



## PSA Testing Update

The PCUK/NHS campaign for the missing men (see below) has led to several phone calls and enquiries about our first event this year.

We can now confirm the full programme of PSA testing events and when the booking site will be open for men to get their appointments together with venues and times.

Venue	Date/time	Bookings open
Cowes	7th May (9am – 2pm)	28th March
Newport	16th July (9am – 2pm)	30th May
Ryde	24th Sept (9am – 2pm)	25th July
Toland	22nd Oct (9am – 2pm)	26th Sept

For the Cowes event we intend to run 2 promotional events, one in March and one in April, together with

attendance at a show, also in April. There will be a change this year in that we will no longer run a familiarisation morning the weekend before but will incorporate it into the preparation evening the night prior to the event. So, for the 7th May event, Friday 6th May will be both a set up evening and a familiarisation session for the event the following day. We will continue to adhere to St Mary's Hospital protocol for the recommended use of PPE and men attending can expect to be asked to follow this.

It looks like, from enquiries we have had so far, that this year will be another busy one for the PSA testing programme and so if you are interested in assisting on the day or would like to know how you could help out, then contact the organising team on 07568245124.

*Alan Taylor*

## Vice-Chairman's Chat

We have a very busy calendar coming up with four PSA events scheduled in 2022, various well-being events that are being arranged as well as the monthly Members' meeting and the monthly get together for our Trustees.

The April Members meeting will incorporate the annual AGM of the group, and this will be held at Newclose Cricket Club.

As you may be aware our Chairman Alan Taylor is stepping down from the role for a well-earned rest, although he and Angela will be staying on to arrange our PSA events, and we are very happy that is the case, as Alan pioneered these events and elevated them with Angela to be a success story for the group.

Angela Taylor is also stepping down as our Secretary, although her contribution goes way beyond that and her input on day-to-day issues will be very much missed.

This opens two very important roles within the group, and we would ask that if you feel that you could fill either of these positions or indeed would like to become a Trustee of the group, we would ask that your application arrives with us on or before Thursday 7th April 2022.

The members meeting of Thursday 24th February 2022 at the Cricket Club was well attended and we lightened the mood a little by taking a break from a speaker whose subject was directly linked to Prostate Cancer.

Mary Case from West Wight gave an interesting talk about beekeeping, and we were able to purchase some of her bees' hard work to apply to our breakfast toast!

*Tony Wheatley*

## NHS Missing Men Campaign

Prostate Cancer UK and the NHS released a campaign on 17th February which was picked up by the News Media including the BBC radio and television about the estimated 14,000 men who, due to the Covid19 pandemic, are undiagnosed men who may need urgent prostate cancer treatment. These men have not yet come forward for diagnosis and so this campaign is to encourage men to get tested. PCUK did

not mention how these men should be tested, but instead proposed that they use their online risk checker to give them a greater understanding of their level of risk and help them to make an informed choice about what action to take.

It is a concern that although the campaign has highlighted the need for men to be aware of prostate cancer and the need to get tested but PSA testing is only connected with a GP visit. They also do not allow for the fact that many people in the age group most affected by prostate cancer do not have either the skills or the need in their opinion for the IT skills to use the risk checker.

They do offer encouragement to put out messages on social media, email, Facebook and WhatsApp to share with friends and family to complete the 30 second online risk checker and download their campaign resources but it only recommends going to your GP and asking for a PSA test. Our readers can go online to PCUK [www.prostatecancer.org](http://www.prostatecancer.org) to download "Find the 14000 men support pack" for more details.

*Alan Taylor*

## Music Quiz

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

- 40's – Who had a hit song with 'Take the A Train'?
- 50's – Name the song from these lyrics 'When the Moon Hits Your Eye Like a Big Pizza Pie'?
- 60's – Which song and artist prompted a dance craze in 1961?

Answers to: [iwpcsg@gmail.com](mailto:iwpcsg@gmail.com)

*Good Luck!*

## Little Men Pattern

Are there any ladies (or men) who like to knit who could help us by knitting some Little Men to go on the Groups Christmas tree which is exhibited at the Isle of Wight Pearl on the run up to Christmas.

It would be a great help to us if you could.

Please could you use fawn, cream, white or grey wool for the men and give them either a red or green scarf.

The pattern that we have been using is available to see on our website: [lwpcsg.org](http://lwpcsg.org)

*Thank you from Pam and Elenid*

## Donations for Future Raffles

If any of you have any unwanted gifts or items that would be suitable as raffle prizes, we would be most grateful to receive them.

Please contact either Elenid or Pam who are both Trustees of the group.

