

Newsletter | July 2025



IWPCSG Meetings

On April 24th the Group had their Annual General Meeting and members' meeting at the Riverside Centre in Newport. After reports from the Chairman, Treasurer and PSA Organiser, voting was held for the Trustees. All were retained and the meeting moved on to the refreshments and the entertainment provided by the Boogie Woogie Sisters. The meeting, which was well attended, closed at 8.30pm.



At the members' meeting on May 22nd, Alan Taylor was the speaker, who spoke about a recent visit to the Buckingham Palace Garden Party he and Angela attended 2 days prior to the meeting. A colourful and interesting presentation was given to this once in a lifetime experience. The meeting closed at 8pm.

The June 26th members' meeting was advertised with a speaker from the Dig Museum – Commando Raid on the Island during WW2. Although this speaker was unavailable, two alternate speakers from the Wight Aviation Museum gave a presentation on the history of aviation on the Isle of Wight, with manufacturers based at Cowes and also at Bembridge. This was a very informative talk with plenty of local content, and a large number attended this meeting, which closed at 8pm.

The ladies met on April 28th at God's Providence tea rooms, Newport from 10.30am – 12 noon. As usual this was a lively and interesting meeting with a wide range of subjects discussed and



a couple of new ladies were welcomed.

On May 19th the ladies again met at God's Providence tea rooms, and were encouraged to take a greater participation in the Group to help with a PSA test which was coming up on June 7th and any future promotional events being held. Anyone interested could shadow Rita at the awareness events or contact Angela about volunteering at PSA events.

Last month, the ladies met on June 23rd and discussed upcoming events including the members' Summer Celebration and volunteering to help at the Vintage Car Show at the County Showground which would be on at the same time as the Ventnor Summer Festival.

The Advanced prostate cancer group met on Monday April 28th, May 26th and June 30th, at Alan Taylor's home in Shanklin 6 – 8pm. We join in with the National Advanced group on Zoom and everyone is encouraged to put forward any ideas or questions while on the Zoom meeting. Afterwards there are refreshments and a chance for everyone to exchange comments about the Zoom meeting and any thoughts about how they are coping with the advanced nature of the illness of prostate cancer. Always a friendly and lively group, open to anyone who is receiving secondary treatment or who is interested in more information about prostate cancer. The meeting runs from 6 – 8pm on the last Monday of the month.



Hi There

July already – which means we are halfway through our PSA blood test program, report about the first two follow. Our triple members' meetings – ladies, members and advanced, continue to flourish.

If you can remember to take one of our bags to exotic locations, please take a photo and send it in to us. As ever, the Group has been busy during the past 3 months attending numerous Awareness and Promotion events, which you will see inside.

Our Pads for Lads campaign now has 21 outlets, please read the report so you can pass on the venues to those in need.

Our monthly take on new medical reports in the media, especially with the parliamentary group hoping to press the screening committee for action, is included.

And finally there is a brief report about the Taylors' day out at Buckingham Palace. I hope you can find time to read our July Newsletter, while enjoying the summer!

Alan Taylor



The Isle of Wight Prostate Cancer Support Group's name continues to be getting about...



Alan at Buckingham Palace



John and Rae in France



Liza at Westerntor in Wernigerode, Germany

Pads for Lads

We now have 21 outlets for our bags of hygiene products (pads) with the National Trust, Wightlink and Pan Estate all joining recently.

The Wightlink ferries already have a set up for ladies, who may need hygiene products, and by asking at reception for "Ask Alice", are helped out.

Now they will be running a similar set-up for the men, except that the passwords are "Ask Alan" to receive a parcel of hygiene products. We are very grateful to Wightlink for taking up this campaign together with their continuous support with our cross Solent tickets for all 5 of our PSA test events.

I have already mentioned the National Trust support elsewhere in the newsletter, but Wessex Cancer at Newport have offered some free passes on the ferry for members who are attending non-treatment appointments, for which they cannot claim back their fares. Please get in touch with us, IWPCSG, at 07568245124 to claim your tickets and continue to tell everyone about the opportunity to claim their free bags of hygiene products from the list of venues below:

Mountbatten shops at Ryde, Wootton, Bembridge, Shanklin, Newport, Ventnor, Freshwater, East Cowes, Cowes.

