

Norfolk & Waveney Prostate Cancer Support Group

Issue No. 6 Registered Charity No. 1108384 3rd Oct 2005

A Big Thank You - to Project 2001

Readers

will be aware of the recent efforts being made on our behalf, by Project 2001. A group of Lady fundraisers who have nominated us as their charity for 2005.

So far over £1600 has been raised with further events to come.....so we are very grateful for all their efforts.

Keep a look out in the Diary section for coming events....

Presentation....

At this evening's meeting, the presentation of the laptop computer to the Uro-oncology specialist nurses will be made by Pam Coldham of the Project 2001 Fundraisers Group.

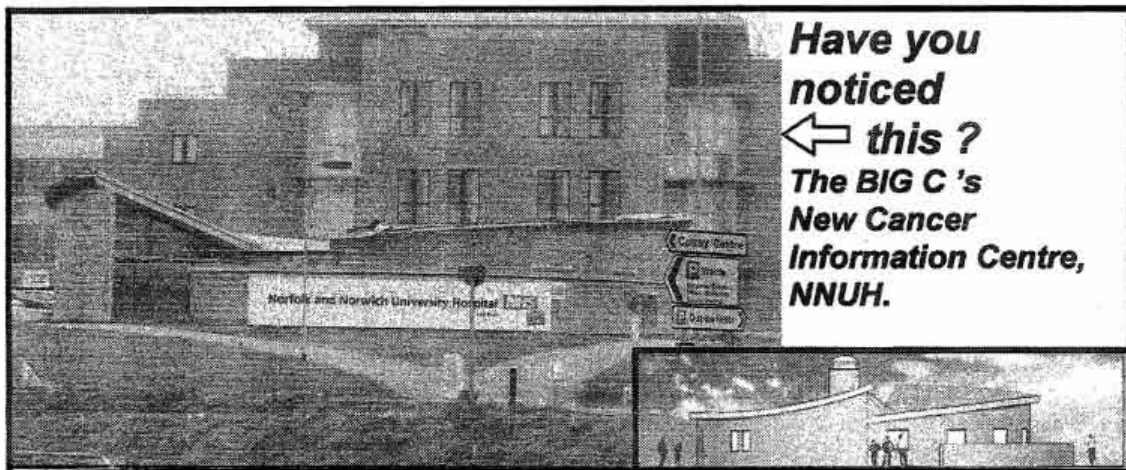
This is a significant milestone in the group's activities and thanks go to all those who are actively engaging in raising funds on our behalf and through that awareness of prostate cancer.

It is the first piece of equipment bought from the charity's funds that will directly benefit current and future prostate cancer patients.

So...we have great pleasure in welcoming Pam and some of her colleagues to tonight's meeting. A BIG THANK YOU !!

New Campaigns

.....**BREAKING NEWS**... See back page and more announcements at the October open meeting.....



**Have you noticed
this ?**
← **The BIG C's
New Cancer
Information Centre,
NNUH.**

Work proceeds at a pace on the **New Cancer Information Centre** at the NNUH site. This building, funded by the BIG C's Appeal "**Opening the door**" (in conjunction with the Evening News), will provide a facility designed to benefit cancer patients and their families.

Issue No.2 featured the plans and proposals for the centre, in detail. These are now becoming a reality and it is extremely exciting to see how quickly progress is being made. A great credit must go to **The BIG C** and their professionalism in delivering. It sets an example to us all.

The next issue of our **Newsletter** hopes to carry a piece from the Big C's chief executive, on the New Centre and how groups such as ours will contribute to the future of the centre. We will almost certainly need members to volunteer to help out at the centre ...so please contact the chairman if you are interested in helping.

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Norfolk & Waveney
Prostate Cancer
Support Group

Patron : Martin Bell OBE
www.prostatesupport.org.uk

Registered Charity No. 1108384

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Visit our website :

You will find information about the group, our constitution, committee activities and useful links
If you have access to the internet go to

www.prostatesupport.org.uk

Some interesting Tips from Readers in Torbay.....

