



10th Anniversary Celebration

Thursday 28th October 2021

**At the County Cricket Club Pavilion, Blackwater,
Newport. 6.15pm start – 9pm**

*Finger food and social 6.15 – 7pm. Musical entertainment
7 – 8pm. Raffle and interviews with founder members of the
Group 8 – 9pm. Open to Members, family, friends and supporters*

■ If possible, please email Elenid at randsiow@gmail.com or call her on 078542 19961 to let her know you will be coming preferably by 21st October (to help with catering purposes).

■ Bring your own plates and cutlery if you would prefer not to use our paper plates and plastic cutlery.

For two or three of the Group's Trustees, it seems like only yesterday they were travelling daily to QA for their radiation therapy with a group of men who they became close friends with. Their decision to continue meeting after they finished their treatment and to formalise the group under the Chairmanship of Roy Colledge, and the instigation of a Constitution and Charity status under Dave Kiely's leadership has enabled the Group to grow and become now a recognised Support on the Island that gets things done.

To celebrate this successful progression over the last 10 years the present-day Trustees are keen to get as many members and ex-members together

to enjoy an evening together at the County Cricket Club Pavilion on Thursday 28th October from 6.15 to 9.00pm. There will be finger food to share, the bar will be open for those who wish to purchase some liquid refreshment and entertainment by Company B-UK. They will be performing from 7 – 8pm after which we hope to have some of the original members relate their memories of the starting of the group while we organise a raffle for some well worth winning prizes.

This is a special evening for the Group and we hope you will all join us to enjoy the atmosphere and nostalgia of the evening and share the success of the Group's effort over the past 10 years, and show your appreciation to these founding members.

To start with a membership of 9 to the present day number shows just what can be achieved with hard work, effort, enthusiasm and passion, and long may the future Chair and Trustees continue with this vital and necessary work.

Another Prostate Cancer Treatment Breakthrough

For the second time in a few months, there is another new treatment option for men with advanced prostate cancer.

The National Institute for Health and Care Excellence (NICE) permanently approved Apalutamide, a type of hormone therapy for advanced

prostate cancer, that could give an additional 14 months of life on average.

This is good news for men who have become resistant to traditional hormone therapies and are at high risk of their prostate cancer spreading. Around 8000 men could now benefit from this treatment and be given more time to spend with their loved ones. The example put out by PCUK was of a man who had been on this treatment for 2 years so far and was responding well.

Chairman's Chat

September is always a busy month, especially this year with Covid rules being removed and Shows restarting together with our third PSA testing event. The Support Group's awareness stall has had a presence at St Helen's Show, Wolverton Manor Show, Morris Minor Show and the IW Motorhome Club rally. The stall and gazebo were also at two promotion days outside the Busy Bee and the Co-op supermarket in Ryde. Our thanks to these two commercial outlets allowing us to promote our next PSA event. There is so much good work that can be done at these events offering support, information and awareness.

We have unfortunately lost our Treasurer to deteriorating effects of prostate cancer and so are again looking for a volunteer to take on the job of looking after the Support Group's finances. The awareness campaign continues with new sites for both banners and collection boxes. Our thanks to Tony Sallabanks for his continued efforts to help the Group's finances and I am pleased with the impact our new posters are having.

I was asked to attend a John's Club meeting for adults with learning difficulties to pass on the message of PSA testing for men over 45 years old.

Did you read the article in the Guardian this weekend? If you have a copy, could you pass it on to me.

Another new treatment option for men with advanced prostate cancer – Apalutamide – has been approved by the NICE, read more later.

And finally I hope to see you at the light lunch on Tuesday 28th September and the 10th Anniversary event on 28th October at 6.15 with finger food, entertainment and a trip down memory lane.

Alan Taylor

PSA Update

Having decided it necessary to open bookings for the 27th November event early, we were grateful to Vic Vine (Marvic Printing) for quickly producing flyers for the November event. This enabled us to start giving these out at our first promotion event at the Busy Bee, Ryde where Trevor Green and the Chair spent a very productive day at the exit of the Garden Centre answering questions and giving out the flyers. Two weeks later on 13th September we set up outside the Co-op in Ryde and again were engaged for the 4 hours we spent there passing on pamphlets with information about the illness, and newsletters to those who had already received treatment, and helping a man who had been diagnosed on the Friday before to give him our experience of the treatment he had been offered. Again a number of men signed up to join our Group and dozens of flyers for the November PSA event were given out. Our thanks to Trevor Green, Tony Sallabanks and the Chair for giving their time to this promotional event.

