

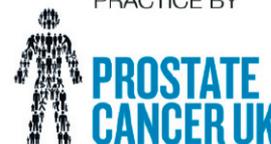
# Newsletter

December  
2021

Registered Charity 1173916



AWARDED GOOD  
PRACTICE BY



## PSA Update

The results for the final PSA event of 2021 showed that 27 men had abnormal results needing medical follow up. There have been a number of enquiries about our programme for 2022 and after discussion at the last Trustee meeting, the provisional programme is for 4 events to be organised in 2022:

April event at the Masons Hall, Cowes.  
June event at the Scout Hut, Newport.  
September event at Ryde.  
October event at Totland.

As yet these are only provisional but the Trustees have voted in favour of holding 4 events at these locations around the Island, and are committed to this. 13 for, 0 against and 1 abstained.

The events will continue to be run by the PSA sub-committee who remain in place for another year.

We finish with a message from a 54 year old who attended a recent UCL Zoom meeting having been diagnosed with a PSA of 45 and told by his Consultant that he had had the illness for 2 – 3 years. He said he wondered if he had been able to find a local PSA testing event when he was 50 years old, then instead of chemo treatment and an uncertain future, he could have had a much brighter future.

Unfortunately unlike the Isle of Wight, there was no PSA testing available where he lived.

## Chairman's Chat

Just as we thought we could expect a "normal" Christmas, along comes the Omicron Covid variant to mess up all our plans again. Still the Group received a lot of exposure from the last PSA test. Did you see the Observer article and photograph? We have also received a number of enquiries about our PSA plans for 2022. The Trustees have been approached about funding a Project for 2022 and Paul Davies headed a Zoom meeting where a list of potential projects were proposed. More details later. The awareness campaign continues with new venues coming forward and fundraising events being organised.

The ladies will be meeting again on 19th January at the Donkey Sanctuary 11am. The Co-op Local Community Fund has offered to help us but it will need everyone to take part, details later. It has also been suggested that our next members' meeting in January be run at 2pm so that members do not need to be travelling in the evening.

Please try to find the time to visit the Christmas Lights display in Long Lane, Newport and vote for the display – No. 1 on the Light up the Wight Christmas Lights site <https://www.islandecho.co.uk/xmas/>

On behalf of the Support Group, I would like to thank Tony Hart and his wife for all the work they put into producing this newsletter, changing it from pages of hard copy to the attractive, colourful and sought-after newsletter. And to everyone, a prosperous and covid-free New Year to all your family and friends and we hope to see you on Zoom, or at one of our events in 2022.

*Alan Taylor*



## Christmas Lights

We have been chosen by Terry and Sue who each year put up a spectacular Christmas lights display on Long Lane, Newport to raise money for various charities around the Island. This year they have decided to support us and our PSA testing programme so if you have time to pop over one evening to have a look. Their location on the voting map is number 1 – register your vote for their display online at

Light Up The Wight Christmas Lights <https://www.islandecho.co.uk/xmas/>. The winning display receives an annual award which they put towards the collection taken during the display and then pass on to the Charity they have nominated. We have a couple of placards naming us as one of the Charities to benefit from all their hard work. The Display will stay up until 2nd January.





## Awareness Campaign

Debbie and Ted Downer had organised a Curry and Bingo evening at the Sun Inn at Calbourne, where they raised £452 towards PSA testing for the Group. The Sun Inn proprietor also agreed to put up one of our banners alongside the Inn, easily visible from the main road. Our thanks to all concerned for this support.

An interesting contact was made via Tackle with reference to a Radio 4 programme on Prostate Cancer. A prominent peer who has the illness,

wants to give publicity to a number of support groups in the UK and interview members at a members' meeting. We are in the list to be contacted, more details as they become available.

Tony Sallabanks reported that the awareness day at Asda was fairly quiet, but that they had managed to sell some calendars and cards. He has also put in a request for some more collection boxes as he continues to find venues to place them around the Island.

