

Norfolk & Waveney Prostate Cancer Support Group

Registered Charity No. 1108384

Newsletter no 36 March 2012

Patron: Martin Bell OBE

Thank you for your support

At the forthcoming AGM, in April, I hand over the chairmanship of our Support Group to Noel Warner - that if is no one opposes him for the job!

If past experience is anything to go by, Noel will have no cause for concern, volunteers for the job having been few-and-far-between.

I wish Noel well and have every confidence that he will do a good job, ably supported by a very talented committee.

With just two exceptions, all the current officers and committee will be offering themselves for re-election at the AGM.

My thanks go to them all for the support they have given me over the past almost four years.

I shall be offering myself as the new vice-chairman, so as to give Noel the support, and the benefit of any experienced advice he might seek, during his initial year in the chair

Now, for the old chestnut. I do urge some of you to offer yourselves for election to the committee. This year we have managed to get by with only 8 of the 12 positions filled. New, younger blood is urgently needed if our Support Group is to survive, in the long-term.

Three of those who currently help run the Group are octogenarians (very young ones I might add), but they cannot be expected to soldier on forever.

We need others to come forward and help.

How about it ladies?

We would welcome some ladies on the committee; they would bring a female perspective to our work.

. Prostate cancer affects them too, as we all know, and they can make a valuable contribution. How about it ladies?

'Meet & Chat' Evenings

We have now held three of what we have called 'Meet & Chat' Evenings, at the Norfolk & Norwich University Hospital.

These get-togethers afford recently diagnosed prostate cancer patients a chance to meet with other men who have undergone, or are undergoing treatment for prostate cancer.

The View from the Chair.....

Originally the Committee agreed, for an experimental period, to hold a couple of 'Meet & Chat Evenings', but I am pleased to report that these evenings will continue to be held twice-a-year.

The first on 6 February, was well attended despite adverse weather conditions.

The second one will be on **Monday 1 October** (7.00 pm to 9.00 pm) and will again be held in the relaxed, non-medical environment of the **Big C Support & Information Centre**, at the NNUH, between 7 and 9.

Mass PSA testing sessions

The fourth and final of these sessions will be held at **The Carnegie Room, Cage Lane, Thetford**, on **Thursday 24 May**.

We hope to test up to 250 men, over the age of 45. We intend to attract those men who have (a) not previously had a PSA test, (b) been refused one by their GP and (c) those with a direct blood-line family history of prostate and/or breast cancer.

The results we obtained from our last mass testing session, at Fakenham, when we first appealed for such men to have a PSA test, have clearly shown

that 'targeted testing' is the direction we should take.

Of the almost 650 men we tested at our first three sessions, some 21 have advised us that they are now undergoing, or have undergone, treatment for prostate cancer.

These are the ones we know about; the men concerned having taken the trouble to let us know.

No doubt there are others, who attended one of our sessions, and who have since been diagnosed with prostate cancer, but have not told us.

When I took the chair I pledged to raise the profile of prostate cancer in our area. I hope I have achieved this.

Ray Cossey

Dates for your Diary

AGM

Monday 2 April

Benjamin Gooch Theatre,
N&NHU 7.00 pm.

Speaker - before the formal business - Dr Jasmin Hussein, on 'Continuum of Care in Patients with Metastatic Prostate Cancer'

Monday June 11

Place and Time as above

Professor Colin Cooper
Professor of Cancer Genetics at
the University of East Anglia

Monday August 6

James Paget Hospital Gorleston
Dr. Jenny Nobes- Consultant
oncologist

"Drug treatment for prostate cancer: it's not just Hormones"

Monday December 3

N&N UH

Martin Bell OBE
Our Patron, former MP and war correspondent

**Notice of
Annual General Meeting
Monday April 2nd
Benjamin Gooch Theatre
Norfolk and Norwich University
Hospital
7 pm**

1. Apologies for absence
2. Minutes of the 7th AGM, held on Monday April 4 2011
3. Matter Arising
4. Chairman's report
5. Secretary's report
6. Treasurer's report
7. Nominations and election of the Executive Committee Officers
 - (1) Chairman
 - (2) Vice Chairman
 - (3) Secretary
 - (4) Treasurer
8. Nominations and election of Committee Members
9. Appointment of Bankers and Auditors

Any Other Business

Date of 2013 AGM

Executive Committee

Offering themselves are:- (for Election) - Noel Warner (Chairman); (for Election) – Ray Cossey (Vice Chairman); (for re-election) - Brian Smith (Secretary); (for re-election) - David Kirkham (Treasurer)

Committee

The 2011-12 Committee members offering themselves for re-election are: -Tim Farnham, Ted Hare, Chuck Lyons, Harvey Meadows, Stan Thompson and David Wiseman.

The Constitution allows for 12 Committee members and nominations are invited from the Membership. Signed nominations, with the name of a member-seconder should be submitted, in writing, to the Secretary, Brian Smith, 81 Nightingale Drive, Taverham, Norwich, NR8 6TR, to be received by no later than 15 March 2012.

Nominations will be accepted from the floor, with the nominee's agreement.

**NWPCSG Committee Members –
Contact Details**

Specialist Nurses -

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Do You Need Help or Advice

We have 29 members available at
the end of a telephone ready to
help.

There is probably one near you.
For more information please email
Harvey Meadows at
nwpcsg@hotmail.co.uk

You can read or download the newsletter on our
website at www.prostatesupport.org.uk.
You get it sooner, and it saves us money. If you would
like to do this email Harvey Meadows at
nwpcsg@hotmail.co.uk