

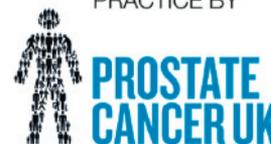
# Newsletter

November  
2021

Registered Charity 1173916



AWARDED GOOD  
PRACTICE BY



## PSA Tests

The High Sheriff attended our Ryde 2 PSA event on 27th November. Despite a gale force wind and very cold conditions, 254 men turned up for the 4th and final PSA testing event this year at Ryde Baptist Church on Saturday 27th November. With a large number of volunteers from the two groups running the event, IWPCSG and Ryde Lions, it ran smoothly led on this occasion by Tony Wheatley our Vice Chair. Amongst the men attending was James Attrill, the Island's High Sheriff and he attracted the media in the form of the Observer newspaper (read his email message to the Chair elsewhere in this newsletter). The 5 Phlebotomists and their assistants were able to keep the flow of men throughout the 5 hour event and only one man felt faint during the session. Both groups set up the event on the Friday night before and a good number turning up meant that everything was ready 75 minutes after the rooms were opened. All the equipment had been stored at Preston Road and our thanks go to Irene Dolby for offering this space for the Group. Two new gazebos were in use and together with the Group's original gazebo, worked well on the day, serving as separate booths for the Phlebotomists.

The road signs were put out by the Chair and a number of men

commented on how they had helped them find the venue. Our thanks to the All Saints Church for the use of their car park for the volunteers.

By 2.15pm all the men had been tested and our courier, Clive Cew, was loading up his motorcycle to deliver the samples to QA Hospital via the car ferry. Our thanks to Wightlink for again giving our courier free passage over the water and to Island Environmental Hygiene Ltd for recycling the needles free of charge to us.

Like a number of volunteers, I have attended all 4 events this year and the time, effort and commitment by the volunteers has been truly overwhelming and of course without them these events could not be run. With over 1000 men tested, this is a magnificent effort by all who contributed to the Group to allow us to organise these events. Our thanks to you all on behalf of the men who were tested and the friends and families who you have supported by contributing to this event. Many men will have been diagnosed early and have had a more positive outcome from the treatment they were offered. We look forward to next year and being able to maintain the level of commitment by you all so that we can continue to do this vital work.

## Chairman's Chat

As many of you will know, our son was diagnosed with Covid19 almost 2 weeks ago and this meant we were unable to attend the Group's Christmas Lunch or this month's members' meeting. But after regular testing we decided to attend the PSA event at Ryde where I stood outside in the gale for the duration of this 4th event of the year.

We put up the Group's Christmas tree at The Pearl Centre, Brighstone and Tony Wheatley attended the turning on of the Christmas lights ceremony at Newport where a family is raising money for us this year. Talking of which, we must thank those who have made donations to the Group this month, and to our new Treasurer Geoff Waddington for stepping in to take on the post. There are still packs of our Christmas cards available to purchase, and if you shop at the Co-op you can sign up to their Charity Support initiative that is supporting us. The Trustees will be meeting in December to discuss which Project the Group should support in 2022, and the Ladies monthly meetings have been planned out for 2022 and appear in this newsletter.

The Awareness Campaign continues with banners needing replacing after the storms and as I close this chat, the last before Christmas, can I wish all our readers a Covid-free Christmas for you and your families and friends and a bright and hopeful New Year.

*Alan Taylor*



## SOS Incontinence Pads

The Trustees have agreed to keep a stock of day-time incontinence pads for the use of any member who has run out, or a newly-treated man who is waiting for his appointment with the incontinence nurse at St Mary's, to obtain their prescription.

For more details contact Alan Taylor at [iwpcsg@gmail.com](mailto:iwpcsg@gmail.com) or call 07568245124.

## High Sheriff getting tested on Saturday!

James Attrill  
Saturday, 27 Nov, 15:25

Hi Alan

Just to say how impressed I was with the testing session today – so well organised and explained. Also great to see so well attended – even more important now that it is less easy to get to see a GP. We managed to get some good pictures (via the Island Observer) and I will do some further promotion on social media. In the meantime if I can do anything to help don't hesitate to ask.

