



# Norfolk & Waveney



## Prostate Cancer Support Group

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Published by:  
Norfolk & Waveney  
Prostate Cancer  
Support Group

Patron: Martin Bell DBE  
[www.prostatesupport.org.uk](http://www.prostatesupport.org.uk)

Registered Charity No. 1108384



### Season's Greetings to all our readers



#### A message from David Haines -



A Word from your  
Chairman,

"As the year draws to a close, we can see the Group growing in strength and membership. With the improvements at the Norfolk & Norwich University Hospital and Cromer Hospital in arrangements for urology testing and assessments, we can see benefits emerging in a reduction in the number of outpatient appointments needed prior to diagnosis. We have enjoyed tremendous support from a number of people and businesses, particularly from the ladies of Project 2001 fundraisers, who presented our Urology nurses with a laptop computer in October, and who have again chosen us as their nominated Charity of the year for 2006. We have also had support from the Lions, Norfolk Broads Masonic Lodge, Jarrolds and Bernard Matthews, Broadland District Council and others, and extend our thanks to them all.

We also have a voice on the Norwich PPI Forum, the group looking at a Primary Care-Based urology Service, and the NNUH PPG (Patient Partnership Group), and other local organisations. We are building strong contacts

with Big C, and the Specialist Palliative Care Services, and look forward to the opening of the new Family Cancer Support Centre in the spring on the NNUH site.

June saw our first meeting at the James Paget Hospital, when some 80 people attended our talk arranged on "Surgical Intervention". Our events at JPH will be expanded during the coming year.

Your Committee have worked hard to achieve our three key aims of

- **AWARENESS**
- **INFORMATION**
- **SUPPORT**

and all of these will continue to be developed. Awareness of Prostate Cancer among men at risk and their families is one of our main concerns, to which we are giving our best attention. Our campaign to raise £15,000 in support of the Cryo-Ablation trial at the NNUH is gaining momentum, and we hope to achieve this figure by the early spring with your help. This treatment can offer hope to some men with recurrent Cancer, where further Surgery or Radiotherapy is not an

option, and is proving to be highly successful elsewhere in the U.K.

We can see a growing need for volunteers to help in our support aims, and at the new Family Cancer Support Centre. Don't be shy, you will find us a friendly crowd. If you can spare a hour or two, please pass your name and phone number to a member of the Committee.

Finally, a word of thanks to our four Specialist Urology nurses for their ongoing support, to the Hospital Managements for allowing us the use of their excellent facilities for our meetings, to our speakers, who keep us up to date and give us their valuable time, and to the members of our Committee.

My Best wishes for Christmas and the New Year, and in the words of Ken Jones, one of our founder members, remember that

"Every Day is a Bonus"."



#### In this issue:

- **Message from Group Chairman - David Haines**
- **Alison Lanchester The BIG C's Chief Executive writes to the newsletter**
- **Fundraising initiatives**
- **Chuck Lyons reviews this year's National Conference.**
- **Evening News 24th November**
- **Cryo-Ablation Appeal**
- **Dates for your Diary**

#### 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](http://www.prostatesupport.org.uk)



As 12 November 2005  
Picture supplied.

The  
**BIG C**  
APPEAL

## **The Big C Family Cancer Information & Support Centre - A message from the BIG C's Chief Executive. -**

It is with great delight that the Big C staff, trustees and supporters have seen the development of the Big C Family Cancer Information & Support Centre currently being built at the Norfolk and Norwich University Hospital. It has been a long time coming but now, as we move into the final stages of the project, we can begin to reflect on what a magnificent resource this centre will be – providing vital support and information to cancer patients and those close to them through the difficult times of diagnosis, treatment and care.

The public support for this project has been phenomenal and we hope to continue their

involvement once the centre is open and benefiting the community, this is after all a building that has been part funded by local people and is for local people.

The centre will offer a unique resource for the vast network of cancer support groups in the area and we shall certainly encourage their involvement. We aim for a full time centre manager to be in position early in 2006 who shall coordinate the groups in terms of information provision and volunteering opportunities.

