

Norfolk & Waveney
Prostate Cancer Support Group
NEWSLETTER

Issue No 19

December 2007

A Seasonal Word from our Chairman

Dear Friends, it is that time of year again, when we pause to reflect and remember.

Our Group has continued with its aims to improve *Awareness* and provide *Information*, and has been able to offer *Support* in many ways. We have been instrumental in offering financial support to the Uro-oncology team at the Norfolk & Norwich University Hospital under Mr Edwin Ho, in enabling eight patients this year with serious recurrent Prostate Cancer to be given Cryo-Ablation therapy under this trial. With your help we have so far given £34,000 of the £50,000 needed to provide the support costs of the programme, which we hope will be completed in the New Year. Our hope is that following the encouraging results we have seen so far, we can persuade the NHS to introduce and fund this NICE approved treatment here as a permanent option, and become the only Hospital in the Eastern Region to offer it.

We have seen our membership grow to over 300, and attendance at our meetings has remained high. However, if the Group is to continue in its present form, be able to maintain this level of activity, and to improve our services, the Committee must have some more active members to join us. I urge those younger members, (men or women), who perhaps have just retired with some time to spare, and who want to help us make a difference, to consider joining us. We particularly need specific help from those with

experience in maintaining our website, and in editing our Newsletter. Dave Cole and Chuck Lyons have done sterling work on these tasks, but both now have increased commitments. Each is published bi-monthly, and details of what is involved can be given. In the words of our own Delia, "**Lets be 'aving You!**", (although it hasn't worked for Norwich City – perhaps we can do better).

Sadly, we have lost several more of our founders this year, and I also am now retiring as your Chairman, as *anno domini* takes its toll, but I hope to continue in supporting the Group other areas. I thank all those who take an active part in running the Group, our specialist nurses, the tea ladies, and all those beyond who support us.

Finally, on behalf of the Committee, our Best Wishes to you all for Christmas and the Coming Year.

David Haines

David has been Chairman of our Group since it was started. He has put in an enormous amount of work not only getting the Group established, but moulding it into what Georgia Diebel, of the Prostate Cancer Charity, described as one of the best and most active support groups in the country. That about sums it up! – Editor



2,500 Donation from SLP Engineering



Alan Davies, General Manager of SLP, right, presents £2,500 cheque to David Haines and Stan Thompson

On 8th November, our Group was presented with a cheque for £2,500 by SLP Engineering Ltd, in association with their Oil Industry partners. Some 20 local Charities benefited from this annual event – donations of over £50,000 were made thanks to the Company's "Safety-at-Work" scheme, where contributions are made by SLP in recognition of employees' safety suggestions and record during the past year. Our thanks to Darren Lissen, Safety Officer of SLP, who runs the scheme, to retired SLP employee Dan Wickman, (also one of our members), and to all those employees of the Company who made this generous gift possible.



LATEST NEWS

The Newsletter for people in Norfolk & Waveney affected by cancer and those who support them

In 2007 Big C paid £36,000 towards a TaqMan machine to aid research at the UEA Biomedical Research Centre.

BECOME A FRIEND OF BIG C

We are incredibly grateful to all our supporters who help Big C continue to fund complete care for cancer in Norfolk & Waveney, through fundraising events, sponsorship, volunteering and much more.

Big C is looking for **Friends** who can give a monthly gift to help continue essential research, medical services and advice and support.

Friends of Big C will receive a Big C pin, updates on our work and latest projects, and be invited to special events held throughout the year.



Big C funds scientists at the UEA Biomedical Research Centre, and Big C will be spending £303,000 on research in 2007. With your help Big C can continue to help scientists make huge leaps in cancer research.

**Become a Friend today.
Make a difference tomorrow!**

To find out more about becoming a Friend please contact Cassie Edmiston;
tel: 01603 619900, email: enquiries@big-c.co.uk or visit www.big-c.co.uk.

INFORMATION REDUCES FEAR

Your Committee is now considering which subjects we should cover in the coming year. In responding to requests during the past four years we have invited speakers to the Group covering the following aspects related to Prostate Cancer:

- Genetic Research at UEA
- Radiotherapy
- Screening
- Hormone Therapy
- Support and Communication
- Surgical Intervention
- A GP's Perspective
- Sexual Dysfunction
- The Role of Specialist Nurses
- Brachytherapy
- Palliative Care
- Dietary Concerns
- Active Surveillance
- Impotence
- Incontinence
- National Specialist Nurse programme
- Cryo-Ablation Therapy
- The Big C Family Cancer Centre
- The PSA Test
- High Frequency Focused Ultrasound (HIFU) Treatment
- The National Cancer Plan
- Benefits and Welfare

If you would like us to arrange a repeat of any of the above talks, particularly if you are a new member, or would like an update, or if there is any aspect we have not covered, please contact David Wiseman, Membership Secretary, (01603 260539), or any Committee Member.