National Trust Tickets

The National Trust was so impressed with all the work the IWPCSG are doing for men's health that they offered 30 passes to their 5 locations, and each ticket has 8 passes for any individual, making quite a saving rather than paying the entry fee.

We have already visited the Mottistone Manor and Bembridge Windmill, both of which were very impressive.

Twenty six of the tickets were passed out to volunteers at the recent Sandown PSA test, which means we still have 4 left and they are valid until 2nd November this year. So if any member wishes to claim a ticket, then meet me at any of our Promotional events or at the next members' meeting.

Alan Taylor

National Trust Sites at Mottistone Gardens, Bembridge Windmill, Needles Old & New Battery, Newtown Nature Reserve, Compton (new toilet structure).

Wightlink Ferries.

Riverside Centre, Newport
Shanklin Library and Over 50's Café Regent Street.

Ryde Aspire, Dover Street and Veteran's Hotel, Esplanade.

Freshwater West Wight Sports Community Connector.

Newport Pan Estate Hub.

Wellbeing Musical Afternoon

Many of you who have been to the wellbeing Musical afternoon will have heard about Brian, the drummer, who had a road accident from which he is slowly recovering. Unfortunately since then Alistair has been taken ill, requiring a stay in hospital and is now recovering at home. For those of us who were regular attendees, and those who have taken on the task of trying to learn some chords on the ukulele, we cannot wait for their return and look forward to once again begin entertainment on an afternoon at a venue to be decided.

Here's to a speedy recovery, all the best.

The Support Group was approached by the National Trust who had attended the Vectis Radio Community awards and listened to a spokesman for them, after they had been awarded a Gold Certificate for their Lads Need Pads campaign.

They were very keen that the IWPCSG use the National Trust areas on the Island as an outlet for men to pick up a bag of pads to help them with their incontinence situation.

The five outlets were Newtown National Nature Reserve and Old Town Hall, The Needles Old Battery and New Battery, Mottistone Gardens and Estate, Compton Bay and Downs and Bembridge Windmill.

Bags with hygiene products for men are now available at each of these sites.

Donations for the Support Group



Terry and Sue Ramplin gathered three charities together for an official hand over of the cheque from his Christmas Lights event. The IWPCSG received £1,873 plus £250 which will go towards the running of the Newport PSA test on November 1st.

At the Sandown & Shanklin Rugby Football Club PSA test, one of the men who was tested, arrived at the Exit Marshals and asked if he could write out a cheque. It turned out to be for £1,000. Another person visited the event specifically to say thank you for saving his life, having been tested last year and needed treatment which has been successful. He made a £100 cash donation.

The Masons made two donations towards the running of the PSA event at Cowes. One from Vectensian

Lodge No 7852 of £200 and another from Medina Lodge No 35 of £1,500 which were combined to go towards the Cowes event.

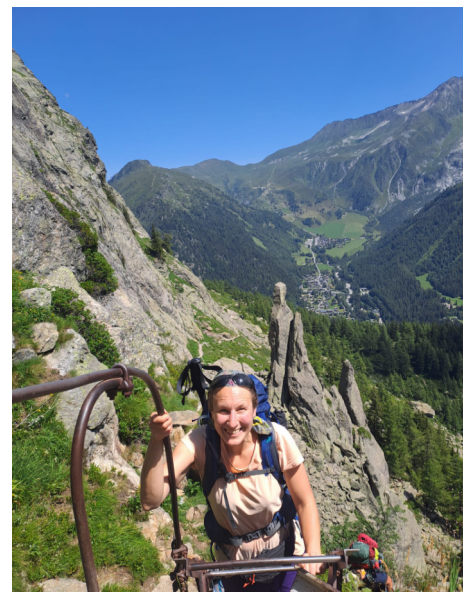
The Vectis Vintage Tractors ran a Rally from Goddards to St Thomas' Square, Newport and then on to Calbourne. This enabled them to make a donation of £454.10p.

Jan at Tesco Supermarket, Ryde, organised and ran a book sale which raised £280.

