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PSA Update

Friday at 6.15pm we arrived at the Medina 35 venue having followed the signs from Northwood, and started unloading our vans. Brian Charlesworth was already putting up the 4 gazebos which were going to be used as Phlebotomist bays on Saturday. As more volunteers arrived, so tables and chairs were arranged and equipment placed in their locations. Then finally it was the arduous task of unpacking the plastic aprons, stuck together with static, ready for the morning. Just then a man walked in, face mask on, walking over and started to roll up his sleeve. You could not make it up. "Can I have my PSA test tonight to save coming in tomorrow?" He had seen the road signs and so assumed we were starting early.

We arrived at 8.20am the next day and already a number of 9am appointments were forming a queue outside the hall. Volunteers arrived and took up their positions, collecting PPE and any equipment they needed to do their jobs. IR temperature readers, shortwave radios, 250 face masks and gloves, Hi-vis waistcoats for those outside, lists of appointments, track and trace forms, tables, chairs, outside gazebo to name a few of the items needed for the volunteers.

The Phlebotomists took up their posts,

two who were new to working "in the field" and needing a little guidance from our regular volunteers, and so we began.

If you have not attended a PSA test event then imagine that like a steam train that spins its wheels to start moving, there is an initial rush of patients and a feeling that it's going to be difficult but very quickly everyone settles into their stride and a flow of patients started passing through. Of course, issues occur, but we have experienced volunteers who have seen it all before and know how to cope when someone has changed their data and cannot be scanned in, or arrives 2 hours early or 1 hour late, or needs to park their fire engine, or has lost their husband who went in but did not come out, or needs a carer with them and PPE must be worn...

Everyone is helped, supported and guided through and out the other side in as short a time as possible, with information being passed on at the exit of when to expect their results and how to interpret them. So important to have someone who is totally on top of the technology of the booking system and has all the necessary

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Chairman's Chat

So, May 22nd has been and gone and 250 men were PSA tested and a huge thanks must go to the volunteers who gave their time freely and to the paid Phlebotomists who did their job efficiently. More on the day later.

Congratulations to Graham Dooley's Monkton Street Coffee morning, which was enjoyed by those who attended, although I'm told Graham's dog Kyla stole the show again! Looking forward to the next one.

Medina 35 again came up trumps with another huge donation towards the Cowes PSA event, well done Brian Charlesworth for co-ordinating this, and commiserations to Tim Hart, who despite his best efforts was thwarted in getting us a mobile card reader in time for the Cowes PSA event. I have asked him not to give up as I feel this is a vital cog in our fundraising machine.

We continue to push on with our Awareness campaign around the Island and the opening of the new Website, a reflection of the hard work put in by Graham, Trevor and Tony, is a fantastic result which I hope you will all drop into – www.iwpcsg.org – is the address.

Our Social Secretary, Pam, is proposing a stroll along the front from Sandown to Shanklin to promote the group and possibly raise some much-needed funds and the blue wigs could be issued out again!

I attended a number of Zoom meetings, including PCUK/Tackle's meeting where the whole meeting

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Chairman's Chat

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was devoted to returning to face-to-face meetings or Hybrid Zoom meetings.

We intend to run our first Hybrid Zoom face to face meeting at the County Cricket Pavilion in July, with a Zoom speaker, so I was very interested in how other organisers were going to run theirs.

Talking of the Newclose Cricket Club, Elenid is arranging an afternoon Tea for the ladies there – more details later.

I will close with one of the many emails sent to me following the PSA event – *Congratulations to you and to all your colleagues helping in today's PSA testing event. It was not only a great success, but a great and enormously useful success.* – Kind regards, Andrew Hollo-Tas.

Alan Taylor

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equipment and knows how to solve any problem quickly and quietly, so many thanks Angela.

Trevor Green ran a small survey about how people had found out about the event, which will be useful for planning our next event. The couple from Exeter easily won the award for farthest travellers, driving up to Southampton and then coming across on Red Funnel. When asked why they had travelled so far replied that the IWPCSG PSA test was the closest one they could find having been denied a test by their local GP due to lack of symptoms.

After a slight hiccup at midday with some needing to take a break, we arrived at 2pm and the final patient was checked in. We packed the samples onto the courier's motorcycle,

(Paul Spreadbury from Pit-Stop training centre), ready to catch the Wightlink ferry who had given him free passage across on his way to QA Hospital.