CHRISTMAS LUNCH

There are still a few places left for our Group's Christmas Lunch at the Glen Lodge Restaurant, Bawbridge Golf Club, on Friday 14th December.

Four meat dishes (roast turkey, beef, lamb or gammon), or a nut roast, followed by a choice of traditional desserts, coffee and mince pies. £16.00 (2 courses) or £19.50 (3 courses).

Please contact David Haines, 01603 881213, for tickets.

We have invited our Patron, Martin Bell to join us, subject to his availability.

Big C gives Major Donation to NNUH Cryo-Ablation Trial

Big C announced on 30th November that they are joining us in funding the NNUH Cryo-Ablation Trial and are providing the remaining £12,000 to complete the trial in the form of a Grant. This is excellent news and will enable Mr Edwin Ho and his team to complete this vital project.

The next two patients with recurrent Prostate Cancer (Nos 7 & 8), will receive Cryo-Ablation treatment on Monday 3rd December.

£5,000 and Growing!

Ray & Vera Allen, ably helped by Kenny Eaglen, have now raised over £5,000 for our funds with their regular Barn, Garage, and Car boot sales in Hingham.

Ray is one of our founder members, and after serving on the Committee for some years, left to become one of our leading fundraisers. Both he and Kenny are Prostate Cancer patients, and their enthusiasm has drawn support not only from friends and relatives in Hingham, but from farther afield. Those of you who visit Kenny's Barn and farm, where the sales are held, will find it a veritable Aladdin's Cave, where bargains are to be found for all tastes.

Like most of us, Ray has good days and not so good days, but makes the most of his good days, when he can be found working on his allotment, or preparing for the next sale, planned for the early spring. Ray and Vera have also befriended many of those who come along to our meetings, and have given companionship and encouragement to others.

NNUH recently announced that over £20m had been given to the Hospital this year by voluntary organisations and donors. This included £287,000 (now £299,000 with the above Big C donation) for Cancer treatment – of which our contribution of £34,000 has made a difference, along with the other Cancer Support Groups who have done the same – and a further £250,000 for Cancer equipment.



Ray, Vera and Kenny deserve our warmest thanks. They are an example of what the Group set out to achieve, and we feel sure they will inspire other members with their positive approach of what can be done. We send them our Best Wishes for Christmas, and the New Year.

Newsletter Mailing List – Off and On

For various reasons, you may wish to be removed from the Mailing List.

Conversely, you may know of someone who would like to receive the newsletter (free of charge) – e.g. a friend, work colleague, your local GP.

In either case, please contact the Membership Secretary:

David Wiseman
14 Manor Chase
Taverham
Norwich
NR8 6UB.

Telephone 01603 260539
E-mail home@wisemandav.go-plus.net

A Big Thank You

We continue to receive donations, and thank all those concerned for their support. Acknowledgements are extended to:

	£
SLP Engineering	2,500.00
Lorna & Ian Ross Golden Wedding Guests	1,227.00
Ray & Vera Allen Car Boot Sale	1,146.46
Mr & Mrs J Saunders Silver Wedding Guests	685.00
Mr & Mrs R Malt	200.00
Mr K Eaglen	100.00
Bowers Chapter	50.00
Mr & Mrs D Parker	25.00
Mr & Mrs R Youngman	25.00
October Meeting Donations.	36.10

Accompanying Gift Aid Forms increase the reclaimable total by **£365.40!**

COUNTRY MUSIC CHARITY AFTERNOON

Featuring John C King, Texas Gun & Marc James

Sunday, 24th February, 2008

Mulbarton Social Club, The Common, Mulbarton, NR14 8AE

Doors Open: 12 noon Dancing: 12.30 until 9.00pm

Prize Draw, Tombola, Buffet & Bar

Tickets £9 on the day, or £8 in advance from Peter 01603 429547, John 01362 691744, or Jane 01508 578327.

Fish & Chip Lunch available (not included in price of ticket)

DONATION OF TOMBOLA PRIZES MOST WELCOME
All proceeds to N & W Prostate Cancer Support Group

Dates for your Diary

*Wednesday 5 December &
2 January 6.30-7.30pm*

**Radiotherapy Department
Open Evening
Colney Centre, NNUH**

*Friday 14 December
12 noon*

**Christmas Lunch
Bawburgh Golf Club**

Monday 7 January 7-9pm
**Support Group Committee
Meeting, NNUH**

Monday 4 February 7-9pm
**Open Meeting, East Atrium,
NNUH – Details TBA**

*Sunday 24 February
12 noon - 9pm*
**Country Music Charity
Afternoon, Mulbarton**

Friday 3 October
**Prostate Cancer Charity
National Conference,
London Olympia**

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:

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:

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