Michele Newton at Gurnard Press Bistro, in Cowes ran a Curry and Raffle which raised £500.

Vectis 40's Vintage Club gave a cheque donation.

Jane and Frank's daughter, Sarah, who is climbing Kilimanjaro on July



11th, to raise funds for us, has so far raised £820 with more to come.

To all the above, our sincere thanks for all the time and effort you put into raising the money which will go towards testing men for prostate cancer and saving numerous men's lives, having a massive impact on their families by receiving early intervention treatment and a more positive outcome.

Quote/Unquote

It's never too late for a new beginning in your life.

Even the greatest was once a beginner. Don't be afraid to take the first steps – Mohammed Ali.

The future depends on what you do today – Gandhi.

A year from now, you may wish you had started today.

You don't have to be great to start but you have to start to be great – Arthur Ashe.

All we can do is our best. And sometimes the best that we can do ... is to start over.

A time comes when you need to stop waiting for the person you want to become and start being the person you want to be.

Today is the first day of the rest of your life.

The secret of getting ahead is getting started.

It is never too late to be what you might have been.



Chairman's Report at the AGM April 2025

The Chairman welcomed everyone to the AGM and before proceeding with business, made the meeting aware of the condition of Barry Crosby, the drummer of the musical afternoon events, who had been involved in a road accident.

He also asked for a minute's silence in remembrance of members who had died in the last 12 months, including John Wood.

A list of apologies was read, and members were reminded that a copy of the Minutes had been sent to all members, and they were duly proposed and seconded.

Since there were no matters arising, the Chairman proceeded with his report.

The Group had attended 129 events including Saturday events at Asda, and Tesco's window display and book sale. He also mentioned Co-op Ryde, Busy Bee and Honor & Jeffrey.

He mentioned the 5 PSA testing events where just under 2,000 men had been tested and over 200 had abnormal results. He then went on to talk about donations and fundraising and how grateful the Group is to all who work so hard generating the donations, including Pam and Bob Everson, Terry and Sue Ramplin, Vintage Tractors Club, Masons, WightAid, Island Environmental Hygiene and many others.

The Group had again been successful at the Vectis Radio Community Awards with a Gold Award for the Lads Need Pads campaign and a Silver for a PSA test programme. Geoff and Roger had on the same evening been presented with a cheque from the Vectis 40's Vintage Club.

The Chairman was responsible for booking the 3 main shows that the Group attends over the year – Chale, Bembridge and Wolverton Manor, but now Wolverton has refused us entry we had attended in its place, IW County Show, the Garlic Show, the Riverfest and Picnic in the Park, all of which had been successful.

The Chairman is responsible for Banners and asked if anyone saw a banner needing repair to contact him, or if anyone knew of a suitable location. He also asked for any venue that would accept a collection box to pass that on to him.

The Chairman next wished to thank his fellow trustees for their support, effort and contributions to running the Support Group, by name:

Geoff Waddington, Treasurer, Charity Commission Report, Gift Aid and PSA attendee

Vic Vine, Data Protection, Graphics and Printing of flyers and newsletters, venue posters, PSA attendee.

Rita Smith, Social Organiser, membership meetings, ladies' meetings, Lads need Pads, Boys need Bins, Health and Wellbeing, Christmas and Ladies' lunches, Sandwiches and PSA attendee.

Roy Colledge, Social events at The Fort Seaview, PSA attendee.

He also mentioned Alan and Angela Taylor for their efforts in running the PSA events, the helpline, the Newsletter, Membership secretary and communicating with members via email

He also thanked Trevor Green for the upkeep of the Website and Tony Hart for compiling the Newsletter. Also mentioned were all the members and volunteers who turned up on Fridays to help set up the PSA events.

And finally Jean Denness the Group Secretary and his own personal PA for about 55 years, who supports him in all his Group efforts.

The Treasurer, Geoff Waddington was then invited to give his report, which he read and then had a proposer and seconder for acceptance of the report.

Angela Taylor next read Alan Taylor's PSA report for 2024/25.

There followed the election of Trustees, and all were re-elected unanimously.

Next proposed changes to the Constitution, Part 2, Clause 17 –

Officers and Trustees, Sub-Clause 8 Succession Policy Executive Posts will be held for 3 years maximum.

