

## Funding

PCaSO does not receive any government grants or other official funds and depends entirely on donations and sponsorship. This enables the purchase of equipment for hospitals and giving grants to support research into this cancer that affects so many men and their families.

In Sussex we have groups meeting at different locations or online.

If you would like information about a particular Group, then either look on our website or contact us on 07879 903407.

We have partnered with Macmillan at the Horizon Centre in Bristol Gate, Brighton. On the second Tuesday of every month, we are at the Centre from 11.00 to 13.00 to talk to men who are 'before' 'during' and 'after' treatment. No appointment is necessary, just drop in and see us.

# 07879 903407

## [www.pcaso.org](http://www.pcaso.org)

Our membership is **FREE**.  
You can join on our website

Charity No. 1170536

# Diagnosed with prostate cancer?

# You are not alone

## We can help

We are a charity run by patients for patients.  
Come and join us.



Prostate Cancer  
Support Organisation

## [www.pcaso.org](http://www.pcaso.org)

If you have been diagnosed with prostate cancer or are close to someone who has been diagnosed, we are here to help.

PCaSO, pronounced P'casso like the artist, was founded in 2002.

We are a prostate cancer charity run entirely by patients for patients.

We have around 1,000 members across the country, but most are in Sussex, Hampshire and Dorset.

You are not alone, although panic and fear affects most men on diagnosis, it is important to learn all you can about the disease in order to fight it properly.

We hold regular support group meetings, some are where men and their partners can come and meet others living with the disease and other meetings are online with Zoom, where you can listen to leading clinicians talking about ways of treating prostate cancer.

We have a dedicated website with information about prostate cancer, the charity and where and when our meetings take place or simply contact:

**07879 903407**  
**[www.pcaso.org](http://www.pcaso.org)**

## **Our Aims**

First and foremost we offer **INFORMATION**. We publish awareness leaflets about prostate cancer and have a jargon free information booklet titled Knowledge Empowers. Some of the content is written by patients, but other sections are written by leading consultants in their field. We also have a 64-page booklet about 'Healthy Living'. It is aimed at anyone looking to reduce their risk of cancer, but also to help reduce the risk of cancer returning after treatment.

For **SUPPORT** we have a WhatsApp forum for members, a helpline, an online newsletter to keep members informed and a comprehensive website. The website includes patient stories and video recordings of presentations that we believe will be of interest and help increase your knowledge. Some of our members sit on research and advisory panels locally and nationally as a patient's voice.

We hold free PSA testing events to find men who are at risk and may need treatment. These events have proved extremely popular with men and we hope to continue spreading **AWARENESS** of the disease throughout our region.

Some comments from PSA test events -

**"I'm grateful that PCaSO offers this valuable service"**

**"My GP won't give me the test, you do a great service, thank you"**