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PSA Testing Update

With the four PSA testing events programme about to start in May, a number of promotional events have been planned to re-awaken the public's awareness for the need to be tested for this illness.

The booking site will open via our website www.iwpcsg.org from the 28th of March and our flyers and posters will also go out that day around the Island. We will also contact our many outlets on social media that day so that people can book early for the 252 places that will be available.

Our promotional campaign starts on Wednesday 30th March at Asda where we will have our stall at the exit from 10.30am – 2.30pm.

Our next promotion is at the Range in Cowes on Wednesday 6th April again from 10.30am – 2.30pm. Please contact me at 07568245124 if you can spare



some time to help that day.

Finally, we will be at Ventnor at the Winter Gardens from 10am – 4pm at the Vintage Motorcycle Show on Saturday 9th April. We will have our stall in the foyer and at all these events we will be giving out PSA test flyers to any interested parties.

The evening before the testing day, Friday 6th May, we will be meeting at the Masonic Hall in Cowes to put up the cubicles, tables, chairs etc ready for the event on Saturday, and this will also be used to refresh volunteers as to their jobs and the protocol we will be using on the Saturday. So, if volunteers could be available from 7 – 9pm on Friday this will eliminate the need to hold a refresher morning on the Saturday prior to the PSA test.

On the test day, 7th May, volunteers will need to be at the Masonic Hall by 8.30am since historically men start arriving at 8.45am for the 9am start.

I would like to thank everyone in advance who enables this event to run and with your help ensure that it will run smoothly and effectively.

If you know anyone who is hoping to book a place at the Cowes event, please encourage them to book early as we are expecting a run on the places available.

Alan Taylor

Ladies' Meeting

The Ladies Group met at Forest View Garden Centre, Newport on the 23rd of March.

Marilyn, Angela, and I met for coffee, and it was lovely to be able to sit outside at a table in the sun for coffee and a chat.

In fact, it got so warm we had to go inside after a while!

Then we were able to have a look round at all the plants ready for the Spring and Summer.

The next meet up is at Bartletts Farm, near Busy Bee at Ryde on 27th April at 11am.

Any ladies are always welcome to join us if you can.

Pam Blayney – Trustee



Vice-Chairman's Thoughts

As we reach the end of another year for The Isle of Wight Prostate Cancer Support Group with the AGM (annual general meeting) taking place on Thursday 28 April 2022 at Newclose Cricket Club, Newport, we can reflect on another successful year.

Over 1,000 men PSA were tested at no charge to them over four events across the Island with thanks to all those who volunteered to assist on the day and additional thanks to Alan and Angela Taylor who organise these days with such precision. To Roy who ensures attendees are safe to leave, arming them with relevant literature and operating the card reader!

Numerous awareness days at various high-traffic retail venues with thanks to Alan, Angela, Elenid, Roger, Vic, Tony S, Keith and Pam.

A new look website created by Graham with input from Trevor who continues to maintain it to a high standard. Please visit the site regularly for all information about the group. iwpcsg.org

Some memorable social events the highlight of which was the 10th Anniversary celebrations reuniting some founder members who shared their memories of the group's development. Thanks to Pam and Elenid for their 'party' skills!

Amazing local support from companies and individuals who went the extra mile (in some cases quite literally) to enable us to continue our work in assisting Island men to monitor their Prostate health.

A year in which we welcomed new Trustees who have hit the ground running.

Paul has structured our fundraising efforts; Geoff is taking care of our finances and Graham as previously mentioned on the website.

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A calendar and Christmas card imagined, designed, and delivered thanks to the efforts of Irene.

Updated awareness literature with graphic design and print from the ever-dependable Vic.

New look banners, collection boxes and merchandise overseen and maintained across the Island by Tony S.

I thank all the trustees for their hard work over the year and attendance at the monthly meetings especially Marcus who always turns up with Bread pudding!

An extra special thanks to Tony Hart who continues to produce our monthly newsletter.

Tony Wheatley

Quote/Unquote

1. The greatest glory in living, lies not in never failing, but rising every time we fall – Nelson Mandela
2. The way to get started is to quit talking and begin doing – Walt Disney
3. If life were predictable it would cease to be life and be without flavour – Eleanor Roosevelt
4. If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success – James Cameron
5. Life is what happens when you are busy making other plans – John Lennon

Yoga Classes

We are now three weeks into our series of 10 'free' Yoga classes for our members and the benefits are beginning to show!



