



Awareness Support Information

Registered Charity No. 1108384
Website : www.prostatesupport.org.uk
e-mail : nwpcsg@hotmail.co.uk

Patron: Martin Bell O.B.E., President: David Haines

*a Founder Member of the Federation of
Prostate Patient Support Groups, known as 'TACKLE'*

Newsletter No. 72 - December 2019

A great loss to our Support Group

Our chairman, **Nigel Gardiner** passed away on October 31st., aged 71, after a long, brave fight against prostate cancer.

For some years a member of the committee, and also serving as vice-chairman, Nigel took over the chairmanship of our Group in April 2017.

Nigel went about the business of being chairman in a quiet and unassuming, but determined way, dedicating his energies to assisting the work of our Support Group in every way he possibly could.

He never wavered in his carrying out his duties, despite having to cope with the ever-increasing severity of his own deteriorating health. I never once heard Nigel complain; he always showed exceptional stoicism.

Since his passing I have now learned more about Nigel from his wife, Judith; who told me.....

Nigel's father came to Norfolk after the war. He became the farm manager for Catfield farms and lived at Lesingham Manor and, when this company stopped trading, they bought their own farm in Catfield.

Nigel went off as a boarder at Greshams where, although he will freely admit he struggled academically, he became the first eleven Captain of the Hockey team. He went to Shuttleworth Agricultural college where again he became hockey Captain. On completing his course he returned to White House and continued playing for Norwich Exiles, Broadland and Norfolk.

Nigel was a keen Young Farmer, which is where he met his wife-to-be, Judith.

Nigel farmed with his son Peter and together they developed a herd of 140 beef cows and would be busy in the Spring-calving as well as being involved with arable farming.

Nigel took a lively interest in the life of the village; he was treasurer to the Village Hall and Flower Club and, after retiring as Church Warden at Catfield, he became treasurer for the Parochial Church Council. He served on the Parish Council and was well known for welcoming new comers to the village, supporting those who were bereaved and for just being on the end of the phone.

Nigel was always very positive and enjoyed his work as Chairman of this support group. The giving of the treatment couch was the icing-on-the-cake for him and he couldn't thank enough the specialist nurses and consultant Rob Wade for their excellent care.

Nigel leaves Judith, son Peter, daughter Rachel, and twin Grandchildren - 3 year olds William and Olivia.

We will greatly miss Nigel and all that he did for our Group, but we are very pleased that Judith, will be continuing to support the group and serve on the committee.

I know that you will wish to join with me in sending Judith, and her family, our sincere condolences.

Ray Cossey - Chairman of Trustees



NEIL R. STOREY - AUTHOR

Those of our members unable to attend the Open Meeting, on September 2nd, missed a great talk by Norfolk-born (and proud-of-it) author, **Neil Storey**.

In an enlightening, illustrated talk, Neil told us of the fascinating and often frightening years in war-torn Norwich, between 1939-45.

A few of our members will remember something of those war years and some may even recall the 44 bombing raids on Norwich; in particular the two devastating 'Baedeker' raids in April 1942.



Neil Storey

The attendance at the September meeting was less than usual, mainly because of members being on their summer holidays. However, those who missed Neil's talk will be pleased to know that this prolific author will be making a return visit, to give another talk, at one of the four Open Meetings we will be holding during next year.

Neil's next talk will be on an entirely different local history subject. His list of published books is very extensive, so you can be sure his future offering will be very interesting.

Neil's books cover such subjects as 'Norfolk Floods', 'Norfolk Villains, Rogues, Rascals and Reprobates', 'The Home Guard', 'Around Norwich' and many other subjects.

Those who were able to attend last September's meeting will, we have no doubt, endorse our enthusiasm for Neil Storey as a guest speaker. Those of you who missed his last talk should watch this space for details of Neil Storey's talk next year.

Be sure not to miss it

Peter Kendrick

In the last issue of this Newsletter we carried an article concerning Peter's treatment at the James Paget Hospital and his decision to wear the Paxman Scalp Cooling System before, during and after his chemotherapy treatment sessions.

Peter's story was first told in an April edition of the Great Yarmouth Mercury and we sought permission to reproduce the article in our September edition of this Newsletter.

It was only after the Newsletter had been published that we learned of Peter's passing. We know Peter was keen to let fellow prostate cancer patients learn of his experience with the scalp-cooling system, even though it was, sadly, posthumously.

We send our condolences to Peter's family and friends.

The **Great Yarmouth Bowls Festival** was held this summer on the Promenade and during the our week long festival the fundraising, was to aid two nominated charities; our patient support group and the James Paget Hospital's Cardiac Unit The money was raised through tombola, raffles and general fundraising by the festival team, but specifically by Richard George, who has recently been diagnosed with prostate cancer, and his sister Pat Sexton. Each charity received the wonderful sum of **£1,333.00**. Our thanks to all who contributed.



Graham Manning receives the cheque from Pat and Richard

'Surgery School' – Preparing for Prostatectomy Patient Seminars

Coming into hospital to undergo a surgical procedure is, understandably, a very daunting prospect for many people. At the Norfolk and Norwich University Hospital over 300 radical prostatectomies are performed each year for men with prostate cancer. As part of an Initiative to improve our service to patients we have developed a new seminar aimed to decrease some of the anxiety around coming into hospital and to provide additional support for patients undergoing radical prostatectomy.

