

Norfolk & Waveney

Prostate Cancer Support Group

Issue No. 9 Registered Charity No. 1108384 10th Apr 2006

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Norfolk & Waveney
Prostate Cancer
Support Group

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

Registered Charity No. 1108384

**Dear Reader,
Welcome to ...**

This our second AGM. We now embark on our third year of activities. We welcome new committee members who have responded to our appeals to get more involved. There is always room for more and we still encourage others to

come forward to ensure continuity and fresh enthusiasm for the ever increasing demands of our group. The unfortunate fact is that prostate cancer is now the largest single man killer in the UK. This only serves as an indicator of the increasing need for groups like ours to offer support, provide information and

increase awareness of the disease and its consequences.

On behalf of the committee
**thank you all for
your continuing
support.**

Editor

In this issue:

- **AGM Agenda**
- **BigC Centre to open in May**
- **Cryo-Ablation Appeal Target reached**
- **Macmillan financial advice**
- **Insurance details**
- **A Tribute to Ken Jones - Founder member**
- **Spare time?**
- **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

NORFOLK & WAVENEY

PROSTATE CANCER SUPPORT GROUP

Registered Charity No: 1108384

Patron: Martin Bell O.B.E.

2nd ANNUAL GENERAL MEETING 10TH APRIL 2006

AGENDA

1. **Welcome**
2. **Minutes of last A.G.M.**
3. **Matters Arising**
4. **Chairman's Annual Report**
5. **Treasurer's Report**
6. **Future Programme and Activity**
7. **Vote of Thanks to Retiring Committee Members**
8. **Committee 2006-2007 – Nominations**
9. **Election of Committee and Officers: 2006-2007**
10. **Request for Volunteers**
11. **Any Other Business**
12. **Date for next AGM**

Update on recent news items.....

12th November 2005



The Big C Family Cancer Information & Support Centre is opening this May!

Readers will recall in our Newsletter No. 7 we featured a letter from BIG C Chief Executive, Alison Lanchester. We await news on detailed arrangements but of course the appeal for volunteers stands and for those who may not have a copy of No. 7 they are as follows:

Please contact Wendy Marchant on 01603 287048. or write to; Cancer Information Centre, NNUH Colney Lane, Norwich NR4 7UY. You should also visit the BIGC website and see the "Wish List" appeal to furnish the centre. Help is always needed and the fundraising continues..... www.thebigcappeal.co.uk/wishlist.php

The group is donating a fridge for the centre from the list.



CRYO-ABLATION TRIAL £15,000 APPEAL

"£15,000 target reached in five months!"

Thanks to a fantastic response from the people of Norfolk, we have secured the support costs required for the proposed Cryo-Ablation trial, and are now in discussion on the next stage of this vital project. Remaining donations will be allocated to our ongoing activities for the benefit of Prostate Cancer patients and their families.

We now have had written confirmation that we have been awarded an £8,000 grant by the Prostate Research Campaign (U.K.) in London, for research into the post-treatment aspects of the trial.

Well done to everyone who contributed in any way to this Appeal. We look forward to further news on the proposals. A crucial meeting is to take place in mid April. We will let you know in the next issue on the outcome.

Thank you again.



"Awareness Week"

Following our BBC Radio Norfolk phone-ins this week, manned by Dr Rob Colebrook, Uro surgeon Stewart Irving, and David Haines, and also the Radio Broadland broadcast, we have received over 40 enquiries so far, together with a continuing stream of donations. Our thanks also to South Norfolk Council for printing and distributing our Awareness Notices and the

Evening News for their feature coverage. A special thank you toand nurses and staff on Edgefield ward for their Wristband sales.

Many thanks to all concerned.

what did you do?

We would love to hear your stories of what you got up to...share it with us!



Reminders.....

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.

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."

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

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

Travel Insurance Update

Courtesy of the Torbay Prostate Support Association, Reg. Ch. No. 1095731

- J&M Insurance : 020 7446 7654 restrictions unknown
- ABC Insurance : 0800 171 000 doctor says your fit to travel
- Worldwide Travel Ins. : 01892 833338 as long as treatment was not within 6 months
- RIAS Travel : 0800 552 100 exclusively for those over 50.

A Tribute to Ken Jones



**Founder
member
N&WPCSupportGroup.**

Ken, who died on 24th February, after a long illness, was a founder member of the Norfolk & Waveney Prostate Cancer Support Group, and took a keen interest in developing our aims and activities as a Charity for Norfolk.

Ken was born in 1935 in Norwich, and was brought up in Flordon, where he spent a happy childhood. After serving in the RAF, he and Pat were married in 1960, and Ken served for a time in the Prison Service in Yorkshire. Later, returning to his native Norfolk, he worked as a carpenter/joiner, subsequently becoming an instructor/lecturer at Norwich City College. Always busy, Ken did not relax after retirement. He and Pat bought a rundown

farm in Bramerton, which they renovated, and built up a flock of rare Jacob's sheep, something they had not attempted before.

Those who knew him well, and others whose path he crossed, will remember his tireless enthusiasm, his willingness to help others, and his high standards of craftsmanship. His hands could perform wonders with wood.

As a teacher and lecturer he was always able to find the best in people, and helped many to better themselves.