We still have some places available so please join us on Wednesdays at 10.30am.

at Woodlands Yoga Studio at the rear of Woodlands, Church Road, Binstead, Ryde.

Contact Elenid (Trustee) for more details: randsiow@gmail.com / 07854219961.

Members' Meeting – 24th March 2022

We welcomed two guest speakers to our recent members meeting held as always at Newclose Cricket Club, Newport.

The first, Alex Willumsen, joined us in her role as 'Community Partnerships and Programme Manager' for Southern Water.

We were recently the recipients of a grant from the utilities company which will be used to expand our focus on Mental Health and Well-Being when supporting our members.

Alex gave us an insight into the programme remarked on by other Island charities who had also benefitted from



a grant which could offer the benefit of some synergy between the groups.

The members were also made aware of some of the programmes available to us from Southern Water including reduced tariff offers and priority response to the more vulnerable customers.

Next up was Maurice from the Vecta Branch in Newport of 'The Oddfellows Society'

We were guided through the origins of the group (founded in 1810) whose mission statement is: 'Making Friends, Helping People'.

The society has a national network of 113 branches and almost 400,000 members in the UK of which around 11% receive the support of social care and financial benefits.

The advantages of membership were highlight by our speaker and application forms were made available for any member interested in joining the society.

With thanks to Elenid (Trustee) for arranging the visit.





Awareness Campaign

Back in 2015 the Trustees agreed to an Awareness Campaign on the Island, both for prostate cancer awareness and the Support Group's existence. It was decided that placing banners at strategic locations around the Island would help this campaign as well as placing collecting boxes at various locations and posters in suitable places at these venues. Work was done by Geoff Dolby and me in creating an eye-catching design, changing the colour of our logo from green to blue and with the help of the Sign Shop, which at that stage was located in Bembridge, banners were produced. Prior to this we had had 3 banners up at the ferry ports around the Island,

but we decided to find placements that had a lot of footfall or where traffic was held at traffic lights or queueing for junctions.

By 2017 Geoff and I had placed over 30 banners around the Island and about 80 posters at various venues and several collecting boxes. We are grateful to certain outlets who have supported us over the last seven years, including Busy Bee Garden Centre, Ryde, Jewson at various outlets, both ferry companies, Yarmouth Harbour Master, National Trust at Ventnor, Shanklin Theatre, Pit Stop Motorcycle Training, ITC Supplies Newport, Norris Groceries Niton, Co-operative supermarkets, Brading Football Club, Newport Football Club, Gaslight Café Sandown Station, Forest Road Tractor Centre, Forest Road Garden Machinery, Totland/Sandown/Ryde Bowls Clubs.

On Geoff Dolby's withdrawal from the Support Group due to ill health, Tony Sallabanks joined, and he designed a tray for items to be placed at venues that had our collection boxes, thus improving the image of the Group. New banners and modified designs of the banners were submitted by me and now we have a very eye-catching design based on the statistics that a man dies every 45 minutes from this illness and early diagnosis by PSA testing is vital for all men over 45 years of age. The addition of the new

website and our dedicated mobile phone number has also helped in better communication and awareness of the Group. This vital work will now be taken on by Tony Sallabanks with my withdrawal from the Trustee group and it would be even more effective if a second person could assist Tony in this important work of the Group.

Just to give you an idea of the importance this awareness campaign has had, not only is the Group now held in high esteem for the work it does on the Island, but our Group membership over this period has increased from 90 to 320. May it long continue to inform the Island of the need to be aware of this insidious illness.

Alan Taylor

Music Quiz

Claim your IWPCSG enamel badge and pen by answering the following:

1. 40's – What was the phone number of Glenn Miller's sweetheart?
2. 50's – What is Little Richard's favourite ice cream?
3. 60's – Van Morrison sang about a girl with what colour eyes?

Answers to: iwpcsg@gmail.com

Good Luck!

Future Dates/Events

9th April at 10am – 4pm

Vintage Motorcycle Show – Winter Gardens, Ventnor

13th April at Trustee Meeting 2pm

27th April at 11am

Ladies Meeting – Bartlett's Farm, nr Ryde

28th April at 6.15pm

Annual General Meeting/Members Meeting at Newclose Cricket Club