Those wishing to register their interest in volunteering on an individual basis can do so now by contacting Wendy Marchant on 01603 287048 or in writing to her

at the cancer Information Centre, Norfolk and Norwich University Hospital, Colney Lane, Norwich NR4 7LJ. A formal volunteer recruitment procedure will then take place in early 2006 when those who have indicated an interest will be contacted.

Our most sincere thanks are offered to those who have and will support and contribute to this special centre.

Alison Lanchester, Chief Executive The Big C

*On behalf of the group, your committee would like to congratulate the BIG C on the progress with this exciting project.*

*We are continually looking at ways we can work more*

*closely together. More news as this develops but please help if you can! Anyone wishing to volunteer should contact the committee to organise identity badges, if you are intending to representing the group.*



## **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 will pass on your details to the nearest member so that you can share the journey. We will try to pick you up and return you home following the meeting.



Norfolk & Weymouth  
Prostate Cancer Support Group

**APPEAL**  
**£15,000**

**Is Urgently Needed to support a  
CRYO-ABLATION TRIAL**

**A Big Thank You to those who have contributed so far. But we still have some way to go .....  
.....so keep it up !!**

# Special insert feature this edition ; The second National Prostate Cancer Conference Chuck Lyons (vice-chairman), Reviews this year's National Prostate Conference -



**The second National Prostate Cancer Conference** – organised by The Prostate Cancer Charity – took place in London on 3<sup>rd</sup> November. David Haines and Chuck Lyons from the committee attended, as last year. The theme of the conference was **“Forward Together – Getting the Best for Men”**

The programme comprised:

- The Real Man's Prostate Cancer Journey
- The First National Survey
- Research – Hope or Hype?
- Treatments at the Leading Edge
- Modelling Best Practice for Multidisciplinary Teams
- Getting the Best for Men
- Making Prostate Cancer a Priority on the NHS Radar
- How Can Individuals and Organisations Get the Best for Men?

## The Real Man's Prostate Cancer Journey

“Over 30,000 men are diagnosed with prostate cancer every year in the UK. This is not just a startling statistic – this is thousands of real men with real emotions and real needs. In this session two men affected by prostate cancer told their own stories”.

One of them, Graham Newman, is a 53 year old retired police officer diagnosed with prostate cancer in 2004. Because the cancer was locally advanced, a prostatectomy was not an option and he was put on hormone therapy, followed by radiotherapy. Of interest to readers of the Newsletter is that Graham has a website, with an ongoing diary charting his experiences and progress.

His website is: <http://homepage.ntlworld.com/graham.a.newman/> (please note, no “www”). Graham is a cheerful optimist – which came over in his talk – and the website reflects this.

## The First National Survey

*(editor's note: We emphasize this is a National survey and does not necessarily reflect local experience.)*

The just-released results of the Prostate Cancer Charity's survey of over 1,000 men's experiences of the NHS were discussed at length.

As with most statistics, the negative ones are the most interesting (if 20% are dissatisfied, it follows that 80% are satisfied), but readers might like to compare their own experiences with some of the results of the survey.

Findings included the following percentages of men who felt **inadequately supported by health professionals**:-

- 47% with **continence problems**

- 56% experiencing difficulties with **erections**
- 71% with **sex drive** problems
- 53% with **bowel** problems.

19% of men did not feel they had received a full explanation of the **side effects** they might experience as a result of the treatment.

## On the PSA test:-

- Only 36% of men who had asked for it said their GP **fully discussed the test**, provided written information about it and was **willing to perform it**.
- 11% of men who had asked for the test said their GP **ignored their request** the first time, so they had to return and try again.
- 40% of men had **“not enough” or “no” information** when the test was first carried out.

## On the prostate biopsy:-

- 19% of men had **“not enough” or “no” information**
- 41% of men experienced moderate to severe **pain** on biopsy, with 14% giving it a mark of 8-10, where 10 is the worst pain imaginable.