Change to Sub-Clause 8: Any Executive Trustee wishing to extend their position over and above the 3 years maximum must have support of all the current Trustees. The Resolution has been agreed by all Trustees. The Chairman called for a vote for these changes which was passed unanimously.

The meeting then retired for refreshments, followed by entertainment and a raffle.

A warning to cancer patients re weight loss jabs

Cancer patients must speak to their doctor before taking weight loss injections, Macmillan Cancer Support warn. The quick fixes weight loss may seem appealing but there is currently not enough evidence over how the drugs might affect anti-cancer treatments (Hormone injections etc). More research was needed but it was already known the drugs may affect how other medicines are absorbed into the body, including anti-cancer drugs.

Macmillan Cancer Support reported that they have seen a noticeable increase in calls to Macmillan's free support line and a flurry of messages on their peer to peer online community about weight loss drugs.

It is known that cancer affects everybody differently and it's understandable that lots of people are interested in new drugs which accelerate weight loss, particularly if they are wanting to manage weight before or after treatment.

Although quick fix weight loss jabs may be seen as attractive, further research is needed. Some weight loss medication carries warnings about potential links with thyroid cancer.

The best way to manage weight, wellbeing and immune system is to eat well and stay active.

I Paper June 2025

Buckingham Palace Garden Party



On 20th May, Alan and Angela Taylor attended a Garden Party at Buckingham Palace. 6 couples had been invited to the event from the Island being given the choice of either the 7th or 20th May to attend.

When we were first contacted, we thought it was a scam, but once the confirmation of the initial phone call arrived in the post in a Royal envelope, it was obvious that this was for real.

The letter confirmed that our names had been included on the Lord Lieutenant's list for this year's Garden Party, and that having chosen the 20th May as the most convenient date and that 2 weeks before the date, official invitations would be sent out direct from Buckingham Palace.

We would also receive information on dress and the special security arrangements (eg photographic identification ie driving licence, passport and a utility bill.)

The Gates would open at 3pm, and the Royals would arrive at 4pm, during this period refreshments would be served.

Dress for ladies: Day dress with hat or uniform (no medals). Trouser suit may be worn. *Gentlemen:* Morning coat, lounge suit or uniform (no medals or sword).

So we booked the ferry and train up to London and decided not to mention it to anyone since my illness could cause us to call it off at short notice.

Angela found a particularly fetching dress and hat combo and I dug out an old suit and shoes.

We left early on the day to allow for any transport problems and were immediately compromised when the train did not arrive at Portsmouth Harbour. Having gained help we proceeded to the next station on another train just in time to see "our" train leaving. So we caught an alternative train to Havant then changed for the train to Victoria, during which the Support Group's helpline received a call from a person in need of support and information. Never a day off!

Having finally arrived in London, we decided to walk the short distance from Victoria Station to Buckingham Palace and see if we could spot others going to attend the Party. The ladies' hats were the give away! Imagine Ascot races without the horses and men in morning suits, top hats and tails.

Security had fenced off the railings around the Palace, so all the tourists were forced to watch us gather outside the gates, many misrecognising those in morning suits or uniforms as celebrities.

After numerous security checks by ever increasingly armed security, we were allowed entry and escorted around the back gate into the enormous garden of the palace. I have never seen so many Chief Inspectors, Colonels, Captains etc of the forces and ambulance, fire brigade etc. We even bumped into the ex-chair of Seaview Parish Council who knew Roy!

The food tent (marquee 150 metres long) opened and the thousands present were invited to eat. A small rectangular plate with a space for a glass or cup was offered and a stunning display of finger sandwiches and cakes were there to choose from.

At around 4pm the National Anthem heralded the entry of The Royals, including the Prince and Princess of Wales, the Duke and Duchess of Edinburgh, the Duke and Duchess of Gloucester, and Princess Eugenie. A fenced off area had been created for the Royals to walk about and in the

centre were 250 people who had been chosen to handshake with the Royals. The crowds jostled around the outside making it difficult to see, but we did see Kate, the Princess of Wales, the Duke of Edinburgh and Princess Eugenie.