(Reproduced by kind permission of the Torbay Prostate Support Association.)

PSA Soup

"This soup might just be able to help slow the growth of your PSA or even lower your PSA. It has done just that for my husband Stan and others. How did this happen?

In August 1998 Stan had Radical Surgery and for 18 months we though everything was fine. However in Feb 2000 the blood test showed 0.2 instead of 0.1. This was a bit of a blow but we just made the best of things and went on with our life together. Stan had regular 3 monthly blood tests and his PSA at that time went up 0.1 every 9 months.

In April 2003 things started to get worse. His PSA started rising by 0.1 every 3 months instead of every 9 months. We were not happy about this and Stan's Consultant Urologist at the RD and E Hospital in Exeter, told us about one of his patients who had been taking a daily bowl of Armenian Soup with the result that this man's PSA reading started to go down. Of course we could not wait to try this soup. Stan started taking a daily portion of the soup in August 2002. His next reading was the same as the previous one. This was brilliant, as the reading had not gone up. The consultant had said Stan's reading might not go down because Stan's cancer was more advanced than the other fellow's but it might slow the growth. It had done just that. He continued with the daily serving of Armenian Soup and the next reading was 0.1 down. This was even better than the

time before. Stan has continued taking this soup each day but in January 2004 he added broccoli and tomato puree to the recipe and we call this recipe PSA Soup. His latest PSA reading was down by 0.2.

Over all Stan's PSA is exactly the same today as it was in August 2002 when he started taking the soup. We are thrilled about this. It has varied between 0.6 and 0.8. We know it is doing him no harm and we think this soup has slowed up the PSA growth. Stan does eat a healthy diet with lots of fruit, vegetables and soya with few dairy products in his diet.

If you decide to give this soup a try, let the editor know how you get on.

Recipe for PSA Soup;

- Red lentils, - washed 2oz (50gm)
- Dried Apricots, washed 2oz (50gm)
- Large potato cut into small pieces
- Vegetable stock 2 pints organic (or 2 pints water and 1 organic stock cube)
- juice of 1/2 lemon
- ground cumin 1 tsp (5ml)
- Fresh parsley, chopped 3 tbsp (45ml or 10gm)
- 2 tbsp tomato puree
- 4 flowerets of broccoli
- pepper - to taste

Place all the ingredients in a large saucepan and bring to the boil, cover and simmer for 30 minutes. Allow to cool, then blend in a liquidiser until smooth. Reheat to serving temperature and adjust seasoning to taste.

Stan pours this quantity (after liquidising) into 7 screw to plastic beakers and freezes it until needed. He takes one beaker each day instead of milky drink at night.

Article by Mrs A Branson, Torbay.

Letter to the editor;

"Having attended my first meeting of the Norfolk & Waveney Support Group on the 2nd Aug, I am writing to record my appreciation for the unreserved welcome and practical help made available to me, in terms of more personal aids in those urgent panics to meet nature's calls, from those already having galloped that path.

I look forward to our next meeting

sincerely
J.C. of Pulham St Mary."

Comment;

Thank you for the kind words and it is always pleasing to hear feedback. The group is only as good as its members and we would love to hear from more of you.

As this issue proves, we all have an interesting story to tell I am sure !!

You can write to the editor with any tips that you have found useful...like Mrs Branson from Torbay. Do we have any such culinary delights from Norfolk (and Waveney)?

Gift Aid Declaration

Norfolk and Waveney Prostate Cancer Support Group (Registered Charity No: 1108384)

Mr/Mrs/Miss/Other.....First Name(s).....

Surname.....

Address.....

.....Postcode.....