As the survey puts it, “The time of **diagnosis** signals the real start of the cancer journey – when a man knows for certain there is no turning back”:-

- 25% of men who had no one with them when told their diagnosis said they would have preferred to **have someone with them**.
- 22% said they were told of their diagnosis with little or no **sensitivity**.
- There were instances of men being given their diagnosis **over the telephone or by letter**. The compilers of the survey had not even considered this possibility, so no percentages were available.

## On treatment options:-

- 25% did not feel the hospital specialist gave the chance to **be involved** in treatment decisions during consultation

As the survey puts it, “All opportunities for **information** provision and **communication** are crucial, but it is not overstating the case to say they are most critical at the time men are told of their **diagnosis**”:-

- 43% of men did not receive **written information** about prostate cancer
- 38% did not get the

chance to speak to a **specialist nurse** about the diagnosis

- 38% were not given the number of a **charity/helpline** where they could get further information
- 34% were not given a **contact telephone number at the hospital** to use if they had concerns.

By popular demand, two eminent UK clinicians, Professor Roger Kirby and Professor Malcolm Mason, returned to provide an up-to-the-minute overview of the latest in treatment methods, identifying the emerging 'new ideas' from current clinical research and the promise they might offer".

Roger Kirby is one of the country's leading surgeons in this field, with over 1,000 radical prostatectomies "under his belt". Professor Mason is one of the country's leading clinical oncologists. They are very well informed – to be expected – as well as being the medical equivalent of Morecombe and Wise.

The key developments in surgery are the increasing use of keyhole surgery and now the advent of "surgery by robot". The latter uses the "da Vinci" robotic surgery equipment, developed in the USA, and now in three UK hospitals including Addenbrookes Hospital in Cambridge. The surgeon operates the robot, using intuitive movement of his hands (unlike with keyhole surgery) and benefits from a TV screen which affords 10 times magnification. Apart from the high cost of the robotic machine, the surgeon requires considerable training to master it – Professor Kirby candidly mentioned a recent incident (not involving himself) where the robot had dropped a needle inside a patient, with a resultant 2½ hour search to find and retrieve it. He would not be drawn on his preferred method of prostatectomy – conventional, keyhole or robotic – but the impression given was that in the future, the latter two would become much more common.

**Modelling Best Practice for Multidisciplinary Teams**  
"Multidisciplinary teams (MDTs) bring together the

range of clinical experts involved in prostate cancer treatment to co-ordinate the planning and delivery of care. They are regarded as the 'gold standard' and are expected to be in place across the UK. This session featured case studies discussed by the team from the Queen Elizabeth Hospital, Birmingham, modelling best practice".

This was a fascinating exercise where the full MDT team from the Queen Elizabeth discussed real patient cases to determine the best course of treatment. The team included an oncologist, a surgeon, a radiologist, a laboratory specialist and a specialist nurse. It demonstrated the value of pooling the specialist disciplines of the team – to the benefit of the patient. One of the patients, himself a doctor, was at the conference, and gave his own comments after the exercise.

He was impressed.



### Getting the Best for Men

"The profile of prostate cancer is rising and the cause is gaining wider attention – but that's still not enough. Public awareness remains low and there is an urgent need to improve NHS services and increase research investment". John Neate, Chief Executive of The Prostate Cancer Charity called for a co-ordinated, national campaign to improve the lives of those affected by prostate cancer.

### Making Prostate Cancer a Priority on the NHS Radar

"Although Government has started to prioritise prostate cancer, there are still many men with this disease whose experiences of the NHS are very different from other cancer patients. When will we see real improvements? Are uncertainties about screening and treatment causing Government to lack conviction in its action? Professor Mike Richards, the "Cancer Czar" (National Cancer Director), reflected on these issues and on the key question – what makes a cause register on the NHS radar?"

Apart from his talk, the importance of this section was Professor Richard's presence at the conference and his clear undertaking that prostate cancer is being taken seriously.

This was reinforced at the start of the conference, with video presentations from all three party leaders, Tony Blair, Michael Howard and Charles Kennedy, all giving support to promoting the awareness and treatment of prostate cancer.

