

Norfolk & Waveney
Prostate Cancer Support Group
NEWSLETTER

Issue No 13

December 2006

Year End Message from our Chairman

Dear Friends,

Another year has flown by, and again we have seen steady growth in our activities and in the interest and support given to the Group from across the Community.

Our Awareness campaign continues, with support from the local Press and the BBC. A total of nearly 900 people have attended our meetings and talks, given by invited speakers and Committee members, and our website has recorded over 1400 hits. We have answered over 70 calls for information and help, and printed a further 5,000 information leaflets for distribution across the County.

We are pleased to announce that the Cryo-Ablation Trial at the NNUH will be treating its first patients this month, and we wish Edwin Ho and Rob Mills every success in developing this therapy, which can offer such hope and an improved quality of life to many eligible patients. Our thanks are due to all those who supported our appeal to raise funding for this programme, which has realised over £23,000 in total.



We are also working to expand and improve our contact and support network, and expect to have this in place in the New Year. Meanwhile, please contact any of our Committee members if you need help, and we will do our best. We are working closely with Big C and the new Family Cancer Centre at NNUH, where a wide range of services is available to Prostate Cancer patients and their carers.

Thanks to Martin and Joy Wolton, Stef and Sharon Ganther, Geoff and Margaret Riches, and Ray and Vera Allen – all founder Committee members – for their hard work. Sadly, all have stood down for various reasons. We wish them well, and also Stan Thompson, who has retired as our first Secretary, but remains on the Committee. Thanks as well to our five specialist Nurses, and our volunteer Tea Ladies, Nancy and Yvonne.

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We welcomed Mike Smith as our Treasurer, Anthony Smith as our Secretary and David Wiseman as our Membership Secretary – all of whom have brought renewed impetus to the Group. Thanks are also due to Chuck Lyons (our Vice-Chairman) who took on the Editor's task for the Newsletter. We also remember Ken Jones, and extend our thoughts and best wishes to his wife Pat and family, and to all those in the Group who have lost a husband, father or wife this year.

We need to fill several vacancies on the Committee, and invite those with a few hours to spare to please contact any Committee Member for a chat and more information. My own three years as Chairman will end in April and, due to family reasons, I shall not be seeking re-election, but will continue to offer support. We would like to appoint a Publicity Officer/Librarian – and also a Social/Welfare Secretary to develop a social side to the Group, as has been done in the Ipswich Support Group and others.

The NHS is grappling with some severe policy and financial problems at present, both nationally and locally, and we will keep a watching brief on behalf of the Group. However, the treatment we as patients have received in Norfolk continues to be amongst the best available in the country, despite these difficulties, and we are grateful for the dedication of the medical staff at both the NNUH and the JPH.

On behalf of the Committee, my Best Wishes to you all for Christmas and the coming Year,

David Haines

Gift Aid

Last year we recovered over £1500 from the Inland Revenue via Gift Aid.

Those who pay UK Income Tax, (or Corporation Tax), and who have given donations to the Group, are urged to complete a Gift Aid form, if they have not already done so – available from the Treasurer, Mike Smith (01508 493323).

This will increase the value of your donation to us by 22%. Thank you.

Best Wishes

We send our best wishes to Ray Allen with his new course of treatment.

After serving on the Committee, Ray and Vera continue their sterling support and will be holding yet another Car Boot Sale on Saturday 9th December (see Dates for your Diary).

Our best wishes also to Kenny Eaglen of our Group, following his recent loss.

Continued Support from BBC Radio Norfolk

While our Chairman, David Haines, is now an old hand at radio programmes, it was with some trepidation that your Editor joined Krishna Sethia, Consultant Urologist at the NNUH, and Hannah Chroston, Fundraising Officer at Big C, on the Tony Mallion Show at BBC Radio Norfolk on 13th November for a phone-in on Prostate Cancer.

Tony quickly put us all at our ease, and we were impressed with the serious research he had put in prior to the broadcast.

The high-tech studio in The Forum handled the calls very efficiently, and all three of us were able to answer appropriate questions from the audience.

These were interspersed with Tony's own questions to each of us, thanks to which I felt we were able to "spread the word" most effectively. My best contribution was simply to talk about my own experience, and warn of the dangers of not taking action (i.e. not visiting your GP) before it is too late.

Krishna Sethia explained some complicated medical issues with helpful clarity; and Hannah Chroston took the opportunity to remind us of the major research into cures for Prostate Cancer being conducted here in Norfolk.