All the best

*James RW Attrill DL  
High Sheriff of the Isle of Wight*

Web: [www.highsheriffiw.co.uk](http://www.highsheriffiw.co.uk)  
Donate : <https://www.justgiving.com/highsherrifstrustiow>

Twitter: @HighSheriffIOW

## Co-operative Local Community Fund

*Re: Round 7 Local Community Fund Causes*

Hello everyone,

Some of you know me, but for those that don't, I am your Member Pioneer for Shanklin and Ventnor. My main role is to support local causes, which I can do on social media, signposting you to other services, or by paying a visit and finding out what else we can do to help.

But firstly I want to say a huge Congratulations on you being chosen as our next Local Community Fund causes, I am so happy you have been selected.

I am here to support, so I may arrange online meetings to discuss and share ideas or I may arrange to pay a visit and find out more about your project.

If you have any questions, please feel free to ask.

I look forward to seeing what you do over the next year.

Kind regards

*Anne Osborn  
Coop Member Pioneer - Shanklin and*

## Christmas Tree at the Pearl Centre, Brighstone

With the reduced size of the annual Brighstone Christmas Tree festival, space was at a premium at the Pearl Centre, at Brighstone. Fortunately the Chair was quick off the mark in booking a place for the Group's Christmas tree. As usual the theme of our decorations is the men that Ros and Mick Dennison produced back in 2019 with over 200 put on the tree to represent the 200+ men who have needed medical follow-up after being tested at our PSA events this year. Unlike past years where there was a communal collection bucket, this year each tree has its own individual collection box, so please encourage your friends and family to visit the Pearl and support the Group's efforts there. Our thanks to Rosie Humphries for helping the Chair to put up the tree and its lights and decorations.



## Trustee Thoughts

At the November Trustee meeting, the Chair put forward a number of proposals for Rules to be added to our Constitution at our next AGM, to instigate a succession policy, to have more formality at a Trustee meeting and better focus on the needs of the Support Group.

Four rules or by-laws were proposed and passed at the meeting, together with the following succession policy.

All Executive Trustee positions – Chair, Secretary, Treasurer, will have a maximum term of 3 years.

Trustees who wish to continue in their post would give a 2 minute profile of themselves prior to voting.

These new time limits, especially for Executive Trustees, will help to avoid burn out, apathy and being taken for granted. It was pointed out that as the Chair had been in post 4 years, he would be standing down as would the Secretary who had been in post 3 years. So our next AGM in April looks like being a busy one and in the meantime, anyone who might be interested in the Chair or Secretary's post, please send details to [iwpcsg@gmail.com](mailto:iwpcsg@gmail.com), or call 07568245124.

## Awareness Campaign

The specially ordered banner for the Sloop Inn was put up this month, a very prominent site and a banner at Jewsons, Trafalgar Road was also put up. A new banner was also placed at the White Lion at Arreton and a placard was taken to the Christmas Lights event at Long Lane, Newport.

Tony Sallabanks has also been busy with his collecting boxes, placing them at various venues around the Island to good effect. He has also purchased for the Group a quantity of pens with our logo and contact details on

them, which will be available from the awareness stall, and members' meetings.

But of course the biggest distribution of awareness materials was at the PSA testing event where every man leaving was given a pack of leaflets and flyers together with the newsletter to take with them to read or pass on to their friends and family. Last month's 6 pages newsletter was distributed to various locations on the Island and we will be purchasing an up to date pop up banner for use in the New Year.

# Outcome of Screening for Prostate Cancer among men who use Statins

In an analysis of 78,600 men in a Randomised Study of Prostate Cancer Screening carried out in Finland, PSA screening was associated with a lower incidence of advanced Prostate Cancer, regardless of statin use, but was associated with a smaller increase in detection of low-grade tumours among statin users. The association between screening and prostate cancer mortality did not differ with statin users.

NB PSA screening in Finland has

resulted in a reduction in prostate cancer mortality and also a reduction in over diagnosis of low risk tumours. The association of statin link with PSA screening performance is unknown.

Published online Nov 24 2021 JAMA Oncology. Prostate Cancer November Newsletter.

Of interest also to us on the Isle of Wight is the fact that Finland is running screening PSA tests for men and 78,600 have been tested so far.