## January Members' Meeting

As this newsletter is being written, there is only talk of a possible lockdown, due to the Omicron Covid variant, in the New Year. Depending on the Government's restrictions, the January members' meeting could be Zoom only or a Hybrid meeting at the County Cricket Club Pavilion. Importantly, it has been decided to run the meeting from 2pm until 4pm,

earlier than usual. Final details will be sent to all members close to the date, once the Covid restrictions are made clearer. It is hoped to have a speaker organised by then. Should you have any queries do not hesitate to contact us on 07568240125 or at iwpcsg@gmail.com

PS The February members' meeting will also be a 2pm event.

## Raffle Prizes

Metier Ingenuity of 11a St Thomas Square, Newport, have donated 10 prizes to our recent raffle via our Trustee Elenid. Our thanks for their generosity and support of our fundraising raffle held at the 10th Anniversary and Christmas lunch.

## Future Dates/Events

### 3rd January

Christmas Tree show at The Pearl Centre closes.

### 19th January

Ladies' meeting at the Donkey Sanctuary, Wroxall 11am.

### 27th January

Members' meeting at 2pm Zoom or Face to Face (Covid allowing). Speaker to be arranged.

### 23rd February

Ladies' meeting at The Beach Café near Sandown Pier 11am.

### 24th February

Members' meeting 2pm Zoom or Face to Face (Covid allowing). Speaker to be arranged.

## Quote – Unquote

Nothing in this world happens by chance.

Some things I cannot change but until I try, I'll never know.

It hurts now so you can be better tomorrow.

Learn from yesterday, live for today, hope for tomorrow.

The doors will be opened to those who are bold enough to knock.

Keep going you're almost there.

You can be strong and nice, you don't have to be one or the other.

Dreams don't work unless you do.

In the end we only regret the chances we did not take and the decisions we waited too long to make.

## Yoga Sessions

Elenid has found a Yoga teacher who is prepared to run a 7 week course for members starting in January. The plan is to have separate classes for men and ladies and at present the classes will last 1 hour and cost £7 per session, although the course has been listed as a project for the Group and could be in line for some subsidies from the Group to reduce the individual members' cost of a session.

Anyone interested in taking part, please contact us at [iwpcsg@gmail.com](mailto:iwpcsg@gmail.com)

## Co-operative Local Community Fund

As was reported in our November Newsletter, we are one of the benefactors of the Co-op's Local Community Fund causes, which means if you sign up at the Co-op and collect your blue membership card, every time you shop at the Co-op 2p in every £1 you spend will be donated to our Charity during 2022. The little blue card costs £1 to join up and if you live or shop at the Shanklin Co-op then you can help the Support Group every time you go shopping.

Please pass this information on to your friends and family so that the Support Group can get the full benefit from being selected in 2022.



## Ladies' Meeting

As with most planned meetings in 2022 they can only be provisional dates as the Omicron virus sweeps through the country. Confirmation of dates and venues will be on a monthly basis, but there is one change to the list published in the November newsletter: 25th May will be at The End of the Line Café at Freshwater at 11am.

Could you donate an Android type TABLET to our support group for use at our PSA test events, to scan the QR code on each appointment form as men check in??

If you can help, please contact Angela by email at [iwpcsg@gmail.com](mailto:iwpcsg@gmail.com) or call/text 07568245124. Many thanks!

## Trustee Thoughts

The Trustees have been discussing projects that the Group could support in 2022 as an addition to its work with Awareness and PSA testing. A meeting was set up by Paul Davies and a number of suggestions put forward together with ideas of organisations who might back these initiatives.

Time was also spent by the Trustees discussing the number of PSA events to be run in 2022, their locations and partner groups. There was a concern of individuals who might be having repeated tests in a year and how this could be monitored. Also with the Chair and Secretary standing down next year, would this affect the organisation of PSA events.