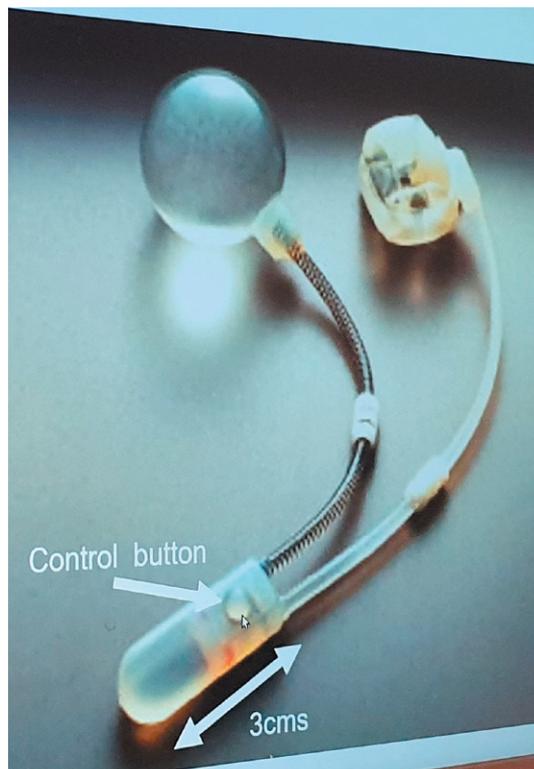
## January Members' Meeting

Due to the high diagnosis number of Covid it was decided to run the January meeting as a Zoom meeting.

Fortunately, our speaker, Dr Steve Allen, is well versed in delivering a presentation on Zoom and his talk on treatment for incontinence was an eye opener to many who attended and very enlightening. His talk was based around operations available for uncontrollable incontinence including Artificial Sphincters and sub-urethral slings, with his own personal experience of the first. He also brought along one of his support group members from Reading who also gave his own experience of these treatments and the life changing effects they had.

Since that meeting, Dr Steve Allen has been elected to the Board of Trustees for Tackle and I'm sure he will enable this Charity to move forward. Already they have picked up the reigns of the leaders' forum monthly meetings that the

new Head of Prostate Cancer UK had dropped, and we look forward to more of their initiatives.



## Ladies' Meeting

*Wednesday 23rd February 2022 at 11am*

I arrived early at the Beach café Sandown and was greeted by a lovely waiter!

Pam, Marilyn, Geoff, and Rosie arrived shortly after.

As usual, I think we all enjoyed a good chat which I feel does benefit us, as you guys must remember that your ladies go through the journey with you.

Roll on the next one at Forest Road Nursery!

A warm welcome awaits you all, although please note that there is no bus service that passes this venue.

*Elenid and Pam*



## Banners and Collection Boxes

*Hi, everyone, my name is Tony Sallabanks, and I am one of the groups' Trustees.*

Alongside procuring some merchandise items including our distinctive enamel badges and new pens, I look after the distribution, maintenance, and servicing of the collection boxes that we have in 42 locations around the Island.

With Alan Taylor stepping down as our Chairman in April of this year for a well-earned break, I am taking on the function that he carried out with respect to the awareness banners we have in prominent positions across the Island.

This entails meeting new contacts for new sites, checking on the condition of the banners and ordering replacements for those banners suffering from 'wear and tear'.

I will merge this with the activity concerning the collection boxes distributing awareness leaflets as I travel around.

I am seeking a volunteer to accompany me on my endeavours which I plan to

conduct monthly. I am based in Ryde so someone close to me would be ideal for logistical reasons.

I believe this would provide a valuable insight into some of the work the group undertakes both as a volunteer and as a Trustee.

If you are interested in helping me, please make contact by phone or by email.

Tel 339540

Email: [tonysallabanks@gmail.com](mailto:tonysallabanks@gmail.com)

## Yoga Update

There are still a few places available for the ongoing yoga sessions specifically designed for our members with Sandy Hector BSc (hons).

These take place at her studio in Binstead on Wednesdays, the next session being on the 9th March at 10.30 am for a further nine weeks.

Sessions are free to all Members. Please contact Elenid to book your place and receive more details:

[randsiow@gmail.com](mailto:randsiow@gmail.com) / 07854219961



## Cheque Presentation

The Isle of Wight Motor Caravan and Motorhome Club invited our Group to send a representative to their breakfast meeting on 29th January at Thompson's Plant and Garden Centre, to receive a cheque and give a talk on how the money would be spent on the Isle of Wight. We arrived at 10am and were greeted by the Club's Chair and Secretary and after ordering breakfast, took our seats at a table. The person on the next table asked if I was the Chair of the IWPC Support Group and then he wanted to pass on his thanks to everyone for running the November PSA testing event where he had had

a test and received a result with a raised score which prompted him to go to his GP and be put on the fast-track treatment. He had no symptoms and was very surprised when he had the red result, but he was due to start Radiotherapy the following Thursday.

When I spoke to the IWCMC members about why we needed the donation, I mentioned their member and this seemed to galvanise the group and after the presentation of a cheque for £329.75 many came up to ask when our next event will be held.