On Sunday 19th September a number of volunteers turned up for the familiarisation session at John Street Masonic Lodge Hall, the venue for our 25th September PSA testing event. Fortunately one of the Masons was present and passed on vital information regarding the use of the Hall for the weekend. There was another booking for Friday evening, 24th September, so that it was impossible for us to set up that evening. This meant a very early start on Saturday at 7.30am to put up the booths, set out the tables and chairs and deliver all the equipment for the running of the event. On the positive side, we could have a separate entry and exit door which greatly helped in reducing unnecessary contact during the PSA testing and enable us the improved flow of men through the process.

Elenid has also gained permission for free parking for volunteers and since the patients can park for 1 hour at the Co-op car park without charge, enable the event to run without any extra costs.

The Chair has received a number of

calls from concerned members about the shortage of vial tubes for the September PSA tests, but was able to reassure them that the PSA committee had already acquired enough tubes to see them through the event.

Route marking for the event will take place on Friday evening with all routes culminating at the Co-op car park, with additional signs leading from the car park to the John Street Masonic Hall.

We have held a second meeting with the Ryde Lions, and promotional details and other issues were discussed, together with the numbers of patients who have already booked for the November event and the purchases that have already been made. Another meeting is set for October.

Ventnor Masonic Lodge approached the Group at Wolverton Manor Show and the Chair visited their Hall to assess the viability of running a PSA testing event there. Details were left with the Masons representative and he would be passing this on at a meeting this week. It is too late to run an event in Ventnor this year, but options could be available next year.

August Hybrid Members' Meeting

At this month's meeting we had a live speaker rather than one on Zoom, with 20 people turning up at the CC Pavilion and initially 9 people on Zoom.

We had not tried this combination of live speaker and Zoom members and it proved to be fraught with technical hitches leading to a poor experience for Zoom members, with a number quite understandably deciding not to stay on during the many breakdowns in the Zoom link.

However, the information passed on by our speaker, Sally Ash from IWASP, was really useful and to understand how our personal data is being gathered by companies and then sold on was food for thought. We were advised to check

the Cookie acceptance icon that often appears when using a site and not to click "Accept all", but go into the explanation area and only then click on the minimum level of acceptance or none, if given, to protect our personal data.

The Group now has a direct link to IWASP and will be posting to our members regular updates from the Department, of warnings and advances that they put out. Our thanks to Sally Ash for giving her time and for her patience as we endeavoured to run the meeting despite our technical hitches. Also to Tony Wheatley and Angela for their sustained effort in running this meeting.

John's Club Talk

The Chair was invited to attend the Friday night John's Club meeting for adults with learning difficulties and autism spectrum.

Since the Chair has a son with these disabilities he is well aware that no learning difficulty disabled men have attended any of the PSA testing events, and was concerned that maybe they needed more information and explanation of the need to be PSA tested. With over 20 present, the Chair received a very positive response from all present with thoughtful questions afterwards and left knowing that everyone was now well aware of the risk of ignoring the opportunity to be tested.



DON'T FORGET!!

COME AND CELEBRATE with us on our 10TH ANNIVERSARY

At the COUNTY CRICKET CLUB PAVILION

On THURSDAY 28TH OCTOBER at 6.15 pm

Free entertainment with Company B-UK and finger food
Bar also available

SEE YOU THERE!!

Ladies' September Meeting

The ladies met at Carisbrooke Priory for a coffee and chat and then enjoyed a walk in the beautiful surroundings of the garden.

The next ladies' meeting will be held at The Range, Cowes on 20th October at 10.30am.

We hope to see a number of you there as everyone gains when a problem or worry is shared.



Quote – Unquote

Never let your best friend get lonely, keep disturbing them.

There is nothing better than a friend unless it is a friend with chocolate.

We'll be friends until we're old and senile ... and then we can be new friends.

Finding friends with the same mental disorder as you ... priceless.

You don't have to be crazy to be my friend. I'll train you.

True friends don't judge each other. They judge other people together.

Good friends don't let you do stupid things – alone.

Good friends are like stars in the sky, you can't always see them, but you know they're always there.

Things are never quite as scary when you've got a best friend.

Future Dates/Events

9th and 10th October

Hullabaloo Lite Sandown 9 – 3pm both days. Awareness Stall.

16th October

Teddy Bear Day event at the IW Steam Railway 9am – 4pm. Raffle and awareness stall.

20th October at 10.30am

Ladies' meeting at The Range, Cowes

28th October 6.15 – 9pm

10th Anniversary event at the County Cricket Club Pavilion. Finger food and social 6.15 – 7pm, musical entertainment 7 – 8pm. Raffle and interviews with founder members of the Group 8 – 9pm. Open to members, family, friends and supporters.

November TBC

Promotional for PSA testing event Ryde

20th November

Familiarisation morning Baptist Church Ryde for PSA test event, 11am – 12noon.