We spoke with a number of people who were present, including a train driver from Carlisle who had given free first aid classes to his fellow worker he had known for 40 years, and a fireman who had run a food and drop off point.

We walked around the gardens, and it was soon time to leave, and join the train for another incident filled journey back home.

Our thanks to all the members and volunteers who have helped Angela and I to organise and run the PSA tests, over the past 8 years' service; that was the reason we were chosen to go to the Garden Party. There is no dream without the Team.



PSA Update July 2025

The Support Group started its 2025 program of PSA blood tests in April. There will be 5 test events this year with a maximum of 420 at each event. The same venues as last year will be used with a maximum complement of 7 Phlebotomists at each event.



On 12th April our first PSA test was held at the Masonic Hall, Medina Lodge No 35, Cowes, where 411 men were tested – a new record for this venue with 41 abnormal results needing follow up. A good number of volunteers turned up on Friday night to help set up the test, which was completed in record time. Our thanks also go to the two Franks for assisting in putting out the directional road signs and to Frank Palin for collecting them all up after the event. Loading the trailer and van is a two person job which would take much longer without Geoff Waddington's loading expertise, which he again repeated at the end of the test event when transporting the equipment back to the two storage areas. And of course we are grateful to Wightlink and Chris Brown for transporting the blood samples to QA Hospital for analysis.

The event ran very smoothly with all the volunteers performing their jobs exceptionally well, and they were all suitably refreshed by the sandwiches supplied at lunchtime by Rita. A great start to the 2025 PSA testing programme, well done one and all, and to the Masons for their donation and free use of the facility.



On 7th June the IWPCSG ran its second PSA blood test, which was held at Sandown & Shanklin Rugby Football Club, Sandown. 414 men were tested on the day and 44 were found to have an abnormal result needing follow up. Once again, a good number of volunteers turned up on Friday night to set up the event, so important since it enables everyone to get settled on the Saturday for a prompt start at 9am. There is a tendency for the men being tested who turn up early, so it is not unusual to have 30+ men waiting at 9am to be tested, despite us telling them to arrive on time, not early.

Again the pretest crew had been busy on Friday with Frank Palin and Frank Waddington putting up the road direction signs on Friday morning. Then Geoff Waddington, together with yours truly loading up the trailer with the equipment stored at Lake, before returning to Shanklin to fill up the van ready for delivery to the event venue at 7pm.

The test itself was very busy since WightAid had made a generous donation covering most of the cost of running the event, and had been



invited along to see how the donation was used. Two members of WightAid, Trustees Geoff and Amy Underwood, attended and were shown round by the PSA Organiser. Both the Observer and County Press were present and took photos together with WightAid wanting a record of their attendance. With 414 men being tested a record the Rugby Club venue once again the volunteers knuckled down and the test was completed by 2.20pm. We are grateful for the extra efforts of Alison Dunthorne and Rae Child in assisting with the Phlebotomy side and to Rita for her excellent choice of sandwiches. Again we had an excellent effort by the exit Marshalls,

checking that patients were OK before they drove off and encouraged them to help with a donation towards the running of the event. At the end of the event, everyone assisted Geoff in repacking the trailer and van so that their contents could be delivered to their respective storage areas. Chris, our courier, loaded up and headed to the ferry to deliver the blood samples to QA Hospital, and Frank P collected all the road signs.

There was a very good article in the local paper and an interview on Vectis Radio also continue to present a daily reminder for men to get tested.



Our thanks to everyone who helped by any means, and we hope to see you at the Summer Celebration Event on 20th July at the Riverside Centre.

So now we press on towards our next testing event on 26th July at Totland Bowling Club, where we will be testing 315 patients.

Newsflash for PSA events

Due to an increase in performing arts at Ryde Academy, the main school will no longer be available for us to use for the foreseeable future. Thankfully, Simon Grice, with the support of the new Principal of Ryde Academy, Mr Will Doyle, have offered us an alternative venue on the Academy's campus, at the back of the property.