- * I confirm that I am a UK taxpayer and would like any gift I make on or after 6th April 2005 to the Norfolk & Waveney Prostate Cancer Support Group to be eligible for the Group to reclaim the tax on my donation.
- * I understand that any gift I give will be treated as a Gift Aid Donation until I cancel this Declaration.
- * I will inform the Norfolk & Waveney Prostate Cancer Support Group should I cease to pay an amount of Income Tax or Capital Gains Tax equal to the tax the Norfolk & Waveney Prostate Cancer Support Group can reclaim on my donations.

signature.....

date of Declaration

Please send your reply to:

Martin Wolton
Norfolk and Waveney Prostate Cancer Support Group
Willowbeck House
Station Road
Pulham St Mary
Diss
Norfolk IP21 4QS

Thank you for your co-operation in this matter. It makes a big difference.

Macmillan Cancer Relief Offer help -

Readers will have noticed a piece in the last issue titled "Some Useful financial info." Outlining various benefits available to cancer patients. Macmillan Cancer Relief have now contacted us direct, inviting you to make contact.

They have sent the following notice...

"On July 19 this year Macmillan Cancer Relief launched a campaign to highlight the extra costs faced by cancer patients such as increased travel and parking costs at hospital.

Macmillan is calling on the Government to ensure that all cancer patients travelling to hospital for treatment are eligible for help with their travel costs - whatever their income or savings - and don't have to pay parking charges.

To find out about the financial help available or to order your free "Help with the

cost of cancer" guide, go to www.macmillan.org.uk/abetterdeal or call Macmillan on freephone 0800 500 800. An interpretation service is available to those whose first language is not English."

If you've experienced financial difficulties and would like to get involved in their campaign, call the Macmillan campaigns team on 020 7840 7807 or e-mail; campaigns@macmillan.org.uk

by, Lynsey Alston
Macmillan Cancer Relief.

Editor's note;
Leaflets on the Macmillan campaign will be available at the 3rd October meeting.

Do you need help with transport to and from our meetings ?

If you are unable to get to our meetings because of transport difficulties then

contact : 01603 713463

Stan, the group secretary, will pass on your details to the nearest volunteer member so that you can share the journey. We will try to pick you up and return you home following the meeting.

Volunteer drivers should also make themselves known in order to widen the net as much as possible.

Some useful Contacts and sources of information.

The Big C Appeal
Norfolk and Waveney's independent local cancer charity funding research, treatment, equipment, care and support.
10a Castle Meadow, Norwich NR1 3DE
Telephone 01603 619900
www.thebigcappeal.co.uk

The Evening News
www.en24.co.uk

The Prostate Cancer Charity

National organisation with information and helpline.
3 Angel Walk
London W6 9HX
Tel: 020 8222 7622
Fax: 0208222 7639
e-mail: info@prostate-cancer.org.uk
website: www.prostate-cancer.org.uk

Prostate Help Association

Support network, newsletter and a book on prostate cancer.
Philip Dunn,
PHA,
Langworth,
Lincoln LN3 5DF

CancerBACUP

Cancer nurses provide information, support and advice by telephone or letter. Newsletter, booklets, fact-sheets website and CD-ROM.
3 Bath Place, Rivington Street, London EC2A 3JR
Freephone 0808 800 1234
Fax 020 7696 9002

If you've finished with the newsletter and do not need it anymore, why don't you pass it on to someone who may not know of our activities.
Editor.....stefan ganther

Saturday 8th October GARAGE SALE at "Sunnyside" Hingham Road Gt.Ellingham, Attleborough

Books, Clothes, Bric-a-Brac,
Garden Tools, etc,

Next Meetings: Monday 3rd October, East Atrium NNUH 7 - 9pm

"Urinary and Reproductive dysfunction"

Dr Jo Edwards, is a Clinical Psychologist and will be talking about typical post treatment concerns.

As usual the talk will be followed by an opportunity to meet and talk to fellow members in a relaxed atmosphere. We will continue to arrange the tables according to treatments.