And so to packing it all away, clearing up all the yellow bags (of used PPE) and yellow boxes (containing the used needles), which were supplied free of charge by Island Environmental Hygiene ready for collection.

The list of volunteers, all 20 so essential to the smooth running of a PSA event, know who they are and the vast number of thanks and congratulations received by email, phone calls and texts are all due to their efforts on the day. But no sitting on our hands, only 7 weeks until the next event at Totland, so onwards and upwards, and see you on the Familiarisation Day 17th July at 10.30am.



New Website

During this month we launched our new website, <http://www.iwpcsg.org/> The site has taken a few weeks to develop and the work has been carried by three of our trustees, Tony Wheatley, Graham Dooley and Trevor Green. The site has also benefited from the detailed expertise provided by our chairman, Alan Taylor. We planned for the site to be more modern and interesting for all users and to reduce the overall costs of having this facility available to our members and the public.

The website provides access to a vast quantity of information about prostate cancer through links to various health and charity websites. The site includes an area about PSA testing and details

of the testing events we are planning to run plus a link to our booking system managed by the Graham Fulford Charity trust. In addition, the site includes details of our planned social and fundraising activities, the partner companies we are currently working with, recent copies of our monthly newsletter and some relevant and helpful local IOW prostate cancer information.

We hope you will connect to the site and both enjoy and use the information we are providing. We would appreciate your feedback about the site, what you like and what you dislike. It would also be interesting to hear your views on any additional areas of information we should incorporate. Please send your feedback to the usual email address IWPCSG@gmail.com

Future Dates/Events

27th May

Members' meeting Zoom 2pm. Guest speaker Fraser Simpson, to give a presentation on Music Therapy

1st June

The booking service on the internet opens to all wanting a PSA blood test appointment on 24th July at Totland Bowls Club. Again only 250 places and demand is expected to be high. Any booking problems contact Angela on 075682 45124.

1st June

Social Focus group Zoom meeting.

5th June

Afternoon tea at Seaclose Cricket Club, Newport, for ladies – Contact Elenid at 078542 19961.

6th June

Leisurely walk Sandown to Shanklin 11am – meet at Yaverland Car Park.

9th June

Trustee meeting Zoom 2pm.

4th July

Howdens promotional event. 10.30am–2.30pm.

24th June

Members' meeting Zoom 2pm. Guest speaker Monica Reeves on Phobias.

1st July

PSA promotional event at Freshwater Co-op 10.30am – 2.30pm.

7th July

Forest Road Garden Centre PSA promotional event 10.30am – 2.30pm.



We are having a walk on Sunday 6th June at 11am, meeting at Yaverland car park, nr Sandown. (Weather permitting).

The walk will be an easy, level walk (probably more of a stroll) with sit downs where needed. It is for all members, trustees, families, friends, children (bring their scooters if wanted) and dogs.

We will walk along to Sandown pier then along to Shanklin maybe ending at Tradewinds Café (Near Hope Beach) before coming back to Yaverland.

People who want to go further can carry on as far as Fisherman's cottage and back to Yaverland.

You can get yourselves sponsored if you want to or if not, just come along for the exercise and maybe help collect money in buckets as we walk, you can drop out anytime.

We will be promoting the group at the same time.

All money collected will go to OUR IWPCSG.

Please come and join us on the 6th.

Pam and Keith

Quote – Unquote

You're only here for a short visit.

Don't hurry, don't worry, and be sure to smell the flowers along the way.

A person who dares to waste one hour of time has not discovered the value of life.

If life were predictable it would cease to be life and be without flavour.

All of life is peaks and valleys. Don't let the peaks get too high and the valleys too low.

Life is like riding a bicycle, to keep your balance you must keep moving.

Life is short and it is up to you to make it sweet.

Life doesn't require that we be the best, only that we try our best.

The truth is you don't know what is going to happen tomorrow, life is a crazy ride and nothing is guaranteed.

Coffee Morning at Monkton Arts, Ryde

This was a new venture for the Support Group, held at Monkton Arts and coffee bar on Wednesday 19th May. A very friendly meeting in an excellent location and all the coffees were paid for by an anonymous donation. It is

hoped to run these coffee mornings monthly, starting from July, so look out for the July date on our website, Facebook or in our June Newsletter.