Hannah is to be congratulated on giving our Group at least six "plugs", each time pronouncing "Norfolk and Waveney Prostate Cancer Support Group" most fluently!

Hasty union built to last

A COUPLE who only had a few hours to re-arrange their wedding date have celebrated 50 years together.

The golden wedding celebrations for David and Faith Spindler, of Merrifield Road, Lowestoft, brought back memories of their hastily arranged ceremony in 1956.

The couple had been busy planning for their wedding later in the year when Mr Spindler, who was in the army, was told he was about to be sent to the Middle East following the crisis at Suez and only had a 48-hour pass before he left this country.

"We wanted to be married before David left and managed to get everything organised in time," recalled Mrs Spindler.

The couple only learned of Mr Spindler's posting on a Friday but with the co-operation of the parish

priest at the Catholic Church in Gordon Road, Lowestoft, the ceremony went ahead two days later.

The couple also had to part on their wedding night as Mr Spindler left to join his regiment.

Fifty years later the couple's friends and family, including their two children, three grandchildren and three great-grandchildren, gathered at the Rookery Park Golf Club to celebrate.

Before retiring Mr Spindler worked in the Lowestoft area at the television factory, Birds Eye and Shell UK.

Mrs Spindler worked at the town's Woolworths and Marks and Spencer stores.

Instead of presents the couple asked family and friends to make donations to the Norfolk and Waveney Prostrate Cancer Support Group and so far £775 has been raised.



GOLDEN COUPLE: David and Faith Spindler are celebrating 50 years of marriage.

This article from David and Faith Spindler's local paper shows what an imaginative idea they had to use their special celebration to raise funds for our Support Group. The total raised was £805, a great achievement.



David and Faith want to thank their family and friends for their generous donations – in place of any gifts.

They particularly want to thank their wonderful children, Elaine and Glen, for arranging the lovely party at the Rookery Park Golf Club.

And here is the happy couple 50 years ago!

A Big Thank You

The following donations have been received since our last newsletter:

	£
Mr & Mrs A W Foster, in thanks for support given to Mr Foster	1,000.00
Mr & Mrs Spindler, in celebration of their Golden Wedding	805.00
Ray and Vera Allen (Proceeds of Car Boot Sale)	516.47
Easton Bowls Club	450.00
Mrs Margaret Cawte	100.00
Michael Bray, in thanks for support given to his brother-in-law	50.00
Mr & Mrs Williams	50.00
Fast Forward Research Ltd	50.00
Mr & Mrs Parker	10.00
Mr B Greengrass	10.00
Mrs Pat Jones	5.00
Open Meeting Donations 4th October	30.86



Presentation of cheque for £450 to Mick Mills, of our Support Group Committee, by Leslie Kidd, Chairman of the Easton Bowls Club.

Dates for your Diary

*Saturday, 9 December –
8am - 2pm*

Ray & Vera's Car Boot Sale, KW Eaglen's Yard, Seamore Road, Hingham.
Pitch Fee £4. 01953
850863.

Monday, 8 January – 7-9pm
Support Group Committee Meeting, NNUH.

Monday, 5 February – 7pm
Open Meeting, East Atrium, NNUH
Speaker to be advised.

Monday, 5 March – 7-9pm
Support Group Committee Meeting, NNUH.

Monday, 16 April – 7pm
Open Meeting & AGM, East Atrium, NNUH
Speaker to be advised.

National Prostate Cancer Conference – Report

Full report in the next issue on a most interesting conference in November – sorry for the delay, but Editor moving house this week. Normal service resumes in February!

How to Contact Us

■ Write to:

Norfolk & Waveney Prostate Cancer Support Group,
c/o Urology Department,
Norfolk and Norwich University Hospital,
Colney Lane, Norwich, NR4 7FP

■ Telephone the Specialist Nurses:

Sallie, Claire or Wendy,
Specialist Uro-oncology Nurses,
Norfolk and Norwich University Hospital
01603 289845

Angie or Wendy,

Specialist Uro-oncology Nurses,
James Paget Hospital
01493 453510

■ Committee / Help:

01603 713463,
01603 881213
or 01328 862927

■ E-mail us:

Chairman – David Haines
david.haines2@btopenworld.com

■ Letters to the Editor: Chuck Lyons,

71 Norwich Road, Fakenham, NR21 8HH
charleswlyons@aol.com

■ Visit our website:

www.prostatesupport.org.uk