This single storey building, which used to be a pre-school base, but is now used as a 6th Form Annexe, is extremely suitable for our needs. With separate entrance and exit to the parking and the building, the possibility to enlarge rooms for our testing booths, a kitchen, toilets and a separate room for volunteers to have their lunch, it is an ideal venue and we look forward to using it on 27th September. The entrance is down Playstreet Lane, the next road on from Pell Lane, to get to the rear of the campus. Plenty of road signs will be placed to make sure everyone finds their way to the new venue.



provided the gazebo for the drivers to have their lunch in and then they set off again to Calbourne Mill. Here we again set up to greet them and crowds appeared wanting to get a closer look. All the tractors were displaying our banners and boards and a good size donation was collected.

8th – Pam had arranged for our stall to be at Tesco Freshwater and we were greeted by the Manager who was very keen to have us inside the supermarket where there was good access to their customers and plenty of interest in the Totland event together with support for those who were living with the illness.

10th – The Riverfest at Newport Quay was a very popular event. Free entry meant large crowds of visitors all day, with a mixture of Islanders and Mainland people. Plenty of interest in Sandown PSA test and information about support and membership.

15th – Tesco Ryde supermarket as always provided us with a continuous flow of customers to interact with and offer places at the Sandown PSA test event. Again a number of men who had had treatment made contact and were offered support where required. Our thanks to Jan.

18th – Havenstreet Steam Rally Festival of Transport was another very busy event with a good site, plenty of people passing by to be encouraged to sign up for our PSA test events and for those who have been already treated a free Newsletter was very popular.

26th – The Bembridge Street Fayre is one of the highlights of the year for our group, having attended it for over a decade. A full group of members were present and all were busy as the continuous flow of the crowd passing by attending a very popular event. A large number of flyers and handouts were passed on together with supportive information. As usual a very successful and exhausting day.

Promotion /Awareness

April

3rd – Busy Bee Garden Centre, Ryde. We are grateful to the owners who always give us a good site enabling us to interact with all their customers. We were joined by two couples who wanted to see how awareness and promotion work, and have some hands on experience. Both Steve and Maureen and Frank and Wendy performed very well throughout the day, thank you.

22nd – Honor & Jefferys Garden Centre at Lake. Again a very busy event especially around lunchtime. Flyers for our Sandown PSA test event were very popular and the group were kept busy.

26th – Asda supermarket, Newport. One of our rare Saturday supermarket dates and so very crowded with Saturday shoppers. Again we were helped by members trying out awareness and promotion. Plenty of

interest in the Sandown PSA test event and general questions about diagnosis and treatment.

27th – Vintage Motorcycle Club Show at IW Riding Centre, Staplers Road. A smaller show this year with fewer people attending but the stall was again well supported by members.

May

3rd – On the Edge Motorcycle Rally at Sandown Airport. A disappointing event, despite there being large numbers of motorcyclists present, most were more interested in the arrival of a DC7 Dakota WWII aeroplane than our awareness stall.

5th – Vectis Tractor event, started at Goddard's Brewery and flagged away by our Chairman, Roger. 34 tractors started heading towards St Thomas' Square in Newport. Once they arrived the crowds quickly followed, with children climbing on board. We



June

1st – Picnic in the Park at Northwood House, Cowes had half our team and a gazebo set up at a very pleasant day with crowds attending and our members infiltrating them successfully.

1st – Sandown The Bay Academy Charity football tournament run by Jan, the HR from Tesco, with the second half of our team with a second gazebo on display. A smaller event, but most of the 8 teams playing in the event (6 aside) took flyers about the PSA test at Sandown, and Vectis Radio which was live on air interviewed us, giving publicity to our forthcoming events.

5th – IW County Council Rooms event is basically run for all the Council staff to enable them to gain information from a number of health orientated charities. Plenty of interest and a free buffet lunch.

14th – Shedfest at Sandown Airport was well attended creating a busy day for those manning the stall. A large number of flyers were given out and people booking appointments at the stall. We also met a number of prostate cancer survivors who were interested in the Support Group.

29th – American Auto Club Classic Car Show at Chale showground. Much larger than last year with a vast array of classic vehicles and a continuous flow of people passing the stall all day.

Our thanks go to Roger, Jean, Rita, Graeme, Vic, Steve, Maureen, Frank, Wendy, Geoff, Alan and Angela for supporting these events and giving their time and energy to make the public aware of the Group and prostate cancer.



