag their husbands.

David Wiseman holds the fort!

## SOCIAL OUTING TO DUNWICH

Following the successful trip on the Broads last summer, Dave Cole has arranged a coach trip to the historic Suffolk coastal village of Dunwich on **Saturday 7th June**.



The arrangements will be:

10.30am Coach departs Notcutts Garden Centre (Daniels Road, Norwich, NR4 6QP. 01603 453155).

Midday Arrive for lunch in the famous beach café. After lunch, members can visit the fine museum (picture right).



2.30pm Dave Cole will lead a short walk around the village, which will include a stop off at his house where 'free' tea and biscuits will be provided. (Members who prefer to explore on their own do not have to come on the walk).

4pm Return to the car park .

4.15pm The coach will leave Dunwich, to arrive back at Notcutts by 5.30pm.

Total cost – which will include Fish and Chips (or some other choices), a sweet and tea/coffee – will be £15 per head. The executive coach will have a loo on board – but only takes 47 people – so early booking is advisable.

Please send a cheque for the appropriate amount, made out to Dave Cole. His address is Middlegate Barn, Dunwich, IP17 3DP. If you require more information or wish to check availability, please email him at [middlegate@aol.com](mailto:middlegate@aol.com), or telephone him on 01728 648244.

## Mulbarton Country Music Charity Afternoon



*John & Maureen Whiterod, David Haines, Ruth & Peter Burgess*

We should raise our Stetsons and express our sincere thanks to Peter & Ruth Burgess and John & Maureen Whiterod for organising such a great afternoon's entertainment. They have now raised almost £30,000 for Norfolk charities over the past few years. Many thanks also to their many supporters who during the afternoon raised the magnificent sum of £1,200 for N&WPCSG.

Music was provided to a capacity crowd by Texas Gun from Scotland, and local stars John C King, and Marc James.

Receiving the cheque, David Haines, Chairman N&WPCSG, thanked the organisers and Norfolk Country Music fans for their support.

## Frank Yates

Sadly, Frank died peacefully in Lowestoft on March 10th after a three year battle. Our condolences are extended to Mary and his family.

## A Big Thank You

We continue to receive donations, and thank all those concerned for their support. Acknowledgements are extended to:

	£
Mulbarton Country Music Afternoon. . . . .	1,200.00
J Sainsbury plc (Newsletter sponsorship). . . . .	500.00
Mr & Mrs G Varley . . . . .	25.00
Mr K Harman.. . . . .	5.00

### RAY & VERA ALLEN WILL BE HOLDING... **YET ANOTHER** **... CAR BOOT SALE**

Dates: Saturday 19<sup>th</sup> April  
Where: K.W. Eaglen's Yard, Seamere Road, Hingham, NR9 4LW  
Time: 8am - 2pm  
(Set up from 7am, and please take all rubbish away).

Pitch Fee: £5 per pitch

If you have any unwanted items and would like to donate to the cause, we would be very grateful.

Please phone 01953 850863 for any information.

### REFRESHMENTS STALL ... RAFFLE

*Ray Hubbard (seen on Bygones) will entertain with his music and will show some of his farm horse memorabilia.*

*He will also draw the Raffle at 1pm.*

**Proceeds to the N & W Prostate Cancer Support Group.**

### Dates for your Diary

Saturday 19 April

**Car Boot Sale** (see this page)

Wednesday 7 May &

4 June 6.00-7.00pm

**Radiotherapy Department**

**Open Evenings**

**Colney Centre, NNUH**

(Please note new, earlier, time).

Monday 12 - Sunday 18 May

**Big C "Cuppa"** (see Page 2)

Monday 12 May & 7 July 7-9pm

**Committee Meeting, NNUH**

**TUESDAY** 3 June 7-9pm

**Open Meeting at James Paget**

**Hospital, Great Yarmouth**

Professor Jane Plant CBE

(author of "Prostate Cancer –

Understand, Prevent and

Overcome") will speak on "**An**

**Alternative Approach to**

**Prostate Cancer"**

Saturday 7 June

10.30am - 5.30pm

**Social Outing to Dunwich**

See Page 3 for details

### SNOWDON 500

Kevin Betts, a member of our Group and a competitor in this event is seeking additional Sponsorship and would also like to contact others taking part in this event, which is on 17<sup>th</sup> May. Kevin's address is 20 Blenheim Road, Sprowston, Norwich, NR7 8AH. 500 people will trek to the top of the highest mountain in Wales to raise vital funds for the Prostate Cancer Research Centre in London.

### How to Contact Us

#### ■ Write to:

Norfolk & Waveney Prostate Cancer Support Group,  
c/o Urology Department,  
Norfolk and Norwich University Hospital,  
Colney Lane, Norwich, NR4 7FP

#### ■ Telephone the Specialist Nurses:

**Claire, Sallie or Wendy,**  
Specialist Uro-oncology Nurses,  
Norfolk and Norwich University Hospital  
01603 289845

#### **Angie or Wendy,**

Specialist Uro-oncology Nurses,  
James Paget Hospital  
01493 453510

#### ■ Committee / Help:

01603 713463,  
01603 881213  
or 01328 862927

#### ■ E-mail us:

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#### ■ Letters to the Editor: Chuck Lyons,

71 Norwich Road, Fakenham, NR21 8HH  
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#### ■ Visit our website:

[www.prostatesupport.org.uk](http://www.prostatesupport.org.uk)