

Norfolk & Waveney

Prostate Cancer Support Group

Issue No. 8 Registered Charity No. 1108384 6th Feb 2006

Prostate Cancer Awareness week 20-26th March

"Real Men Know All About It"

National campaign - The Prostate Cancer Charity

www.prostate-cancer.org.uk

"Prostate Cancer Awareness Week

is an annual health awareness campaign organised by the Prostate Cancer Charity. This year it runs from 20 - 26 March.

It aims to raise the profile of prostate cancer among the general public and in the media. Hundreds of individuals and groups

across the UK join forces to help raise awareness of prostate cancer and raise vital funds to improve research, information and support services for men and their families who are affected by the disease.

2006 marks the 10th Anniversary of the Prostate Cancer Charity and we encourage all our supporters to join us and make this Prostate Cancer Awareness Week the

biggest and most successful ever." courtesy-The Prostate cancer charity.

The committee of our support group, as a partner organisation, encourage all members to actively participate in this national event in whatever way we can.

**Let's make it the
"most**

Dear Editor.....

The Editor,
Newsletter
Norfolk & Waveney Prostate Cancer Support Group

Dear Stefan,

I have learned of your Group's efforts to widen Awareness of Prostate Cancer among men at risk in Norfolk.

This initiative is to be applauded together with your active programme to raise funds to support Cryo-Ablation treatment in Norfolk & East Anglia.

The need for an effective screening programme in this country is long overdue and resources must be found to deal with this. The involvement of groups like yours will add considerable weight to this campaign and help to get the message across. Namely, Government and Health Authorities should give Prostate Cancer the same level of support and research that Breast Cancer currently enjoys.

Congratulations on your efforts to improve support for Prostate Cancer patients and their families in your area.

May I wish you every success in your endeavours.

Yours sincerely,

Sir Stirling Moss OBE

Our chairman will be replying on our behalf.

It is nice to know that one's efforts are recognised, we are not alone. Far from it and more and more are slowly becoming aware. All the more reason to maintain the momentum and the Awareness Week is an opportunity for us all to contribute. Goode Luck and best wishes to you all...

Stefan Ganther.....editor

Published by:
Norfolk & Waveney
Prostate Cancer
Support Group

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

Registered Charity No. 1108384

In this issue:

- **Real Men Know All About It - The Prostate Cancer Charity's National campaign is featured extensively in this issue**
- **Included in this edition - an order form for various fundraising / awareness packs**
- **A Big Thank You**
- **Dear Editor**
- **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

Prostate Cancer Awareness Week

Why raise awareness of Prostate Cancer? -

Prostate cancer is now the most common male cancer in the UK. Every year, over 30,000 men are diagnosed with prostate cancer and 10,000 men die from it -

Yet, despite these alarming statistics, 90 per cent of adults in the UK do not know what the prostate gland does and the crucial role it plays in a man's sexual function.

It's important that men of all ages aware of their prostate.

- Where is the prostate?
- What does it do?
- What happens when things go wrong?
- And importantly, where to turn for information and support?

Finding out about prostate cancer early could improve a man's chance of finding a successful treatment.

Who needs to know about prostate cancer?

All men need to be Real Men and know about prostate cancer and take a greater interest in their general health. Prostate cancer is the most common form of cancer in men - finding out about it could

save your life.

The risk of getting prostate cancer gets higher as you get older. Most men are diagnosed over the age of 50, but it can affect men from the age of about 40. (*Yours truly was himself diagnosed at 47.*) You are two and a half times more likely to get prostate cancer if your father, brother or son has been diagnosed. The risk is also higher if you are of African / Caribbean background.

However, prostate cancer does not just affect men!

It also affects their friends and family.

During Prostate Cancer Awareness Week it's important that information about the disease reaches as many people as possible, so that we can all help our fathers, grandfathers, uncles, brothers and sons, husbands and partners know about it.

Raise Awareness

It's important for all Real Men to know about prostate cancer. And we rely on supporters like you to help. One of the best and most effective ways to raise awareness of prostate cancer is to start in your local community or workplace. Think about places where men are likely to be and ask for help from your friends or colleagues

to distribute information. Examples of how you could reach people in your local area:

◇ **At your workplace**

Ask your employer if you can display **posters** around your office / in the loos and give an **information leaflet** and **drinks mat** to your colleagues. If you have a workplace canteen, ask if they can use the drinks mat and display the posters. You could also consider setting up a display in your foyer or reception with posters and leaflets, so colleagues and visitors know it's Awareness Week.