## Your New Treasurer



Hello – I am Geoff Waddington, your new treasurer for this great organisation. I am 77 years of age, retired, single, and live in Shanklin.

My background has been Royal Navy, Police Constable, Unigate Dairies, 16 years as manager, Premier Ford, Ryde Baptist Church as financial administrator. I was for a number of years the Treasurer for the IOW Youth Concert Band and Cowes Sailability Club, so I have a fair amount of experience to carry out this new challenging role and work with the team of Trustees of the IWPCSG.

I look forward to meeting you, as and when.

## Della Hart

Hi All,

As previously communicated one of Tim Hart's daughters has pledged to run the equivalent of a marathon every month for the next six months to raise money in memory of her father and for our support group.

Her target is £500 and she is already at 28% of that target.

Here is the link if your wish to follow her progress:

<https://www.justgiving.com/fundraising/della-hart>

Very best wishes

*Tony Wheatley*

## Projects for 2022

Paul Davies, our Fundraising Co-ordinator, having spoken to a number of organisations and has found that they would be willing to donate to a project that we decide to promote in 2022. To this end the Trustees will be meeting in December to discuss two ideas:

1 A piece of medical equipment, for example a flow meter, for a number of doctor's surgeries around the Island.

2 An interactive screen to be available at awareness and promotion events, programmed to allow the general public to find their risk level for prostate cancer and to improve the public's experience at our awareness stall. It may also need a generator to operate this screen.

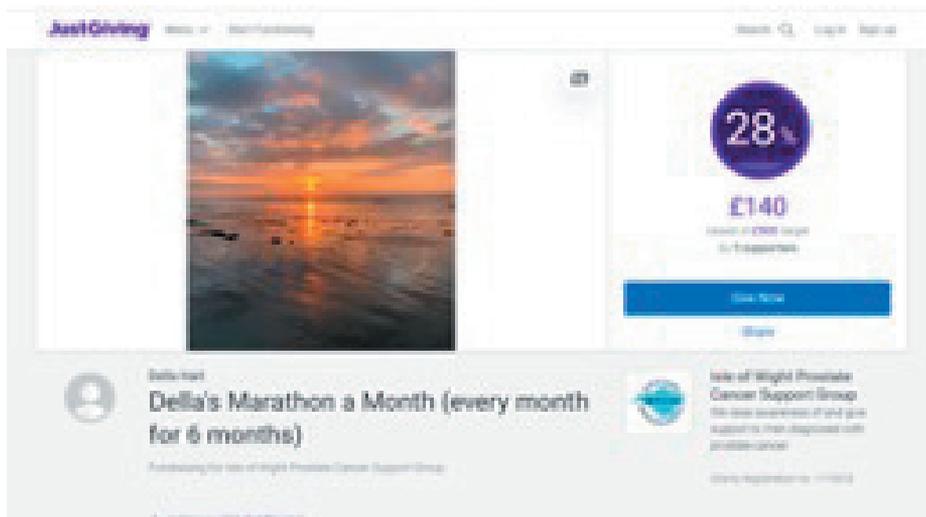
It was felt by the Trustees that the Group should have a project each year to enable the public to see that we are not just PSA test orientated.

## Fundraising

We have again been very fortunate to be supported with donations from clubs, groups and individuals. We encourage all our members to join the monthly subscription of £2 or more, to help fund the Group.

The IW Traction Engine Club made a very generous donation of £900 which they hoped would help run our PSA programme for next year. A Masonic Lodge has also been in touch and would be delivering a cheque in the near future.

And of course if anyone wants to purchase a calendar or Support Group Christmas cards, please contact the Chair at 07568245124 or at [iwpcsg@gmail.com](mailto:iwpcsg@gmail.com)



## Quote – Unquote

There is nothing stronger than patience and time.

Time is money.

Time waits for no-one.

Better three hours too soon than a minute too late.

Lost time is never found again.

Time is the most valuable thing a man can spend.

Time is the wisest counsellor of all.

The key is in not spending time, but in investing it.