His interests were wide, above all his love for his family and grandchildren, his interest in country and gospel music, and his pleasure in attending auctions and finding a bargain. His favourite pastime was visiting the National Parks in his caravan, particularly the Lake District. A few months ago, he and Pat drove to Devon with the caravan, despite his failing health, he

did not give up, and completed a journey that few others in his condition would have attempted.

Ken was a quiet man, full of energy and boundless enthusiasm. He took a great interest in the formation and running of our Group, and served as a Committee member throughout his illness, giving us his full support. On one recent occasion leaving his hospital bed to come and make the tea at our meeting, a task he and Pat had performed voluntarily since our formation. He always had a smile, and bore his illness with fortitude. He was an example to us all to make the most of every day. A few days before his death, Ken decided typically to complete the restoration of an antique gramophone, which he gave to his son Graham.

Our sympathy goes to Pat and the family. A gentle and kindly man who will be sadly missed by us all.
David Haines □

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

What do you do in your spare time....?

In his "spare time" group secretary, Stan Thompson, is busy enough raising funds for other needy causes.

(following extract courtesy of EEN)

"The Waveney branch of The Independent Order of Foresters has handed over a large donation to Quidenham Children's Hospice.

Stan Thompson, past president of the branch, and Marion Ridgley, past charity co-ordinator for the branch, handed over a cheque for £4,537 to David Went, community fundraiser for East Anglia's Children's Hospices (EACH), who is based at the Quidenham Hospice in South Norfolk. The presentation of the



money raised by branch members, is pictured above. EACH not only looks after the hospice at Quidenham, but also those at Ipswich and Milton in Cambridgeshire. Many families have been helped by the charity; last year the three hospices helped 350 youngsters, their parents and siblings.

It costs more than £4.5 million a year to run the hospices and with EACH's big Lottery Fund grant coming to an end, the charity is keen to have as much support from the community as possible." We are happy to publicise worthy causes that you may also be involved with. More and more rely on public generosity ...unfortunately. □

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;

Theatre Royal Norwich, Patrons:	£1339.00
N&N University Hospital (CharFund)	£ 197.00
Mr William Lindsay	£ 50.00
FFS Ladies Festival	£ 250.00
Mr A Brickley	£ 30.00
Mr Trowse	£ 100.00
Mr K Holt	£1,000.00
Mr & Mrs Betts	£ 20.00
Mr & Mrs Hale	£ 50.00
Mr & Mrs Perfitt	£ 20.00
Mr M Hodgkinson	£1,000.00
In memory of Mr J Ellis	£ 315.00
Alfred & Oliver Brickley	£ 300.00
SMILE Club, Eindhoven, Holland	£ 300.00
Ray & Vera Allen	£ 300.00
Hoveton Country Dancers	£ 40.00
Mrs H Downes in memory of Michael	£ 675.00
Donations at Meeting 6.2.06	£ 116.00
Prostate Research Campaign UK	£8,000.00
Mr P. Haigh	£ 55.00
Mr J Cooper	£ 30.00
Mr Brian Larkman	£ 10.00
Mrs Rocher In memory of Mr Rocher	£ 10.00
Mr Frank Askham	£ 500.00
Mr W J Aspin	£ 25.00
Mr G G Tate	£ 20.00
Mr & Mrs Higgins	£ 50.00
Project 2001 Ladies	£1,000.00
Mr P F Mitchell:	£ 100.00
Mr T S Barnes	£ 100.00

We have now reached and greatly exceeded our £15,000 target in a little over four months since our Cryo-Ablation Support Appeal was launched. Our heartfelt thanks to all our donors and supporters whose tremendous generosity has made this possible, too many to name individually. We can now move forward to the next stage of the project.

With your agreement, surplus Appeal funds will be allocated to our ongoing activities for the benefit of Prostate Cancer patients and their families, for which the demand is growing.

Thank you from the Chairman and Committee.

Dear Reader, are you concerned about DIET?

A topic that we have touched on in the past - you may recall a recipe for

PSA Soup - did you try it ?

I know of at least one brave soul who has tried it in our group. How did you get on ?

We want to know your experiences with diet?

There is a wide variety of opinion on the subject and we want to know your thoughts and practices if you have any?

We plan to feature diet in a future issue and we would appreciate any stories or experiences you have had. Is it a topic that you would want to know more about?

It is something that certainly interests the editor as he shares the view that to a large extent, "you are what you eat..etc"!

Although clearly, a healthy diet is an obvious approach to take, we would all be prepared to make changes if the evidence identified real benefits?

Write to *the editor* - address on your right.



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

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Waveney District Council

Dates for your Diary

Mon 10 Apr	7pm	Open meeting NNUH and 2nd AGM. Guest speaker Liz O'Connor Dietician with a special interest in oncology. (see above). Refreshments as usual after the lecture.
Thu 4 May		Big C Family Cancer Support Centre opens at NNUH
Mon 8 May	7pm	Committee meeting NNUH.
Fri 12 May		Project 2001 Musical evening at Oxnead Mill Held in a private venue in a beautiful setting, not to be missed! All welcome . Ticket price TBA.

Please note the change of day and venue for the next open meeting.