◇ **In your local area**

Ask your local shops or services if they could display a **poster** and give an **information leaflet** and **drinks mat** to customers during Awareness Week. e.g. at the barber shop, sports shop, snooker hall, betting shop, gym, DIY store, petrol station or garage, railway and bus stations, swimming pool and leisure centre, supermarket or off-license - any place you think men may be.

If these places have a cafe / bar / eating or drinking area, ask if they could display a poster and use the drinks mat to increase prostate awareness. e.g. take-away shop, pub, football or rugby ground.

◇ **Local groups or clubs you are involved with**

Could your local group or club (e.g. golf, working men's club, gym, Rotary, Lions, Freemasons) help to raise awareness by organising an activity, such

as a quiz, during Prostate Cancer Awareness Week? You could ask your club to include an information leaflet with the next mail out or newsletter, or display the **posters, drinks mats and information leaflets** at your next meeting.

Raise Vital Funds

Organise a fundraising event - a few ideas;

A fundraising event is a great way to get your colleagues, family and friends involved while having fun and spreading awareness of prostate cancer. It doesn't have to be time-consuming or hard to arrange. Here are some ideas you might like to try:

• **Real Man Quiz**

Why not organise a Real Man Quiz during lunchtime at your work, or at your local pub quiz night? We can provide general knowledge and prostate-related questions to help you get started. Raise funds by charging a team entry fee or ask for donations from participants. You can use the Awareness Week drinks mats to raise the profile of prostate cancer and give your friends a chance to win great prizes!

• **Moustache / sideburn Growing contest**

The ultimate Real Man challenge for you and your friends! Choose a day when participants have to be clean-shaven, and during Awareness Week, ask a panel of judges to decide who has the best growth!

ek - How You Can Help

Raise funds by asking participants to get sponsorship for their "hair-raising" efforts. It is guaranteed to be great fun and get everyone talking about prostate cancer in the lead up to Awareness Week.

• Blue for the Boys

People wear pink for breast cancer, so why not hold a "Blue for the Boys" day in aid of Prostate Cancer? Choose a day during Awareness Week and ask colleagues / friends to wear blue and donate to the cause. You could also sell blue wristbands. It's a simple way for everyone to get involved and show their support.

• Who wears the pants?

Say "pants to prostate cancer" by running your own "Who wears the Pants?" competition! Ask male colleagues / friends to submit a photo of their best pair of pants (novelty boxer shorts score extra points!). People can then make a donation for each guess - who belongs to each pair of pants?

• Race for your prostate

A great fundraising idea for sporty supporters - organise your own exercise bike or rowing race at your local gym. Raise money by charging an entry fee, or ask each participant to get sponsorship from family and friends for each mile they cover.

• Peeball Challenge

Peeball is a fun game to play with your friends to raise awareness of the symptoms of prostate cancer. Organise a Peeball Challenge with a paddling

pool and water pistols (so the girls can join the fun too!) - take aim and attempt to destroy the Peeball in the shortest possible time. A hilarious game to play with your friends and guaranteed to teach them a thing or two about their prostates!

What products are available for Awareness Week?

(The range of products and resources referred to in this article are only available from the Prostate Cancer Charity. Although we hope to have some items available at our next open meeting, this is subject to availability but orders placed quickly are expected by 6th March. An order sheet with details is attached with this copy of the newsletter.)

Drinks Mats

Not just for pubs or bars! The drinks mats are suitable for all locations, for example, your workplace canteen, local cafe, or even hand them out to family and friends.

The drinks mats feature a fun "Real Man Test" - text your answers to the quiz and you could win some great prizes - all while learning more about prostate cancer.

Leaflets

The key facts you need to know about prostate cancer in a handy credit card size leaflet - perfect for keeping in your wallet. Give them to colleagues, friends and family - anyone you think should "know about it".

Posters

Special A3 sized Real Man

posters have been designed to catch the attention of all men and help them learn more about prostate cancer. These posters can be used in hundreds of places - put them on loo doors at your workplace, in your local pub or club, at the bus or train station or in your local supermarket. Don't forget to have a supply of drinks mats nearby and encourage people to enter the Real Man competition and hand out prostate cancer leaflets for information.

Wristbands

These are the latest fashion "must-have" and are a great way to raise awareness of prostate cancer. The light blue "Know About It" wristbands cost £1:00 each plus p&p with 41p from each sale being donated to The Prostate Cancer Charity.

Peeballs

Peeball is fun, innovative, award winning game which provides a unique platform to raise awareness about the symptoms of prostate cancer. They cost £1:00 each plus p&p with 57p from every peeball sold going directly to the charity.