The seminars will be run twice a month at the **Willow Centre in Cringleford** and will be attended by groups of 5 to 10 patients who are on the waiting list for prostate surgery. The meetings will be run by our uro-oncology nursing team. Those attending the seminars will be given information about healthy eating and exercise prior to surgery, attending a pre-operative clinic, and what to expect after their procedure. Catheters and how to look after them will also be discussed in detail. In addition, the sessions will be attended by a specialist physiotherapist who will discuss pelvic floor training to improve continence following surgery and a talk from the andrology team regarding treatments for erectile dysfunction.

We are also incredibly lucky to have some patient experts who will be in attendance at each seminar – having been through the procedure themselves they are in a unique position to educate others about their experiences. We are extremely grateful to these men for giving up their time to help us with our seminars and look forward to their valuable insights.

In addition to the education and information provided, it is our aim that the seminars will provide a supportive environment where patients (and their partners) will be free to discuss any concerns they may have, and there will be plenty of opportunity to ask questions and a chance to meet other patients going through similar experiences.

Patient seminars, prior to surgery, have been widely used in many of the London hospitals. Our team have visited Guy's Hospital to learn about their approach. They have found that providing better education to patients before their surgery has really improved patient experience – 99% of patients felt more supported and confident in coping with their recovery after they attended the seminars and 100% felt they had a greater understanding of the discharge process and their aftercare following their surgery.

Knowing what to expect and being adequately prepared for surgery can make a huge difference to the amount of worry and stress that patients

experience. It is our hope that patients will really benefit from our surgery school seminars and we are very excited to be offering this new service to patients across Norfolk.



We are truly grateful for the support received from the **Waveney Valley Lodge of Mark Master Masons**. Their donation to our cause of £1,250 has enabled us to buy our own projector and a model of a pelvis. These items have been essential to get us up and running and our first 'School', which took place on Wednesday 13th November, was extremely well received. All attendees acknowledged the advantage of being there and felt much more comfortable about what they were about to go through – one expressed that it was a privilege to be at the first meeting. We know these schools will be of great benefit.

**Miss Kate Manley (Urology Specialist Registrar)
Ms Helen Walker (Uro-Oncology Specialist Nurse –
Prostate Pathway)**



The projector, Waveney Valley Lodge of Mark Master Masons purchased, to be used at the radical prostatectomy patients' seminars

MEETINGS for 2020

FREE CAR PARKING & LIGHT REFRESHMENTS

Monday 3rd. February - Meet & Chat Evening (7 - 9 pm)
'Big C Centre', Norfolk & Norwich University Hospital

Monday 2nd. March - Open Meeting with Speaker (7 - 9 pm)
Benjamin Gooch Lecture Theatre,
Norfolk & Norwich University Hospital

Monday 6th. April (A.G.M)
Following 7.00 pm Committee Meeting
'Big C Centre', Norfolk & Norwich University Hospital

Saturday 25th. April - Meet & Chat Meeting
(11.45 am - 1.15 pm) The Louise Hamilton Centre,
James Paget Hospital, Gorleston.

Monday 4th. May - Meet & Chat Evening (7 - 9 pm)
'Big C Centre', Norfolk & Norwich University Hospital

Monday 1st. June - Open Meeting with Speaker (7 - 9 pm)
Benjamin Gooch Lecture Theatre,
Norfolk & Norwich University Hospital

Saturday 11th. July - Meet & Chat Meeting
(11.45 am - 1.15 pm) The Louise Hamilton Centre,
James Paget Hospital, Gorleston.

Monday 3rd. August - Meet & Chat Evening (7 - 9 pm)
'Big C Centre', Norfolk & Norwich University Hospital

Mon. 7th September - Open Meeting with Speaker (7 - 9 pm)
Benjamin Gooch Lecture Theatre,
Norfolk & Norwich University Hospital

Saturday 17th. October - Meet & Chat Meeting
(11.45 am - 1.15 pm) The Louise Hamilton Centre,
James Paget Hospital, Gorleston.

Mon. 2nd. November - Meet & Chat Evening (7 - 9 pm)
'Big C Centre', Norfolk & Norwich University Hospital

Mon. 7th. December - Open Meeting with Speaker (7 - 9 pm)
Benjamin Gooch Lecture Theatre,
Norfolk & Norwich University Hospital

*To all our members, their families
and friends - we send you
Seasonal Greetings and wish you
all the best for the New Year.*

**Merry
Christmas**



Happy New Year
2020

OUR WELFARE TEAM ARE GEORGE & JILL SIELY

who live in Happisburgh and are always available to give help and support to any member, and/or their family, who requests it.
They have a contact list of fellow members of our support group and are able to put you in contact with someone
who has been on the same prostate cancer treatment journey as you.

Call 01692 650617 if you would like to have a chat with either of them.

How To Contact Us

Specialist Nurses:

Sallie, Wendy, Rachel & Elaine
Norfolk & Norwich University Hospital - 01603 289845

Angie, Wendy & Simon
James Paget Hospital, Gorleston - 01493 453510

Sally, Clare & Anne-Marie
Queen Elizabeth Hospital, King's Lynn - 01553 613075

E-mail us at

nwpcsg@hotmail.co.uk

Visit our website:

www.prostatesupport.org.uk

Letters to the Editor:

Email : geoffreyowalker@googlemail.com