### How Can Individuals and Organisations Get the Best for Men?

"More and more individuals and groups are working together to tackle prostate cancer and they are keen to do more. Leading figures from politics, business and the voluntary sector debated for the first time three key questions: 'Can the prostate cancer agenda be propelled more rapidly by joining forces?', 'Can narrow self-interest be set aside for the greater good?' and 'How can a powerful alliance be made to work?'

This session include two MPs, John Peace (Group Chief Executive of GUS plc), and a previous Director



### Research – Hope or Hype?

"Every day, the media publicises developments in prostate cancer research, but it is often difficult to understand whether this news is significant and what it really means. Professor Norman Maitland, a leading prostate cancer researcher, reviewed the emerging research results – in the UK and internationally – and assessed where they are leading us".

This section was interesting and encouraging – but for the future, in terms of our readers. Much of the research by Professor Maitland, his team and others in the field is focussing on identifying the rogue cells which cause prostate cancer in the first place.

### Treatments at the Leading Edge

"A highlight of last year's conference was the session on leading edge treatments.

General of the British Red Cross.

The most notable part of this session was the commitment by GUS (Argos, Experian, Burberry) to positive steps to help prostate cancer sufferers and to increase awareness. Although the GUS Charitable Trust has already donated over £200,000 to prostate cancer organisations, the main contribution is the time, skills and enthusiasm of its employees, from the CEO down. It provides an excellent model for other big companies.

GUS has been particularly active in promoting the Prostate Cancer Charter for Action, which was started in 2003 and has developed into an increasingly powerful lobbying organisation. It encourages people to lobby their own MPs, to help persuade Government to give a much higher priority to prostate cancer.

(The Prostate Cancer Charter for Action can be contacted on 020 7340 8204 or [pccharter@asbiss.com](mailto:pccharter@asbiss.com)).

## INFORMAL CONTACTS

We had useful discussions during the breaks with other support groups, especially PcaSO Prostate Cancer Network in Hampshire. This is a well established and very active group. Some of their literature and posters are very effective, and they kindly gave us permission to copy any of the "good bits" for our own literature. The group has raised a good deal of money over the years, and they gave us some good ideas in this area.

The Prostate Cancer Charity is running a Specialist Nurse Programme, with emphasis on regional development. The spoke to the coordinator of this programme – herself a Specialist Nurse – and she offered to come to Norfolk, meet with our Specialist Nurses and give a talk to our Group. We will try to organise this for early next year. We also spoke at length to the Glasgow-based Specialist Nurse, who filled us in on how the programme is developing in her area.

A key objective of the Specialist Nurse Programme is to help the NHS reach a stage where each prostate cancer patient is assigned a "personal" Specialist Nurse – as is already the case with breast cancer. This is an ambitious target, as the cost to the NHS of each Specialist Nurse is around £50,000 pa.

Finally, we had the opportunity to speak to some of The Prostate Cancer Charity publicity people, who will keep us informed of their initiatives next year in their awareness campaign – as well as providing us with quantities of their awareness literature as it becomes available.

## THE PROSTATE CANCER CHARITY LITERATURE ETC

The Prostate Cancer Charity produces a regular newsletter and a wide range of literature. Their "Tool Kit" series includes Fact Sheets on:

### Diagnosis

- How prostate cancer is diagnosed
- PSA testing

### Living with prostate cancer

- Sexuality and prostate cancer
- Continence management
- Pain management

### Treatment

- Active monitoring
- External beam radiotherapy
- Brachytherapy
- Radical prostatectomy
- Cryosurgery
- Hormone therapy
- Bicalutamide (Casodex)
- Cyproterone acetate (Cyprostat)
- Flutamide (Drogenil, Chimax)
- Goserelin (Zoladex)
- Leuprorelin acetate (Prostap SR, Prostap 3)
- A guide to clinical trials

To order copies, and/or to get on the mailing list for their newsletter, contact The Prostate Cancer Charity by:

Telephone: 020 8222 7622  
Fax: 020 8222 7639  
Email:

[literature@prostate-cancer.org.uk](mailto:literature@prostate-cancer.org.uk)  
Post: 3 Angel Walk,  
Hammersmith, London W6 9HX

(All of the above is supplied free of charge, but anyone wishing to make a charitable donation should contact the Charity).