*Alan Taylor*

## Awareness Report

The storms we have all been exposed to have also affected our banners around the Island. Surprisingly they are holding up well, although those close to the road have become quite dirty due to road splash. So, I have been cleaning these banners to improve their visibility to road users. Unfortunately, the Co-op banner at Ryde has been vandalised and so a replacement has been purchased as the Co-op is very keen to support us this year in our PSA campaign. This will be put up soon. I always make sure I contact the owners of the venue where we have placed these banners and update them on our results and plans for the following year, which they are always interested in. If any readers spot a banner looking a bit second hand, please contact me at 07568245124 so

we can get it sorted out.

It is very gratifying when we receive invitations to talk to organisations about our support programme and we were approached by Ventnor Town Council and Tower House Surgery. In both cases, support was offered for our planned PSA testing events, and we were also congratulated on how effortless our events appear to be run. PPE was also offered.

We have delivered our newsletter to our usual outlets, and Tony Sallabanks continues with his important work maintaining the collecting boxes and looking for alternate sites to place them. If any of our readers know of a suitable site, please contact the Group at 07568245124.

*Alan Taylor*

## Future Dates/Events

**23rd March 2022 at 11am**

Ladies meeting at Forest View Nursery, Forest Road, PO30 5NB

**24th March 2022 at 6.15pm**

Members meeting at Newclose Cricket Club. This will be a hybrid meeting (available via Zoom)  
Speaker to be confirmed.

**28th March 2022 at 9am**

Website booking opens for the Cowes PSA Testing event. [iwpcsg.org](http://iwpcsg.org)

**30th March 2022 at 10.30am**

Awareness event at the Co-op in Freshwater. Concludes at 2pm



## Mental Health and Well-being

We received some welcome news very recently when we were announced as one of the chosen charities for a community partnership grant by Southern Water, which has already been received.

The grant is specifically for work within the group which delivers in either category, and it will be faithfully applied over the coming months on various initiatives including our 'free to members' Yoga sessions.

### Twelve Daily Reminders

1. The past cannot be changed
2. Opinions don't define your reality
3. Everyone's journey is different
4. Things always get better with time
5. Judgements are a confession of character
6. Overthinking will lead to sadness
7. Happiness is found within
8. Positive thoughts create positive things
9. Smiles are contagious
10. Kindness is free
11. You only fail if you quit
12. What goes around, comes around

## Long Lane Christmas Lights

Tony Wheatley and Alan Taylor attended a presentation event at Terry and Sue Ramplin's bungalow to receive the donation cheque and to be interviewed by Angel Radio and IW Radio. Photos were also taken for the Observer and the County Press. Terry explained that he picked our Charity as he had been tested in the past and had been made aware by a friend about the work we were doing with our programme of PSA testing, and he intended to get tested at our first event in May. He also explained the many weeks of planning and preparation that was needed to put up the display of Christmas lights, man the display during the whole month of December and the days it took to take it down and store it away.

The IWPCSG were delighted to receive £2,250 donation from Terry and Sue which will greatly help the PSA testing campaign for 2022 and a certificate of thanks for all his effort has been presented to Terry on behalf of the Support Group.



*Here we are giving details of Member's experiences in the treatment of Prostate Cancer so that other members of the Group can speak to them if they think that their own case has some relevance.*



### Tony Wheatley (Trustee)

10th February 2018 marked my 60th birthday, it also prompted me to address a nagging worry about my prostate health.

I made an appointment with my GP

on 27th February 2018 had a blood test and the usual Rectal Examination (DRE).

I was telephoned within two days with the result to advise that my PSA was 4.7, not unusually high but cause enough for concern. A visit to St Mary's on 12th March, another DRE and I was recommended for an MRI scan which took place on 22nd March. The follow up visit on the 19th April highlighted a potential problem, and the next stage was for a "Transperineal Ultrasound Guided Biopsy of the Prostate Gland". I had my pre-op assessment at QA Portsmouth on 11th May and the procedure took place on the 16th May (Dr Hodgson).

I saw Dr Yochai at St Mary's on 31st May who delivered the diagnosis, a Gleason score of 7 (4+3) with a T2A N0 MX rated cancer in my left posterior lobe, 14 samples had been taken and a 22% mass estimated.

The hardest part of the diagnosis was informing our four children. I devoured all literature available from Prostate Cancer UK and spoke to

Katie Mabey, a Macmillan nurse at St Mary's.

I had three options: Active Surveillance/External Beam Radiotherapy or Radical Prostatectomy.

We decided that surgery was the way forward and confirmed this on the 18th June.

American Independence Day 2018 was my surgery date, (A Robotic Assisted Laparoscopic Radical Prostatectomy) at QA. The theatre staff were reassuring and once the cool white liquid was pumped in and I was anaesthetised, it was down to surgeon Simon Wilkinson.

After two nights at QA because of low blood pressure, I was fitted with a catheter (10 days), given surgical hose, Enoxaparin (blood thinning) injections (28 days), pain relief and laxative (much needed) and we then headed for home.

Four years on and I'm doing well by keeping busy with the support group!

Tony Wheatley