Calendar of Events

(please note, subject to change – check our website www.iwpcsg.org)

July

Thurs 3rd Promotion/awareness meet and greet Wightlink, Quay Arts 4 – 8pm

Sun 6th Promotion/awareness stall at VHVC Classic and Vintage Motor Show, County Ground, Northwood 10am – 4pm

Sun 6th Promotion/awareness stall at Ventnor Summer Festival, Ventnor Park Gardens 12 noon – 4pm

Thurs 17th Promotion/awareness stall at Tesco Ryde Store 10.30am – 2.30 pm

Sat 19th Promotion/awareness stall IW Pride at Ryde Harbour Beach 10am – 5pm

Sun 20th IWPCSG Summer Celebration social event at the Riverside Centre, Newport 1.30 – 6pm

Mon 21st Ladies' meeting at God's Providence tea rooms Newport 10.30am – 1200

Thurs 24 Members' meeting – speaker about Asian hornets and bees at the Riverside Centre Newport **6 – 8pm**

Fri 25th PSA preparation evening at Totland Bay Bowling Club, 7 – 8.30pm

Sat 26th PSA testing day at Totland Bay Bowling Club 8.30am – 2.30pm

Mon 28th Advanced PCa members' support group meeting at Shanklin with refreshments 6 – 8pm

August

Fri 1st Set up for Chale Show at Chale Showground 5 – 7pm

Sat/Sun 2nd and 3rd Chale Show at Chale Showground 9 – 5 pm

Sat 9th Promotion/awareness stall at HMP IW Summer Fayre 10am – 3pm

Sun 10th Jaguar Autofest at Sandown Airport promotion/awareness stall 9am – 4pm

Thurs 14th Promotion/awareness stall Busy Bee Ryde 10.30am – 2.30pm

Fri 15th Set up for Garlic Show at Fighting Cocks Crossroad 4 – 6pm

Sat/Sun 16th and 17th Promotion/awareness stall Garlic Show at Fighting Cocks Crossroad 9am – 5pm

Sat 16th Promotion/awareness stall at Asda supermarket Newport 10.30am – 2.30pm

Sat 23rd Promotion/awareness stall at Marks & Spencer supermarket, Cowes 10.30am – 2.30pm

Mon 25th Promotion/awareness stall at St Helen's Village Show at St Helen's 11am – 4pm

Mon 25th Advanced PCa meeting members' support group at Shanklin with refreshments 6 – 8pm

Thurs 28th Members' support group meeting at the Riverside Centre, Newport. Speaker Ron Pilbeam, about Lost Families **6 – 8 pm**

Sun 31st Promotion/awareness stall at IW Morris Minor Rally at Havenstreet Steam Railway 10am – 4 pm

September

Sat/Sun 6th and 7th Promotion/awareness stall at IW Classic Car Show, Ryde Esplanade and Riverside Newport 10 am – 5 pm *(to be confirmed)*

Tue 9th Promotion/awareness stall at Morrisons supermarket, Newport 10.30am – 2.30pm

Thur 11th Promotion/awareness stall at Tesco supermarket, Ryde 10.30am – 2.30pm

Sat 13th Promotion/awareness stall at Arreton CC End of Summer Fair, Arreton CC, Heasley Lane 11am – 4pm *(to be confirmed)*

Fri 19th Ladies' lunch at IW College Newport 12.30 – 2.30pm

Sat 20th Promotion/awareness stall at Vintage Motorcycle Club Show at St Thomas' Square Newport 10am – 2pm

Sat/Sun 20th and 21st Promotion/awareness stall at Island Car Centre Sandown Sprint, at Sandown Front *(to be confirmed)*

Mon 22nd Ladies' meeting at God's Providence tea rooms, Newport 10.30am – 12.30

Thur 25th Members' support group meeting at the Riverside Centre, Newport. Speaker Alison the Incontinence Nurse **2 – 4pm**

Fri 26th PSA preparation day, Ryde Academy 7 – 8.30pm

Sat 27th PSA test day, Ryde Academy 8.30am – 2.30pm

Mon 29th Advanced PCa support meeting at Shanklin 6 – 8pm