Graham Dooley



Return of Face-to-Face Meetings

Having organised a poll at the AGM for members to give their views on returning to the County Cricket Club Pavilion and a number of emails and phone calls from members, together with a full debate at May's Trustee meeting, it has been decided to run a Hybrid face to face meeting in July (Covid restrictions allowing), which will be a mix of having the opportunity for members to get together in the Pavilion and also for other members to join the meeting on Zoom, to gain the benefit of the presentation we have booked for that date. The speaker, Andy Gabriel, will be giving a presentation about Hormone Therapy, and will be speaking online from his home in the Midlands.

There was also a request from the members to run the meeting at different times depending on the time of the year, ie Jan/Feb/March to have afternoon meetings at 2pm and the rest of the year at 6.15 pm. Of course, we do not have a meeting in December, since traditionally we have a Christmas meal which could well be earlier in the day than previous years.

News Flash

The Bric-a-Brac event planned for the last week in August, the Bank Holiday weekend, has been postponed due to the following

- It clashed with too many other events on the Island
- If it was a hot summer day then an indoor event would not attract the crowds
- A lot of professional traders in this field take their vacation during this period
- There has been a low response to volunteers to assist with the event on the weekend
- Graham finds himself unavailable over this period and so would not be able to organise the event during the weekend.

Graham therefore suggests a new date in October and will liaise with the Ryde Masonic Hall contact to confirm an October date. He hopes this does not disrupt members' plans and is confident that the October date will be a more financially viable one.

Awareness Campaign

The filling of places for the PSA Event almost 2 weeks before the event led to the decision to remove the 6 posters that had been put up around the Island at the beginning of April, so as to give a gap between promoting the Cowes and Totland events. We did still attend the Co-op at Freshwater with Tony Sallabanks, Trevor Green and the Chair spending 4 hours standing in the car park and passing out leaflets about the Totland event and answering any questions about PSA testing and the function of the group. Our thanks to the three men for giving their time and energy and they will be returning on 1st July to further promote the Totland event.

Quick Quiz

Once again your chance to win one of our coveted ceramic IWPCSG clip-on badges, by just answering our Quiz and sending it to iwpcsg@gmail.com, or call/text 07568 245124.

This May has been the wettest May since which date – 1967, 1947, 1927, 1907?

No extra prize for telling us why!



Ladies coffee/tea afternoon – Saturday 5th June

All welcome – partners/wives/sisters/aunties/friends –

JOIN US for a tea or coffee and a chat, at the Cricket Club Pavilion, Blackwater, 3pm Saturday 5th June.

This will be our first face-to-face meeting and we will try to include anyone who would like to chat on Zoom as well! Really looking forward to it ... and we would love to meet with you too.

- Plenty of parking available
- Face-to-face meeting in the Pavilion, all set out to comply with Covid restrictions

■ Tea, Coffee and food available (if you come on Zoom, bring your own to enjoy with us)

Please let Elenid know if you can come along (Tel. 07854 219961) or just turn up on the day!

Elenid and Angela

SEE YOU THERE!

Options available:

Gluten free scones with cream and jam £3.50

Cake £2.50

Full cream tea with sandwiches £12.00

Coffee £2.95

Trustee Thoughts

The PSA test event in Cowes on 22nd May clearly dominated the last Trustee meeting, with everyone confirming their commitment and support to the event.

The launch of the new website after a huge effort from Graham, Trevor and Tony, will help the group's media appearance and enable more people to gain the essential information that so many look for once they have been diagnosed and after.

The Poll ran at the AGM was discussed and the results from it would be put into place with a Hybrid type face-to-face meeting starting in July.

Two proposals were put to the Trustees by our new Treasurer, to simplify our financial records and

after explanation, discussion and a vote, the simplest method of the two would be applied.

It was agreed that we need a person to take up the reigns of Fundraising as numerous opportunities were being presented to the group and these needed to be fully investigated so as to help our finances. Any offers, please contact the Chair on 07568 245124.

The Calendar project continues with photos arriving from various sources. Graham asked that the trustees could view it once a mock-up had been produced. Irene continues to make steady progress with the project. Graham also reported that the Bric-a-Brac fundraising event was ready to go, and that the next move was to get together a group of volunteers to help with running the event over the two days.