## 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](mailto:stef.g@care4free.net)

Visit our website :  
[www.prostatesupport.org.uk](http://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 !**

**Merry Christmas and A Happy New Year to you All**

**This Edition Sponsored by:  
Broadland District Council**



# Norwich Evening News 24 November 2005

*This item appears courtesy of Chuck Lyons and the Evening News 24 website. We thought it was among the best coverage we have had so far and we have had quite a bit lately! So thanks to all involved. Little by little.....*

## I HAD TO TREK 250 MILES FOR CANCER CARE by David Bale

A man who suffers from prostate cancer had to travel 250 miles for treatment because specialist equipment was not available in Norwich.

Johnny Appel, 53, was forced to drive to Sunderland to seek expert help and today backed an appeal to raise enough money to make the treatment available at the Norfolk and Norwich University Hospital.

Mr Appel said this proves how badly the treatment is needed in Norwich.

"The journey to Sunderland was stressful and tiresome," he said.

"Obviously, I would have been more comfortable getting the treatment in Norwich. It really proves the point that it's vital to get the equipment here."

His wife Lesley, 47, added: "When Johnny had the operation here I had all my family round me. But here I was in a Sunderland hotel room, not knowing anybody at all, and in a strange city. I made light of it for Johnny's sake but it was stressful and hard."

Mr Appel was urged to travel to Sunderland Royal Hospital — one of three or four major UK hospitals

where the equipment is now available - for treatment by his consultant, Mr Edwin Ho, who works at the at the N&N.

He needed cryosurgical ablation which is used when a person can no longer have radiotherapy or chemotherapy.

Mr Appel, who runs Backs Records distribution company with Lesley, in Duke Street, Norwich, said while it was a long trek he would have gone to Australia if necessary for treatment.

As he only had surgery on November 4, it is too early to say how effective the treatment has been.

He added: "It seems to me that having experienced the other options for treatment, it just seems an easier way to deal with this problem."

Mr Appel was diagnosed with prostate cancer in 2001 and has since undergone radiotherapy and been on medication to tackle the disease.

He added: "My next stage is to get over all the operations I have had. They will keep doing tests to see what the results have been, and then I'll come off the drugs."

"We will probably not know how it's gone for another year."

The Norfolk and Waveney Prostate Cancer Support Group needs £15,000, with the view to purchasing essential equipment once agreement with the N&N to proceed with Cryosurgical ablation for prostate cancer is reached. This is a state of the art treatment for those with early and recurrent localised prostate cancer where further radiotherapy or surgery is not an option.

The support group, which has already raised about

£7,000, has been desperately trying to raise awareness of the condition since it emerged that more than 400 men will be diagnosed with prostate cancer in the next year.

Early discussions are underway with the hospital and once an agreement is reached, the N&N will then confirm its position on this state of the art treatment. Mr Ho would ideally like support funding in place prior to agreement from the hospital.

Prostate cancer affects almost as many people as breast cancer but many men are unaware of it and consequently not enough of them are being tested.

This new treatment works using three-dimensional computer controlled ultrasound targeting of the prostate. Gases achieve cyclical freezing and thawing of the prostate and this destroys the prostate cancer.

David Haines, a cancer sufferer and chairman of the support group, said: "Mr Appel's story really adds emphasis to all we have been saying during the past two years, and underlines how important this treatment is as an essential addition to the armamentarium of the urological surgeon, and why it is so necessary to have it available in this region."

The group's next public meeting is in the Lecture Theatre of the N&N on Monday, December 5 from 7-9pm.

For more information contact Mr Haines on (01603) 881213.



Published by:  
Norfolk & Waveney  
Prostate Cancer  
Support Group

Patron: Martin Gell OBE  
[www.prostatesupport.org.uk](http://www.prostatesupport.org.uk)

Registered Charity No. 1108384



**Next Meeting**  
**Monday 6th February 2006 , East Atrium NNUH**  
**7 - 9 pm**  
**"Any Questions"**

A panel of experts, yet to be confirmed, will field questions from the floor in the time honoured tradition. So please come prepared!