Monday 5th December, East Atrium NNUH 7 - 9pm

"Brachytherapy"

Dr Marek Ostrowski, Consultant Oncologist will speak on the latest developments in **Brachytherapy**, followed by the Social Hour.

Last year we took the opportunity to engage in some festive spirit at the Xmas meeting. We ran a raffle and enjoyed mince pies and sausage rolls and other festive delicacies...Anyone interested in helping should contact the group secretary Stan Thompson. Over 200 attended that meeting and we expect a similar turnout this time. This makes me think of the old chinese proverb.....*many hands make light work*.....

A Big Thank You - part 2

The following donations have been received since our last newsletter;

- Norfolk Broads Masonic Lodge for £750.00
- Wroxham Lions for £1,000
- John Jarrold Trusr for £200.00
- Mr James Collins for £50.00
- Mr & Mrs E Sharpe for £10.00
- Broadland District Council for a £500 grant

James Paget - Volunteers required.....

Following the succesful June open meeting Volunteers are being sought to help run meetings at the James Paget Hospital, commencing in January 2006. Those willing to help please contact Angie Fenn on 01493 453510.

How to Contact us :

write to :

**Norfolk and Waveney
Prostate Cancer
Support Group.
Urology Dept.
Norfolk and Norwich
University Hospital.
Colney Lane
Norwich
Norfolk
NR4 7FP**

telephone :

**Urology nurses on:
01603 289845 (NNUH)
or 01493 453510 (JPH)**

e-mail :

stef.g@care4free.net

Visit our website :

www.prostatesupport.org.uk

for letters to

the editor write to :

**Newsletter
Home Farm Cottage
The Drive
Hoveton
Norfolk
NR12 8JE**

**We welcome news
items or notices of
any local fundraising
or other activities in
connection with our
charity.**

It is

- what you make it !

This Edition

Sponsored by:

Broadland District Council

New Campaigns; -

• South Norfolk District Council will help us with the design, Printing, and Distribution of a Poster campaign aimed at increasing awareness of the disease across the District. We are to prepare texts and suggestions for such a poster, which will

be displayed in all Council Buildings, public amenities, sports centres, and surgeries throughout South Norfolk. This programme will be expanded to cover other District, Town, and City Councils

• The Committee has voted to run an **appeal to raise £15,000** to help

fund the Cryo-ablation trials at the NNUH, under the initiative of Mr Edwin Ho, consultant surgeon. This will be our main fundraising focus for the next 12 months or however long it takes !!

There will be more information available at the October meeting and further updates in future newsletters**So watch this space!!!!**

Dates for your Diary

- 2nd Oct Sunday** — **BIG C 20th Holkham Cycle Ride.** Another opportunity to enjoy yourself (if you have the stamina) and at the same time raise funds for cancer care and research locally. Contact BIG C direct for details.
- 3rd Oct 7 p.m.** **Open meeting NNUH**
Dr Jo Edwards, Clinical Psychologist will speak on **Urinary and Reproductive dysfunctions**, followed by Social Hour.
- 8th Oct Sat.** **Garage Sale, Gt Ellingham.** Ray & Vera Allen, will be selling books, bric-a-brac etc. see separate notice.
- 28th Oct Fri.eve** **Project 2001, Race evening** of fundraising and fun. More details at the October open meeting.
- 3rd Nov all day** **2nd National Prostate Cancer Conference** London.
- 7th Nov 7 p.m.** Committee meeting NNUH
- 15th Nov Tue 8pm** **QUIZ NIGHT at the Kings Head, Station Road, Hoveton.** Tel 01603 782429 A pub quiz night in aid of our campaign. Enjoy yourself and raise money at the same time!!
- 5th Dec 7 p.m.** **Open meeting at NNUH**
Dr Marek Ostrowski, Consultant Oncologist will speak on the latest developments in **Brachytherapy**, followed by the Social Hour.