25th November

Members' meeting hybrid CC Pavilion. Speaker Dr Chris Booth, new Protocol PSA testing trial. 6.15 – 8pm.

26th November

Set up PSA testing event. 7pm.

27th November

PSA testing event with Ryde Lions. 8.30am – 2.30pm.

Trustee Thoughts

Roy Colledge is keen for the Group to support a young Island athlete, Henry McClusky, who has been competing at national and international level at 1500m gaining an under-20 bronze medal. Roy suggests we purchase running kit for him with our logo on it. Any comments from the membership would be very welcome.

The 6ft Teddy will be raffled at our stall when we attend the Teddy Bear Day at the IW Steam Railway on the 18th October at Haven Street. Tickets will be on sale on the day at £1 a ticket or 5 for £4. We hope to see lots of you at this event. A reminder that we now have a 5 card pack of Christmas Cards with our Support logo on the back for £1.50. The plan is to have both the Christmas Cards and our popular calendar for £3 at our 10th Anniversary meeting on 28th October. If you are unable to attend, then please contact the Chair on 07568 245124 so we can sort out your order and delivery.

The Trustees have sent a letter of

support to Tim Hart who has had to stand down as Treasurer due to deteriorating health caused by prostate cancer. Our thanks for all the effort he put into the job, simplifying the monthly reports and acquiring for us a donations mobile card payment machine to help with fundraising efforts. Our thanks to Paul Davies who has produced a spreadsheet of current fundraising initiatives as well as collection box locations. He has also been very active in writing to a number of companies asking for items for our 10th Anniversary event and will be our courier with Jacqui Davies at our next PSA event at Ryde on Saturday 25th September. Our thanks also to Elenid Perry-Lowe and Pam Blayney for contacting shopping outlets for finger food for the 10th Anniversary Event.



News Flash

Light lunch – Waverley Inn, Carisbrooke

There are still some places available for this lunch date. If anyone would like to come along with friends or family then please contact me at 07568245124 to reserve a seat. You can find the menus available in our August Newsletter.

Quick Quiz

Your monthly chance to win one of our much sought-after ceramic IWPCSG clip-on badges by answering correctly our Quiz Question:

With the return of the IW Festival 2021 and the thousands of fans who travelled to Seaclose to see Oasis, Tom Jones, Duran Duran and others, I though I would test your memory this time. So who was the star turn at the 2nd Festival held at Wootton in 1969, and yes we were there!



Awareness Campaign

August 30th saw the gazebo and awareness stall up at the St Helen's Show. It was a very windy day but there was a good turnout at the Show and a good number approached the stall run by Vic Vine and the Chair. As usual there was a mixture of enquiries together with men who had been through treatment and now were living post prostate cancer. We encouraged these to join our group as their experiences are always useful to new patients wanting information about treatments offered and a number joined the group.

The weekend September 4th and 5th saw the awareness stall at the Wolverton Show with a number of our Trustees attending the stall on both days. We were also invited to be interviewed on the Show tannoy on Saturday morning and afternoon, and thus encourage a number of men to seek out the stall and engage in conversation with our Trustees about prostate cancer, testing, treatment and personal experiences. The Chair had been interviewed on Saturday, but was not present on Sunday so Elenid stepped in giving a full and detailed interview on Sunday morning. Many

thanks to all those who helped to put out the stall on Friday night and then manned the stall over the weekend.

The reason that the Chair did not attend on Sunday was because the Morris Minor Club had requested our presence at their Rally on Sunday and so the Chair with Paul and Jacqui Davies put up the gazebo and manned the stall through the day. As at Wolverton there was also a very positive response from those attending the Morris Minor rally with not only enquiries about information and testing, but also information about applying for grants from IW based charities.

And so on to the following weekend of September 11th and 12th, where Paul Davies had arranged for us to be present with our promotional stall to those attending the IW Motorhome Rally and the IW Mini Club Rally at Sandown Airport. Saturday was very busy with plenty of enquiries and interest while Sunday was a bit quieter. So we ventured into the micro-light parking area and engaged with a number of pilots and their passengers. Paul and Jacqui also attended the

Scooter Rally at Ryde with a collection box.

The Group is very grateful to the Trustees who attended these events including Vic Vine, Roger Denness, Elenid Perry-Lowe, Tony Sallabanks, Paul and Jacqui Davies and yours truly. These opportunities to interact with the public not only give us the chance to pass on information about the illness and the Group's work, but also offer support to those who have been treated and those who have lost loved ones. We have placed a new banner at Albany Machinery, Forest Road, Newport. Our thanks to this company for giving us such a high profile site.