A proposal to run our members' meetings at the Cricket Club Pavilion during the winter months – January, February – with a starting time of 2pm to allow members to travel at a safer time of day, was approved and our next members' meeting will be on 27th January at 2pm.

Tony Sallabanks has obtained some pens with our logo and contact details on them to be sold at our awareness stall or contact the Group phone 07568245124.

And finally the Chair requested any volunteers to experience producing one newsletter in January, February or March in preparation for the stepping down of the Chair in April. Tony Wheatley volunteered to do February. If there is anyone else interested in having a go, please contact the Editor at 07568245124.



## New strategy against treatment-resistant prostate cancer identified RNA molecule suppresses prostate tumour growth

A new study has identified a RNA molecule that suppresses prostate tumours. The Scientist found that prostate cancer develops ways to shut down this RNA molecule to allow themselves to grow. According to the new research – restoring this so-called long noncoding RNA could be a new strategy to treat prostate cancer that has developed resistance to hormone therapies.

Many patients with prostate cancer are treated with drugs that lower or block hormones that fuel tumour growth. While the drugs are effective for a time, most patients will eventually develop resistance to these therapies.

A drug called (R) – 9b has been developed to attack a different aspect of prostate cancer biology, knocking

down the androgen reception overall rather than blocking its ability to bind with testosterone. When the androgen receptor is suppressed the DNA molecule next to the androgen receptor (NXTAR) can be found.

It is hoped that the combination of (R) – 9b drug and NXTAR can be developed into new therapies for prostate cancer patients who have developed resistance to the frontline treatments. As yet, this treatment is still in the research stage but it is hoped to encapsulate the small molecule drug and the key piece of NXTAR into nanoparticles and shut down the androgen receptor in two different ways.

*Source – Washington University School of Medicine, Science Daily*

## Group Projects for 2022

Paul Davies is keen for the Group to supplement its work on PSA testing with a project for 2022. To this end he set up a meeting with the Trustees and a number of ideas were put forward for the next Trustee meeting to discuss. These were:

- I Hire of a MRI scanner
- II Electric Taxi Cab for Island Transportation
- III Drop-in centre for counselling.
- IV Arrange Kegel exercise session for members
- V Arrange Yoga sessions for members
- VI Purchase Gene testing equipment
- VII Purchase a Digital A board and touch screen for use at awareness and PSA events.
- VIII Purchase a number of urine flow meters for Island GP surgeries.

If anyone else has any ideas for a project for the Group, please send details to the Chair at 07568245124 before 12th January for the next Trustee meeting.

## Fundraising

As often happens after a successful run of PSA testing events, a number of organisations get in touch offering help to the Group in their plans for future events.

Paul Davies continues to update the Group's fundraising spreadsheet with shared responsibility from various Trustees. And individuals make donations or sign up for a regular monthly subscription for the running

costs of the Group. All are gratefully accepted.

The Chair attended a windup meeting of the Military Veterans Vehicle Group at the Eight Bells Pub in Newport, and spent an hour informing their group of the work our Support Group does. They were particularly interested in the PSA tests as a number of them had been tested at past events and had successfully come through their treatment. The Chair left with a donation for our Support Group towards the PSA programme for 2022.

## Bequeathed Legacy

Ken Young, as executor for Don Brannan, delivered a cheque and cash for the sum of £392 as a donation to the Support Group's funds. Ken, who belongs to a Masonic Lodge at Ryde, was acting for his close friend who died last year from the illness and hoped the donation would help with the PSA testing programme for 2022.

## Quick Quiz

Your monthly chance to win one of our much sought-after ceramic IWPCSG clip-on badges by answering correctly our quiz question.

How many different types of chocolates are there in a standard box of Quality Street, and secondly how many Christmas gifts were given in the Christmas Carol "The 12 Days of Christmas"?

*Text or phone call with your answer to 07568240124 or email to iwpcsg@gmail.com by 10th January. Feliz Navidad!*