T-Shirts

If you're fundraising on behalf of the campaign, or just feel like wandering around looking stylish, then the Prostate Cancer Charity T-Shirt is the one for you! £6:00 plus p&p.

Collection boxes

Cardboard collection boxes are available for all supporters wishing to fundraise on behalf of The Prostate Cancer Charity. *(Extracted from The Prostate Cancer Charity Campaign literature)*

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, factsheets 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

A Big Thank You

The following donations have been received since our last newsletter;

	£.
• Mr D Mallett	15.00
• Mr G Colman	5.00
• Mr J O Burgess	25.00
• Anon.	50.00
• Anon	50.00
• Mr I R Cremer	20.00
• Maurice Reed	20.00
• Mr D J Bailey	50.00
• Mr P Haigh	50.00
• Edward Hare Associates	250.00
• Gordon Brighton	100.00
• Mrs Ives-Keeler	30.00
• Mrs R Sharp	20.00
• Sir John Fitzpatrick	100.00
• Mr Sheward	200.00
• Mrs Yallop	10.00
• Mr E Wright	250.00
• Mrs Josey	10.00
• Bowers Chapter, Norwich	50.00
• Mr&Mrs R Mason	50.00
• Mr&Mrs Harvey (Gough Assoc)	197.30
• Mr&Mrs Ray Allen	75.00
• Joy Wolton's Xmas mtg. Raffle	100.00

Once again thank you for your generosity and continuing support. We are making great progress and are on target with our Appeal and will let you know in the next issue of the outcome, - which

Dear Member...

We are now approaching our second AGM. The rapid development of the group led by the Chairman David Haines has seen the Norfolk and Waveney Support Group become an established participant and voice for the local membership not only on a local but also national stage. We owe David and his team an immense amount of gratitude.

However it must be remembered that the committee like you are patients and partners, equally affected by the problems of prostate cancer. Having served two years in post a number of the committee have registered a desire to take a break from the full committee responsibilities and we therefore make this appeal to our membership to consider coming on board and continuing the fantastic job done so far. If you think you have some free time and are concerned about prostate cancer and would like to help others please give the chairman a call for an informal chat about what

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

Printed by:

Waveney District Council

Dates for your Diary

6th Feb 7pm	Open Meeting NNUH - "Any Questions" A panel of experts, will field questions from the floor in the time honoured tradition.
6th Mar 7pm	Committee meeting NNUH.
20-26 Mar	National Prostate Cancer Awareness Week. Watch out for events and broadcasts throughout the week.
10th Apr 7pm	Open meeting NNUH 2nd Annual General Meeting. This is expected to take no more than 30 minutes and will follow the usual lecture, (details unavailable) followed by tea and coffee and an opportunity for informal chat.

NOTE

If you are planning any fundraising activities or want to publicise an event you think may be of interest to members, do not hesitate in letting the editor know and we will be only too pleased to include it in our diary.



PROSTATE CANCER AWARENESS WEEK

20-26 March 2006

Real Men Know All About It



- ORDER FORM -

Mr/Mrs/Dr First Name Surname

Position Organisation

Address

Postcode

Telephone Email

Please tick whether you will be raising awareness and / or fundraising

To order a **Prostate Cancer Awareness Week Pack**, please tick this box

The pack is **FREE** and contains:
- 2 x A3 size Real Man posters
- 50 x credit card sized information leaflets
- 100 x drinks mat (featuring the Real Man text competition)

To find out more detail about these items, please refer to the section on "What Products are Available for Prostate Cancer Awareness Week?" in the enclosed fact sheet.

If you would like a larger quantity of a particular item, please contact Vanessa Cripps on 020 8222 7622 or vanessa.cripps@prostate-cancer.org.uk. We receive many requests for materials and our resources are very limited. Please only request items you know you will use and we will try to meet your request where possible.

If you would like to order fundraising items, please use the next page.

Why would you like to support Prostate Cancer Awareness Week 2006?

(e.g. have you / a family member / friend been affected by prostate cancer? Are you health care professional who works with men with prostate cancer?)

.....
.....

It would be useful to know *how* the Prostate Cancer Awareness Week posters / drinks mats / leaflets you've requested will be used and *who* they will be reaching.

Please tell us what activities you are planning during Prostate Cancer Awareness Week:

.....
.....
.....
.....

The media are often interested in local activities organised by supporters during Awareness Week.

Are you happy for us to contact you if there is an enquiry from your area? If yes, please tick this box

As requests can be urgent, please provide a mobile number for us to contact you

PLEASE SEE OVER