Any topic relevant to our experience will be welcome. If you did not get a chance at previous meetings to ask a question now is the opportunity. To help structure the session and ensure you get your chance please let us know in advance if you would like to raise a point. First come first served! That we can make sure we can answer your questions that matter.

Contact Stan Thompson on 01603 713463

**Fundraising & other initiatives -  
 latest news -**

**• Cryo-ablation  
 £15000 Appeal**

We have reached the half way mark in this our first specific targeted campaign. A sincere thank you to everyone concerned. A variety of events have been taking place and some entertaining times were had by all who took part.

Particular thanks go to  
 once again to

the "Professionals" as **Project 2001** raise £1400 in their **Race Night** which was officiated by the **Thurton Players**.

Ray and Vera Allen raised £262 in their **Hingham**

**Garage Sale.**

Sophie and Sharron Ganther raised £140 in their **Quiz night at the King's Head**.

Many donations have also been received and we thank everyone. Every little helps and hopefully the campaign will result in a successful outcome.

As a result of the **Race night** and further efforts the ladies from **Project 2001** will be presenting a **£2000** cheque to the group at tonight's meeting.

**• Publicity  
 Campaign**

You may recall that we

reported in the last newsletter about **South Norfolk District Council's** offer to help with an awareness campaign. There is nothing to add in detail other than a request to any member who may have experience in this field to contact us. We would welcome some help in progressing this project. Contact the editor. Next year in 2006, **The Prostate Cancer Charity**, is launching a nationwide campaign to raise awareness of the disease. "**Real Men Know All About It**" So watch out for more information at coming meetings.

**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](http://www.thebigcappeal.co.uk)

**The Evening News**  
[www.en24.co.uk](http://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](mailto:info@prostate-cancer.org.uk)  
 website:  
[www.prostate-cancer.org.uk](http://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, factsheets website and CD-ROM.  
 3 Bath Place, Rivington Street, London EC2A 3JR  
 Freephone 0800 800 1234  
 Fax 020 7696 9002

**Laptop is presented to the Nurses by Project 2001;**

At the last open meeting the Ladies from Project 2001 made the formal presentation of the laptop computer used by the Specialist Nurses.



Left to Right: Gloria Rust-Andrews, Liz Olorens, Pam Coldham, Sallie Jermy NNUH, Claire Fullalove NNUH and Doris Waymark (Chairlady)



## A Big Thank You .....

The following donations have been received since our last newsletter;

- See separate list under Cryo-Ablation Appeal (inside back page).
- £100 from James Tyler
- £10 from Allen Fullerwhich
- £20 from B M Briggs - no covering letter so no address
- £15 from Mr John Heseltine - acknowledged
- £25 from Margaret Cable - again no covering letter
- £50 from Mr & Mrs M Hodgkinson - "
- £250 from Brian Johnson
- £5 from an anonymous donor
- £1,000 from Bernard Matthews

### **Travel Insurance Update**

Readers will know we have run this information before and will repeat in the next few issues, as some of you may be planning trips.

Claire has passed on details she recently received...

*"One of my patients has given me the details of an insurance company that provides travel insurance that doesn't break the bank!!"*

**Mancroft Insurance Services** - telephone no.; 01603 617755, 616050, 664370

If anyone else has knowledge of other useful services please let us know so we can share this invaluable information.

## 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  
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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

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**Broadland District Council**

## Dates for your Diary

24th Dec 3days

**Christmas Festival.** Just in case you hadn't noticed.



Happy New Year 2006

6th Feb 7pm

**Open meeting NNUH**

Any Questions, a panel of experts (and support group) will take questions from the floor. See separate notice.

**NOTE : See next issue for a programme of events for 2006.**

**The Editor, wishes All Newsletter readers, A Merry Christmas and hope that they enjoy the festivities as much as possible - and beyond !!**

**MERRY CHRISTMAS & A HAPPY NEW YEAR**