## Christmas Lunch at the IW College

The Isle of Wight Prostate Cancer Support Group Christmas Luncheon 2021 – Tuesday 23rd November was a most enjoyable day however a few of the Trustees and members were absent mainly due to the dreaded Corona Virus and we wish them well. I thought the food choice was excellent and had a hint of French Cuisine. Chocolate covered Xmas pud – Scrum. Thanks to the organisers Pam and Elenid. The raffle raised £100 for the charity. Well done the students who prepared and served the food.

*Graham Dooley*



## Ladies' Meeting

On Sat 13th November some of us ladies (Marilyn, Rosie, Angela and Pam) met up for coffee at PC's Cafe at The Pet Centre in Watergate Road, Newport.

Some of us had not been there before and we were pleasantly surprised with the friendly staff, reasonable prices and the lovely view over the countryside, especially as it was a sunny morning.

There will not be a ladies' meeting in December as it is such a busy month, but the next one will be on Wed 19th January 2022 at The Donkey Sanctuary, Wroxall at 11am.

We hope any ladies who wish to will be able to join us there. Hope to see you soon.

## Future Dates/Events

### 1st December

Awareness day at Asda Supermarket, Newport 10.30am – 2.30pm.

### 1st December – 2nd January

Christmas lights at Long Lane, Newport, PO30 2NQ

Christmas tree display at the Pearl Centre, Military Road, Brighstone.

### 19th January

Ladies' meeting at the Donkey Sanctuary, Wroxall.

### 27th January

Members' meeting at the County Cricket Club Pavilion, Blackwater. Hybrid meeting face to face and Zoom, 6.15 – 8.00pm. Speaker to be arranged.

## November Members' Meeting

The November members' hybrid meeting was run by Tony Wheatley as the Chair was isolating due to Covid, but still attended on Zoom. Our speaker was Professor Chris Booth, who is a prominent figure in the campaign to get screening for prostate cancer nationally established and backed by the NHS screening team. The thrust of his talk was that men with ED whether from age or treatment for prostate cancer, had a higher than average chance of suffering from Hypertension (high blood pressure), heart disease, lower urinary tract symptoms, metabolic syndrome (obesity, diabetes) or dyslipidemia. He was concerned that this information may not be at the forefront of GP's thoughts when diagnosing men with ED and that often men slip through and are not diagnosed early enough with the complications.

He also talked about the life

expectancy effect by different areas of the country and the difference between male and female life expectancy.

He finished off by explaining how in the table of mortality rates for prostate cancer Europe-wide of the 27 countries, the UK was rated as 5th highest in the mortality charts for prostate cancer. A truly disappointing position considering how successful the Government believes our NHS is.

He believes that PSA screening would help to lower this figure.

There then followed a Q&A session both from the floor and the members attending on Zoom. Tony finished the meeting by expressing our thanks to Prof C Booth for giving us his time to come and talk to us.

Our next members' meeting is not until 27th January and as yet a speaker has not been arranged.

## Ladies' Meetings 2022

We are continuing our Tour de Wight of Island Cafés in 2022 and these are the dates for next year.

Some of the venues may have to change as one or two are outdoor venues which will depend on the weather, but the dates should stay the same.

### 19th January 22

Donkey Sanctuary, Wroxall 11am

### 23rd February

The Beach Café, Sandown (near the pier, there is free parking in the street till March) 11am

### 23rd March

Forest View Nursery, Forest Road, Newport 11am

### 27th April

Bartletts Farm, Nr Ryde (Near Busy Bee Garden Centre) 11am

### 25th May

Oasis at Brading 11am

### 29th June

Secret Garden, Zabre, Union Street Ryde 11am

### 27th July

IOW Pearl Café, Military Road, Brighstone 11am

### 24th August

Courtside Café, Ryde 11am

### 28th September

Chessil Pottery Café, 11am

### 26th October

The Sloop, Wootton Bridge, 11am

### 23 November

Oasis Café, Carpenters Road, Nr St. Helens 11am.

We will give directions if needed nearer the time.

We hope any ladies who wish to will join us for coffee and a chat at any of these venues and we look forward to seeing you next year. Stay safe

*Pam and Elenid*

## Quick Quiz

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

Can you name the 3 wise men who visited the baby Jesus:

Text or phone your answer to 07568245124, or email to iwpcsg@gmail.com by the 20th December – good luck!